



Fall League 2025

Information & Registration Links

Fall League Overview

- Length: 5 Weeks
- Grades: 3rd – 8th
- Cost: \$235 (Due to the popularity of this program, any cancellation requests made after 9/26/2025 will only be eligible for a 50% refund. Any cancellation made on or after 10/6/2025 will not be eligible for a refund.)
 - There will be a \$10 processing fee for all refunds, regardless of time of withdrawal.
- Location: All practices & games will be held @ Alliance Training Center @ TOA in Franklin, TN
 - Physical Address: 215 Gothic Ct. Franklin, TN 37067
- Practice Day Options: Monday, Tuesday, **OR** Thursday
 - **Monday** Practice Dates: 10/13, 10/20, 10/27, 11/3, 11/17
 - NO PRACTICE 11/10
 - **Tuesday** Practice Dates: 10/14, 10/21, 10/28, 11/4, 11/18
 - NO PRACTICE 11/11
 - **Thursday** Practice Dates: 10/16, 10/23, 10/30, 11/6, 11/20
 - NO PRACTICE 11/13
 - You may request a practice day, but we *cannot* guarantee your request. If you have a compelling reason why you need one day versus the other, please identify needed practice day in the “Notes and Comments” section of the registration page AND provide justification.
- Practice Time Options: 4:45 – 6:05 **OR** 6:05 – 7:25
 - Families will have the option to identify/request a first preferred practice day/time as well as a second preferred practice day/time. Please remember that the earlier you register, the more likely you are to receive your first preferred practice time. There is no need to provide justification for preferred practice times. Again, these are *requested times* and are not a guarantee.
- Each team will play three, 30-minute long matches on Saturdays
 - **Saturday** Game Dates: 10/18, 10/25, 11/1, 11/8, 11/22
 - NO GAMES 11/15
 - As a rule...
 - Developmental Division will play between 8:30 – 10:10
 - First match of the day will begin at ~8:30 and Final match of the day will conclude at ~10:10.
 - Intermediate Division will play between 10:30 – 12:10
 - First match of the day will begin at ~10:20 and Final match of the day will conclude at ~12:10.
 - Advanced Division will play between 12:20 – 2:00
 - First match of the day will begin at ~12:20 and Final match of the day will conclude at ~2:00.
- **BACK BY POPULAR DEMAND IN 2025:** Returning for a 9th year, Alliance Fall League teams will compete against other Alliance Fall League teams from within the same division, but competition will also feature opponents from other league affiliations and locations.

Divisions of Play

- Participants will choose to register for one of three divisions of play: Developmental, Intermediate, Advanced. We strive to have 10 players on each team in each division.
 - There is NO try-out for Fall League. Families are encouraged to reference description of each division of play (see below) when deciding the most appropriate placement for their child. Please pay special attention to the division descriptions and skillset guidelines (intermediate and advanced) listed for each division when registering your player. If purposefully registered for a division in which their skillset is not suited, a player could feel overwhelmed, and it could negatively impact their experience and the overall integrity and experiences of the other team members.
 - Factors accounted for when assigning teams: Preferred Practice Time Request, Age/Grade and/or School
 - There is no age restriction in any division of play, but last season's grade composition of each division was as follows (not including teams from other league affiliations and locations):
- | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|------------------------|
| <u>Developmental:</u> | 3 rd : 18% | 4 th : 24% | 5 th : 23% | 6 th : 22% | 7 th : 9% | 8 th : 4% |
| <u>Intermediate:</u> | 3 rd : 0% | 4 th : 6% | 5 th : 15% | 6 th : 39% | 7 th : 26% | 8 th : 13% |
| <u>Advanced:</u> | 3 rd : 0% | 4 th : 0% | 5 th : 0% | 6 th : 13% | 7 th : 48% | 8 th : 37 % |
- Participants may request to play on the same team as a friend/sibling. Please note the names of requested friends/siblings in "Notes and Comments" section of the registration page and please make sure you are registering for the same division and requesting the same preferred practice times! As a reminder, these are requests, they are not guaranteed, as assignments are made on a first come, first serve registration basis. **If your player is wishing to play on the same team as a friend and that friend would be categorized in a division lower than your player, please consider registering both players in the lower of the two divisions.** If Alliance coaching staff feels there is a player who is in the wrong division, we reserve the right to move them to a team of a more suitable level.

<u>Developmental</u>	<u>Intermediate</u>	<u>Advanced</u>
<ul style="list-style-type: none"> • Player has minimal previous organized volleyball experience, but is interested in learning more about the fundamentals of the game • <u>Ball Used During Game Play:</u> <ul style="list-style-type: none"> • VBU12 Youth Volleyball • <u>Net Height:</u> 7 feet • <u>Serving Rules During Game Play:</u> At coach's discretion, server may serve first 3 balls from the 10' line. Once she serves the first 3 successfully, she must step back to the 20' line. Player will be allowed one re-serve if the <i>first</i> serve from the 10' line is missed. 	<ul style="list-style-type: none"> • Player has previously been a part of a recreational or school team and is interested in growing their skills to prepare for a future school/travel season • <u>Ball Used During Game Play:</u> <ul style="list-style-type: none"> • Molten L2 • <u>Net Height:</u> 7 feet, 4 1/8 inches (Regulation) • <u>Serving Rules During Game Play:</u> At coach's discretion, server may serve first 3 balls from the 20' line (will be marked with painter's tape). Once she serves the first 3 successfully, she must step back to regular volleyball <u>endline</u> (30'). 	<ul style="list-style-type: none"> • Player has experience at the club (travel) level or middle school varsity level and is interested in more detailed, skill-specific training and a higher level of competition • <u>Ball Used During Game Play:</u> <ul style="list-style-type: none"> • Molten Soft Touch • <u>Net Height:</u> 7 feet, 4 1/8 inches (Regulation) • <u>Serving Rules During Game Play:</u> All servers will serve from the regular volleyball <u>endline</u> (30') at all times.

