



2012

Volleyball

Pre-Season Manual

For Coaches & Officials



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MEMORANDUM

TO: Volleyball Coaches & Officials

FROM: Deborah B. Moore, Associate Commissioner

DATE: June, 2012

RE: Information for the 2012 Volleyball Season

Please find enclosed in this mailing information that will help you to prepare for the upcoming volleyball season. I hope that you find this *Volleyball Preseason Manual* useful in explaining those items that you will need to review prior to beginning the season. This manual may also serve as a reference throughout the season, so please keep it accessible. The manual will be posted to the volleyball page on the OHSA web site at www.ohsaa.org by the end of June. Also we would ask that you take note of “*This Week in Volleyball*” bulletins that will be posted to the page throughout the season.

Please note that the state rules interpretation meeting IS MANDATORY for high school coaches and all officials. Coaches and officials have the option of either one of the scheduled meetings or an online meeting. The details and information about these meetings can be found on pages 3-4 of the manual.

We appreciate your taking the time to carefully review this information. Page 2 lists the table of contents that includes information about competition rules for 2012, information for both coaches and officials and many other resources.

Wishing you a terrific volleyball season!



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Enclosures

For Coaches & Officials	OFFICIALS
2012-13 NFHS Volleyball Rule Book	2012-13 NFHS Volleyball Rule Book 2012-13 Volleyball Case Book and Officials Manual NFHS Volleyball Officials Preseason Guide

OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

2012 VOLLEYBALL RULES INTERPRETATION MEETINGS

By OHSAA Board of Directors regulation, any school sponsoring interscholastic contests in high school volleyball must have the head girls volleyball coach, assistant girls volleyball coach or athletic administrator attend one of the meetings listed below or participate in the online meeting option which will continue to be available after a successful debut during the 2010 preseason. Any school failing to meet this requirement will be ineligible for any OHSAA sponsored tournament competition. Attendance by 7-8th grade coaches is strongly encouraged.

It will be the responsibility of the head girls volleyball coach, assistant girls volleyball coach or athletic administrator of each school and officials to be in attendance within 10 minutes of the start of a scheduled meeting and stay until the conclusion of the meeting in order to receive credit for attendance OR complete an online meeting no later than August 31, 2012.

All OHSAA volleyball officials are also required to attend one of the scheduled state rules meetings listed below OR an online meeting. Officials who fail to attend one of these meetings will be suspended the following year. Attendance is also required in order to be eligible for OHSAA tournament series assignments in the current year.

Those coaches or officials who do not attend a state rules interpretation meeting, either one of the regularly scheduled meetings listed below or an online meeting no later than August 31, 2012, shall be required to complete an online make-up meeting no later than September 14, 2012. The fee for this online make-up meeting is \$50.00.

ON-LINE RULES MEETING OPTION

Officials should access their *my*OHSAA account. Once in the system, there will be a link for the OFFICIALS online Rules Meeting. Simply log in, completing the required fields and complete the course. Please note that all screens of the presentation must be viewed and the quiz completed for credit to be provided.

The ONLINE Rules Meeting link will be live on WEDNESDAY, AUGUST 1, at 12:00 noon

The last day for completion of the online version as a complimentary meeting is Friday, August 31, 2012 by 12:00 midnight. From September 1 through September 14 at midnight a \$50.00 late fee is charged for access to the online version.

Coaches should access the online version by navigating to the OHSAA's VOLLEYBALL webpage at: <http://www.ohsaa.org/sports/vb/girls/default.asp>. You will need your SCHOOL ID NUMBER, which can be provided by your school's Athletic Director. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

On or about Friday, August 24, all volleyball schools and officials will be notified if they have NOT attended. Coaches will be notified through their school's Athletic Director. Therefore, there is no need to double check attendance until after this notification is sent out on August 24. Officials will have their profile page updated reflecting their attendance periodically. PLEASE do not call the office for verification after completing the online version; profiles are updated periodically and attendance may not be reflected until several days after completion.

"FACE TO FACE" RULES MEETING OPTION

IF you choose to attend a "Face to Face" State Rules Interpretation meeting, please take the CARD that is located in the inside jacket of the mailing to Coaches and Officials and turn this in at the conclusion of the meeting you attend. Though any member of your high school staff may attend, we *strongly encourage the* HEAD COACH to attend. Meetings and their locations are listed below and can be viewed at <http://myohsaa.ohsaa.org/public/stateMeetings.aspx>

<i>INTERPRETERS</i>	PHONE	E-MAIL
Deborah Moore	614-267-2502 Ext. 115	dmoore@ohsaa.org
Diane Plas	440-647-5866	jplas@prodigy.net

<u>SITE #</u>	<u>DATE</u>	<u>CITY</u>	<u>PLACE</u>	<u>TIME</u>	<u>COORDINATOR</u>
10	DM Fri, July 27	Westerville	Westerville Central High School 7118 Mt. Royal Ave., 43082	10:00 A.M.	Scott Taylor
11	DM Mon., Aug. 6	Zanesville	Ohio University-Zanesville, Elson Hall Main Auditorium 1425 Newark Rd., 43701	7:15 P.M.	Mark Prince
12	DM Tues., Aug. 7	The Plains	Athens High School, Auditorium 1 High School Rd., 45780	7:15 P.M.	Anne L'Heureux
13	DP Wed., Aug. 8	Fairborn	Fairborn High School, Auditorium 900 E. Dayton Yellow-Springs Rd., 45324	7:15 P.M.	Jon Payne
14	DP Thurs., Aug. 9	Cincinnati	Indian Hill High School, Auditorium 6865 Drake Rd., 45243	7:15 P.M.	Jill Bruder
15	DP Mon., Aug. 13	Perrysburg	Perrysburg High School, Auditorium 13385 Roachton Rd., 43551	7:15 P.M.	Dave Hall
16	DP Tues., Aug. 14	Lima	Bath High School, Auditorium 2850 Bible Rd., 45801	7:15 P.M.	Jody Benda
17	DM Tues., Aug. 14	Hilliard	Hilliard Davidson H.S., Commons/H.S. Gym 5100 Davidson Rd., 43026	7:15 P.M.	Mark Princehorn
18	DP Wed., Aug. 15	Copley	Copley High School, Auditorium 3807 Ridgewood Rd., 44321	7:15 P.M.	Jim Borchik
19	DP Thurs., Aug. 16	Geneva	Geneva High School, Auditorium 1301 S. Ridge East, 44041	7:15 P.M.	Jen Crossley
20	DP Mon., Aug. 20	Salem	Salem High School, Cafeteria 1200 E. Sixth St., 44460	7:15 P.M.	Greg Steffey

CALENDAR

IMPORTANT DATES

2012 OHSAA VOLLEYBALL CALENDAR	
August 6	First Day of Tryouts, Coaching and Instruction
August 24	Earliest Date for a Preview
August 25	First Regulation Season Contest Permitted
September 25	Non-Interscholastic Competition No Longer Permitted
October 2	Deadline for Entering or Withdrawing from the OHSAA Tournament
October 7	Seeding and Draw Meeting
October 15-20*	Sectional Tournaments*
October 22-27	District Tournaments
October 31-November 3	Regional Tournaments
November 8-110	State Tournament – Nutter Center, Wright State University, Fairborn
*The District Athletic Board may establish an earlier sectional date but no earlier than October 13.	

