

**2023**



**VOLLEYBALL MANUAL**



## A MESSAGE FROM THE OHSAA



Thank you for taking the time to review this manual, as one of our resources for the sport of Volleyball in the state of Ohio. In addition to the manual, please make sure to familiarize yourself with the [Volleyball sport webpage](#).

In addition, we would ask that you take note of the *This Week in Volleyball* memos that I will email to all head volleyball coaches and post each issue to the TWIVB volleyball webpage.

This is a reminder that our State Rules Meetings remain **mandatory** for Varsity head coaches, which can be accessed through your myOHSAA profile. This is addressed in the early pages of this manual.

All rules governing OHSAA Volleyball stem from the National Federation (NFHS) *and* the OHSAA. The **NFHS Rules** are specific to the playing rules while **OHSAA Sports Regulations (and Bylaws)** govern administrative rules specific to Ohio. No coach, administrator, or official has the authority to modify or set aside these rules.

We wish each of you a successful Volleyball season. We commend you for your time and effort working with the student-athletes in Ohio.



Emily Mason  
Senior Sport Administrator

## OHSAA MISSION STATEMENT

**The Ohio High School Athletic Association's mission is to serve our member schools and enrich interscholastic opportunities for students.**



## Important Volleyball Dates

<b>July 31</b>	Coaching & Tryouts Begin
<b>August 18</b>	First Match Permitted
<b>October 8</b>	Tournament Seed/Draw Date
<b>October 16 – 21</b>	Sectional Tournament
<b>October 23 – 28</b>	District Tournament
<b>November 2 – 4</b>	Regional Tournament
<b>November 9 – 11</b>	State Tournament
<b>November 11</b>	Season Ends

## Volleyball Web Resources

National Federation of State High School Associations [www.nfhs.org](http://www.nfhs.org)

## Ohio High School Volleyball Coaches Association

Kim Metz, *President* [k\\_metz@jctigers.org](mailto:k_metz@jctigers.org)  
 Kendra Snook, *Vice President* [vicepresident@ohsvca.org](mailto:vicepresident@ohsvca.org)  
 Meladee Hopkins, *Secretary* [secretary@ohsvca.org](mailto:secretary@ohsvca.org)

## OHSAA Volleyball Contact Information

**Emily Mason**, Senior Sport Administrator [emason@ohsaa.org](mailto:emason@ohsaa.org)  
*Administrates the sport of volleyball and oversees the postseason tournament.*

**Jim Hammar**, Director of Development for Officiating [jhammar@ohsaa.org](mailto:jhammar@ohsaa.org)  
*Responsible for overseeing volleyball officials in Ohio. Serves as liaison with NFHS and oversees the education and recruitment of officials in Ohio.*

## State Rules Meetings

All **State Rules Meetings for coaches and officials will be required online**. This is explained on the following page. Rules meetings go live on Friday, July 21, at 9:00 AM on the myOHSAA State Rules Meeting page. The deadline to view the rules meeting without penalty is **Saturday, August 19 at 11:59 PM**. On Sunday, August 20 at 12:00 AM, there will be a \$50 late fee to view the rules meeting. The final deadline will be Monday, October 2 at 11:59 pm. **On October 3 at 12:00 AM, the Volleyball Rules Meeting will no longer be available and penalties will be assessed if not viewed by this date.**

## Important Non-Interscholastic Note

*General Sports Regulation 7* prohibits a member of the school team from participating (i.e., trying out, practicing, training, or competing) with any non-interscholastic program while a member of the school team. Please remind your student-athletes of this rule, as penalties shall apply if this Regulation is violated. Anything outside of the season—practice, workouts or matches (including college tryouts/workouts) are considered **non-interscholastic**.

## The Non-Interscholastic Date

The “Non-Interscholastic Date” is a date that is set prior to the State Volleyball Tournament. Though participation in any form of non-interscholastic Volleyball while a member of a school team is prohibited, any participation in a non-interscholastic contest **on or after this date** for a student who has not yet joined your interscholastic program results in the individual being ineligible for the OHSAA tournament in addition to any other suspensions issued.

For the 2023 Volleyball season, this date is: **September 4, 2023**  
**Please put this date on your calendar and remind the players on your team!**

# Communicating with the OHSAA

It is understandable with over 800 high schools in Ohio and the number of teams in Ohio from grades 7-12, communication to our office is in large volume. Most questions can and should be answered by the athletic administrator at your school. To make our communication as efficient as possible, we ask school administrators to communicate directly with us.

Additionally, every effort is being made to provide useful information on our website. We encourage you to check the website.

# MANDATORY STATE RULES MEETING

**State Rules Meetings are mandatory for all head coaches and officials.** For the 2023 Volleyball season, all rules interpretation meetings for coaches and officials will be conducted online through their myOHSAA account. If you are a coach and have an OHSAA volleyball officiating permit, **please note that there are separate online rules meetings for coaches and officials—you will be required to complete both rules' meetings, as they contain separate material.**

NFHS rule and editorial changes and NFHS points of emphasis are covered in detail, along with OHSAA Volleyball Sports Regulations, General Sport Regulations and Bylaws as they pertain to coaches and players. Though the main purpose is to provide knowledge and advice on the various NFHS and OHSAA regulations, this is the educational mechanism to ensure compliance with the various rules and regulations.

## HOW TO COMPLETE STATE RULES MEETING ONLINE

All coaches and officials will access the State Rules Meeting through their myOHSAA account. Once you have logged in (full directions below) and have accessed the Rules Meeting, please follow the prompts to complete the meeting to receive meeting credit.

**Coaches** should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. *Coaches should contact their athletic administrator if they do not have an account\**. Please see further directions below if you are a coach and do not have a myOHSAA account. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

**Officials** should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

## TO ACCESS ONLINE RULES MEETINGS

1. Login to your myOHSAA account (<http://officials.myohsaa.org/Logon>)
2. Click on the "Rules Meeting" icon
3. Click on "Find a State Rules Meeting"
4. Search for the Volleyball meeting using the 'Sports' and 'Meeting Type' drop-down menus
5. Click on the 'View Meeting' button once the State Rules Meeting has gone live
6. Once directed to the Rules Meeting, please follow all prompts to complete the meeting and receive credit.

## \*IF YOU ARE A COACH AND DO NOT HAVE A MYOHSAA ACCOUNT

1. Contact your athletic administrator immediately to add you to the school's Staff Management in Final Forms
2. Should your athletic administrator need assistance, please have them contact Alexis Holderman at [aholderman@ohsaa.org](mailto:aholderman@ohsaa.org).

**Please do not use a Chromebook device to view the Rules Meetings—this device does not support the capabilities of our presentations. Please know that this is not the same as the Chrome web browser.**

The deadline for completion of Rules Meeting is **Saturday, August 19 at 11:59 PM** or a \$50.00 late fee is charged for access to the Rules Meeting. The final deadline is Monday, October 2 at 11:59 PM. Beginning on Tuesday, October 3 at 12:00 AM, the Volleyball Rules Meeting is no longer available and the penalty shall apply.

**PENALTY:** *If coaches do not complete the Rules Meeting by October 2 at 11:59 PM, your school will be removed from the post-season tournament and officials will be ineligible for the postseason tournament.*

## AFTER COMPLETION:

1. Your myOHSAA profile will be updated to reflect your attendance.
2. Please do not call the OHSAA office for verification. Attendance will be reflected in your profile.

