

This Week in Volleyball



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The Ohio High School Athletic Association

This issue is the first of many weekly bulletins designed specifically for Ohio volleyball coaches and officials in order to keep them up-to-date on information pertaining to interscholastic volleyball in Ohio.

- Please remember that all schools – high school and 7-8th grade – are required to conduct **pre-season meetings for parents and students** who are going to play or tryout for volleyball within two weeks of the beginning of the season. If you have not held your meeting, please plan to schedule it NOW! The list of items to cover is extensive, and this meeting can be an effective communication tool between the coach, parents and students. Please see your athletic administrator to get more information. This year the OHSAA is featuring a course on head injuries and concussion that is highly recommended for every parent and student. You can access this free course at www.nfhslearn.com.
- A high school coach or the school athletic administrator must attend a **mandatory rules interpretation meeting** in order for the high school to be eligible for the OHSAA tournament. If you have not already done so, please make arrangements to attend a meeting. Coaches in 7—8th grade schools are also encouraged to attend. **New for 2010 – the online rules meeting is active.** Coaches must complete parts 1 and 2 and part 3; officials parts 1 and 2 and part 4. The meeting can be accessed from the VB home page or myohsaa.
- Coaches and officials should take time to review the new **NFHS 2010-11 Volleyball rules book and the corresponding OHSAA volleyball manual** that was sent in the preseason mailing in June. It is advisable to keep a rules book and the manual with you when you compete in matches so that you can refer to these documents if necessary. A copy of the manual is posted on the volleyball page on the OHSAA website here: <http://www.ohsaa.org/sports/vb/girls/manual.pdf>
- The OHSAA has adopted the **Molten Supertouch Elite Competition black silver and white volleyball model IV58L-BLK/SLV-OH for OHSAA Tournament competition.** Schools may use other colored panel balls or white balls for regular season competition. This ball is the adopted tournament ball.
- A reminder that once a student is selected to an interscholastic volleyball team and actually participates in a contest (defined as a scrimmage, preview or regular season match), that **student shall not participate in any training, practices, matches, tryouts, etc. with a non-interscholastic program** (JO club, YMCA, church, etc.) until after the interscholastic volleyball season has concluded for that student. This means after that individual student has played in her last contest for the school.
- A reminder that **7th and 8th grade students** in Ohio member schools are not permitted to practice with or compete with or against high school students. 7th and 8th grade students may participate in either 7th or 8th grade matches. There is no restriction except the three set limitation per common opponent.
- **Don't forget Volleyball Service Week.** This excellent opportunity for a community service match and project has been approved again for 2010 and may be competed **anytime during the regular season up to October 9, 2010.** Registration Deadline is August 9, 2010
- Remember, **7-8th grade matches are all played in a best of three format** with all sets to 25 points with no cap.
- All **high school non-varsity matches and varsity multiple match formats (tri and quads) are played in a best of three format** with all sets to 25 points with no cap.
- Only **high school varsity dual matches shall be played in a best of five format.** All sets in this best of five format shall be played to 25 points with no cap **EXCEPT the fifth and deciding set** which shall be played to 15 points with no cap.
- High School volleyball squads may scrimmage at any time during the season, including prior to the regular season start date and up until the end of the season. Some coaches do like to reserve at least one scrimmage for use during the or just prior to the OHSAA tournament. High Schools are permitted to compete **five scrimmages plus one preview.** **If a school is playing a Service Week match, that match counts as a scrimmage but may be played under full regular season match conditions.**
- The **scrimmage regulations for high school** permit each school to participate in no more than **three hours** of activity. Those three hours do not need to be consecutive hours. The regulation for **7-8th grade** schools is **two hours** maximum for each scrimmage.