OHSAA CONTACT INFORMATION

OHSAA Office – 4080 Roselea Place, Columbus, OH 43214 ~ 614-267-2502 ~ 614-267-1677 (fax)

Name	Title	Responsibilities	E-Mail/Phone
Deborah Moore	Associate Commissioner	Oversees the sport & coordinates the tournaments; Rules Interpreter	dmoore@ohsaa.org
Henry Zaborniak	Assistant Commissioner	Oversees officials programs & tournament assignments	hزابorniak@ohsaa.org
Reneé Moore	Administrative Assistant	Assists in the coordination of the sport & tournaments	rmoore@ohsaa.org
Diane Plas	Director of Development for Volleyball Officiating	Oversees the training of volleyball officials	jplas@prodigy.net

VOLLEYBALL LINKS

National Federation of State High School Associations
 Ohio High School Volleyball Coaches Association
 Ohio Valley Region of USA Volleyball
 USA Volleyball

www.nfhs.org
www.ohsvca.org
www.ovr.org
www.usavb.com

COACHES

OHIO HIGH SCHOOL VOLLEYBALL COACHES ASSOCIATION

www.ohsvca.org

The Ohio High School Volleyball Coaches Association was founded in 1983 to promote the highest standards in interscholastic volleyball and the volleyball coaching profession. We strive to build harmonious relationships between coaches, administrators, and officials concerning the sport of volleyball. Our members work diligently to foster professional and social fellowship among coaches. The OHSVCA is proud to honor coaches and players for their accomplishments by sponsoring many events and awards including: All Ohio awards, the All Ohio Match, individual and team scholastic achievement awards, coaching achievement awards, scholarships, Hall of Fame, weekly coaches poll, coaching clinic, state tournament hospitality room, Elite Camp, SEI Award and the www.ohsvca.org website.

2012 OHSVCA Officers Directory

Executive Director: Carol Russo Phone: 440-323-7802 (H) carolbr@oh.rr.com	President: Scott Taylor Lakeview High School 300 Hillman Drive Cortland, Ohio 44410 Phone: 330-442-2413 staylor@ohsvca.org	Vice-President: Jim Muth School: Firelands High School; 10643 Vermillion Road; Oberlin, Ohio 44074 Phone: 440-965-4425	Treasurer: Kaye Keller Shawnee Middle School 3235 Zurmehly Road Lima, Ohio 45806 Phone: 419-998-8057 Fax: 419-998-8127
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Please refer to the OHSVCA website at www.ohsvca.org for updated contact information.

VOLLEYBALL MODIFICATIONS AND INTERPRETATIONS

The rules as printed in the NFHS Edition 2012-2013 Volleyball Rules Book will apply in all matches involving OHSAA member schools. Exceptions are those noted below or by interpretation in future bulletins.

1) RULE 4-2-1 AND OHSAA SPORTS REGULATION - UNIFORMS

- A. Uniforms worn by participants in interscholastic athletic contests must conform to the playing rules adopted by the OHSAA for that sport. Any lettering or emblems (pictures or insignias) on uniforms must pertain to the school name, team nickname (mascot), individual's name or sport.
- B. Please note that in accordance with Rule 4-2-9 and the OHSAA uniform regulation, a single partial/whole manufacturer's logo/trademark/reference is permitted on each piece of the uniform provided it is no more than 2 ¼ square inches with no dimension more than 2 ¼ inches and does not interfere with the visibility of the player's number. Individuals responsible for the purchase of uniforms must clearly communicate this restriction to the agent from whom the uniforms are purchased.
- C. Please note that all uniform rules are combined under one Section: Legal Uniform.
Points of emphasis under this section include:
 1. 4-2-1 - Permits a player to wear unadorned compression shorts of a single color similar to the predominant color of the uniform bottom
 2. 4-2-4f - Further clarifies and affirms the intent of the rule requiring numbers on the front of the uniform top to be at least four inches high with the top of that number no more than five inches down from the shoulder seam or placed so the number is centered no more than five inches below the bottom edge of any neckline ribbing, placket or seams on the uniform top
 3. 4-2-2 – Libero Uniform – The libero must wear a uniform top that is immediately recognizable from all angles as being in clear contrast to and distinct from other members of the team. See 4-2-2 for the complete reference.
 4. Numbers that are not of a contrasting color (either the body of the number or the contrasting border) to the uniform jersey or do not meet the specific placement requirement render the uniform ILLEGAL. Penalty #1 indicates that a player wearing an illegal uniform shall not enter the match, and the team shall be assessed unnecessary delay.
NOTE: All uniforms must be free of all hard and unyielding items such as buttons, zippers, snaps and fasteners.
 5. Beginning in July 2016, the libero shall wear a uniform top that is immediately recognized from all angles as being in clear contrast to and distinct from the other members of the team. The libero and/or his/her teammates shall wear a solid-colored uniform top. Regarding the solid color top:
 - a. The solid color uniform top shall clearly contrast from the predominant color(s) of the teammates' uniform top. Predominant color(s) is the color(s) appearing on approximately half of the uniform.
 - b. Sleeves shall be the same color as the body of the uniform top.
 - c. Piping/trim not exceeding one inch (1") in total at its widest point may be placed along the seam and maybe a different color(s) than the uniform top.
 - d. Lettering and colors may be a different color(s) than the uniform top.
 - e. Numbers shall be a contrasting color to the uniform top and meet all other specifications in Rule 2-2-4.

2) RULE 1-2-1- MATCH LIMITATIONS – Please see the section of this manual entitled "Ohio Match Limitations"

3) RULE 2-1-4 COURT AND MARKINGS and RULE 3-1-4 NET HEIGHT

The 2-inch centerline shall be required. A solid or shadow-bordered 2-inch wide line is permissible. Home management may not elect to eliminate or alter this important court marking for any reason. Markings do not need to be permanent. See the note on page 10 of the NFHS rules book for a complete description of this court marking rule.

Officials should take great care to insure that the net is at the prescribed height measured at the center of the net (7'4 1/8"-high school; 7'-7-8th grade).

4) RULE 4-1-6 specifies, "Players shall not wear jewelry- including during prematch warmups." This means that players in grades 7-12 shall not wear any type earrings, other body piercing jewelry, beads in the hair, necklaces etc. Bobby pins, flat clips and flat barrettes, unadorned, are permitted. Religious medallions and medical medals may be worn if removed from the chain and taped to the body under the uniform (religious medals) or where visible (medical medals). "Friendship" bracelets, rubber "statement" bracelets, etc. are considered jewelry and shall be removed. Hair control devices shall be soft and worn in the hair; not on other parts of the body. .

5) RULE 11-3-1 provides for a Coach-Official Conference to rectify a correctable error. Use of this rule is strongly urged when justified. Officials must be willing to consult with the coach when a rule is misapplied or misinterpreted. In addition, the official must make the correction if an error is made. All schools and officials are directed to have rules books available and to consult them when necessary. This privilege does NOT apply to decisions involving the judgment of the officials. (Rule 11-3-2)

- 6) **COACHES/PLAYERS EJECTION FROM GAME OR MATCH** - Officials shall file a written report with the school and the OHSAA office whenever a coach or a player is ejected from a game or match. Use the Special Report Form provided to all officials. The form may also be obtained by contacting the Association office or the local officials' association secretary. In addition, the official should telephone the school principal or athletic administrator no later than the next business day after the ejection unless the official has notified that administrator at the match site. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or player is ejected from a contest, home or away. Any coach ejected shall pay a \$100 fine and shall complete the *NFHS "Teaching and Modeling Behavior"* within 30 days of the ejection. Go to www.nfhslearn.com to take the course.
- 7) **PROFESSIONALISM** - Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the competition and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the competition and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote,

BYLAW 8-3-1 of the OHSAA Handbook reads in part, "Protests arising from the decisions and interpretations of the rules by officials during the game will not be considered. Their decisions and interpretations are final." This means that correctable errors must be corrected during the game. Officials and coaches must "keep their cool" during the game so that both teams have an equal opportunity to win under the rules. It must be remembered at all times that the game is being conducted for the players. Neither officials nor coaches would be involved except for the players.

- 8) **COACH COMMENTS TO NEWS MEDIA** - Each year unpleasant situations arise as a result of comments made to the News Media by coaches. The OHSAA Bylaw 8-2-1 reads in part "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the match. Officials are trained and expected to make no derogatory comments regarding players, coaches or schools. Coaches are expected to follow the same procedure. Coaches violating this rule may be asked to discuss the problem personally with the Commissioner.

9) **DIVISIONS FOR 2012**

The following 2012 divisions were determined by the October, 2010 EMIS enrollment count and based upon the participation of 790 teams in the 2010 OHSAA Girls Volleyball Tournaments. (NOTE: Reclassification takes place every two years, and 2012 represents year two of the current two-year cycle). A complete copy of all schools by division and district has been made available to the Ohio High School Volleyball Coaches Association for use in its publications. Please refer to the OHSAA web site at <http://www.ohsaa.org/members/hsenroll11.htm> for enrollment figures.