## MANDATORY PRE-SEASON PARENT MEETING

Pre-season meetings with parents are mandated by OHSAA Bylaws and will most likely occur at your school along with other fall sport teams. This is determined by each school's athletic administrator **and must be held no later than 2 weeks after the start of the season** (July 31 – August 13, 2023). This is the time to cover topics like eligibility requirements, individual school policies, individual sport policies, sportsmanship issues and expectations, travel plans for away contests, etc. We encourage coaches to use this time to their advantage and provide as much education as possible to parents. There are great resources available for coaches to use at these meetings at the *Locker Room*, an NFHS online education center. You can access this directly at: <http://www.nfhslearn.com/LockerRoom.aspx>

## PUPIL ACTIVITY PERMITS & CONCUSSIONS

As outlined in Ohio Administrative Code, all Coaches of Middle School/Jr. High and High School teams must possess a "Pupil Activity Validation Certificate" to coach in Ohio. This includes paid coaches AND volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. The actual regulations AND the certificate can be downloaded from the OHSAA's Sports' Medicine page or directly at: <http://www.ohsaa.org/medicine>. To obtain the required certificate through the ODE, one must:



- Have completed a Sports' First Aid Course
- Possess a valid CPR Card
- Have been approved by their local Board of Education or similar governing body
- Complete the NFHS Fundamentals of Coaching course
- Complete one of two approved Concussion Recognition courses
- Complete the Sudden Cardiac Arrest video & information bulletin
  - Lindsay's Law <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>

You can look up all requirements in detail on the ODE's website at:

<http://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEPrimary.aspx?page=2&TopicRelationID=1328>

Schools are required to submit coaches' names along with valid permit numbers on the Official OHSAA Tournament Entry Form. Entry forms are audited on a random basis at the conclusion of each season.

### Concussion Legislation as it relates to Coaching Requirements

Though the entire law is explained later, all coaches today must complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit any time **after April 26, 2013**. Individual student-athletes removed from contests with a suspected concussion are no longer permitted to return to play on the same day of the contest, regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to play the same day. Written authorization is required to return anytime thereafter and must be kept on file with the school athletic administrator indefinitely.

## LINDSAY'S LAW | SUDDEN CARDIAC ARREST

ODE Website: <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>

Lindsay's Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) became effective on August 1, 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

The following resources were developed to implement Lindsay’s Law:

For **parents/guardians** and **student- athletes** in grades 7-12 in Ohio schools:

- [Required video](#)
- [Required SCA Informational Handout](#)
- [Required Signature Form](#)

For **coaches**:

If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education (all paid and volunteer coaches in Ohio), please visit their [website](#) for information about their training requirements around Lindsay’s Law <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>. The required video, informational handout and a post assessment test will be available shortly through the ODE’s website. We will inform you when that component is available. If, however, you want to have your coaches view the video and review the information immediately, you may access those items below. Please be advised that as a school district, your superintendent must be able to verify that coaches have seen this video and read the informational handout if you choose to implement this requirement before it is available through ODE’s LMS.

- [Required video](#)
- [Required SCA Informational Handout](#)

## COACHES’ TOOL CHEST

Coaches’ Tool Chest was created to provide an efficient, simple method of ensuring you are compliant with all of your PAP requirements. The Coaches’ Tool Chest houses all requirements and certificates in one location—one certificate covers all PAP requirements, rather than having to go between multiple third-party websites. For more information, please visit their website here: <https://coachestoolchest.com/>

## 2023 GENERAL SPORT REGULATION CHANGE

**NOTE: Please keep in mind that for the 2023 season only, this time period will apply May 15 – July 30, since coaching and instruction may begin for the 2023 volleyball season on July 30. Please keep that in mind when reviewing any information that relates to the May 15 – July 31 time frame.**

On February 16, 2023, The Board of Directors voted to approve a change to *General Sport Regulation 7.5.1 – Team Sports (10-Day Rule)*, to go into effect immediately. Previously, *GSR 7.5.1* stated members of a school team’s coaching staff in team sports may coach any number of students from their teams in excess of the team limit set forth in *GSR 7.3* (3 for the sport of volleyball) outside of the school season, for a maximum of 10 days from June 1 through July 31 and participation may not be mandatory. The Board of Directors approved to change this to **a maximum of 13 days from May 15 through July 31**. There was increase to the number of days (from 10 coaching days to **13** coaching days) a coaching staff may work more than 3 athletes at one time and also an extension of the time period at the beginning (from June 1 to **May 15** through July 31). Previous stipulations within the Regulation will not change.

The language of *General Sport Regulation 7.5.1* would now read:

Members of a school team’s coaching staff in the team sports of volleyball (etc.) may coach any number of students from their teams in excess of the team limit set forth in *General Sport Regulation 7.3* (3 for the sport of volleyball), for a maximum of **13** days from **May 15** through July 31, and participation cannot be mandatory.

A few reminders of *General Sport Regulation 7.5*:

- The 13-day maximum applies to the entire coaching staff and not towards each individual coach (for example, each coach of a team is not entitled to 13 different days of coaching).
- The 13-day maximum does not translate to hours—for example, 13 coaching days does not mean you have 312 total hours of coaching.
- *General Sport Regulation 7.5* is different than a school coaching providing individual skill instruction, which is outlined in *General Sport Regulation 7.8*. Again, *GSR 7.5* would address providing team instruction and not individual skill instruction.

- Student athlete participation shall not be mandatory when coaching outside of the school season and from May 15 – July 30.

**Q & A'S:**

**Q: What if I want to hold tryouts for my school volleyball team on July 28?**

**A:** This would not be permitted, as tryouts for the school team may not take place until July 31, 2023, when coaching and instruction may begin.

**Q: What if I am only working with 2 of my athletes—do I need to count that as one of my 13 days?**

**A:** No. You only need to count working with your athletes as 1 of your 13 days if you are working with 4 or more of your athletes at one time during this time frame.

**Q: What if I want to schedule our head volleyball coach to work with 6 volleyball players for 13 days and schedule our assistant volleyball coach to work with 6 players for an additional 13 days (for a total of 26 days)?**

**A:** This would not be permitted, as the 13-day maximum applies to the entire coaching staff and not the coach individually.

**2023 VOLLEYBALL REGULATION CHANGE**

The proposal submitted on behalf of the Ohio High School Volleyball Coaches Association to increase the number of sets permitted for each individual to participate in per day against a common opponent, from five (5) sets to **six (6) sets**, was approved by the Board of Directors. This change will be reflected in the 2023-24 OHSAA Handbook, but **Volleyball Regulation 1.6** will now read:

*Individual limitations for volleyball players who play in any non-varsity competition on the same day and against the same opponent consist of a maximum of six (6) sets per day per common opponent.*

The intent of this increase will allow schools to (hopefully!) field more teams at sub-varsity and varsity levels and allow more opportunities for volleyball athletes to play.



**2023 NFHS VOLLEYBALL RULE CHANGES**

*All OHSAA schools shall follow the 2023 NFHS Volleyball Rules Book*

- 2-1-9 (NEW)**  
**12-2-5**      Creates a coaching zone defined by the libero replacement zone extending beyond the end line and sideline extended.  
  
**Rationale:** Defines and clarifies the area in which coaches may stand.
- 4-1-7**      Allows small, secured stud or post jewelry to be worn above the chin.  
  
**Rationale:** Maintains consistency with current trends of other NFHS and volleyball rules codes.
- 4-2-4b**      Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028  
  
**Rationale:** Clarifies legal numbers and eliminates confusion when signaling while aligning with other rules codes.
- 10-2-1**      Allows requests for substitution by the head coach to be signaled or verbalized.  
  
**Rationale:** Creates consistency by allowing either a verbal or non-verbal signal for as substitution.
- 12-2-6**      Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations only.  
  
**Rationale:** Allows an assistant coach to stand and coach during dead-ball situations in addition to the head coach. The assistant coach that stands may change throughout the match, but only one can stand at a time.



