General Rules needs to be followed by the team:

1. Breakfast, Lunch and dinner during training camp individual on time
2. During competition included training matches we wait on each other
3. During training camp before 24 hours in the hotel
4. When matches will be played 23 hours included friendly matches and training camp
5. **Players has to wear brand clothes, bathing slippers and shoes which will be provide by the Czech Volleyball Federation**
6. All players must be available for an interview on request of a journalist
7. After each match players must be at least 30 minutes available for fans and journalist
8. On traveling days players has to wear the same clothes and shoes and no caps and bathing slippers
9. Players are not allowed to participate in any volleyball tournament during the free weekends and free time.
10. Travel expensive players must organized to travel with more than at least 2 players in the car
11. No girl friends and wives in the Hotel. Except in a agreed period 12.-16.8.
12. Taping must be done before the training
13. Drinking during training only on request of trainer
14. Stretching after each training
15. After lunch break at least one hour sleep
16. Regeneration time must be done by every player at least an half an hour