A reprint of divisional representation for all sports and this information are also available on our web site.

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

10) **SPORTS REGULATIONS AFFECTING OUT-OF-SEASON PARTICIPATION**

Please read carefully the Sports Regulations enclosed and discuss any questions you might have with your principal and/or athletic administrator. The OHSAA receives many questions regarding their interpretation. The OHSAA is making every effort to insure that all coaches and student-athletes understand the Sports Regulations and Bylaws pertaining to: Instructional Programs; Coaches Mandatory No-Contact Periods; Open Gymnasium and Facilities; Non-Interscholastic Participation and the specific volleyball regulations. See the "Frequently Asked Questions" Section included in this manual (and posted to both the OHSAA and OHSVCA web sites) for more information.

11) **PROTECTING ATHLETIC ELIGIBILITY**

COACHES: Please be sure to review the online publication: 2012-2013 Edition Student Athlete Eligibility Guide, found here <http://www.ohsaa.org/eligibility/EligibilityGuide.pdf> and which is written to explain the rules to coaches and student-athletes and their parents. We are no longer including a sample as this guide is no longer a hard copy publication. See your school administrator for additional copies if these have not been distributed to your athletes.

It is now a requirement for schools to conduct pre-season orientation meetings for coaches, student-athletes and their parents and key members of your boosters' organization. These meetings afford the coach the opportunity to present information pertaining to school policy, athletic codes of conduct, OHSAA eligibility rules and details concerning the volleyball program. The eligibility bulletins could be presented at this time. Please remember that when parents sign their consent for their daughter's participation in interscholastic volleyball on the OHSAA consent form, which is page 4 of the Pre-participation Physical Examination, they also are indicating that they have read and understood the publication entitled "*Student Athlete Eligibility Guide*." In addition, the OHSAA has prepared a new DVD that should be shown to all volleyball players and their parents. This DVD was sent to all schools in May.

12) CONDUCT FOULS

NFHS Volleyball Rules mandate the use of a yellow/red card system in dealing with conduct fouls. The Ohio High School Athletic Association follows the NFHS Rules Book and will utilize this system. Please refer to your Rules Book in the Section entitled: Card System for Handling Unsporting Conduct Violations for further explanation regarding the procedures and mechanics of this system.

13) STATE TOURNAMENTS

The 2012 OHSAA Girls State Volleyball Tournaments will be held at Wright State University in the Ervin J. Nutter Center in Fairborn, Ohio on November 8-10.

14) STATE ADOPTED VOLLEYBALLS –SECTIONAL, DISTRICT, REGIONAL AND STATE TOURNAMENTS

The OHSAA has adopted the Molten IV58L-BKSV-OH Super Touch white, silver and black premium volleyball as the “Official Ball of the OHSAA.” This ball shall be used in all OHSAA volleyball tournament competition for the 2012 season. Schools may continue to use an all white ball for regular season contests as per NFHS rules.

15) PROCESS FOR SELECTING VOLLEYBALL TOURNAMENT OFFICIALS – More information will be forthcoming during the early part of the school year.

16) VIDEOTAPE REGULATIONS

It has come to our attention that there have been problems with unauthorized videotaping of volleyball contests. Please see OHSAA sports regulations in this manual and included on the web site, for a complete description of these rules.

17) WARM- UP PROTOCOL

The importance of a warm up is discussed in the points of emphasis. It is important to note that it is considered unsporting conduct for members of a volleyball team to deliberately serve or hit balls into their opponents. Such behavior shall not be condoned by coaches and shall be penalized as unsporting conduct if witnessed by contest officials.

During a team warm-up period, all personnel actively conducting warm-ups shall be properly attired for the duties required. Special attention shall be given to ensure that auxiliary personnel are wearing appropriate footwear for active participation and electronic devices such as music devices and cell phones are not being used. Although the OHSAA does not mandate a particular warm-up time or protocol for regular season play, the Association recommends the following system which shall be used for all high school OHSAA tournament matches.

The 20-minute warm-up shall be divided into the following designated times in order:

1. 4 minutes – both teams ball handling on their side of the net
2. 7 minutes – the team serving first has the whole court
3. 7 minutes – the receiving team has the whole court
4. 2 minutes – both teams serve across the net (one team on each side)

18) INQUIRIES

Our OHSAA office is here to help as needed, but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides volleyball regulations, general sport regulations, tournament regulations, uniform regulations, etc. Your OHSVCA Officers are another great resource for you as well. Their contact information is provided on [page 5](#) of this manual and can be found on their website (www.ohsvca.org).

19) AUTHORIZATION TO WEAR VFC EYE PATCHES

The OHSAA has authorized participants in Volley for the Cure Matches only to wear the VFC eye patch indicated below:



PRE-SEASON MEETINGS

Pre-season meetings with parents, students, coaches, booster members and others as deemed appropriate by your school administrators are mandatory and must take place no later than two weeks after the beginning of the volleyball season. The date, time and place of the preseason meeting are usually determined by each school's Athletic Administrator. This is the time to cover such things as eligibility requirements, individual school policies, individual sport policies, sportsmanship issues and expectations, travel plans for away contests, etc. In addition, the topics of anabolic steroids and concussions are also required to be covered.

A DVD has been sent to each high school and 7th-8th grade school this past May. We encourage this DVD to be viewed by all in the general meeting. In addition, a course titled "The Role of the Parent in Sports" has recently been offered by the NFHS and is FREE to parents. Encourage them to watch this VERY informative video course. The course is available through the www.nfhslearn.com website. We have encouraged coaches to invite local officials to meet with their team and parents at these meetings. It allows officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to game days. Since Pre-Season meetings are a requirement for all teams/schools, we also recommended inviting an official to these pre-season meetings. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the game.

OHIO MATCH LIMITATIONS

MATCH LIMITATIONS FOR OHSAA GIRLS VOLLEYBALL

The following are the contest regulations that will be used in Ohio high school and 7th and 8th grade interscholastic volleyball competition.

HIGH SCHOOL

1. All varsity dual matches shall be played utilizing NFHS rules. These rules stipulate that all matches shall be a best three of five format. Each set shall be played to 25 points with no cap (must win by two points), and the fifth and deciding set, if needed, shall be played to 15 points with no cap.
2. All sub varsity matches, including junior varsity (J.V.), reserve, and freshmen shall be played in a best two of three format. Each set shall be played to 25 points with no cap (must win by two points), and the third and deciding set, if needed, shall be played to 25 points with no cap.
3. All varsity regular season matches contested in any format other than a dual, head-to-head format; i.e., tri matches, quads, or other multi-match tournaments, shall be a best two of three format. (See #2 above)
4. Match limitations for each high school team and individual shall be 22 matches on 20 playing dates. High school teams may play no more than three matches per day.
5. Individual limitations for players who play in any sub varsity competition on the same day and against the same opponent as the varsity consist of 5 sets per day per common opponent.
6. All OHSAA post-season high school tournament contests shall be a best three of five format which is the same as regular season varsity dual matches.
7. Regional and State competition will remain as a one match per day format. At sectional and district tournament levels, subject to the discretion of the respective District Athletic Boards, teams may play no more than two matches per day.
8. The libero rule (which is a permissive and does not require a high school to use this player), shall be used for high school competition only as specified in the NFHS rules book.
9. Scrimmages – High School - maximum of five scrimmages plus a preview for the entire season. If no preview is played, the maximum is five scrimmages.
10. Penalty for Exceeding Contest Limitations - If an ineligible player enters a match, the player will be removed from competition for the day and that set will be forfeited. If that set is the deciding set of the match, the match is over. If a player is discovered to have played illegally after the conclusion of the match, the match is forfeited. The scorekeeper is instructed to mark in the scorebook the number of sets played by each player to assist the officials. Players become ineligible when they exceed any of the

contest limitations: ex. – A sub varsity player entering her sixth set of the day versus the same opponent against which she participated in both varsity and sub varsity competition.