## 2023 NFHS MAJOR EDITORIAL CHANGES AND POINTS OF EMPHASIS

### 2023-24 VOLLEYBALL EDITORIAL CHANGES

2-1-1, 2-1-3, 2-1-4, 2-1-5, 2-1-6, 10-2-1

### 2023-24 VOLLEYBALL POINTS OF EMPHASIS

Review page 4 of the 2023-24 NFHS Volleyball Rules Book to read more

1. Using the Lineup Card Effectively
2. Coaches Zone Privileges

## TEAM BENCHES – OHIO STATE ADOPTION

For the 2020 season, the NFHS provided a rule modification that suspended the protocol of teams switching benches, due to the pandemic. After receiving a large amount of positive feedback across the nation, the NFHS Volleyball Rules Committee provides the state association with the authorization for teams to remain on the same benches throughout the match (*NFHS Rule 9-1-2*).

**NFHS Rule 9-1-2:** Teams shall occupy the bench located on the side of the net adjacent to their playing area throughout the match.

**NOTE:** *By state association adoption, teams may remain on the same benches throughout the match.*

A survey was sent to all head volleyball coaches to collect information and preference amongst our coaches in Ohio—thank you to those who participated! Based off 512 responses, 394 head volleyball coaches are in favor of suspending the protocol of switching benches between sets and staying on the same team bench for the entire match. Please see the survey results below.

### OHSAA STATE ADOPTION (*NFHS RULE 9-1-2*)

**OHSAA member schools shall remain on the same team benches throughout the match, unless there is a clear disadvantage present, as determined by the match official(s).** Shall a present disadvantage be determined, this will be communicated prior to the start of the match and no later than the pre-match conference, and teams will switch benches in between sets.

## SHAKING HANDS – PRE/POST-MATCH

While the suspension of shaking hands (established during the pandemic) has been lifted, we have received questions about shaking hands between opposing teams throughout the season. The OHSAA would like to provide some options that member schools may utilize this season (for both pre/post-match) to teams that are not comfortable shaking hands with the opposing athletes.

At the completion of player introductions (pre-match), the NFHS Volleyball Case Book instructs the first referee to whistle and beckon both teams to shake hands on the court—please note the NFHS Volleyball Case Book does not address a protocol for shaking hands at the *conclusion* of the match. We recommend determining an agreed upon option at the pre-match conference, as displaying proper sportsmanship and support of the other team is an essential part of interscholastic athletics. Options are presented below for teams to utilize throughout the season, should they choose to do so.

### POSSIBLE PRE-MATCH OPTIONS

1. Teams approach the net to shake hands or fist/elbow bump;
2. Teams approach the attack line to wish each other luck.

*If coaches cannot agree on protocol, strongly recommend defaulting to option 2.*

### POSSIBLE POST-MATCH OPTIONS

1. Teams approach the net to shake hands or fist/elbow bump;
2. Teams approach the attack line and acknowledge each other (i.e., applause or a wave) before leaving the court;
3. Per the NFHS Rules Book & Case Manual, the first referee whistles and releases the players.



**Note:** There is no formal process established by the OHSAA or NFHS, but option 1 has typically been the norm in high school volleyball.

*If coaches cannot agree on protocol, strongly recommend defaulting to option 3.*

## UNIFORM REGULATIONS

*If in doubt about the legality of a uniform and before placing an order, please check with Emily Mason ([emason@ohsaa.org](mailto:emason@ohsaa.org)) or Director of Officiating Development, Jim Hammar ([jhammar@ohsaa.org](mailto:jhammar@ohsaa.org)).*

### 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.

**Note:** this does not apply to the waistbands on uniform bottoms.

- C. Please note that all uniform rules are combined under one **Section 2: Legal Uniform.**

Points of emphasis under this section include:

1. Uniform tops [with the exception of the libero (4-2-2)] and bottoms shall be like-colored.
2. Uniforms shall be worn as the manufacturer intended.
3. Uniforms shall be free of hard and unyielding items (buttons, zippers, snaps, fasteners, etc.)
4. A single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on each visible undergarment.
5. The school's name, nickname, logo, mascot and/or team member's name are permitted on the uniform top and/or bottom.
6. A single partial/whole manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each piece of the uniform provided placement does not interfere with the visibility of the player's number. Manufacturer's logo/trademark/reference restrictions do not apply to waistbands on uniform bottoms.
7. 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, based on color.

### TEAM/LIBERO UNIFORM COMPLIANCE – PREDOMINANT COLOR(S)

Since the uniform has one predominant color (**BLACK**) any contrasting color can be used as the predominant color of the libero uniform and black can be used as an accent color.



Compliant



8. The number shall be at least 4 inches tall on the front of the top and at least 6 inches tall on the back of the top.
9. The number shall be placed so the top of the number on the front of the uniform is no more than 5 inches down from the shoulder seam; or placed so the number is centered no more than 5 inches below the bottom edge of any neckline ribbing, placket or seams on the uniform top.
10. The body of the number must clearly contrast from the body of the uniform regardless of trim.

## WARM-UP PROTOCOL

### RECOMMENDED FOR THE REGULAR SEASON | REQUIRED FOR OHSAA TOURNAMENTS

*The OHSAA does not set the warm-up period for regular season, but instead advises the use of our tournament procedure as a recommendation.*

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 (no slip-ons, flip-flops, etc.) 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.

Adequate time for warming up shall be provided all competing schools. There will be a 30-minute warm-up on the playing court by both teams. Teams shall be provided 10 minutes of ball handling on their side of the net, prior to the coin toss. Once the coin toss has been conducted, the remaining 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\*

**\*NOTE:** There may be no use of volleyballs in the facility while team is not on the court for the designated time. This includes, but is not limited to, auxiliary gyms and hallways.

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.

## OHSAA Regulations

### TOURNAMENT REGULATIONS

Tournament Regulations and the State Tournament Draw will be available at [www.ohsaa.org](http://www.ohsaa.org) (after approval at the August Board meeting). On the website, under *Sports & Tournaments* select Volleyball. They are listed under Tournament Information on the left side of the Volleyball page.

### OHSAA GENERAL SPORTS REGULATIONS

*General Sports Regulations* are available at [www.ohsaa.org](http://www.ohsaa.org). Under *Sports & Tournaments* select Volleyball. The *General Sports Regulations* are listed under 2023 Volleyball Info on left side.

## OHSAA Sports Regulations

Regulations governing the sport of Volleyball are divided into two basic categories: **General Sports' Regulations** and **Volleyball Regulations (sport specific)**. These are reviewed annually and approved by the OHSAA's Board of Directors.

### OHSAA GENERAL SPORT REGULATIONS

These regulations can be accessed and address regulations that affect all sports governed by the OHSAA, grades 7-12. They include, but are not limited to, such things as instructional programs outside the window of the season, physical fitness/conditioning programs, open gym regulations, no contact periods, and player and coach ejection policies. These are important and *most* areas of concern can be addressed by reading through these Regulations or contacting your athletic administrator. They are easily accessed via the web by navigating to the Volleyball webpage and clicking on "General Sports' Regulations" on the left-hand side. We **strongly encourage** you to take the time to read these to familiarize yourself and your staff with the various rules approved by our Board of Directors that govern all sports.

Though there are far too many to list in this manual, a *few* of the more common ones that affect coaches and teams are:

### No Contact Period ("Dead Period")

Any coach, **paid or volunteer**, is prohibited from athletic or athletic-related contact with squad members in the same sport for the period of time starting with the **first day after the school's last interscholastic contest and ending 28 days later**. This includes any contact in tryouts in or out of school, physical fitness, open gyms, etc. Exceptions to this are all-star contests, awards ceremonies, contact with seniors to facilitate college recruiting and contact as a faculty member assigned to teach in the regular curriculum, pick up school-issued equipment and attendance at OHSAA tournaments.

