



2016 Volleyball Manual

FOR COACHES & OFFICIALS



Ohio High School Athletic Association
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@DMooreDeborah

MEMORANDUM

TO: Volleyball Coaches & Officials
FROM: Deborah B. Moore, Associate Commissioner
DATE: June 2016
RE: Information for the 2016 Volleyball Season

As in the past, the OHSAA is posting the ***Volleyball Manual*** online in lieu of printing and mailing this publication. You may view and download/print this publication by clicking onto the VB page from www.ohsaa.org. In addition, we would ask that you take note of “***This Week in Volleyball***” bulletins that we will post to the volleyball page periodically throughout the season. **I am also using my Twitter account @DMooreDeborah** to alert you to important information throughout the season. So, if you are on Twitter, please follow me to stay updated.

Please note that the State Rules Interpretation Meeting IS MANDATORY for high school coaches and all officials. All meetings except for the local interpreters meeting for officials, which is a meeting for the leadership of our volleyball officials associations and is by invitation only, shall be online meetings. The details and information about the online meetings can be found in the Volleyball Manual online or through the OHSAA website.

Please visit with your athletic administrator to ensure that your name, as head coach, and your correct email address are posted to your school’s OHSAA account. We use this information to communicate with your throughout the season, and it is very important that the information is accurate. Thanks so much, and have a terrific season!



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INFORMATION SENT IN PRESEASON MAILING

For Coaches & Officials	OFFICIALS
Rules Meeting Message Rules Book – <u>sent in 2015; next rules book will be delivered in 2017</u>	Rules Meeting Message 2016-17 NFHS Volleyball Rule Book 2016-17 Volleyball Case Book and Officials Manual NFHS Volleyball Officials Preseason Guide

Note: IF desired, Coaches and Officials may purchase an online rules e-book at <http://www.nfhs.org/ebooks/> for \$5.99.

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.

2016 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 **participate in the Online Rules Meeting**. 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.*

All OHSAA Volleyball officials are also required to view the **Online Rules Meeting**. Officials who fail to receive their State Rules Meeting credit will be suspended the following year. Attendance is also required in order to be eligible for OHSAA Tournament assignments in the current year.

REMINDER: Do NOT take Online Rules Meetings on a tablet or mobile device—if you view the Rules Meetings on one of these devices, you will NOT receive credit.

**The ONLINE Rules Meeting link will be live on TUESDAY, JULY 26 at 4:00 PM
The deadline for the Online Rules Meeting will be **AUGUST 31, 2016 at 11:59 PM.****

Those coaches or officials who do not participate in a State Rules Meeting by **August 31, 2016, shall be required to complete an online make-up meeting no later than September 30, 2016. The fee for this online make-up meeting is \$50.00, payable by credit card only.**

The deadline, with a \$50.00 penalty, will be *SEPTEMBER 30, 2016 at 11:59 PM.*

ONLINE RULES MEETING ACCESS

COACHES – The link to the Rules Meeting will be available on the Volleyball sports page on www.ohsaa.org. Coaches will need their School ID number, which will be provided by the link, once available, or by asking the Athletic Director.
OFFICIALS – The line to the Rules Meeting will be available on the Officiating home page on www.ohsaa.org, as well as the log-in screen of www.myohsaa.org. Officials will need their Permit number to access the Rules Meeting.

The ONLINE Rules Meeting link will go live on TUESDAY, JULY 26 at 4:00 PM

The last day for completion of the online version as a complimentary meeting is **Wednesday, August 31, 2016 by 11:59 pm.** If you do not complete the Rules Meeting by August 31, a **\$50.00** late fee will be assessed to receive the link to the access the Rules Meeting. The FINAL deadline, with a \$50.00 penalty, will be September 30 at 11:59 pm.

AFTER SEPTEMBER 30, 2016 AT MIDNIGHT, THE ONLINE RULES MEETING WILL NO LONGER BE AVAILABLE

All communication regarding Rules Meetings for coaches will be sent to the school Athletic Director, and communication for officials will be sent to the email address listed on their myOHSAA account. Reminder emails will be sent out approximately one week prior to the deadline, and a few days prior to the deadline, if the Rules Meeting credit has not been completed.

Reminder: we are NO LONGER sending confirmation emails—we will upload your Rules Meeting credit to your myOHSAA profile (coaches: ask your AD to access their myOHSAA profile). **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.

CALENDAR

IMPORTANT DATES

2016 OHSAA VOLLEYBALL CALENDAR	
August 1	First Day of Tryouts, Coaching and Instruction – <i>Season Begins</i>
August 2	Earliest Date for a Preview
August 20	First Regular Season Contest Permitted
September 26	Non-Interscholastic Competition No Longer Permitted
October 3	Deadline for Entering or Withdrawing from the OHSAA Tournament
October 9	Seeding and Draw Meeting – 2:00 PM
October 17 – 22	Sectional Tournaments*
October 24 – 29	District Tournaments
November 2, 3 & 5	Regional Tournaments
November 10 – 12	State Tournament – <i>Nutter Center, Wright State University, Fairborn</i>

OHSAA CONTACT INFORMATION

OHSAA Office | 4080 Roselea Place, Columbus, OH 43214 | 614 267-2502

Name	Title	Responsibilities	E-Mail/Phone
Deborah Moore	Associate Commissioner	Oversees the sport & coordinates the tournaments; Rules Interpreter	dmoore@ohsaa.org
Beau Rugg	Assistant Commissioner	Oversees officials programs & tournament assignments	brugg@ohsaa.org
Emily Gates	Program Coordinator	Assists with the sport and event management	egates@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 ohsvca.org website.