11. Score books and libero tracking sheet

Score books will be on sale at the OHSVCA Volleyball Coaches Clinic for \$5.00 or through the mail for \$6.00. Schools may choose to use any other type of score sheet/book provided it supports rally-scored matches.

GRADES 7-8

12. Grades 7 and 8 teams are permitted 20 matches on 16 playing dates plus one post-season tournament not to exceed four matches. Please note that "post-season" means after the 20 regular-season matches have been played. In all tournaments, tri-matches and quadrangular matches, each match played against a different opponent counts as one towards the total permitted.
13. Students in grades 7 and 8 may play in no more than three matches per day against different opponents.
14. All 7-8th grade matches, shall be played in a best two of three format. Each set shall be played to 25 points with no cap (must win by two points), and the deciding set, if needed, shall go to 25 points with no cap
15. Individual limitations for players who play in both 7th and 8th grade matches on the same day and against the same opponent consist of 3 sets day per common opponent.
16. The libero player shall not be used for 7-8th grade matches.
17. Scrimmages – Maximum of two scrimmages or one scrimmage and a preview.
18. Penalty for Exceeding Contest Limitations - If an ineligible player enters a match, the player will be removed from competition for the day and that set will be forfeited. If that is the deciding set of the match, the match is over. If a player is discovered to have played illegally after the conclusion of the match, the match is forfeited. The scorekeeper is instructed to mark in the scorebook the number of sets played by each player to assist the officials. Players become ineligible when they exceed any of the contest limitations.

A suggested libero tracking sheet will be posted to the OHSAA web site under Preseason Mailing materials.

NOTE: The home school is responsible for supplying an assistant scorekeeper (AS) to track libero replacements during each game of the match.

Exception: If the home school is not using a libero, then the visiting school must provide the tracker (AS) in order to use the libero.

FAQ'S (FREQUENTLY ASKED QUESTIONS) PERTAINING TO SPORTS REGULATION #6, NON-INTERSCHOLASTIC TEAMS, INSTRUCTIONAL PROGRAMS, OPEN GYMS, ETC

Note: This bulletin can also be found on www.ohsaa.org and www.ohsvca.org

1. Can you define what is meant by "coaching" in terms of Sports Regulation #6, Non-Interscholastic Programs as well as Instructional Program regulations?

"Coaching" refers to any organizational or instructional contact with student-athletes in the sport for which a coaching staff member in a member school is responsible. Specific activities include but are not limited to: practice or other instructional situations in which the coach conducts specific drills, teaches skills, supervises game or competition-like activities or in any other way supports the instructional environment; game or competition situations in which the coach sits on the team bench, is in the direct vicinity of the competition in areas reserved for coaches and/or delivers instruction to athletes while they are competing. It is not a violation to be a spectator at a competition and sit in those areas reserved for spectators; however, the coach must be certain not to engage in those behaviors that are specific to the coaching task.

2. What may an interscholastic volleyball coach do with athletes from his or her program during the school year outside the season of the sport?

The coach may supervise open gyms, conduct fitness programs and converse with students regarding non-interscholastic competition/training opportunities. The coach may not state or imply in any way that attendance at these permissible activities is a prerequisite for trying out for or being selected for the school squad. The coach MAY NOT: provide any type of instruction, either group or individual, coach players or play on their teams in a non-interscholastic program (involvement in tryouts, practices and/or competition) during the school year. This applies to all athletes in one's program including one's own children. Note: May 31 denotes the end of the school year.

3. What may an interscholastic volleyball coach do with athletes from his or her program during the summer from June 1-July 31?

This period of time from June 1-July 31 is considered the "summer" period during which coaches may have contact with student-athletes who participated in their interscholastic programs during the past school year. Members of a school

volleyball coaching staff, both paid and volunteer, may have a combined total of 10 days of coaching contact in either instructional programs or non-interscholastic competition programs.

4. What is considered a "contact" day?

Instructional Programs

Any camp, clinic, workshop or other instructional format in which one or more volleyball players from the coach's school are participating counts as one day of contact for that school coaching staff. Any instructional or organizational activity affiliated with the instructional program counts.

Non-Interscholastic Programs

Any match, tryout or practice in which more than three volleyball players from the coach's school are participating together on the same squad counts as one day of contact for that coaching staff.

5. May the varsity coach have 10 days of contact in addition to the JV, reserve and freshman coaches?

No. The 10-day provision refers to the combined efforts of all coaches for that school. It is not permissible for each coach to have 10 days with his/her athletes separately.

6. Do volunteer coaches need to adhere to this regulation?

Yes. ALL coaches in public as well as non-public schools, whether they receive a salary or are volunteers, must be approved by their respective Boards of Education (or other governing board in a non-public school) and must meet all required coaching standards as stipulated by the State Department of Education. The only way that a person can work with student-athletes in an OHSAA member school during the interscholastic season is to have this approval and meet all standards. Thus, "volunteer" coaches are also accountable to the 10-day restriction as well as all other OHSAA bylaws and regulations governing coaches.

7. Does watching a camp program or a non-interscholastic contest count as one of the 10 contact days?

No. There are no restrictions on being a spectator for these events; however, coaches are cautioned that they must avoid any instructional or organizational contact (or the appearance thereof - see Q #1) during these events. Activities such as shagging balls, assisting with drills, functioning as a "gofer" during camps or clinics are considered to be organizational in nature and thus would count in the 10 day total for coaching staff members.

8. As a high school coaching staff member, am I prohibited from working with athletes who attend a 7th-8th grade school in the school district where I am employed?

Not necessarily. The answer to this question depends on how the high school coaching staff's contracts are stipulated. If the high school staff has specific responsibilities for the middle school (7th-8th) volleyball program, i.e., either contractual or de facto responsibilities for oversight, training, direct contact with those players during school season, etc., then the high school staff would be accountable to the OHSAA regulations in terms of their work with all volleyball players in grades 7-12. If there were no responsibilities or affiliation with any 7th-8th grade school, then high school coaching staff members would have no restrictions placed on them relative to working with 7th-8th grade volleyball players either during the school year or during the summer period. Of course Sports Regulation 4.5, which regulates the number of volleyball players on a non-interscholastic squad during the school year (maximum of three), would be in effect.

9. What restrictions are placed on volleyball players regarding what they may do both during the school year as well as during the summer period?

The primary restriction is found in Sports Regulation 6.3. Very simply, while a student is playing for the school volleyball squad (from the time she plays in her first contest until she plays in the last match of the season), she may not tryout with, practice for or play in an actual contest with a non-interscholastic volleyball squad. The MAXIMUM penalty for violation of this bylaw is ineligibility for the remainder of the interscholastic season. Outside the volleyball season, that is prior to playing in the first contest during the school year and after the school season is over, a volleyball player may participate in a non-interscholastic program *provided that no more than three players from the same school are on the roster (squad) of that non-interscholastic program*. SENIORS OR STUDENTS WHO HAVE COMPLETED THEIR ELIGIBILITY ARE EXEMPT FROM THIS THREE-PLAYER LIMITATION. The school year is identified as beginning on August 1 and ending on May 31; however, some spring sports seasons may extend past May 31.

From June 1 - July 31 there is no restriction on the number of volleyball players from one school that may compete together in

the same non-interscholastic program. Regarding instruction programs, volleyball players may attend these activities (camps, clinics, school workshops, other programs not affiliated with a non-interscholastic competitive program or league) at any time during the school year outside the season of the sport provided no more than three players from the same school are in attendance at the same instructional program. From June 1-July 31, there is no restriction on the number of players from the same school participating in the instructional program.

10. May a player receive individual skill instruction during the school's volleyball season from a non-interscholastic agent?