### Out of State Travel

A volleyball team may travel out of state to compete in contest scrimmages, previews and matches in states OR provinces in Canada that are contiguous to Ohio regardless of distance. This would include the states of Indiana, Kentucky, Michigan, Pennsylvania and West Virginia and the province of Ontario in Canada. A team may travel out of state **one-time per season** to a state or province NOT contiguous to Ohio, which OHSAA approval. Teams may not travel out of state only to practice. **A school must fill out the Travel to a Non-Bordering State Form [HERE](#) on the volleyball webpage to receive approval.**

### Videotaping Regulations

The improvement of various electronic devices, especially cell phones, has drawn much attention to the rules regarding recording Volleyball contests. Complete regulations available within the OHSAA Handbook or through the General Sports Regulations on the web at <https://ohsaaweb.blob.core.windows.net/files/SchoolResources/Handbook.pdf> under Section "A" of the Media Regulations. A few highlights of this include but are not limited to:

- It is permissible for a school to videotape or photograph regular season contests in which the school team is participating, but such tapes or photographs may not be used for coaching purposes until after the contest is completed. In other words, it is not possible to use photographs or any recorded information in between sets of a match.
- It is not permissible for a school or school representative to videotape or photograph previews, scrimmages, regular season OR tournament contests of other schools without the written consent of the schools participating in the contest.

## Protests Are Not Part of High School Volleyball and Will NOT be Considered

Bylaw 8, Section 3(1) of the OHSAA Constitution and Bylaws reads in part, “*Protests arising from the decisions of interpretations of the rules by officials during the match will **not be considered**.* Their decisions and interpretations are final.” This means that correctable errors must be corrected during the match and within the time established by playing rules.

## Ejections from Scrimmages

Any ejection that takes place during a scrimmage will be reported on the Officials’ Report and will require all players to be suspended in accordance with the OHSAA’s Ejection Policy.

**NOTE:** Any ejection that takes place out of state or when not followed by the required paperwork that is to be submitted by the official must still follow all ejection protocol. Consequences of an ejection are required to be followed whether appropriate paperwork is filed by the official or not.

## What is Coaching?

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 match or competition-like activities or in any other way supports the instructional environment; match 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.

## Players Receiving Private Instruction

Individual skill instruction may be received in volleyball by a squad member at any time, provided that these individual skill instructions do not violate any Board of Education, school administrators’ or coaches’ policies. There may be no type of team play involved. Individual skill instruction may be provided by a school coach (at any time, except for the no-contact period) or an outside instructor.

## Coaching Own Student-Athletes on Non-Interscholastic Teams

School coaches are permitted to coach their athletes on a non-interscholastic team outside of the school season, as long as there are 3 or less players on a non-interscholastic program, with the exception of the no-contact period (28 days after the last contest of the season) or from May 15 – July 31. From May 15 – July 31, a school coach is permitted to work with more than 3 of their volleyball athletes for a maximum of 13 days. This 13-day limitation applies to all members of the coaching staff. If there are 3 or less players, a school coach may coach their student athletes at any time, except for the no-contact period.

## Individual Instruction

*General Sport Regulation 7* permits school coaches to provide individual skill instruction any time during the year, with the exception of the no contact period. The purpose of this regulation is to allow coaches to provide instruction that is not permitted in open gyms and provide additional instruction to student-athletes in smaller groups. School coaches may provide individual skill instruction to no more than 3 athletes in a group. There can be multiple groups of 3 onsite, working with different coaches, but each group may never have more than 3 in it. The groups of 3 can rotate between coaches to receive instruction, but again, they can never combine.

Please keep in mind that this is limited to individual skill instruction only—there is no type of team play permitted.

## Open Gyms

A school may open its’ athletic facilities for unstructured free play to a sport’s student-athletes. All activity must be unorganized and attendance *shall not* be mandatory. A school coach, paid or unpaid, shall not require, suggest or in any way imply that that a student’s chance to be selected for the school team is contingent upon participation at an open gym. A school coach and/or employee may supervise the open gym (and participate in the unstructured free play!) but may not provide any instruction. Please visit *General Sport Regulation 10* for further details.

## Beach Volleyball

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>

### OHSAA VOLLEYBALL SPORT REGULATIONS

Regulations for the upcoming school year are approved by the Board of Directors. Upon approval, they are submitted for printing to the annual OHSAA Handbook. These address areas such as (but not limited to) contest and player limitations, season start and end dates, etc.

### MATCH & SCRIMMAGE LIMITATIONS (*Grades 9-12*)

<b>Maximum number of matches permitted</b>	<b>22 Matches</b> (on no more than 22 playing dates)
<b>Scrimmages/Previews</b>	Maximum of <b>5</b> scrimmages, plus one preview
<b>Scrimmage Note</b>	Scrimmages may be held at any time during pre-season, post-season or during the season, but must count the same for both competing teams. In other words, Team A cannot count it as a scrimmage while Team B counts the competition as a match. This is especially noteworthy during post-season.
<b>Alumni games</b>	Must be counted as a scrimmage, preview or contest.
<b>Practicing with Other Schools</b>	Any practice with another school must be counted as one of the team's 5 permitted scrimmages.
<b>Note Regarding Individual Participation</b>	Though there is no limitation on the number of sets an <b>individual</b> may participate in for scrimmages, individual players are not permitted to participate in more than 5 scrimmages.

### INDIVIDUAL CONTEST & SET LIMITATIONS (*Grades 9-12*)

<b>Scrimmages Permitted</b>	No Individual may participate in more than 5 scrimmages
<b>Sets/Matches Permitted</b>	No individual may participate in more than 3 matches OR 6 sets in any one day, <b>and only 22 matches per season.</b>

### Match & Scrimmage Limitations (*Grades 7-8*)

<b>Maximum number of matches permitted</b>	Maximum <b>20 matches</b> (on 20 playing dates) <b>and 1 post-season tournament not to exceed 4 matches*</b> <i>* No team or individual in grades 7 &amp; 8 may participate in more than 3 matches per day during both regular season and a postseason tournament.</i>
<b>Scrimmages</b>	Maximum of <b>2</b> scrimmages (or 1 scrimmage and 1 preview)
<b>Scrimmage Note</b>	Scrimmages may be held at any time during pre-season, post-season or during the season, but <b>MUST</b> count the same for both competing teams. In other words, Team A cannot count it as a scrimmage while Team B counts the competition as a match.

### Individual Contest & Sets Limitations (*Grades 7-8*)

<b>Scrimmages Permitted</b>	No Individual may participate in more than 2 scrimmages
<b>Sets/Matches Permitted</b>	No individual may participate in more than 3 matches OR 3 sets in any one day, <b>and only 20 matches per season.</b>

## SPORT REGULATIONS & COACHING RESTRICTIONS

The OHSAA's General Sports Regulations define what coaches may do outside the season of play. These regulations must be understood by all coaches. A few simple facts:

- **Coaches are expected to know, understand and abide by all General Sports Regulations**
- **Member schools agree to abide and self-enforce the General Sports Regulations**
- **All coaches, whether paid or volunteer, are bound by all General Sports Regulations**

It is the responsibility of the OHSAA to help with the education of these regulations and the schools and coaches to self-enforce them. It is generally easiest to break these regulations affecting coaches into four general categories:

- **Summer rules (May 15 – July 31)**
- **During the season**
- **The no contact period**
- **Outside the season (except May 15 – July 31)**

### During the Season – Q & A's

**Q: *When can we begin practice?***

**A:** July 31, 2023.

**Q: *Though practice does begin on July 31, when are we permitted to have tryouts?***

**A:** Tryouts and practice are one in the same—you may begin those on July 31, 2023.

**Q: *How many days do I have to give before making cuts or team selections?***

**A:** The OHSAA does not regulate this. We recommend you ask this question to your athletic administrator prior to making any cuts or team selections (JV-A, JV-B, etc.)

**Q: *Can we practice on Sunday?***

**A:** This is a local school decision. The OHSAA has no restriction prohibiting Sunday practice, like many regulations, we leave it up to the individual school district.

**Q: *Can kids from a middle school travel team practice or train with us?***

**A:** No. OHSAA Regulations do not permit 7-8 graders to practice, train or participate with 9-12 graders anytime during the defined Volleyball season (July 31 – until the last match).