2016 OHSVCA Officers Directory

President: Kim Metz Jackson Center High School president@ohsvca.org	Vice-President: Lindsey Robinson Fremont Ross High School vicepresident@ohsvca.org	Secretary: Meladee Hopkins Worthington Kilbourne secretary@ohsvca.org	Treasurer: Shauna Hurles* treasurer@ohsvca.org
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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 2016-2017 Volleyball Rules Book will apply in all matches involving OHSAA member schools. Exceptions and/or further explanations 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 4-2-1 f 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, and the OHSAA is able to assist you in evaluating uniforms if you will send us a clear picture.**
- C. Please note that all uniform rules are combined under one Section -2: Legal Uniform. Points of emphasis under this section include:
1. 4-2-1 b 2 - Permits a player to wear a visible undergarment under the uniform bottom provided it is unadorned and 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. We have noted with concern teams that have advanced deep into our post-season tournament wearing illegal numbers that are either placed too low on the front of the uniform or are not solid color as required by rule. Officials are instructed to penalize illegal uniforms worn by the entire team with the obligatory point to start the match and then report the school to the OHSAA office.**
 3. 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. See comment above.
NOTE: All uniforms must be free of all hard and unyielding items such as buttons, zippers, snaps and fasteners.
 4. Beginning in July 2016, **WHICH MEANS THIS YEAR IN THE 2016 SEASON**, 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-colored 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 seams 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. A single school name, mascot and/or player's name may be placed on the body of the uniform top, but shall not disrupt the integrity of the solid-colored uniform top. Designs are not permitted. A single mascot reference and/or school name may be placed on the sleeve(s), not to exceed 4 by 4 inches or 3 by 5 inches.
 - f. Numbers shall be a contrasting color to the uniform top and meet all other specifications in Rule 4-2-4.

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 ensure that the net is at the prescribed height measured at the center of the net - **7'4 1/8" for high school and 7' 0" for 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, no more **than 3" wide** and worn in the hair or on the head; 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 11-3-3)
- 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 which is available at ohsaa.org. 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 nfhsllearn.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 2016 and 2017**
 A complete copy of all schools by division and district has been made available to the Ohio High School Volleyball Coaches Association for its use. Please refer to the OHSAA web site at <http://www.ohsaa.org/members/hsenroll15.htm> for enrollment figures. A reprint of divisional representation for volleyball and all sports is also available on our website.
- | | | |
|--------------|--------------|---------------|
| Division I | 327 and more | - 196 schools |
| Division II | 181 – 326 | - 198 Schools |
| Division III | 105-180 | - 198 Schools |
| Division IV | 104 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 interpretation of these sports regulations. The OHSAA is making every effort to insure that all coaches and student-athletes understand the Sports Regulations 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: 2016-2017 *Eligibility Guide and Checklist for High School Students*, found here <http://www.ohsaa.org/eligibility/EligibilityGuideHS.pdf>. This guide is written to explain the rules to coaches and student-athletes and their parents. We do not provide you a sample as this guide is no longer a hard copy publication. See your school administrator for guidance on how to make this publication available to your parents and students if that has not already been done in your school. The guide and checklist for 7-8th grades students is found here <http://www.ohsaa.org/eligibility/EligibilityGuideMS.pdf>

It is a requirement for schools to conduct pre-season orientation meetings for coaches, student-athletes and their parents and key members of your boosters' organization each season. These meetings afford administrators and coaching staff the opportunity to present information pertaining to school policy, athletic codes of conduct, OHSAA eligibility rules and details concerning the volleyball program. The Eligibility Guides 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 part of the required Pre-participation Physical

Examination process, they also are indicating that they have read and understood these athletic eligibility guides referenced above. In addition, the OHSAA has prepared a PowerPoint Presentation that should be shown to all volleyball players and their parents. This presentation has been sent via a link to all schools and is on our website here: <http://www.ohsaa.org/members/OHSAAPreseasonMeetingPresentation.pptx> The preseason meeting is also an excellent time to ensure that all consent forms, including the Concussion Information form, which is now required by state law to be read, reviewed and signed by parents and students, have been returned to the school administrator. Please be sure that each of your students and their parents have these required forms signed and on file in your athletic administrator's office.

12) PRE-PARTICIPATION EVALUATION – PLEASE SEE THE SECTION REGARDING THE PRIVIT PROFILE IN THIS MANUAL FOR THE MOST UP-TO-DATE INFORMATION ON THE OHSAA’S LEGAL AND MEDICAL STANDARD FOR THE PPE.

13) 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.

14) STATE TOURNAMENTS

The 2016 OHSAA Girls State Volleyball Tournaments will be held at Wright State University in the Ervin J. Nutter Center in Fairborn, Ohio on November 10-12.