While it is not the position of the OHSAA to encourage outside instruction during the school volleyball season, individual skill instruction may be received in volleyball by a squad member at any time in individual lessons *provided* that these individual skill instructions do not violate any Board of Education, school administrators' or coaches' policies. Notwithstanding the foregoing provision, the coach may not conduct individual or group lessons for a squad member except during June 1 to July 31 and during the season of the sport

11. What may I do in an open gym or in physical fitness programs?

Supervision of open gyms and the conducting of physical fitness programs are not considered as organizational or instructional contact. Thus, this type of activity is not governed by the rules that are specified as "Instructional Program" regulations or Sports Regulation 6 - Non-Interscholastic Teams. However, during an open gym, either at a member school facility or a non-member facility, coaching staff members may have NO organizational or instructional contact with participants. Likewise, attendance is not mandatory, no scoring or timekeeping is permitted, and the supervisor may not participate in designating who is to play on which teams. The rules governing Physical Fitness Programs do not permit the coaching or instruction of sports techniques and skills, and the equipment used to play the sport may not be utilized. These programs cannot be mandatory or restricted to a select group of students. Note: It is not a violation for the coach or other adult supervisor to participate as a player in an open gym as long as the adult does not coach the students.

12. Do seniors who have finished their volleyball eligibility count in the regulations governing both student athletes and coaches?

No. See Question/Answer #8 above.

MEDICAL & SAFETY

REFERENCE INFORMATION

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma/Concussion in Sports
- Communicable Disease Procedures (can also be found in the NFHS Volleyball 2010-2011 Rules Book)
- Disordered Eating
- Information on Nutritional Supplements
- Links to the following sites:
 - Joint Advisory Committee on Sports Medicine
 - Ohio Athletic Trainers Association
 - American Medical Society for Sports Medicine
 - Ohio Parents for Drug Free Youth
 - National Athletic Trainers Association (NATA)
 - Gatorade Sports Science Institute News

Information on Concussion Management

IMPLEMENTATION OF NFHS PLAYING RULES CHANGES RELATED TO CONCUSSION AND CONCUSSED ATHLETES AND RETURN TO PLAY PROTOCOL

It is important for all adults involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students.

In its various sports playing rules, the National Federation of High Schools (NFHS) has implemented a standard rule change in all sports dealing with concussions in student-athletes. The basic rule in all sports (which may be worded slightly differently in each rule book due to the nature of breaks in time intervals at contests in different sports) states:

Last year the OHSAA Board of Directors adopted a sports regulation which incorporated the NFHS rules change. This regulation reads:

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional. In Ohio, an "appropriate health care professional" shall be a physician, as authorized under ORC Chapter 4731 and includes both doctors of medicine (M.D.) and doctors of osteopathy (D.O.) and an athletic Trainer, licensed under ORC Chapter 4755

In January, 2011, the OHSAA Board of Directors has further defined the following parameters to guide OHSAA licensed officials, medical personnel and member school representatives in implementing this change.

1. *What are the "signs, symptoms, or behaviors consistent with a concussion"?* The National Federation rule lists some of the signs, symptoms and behaviors consistent with a concussion. The U.S. Department of Human Services, Centers for Disease Control and Prevention has published the following lists of signs, symptoms and behaviors that are consistent with a concussion:

SIGNS OBSERVED BY OTHERS	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness • Shows behavior or personality changes • Cannot recall events prior to hit • Cannot recall events after hit 	<ul style="list-style-type: none"> • Headache • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion

2. **Who is responsible for administering this new rule?**
All adults who have responsibilities and duties in the interscholastic athletics environment are responsible: coaches, contest official, administrators and medical personnel.
3. **What is the role of coaches in administering this new rule?**
 - Coaches are to review and know the signs and symptoms of concussion and to prohibit any athlete who displays these signs or symptoms from participating in a practice or a contest.
 - Coaches are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The coach is responsible for insuring that the student's parents are notified and the student is referred to a medical professional
4. **What is the role of contest officials in administering the new rule?**
 - Officials are to review and know the signs and symptoms of concussion and to direct immediate removal of any athlete who displays these signs or symptoms,

- An official shall not permit the athlete who has been removed under this rule to return to competition without written medical authorization presented to the head official.
 - If a contest official is aware that a student has been permitted to return to competition without written authorization from a physician or licensed athletic trainer, that official shall immediately stop play and remove that student from competition and report the incident to the Ohio High School Athletic Association
 - Note that officials are not medical professionals and have no authority to determine whether or not student has sustained a concussion. The official is responsible for directing removal when he or she observes signs and symptoms that may indicate a student is concussed.
5. Who decides if an athlete has not been concussed and/or who has recovered from a concussion?
- Only an MD (Medical Doctor), DO (Doctor of Osteopathy), or LAT (Licensed Athletic Trainer) is empowered to make the onsite determination that an athlete has not received a concussion.
 - If any one of these individuals has answered that “yes” there has been a concussion, that decision is final.
6. Can an athlete return to play on the same day as he/she receives a concussion?
- No, under no circumstances can that athlete return to play that day.
 - When in doubt, hold them out.
 - If the event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions.
 - However, if the health care professional (MD, DO or LAT) has evaluated the athlete, who has been removed from competition due to exhibiting the signs and symptoms of a concussion, and has determined that the athlete did not sustain a concussion, that student may return to play with the submission of the written authorization by the health care professional.
 - The written authorization shall be submitted to the school administration; however, if there is no administrator on site at the competition, the authorization may be held by the host site manager or the head coach.
7. Once the day has concluded, who can issue authorization to return to practice / competition in the sport?
- Once a concussion has been diagnosed by one of the above listed on site providers, only an MD, DO or LAT can authorize subsequent return to play, and such authorization shall be in writing to the administration of the school. This written RTP authorization shall be kept at the school until the statute of limitations expires, which is four years from the date of the student's 18th birthday.
 - School administration shall then notify the coach as to the permission to return to practice or play.
8. What should be done after the student is cleared by an appropriate health care professional?
- After a clearance has been issued, the student's actual return to practice and play should follow a graduated protocol.
 - The National Federation has included the following graduated protocol in its *Suggested Guidelines for Management of Concussion in Sports*: (This is simply a suggested protocol. The appropriate health care professional who issues the clearance may wish to establish a different graduated protocol.)

Medical Clearance RTP Protocol

1. No exertional activity until asymptomatic.
 2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
 3. Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities.
 4. Begin Non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
 5. Full contact in practice setting.
 6. Game play/competition
 - ATHLETE MUST REMAIN ASYMTOMATIC TO PROGRESS TO THE NEXT LEVEL. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - IF SYMPTOMS RECUR, ATHLETE MUST RETURN TO PREVIOUS LEVEL AND SHOULD BE REEVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.
 - MEDICAL CHECK SHOULD OCCUR BEFORE CONTACT.(Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity)
9. Fundamental Reminder about this change
- It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that players are only put into practice or contests if they are physically capable of performing; however, all adults involved in the conduct of interscholastic competition have responsibilities in this endeavor.

Other resources

- The NFHS has developed a new 20-minute online coach education course – *Concussion in Sports – What You Need to Know*, the NFHS *Suggested Guidelines for Management of Concussion in Sports* brochure, the NFHS *Sports Medicine Handbook*, materials from the CDC “Heads Up” program and other materials should all be made available to officials, parents, students and schools.

- The Centers for Disease Control and Prevention has a publication entitled “Heads up to Schools: Know your Concussion ABC’s” – A Fact Sheet for Teachers, Counselors and School Professionals, available on its web site. Click onto www.cdc.gov/concussion to obtain this valuable publication that will assist teachers and other school personnel in making accommodations for students returning to school after a concussion.
- The following form may be used by schools to educate parents and students about this issue:

(INSERT SCHOOLNAME HERE)
 Concussion Information Form

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
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Adapted from the CDC and the 3rd International Conference in Sport

Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays poor coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion shall be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage

athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Ohio High School Athletic Association- 4080 Roselea Place, Columbus, Ohio 43214-Telephone: 614-267-2502; Facsimile – 614-267-1677-www.ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS NOT RECEIVED A CONCUSSION

NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve as the authorization that the medical professional has examined the student on site, has determined that the student is NOT concussed, and has cleared the student to reenter the contest on the same day. The physician or athletic trainer must complete both the top and bottom portions of this form and submit to both the head contest official (top portion) and a school administrator or the head coach (bottom portion) prior to the student's entry back into the contest. The official shall make a copy of the form, retain one and forward the copy to the OHSAA.

