

**Online Rules Meetings
To Be Offered for 2011**
*Details will be in Pre-Season
Manual for Coaches*



OHIO



This Week in Volleyball

The Ohio High School Athletic Association

Off-Season Update, May 2011

Get Your Pupil Coaching Certificate Updated!

Beginning this fall, a school that permits coaches to coach (Paid or volunteer) without a valid Pupil Coaching Certificate issued by the ODE will be fined \$250.00 per coach. Log onto the "Sports Medicine" Page at www.ohsaa.org for more information on how to obtain your Certificate.

Scrimmage Note

Each team in your program is permitted to schedule five scrimmages PLUS one Preview. You may use these scrimmages at any time during the season and many teams do hold one to use during the OHSAA post season tournament.

Important Note on Previews

Teams are permitted to schedule one Preview. A Preview in volleyball is limited to two sets of 21 points each played by NFHS rules. Admission may be charged and can be held between August 26 and the date of your first match.

High School Match Format

All varsity dual matches are played in a best of five format. All sets go to 25 points with no cap except the 5th and final set(if needed) which is played to 15 with no cap. All other high school matches are played in a best of three format, with all sets to 25 points, no cap.

7-8th Grade Match Format

All 7-8th grade matches are played in a best of three format. All sets are played to 25 with no cap.

August 1 Start Date Creates MANY Questions

Over the years, many volleyball coaches have come to believe that the week prior to the start of fall practices is a "Dead Period" or No-Contact Period. Without trying to ascertain how that misconception came about, the ONLY "Dead Period" (properly defined as a "No-Contact Period") exists for 28 days following your team's last match. To fully understand what you 'can and cannot' do, a coach must understand two (2) basic Concepts: "In-Season" and "Out of Season" regulations. The "In-Season" is *easy*. Practice may begin on a specified date each year. Recently the OHSAA's Board of Directors voted to align ALL fall sports start dates on the same date each year: the first Monday in August. This year, that date is August 1. In 2012 that date is August 6. Now, let's look at the "Out of Season" regulations that often have led to the confusion:

Sports Regulation 4.9 – Members of the Interscholastic Coaching Staff – Team Sports

This regulation states that members of the school's coaching staff may coach interscholastic squad members from the school district where employed for a maximum of 10 days from June 1 to July 31.

So...this Regulation clearly identifies that the only COACHING of athletes from your school teams can be done between June 1 and July 31; No other time. Now, let's take a further look at two other Sport Regulations:

Sports Regulation 6 (Physical Fitness Programs) & Sports Regulation 7 (Open Gyms and Facilities)

These two regulations clearly lay out the boundaries for what can be done during "conditioning" programs and "Open Gyms". Both are permissible activities OUTSIDE the volleyball season and have clear boundaries.

Since there is latitude permitted (limited to 10 days!) during June and July and *most years* have seen practice start *about* a week after July 31, there are always questions about what can be done from August 1 until the actual start of practice.

So What Does This All Mean?

Quite simply, except for the 28 days following your season, school-approved coaches may conduct Physical Fitness Programs (conditioning, weight lifting) and Open Gyms. Don't confuse this with "practice" which can occur ONLY during the defined season of play (August 1 – last contest). This should help you understand there is no "dead period" in the week prior to the start of practice. Here are a few Q & A's associated with the above:

Q: How Many Days can I actually coach my team in the summer?

A: Your staff may have 10 days TOTAL of INSTRUCTION from June 1 – July 31 with players that played on your school team a year ago. Do not confuse these with "practice" since they cannot be mandatory.

Q: Can I have these 10 days in the days just prior to the start of practice on August 1?

A: You may, BUT...remember, they cannot be mandatory and therefore, cuts/team assignments cannot be made during this time. And remember, in 2012 the start date for practice will be August 6.

Q: What is permitted during an Open Gym?

A: First and foremost, NO INSTRUCTION is permitted. It must be 'free and unstructured play.' For the complete text of these rules (and I encourage this!), please go to the OHSAA's Sports Regulations at: <http://www.ohsaa.org/sports/rglts/GenSportsReg10-11.pdf> and read Regulation #7 (pgs. 68-69).

Divisional Alignments Complete for 2011 & 2012

Division I	360 and more – 197 schools
Division II	206 – 359 - 198 Schools
Division III	118-205 - 199 Schools
Division IV	117 and less - 198 Schools

Important Dates for Volleyball Coaches

Coaching Begins: 8/1/2011

Sectional Play Begins: 10/17/2011

State Championships – 11/10-11/12/2011

Earliest Preview Date: 8/26/2011

District Play Begins: 10/24/2011

First Match: 8/27/2011

Regional Play: 10/31 – 11/5/2011