General Rules needs to be followed by the team:

1. During training camp before 24 hours in the hotel
2. When matches will be played 23 hours included friendly matches and training camp
3. **Players has to wear brand clothes, bathing slippers and shoes which will be provide by the Czech Volleyball Federation**
4. All players must be available for an interview on request of a journalist
5. After each match players must be at least 30 minutes available for fans and journalist
6. On traveling days players has to wear the same clothes and shoes and no caps and bathing slippers
7. Players are not allowed to participate in any volleyball tournament during the free weekends and free time.
8. When you have a delay on the travel day by traffic jam or train you need to call the manager
9. Travel expensive players must organized to travel with more than at least 2 players in the car
10. No girl friends and wives in the Hotel. Except in a agreed period 12 till 16 august
11. Taping must be done before the training
12. Drinking during training only on request of trainer
13. Stretching after each training
14. After lunch break at least one hour sleep
15. Regeneration time must be done by every player at least an half an hour
16. By injury you have to contact their immediately