15) 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 2016 season. Schools may continue to use an all white or colored ball for regular season contests as per NFHS rules.

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

17) 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.

18) WARM-UP PROTOCOL –RECOMMENDED FOR THE REGULAR SEASON – REQUIRED FOR OHSAA TOURNAMENTS

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. Because of such a risk, the OHSVCA recommended a new warm-up system that the Board approved as mandatory for OHSAA tournaments starting with the 2015 season.

Please remember that 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 for the regular season and reminds you that this system 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. 2 minutes – both teams ball handling on their side of the net
2. 6 minutes – the serving team has the whole court
3. 6 minutes – the receiving team has the whole court
4. 3 minutes – the serving team has the whole court.
5. 3 minutes – the receiving team has the whole court.

The R2 shall sound a whistle 15 seconds before the end of each team warm-up period.

19) INQUIRIES

Our OHSAA office is here to serve you 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 (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 7 of this manual and can be found on their website (ohsvca.org). Please remember that your school athletic administrator or principal are your resources for any issues involving student eligibility.

20) 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. Please insure that all parents and students have read, reviewed and signed the Concussion Information Form, which is published by the Ohio Department of Health and required by state law before a student can participate. Parents should keep a copy of the sheet for their records. It is also advisable to recommend that parents and students view the NFHS Concussion Course: Concussion in Sports – What You Need to Know, found at nfhslearn.com.

A new preseason presentation has been made available online for each high school and 7th-8th grade school in the form of a PowerPoint presentation. We encourage schools to make this presentation available to 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 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. 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, may be played in a **best three of five format if agreed upon in advance of the competition in the game contract (s).** If there has been no advance contracting – with all opponents and with all contest officials - to play these matches in a best three of five format, then the matches shall be played in a **best two of three format.**
4. Match limitations for each high school team and individual shall be **22 matches on no more than 22 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. **If the school squad exceeds the contest limitations for the season, the school shall be ineligible for the post-season OHSAA tournament and a non-varsity team shall not be able to replace the school's varsity squad.**
11. **Scorebooks and libero tracking sheet**
Schools may choose to use any other type of score sheet/book provided it supports rally-scored matches. The OHSAA supports the **Volleywrite electronic scoring system.**

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**. **Post-season tournament** – These regulations permit **one post-season tournament not to exceed four matches**. Post-season means **after** the 20 regular season matches have concluded. A player may play in just one post-season tournament. For example, if a student plays in the 7th grade post-season tournament, she is ineligible to play in the 8th grade post-season tournament.
13. In all tournaments, tri-matches and quadrangular matches, each match played against a different opponent counts as one towards the total permitted.
14. Students in grades 7 and 8 may play in no more than **three matches per day** against different opponents.
15. 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**
16. 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**.
17. **The libero** player shall not be used for 7-8th grade matches.
18. **Scrimmages** – Maximum of two scrimmages or one scrimmage and a preview.
19. **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

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 #7, 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 except that which is permitted by regulation 8.2.1 b), in either a group or individual setting; 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. Providing instruction to no more than four players in any combination of facilities (S.R. 8.2.1) does not count toward the 10-day limitation – See Q and A #10.

4. What is considered a “contact” day during the June 1-July 31 period?

Instructional Programs

Any camp, clinic, workshop or other instructional format in which more than four 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. Providing instruction in conjunction with S.R. 8.2.1 does not count in this 10-day total.

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 7.3, 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 7.3. Very simply, while a student is playing for the school volleyball squad (from the time she plays in the first contest until she plays in the last contest of the season), the student may not tryout with, practice for or play in an actual contest with a non-interscholastic volleyball program. The MAXIMUM penalty for violation of this sports regulation is ineligibility for the remainder of the interscholastic volleyball season. Outside the season, that is, prior to playing in the first contest during the school year and after the school season is over, a player may participate in a non-interscholastic volleyball program *provided the 50% limitation is observed. See the answer to Question #4 to see these limitations.* SENIORS OR STUDENTS WHO HAVE COMPLETED THEIR ELIGIBILITY ARE EXEMPT FROM THIS 50% 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 participants from one school that may compete together in the same non-interscholastic program.

Regarding instructional programs, volleyball players may attend these (camps, clinics, training sessions, school workshops, other programs not affiliated with a non-interscholastic competitive program or league) during the school year provided the 50% rule for squad membership is maintained (SR 8.2). A player may receive individual skill instruction from a non-interscholastic coach at any time during the school year provided such instruction does not violate any board, administrative or coach's policy.

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 lessons for a squad member except during June 1 to July 31, during the season of the sport and in accordance with Instructional Program Regulation 8.2.1 b).

Instructional program regulation 8.2.1.b) permits the school's volleyball coach to have instructional contact with no more than four players at a time in any one facility provided such instruction does not take place during the mandatory no contact period. This means that a coach may continue to have individual instruction with no more than four players from June 1-July 31 without such contact counting toward the 10 permissible days for team competition and instruction.

11. What may the coach 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 7 - 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 eligibility in a sport count in the regulations governing both student athletes and coaches?