I, _____, M.D., D.O. or A.T. have examined the following student,
_____ from _____ High School/7-8th grade school, who was removed from a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion. I have examined this student and determined that, based on current examination, **he/she has not received a concussion** and is cleared to reenter the competition today.

Signature of Medical Professional _____

Date: _____

PRESENT THIS FORM TO THE HEAD CONTEST OFFICIAL WHO WILL COPY AND RETURN TO OHSAA: ATTENTION BRANDY YOUNG

(Tear at broken line)



Ohio High School Athletic Association- 4080 Roselea Place, Columbus, Ohio 43214-Telephone: 614-267-2502; Facsimile – 614-267-1677-www.ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS NOT RECEIVED A CONCUSSION

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I, _____, M.D., D.O. or A.T. have examined the following student,
_____ from _____ High School/7-8th grade school, who was removed from a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion. I have examined this student and determined that, based on current examination, **he/she has not received a concussion** and is cleared to reenter the competition today.

Signature of Medical Professional _____

Date: _____

PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR OR HEAD COACH

Note: The school must retain this form for seven years after the student's 18th birthday.



Ohio High School Athletic Association
 -4080 Roselea Place
 Columbus, Ohio 43214
 Telephone: 614-267-2502; Facsimile – 614-267-1677
www.ohsaa.org

OHSAA CONCUSSION REPORT

NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve to document that a student has been removed from a contest in accordance with NFHS and OHSAA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSAA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student's
Name _____ **Date** _____

School
Name _____

Sport _____

Level of Contest (Circle One) 7th 8th 9th JV Varsity

Official's Name _____ **OHSAA Permit #** _____

Comments:

Please forward to Brandy Young at the OHSAA within 48 hours.

Heat Stress and Athletic Participation

Frederick O. Mueller, Ph.D.
University of North Carolina
Chapel Hill, NC 27599

Early fall cross country, field hockey, football, golf, soccer, tennis and even indoor volleyball practices are conducted in very hot and humid weather or non-air cooled facilities in many parts of the United States. Due to the equipment and uniform needed in football most of the heat problems have been associated with football; however, athletes in other fall sports are also vulnerable to heat related illness.

Under such conditions the athlete is subject to the following:

- Heat Cramps- painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.
- Heat Syncope - weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.
- Heat Exhaustion (Water Depletion) - excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- Heat Exhaustion (Salt Depletion) - exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- Heat Stroke - an acute medical emergency related to thermoregulatory failure associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any of the other clinical signs. The individual is usually unconscious with a high body temperature and hot, dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above mentioned heat stress problems can be controlled provided certain precautions are taken.

According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (*Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991*). The following practices and precautions are recommended.

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the Physical Condition of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat, and it is essential to provide for Gradual Acclimatization to Hot Weather Activities. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field/court/competition site and readily available to the athlete at all times. It is recommended that a minimum 10-minute water break be scheduled for every half-hour of heavy exercise in the heat. Athletes should rest in a shaded or cool area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. Check and be sure athletes are drinking the water. Cold water is preferable. Taking ample water before practice or competition has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. ATTENTION MUST BE DIRECTED TO REPLACING WATER -- FLUID REPLACEMENT IS ESSENTIAL.
6. Know both the Temperature and Humidity. The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or competition using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement.

Under 95 degrees Heat Index	<ul style="list-style-type: none"> ➤ Water should always be available and athletes should be able to take in as much water as they desire. ➤ Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group ➤ Have towels with ice for cooling of athletes as needed ➤ Watch/monitor athletes carefully for necessary action. ➤ Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.
95 degrees to 99 degrees Heat Index	<ul style="list-style-type: none"> ➤ Water should always be available and athletes should be able to take in as much water as they desire. ➤ Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group ➤ Have towels with ice for cooling of athletes as needed ➤ Watch/monitor athletes carefully for necessary action. ➤ Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required by rule. ❖ Reduce time of outside activity. Consider postponing practice to later in the day. ❖ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
100 degrees (above 99 degrees) to 104 degrees Heat Index	<ul style="list-style-type: none"> ➤ Water should always be available and athletes should be able to take in as much water as they desire. ➤ Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group ➤ Have towels with ice for cooling of athletes as needed ➤ Watch/monitor athletes carefully for necessary action. ➤ Alter uniform by removing items if possible and permissible by rules ➤ Allow for changes to dry t-shirts and shorts by athletes at defined intervals. ➤ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ➤ Postpone practice to later in day. ➤ If helmets or other protective requirement are required to be worn by rule or normal practice, suspend practice or competition immediately ❖ Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.
Above 104 degrees Heat Index	<ul style="list-style-type: none"> ➤ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

7. Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. Never Use Rubberized Clothing.

Statement on Medical Hardware

Unless the specific rules code stipulates otherwise, athletes in sports of a collision/contact nature should not be permitted to wear devices such as insulin pumps, heart monitoring equipment and/or other diagnostic or therapeutic appliances while participating in interscholastic contests. However, in the event that a physician requires a student-athlete to wear a therapeutic device during competition, such medical necessity shall be specified in writing and signed by the prescribing physician, and the device shall be padded and securely attached to the player's body underneath the uniform. The medical statement shall be shown to the first referee prior to the athlete's being permitted to participate

RATING VOLLEYBALL OFFICIALS FOR TOURNAMENT CONSIDERATION

Please follow the guidance listed in the document below:

OHSAA Volleyball Officials Rating Instructions

1. Access the *myOHSAA* system at <http://myohsaa.ohsaa.org> OR from the home page of the www.ohsaa.org.
2. Logon to *myOHSAA* using the login credentials provided by your athletic administrator. After logging in, you may be directed to set a new password and provide a security question and answer. Follow the on screen instructions for setting a new password and save your account information.
3. The home page will appear which contains all the tools and information currently available to a Head Coach. A summary of post game reports appears at the top of the home page.
 - a. Click on your sport in the list of post game reports. The varsity schedule will appear.
 - b. Click "Record" under the score column of the varsity schedule. The Report Score/Rate Officials page will appear.
 - c. To Report The Score:
 - Click "Report " in the section labeled "Score".
 - Enter the score for each team and click "Save".
 - d. To Rate Officials:
 - Scroll down to the "Rate Officials" section.
 - In the box marked "Requested Officials", the names of those officials that did not accept the contract prior to the contest will appear. If these officials worked the contest, click the box in front of their name(s) and then click the "Add Official" button. This adds the official(s) to the rating form below. Note: officials that electronically accepted the contract before the contest will automatically display on the rating form.
 - If you were the away team and your opponent has not entered the officials for the contest, "Click to Add Officials for Rating" will allow you to enter the officials for rating after the event has occurred.
 - e. Officials can be rated as a group or individually.
 - *To rate officials as a group:* simply click the number of the rating.
 - *To rate officials individually:* remove the check mark from the "Rate All Officials" box by clicking on it. Each official's name will activate. Uncheck any official you do not want to rate or that did not officiate the contest. Click on the number of the rating you want to give to the official.
 - f. CLICK the "Submit Ratings" Button.

NOTE: for volleyball the button is labeled "Submit Scores/Ratings"

The list of rated officials will appear in the "Details" section of the page.
 - g. To exit the page, click the "Cancel" button. You will be directed back to your varsity schedule.
 - h. Repeat these steps to report the scores and rate officials of all your varsity contests (home or away). Sub-varsity contests may be rated but are not required.

Official's Ratings may also be accessed through the team's schedule page.

- i. Access your team's schedule: In the left column locate the drop down box labeled "Select Calendar", using the drop down select your teams calendar from the list.
- j. Once your team's schedule has appeared, click on the double red stars in the rating column.
- k. Repeat the steps under Number 3 above parts c through h to complete the ratings.

OFFICIALS

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established Code of Ethics and Code of Conduct for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the game and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of tobacco and related products at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

PRE-SEASON PREPARATIONS

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

ADDRESS CHANGES

NOTE: Annual renewal cards are sent to the address the OHSAA has on file, failure to notify the OHSAA will result in your not receiving the renewal card.

Address changes are now to be submitted via www.myOHSAA.org . Please log-on in order to make the appropriate changes.

