



Fall League 2026

Information & Registration Links

Fall League Overview

- Length: 5 Weeks
- Grades: 3rd – 8th
- Cost: \$235 (Due to of the popularity of this program, any cancellation requests made after 9/25/2025 will only be eligible for a 50% refund. Any cancellation made on or after 10/5/2025 will not be eligible for a refund.)
 - There will be a \$25 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: 10/19, 10/26, 11/2, 11/9, 11/16
 - **Tuesday** Practice Dates: 10/20, 10/27, 11/3, 11/10, 11/17
 - **Thursday** Practice Dates: 10/22, 10/29, 11/5, 11/12, 11/19
 - 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: 10/24, 10/31, 11/7, 11/14, 11/21
 - 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 10:30 and Final match of the day will conclude at 12:10.
 - Advanced Division will play between 12:30 – 2:10
 - First match of the day will begin at 12:30 and Final match of the day will conclude at 2:10.
- **BACK BY POPULAR DEMAND IN 2026:** Returning for a 10th 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 register for one of three divisions: Developmental, Intermediate, or Advanced. We strive to have 10 players per team in each division. Team assignments are based on preferred practice time requests, age/grade, and/or school. There are **NO** tryouts for Fall League. Families should carefully review the division descriptions and skill guidelines below when selecting the best fit for their player. Registering for a division outside of a player's skill level may negatively impact both their experience and the overall team environment.

• **There are division-based age/grade restrictions for Fall League. Developmental is limited to 3rd-6th graders only, and Advanced is limited to 5th-8th graders only. Any beginner 7th or 8th grade players should register for the Intermediate division.**

• Participants may request to play with a friend/sibling by listing names in the "Notes and Comments" section during registration. Please ensure both players register for the same division and request the same practice times. Requests are not guaranteed and are honored on a first come, first serve basis. If requesting to play with a friend in a lower division, please consider registering both players in the lower division. Alliance coaching staff reserves the right to move players to a more appropriate division if needed.

Developmental Division

- Designed for players with minimal organized volleyball experience who want to learn the fundamentals of the game.
- **Game Ball:** VBU12 Youth Volleyball
- **Net Height:** 7 feet
- **Serving Rules:** At the coach's discretion, players may serve their first 3 serves from the 10' line. Once 3 successful serves are made, the player must move back to the 20' line. One re-serve is allowed if the first serve from the 10' line is missed.

Intermediate Division

- Designed for players with previous recreational or school team experience who are preparing for future school or travel volleyball.
- **Game Ball:** Molten Soft Touch
- **Net Height:** 7' 4 1/8" (Women's regulation)
- **Serving Rules:** At the coach's discretion, players may serve their first 3 serves from the 20' line (marked with painter's tape). Once 3 successful serves are made, the player must move back to the regular volleyball endline (30').
- **Players should be able to:**
 - Serve accurately, overhand, from at least 20' from the net
 - Use forearm passing consistently to direct the ball upward and forward
 - Utilize overhead passing/setting skills
 - Understand three contacts before sending the ball over the net
 - Demonstrate a basic understanding of rotations and positional responsibilities

Advanced Division

- Designed for players with club/travel or middle school varsity experience seeking higher-level, skill-specific training and competition.
- **Game Ball:** Molten Soft Touch
- **Net Height:** 7' 4 1/8" (Women's regulation)
- **Serving Rules:** All players always serve overhand from the regulation volleyball endline (30').
- **Players should be able to:**
 - Forearm pass consistently to a target/player
 - Set a second contact to a teammate using overhead passing skills
 - Utilize an attacking/spiking motion on the third contact
 - Demonstrate a basic understanding of positional responsibilities and court spacing

FAQ

- When is the deadline to register for Fall League? The deadline to register for Fall League is Sunday, September 20, or until a division reaches maximum capacity. We encourage early registration, as full divisions will move players to a waitlist. Credit card information is required to join the waitlist, but you will only be charged if your child is added to a team, and you will be notified if this occurs.
- Team notifications will be sent via email with coach information, teammates, confirmed practice time, and other logistics by the following dates:
 - Monday practice teams: September 28
 - Tuesday practice teams: September 29
 - Thursday practice teams: October 1
- 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 asks that parents do not approach coaches before, during, or after practices/games regarding playing time. Brianna is typically in the gym during Monday, Tuesday, Thursday, and Saturday activities and is happy to address concerns. Parents may contact Brianna via email at blegieza@alliancevbc.com.
- Can my child participate in the Fall League *AND* play on a travel team?
 - Yes. Travel team tryouts will be held in September (exact dates TBD and posted on [Alliance Volleyball Club](#)), but practices will not begin until December for select teams and January for all 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

- We strongly recommend registering on a personal laptop or desktop computer, as the EZ Facility system may not display properly on mobile devices and can be affected by company computer security/firewall settings. Please note that Fall League registration will not appear in your Alliance account, as it uses a separate registration system. Be sure to enter your player's information and correct t-shirt size, not your own.
- To register for the DEVELOPMENTAL Division,
<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=4078101>
- To register for the INTERMEDIATE Division,
<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=4078102>
- To register for the ADVANCED Division,
<https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=1220&GroupID=4078103>
- 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

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