No. Seniors in team sports like volleyball are exempt from the 50% limitations found in Sports Regulation 7.5. Coaches are restricted from any contact with players, including seniors, during the school year prior to June 1, except during the season of their sport and except as permitted in the instructional program guidelines.

13. What type of contact may a coach have with volleyball players during a “no contact” period?

Mandatory No Contact Periods are designed to provide for a break for students in team sports either between sports or at the time when other sports seasons commence. Volleyball coaches are prohibited from having athletic or athletic-related contact with their players for 28 days after they have played their last interscholastic volleyball contest.

During this no-contact period, volleyball coaches may not supervise open gyms, conduct fitness programs except for supervision of weight training. There are no restrictions placed on students who may begin training with a non-interscholastic team immediately after the end of the season or continue to pursue other types of activity in volleyball. The regulation restricts volleyball coaching staff members; however, it does include the following exceptions: awards ceremonies, all-star contests, communication to facilitate college recruitment, contact as a faculty member in the regular curriculum, contact as a licensed athletic trainer involved with rehabilitation and treatment, pick up of school-issued equipment, or attendance at OHSAA volleyball tournaments.

14. Are there any restrictions on where this new four player instruction can take place?

No. Most instruction that is offered by the interscholastic volleyball coach will most likely take place at the school facility; however, the regulation does not restrict the facility but does place a restriction on the number of students who may be in the facility, or combination of facilities, receiving instruction at any time.

15. If a volleyball coach is providing individual instruction to four players, could at the same time a volunteer or parent who has not been approved by our board of education/governing board provide instruction? If so, is there a difference between this taking place while school is in session outside the season vs. during the June 1 to July 31 period?

No. Based on the language in SR 8.2, interscholastic coaches are governed by the four-player limitation per facility/facilities. It would be a violation of this rule for anyone, in addition to one volleyball coach, to instruct additional players beyond the four player limitation at the facility which is being used. If any instruction takes place from June 1-July 31, the 10-day limitation is in effect as expressed in SR 7.5 and 8.2.1.

16. Can players compete in drills against one another during the instruction (i.e. two-on-two volleyball drills); etc.?

Yes. The limitation is four players. Any types of drills or instruction that can be provided with those four is permissible in the sport of volleyball.

17. May an interscholastic coach have contact with his or her students who are graduating or who have exhausted their eligibility in a non-interscholastic program after the volleyball season has concluded?

Yes. A rules change now permits coaches to coach their own senior players in a non-school program after the volleyball season provided there are no other members of their volleyball squad on that non-school roster.

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 ohsaa.org and at 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

CONCUSSION REGULATIONS – UPDATED FOR 2016-17

DATE OF IMPLEMENTATION – APRIL 26, 2013

Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol

Notwithstanding the leading role that the Ohio High School Athletic Association has played in the area of developing policies concerning concussion prevention, recognition and management, in December of 2012, Ohio's Governor Kasich signed into law legislation that was passed by Ohio's 129th General Assembly which incorporated much of what the OHSAA regulations previously mandated. This law adds several aspects to previous OHSAA regulations. Therefore, in order to be fully compliant with this law as signed by our Governor, modifications have been made to OHSAA policy. These modifications are set forth in these updated Concussion Regulations.

It is important for all individuals 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. Further both students and parents have responsibilities in this area as well.

Note: It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013 for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

- 1) The individual who is serving as the student's coach during that practice or competition.
- 2) An individual who is serving as a contest official or referee during that practice or competition.

RETURN TO PLAY PROTOCOL

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1) The student's condition is assessed by either of the following:
 - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
 - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.
- 2) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <http://ohsaa.org/medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return To Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation ONLY if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician;
- 3) In collaboration with a physician, or
- 4) Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

COACHES REQUIREMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

CONTEST OFFICIALS REQUIREMENTS

New legislation signed into law by the Governor provides that no school "shall permit" an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or **show evidence of completing an approved online concussion education course** as stipulated in the section entitled **Approved Online Concussion Education Courses**. This course is valid for three years from the date of

completion.

STUDENT AND PARENT REQUIREMENTS

All students and their parents or legal guardians shall review and sign the "Concussion Information Sheet" which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course. The Concussion Information Sheet can be found here:

<http://www.healthyohiprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

APPROVED ONLINE CONCUSSION EDUCATION COURSES

The following free online training courses have been approved by the Ohio Department of Health for coaches and contest officials:

National Federation of State High School Associations Concussion in Sports - What you Need to Know:

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>

(This free online course is available through the NFHS. Click the "order here" button, and complete a brief registration form to take the course. Follow these steps to complete the course:

1. Click on the button that says "Please Login to Order." In the window that appears, click "Register Now."
2. When your registration is complete, you may "order" the free concussion course offered along the left-hand side of the page. Continue following prompts. Although it may look like you will be charged for the course, there is no cost.
3. Once you've completed "Checkout," you will be able to take the free online course.
4. When you have completed and passed the course, you have the option of printing a certificate of completion.
5. All Ohio Officials should select this option to print, retain a copy of the certificate and carry it with them to all contests.

