

Volleyball Memo #1 **August 18, 2017**

It's hard to believe the first competition date is this Monday! I'm sure your players are excited for their first match for a change of pace from all the practicing. Please take time to read through the memo below and contact me with any questions.

Concussion Management Course – All junior high and high school coaches (paid and volunteer) are required to view the 20-minute NFHS online course titled, "Concussion in Sports: What You Need to Know" before the first official day of practice in the first sport they coach. The "Concussion in Sports" course link is under the Coaches tab at the top of the IGHSAU website.

Coaches Online Rules Meeting – The Coaches Rules Meeting is available on the IGHSAU website and must be completed by your first competition or September 1st for those without matches the first week. ALL head varsity coaches must view the Rules Meeting by the deadline. **Failure to view the Rules Meeting by the deadline may result in that head coach not being allowed to coach their team during the 2017 post-season tournament series.**

Volleyball Information – Volleyball packets were NOT sent to your school this year. Line-up cards, scoresheets, libero tracking sheets and the Iowa Adaptations are available on the IGHSAU website in the Volleyball section under the Coaches' tab. NFHS Rules books were not sent to schools this year. The IGHSAU sends NFHS Rules books every other year and this is the "off" year. 2016-17 NFHS Rules Books may be purchased from the IGHSAU for \$8 or you can purchase the 2017-18 NFHS Rules Book from the NFHS website. Scorebook covers are available from the IGHSAU for \$7. Please contact Sherry Tegtmeier at Sherry@ighsau.org to purchase NFHS rules books and scorebook covers.

Practices – The IGHSAU does not have a policy that prohibits two-a-day practices. Practice times and lengths are to be determined at the local level.

Important Dates – The first legal playing date is Monday, August 21st. Each school is allowed 14 playing dates per level.

Junior High – Junior high schools are allowed nine dates. Junior high teams may begin practice Monday of week 8 (8/21). Junior high tournaments are permitted, however jamborees are not. A maximum of six matches per team per day for all levels is allowed. 7th and 8th graders are permitted to practice with high school teams starting August 21st. Junior high students are not permitted to compete with or against high school students in scrimmages or competitions against other schools.

Site Availability – To be considered for hosting Regional tournament matches, athletic directors need to apply via the Online Personnel Entry Forms on the IGHSAU website. All schools are eligible to apply to host and must do so by September 8th.

Date Allowance – Volleyball players are allowed to play fourteen dates per level of competition. For example, a freshman is permitted to play fourteen 9th grade dates as well as fourteen JV dates. Likewise, a JV player is permitted to play fourteen JV dates as well as fourteen varsity dates. This rule is not in place to allow top-level varsity players the opportunity to play fourteen varsity dates as well as fourteen JV dates. The rule is in place to help teams with limited rosters field sub-varsity teams in hopes of creating more sub-varsity participation opportunities. If you witness this rule being abused, please contact the IGHSAU.

QuikStats – It is required to submit varsity volleyball stats on QuikStats. Varsity volleyball coaches must use the online QuikStats Iowa website (www.quikstatsiowa.com) to file volleyball statistics. QuikStats will be checked every Tuesday during the regular season. Complete statistical information must be included in every check and all matches played through Saturday of the previous week must be included in each week's update. In addition to having updated statistics, rosters (including height, number, year in school, etc.) must be included. Complete season schedules must be updated by the first reporting date of each season.

QuikStats must be updated by noon the following day of every regional tournament contest throughout the regional tournament series.

The following apps are compatible with QuikStats: Digital Scout and iStat.

Boys Practicing – Subject to local school district approval, boys may participate in girls' practices in all sanctioned sports. Each school district can establish their own procedure and protocol of whether to allow or not allow boys to practice against girls' teams. Boys may only be utilized in a practice setting and are never allowed to compete or scrimmage against any opposing team or player.

Medical Permission Letter – Players that need the following medical devices **WILL NO LONGER** be required to obtain a letter of permission from the IGHSAU prior to competing (artificial limb, hearing aid/transmitter, heart monitor, insulin pump and soft-concussion headgear). It is the responsibility of the coach to inform game officials and opposing coaches of the student's medical device prior to the start of the contest.

Varsity Scoring – Varsity dual scoring will be five sets played to 25, except for the deciding sets to be played to 15. During triangulars and quadrangulars, 2 out of 3 sets played to 25 or 3 out of 5 sets to 25 will be acceptable. Regular season tournament pool play is 2 of 3 sets to 21 with the deciding set to 15. Semi-final and final round matches may be 2 of 3 or 3 of 5 to 21 or 25 points with the deciding set to 15 points. **Round robin format tournaments are pool play only.**

Varsity Pre-match Warm-up – The first five minutes will be spent with both teams on the court for ball handling. The next six minutes the visiting team gets the court for hitting and serving. The following six minutes the home team gets the court for hitting and serving. There will be no mutual serving time.

Flexibility is permitted for pre-game warm-ups for Saturday tournaments, however mutual serving and mutual hitting (shared net) are discouraged. The NFHS conducted a study on volleyball concussions that indicated the majority of concussions occur prior to the start of the match, which is the result of shared hitting and mutual serving.

National Anthem Etiquette – Players are expected to stand in a quiet and attentive manner until the anthem is FULLY completed. Talking, laughing and the swinging of arms during the anthem is unacceptable behavior. Coaches, please discuss the expectations with your players to assure they are representing your school and the IGHSAU in a positive manner during the regular and post-season matches.

Email Notification – Make sure your athletic director has entered the proper email address for you in the Online Forms. We use that listing for our mass email communication for memos, pairings, pairing changes, weekly ratings, etc. Many of the updates and information will also be communicated through Twitter.

Please contact me with any questions or concerns. I can be reached at Lisa@ighsau.org or 515-401-1835. Good luck this season!

Lisa Brinkmeyer
IGHSAU Assistant Director
Volleyball Administrator