**Q: *Can we practice along with a neighboring school?***

**A:** You may, but it must count as a scrimmage. Anytime two different schools practice together, it must be counted as a scrimmage.

**Q: *Can I, as the school coach, coach a travel team during my school season?***

**A:** Yes. There are no regulations that prohibit this.

**Q: *During the season, a player is invited by a college to workout for them to determine if they might get athletic grant-in-aid money. Is this permissible for the player?***

**A:** No—any non-interscholastic participation violates the *General Sport Regulation 7* and will result in **ineligibility** for the player.

**Q: *There continues to be a reference to non-interscholastic Volleyball. What is considered non-interscholastic Volleyball?***

**A:** **Anything** that is not the school sponsored team. This includes but is not limited to club, travel, rec, collegiate tryouts/workouts, and includes any training, practicing, competing or even trying out.

**Q: *Does a volunteer helping just 1 day a week need a Pupil Activity Permit?***

**A:** Yes. Ohio Administrative Code requires all coaches, whether paid or volunteer, to possess the PAP before doing any coaching.

## The No-Contact Period

The no-contact period for Volleyball runs from the end of each team's last contest for 28 consecutive days. The no-contact period is designed to provide student-athletes an opportunity to participate in other sports without undue influence to start training right away for the next Volleyball season, or simply a break from sports. All team sports have a 28 day no-contact period at the end of their season. A few common Q and A's regarding this period:

**Q: Can players meet to turn in equipment and be provided an evaluation of the previous season?**

**A:** Yes. You can provide information for your season-ending awards program, turn in equipment, etc., as long as there is no required volleyball instruction.

**Q: Can players attend Awards Banquets during this time?**

**A:** Yes.

**Q: Are players permitted to meet regarding college plans or with a college recruiter that may come?**

**A:** Yes.

**Q: Can players lift weights in the school's weight room during the no-contact period?**

**A:** Yes. A school coach may supervise the weight room; however, there shall be no volleyball instruction.

**Q: Does the no-contact period apply to someone that was just a volunteer on my staff?**

**A:** Yes. All coaches, whether paid or volunteer, must be approved by your board of education, must have an ODE issued Pupil Activity Permit and are under all regulations of the OHSAA just as the paid coaches are.

## Out-of-Season Regulations

For explanation purposes, the out-of-season period is defined as the period:

- **Outside the defined season of play (official start date to team's last contest)**
- **Outside the no-contact period**
- **Outside of May 15 – July 31**

### COACHES

1. All OHSAA sponsored sports have a defined start and end date for each sport season.
2. *General Sports Regulation 7* defines all activities that can be conducted by coaches and participated in by players outside of the season.
3. Outside of the season and defined no-contact period, school Volleyball coaches are permitted to coach individuals that played for their school team in team play on a non-interscholastic team, as long as there are 3 or less individuals from their school team.  
**COMMENT:** Keep in mind 2 things; first, the *GSR 7* limitation (3 in Volleyball) is still in effect outside the season for players. So, though a coach *may* coach players in team play from his/her own school, there may still only be 3 players from the school team on the non-interscholastic team.
4. Volunteer coaches and paid coaches must comply with all regulations.  
**COMMENT:** All individuals in the state of Ohio that work with student-athletes as part of a school program whether paid or volunteer, are required to be approved by their respective Boards of Education (or governing body). Therefore, there is no distinction regarding off-season regulations whether a coach is paid or not and must comply. Coaches that indicate they will not return to coach the team the next season are still under the out-of season regulations for the school they coached at the previous season.
5. There is no regulation that would prohibit a school coach from coaching individuals in team play from other schools.
6. There is no regulation that would prohibit a school coach from coaching individuals in team play that played for a non-member school.  
**COMMENT:** Many middle schools/junior highs are members of the Catholic Youth Organization (CYO) and not the OHSAA. Individuals that play in the CYO programs are not under OHSAA Regulations and therefore there is no regulation prohibiting school coaches from coaching them.
7. School administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.
8. Attendance at any activity outside of the season cannot be made mandatory nor considered to be criteria for team selection in the coming year.

## PLAYERS

1. Individuals that played for a school sponsored team the previous season are governed by the out-of-season regulations.
2. Individuals that played for a school sponsored team the previous season are permitted to receive individual instruction anytime during the season or out-of-season. They may receive this instruction individually or in a group but the instruction must be *individual* instruction.

**COMMENT:** Individuals are not permitted to receive team instruction. This prohibits a group of players that played for a school team the previous season from getting together and being coached in team concepts outside the season.

## Out-of-Season - Q & A's

**Q: *Can I coach athletes from my school's team in the off-season?***

**A:** Yes. Current regulations allow you to coach 3 or less individuals from your school in team or individual instruction anytime outside the season of play, except for the no-contact period. The only time you are allowed to coach more than 3 players in the off-season, is during May 15 – July 30. Please keep in mind that if you are working with more than 3 of your own athletes in the May 15 – July 30 time frame, you must count that towards your 13-day coaching maximum.

**Q: *Can I coach athletes from other schools in the off-season?***

**A:** Yes. There is no regulation that would prohibit you from coaching athletes at any level from another school.

**Q: *How many players from our school are permitted to be on the same non-interscholastic team (such as club or travel)?***

**A:** No more than 3 players that played for the 9-12 school team(s) are permitted to be on the same non-school team anytime outside the season of play except during May 15 – July 31. During May 15 – July 31, there may be more than 3 players from the same school team on the same non-school team.

**Q: *When are players from our school team permitted to play for their club or travel (non-interscholastic) team?***

**A:** As soon as their season is complete.

**Q: *If a player is a JV player only, do they have to wait until the Varsity team is out of the OHSAA Tournament before playing in club or travel Volleyball?***

**A:** No. However, once a player does play in club or travel Volleyball (non-interscholastic), they are not eligible to dress or compete on the tournament roster.

**Q: *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?***

**A:** 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 (grades 7 & 8) 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 7-8 grade school, then high school coaching staff members would have no restrictions placed on them relative to working with 7-8 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 3), would be in effect.



## Out-of-Season Regulations | Individual Instruction

*General Sport Regulation 7*, which addresses individual skill instruction, was adopted by the OHSAA's Board of Directors to provide an opportunity to school coaches for them to provide fundamental skill instruction to individuals. **They were not designed to increase or add any additional time for team instruction.**

Effective with the implementation of this regulation, coaches approved by a school's Board of Education (or other governing body) will be permitted to provide **individual skill instruction** to individuals that participated on their school team(s) the previous season. A few of the parameters:

- Mandatory attendance at any individual instruction session is not permitted.
- Individual instruction may not take place during currently defined no-contact period.
- There will be a limit of 3 (three) individuals in each instructional group. There is no designation of whether any of the 3 played for the school team or not. In other words, there is a limit of 3 individuals whether they played the sport the previous season or not. 3 individuals, period. There cannot be 3 offensive players and 3 defensive players in the same group. There can be more than one group of 3 present in the same facility, but the groups of 3 may never combine.
- Any part of a day of instruction from May 15 – July 31, where more than 3 individuals are present, shall count toward one of the 13 coaching days permitted.
- It is the responsibility of each school to understand, comply and enforce the parameters of this General Sports Regulation.

### Individual Instruction Regulation - Q and A's

**Q: What is the intent of providing individual skill instruction?**

**A:** First, the regulation intends to permit education-based (school) coaches to be on the same level as non-school based coaches. School coaches are trained as education-based coaches and the feeling is to provide the same opportunity for these coaches that non-school coaches currently have when it comes to providing skill instruction.

**Q: Does this mean I can coach my team outside the season?**

**A:** Yes, as long as you have 3 or less players from your school team. The OHSAA permits a school coach to coach more than 3 players between May 15 – July 31, but you must count those days towards your allotted 13 coaching days during this time.