Centers for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training Program:

http://www.cdc.gov/concussion/HeadsUp/online_training.html -

PLEASE NOTE: Both courses offer a "certificate of completion" upon successful passage. The NFHS course allows organizations to search for and [track coaches and other individuals such as contest officials who have completed the course](#), while the CDC course does not.

FREQUENTLY ASKED QUESTIONS

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 Health and Human Services, Centers for Disease Control and Prevention has published the following list 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 rule?**

All individuals who have responsibilities and duties in the interscholastic athletics environment are responsible: coaches, contest officials, administrators, students, parents and medical personnel.

3. **What is the role of coaches in administering this 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.
- Coaches shall be aware that any student removed from a practice or a contest due to a suspected concussion or head injury **shall not return to participation on the same day as the removal.**
- Coaches shall possess a current Pupil Activity Program/Coaching Permit and shall take one of the approved online concussion courses upon renewal of the permit.

4. **What is the role of contest officials in administering the rule?**

- Officials are to review and know the signs and symptoms of concussion and to direct immediate removal of any student who displays these signs or symptoms. When informing the head coach about removal of an athlete, the official shall be accompanied by another (second) official if possible.
- An official **shall not permit the athlete who has been removed under this rule to return to competition that same day.**
- If a contest official is aware that a student has been permitted to return to competition on the same day as removal, that official shall immediately stop play and remove that student from competition and report the incident to the OHSAA.
- Note that officials are not medical professionals and have no authority to determine whether or not a 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.
- All Officials shall possess either a current Pupil Activity Program/Coaching Permit or shall complete one of the online concussion courses which are valid for three years from the date of completion.
- At initial licensure or renewal of the OHSAA officiating permit, the official shall indicate that he or she has either a current Pupil Activity Program/Coaching Permit or has completed one of the approved online concussion courses.
- All officials should carry with them evidence of completion of one of these options at all times while officiating a contest.
- Officials are required to submit to the OHSAA the "OHSAA Concussion Report" within 48 hours whenever a student has been removed from a contest under this regulation.

5. **What are the expectations of student-athletes in concussion management?**

- While all individuals involved in the interscholastic athletics program have a responsibility to recognize the potential for catastrophic injury and even death from concussions, it is also the responsibility of student-athletes to recognize the signs, symptoms and behaviors consistent with a concussion.
- Student-athletes who exhibit symptoms such as loss of consciousness, headache, dizziness, confusion or balance problems, have the responsibility to report these immediately to their coach and/or health care professional. Teammates also share the responsibility to report these symptoms when they are exhibited by a fellow student-athlete.

- Student-athletes shall review and sign, on an annual basis, along with their parents or legal guardians, the Ohio Department of Health's Concussion Information Sheet found on the OHSAA website and at this link
<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

6. **Who decides if an athlete has not been concussed and/or who has recovered from a concussion?**

• **Only** an M.D. (Medical Doctor), D.O. (Doctor of Osteopathy), or another health care provider approved by the school's Board of Education or other governing body who is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician;
- 3) In collaboration with a physician;
- 4) Under the supervision of a physician.

is empowered to make the on-site determination that an athlete has **not** received a concussion. Even if that determination has been made, however, the student may not return to practice or competition on the same day he/she has been removed from a practice or competition (see No. 7 below).

- If any one of these physicians or authorized medical providers has answered that "yes" there has been a concussion, that decision is final.

7. Can an athlete return to play on the same day as he/she has been removed from a practice or competition for a suspected concussion?

- No, under no circumstances can that athlete return to play that day.
- No coach or contest official shall allow a student to return to practice or to competition on any day after the initial removal until that student has been assessed and cleared for return with **written authorization** by a physician or licensed health care provider authorized by the school.
- If the event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions.

8. Once the day has concluded, who can issue authorization to return to practice/competition in the sport for a student who has diagnosed with a concussion?

- Once a concussion has been diagnosed by a physician or other approved health care provider, only a physician or approved provider can authorize subsequent Return To Play (RTP), and such authorization shall be in writing to the administration of the school. This written **RTP authorization shall be kept at the school indefinitely** as a part of that student's permanent record. Click here <http://ohsaa.org/medicine/AuthorizationToReenter.pdf> to access the OHSAA "Medical Authorization to Return to Play" Form.
- School administration shall then notify the coach as to the permission to return to practice or play.

9. 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 of State High School Associations has included the following graduated protocol in its Suggested Guidelines for Management of Concussion in Sports: (**Note:** This is simply a suggested protocol. The appropriate health care professional who issues the clearance may wish to establish a different graduated protocol.)

NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY 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 running or skating, 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 asymptomatic 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.)

QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

Ohio Department of Health Concussion Information Sheet -

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

Online Concussion Management Training -<http://www.healthyohioprogram.org/concussion.aspx#Training>

Ohio's Return to Play Law: Frequently Asked Questions -

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Frequently%20Asked%20Questions%20Updated%202513.ashx>

Ohio's Return to Play Law: What Coaches and Referees Need to Know -

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Coaches%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

Ohio's Return to Play Law: What Parent/Guardians Need to Know -

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Parents-Guardians%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

ADDITIONAL CONCUSSION RESOURCES

Ohio Department of Health, Violence and Injury Prevention Program - Sports/Recreation Traumatic Brain Injuries -

<http://www.healthyohioprogram.org/vipp/child/tbi.aspx>

CDC Heads Up: Concussion in Youth Sports

Nationwide Children's Hospital – Concussion Information Toolkit - <http://www.nationwidechildrens.org/concussion-toolkit>

CDC Materials on Returning to School for Parents, School Nurses and Educators -

<http://www.cdc.gov/concussion/HeadsUp/schools.html>

Ohio Legislative Service Commissioner HB 143 Bill Analysis - <http://www.lsc.state.oh.us/analyses129/12-hb143-129.pdf>

Brain Injury Association of Ohio – www.biaoh.org



Ohio High School Athletic Association
 4080 Roselea Place, Columbus, Ohio 43214
 PH: 614-267-2502; FAX:614-267-1677
 ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS BEEN REMOVED DUE TO A SUSPECTED CONCUSSION – THIS FORM IS MANDATORY

Ohio State Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from and/or prevented from participating or continuing to participate in any practice or contest (sports activity) and **not permitted to participate in or reenter practice or competition on the same day as the removal.** After these symptoms are identified, **written medical authorization from a physician (M.D. or D.O.)** or another qualified licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., AND is authorized by the Board of Education or other governing board, **is required to grant clearance for the student to return to participation.** This form shall serve as the authorization that the physician or licensed medical professional has examined the student, and has cleared the student to return to participation. The physician or licensed medical professional must complete this form and submit to a school administrator prior to the student's resumption of participation in practice and/or a contest. **To reiterate, this student is not permitted to reenter practice or competition on the same day as the removal.**

I, _____, M.D., D.O. or _____ (other qualified licensed medical provider) have examined the following

(Print name of MD, DO or Other)

student, _____ from _____ High School/7-8th grade school
 (Name of Student),

who was removed from and/or prevented from participating or continuing to participate in a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion or who is known to have suffered a concussion. I have examined this student, and determined that the student is cleared to resume participation upon the completion of the directions provided below.

PLEASE INDICATE YOUR DIRECTIONS BELOW

- Return to play protocol for concussion as outlined in Zurich Consensus Statement 2012 or as attached.
- Return to play protocol for concussion required under direction of Licensed Athletic Trainer or other qualified licensed medical provider as approved in above directive
- Return to play protocol for concussion not required, and the student may return to participation in practice and competition on this date _____
- Other: (explain): _____

VALID ONLY WITH ALL INFORMATION COMPLETED

Signature of Medical Professional _____
 (MD, DO or other qualified Licensed Medical Provider as Approved in the Above Directive)

Date: _____

Contact Information:

(Print or Stamp) Address: _____

Phone: _____

Return to play is also subject to clarification of this document, as deemed necessary, by Licensed Athletic Trainer, other qualified Licensed medical providers authorized by Board of Education or other governing body, or school district administration. Return to play decisions are also subject to recognized principles of conditioning, skill development, mental preparedness, etc. Parent(s)/Guardian and student are reminded that the initial signature document of awareness of signs and symptoms of concussion and need/requirement to report are still in effect. Parent(s)/Guardian and student have a responsibility to report any further signs or symptoms of a concussion or head injury to coaches, administrators and the student- athlete's doctor. Information regarding signs and symptoms are available from school district personnel or OHSAA website.

PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR

Note: The school must retain this form indefinitely as a part of the student's permanent record. Medical Providers should retain a copy for their own records. Accept no substitutes for this form.



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

OHSAA CONCUSSION REPORT

State Law, 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 that same day. This form shall serve to document that a student has been removed from a contest in accordance with State Law, 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 Andrea Heiberger at the OHSAA within 48 hours.

THE PRIVIT PROFILE – DIGITAL PPE

In April of 2014, the OHSAA Board of Directors upon the recommendation of the Joint Advisory Committee of Sports Medicine adopted a digital Pre-Participation system in order to more effectively minimize risk for student athletes. The PrivIT e-PPE known as the PrivIT Profile, allows parents and students to complete a series of medical history questions online and then produces a directed report for the examining physician. This page is a copy of our website resources for this new system.

The OHSAA is strongly recommending that all high schools direct parents and students to this new system. Please feel free to access the information below which is from our website at <http://www.ohsaa.org/medicine/physicalform.htm>

- **Welcome PRIVIT® Administrator**
- **Welcome Parents and Athletes**
- **FIND MY SCHOOL**

Privit Profile (formerly Privit e-PPE)

The OHSAA has approved the use of Privit Profile as an electronic alternative to the paper pre-participation evaluation forms required from student-athletes. Each high school athletic department has its own URL for accessing the digital forms required by OHSAA for medical clearance. Parents will be responsible for going to the appropriate high school Privit Profile website to complete the health questionnaire, and student-athletes will still be required to complete a physical exam with a medical professional. Athletic Departments are able to access their school's web link and information to introduce the new process to your student-athletes and their parents by searching for your high school at www.e-ppe.com, and leveraging the welcome packet found [here](#) within the PRIVIT Help Center.

