

2022 Volleyball Season Manual

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 can be found in "Athlete Health & Safety" section, which is located under the Coaches & Administrators tab at the top of the IGHSAU website.

Coaches Online Rules Meeting: The Coaches Rules Meeting will be available on the IGHSAU website and must be completed by September 12th or prior to their first competition. ALL head varsity coaches must view the Rules Meeting by the deadline or first competition date if prior to September 12th. The online registration process must be completed prior to viewing the Rules Meeting. **Failure to view the Rules Meeting by the deadline may result in that head coach not being allowed to coach their team during the 2022 postseason tournament series.**

Practice and Playing Dates:

First Practice Date: August 8

First Competition Date: August 22

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.

Regional Tournament Dates:

Classes 1A-2A: October 17, 19, 24, 26

Class 3A: October 17, 19, 25

Classes 4A-5A: October 18, 20, 25

Regional Advancement: The regional champion in each of the eight regions per class advances to the State Tournament. Medals, banner and a Ticket Punched sign are awarded to each State Qualifying team immediately following their Regional Final match.

2023 State Tournament:

October 31 – November 4 Xtream Arena, Coralville

Playing Dates: 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. A maximum of six matches per player per day is allowed. JV teams are not permitted to play in varsity tournaments.

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.

Junior High: Junior high schools are allowed nine dates. Junior high teams may begin practice Monday of week 8 (8/23) or their first day of school, whichever occurs first. Junior high tournaments are permitted, however jamborees are not. A maximum of six matches per team per day for all levels is allowed.

All 7th and 8th graders are permitted to practice with high school teams starting August 23rd. Junior high students are not permitted to compete with or against high school students in intersquad 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. Please have your availability submitted by September 9th.

Bound Stats: It is required to submit varsity volleyball stats on Varsity Bound/QuikStats. Varsity volleyball coaches must use the Bound website (www.ia.varsitybound.com) to file volleyball stats. Bound 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 stats, 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.

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

Bench Rule: Teams will not switch sides/benches between sets. Teams will utilize one side/bench the entire match. Teams may switch sides/benches in the event there is a clear and distinct disadvantage. Officials will determine if a disadvantage is present if coaches cannot come to agreement on the disadvantage.

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 Exemption: 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 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. In regular season tournaments (3 or more matches in one day), 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 tournaments must play 2 of 3 sets to 21.

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, however shared net time will not be permitted for Saturday tournaments due to the increased risk of concussions.**

Official Recommendations: Varsity coaches are required to submit the names of up to twelve officials to recommend for tournament assignment. This must be submitted electronically by December 3rd (30 days after the state volleyball tournament). Information regarding the online recommendation process will be given to your athletic director and is outlined in the online rules meeting.

National Anthem Etiquette: Players are expected to be positioned 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 postseason matches.

Iowa Volleyball Rule Adaptations:

National Federation rules apply to all levels of interscholastic volleyball competition with the following exceptions:

1. **Team Benches (New in 2022):** Uniformed players are allowed to stand as long as they are in an unplayable area (defined as the end of the bench area) and provided both teams have the same accommodations. Lines should not wrap around the baseline.
2. All varsity dual matches played in Iowa shall be 3 of 5 sets to 25 points with the deciding set to 15 points.
3. Varsity double-dual (triangular) matches shall be 2 of 3 sets or 3 of 5 sets to 25 points with any deciding set played to 15 points
4. In a regular season tournament, all pool matches shall be 2 of 3 sets to 21 points with any deciding set to 15 points. Semi-final and final round matches may be 2 of 3 sets or 3 of 5 sets to 21 or 25 points with the deciding set to 15 points. Round robin tournaments must play 2 of 3 sets to 21 points.
5. **Sub-Varsity Competition:** Rally scoring must be used but point requirements and time limits shall be determined prior to the start of each match. No scoring cap may be used. Two timeouts are allowed each set. The winning team must win by two points. The let serve shall be used.
6. **Team Benches:** Teams will not switch sides/benches between sets. Teams will utilize one side/bench the entire match. Teams may switch sides/benches in the event there is a clear and distinct disadvantage. Officials will determine if a disadvantage is present if coaches cannot come to agreement on the disadvantage.
7. **Tournament Game Ball:** The Spalding TF-VB5 ball shall be used during all regional and state tournament play, which is to be provided by the host site. The home team shall provide any NFHS approved ball during regular season matches.
8. **Regular Season Varsity Warm-Up Protocol:** All pre-match warm-up shall consist of a 5-6-6 format. Both teams shall have five minutes together on their half of the court for ball handling, passing, etc. Then the visiting team is allowed six minutes of court time to hit, pass, receive, serve, etc. Then the home team is similarly allowed six minutes of court time to hit, pass, receive, serve, etc. There shall be no mutual serving time. Serving shall be done within each team's allotted six minutes.
9. Warm-up protocol for weekend tournaments is at the discretion of the tournament manager, **however shared net time and mutual serving during warm-ups is not permitted for Saturday tournaments due to the increased risk of injuries.**
10. **Weekend Tournament Pre-match Conferences:** It is allowable for the head coach to attend only his/her first (And his/her opponent's first) pre-match conference if this protocol is predetermined by the tournament manager and made known to all coaches prior to the tournament. After the head coach has attended his/her first pre-match conference, they may be excused from the rest of the pre-match conferences for that tournament (captains and/or asst. coaches must be present at all pre-match meetings).
11. **Teams Per Court:** The maximum number of teams in a tournament is four per court. This rule applies to all levels of high school and junior high competition (exception: conference tournaments).

12. **Sub-Varsity Uniforms:** At the sub-varsity and junior high levels of competition, allowances shall be made for teams wearing uniforms that do not conform exactly to all uniform requirements. Many schools are using hand-me-down uniforms or practice jerseys to allow all players an opportunity to participate. Latitude shall be given to those teams whose uniforms are the same basic color but may have some variations in style, design, trim, numbers, etc.

State Tournament Awards: Teams will receive a trophy and participation medallions immediately following the match in which they are eliminated. The championship and runner-up trophies will be presented at the conclusion of the final match in each class on Thursday. The All-Tournament Team will be presented at that time for each class as well.

Each team will also be given seventeen autograph volleyballs, which will be delivered to each school by an area Farm Bureau representative. Additional awards, autograph volleyballs, etc. may be purchased by contacting the IGHS AU.

Please direct questions to Ben Van Wyk, IGHS AU volleyball administrator at 515-401-1837 or ben@ighsau.org.