**Q: So, how do you define individual instruction?**

**A:** The coach may provide individual instruction (utilizing the definition of 'coaching'), which is any type of individual skills being taught—for example, hitting, serving or setting techniques. There may be no type of team play.

**Q: What if I have 1 player present, is that okay?**

**A:** Yes, because the limit is 3.

**Q: What if I have 3 players present, is that okay?**

**A:** Yes, because the limit is 3.

**Q: What if I have 3 players present and 3 of my coaches present, is that okay?**

**A:** Yes, because the limit is 3 *individuals* receiving instruction present.

**Q: What if I am working with 3 players and a volunteer assistant coach is working with 3 others on the other end of the court, is that okay?**

**A:** Yes, as long as the groups never combine to where there would be more than 3 in one group at one time.

**Q: What if we simply drop a curtain in the gym so 3 players are being instructed on one end of a gym while 3 others are being instructed on the other. Is this okay?**

**A:** Yes, as long as the groups never combine to where there would be more than 3 in one group at one time.

**Q: If there are other individuals on the court but the coach(es) are only working with 3 individuals at a time, is this okay?**

**A:** Yes, as long as the groups never combine to where there would be more than 3 in one group at one time. The groups of 3 may rotate between coaches.

**Q: Can I have 2 current 11th graders and 1 current 8th grader present to make the total number 3 receiving instruction?**

**A:** Yes, because the limit is 3 and the restriction on 9-12 players with 7-8 players is not in effect outside the season of play.

**Q: But, based upon the above, I thought 7-8th graders could not participate/play with 9-12th graders.**

**A:** That regulation is true during the season of play and not in effect outside the season. Local school policy may determine whether you are permitted to do this or not. Please ask your school administration.

**Q: May a player receive individual skill instruction during the school's sport season from a non-interscholastic (club, travel, etc.) coach?**

**A:** Yes, individual skill instruction may be received 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.

## Non-Interscholastic Competition

A member of an interscholastic Volleyball squad (grades 7-12) sponsored by the Board of Education cannot participate in a non-interscholastic Volleyball program, which includes tryouts, practice and contests, as an individual or a member of a team in the sport of Volleyball anytime during the school team's season. A student-athlete becomes a member of the school team when he/she participates in a scrimmage, preview or regular season match as a substitute or as a starter.

There are a growing number of colleges/universities inviting students to tryouts or workouts during the high school Volleyball season. These are considered non-interscholastic in nature and are **not permitted**. You are encouraged to review this with your team members!

A member of an interscholastic Volleyball team sponsored by the Board of Education may participate in non-interscholastic Volleyball (such as club or travel) prior to and after the school season under the following conditions:

- The number of interscholastic Volleyball players from the same school on a non-interscholastic team is limited to **three** on the roster of that non-interscholastic team. This number includes all players that played on the school team in the previous season from grades 7-11\*.
  - Keep in mind you may not rotate players. For example, have 3 players for a weekend tournament and 3 different players for the tournament the following weekend.
- A player may continue to play with a non-interscholastic squad in a national qualifying tournament only in excess of the 3-player limit until the squad is eliminated but no later than Labor Day. You must receive approval in advance from the OHSAA for this to be permitted. Please reach out to [emason@ohsaa.org](mailto:emason@ohsaa.org).
- A player may receive an accommodation to participate with a national governing body program during the school season and return to the school team as an eligible athlete. You must receive approval in advance from the OHSAA for this to be permitted. Please reach out to [emason@ohsaa.org](mailto:emason@ohsaa.org).
- A player may play in non-interscholastic Volleyball only when the student's team has completed its season.

*\*Graduating seniors are exempt from this 3-player limitation.*

## Summer Rules | May 15 – July 31

Between May 15 and July 31, the out of season and non-interscholastic regulations change slightly. OHSAA Regulations in place during this time have an impact on both **coaches** and **players**. Below is an overview of how the period between May 15 and July 31 affect each:

### COACHES

1. Coaches may provide individual or team instruction anytime between May 15 and July 31 to an unlimited amount of their student-athletes.
2. There is a limit of **13** total days that an entire coaching staff, combined, may provide any team instruction (3 or more present).  
*\*increase from 10 in previous years*
3. There is a separation of the team instruction days permitted for 7-8 grade and 9-12 grade. In other words, there are 13 total days of instruction permitted for 7-8 graders and 13 total days permitted for 9-12 graders.
4. *General Sport Regulation 7* is in effect from May 15 through the end of July, as it is in other times of the year. This simply means that anytime all the conditions of this regulation are met, the regulation may be used independently of the 13 days permitted for team instruction.

*EXAMPLE:* If a JV coach is providing instruction to one player or several players, and the head coach is providing instruction to one player or several players at another location on the same day—it counts as one of the 13 days permitted.

5. Volunteer coaches and paid coaches are treated the same—they are under the same OHSAA Regulations.

6. All volunteer coaches and paid coaches are identified by *where they coached the previous season*.  
*EXAMPLE:* If a volunteer coach that coached during the most recent season indicates he/she will not return to coach at the school the next season, they are still regulated by the OHSAA out of season coaching regulations.
7. New coaches to a school district are not provided exceptions to OHSAA Bylaws & Regulations—they are not given more days nor are they permitted any extension of the 13 days past July 31.
8. A new coach to a school district is considered a coach at that school and immediately under the out of season coaching regulations as soon as the school names him/her as the coach of that school—regardless of when that person signs a contract.
9. When school coaches a group comprised of members of the previous year’s school team **in team play**, anytime there are more than 3 individuals that played for the school’s 9-12 teams the previous season present on the team the day of coaching is counted as 1 of the 13 days permitted. Anytime there are 3 or less **in team play**, the day would not count as one of the 13 permitted.
10. Attendance for instruction during the summer **cannot** be mandated to individuals or be part of any implied decision for team selection during the regular season.
11. School administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

## PLAYERS

1. There is no limit to the number of players from the previous year’s school sponsored teams that may play together between May 15 and July 31.
2. Players are identified as those that played for the 9-12 school sponsored team the previous season and those that played for 7-8 school sponsored team the previous season.  
*EXAMPLE:* All players that played for a freshmen, JV or Varsity team the previous season count together. All players that played for a 7-8 team the previous season are counted together but separately from 9-12.
3. Individuals that did not play for a school sponsored team the previous season do not count in any of the out-of-season regulations affecting players.
4. Individuals that indicate they are not going to play next season still count in the out-of-season regulations if they played the previous season.
5. There is no restriction anytime outside the season of play (including May 15 – July 31) that would prohibit 8<sup>th</sup> graders from playing with 9-12 graders. The restriction *only* exists during the defined sports season.
6. Players are considered in their current grade until August 1, 2024.
7. During the May 15 – July 31 period, there is no regulation that prohibits a player from School A playing on a team with members of School B. Anyone may participate together during this summer time period.

## CAMPS Q & A’s

### **Q: Can I charge for athletes to attend a camp that I conduct as a coach?**

**A:** Though not an area the OHSAA regulates, this is a decision to be made by the school district. Essentially, it depends on whether you are conducting the camp (you would therefore be a private business individual) or the school district is conducting the camp (you would then be considered an employee of the school). We **strongly** recommend you sit down and discuss all legal and ethical ramifications with your school administration prior to holding a camp in which a fee is charged.

### **Q: Am I permitted to bring a private instructor in to conduct a camp?**

**A:** Yes, you could.

### **Q: Does watching a camp program or a non-interscholastic contest count as one of the 13 contact days?**

**A:** 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 during these events. Activities such as shagging balls, assisting with drills, etc., are considered to be organizational in nature and thus would count in the 13-day total for coaching staff members.

## OFFICIALS

**Varsity:** One Class 1 official, who shall be the First Referee, is required. The Second Referee should be either a Class 1 or Class 2 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.