By migrating to Privit Profile, your student-athlete's medical information will be more secure than before and accessible only to authorized personnel. PRIVIT offers training sessions to familiarize Athletic Departments with the Privit Profile functionality and benefits. Click [here](#) for Administrator Training.

For assistance, please visit the PrivIT Help Center at <http://support.privit.com>.

PRIVIT and OHSAA Video: <https://youtu.be/3muvEUXxAxc>

2016-17 Pre-Participation Physical Exam and Consent Form

This paper form may be used for students in grades 7 and 8. However, please be advised that the paper form is no longer the Ohio High School Athletic Association standard for high school students. We strongly recommend that based on the goal of risk minimization and best-practice medical standards, that all high schools use the Digital Pre-Participation Evaluation system as described above for clearing students for participation in interscholastic athletics.

-
- **Concussion Information and OHSAA Sport Safety**
 - **Ohio Department of Health Concussion Information Sheet**

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.

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

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 team’s 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). The required uniform includes white shoes and white socks. When needed, an all white cardigan or v-neck sweater is permissible. 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. 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 2016-2017 Volleyball Rules Book will apply in all competition involving OHSAA member schools. Exceptions are those noted below or by interpretation in future bulletins.

2016-17 VOLLEYBALL MAJOR RULES CHANGES

- 1-2-2** The time period between sets is defined as a part of a match and delineates the difference between the timed interval and timed intermission.
Rationale: Defines a required part of a match and draws distinction between the timed interval and an intermission.
- 3-2-1** The panels of the volleyball are defined as being of a basic rectangular shape.
Rationale: Clarifies the original intent of the standard shape of the panels of the volleyball.
- 4-1-5** Hair devices worn in the hair or on the head shall be no more than 3 inches in width.
Rationale: This rule limits the size and material of what a player may wear in the hair or on the head to preserve the integrity of the sport and risk minimization concerns. Permitting an item 3 inches in width allows for a more practical size and retains the original purpose of the rule.
- 5-4-1h** Establishes a new mechanic, double whistle and raising coin in the air, for the first referee to use to summon the captains and head coaches to the officials table to conduct the pre-match conference.
Rationale: This signal (double whistle and raised coin) will notify those required that it is time to attend the prematch conference at the officials table. This will eliminate the need to track down those required to attend the conference. This signal is consistent with the mechanic for the deciding set coin toss.
- 7-1-2** Clarifies when the lineup is due from each team for the next set when an intermission is used between sets Nos. 2 and 3
Rationale: Provides consistency as to the time for submission of the lineup for set Nos. 2 and beyond regardless of whether an intermission or standard timed interval is in use.
- 7-1-4** Reorganizes Article 4 and provides two options to correct a clerical error on the lineup when a player's number is listed twice, including if one is the libero.
Rationale: Clarifies the two exceptions to the requirement of submitting a written, accurate lineup before each set and the procedure to correct the clerical errors. The libero is now included as a possible option to correct the clerical error of listing a player's number twice.
- 8-1-6** A tossed ball for serve contacting a backboard in a vertical position is a fault.
Rationale: The server is responsible to assume a position not located under an obstruction.
- 11-2, Penalty 2** A request for a third time-out is an unnecessary delay and penalized accordingly.
Rationale: Provides consistency in application of unnecessary delay penalties for request of a third or more time-outs regardless of whether request acknowledged by the second referee with a whistle and time-out signal.
- 11-5-1** Clarifies the timed intermission between set Nos. 2 and 3 may only be scheduled for use for promotional or special recognition activities.
Rationale: Clarifies that an intermission is used for promotional or special recognition activities but not for just an extended timed interval between set Nos. 2 and 3.

2016-17 VOLLEYBALL MAJOR EDITORIAL CHANGES

- 4-1 Penalty 2** Clarifies the language regarding an unnecessary delay penalty, administrative yellow or administrative red card, for a player wearing illegal equipment attempting to enter the set.
- 4-1 Penalty 3** Clarity in wording of the penalty and with the adoption of the new penalty for unnecessary delay last year the modification corrects a clerical error.
- 4-2** Solid-colored uniform top is required for libero or teammates.

TOURNAMENT REGULATIONS

Tournament Regulations are available at ohsaa.org (after approval at the August Board of Directors meeting). On the website, 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 2016 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 - 2016

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. 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, may be played in a best three of five format if agreed upon in advance of the competition in the game contract (s). If there has been no advance contracting to play these matches in a best three of five format, then the matches shall be played in a **best two of three format**.
4. All **non-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 no more than 22 playing dates.
6. Individual limitations for players who play in any non-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 non-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.
11. ***A team/individual that exceeds the regular season participation limitation (maximum number of contests permitted) or participates in regular season contest(s) prior to the designated start date for contests shall be removed from the OHSAA tournament.***

Grades 7 & 8

1. **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 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”.

