

## Pre-season Volleyball Memo July 23, 2018

**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 & Administrators in the Athlete Health and Safety section on the IGHS AU website.

**Coaches Online Rules Meeting** – The Coaches Rules Meeting is available on the IGHS AU website and must be completed by your first competition or September 1<sup>st</sup>, whichever occurs first. 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 2018 post-season tournament series.**

**Volleyball Information** – Schools are provided one NFHS Rules Book this year. Schools will not be sent line-up cards, scoresheets and libero tracking sheets, however those items are available on the IGHS AU website in the Volleyball section under the Coaches & Administrators tab. Additional NFHS Rules Books may be purchased from the IGHS AU for \$8 or via the NFHS website (nfhs.org). Scorebook covers are available from the IGHS AU for \$7. Please contact Sherry Tegtmeier at [Sherry@ighsau.org](mailto:Sherry@ighsau.org) to purchase additional NFHS rules books and scorebook covers.

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

**Scrimmages:** Each school is allowed three scrimmages that may be played from the first day of legal practice through the last day of the State Tournament. Officials and a clock may be used. It is not permissible to charge admission or keep score for scrimmages. Jamborees are not permitted.

**Important Dates** – The first legal practice date is Monday, August 6<sup>th</sup>. The first legal playing date is Monday, August 20<sup>th</sup>. 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 (8/20). Junior high tournaments are permitted, however jamborees are not. A maximum of six matches per team per day for all levels is allowed. Seventh and 8<sup>th</sup> graders are permitted to practice with high school teams starting August 20<sup>th</sup>. 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 IGHS AU website. All schools are eligible to apply to host and must do so by September 7<sup>th</sup>.

**Date Allowance** – Volleyball players are allowed to play fourteen dates per level of competition. For example, a freshman is permitted to play fourteen 9<sup>th</sup> 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. A maximum of six matches per player per day is allowed. JV teams are not permitted to play in varsity tournaments.

**QuikStats** – It is required to submit varsity volleyball stats on QuikStats. Varsity volleyball coaches must use the online QuikStats website ([www.quikstatsiowa.com](http://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 and rosters must be entered into QuikStats by Monday, August 20<sup>th</sup>.

**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 opposing teams or players.

**Medical Permission Letter** – Players that need the following medical devices **are not** 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 match 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 must be 2 of 3 to 21 points.

**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 has the court for hitting and serving. The following six minutes the home team has the court for hitting and serving. Please note there will be no mutual serving time. The 5-6-6 warm-up does not apply to Saturday tournaments where flexibility of time allotments is allowed, **however shared net time and mutual serving will not be permitted for Saturday tournaments due to the increased risk of concussions.**

**National Anthem Etiquette** – Players are expected to direct their attention to the flag in an 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](mailto:Lisa@ighsau.org) or 515-401-1835.

Enjoy the rest of your summer!

Lisa Brinkmeyer  
IGHSAU Assistant Director/Volleyball Administrator