



Iowa Girls' High School Athletic Union

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Volleyball Memo #1 (Preseason) August 7, 2024

I hope this memo finds you all doing well! First day of official practice is right around the corner. Looking forward to a great 2024 season! Please take the time to read through these items as you prep for next week and the upcoming season. Don't hesitate to reach out with any questions.

To-Do List:

1. **Coaches rules meeting:** available on Bound under the IGHSAU tab. This must be completed by August 26th or before your first competition. ALL head varsity coaches must view the Rules Meeting.
2. **Concussion course:** all JH & HS coaches (paid & volunteer) are required to view the Concussion in Sports course every year. Available on NFHSLearn.com
3. **Bound Entries:** all varsity schedules and rosters need to be in Bound by August 26. Rosters must include players number, class, and height.
4. **Tentative Classification:** check your **tentative classification** listed on the volleyball page. Contact ben@ighsau.org with any discrepancies.

2024 Season Manual: General rules and information for the 2024 season regarding practices, scrimmage allowances, playing dates, etc. can be found in the **2024 Volleyball Season Manual** on the IGHSAU website. Please take time to review that information as needed.

2024 Season Prospectus: The **2024 Volleyball Prospectus** is available on the IGHSAU website. Please return to Jason Eslinger (jasoneslinger@ighsau.org) by August 19th.

Site Availability – To be considered for hosting regional tournament matches, athletic directors need to apply via the Volleyball Site Availability form on Bound – under the IGHSAU tab.

Season Stats on Bound: Coaches are required to submit varsity volleyball stats on Bound. Bound will be checked every Tuesday during the regular season. Complete statistical information must be included for all matches played through Saturday of the previous week.

Rule Books – Schools are provided one NFHS Volleyball Rules Book every other year. A rulebook is being mailed out to all varsity coaches for the 2024 school year. You will be receiving the 2023-2024 NFHS rulebook (over-ordering error on my part). You will receive a new rulebook next season as well (2025-2026 book).

Team Roster / Lineup Sheets: There is a fillable version of the **team roster & lineup sheet** available on our website. Please print that off for use this season.

Scholarship Dates: Reminder that the ineligibility period for the scholarship rule was reduced to 20 days. The ineligibility period is from August 26th through September 14. Eligibility resumes on September 15. Link to full list of **Scholarship Dates**.

NFHS Rule Changes & Iowa Adaptations: Both documents are listed on volleyball page. Please familiarize yourself with these rulings as needed.

Uniform Common Questions / Rules:

1. The libero top must clearly contrast from the predominant color(s) of the team uniform top. (Rule 4.2.2)
 2. The color of the number must clearly contrast from the color of body of the uniform. (Rule 4.2.4c)
 3. Uniform bottoms may be different in style (spandex, leggings, shorts), but must be the same color (Rule 4.2.1i)
- General rule to consider with numbers / uniforms / libero top. If you are purchasing a dark team uniform, make the team uniform number and libero top white. If you are purchasing a light/white colored uniform, choose the darkest school color or black for team uniform number and libero top. Here is a generalized listing created by the Illinois HS Athletic Association. Colors listed together in each group are not considered “contrasting” and shouldn’t be used together:
 - Group 1: black, dark gray, dark green, navy blue, royal blue, dark purple dark brown, maroon
 - Group 2: white, yellow, gold, tan, light gray, light blue, light green
 - Group 3: pink, red, cardinal, orange

If you have any questions, please contact me at ben@ighsau.org or 515-401-1837.

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