

Online Rules Meetings
Available until August 31!
Available through the link on
the Volleyball Page here:
<http://www.ohsaa.org/sports/vb/girls/default.asp>

Get Your Pupil Activity Certificate Updated!

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

Scrimmage Note

Each team in your program is permitted to schedule 5 scrimmages PLUS 1 Preview. You may use these scrimmages at any time during the season and many teams do hold one to use during the tournament season.

Pre-Season Manuals for Coaches and Officials

A great deal of effort has gone into making the Pre-Season Manual for Coaches and Officials a **resource** to Use throughout the year. Everything from off-season regulations to Rule Changes are addressed to better communicate with you. Have a question? Most likely it is addressed in the Manual. Manuals were sent out in June to all school Athletic Administrators for distribution to coaches and in June and early July to all officials. Didn't receive one? You can always access it online at: <http://www.ohsaa.org/sports/vb/girls/Manual.pdf>

Have a Great Season!

Questions about VB rules? Coaches should contact Deborah Moore or Diane Plas. Officials should contact their local association interpreter. Questions about OHSAA rules? Coaches should contact Debbie. Eligibility questions? – Please see your principal or AD.

THIS WEEK IN VOLLEYBALL



The Ohio High School Athletic Association

Volume 3

Issue 1

August 6, 2012

Season Opens On August 6!

Due to the start date of August 6, we have been fielding numerous questions as to what can be done between August 1-August 6. The time between the end of July when coaching IS permitted (10 days) until the start of practice on August 6 has been a confusing period of time for many coaches. It is **not** a 'No Contact Period, **but** that doesn't mean you can bend other regulations to begin practice early. August 1 – August 6 is clearly **outside the season of play** and there are limitations. Permissible activities are discussed in the online rules meetings and in your preseason manual under "Frequently Asked Questions."

Have You Scheduled Your Pre-Season Meeting?

Pre-Season Parent/Athlete meetings are **mandated** by the OHSAA. As a Head Coach you KNOW the importance of good communication. There could not be a better opportunity to review the expectations with parents AND players. Make the message clear, make certain you provide them written copies of your 'team rules'. Address 'playing time' and players that 'move up and down'. Being 'up front' now with YOUR expectations will go a long way down the road when issues develop. And in a long season, they always do! We even provide sample agenda's, video resources, etc. for these meetings. You can even log on and show the NFHS' "Concussion Course" or "The Role of the Parent In Sports" during these pre-season meetings.

Need Help? The NFHS "Locker Room" is Just a Click Away!

We all know the issues that arise during the year; "my daughter is not getting enough playing time," the out of control parent that doesn't really know his/her role, etc. How about a little help? The NFHS has devoted considerable time and expense to developing helpful tools for coaches at its "Learning Center." Take a look, in addition to some excellent video resources (most are FREE!), there are also excellent resources (called "Tool Kits") at www.nfhslearn.com.



Keep Your Emergency Medical Forms

Just a short reminder as team rosters are developed, make certain you keep copies of your "Emergency Medical" forms with you. These can prove invaluable in the event of an injury on the road. With so many non-school individuals coaching at the sub-varsity level, I encourage you to remind the coaches of your sub-varsity teams.

"Common Sense 101"

It should go without saying, but ALL prospective student-athletes are required to complete a "Pre-Participation Examination." The word "Pre-Participation" means just that...BEFORE participating. **Common sense**. The player that comes and says "I'll bring it tomorrow" or the player that is the 3 year letter-winner and just hasn't brought it in yet; THOSE are the perfect examples we all face. Use it as the PERFECT discipline that you want to instill in your team. All students must be cleared by a medical examiner and have their consent forms, signed by their parents, on file in the principal's or athletic administrators office. Please do not overlook this requirement.

Safety First!

Volleyball has one of the best safety records of all team sports. With our emphasis on concussion education and other medical issues, we may overlook some of the rules that are designed to insure a safe playing facility. NFHS VB rule 2-1-3 requires (that is what "shall" means) at least **six feet** of unobstructed space outside the boundary lines. Ten feet of space is preferred. Schools, via their administration, are required to provide this type of court. Officials shall not permit a contest to be competed when conditions do not meet the rule requirements.

New Uniform Rules in 2016

Some of you are asking why the emphasis on the uniform rules change four years out. The NFHS knows that schools need plenty of notice before expending valuable resources on new uniforms. Generally three years is the amount of time permitted for such a major change. An extra year is provided so that schools can plan for this transition and so that officials can get used to the change. Nothing in this new rule excuses a school from providing uniforms that comply with current NFHS rules including insuring that the libero uniform is clearly contrasting from all angles. See this link on the NFHS web site for more information on this change: <http://www.nfhs.org/Workarea/DownloadAsset.aspx?id=6722>