



# THIS WEEK IN VOLLEYBALL

Issue 2 | August 16, 2024

## Heat Index & Heat Illness Prevention

While the OHSAA heat illness prevention guidelines and recommendations are thought to be utilized for outdoor sports only, please keep in mind the same guidelines apply to indoor gyms that may not have air conditioning. With high temperatures and heat indexes across the state throughout the weekend, please make sure you review Sports Medicine Regulation 3 ([HERE](#)), which addresses heat illness prevention recommendations.

## Contact Jim Hammar

Please make sure to utilize our Volleyball Director of Officiating Development, Jim Hammar, for any questions regarding the NFHS Volleyball Rules Book. This includes any rule interpretations and/or **any uniform questions**. Jim's email address is [jhammar@ohsaa.org](mailto:jhammar@ohsaa.org).

Please continue to reach out to Emily Mason with any OHSAA Regulation or administrative rule questions.



## Emily Mason

Senior Sport Administrator, Volleyball

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## RULES MEETING REMINDER

A reminder that the 1<sup>st</sup> deadline for the Volleyball Rules Meeting is tonight, Friday, August 16 at 11:59 PM **without penalty**. Beginning on August 17, there will be a \$50 late fee to view the Rules Meeting. **The final deadline for the Volleyball Rules Meeting is Monday, September 23 at 11:59 PM. Beginning at 12:00 AM on September 24, the Volleyball Rules Meeting is no longer available, and the penalty shall apply.** Since the Volleyball Rules Meeting is online, the meeting is available for viewing 24/7 from July 24 at 9:00 AM until September 23 at 11:59 PM. *We encourage you to complete the meeting prior to August 16 at 11:59 PM to avoid paying the \$50 late fee.*

The penalty for not viewing the Volleyball Rules Meeting by September 23 at 11:59 PM is **REMOVAL FROM THE POSTSEASON TOURNAMENT**.

You **MUST** have a myOHSAA profile to view the Rules Meeting. Please check with your Athletic Director that your myOHSAA email address matches the email address they have listed in your school's Staff Management list in FinalForms. You must be listed as the volleyball coach with the correct email address to receive credit. Your Athletic Director received a reminder email this morning if you have not been credited for viewing the Volleyball Rules Meeting. Please contact Alexis Holderman ([aholderman@ohsaa.org](mailto:aholderman@ohsaa.org)) for questions regarding your myOHSAA profile, FinalForms or Rules Meeting access.

## BEACH/SAND VOLLEYBALL DURING SCHOOL SEASON

The NFHS and the AVCA (American Volleyball Coaches Association) have provided great education on the topic of beach/sand volleyball being considered a different sport than indoor volleyball, as the sport is played with only two players and on sand, most notably. With that said, the OHSAA supports the education and data that these are in fact different sports—therefore, student-athletes are permitted by OHSAA Regulation, to participate on a beach volleyball team during the school season. Please remember that schools and/or coaches are able to prohibit this type of competition during the school season—that would need to be determined by your school.

For more information on the differences between the two sports, please visit the FAQ document provided by AVCA at this link: <https://www.avca.org/res/uploads/media/High-School-Beach-Volleyball-FAQ-NFHS-3-16-.pdf>

## NON-INTERSCHOLASTIC PARTICIPATION DURING THE SCHOOL SEASON

Per *General Sport Regulation 7*, once a student-athlete has participated in a scrimmage, preview or contest for the school team, they may no longer participate with or on a non-interscholastic team/program in the sport of volleyball, until their school volleyball season has concluded. This is any type of event or program that is not a part of the school team—this includes, but is not limited to, church rec league, club volleyball, college ID camps, showcase events, etc. Additionally, it includes any tryouts, practices or contests for these types of programs.

As a note, a volleyball athlete *is* permitted to receive private instruction during the school season, as long as only individual skill instruction is being taught and there is no team play involved. Please know that *GSR 7.7* does have two exceptions for a student-athlete to participate in/with a non-interscholastic program during the school season—*7.7.1* permits them to participate in Special Olympics or the United States Paralympics and *7.7.2* provides an exception to participate as a member of a national team or in a national/international competition (i.e., Junior Olympics, Olympics, etc.). If an athlete is invited to participate in either, the Athletic Director must provide a copy of the invitation to Emily Mason ([emason@ohsaa.org](mailto:emason@ohsaa.org)) to receive a waiver to participate.

**Q: I have a volleyball athlete that was invited to participate in a college ID camp during the school season. Is this permitted?**

**A:** No, once the athlete has participated in a scrimmage, preview or contest for the school team, she is an official member of the school team and could not participate in a college ID camp.

**Q: I have a volleyball athlete that was invited to a college site visit and meet the volleyball coach. Is this permitted?**

**A:** This would be permitted, as long as there was no volleyball instruction or participation involved.

**Q: I have a volleyball athlete that also participates in non-interscholastic basketball during the volleyball season—is she permitted to participate with the basketball team during the school volleyball season?**

**A:** Yes, by OHSAA Regulations, the non-interscholastic limitation during the school season only applies for the same sport. Therefore, the volleyball athlete may participate with a non-interscholastic basketball team during the volleyball season. While this is permitted by the OHSAA, the school could prohibit this participation.

**Q: My volleyball athlete would like to receive hitting lessons from a private instructor—is this permitted?**

**A:** Yes, a volleyball athlete is permitted to receive outside private instruction during the school season, as long as only individual skills are being taught and there is no team play involved.

**THANK YOU!**