UNIFORM REQUIREMENTS

The uniforms should fit properly and be clean and neat. White long or short-sleeved knit shirt with an OHSAA embroidered logo (only OHSAA authorized shirts). Black skirt or black shorts with a minimum 4" inseam, or black culottes or black dress slacks. Black belt (if used). Beginning August 1, 2012, the required uniform will include white shoes and white socks. When needed, an all white cardigan or v-neck sweater is permissible. Beginning in the 2014 season, the only permissible sweater will be one sold by an OHSAA Authorized Vendor. It is not permissible to wear a long sleeve garment under the short sleeve shirt. No watch or jewelry may be worn except a timing device, wedding band, medical ID or religious medal. Emblems and patches are

not permitted on the officiating uniform. Beginning August 1, 2012, the only acceptable logo is the new OHSAA logo. Exception: An American Flag patch/emblem is optional and, if worn, shall be on the left sleeve approximately two inches below the shoulder with the star field facing to the front. For OHSAA tournaments, the uniform shall be black dress slacks, white short-sleeved knit shirt with an OHSAA embroidered logo (only OHSAA authorized shirts), white shoes and white socks. PLEASE GO TO THE OHSAA WEB SITE AT www.ohsaa.org FOR AN UP TO DATE LISTING OF OFFICIALS SUPPLY COMPANIES.

WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to www.ohsaa.org and click on "officiating" on the left side of the home page. On the officiating page you will find the following information. When you have questions, this may be a great place to start!

Topics include:

- [OHSAA Officiating FAQ's](#)
- [OHSAA Rules Meetings](#) - information on local & state meetings, how to maintain your officiating permit
- [Directory of Officiating Information & Forms](#) - assigners, instructors, local & district secretaries, OHSAA staff
- [How To Become an OHSAA Official](#) - info for beginning and experienced officials, suspended and retired officials wanting to reinstate
- [How To Change The Status Of Your Officiating Permit](#) - information on upgrades, retired status, active military duty and address changes
- [How To Renew Your OHSAA Officiating Permit](#) - information on annual renewal procedures and fees
- [Game Assignments](#) - regular season and tournament selection processes and voting results
- [Officials Needed Posting](#)
- [Coach and Player Game Ejections](#) - ejection forms and procedures
- [Officiating Uniforms, Equipment and Supplies](#) - uniform regulations, authorized dealers, pins & patches
- [Officiating Ethics and Code of Conduct](#)
- [OHSAA Officiating Hall of Fame](#) - members, selection process and banquet information
- [OHSAA Officiating Clinics](#)

RULES INFORMATION

The rules as printed in the NFHS Edition 2012-2013 Volleyball Rules Book will apply in all competition involving OHSAA member schools. Exceptions are those noted below or by interpretation in future bulletins.

NFHS 2012-13 VOLLEYBALL RULES CHANGES 2012-13 MAJOR EDITORIAL CHANGES

2012-13 POINTS OF EMPHASIS

TOURNAMENT REGULATIONS

Tournament Regulations are available at www.ohsaa.org (after approval at the June Board of Directors meeting). On the web site, under "Sports & Tournaments" select volleyball. The tournament regulations are listed under "Tournament Information" on the left side.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under "Sports & Tournaments" select volleyball. The General Sports Regulations are listed under 2012 Volleyball Info on left side.

OHSAA LOCAL ASSOCIATION MEETINGS

OHSAA Local Association Meetings are available at www.ohsaa.org . Under "Officiating" select Local/State Rules Meetings. Select Local Rules Meetings on the left side, sport: volleyball.

OHSAA VOLLEYBALL SPORTS REGULATIONS

VOLLEYBALL – GIRLS

A. GENERAL REGULATIONS

1) Interscholastic Participation

1.1) Grades 9-12

1. All high school matches shall be played utilizing NFHS Volleyball rules. The libero rule shall be used for high school volleyball only.
2. All varsity dual matches shall be played in a best three of five format. Each set shall go to 25 points with no cap (must win by two points), and the deciding set shall go to 15 points with no cap.
3. All varsity regular season matches contested in any format other than a dual, head to head format, i.e., tri-matches, quadrangular matches or other multi-match tournaments, shall be played in a best two of three format.
4. All sub-varsity matches, including junior varsity, reserve, freshmen, etc., shall be played in a best two of three format. Each set shall go to 25 points with no cap (must win by two points), and the deciding set shall go to 25 points with no cap.
5. Match limitations for each high school team and individual player are 22 matches on 20 playing dates.
6. Individual limitations for players who play in any sub-varsity competition on the same day and against the same opponent consist of a maximum of five (5) sets per day per common opponent.
7. Any part of a set is considered a full set.
8. In any tournament or regular season competition, teams and/or individuals shall be permitted to play a maximum of three matches per day.
9. All regular season matches count in the 22 match limitations including sub-varsity tournaments.
10. The penalty for exceeding the participation limitation during a match is forfeiture of that set in which the ineligible player is participating. When discovered, the ineligible player is removed from the set, and the match continues unless that is the deciding set of the match. If the ineligible participation is discovered in the deciding set or after the match is completed, the match is forfeited.

Grades 7 & 8

1. All 7 & 8th grade matches shall be played in a best two or three format. Each set shall go to 25 points with no cap (must win by two points), and the deciding set shall go to 25 points with no cap.
2. 7 & 8th grade volleyball matches shall not use the libero rule.
3. A student may participate in no more than three sets per opponent. Any part of a set is considered a full set. When playing more than one opponent, this rule applies for each opponent.
4. In any tournament or regular season competition, teams and/or individuals shall be permitted to play a maximum of three matches per day.
5. The penalty for exceeding the participation limitation during a match is forfeiture of that set in which the ineligible player is participating. When discovered, the ineligible player is removed from the set, and the match continues unless that is the deciding set of the match. If the ineligible participation is discovered in the deciding set or after the match is completed, the match is forfeited.
6. Net Height – The net height for 7 & 8th grade volleyball shall be 7'0".

- 1.2) All matches played shall be counted except a match played against the school's faculty and OHSAA tournament matches. The faculty match must be played between **August 25, 2012 and November 10, 2012.**

- 1.3) When a volleyball match is interrupted for any reason, the match shall be resumed from the point of interruption.

- 1.4) Any scheduled regular season volleyball set or match which is not started due to unforeseen circumstances such as failure of team to arrive, strikes, school closings, is "No Contest." Sets or matches not played are not included in won-lost statistics.

- 1.5) Filming or videotaping of volleyball tournaments matches by one of both of the schools playing the match is permitted provided prior arrangements are made with the tournament manager, it is done at the expense of the school involved, and a maximum of one individual per school is permitted to film or videotape. **Filming or videotaping of a potential opponent's tournament match is prohibited.**

It is permissible for a school or a school representative to videotape or photograph regular season contests in which the school team is participating, but such videotapes or photographs may NOT be used for coaching purposes until after the contest is completed.

It is NOT permissible for a school or a school representative to videotape or photograph scrimmages, previews or regular season contests of other school teams without the written consent of all schools participating in the contest(s).

- 1.6) **PREVIEW** – A preview may be scheduled and played only during the period of time beginning with the Friday before the season begins and ending with the date of the first regular season match of the teams involved. Previews are limited in length to two sets of 21 points each, played according to National Federation Volleyball Rules.

2) Out-of-State Travel

A volleyball team may travel out of state to compete in contest scrimmages, previews and games in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, a volleyball team may travel out of state one time per interscholastic season to compete in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

“School time” is defined as any time during any day during which the school is in session as stipulated in its Board-adopted school calendar exclusive of contingency days. Penalty for violation: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days due to calamity situations, an otherwise non-school day(s) becomes a school day(s) in order to make-up for the missed school day, the school may compete in a contest(s) outside the state of Ohio provided:

- 1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
- 2) The school receives written permission from the Commissioner’s office at least one week in advance of the scheduled event.
A volleyball team may not travel out of state only to practice.

3) **Ejection for Unsporting Conduct**

See *Ejection Policies for Players and Coaches* under Section 11 of the General Sports Regulations.

