

Volleyball Memo #1

August 28, 2019

Head Coaches – Welcome to the 2019 Volleyball season! I'm confident you are as excited as we are to get the season underway. Please read through the information below thoroughly as it contains pertinent and timely information for you and your volleyball program.

Season Information – Coaches, please frequent the Volleyball section located under the Coaches & Administrators tab on the IGHS AU website. This is where I will be posting important information for your reference all season. Please note: this is not the Volleyball section located under the Sports header, this is the Volleyball section located under the Coaches & Administrators tab. Here are a few of the items you will find there: current rankings, daily scores, memos, stat guides, sport classification, rules meeting, NFHS updates, etc.

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 tab 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 1st, 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 2019 post-season tournament series.**

Rules Books and Stat Items – Line-up cards, scoresheets and libero tracking sheets are available on the IGHS AU website in the Volleyball section under the Coaches & Administrators tab. 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 to purchase additional NFHS rules books and scorebook covers.

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.

Date Allowances – Each school is allowed 14 playing dates per level. Each player is allowed to play 14 dates at each level, provided they do not compete in more than six matches on one date. Thus, it would be permissible for a player to play in 14 JV dates and 14 varsity dates during the season (28 dates total). This rule is not in place to allow top-level varsity players the opportunity to play 14 varsity dates as well as 14 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.

Junior High – Junior high schools are allowed nine dates. Junior high tournaments are permitted, however jamborees are not. A maximum of six matches per player per day is allowed. Seventh and 8th graders are permitted to practice with high school teams. 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 IGSAU website. All schools are eligible to apply to host and must do so by September 13th.

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 (8/27/19).

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 IGSAU 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 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 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.**

New NFHS Rule - 5-5-1b; 5-6-1b; 7-1-1a; 7-1 requires the second referee to collect team rosters at the pre-match conference while allowing changes to be made until 10 minutes remain on the pre-game clock and establishes lineups to be submitted to the second referee before each set. The roster must be submitted at the coin toss prior to warm-ups. Please be reminded that the roster and lineup are different. The roster is for the officials to check while the teams are warming up. The time constraints for lineup submission remain the same as they have been (two minutes prior to end of timed warm-up and 1 minute in between sets).

PLEASE NOTE: Since rosters and lineups are typically submitted on the same sheet of paper, it is suggested that coaches have two copies available at their matches. One copy will be submitted as the "official roster" at the coin toss while the other

copy will be held on to and submitted as the "official lineup". The official roster will remain at the score table for the entire match. The lineup sheet will be handled by the coach in between each set while submitting their lineup.

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. Best of luck as you get your season started!

Lisa Brinkmeyer
IGHSAU Assistant Director/Volleyball Administrator