**Reserve/Junior Varsity:** Two OHSAA Class 1 or Class 2 Volleyball officials required.

**Freshman:** A minimum of one Class 1, 2 or 3 Volleyball official(s) required.

**Line Judges:** For varsity and reserve/junior varsity Volleyball, all Line Judges shall be either\* well-trained adults or students not listed on the roster for the school.

**\*Modification:** The above procedure is strongly recommended. If there are no Line Judges available that meet the specifications, the following is approved in the order listed:

- 1) Use a player who is listed on the volleyball eligibility list.
- 2) Use no Line Judges. The R1 and R2 will adjudicate the match including the line judge duties. THIS IS AN EMERGENCY LAST OPTION ONLY.

**7<sup>th</sup> and 8<sup>th</sup> Grade:** A minimum of one Class 1, 2 or 3 Volleyball official(s) required.

## RATING & VOTING OF OFFICIALS

*General Sports Regulation 3* requires head coaches and Athletic Directors to rate/vote for officials. Failure to participate in the rating/voting process results in a fine.

To make this process work it requires coaches and Athletic Directors to do their part. Officials take this process seriously and it is in everyone's best interest to have the correct input for the assignment of officials. A few important things to note:

1. Coaches **rate** officials, 3 other categories of approved individuals **vote** for officials. Those categories are athletic administrators, each local Officials' Association and a group considered Leaders of Officiating. The Leaders of Officiating category include local Officials Association secretaries and interpreters, instructors currently teaching a class, OHSAA Directors of Officiating Development, OHSAA Administrators, and select OHSAA assigned tournament observers and others as determined by the Assistant Commissioner. A person serving in more than one of the leaders of officiating category may only vote from one of them. Officials can gain a maximum of 15 votes per voting category.
2. Ratings are done at the conclusion of a match; voting is done at the end of the season. As mentioned above, ratings are done by coaches at the conclusion of a match. Officials **are not able** to see how a coach rated.
3. Pools of officials are created as a result of ratings and votes. These pools are arranged into a State Pool, Regional Pool and Sectional/District Pool. Each pool has more officials than are needed at that level. Pools are created by mathematically calculating the following:
  1. Coaches rate officials on a 1-5 scale for each Varsity match. If an official receives fewer than 15 ratings, the official receives a rating of 2.5 for each rating fewer than 15. The official's highest three and lowest five ratings are deleted and the officials remaining ratings are used to determine the mean, median and mode of the official's ratings. Those three are totaled for a possible maximum score of 15
  2. The coaches rating is added to votes from the 3 categories for a maximum score of 60 per official.
4. District Athletic Boards utilize the various pools to assign officials to **Sectional and District Tournaments** in their respective Athletic Districts. The process of assignment from approved pools is at the discretion of each District Athletic Board.

**Note:** The total score is not made available to those making assignments; merely the 'pool' itself is made available to them.
5. The OHSAA Office utilizes the pools to assign officials to the **Regional and State Tournaments**.
6. All Rating and athletic administrator Voting is done through the *myOHSAA* Data Management System. Therefore, the data must be entered (official's name and event) in Arbiter in order to populate the *myOHSAA* system and receive ratings and/or votes to be included in a pool.

Complete Information found at: <http://www.ohsaa.org/Portals/0/Officiating/OHSAAOfficialsHandbook.pdf#page=26>

## OHSAA OFFICIALS' INFORMATION

**NOTE:** With the transition to Dragonfly, changes may be made to the following information. Should the process below change, the Officiating Department will communicate those changes. If you have any officiating questions, please contact a member of the Officiating Department.

OHSAA Volleyball officials must have officiated a minimum of **8** regular-season varsity high school Volleyball matches during the 2023 Ohio season, in order to be eligible for an OHSAA tournament assignment, as well as officiate at least **8** high school varsity contests during the 2022 season.

Officials residing in a geographic area where an OHSAA Volleyball Officials Association exists must attend 1 state and 4 local rules meetings. Officials in other geographic regions (both in and out of state) must attend one state rules meeting and successfully complete a rules meeting.

Line judge assignments shall be given to OHSAA Volleyball officials in good standing, who hold a PAVO Line Judge Certification from the previous season, and who will meet PAVO Line Judge Re-Certification requirements for the current season. To be eligible for State or Regional Tournaments, the line judge shall work as a line judge in a total of 8 matches in the current season. These matches can be 8 high school varsity or 8 women's collegiate Volleyball matches, or a combination of both.

The official's uniform should fit properly and be clean and neat. White and cyan blue long or short-sleeved knit shirts with an OHSAA embroidered or sublimated logo, are the only OHSAA authorized shirts. A black skirt or black shorts with a minimum of 4" inseam, or black culottes or black dress slacks are the required bottoms for an official's uniform. If used, a black belt should be worn, and white shoes and white socks are part of the uniform requirements as well.

No jewelry except a watch, wedding band, medical ID or religious medal may be worn. Emblems and patches are not permitted on the officiating uniform.

**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 and white shoes with white socks.

## OFFICIATING ETHICS & CODE OF CONDUCT

(From [www.ohsaa.org](http://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!

### WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to [www.ohsaa.org](http://www.ohsaa.org) and click on the "Officiating" tab on the top 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](#)
-



## NFHS COACHES' CODE OF ETHICS

### From the NFHS Volleyball Rules Book

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

**The Coach** shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

**The Coach** shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

**The Coach** shall take an active role in the prevention of drug, alcohol and tobacco abuse.

**The Coach** shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

**The Coach** shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

**The Coach** shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

**The Coach** shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

**The Coach** should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

**The Coach** shall not exert pressure on faculty members to give students special consideration.

**The Coach** shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

## IMPORTANT SPORTS MEDICINE INFORMATION

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at the OHSAA's "Healthy Lifestyles and Sports Medicine" webpage at <http://www.ohsaa.org/medicine>. Additional information relative to various equipment and rules relative to medical issues can be found throughout this manual as well.

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found on at the end of the NFHS 2013-14 Rules Book)
- 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

**NOTE:** Should you have a student-athlete that requires a medical device, like an insulin pump or cochlear implants, you must receive a waiver from our office for them to wear said device during play. You may send this request, along with a doctor's note, to Emily Mason at [emason@ohsaa.org](mailto:emason@ohsaa.org). Officials must see an official waiver from the OHSAA to allow them to wear said devices during play, as these types of devices would not be permitted per NFHS rule without a waiver.

## Concussion Management

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

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 athlete 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://www.ohsaa.org/Portals/0/Sports-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.*

#### **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 and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as serving, hitting, setting, 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](#)

[Online Concussion Management Training](#)

[Ohio's Return to Play Law: Frequently Asked Questions](#)

[Ohio's Return to Play Law: What Coaches and Referees Need to Know](#)

[Ohio's Return to Play Law: What Parent/Guardians Need to Know](#)

#### **ADDITIONAL CONCUSSION RESOURCES**

[ODH Violence and Injury Prevention Program](#)

[Nationwide Children's Concussion Information Toolkit](#)

[CDC Information on Returning to Schools](#)

[Ohio Legislative Service Commission House Bill 143 Analysis](#)

[Brain Injury Association of Ohio](#)

# Concussion Report

Ohio High School Athletic Association  
4080 Roselea Place  
Columbus, Ohio 43214

## 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) 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup> JV Varsity

Official's Name \_\_\_\_\_ OHSAA Permit # \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please forward to the OHSAA within 48 hours.



# Return to Play Form for Schools

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

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/7-8<sup>th</sup> 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, 9<sup>th</sup>, 7-8<sup>th</sup>) 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**

## Communicable Disease Procedures

Though most schools have a Certified Athletic Trainer present at Varsity contests **and** all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports' First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during volleyball practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

You are encouraged to log on to the OHSAA's website at [www.ohsaa.org](http://www.ohsaa.org) and refer to the Sports' Medicine dropdown menu for additional information.

