

**Carolina Region/USAV**  
**Child on the Bench Waiver Instructions**  
**For Ages 8 & Under**



At USA Volleyball, we know that coaching is more than just leading a team—it's a passion, a commitment, and often, a family effort. We also understand that parenting can bring unexpected challenges, and sometimes, childcare options just aren't available. That's why we're excited to announce a meaningful update that allows rostered adult staff to have their child (age 8 & under) on the bench in these situations.

In the past, every individual in the bench area had to be rostered, which created difficulties for coaches and staff with young children. After working with the USAV insurance team, we're pleased to introduce a waiver that makes it possible for coaches to have their child with them when needed—without the prior restrictions.

To ensure compliance with insurance guidelines, every bench member must be a current USA Volleyball member. To support this, we are offering a **FREE 8U membership** for children of rostered staff. With this waiver, children will **not** need to be rostered to the USAV Roster, making it easier for parents who find themselves in a bind.

**Details & How to Use the Waiver**

✔ **Effective Date:** February 15, 2025

✔ **Applicable Events:** all Carolina Region Sanctioned events. USAV also has the waiver in place at USAV Qualifiers and the Junior National Championships (see our site for separate form for those events as a form needs to be completed for each unique national event).

**Steps to Use the Carolina Region Waiver:**

1. **Register the child** in your region with the 8U membership [at this link](#). Keep a screenshot or physical copy of the child's membership card during the event.
2. **Complete the attached waiver** and send a copy to the Carolina Region Office (by email to [office@carolinaregionvb.org](mailto:office@carolinaregionvb.org) or fax: 336.766.3501. We only need one per season.
3. **Upon arrival at a CR event**, present the **Child on the Bench Waiver Form** (attached) and the child's USAV membership card (digital or physical) at the tournament director/championship desk. Once reviewed and approved, keep the waiver form with you.
4. **Before each match**, show the approved waiver form (and membership card if requested) to the R1 official.

We are committed to supporting our parent-coaches and believe this small but important step will make a big difference for many families in our volleyball community.



## Indoor Volleyball

# Child on the Bench Waiver

(Age 8 & Under)

As of February 6, 2025

To allow a child aged 8 or under in designated bench areas with a rostered adult (who must be the child's parent or legal guardian), the following are required:

- A USA Volleyball (USAV) 8 & Under membership.
- A completed USA Volleyball Child Waiver Form.

## Instructions

The rostered parent/legal guardian must complete the Child Waiver Form. Both the waiver form and the USAV 8 & Under membership card must be presented to the Championship Desk before the start of play. The Tournament Director or their designee will review, approve, and sign the form.

Before each game, the approved waiver form must be shown to the R1 to confirm the child's USAV membership and permission to be in the designated area. Without a signed waiver, the child is not allowed in the bench area as they are not recognized as a USAV member.

## Acknowledgement

The designated area for the child includes:

- Sitting on the bench.
- Secured via babywearing by the parent/legal guardian.
- In a carrier (on or behind the bench).
- In a stroller (behind the bench).
- Held by the parent/legal guardian.

The child must remain in the allowable area once the official signals the start of warm-ups. For safety reasons, the child may not be on the court or playing surface at any time.

The rostered adult is responsible for supervising the child at all times. Any game interruption caused by the child may result in Delay Sanctions per the USA Volleyball Rules Book (Rule 16 – Game Delays).

16.2.1: "Delay warning" and "delay penalty" are team sanctions.

16.2.1.1: Delay sanctions remain in force for the entire match.

16.2.2: The first delay in the match by a team member is sanctioned with a "DELAY WARNING."

16.2.3: The second and subsequent delays of any type by any member of the same team in the same match constitute a fault and are sanctioned with a "DELAY PENALTY": a point and service to the opponent.

16.2.4: Delay sanctions imposed before or between sets are applied in the following set.



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This completed form must be presented to the R1 before each match of the event and must be presented to any tournament staff, if requested.

**Event Info**

Event Name: Good for all Carolina Region-sanctioned Indoor events  
Event Date: 2025 Season - February 6 - July 10, 2025 Event Location: North Carolina sites

**Team Info:**

Rostered Parent/Legal Guardian Signature: \_\_\_\_\_  
Rostered Parent/Legal Guardian Name: \_\_\_\_\_  
Rostered Parent/Legal Guardian USAV Membership # \_\_\_\_\_  
Child's Name: \_\_\_\_\_  
Child's USAV Membership # \_\_\_\_\_  
Club Name: \_\_\_\_\_ Team Name: \_\_\_\_\_  
Division: \_\_\_\_\_  
Club Director Name: \_\_\_\_\_  
Club Director Contact Information: \_\_\_\_\_

By signing this waiver, the rostered parent or legal guardian acknowledges full responsibility and liability for the child, agrees to supervise the child at all times while in the designated areas, and understands they are subject to the rules outlined in the USA Volleyball Rule Book for any interruptions caused by the child during the match.

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**TO BE COMPLETED BY TOURNAMENT STAFF**

Authorized by: \_\_\_\_\_ Title: \_\_\_\_\_  
Date: \_\_\_\_\_  
Waiver Expiration Date: \_\_\_\_\_ (date will be end date of the tournament)