Intermediate Division

- Player should be able to execute the following skills...
 - Serve accurately (overhand or underhand) from a distance of at least 20' from the net
 - Utilize the forearm passing volleyball skill to direct ball forward and up in the air consistently
 - Play a ball utilizing the overhead passing/setting volleyball skill
 - Understand the use of three contacts before the ball is sent back to the opponent's side
 - Knowledge of clockwise "rotating" pattern and basic understanding of responsibilities of different positions (e.g. the setter should play the second contact)

Advanced Division

- Player should be able to execute the following skills...
 - Serve accurately (preferably overhand) from the volleyball endline (30' from the net)
 - Utilize the forearm passing volleyball skill to direct ball to a "target" position or player (i.e. the setter)
 - Direct a second ball contact (i.e. set) to a teammate utilizing the overhead passing/setting volleyball skill
 - Ability to utilize a spiking/attacking motion in attempt to send third contact to opponent's side of the net
 - At least a basic understanding of specific positional responsibilities as it relates to playing in a designated space on the court

FAQ

- When is the deadline to register for Fall League?
 - The deadline to register for Fall League is Sunday, September 21 **OR** whenever the respective division reaches maximum capacity. If your child is interested in participating in the Fall League, we encourage registration sooner rather than later. **If your child is registered after the division reaches capacity, she will be placed on a waiting list. When placed on the waiting list, your credit card information is still required to hold your spot; however, you are not be charged the registration fee unless we can get your child off the waitlist and added to a team. You would be notified if this were to happen.**
 - Participants on teams with MONDAY practices will be notified via e-mail no later than September 29 with their coach's name and information, names of other teammates, confirmation of practice time, and other logistics.
 - Participants on teams with TUESDAY practices will be notified via e-mail no later than September 30 with their coach's name and information, names of other teammates, confirmation of practice time, and other logistics.
 - Participants on teams with THURSDAY practices will be notified via e-mail no later than October 2 with their coach's name and information, names of other teammates, confirmation of practice time, and other logistics.
- What is the Saturday game format?
 - Each team will play three, 30-minute long matches each Saturday.
 - Matches will be played in sets to 25 points.
 - Matches end at the conclusion of 30 minutes, regardless of the score.
 - There will be a 5 minute long break in-between each match.
- How is playing time distributed?
 - As equally as possible, across all divisions.
 - Different coaches will approach playing time distribution differently. Different methods include but are not limited to, Points, Rotations or Minutes

- What if my child is in the “wrong” division?
 - If, after the first two weeks of the league (2 weekday practices + 2 Saturday game days), you feel as though your child is in the incorrect division relative to her skill level, contact Brianna directly and an arrangement can be worked out.
- Does Alliance employ its older club players as Fall League coaches?
 - Alliance is very selective in employing its junior & senior players who have expressed an interest in coaching.
- What if I want to speak to my child’s coach about playing time?
 - Alliance Policy: Do not approach your child’s coach before, during, or after a practice/game.
 - Brianna will be floating around the gym almost every Monday/Tuesday/Thursday/Saturday when practices/games are occurring. Please feel free to bring any concerns to her attention.
 - Contact Brianna via email (blegieza@alliancevbc.com).
- Can my child participate in the Fall League AND play on a travel team?
 - Yes, while try-outs for our travel teams will be held in September (exact dates still TBD and will be posted on www.alliancevbc.com as soon as possible), club teams will not start practicing until December at the earliest for certain teams and January for most other Alliance club teams.
- What does my \$235 registration fee include?
 - Court Time, Coach’s Fee, T-Shirt, Prizes for Winning Teams, Equipment Fee (Balls, Ball Carts, Boxes, etc.), Administrative Costs and Miscellaneous Expenses & Maintenance
- What does my child need to have?
 - Athletic Apparel, shoes and water bottle.
 - Kneepads are not required but are a worthwhile and highly encouraged investment.
- What about parent volunteer requirements?
 - One parent will be asked to keep score using a flipchart during Saturday games. There is no training required for this responsibility.

Registration Links – OPENS JULY 21

- It is strongly encouraged to utilize a personal computer (laptop or desktop) when completing registration as opposed to a mobile device (phone, tablet) or company computer. The registration system we use for Fall League (EZ Facility) seems to be sensitive to certain company computers with more advanced security/firewall settings on their network, and the text sometimes does not display properly on mobile devices. This is not to say that one would be unable to register from their mobile device or company computer, but a personal computer would probably be the best way to register. **Please be aware, the Fall League registration will NOT show up on your Alliance account. They are two different registration systems. Please make sure you are putting your player’s name and correct t-shirt size and not your own.**
- To register for the DEVELOPMENTAL Division,
<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=3876086>
- To register for the INTERMEDIATE Division,
<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=3876084>
- To register for the ADVANCED Division,
<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=3876081>
- After your registration is submitted, you will receive an automatically generated receipt via e-mail confirming that your payment was accepted and processed **OR** that your player was placed on a waitlist if the division is at capacity.

Additional Questions