4) **Non-Interscholastic Participation**

4.1) A member of an interscholastic volleyball squad (any student who has played in a scrimmage, preview or regular season/tournament game as a substitute or starter) sponsored by the Board of Education shall not participate in a non-interscholastic program (tryouts, practice or contest) as an individual or a member of a team in the sport of volleyball during the school’s season (Sports Regulation 4.3)

4.2) A member of an interscholastic volleyball squad (any student who has played in a scrimmage, preview or regular season/tournament game as a substitute or starter) sponsored by the Board of Education may participate in non-interscholastic volleyball prior to and after the school season under the following conditions:

4.21) The number of interscholastic volleyball players from the same school on a non-interscholastic squad is limited to three on the roster of that non-interscholastic squad. A roster is defined as all the members of the entire squad on that non-interscholastic squad.

Note: Graduating seniors who are participating on a non-interscholastic volleyball squad after their final interscholastic contest of the season in the sport of volleyball are exempt from this limitation.

4.22) There is no limit on the number of volleyball squad members from the same school participating on the same squad during the period June 1-July 31.

4.23) A player may continue to play with a non-interscholastic squad in a national qualifying tournament in excess of the three-player limitation after July 31 until the squad is eliminated but no later than Labor Day.

4.24) Non-interscholastic participation includes tryouts, training, practice and competition.

4.3) An intramural team is a non-interscholastic team, and all rules for non-interscholastic teams apply.

4.4) All-Star Games – There are many directors of non-interscholastic competitions that use the term “All-Star” in describing their events. Student-athletes in team sports who wish to participate in one of these “all-star” competitions outside the interscholastic season of their sports may do so without jeopardy to eligibility provided the students maintain compliance with Sports Regulations 4.3 and 4.5

The purpose of this special “All-Star” regulation is to provide an opportunity for the interscholastic team sport coach to coach players from his or her own school in a competition that has the following components:

- 1) Participants shall be selected from at least four schools.
- 2) All participants shall be graduating seniors or students completing their athletic eligibility at the end of the semester.
- 3) Participants shall play in no more than two All-Star games.
- 4) Participants shall not participate until after they have participated in their final contest for their school (Sports Regulation 4.3)

Penalty: For a senior, violation of this regulation may result in the loss of athletic eligibility for the balance of the school year. For all other students, the penalty may result in loss of eligibility for the ensuing season in the sport in which the student participated in the All-Star contest.

4.5) Individual Non-Interscholastic Competition Dates:

A volleyball athlete who has not participated for a school team in volleyball that season must cease non-interscholastic volleyball competition six weeks (42 days) prior to the Monday of the State Tournaments in volleyball in order to be eligible for OHSAA Tournament competition provided applicable Bylaws and Regulations have been followed.

Date: September 24, 2012

5) **Instructional Programs**

See *Regulations for Instructional Programs* under Section 5 of the General Sports Regulations.

6) **No Contact Period – Coaches**

See *Regulations for No Contact Period* – Coaches under Section 8 of the General Sports Regulations.

7) **Penalties**

7.1) The maximum penalty for violation of Sports Regulation 4.3 (participation with a non-interscholastic volleyball squad while a member of the school’s interscholastic volleyball squad) or any OHSAA regulations for any member of the school squad EXCEPT a senior is ineligibility for the remainder of the interscholastic volleyball season or the ensuing volleyball season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

7.2) The penalty for a coach for violation of Sports Regulation 4.9 (Coaching Staff-Team Sports) may include suspension, probation, public censure, fine not to exceed \$1,000 per occurrence or such penalty as the Commissioner may deem appropriate.

B. **SPECIFIC REGULATIONS – Grades 9-12**

- 1) Coaching, tryouts and instruction may begin – August 6, 2012
- 2) First match – August 25, 2012
- 3) Deadline date for OHSAA Tournaments – October 1, 2012
- 4) Tournament draw/seeding date – October 7, 2012
- 5) Coaching and Season end – November 10, 2012
- 6) Scrimmages or Previews – Maximum of five scrimmages plus one preview. See 1.7 for information on the service week match.

- 7) Regular season matches – Maximum of 22 matches on 20 playing dates. Each match played opposing another school shall be counted as one match in the 22 permitted, whether played in triangular, quadrangular or invitational tournament.
- 8) Rules – National Federation Volleyball
- 9) Officials:
 - 9.1) Varsity – One Class 1 official who shall be the referee required. The umpire shall be either Class 1 or Class 2 volleyball official. In the event only one OHSAA registered official arrives to officiate the match, the match may be played provided the participating coaches agree.
 - 9.2) Reserve/Junior Varsity – Two OHSAA Class 1 or 2 volleyball officials required. In the event only one OHSAA registered official arrives to officiate the match, the match may be played provided the participating coaches agree.
 - 9.3) Freshman – Referee required and umpire recommended. OHSAA Class 1, 2, or 3 volleyball officials required.
 - 9.4) Line Judges – For varsity and reserve/junior varsity volleyball competition, all line judges shall be either well-trained adults or students not listed on the volleyball eligibility certificate for the high school.

C. SPECIFIC REGULATIONS – Grades 7 & 8

- 1) Coaching, tryouts and instruction may begin – August 6, 2012
- 2) First match – August 25, 2012
- 3) Coaching and Season end – November 10, 2012
- 4) Scrimmages or Previews – Maximum of two scrimmages or one scrimmage and one preview
- 5) Regular season matches – Maximum 20 matches on 16 playing dates plus one postseason tournament not to exceed four matches.
- 6) Rules – National Federation Volleyball
- 7) Officials – Referee required and umpire recommended. OHSAA Class 1, 2 or 3 volleyball officials required.

Volleyball	2012	2013	2014	2015	2016	2017
Coaching Begins	8/6	8/1	8/1	8/1	8/1	8/1
Earliest Preview Date	8/24	8/16	8/15	8/21	8/19	8/18
Season Begins	8/25	8/17	8/16	8/22	8/20	8/19
Non-Interscholastic Date	9/24	9/23	9/22	9/28	9/26	9/25
Sectional	10/15-10/20#	10/14-10/19#	10/13-10/18#	10/19-10/24#	10/17-10/22#	10/16-10/21#
District	10/22-10/27	10/21-10/26	10/20-10/25	10/26-10/31	10/24-10/29	10/23-10/28
Regional	10/29-11/3	10/28-11/2	10/27-11/1	11/2-11/7	10/31-11/5	10/30-11/4
State	11/8-11/10	11/7-11/9	11/6-11/8	11/12-11/14	11/10-11/12	11/9-11/11
Season Ends	11/10	11/9	11/8	11/14	11/12	11/11
Thanksgiving	11/22	11/28	11/27	11/26	11/24	11/23

Coach – no Contact Period – Starts with the first day after the last interscholastic contest: ends 28 days later.

#Unless an earlier date is established by a District Athletic Board (no earlier than two days prior to the established date).

STATE VOLLEYBALL TOURNAMENT ROTATION

2012-2016-2020	2013-2017-2021	2014-2018-2022	2015-2019- 2023
II	I	IV	III
I	IV	III	II
IV	III	II	I
III	II	I	IV

SPORTING CONDUCT

RespectSM THE GAME

The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true-life lessons, and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. *Never underestimate the influence you have on your players!* You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great setter, a great hitter or a great defensive player. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but officials must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the officials' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out

pre-game conferences with the teams and other game officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sportsmanship is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.

Note from Roxanne Price:

Chair of the OHSAA Sportsmanship Ethics, and Integrity Committee:

As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others who may be involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics, and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon students, officials, coaches, and fans. Thank you and have a great season!

Speak with Courtesy

Act with Dignity

Play or Observe with Pride

NFHS SPORTSMANSHIP MISSION STATEMENT

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

ONLINE RESOURCES

On our website (www.ohsaa.org – click on “Respect the Game” on the right side of the screen) you will find Fair Play Codes for athletes, coaches, and fans, as well as additional information regarding parents’ role in interscholastic athletics. The Respect the Game site also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. A direct link can be found by clicking on <http://www.ohsaa.org/RTG/Resources/resources.htm>