## H1N1 Influenza Policy

The OHSAA's Board of Directors approved the following policy with advice from the Ohio Department of Health and shall observe this policy at tournament time in the event of an H1N1 Influenza outbreak.

1. The Ohio Department of Health has advised that it will be the decision of each local health authority in Ohio as to whether or not to close a school or university due to an influenza outbreak; however, at this time the Centers for Disease Control are not recommending closures except in extreme circumstances.
2. In the event schools remain open, competitors and teams shall be expected to play tournament contests on the dates scheduled.
3. In the event schools are closed, the OHSAA, in conjunction with our District Athletic Boards and tournament personnel, shall reschedule the tournament contest for the schools thus affected.
4. Please watch the OHSAA web site home page at [www.ohsaa.org](http://www.ohsaa.org) and the specific sport page on the web site for more information.

# Heat Stress & Athletic Participation

The following information should be reviewed with coaching and sports medicine staff prior to any interscholastic practice where there is a risk of exertional heat illness. While the sport of volleyball does not have a required acclimatization period, please keep the following in mind when dealing with hot gyms and any outdoor activities. *Acclimatization is a period when players can become accustomed to the heat and humidity.*

All coaching and medical staff personnel shall observe the following precautions for **all sports competed outdoors and/or in a hot, humid environment.**

- **Stress to participants the importance of properly hydrating** during the day leading up to the contest/training, and to drink 8-to-12 ounces of water or sport drinks 20 minutes prior to the contest or any training session. This procedure can help prevent problems during practice and contests.
- **Schools shall have unlimited amounts of water** and sport drinks on hand during practices and contests, and coaches in team sports should be prepared to play a lot of players rather than just the starters.
- **Contest officials are permitted to establish predetermined breaks** during contests, such as halfway through each period. At that time, players can drink water and remove their equipment, which should also take place at halftime (the more skin that is exposed, the more cooling that can take place). **This provision also applies to all sports.**
- **Contest managers are advised to monitor conditions** for others affiliated with the contest, like cheerleaders, band members, coaches, officials and especially spectators.
- **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 a game 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 and is the recommended standard of care for assessing risk of exertional heat illness.

The wet bulb temperature should be measured prior to practice, every 30 minutes at minimum during practice, and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

<b>Under 79.7 F</b>	Normal activities – three separate 3-minute breaks per hour
<b>79.8-84.6 F</b>	Three separate 4-minute breaks per hour
<b>84.7-87.6 F</b>	Maximum practice time of 2 hours; four separate 4-minute breaks per hour; consider postponing practice to later in day
<b>87.8-89.7 F</b>	Maximum of 1 hour of training with four separate 5-minute breaks; no additional conditioning; consider postponing practice to later in day
<b>89.8+ F</b>	No outdoor workouts and no indoor workouts unless air conditioned

The OHSAA advises careful monitoring of the weather and plans to modify training and competition including:

- 1) Modification of equipment, if applicable to the sport
- 2) Allowance for more frequent rest breaks and the use of shaded areas for those breaks
- 3) Modification of practice time
- 4) Availability of water always
- 5) Availability of cold water immersion tubs for onsite cooling
- 6) If exertional heat stroke is suspected, immediate onsite cooling using cold water immersion before transport by EMS
- 7) *Review and practice of the OHSAA's recommended Emergency Action Plan, "Anyone Can a Save A Life," or similar plan for all sports teams with special emphasis on the heat illness section.*

## EJECTION PROTOCOL

No later than noon of the first school day following an ejection, the officials are required to make contact with the Athletic Director or Principal of the violator's school to advise the administration of the ejection. Also, upon an ejection, the official **files a report online in the myOHSAA system with the OHSAA**. Since the procedures listed below are all triggered by the submission of the Officials' Report online, officials are penalized in accordance with OHSAA adopted policies in the event they do not submit the report. After this written report that includes narrative is submitted:

- **The report is automatically sent electronically to the OHSAA and copies to the school's Athletic Director.**
- **The school's Athletic Director is required to submit a reply that includes the school and coach/player side of the events/ejection**
- **In the submitted reply from the school's Athletic Director, he/she is required to submit the coach's email address**
- **Upon the Athletic Director's submission of the Response Form, an email is sent to the ejected coach explaining the consequences (below) of the ejection:**
  - **An ejected coach is suspended from all matches for the remainder of the day of the ejection plus all matches until 2 at the level of the ejection are completed.** Thus, a JV coach ejected from a JV contest cannot coach a JV OR Varsity contest until 2 JV contests have been played.
  - Ejected coaches must also pay a \$100.00 fine and complete the National Federation of State High School Association's (NFHS) "Teaching and Modeling Behavior" course within 30 days of the ejection. The payment of the fine is completed with an online payment per the instructions provided to the coach on the email he/she receives that is triggered by submission of the School Response Form.
  - Consequences of ejections are to be enforced by the school administration and served by coaches/players even if the above protocol is not completed.

### **EJECTION PROTOCOL POLICY FOR FIGHTING (PLAYERS AND COACHES):**

- Any player or coach ejected for fighting shall be ineligible for all contests for the remainder of that day.
- The penalty for being ejected for fighting is ineligibility for the next four (4) contests at the same level of play that the ejection occurred in.

### **ALL PLAYER & COACH EJECTIONS ARE FINAL & NOT PERMITTED TO BE APPEALED per the OHSAA Board of Directors.**

- Per *OHSAA Bylaw 4-5-4*, any student ejected or disqualified from a match must immediately be placed under direct supervision of a school official or coach. This may be on the bench or in the team area but the player is not to be removed from the site. Coaches are required to leave the facility immediately upon ejection. In the event there is no coach remaining to coach/supervise the team, the match is completed at that point.
- Any player or coach ejected from a scrimmage held prior to the start of the regular season are suspended from the **first regular season contest**. If the ejection occurs from a scrimmage held during the season, the player is suspended from the next regular season contest or OHSAA Tournament contest.
- Other pertinent ejection Information:
  - During the suspension period, the player MAY practice with the team;
  - During the suspension period, the player MAY be in the bench area and in the locker room before during and after the contest;
  - During the suspension period, the player MAY travel with the team to an away contest;
  - During the suspension period, the player **is not permitted in uniform at any time before during or after the contest and may not be on the court for warm-up or to assist with warm-ups.**

## SPORTSMANSHIP

### NFHS Sporting Conduct Mission Statement

Good sportsmanship is viewed by the National Federation of State High School Associations (NFHS) 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.

### Special Volleyball Coaches' Note on Sporting Conduct

Expectations need to be placed on team members relative to sporting behavior. I urge coaches to be at the forefront of setting examples of behavior and translating that into expectations for their student-athletes. It is good for the game and will allow the continued growth of Volleyball.

## THE OHSAA & SPORTSMANSHIP

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!

The Ohio High School Athletic Association challenges all of us in the Volleyball community to take positive steps toward the goal of attaining the high ideal of good sportsmanship. 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 court. 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 finisher, a great setter or a great libero. That is true. 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 the official 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.
- Be in proper physical shape to 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 matches and within the referees' 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 sportsmanship 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.

## Sportsmanship Resources

On the OHSAA's *Respect the Game* webpage you will find fair play codes for athletes, coaches, and fans, as well as additional information regarding parents' role in interscholastic athletics. Please take time to visit this from the OHSAA's website along with many helpful items previously mentioned on the NFHS Learn website at [www.nfhslearn.com](http://www.nfhslearn.com).

## Comments by Coaches to News Media

Emotions run high at the end of a contest and coaches are often tempted to make inappropriate comments to the news media covering a match. The OHSAA Constitution and Bylaws 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 the players, coaches, or schools. Coaches are expected to follow the same procedure in regard to the officials. Coaches violating this rule may be subject to penalties listed in the *Media Regulation* section in our OHSAA Handbook.



**HAVE A GREAT SEASON!**