7. **Post-season tournament** – These regulations permit **one post-season tournament not to exceed four matches**. Post-season means **after** the 20 regular season matches have concluded. A player may play in just one post-season tournament. For example, if a student plays in the 7th grade post-season tournament, she is ineligible to play in the 8th grade post-season tournament.
- 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 20, 2016, and November 12, 2016.**
- 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 August 2 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) **Non-Interscholastic Participation**
- 2.1) 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 7.2)
- 2.2) 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:
- 2.21) 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.
- 2.22) 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.
- 2.23) 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.
- 2.24) Non-interscholastic participation includes tryouts, training, practice and competition.
- 2.3) An intramural team is a non-interscholastic team, and all rules for non-interscholastic teams apply.
- 2.4) All-Star Contests – Interscholastic volleyball coaches may coach players from their school in special "All-Star" contests. Coaches are permitted to coach in "All-Star" contests if they meet all the following provisions:
- Participants shall be selected from at least four schools.
 - All participants shall be graduating seniors or students completing their athletic eligibility at the end of the semester.
 - Participants shall not participate until after they have participated in their final contest for their school.
- Note on "All-Star" Games:** "All-Star" games are non-interscholastic events by rule. Student-athletes in team sports who wish to participate in one of these "all-star" competitions outside the school season may do so without jeopardy to eligibility provided the students maintain compliance with General Sports Regulation 7.3.
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.
- 2.5) 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 26, 2016
- 3) **Instructional Programs**
See **Regulations for Instructional Programs** under Section 8 of the General Sports Regulations which are posted on the volleyball page at ohsaa.org :
- 4) **No Contact Period – Coaches**
See **Regulations for No Contact Period** – Coaches under Section 11 of the General Sports Regulations which are posted on the volleyball page at ohsaa.org :
- Penalties**
- 4.1) The maximum penalty for violation of Sports Regulation 7.2 (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.
- 4.2) The penalty for a coach for violation of Sports Regulation 7.5 (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.

- 5) **Transfer Bylaw** - Due to the many questions regarding this bylaw and its application to students wishing to play volleyball, please go to this link <http://www.ohsaa.org/eligibility/TransferBylawGuidance.htm> to assist in understanding this bylaw. Note that students who transfer and do not meet an exception to this bylaw are ineligible for all contests (scrimmages, preview included) until regular season match #12.
- 6) **Other Bylaws and Regulations**
 For information on Ejection for Unsportsing Conduct See **Ejection Policies for Coaches and Players** under Section 13 and 14 of the General Sports which are posted on the volleyball page at ohsaa.org :
 For information on Out of State Travel regulations see Bylaw 9-2 within the OHSAA bylaws on the Eligibility Page at ohsaa.org

B. SPECIFIC REGULATIONS – Grades 9-12

- 1) Coaching, tryouts and instruction may begin – August 1, 2016
- 2) First match – August 20, 2016
- 3) Deadline date for OHSAA Tournaments – October 3, 2016
- 4) Tournament draw/seeding date – October 19, 2016, 2:00 p.m.
- 5) Coaching and Season end – November 12, 2016
- 6) Scrimmages or Previews – Maximum of five scrimmages plus one preview.
- 7) Regular season matches – Maximum of 22 matches on no more than 22 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 First Referee is required. The Second Referee shall be either Class 1 or Class 2 volleyball official.
 EXCEPTION: If an emergency arises which prevents the contracted Class 1 official from being present, a Class 2 official may be used as the First Referee provided the schools mutually agree. In the event that 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.
 - 9.3) Freshman – A minimum of one OHSAA Class 1, 2 or 3 volleyball official required. Regardless of the number, all officials shall be OHSAA Class 1, 2 or 3 or officials in training.
 - 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 1, 2016
- 2) First match – August 20, 2016
- 3) Coaching and Season end – November 12, 2016
- 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** post-season tournament not to exceed four matches. The 7th grade tournament is considered one tournament as is the 8th grade tournament. See 1.1 #7 for more information.
- 6) Rules – National Federation Volleyball
- 7) Officials – A minimum of one OHSAA Class 1, 2 or 3 volleyball official required. Regardless of the number, all officials shall be OHSAA Class 1, 2 or 3 or officials in training.

Volleyball	2016	2017	2018	2019	2020	2021
Season Begins	8/1	8/1	8/1	8/1	8/1	8/2
Earliest Preview Date	8/2	8/2	8/2	8/2	8/2	8/3
Regular Season Contests Begin	8/20	8/19	8/18	8/17	8/15	8/20
Non-Interscholastic Date	9/26	9/25	9/24	9/23	9/28	9/27
Sectional	10/15-10/22	10/14-10/21	10/13-10/20	10/12-10/19	10/17-10/24	10/15-10/24
District	10/24-10/29	10/23-10/28	10/22-10/27	10/21-10/26	10/26-10/31	10/25-10/30
Regional	10/31-11/5	10/30-11/4	10/29-11/3	10/28-11/2	11/2-11/7	11/3-11/6
State	11/10-11/12	11/9-11/11	11/8-11/10	11/7-11/9	11/12-11/14	11/11-11/13
Season Ends	11/12	11/11	11/10	11/9	11/14	11/13
Thanksgiving	11/24	11/23	11/22	11/28	11/26	11/25

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

STATE VOLLEYBALL TOURNAMENT ROTATION

2016-2020-2024	2017-2021-2025	2018-2022-2026	2019- 2023-2027
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!

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>