

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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23rd ANNUAL 2024 CIAC BOYS VOLLEYBALL INFORMATION

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Important Dates	2
Alerts	2
2023-24 National Federation Volleyball Rules Revisions	3
1.0 Scheduling	4
2.0 Divisions	4
3.0 Regular Season Guidelines	4
4.0 Tournament Dates / Sites / Meet Directors	5
5.0 Tournament Entry Procedure	5
6.0 Expenses / Tickets	6
7.0 Forfeits	7
8.0 Officials	7
9.0 Protests	7
10.0 Qualifying for the Tournament	8
11.0 Ranking and Seeding	8
12.0 Supervision / Sportsmanship During Tournament	9
13.0 Time of Tournament Games	10
14.0 Tournament Rules / Procedures	10
15.0 Coaches Manual for Volleyball Contests	11
Certifications / Coaching Certifications	17

IMPORTANT DATES

Date of First Practice	Saturday, March 16, 2024
Date of First Contest	Saturday, March 30, 2024
Last Date to Add Games	Saturday, March 30, 2024
Change of Division Form Due	Friday, March 15, 2024
Site Availability Form Due	Friday, May 10, 2024
Tournament Roster Due	Thursday, May 16, 2024
Officials Selection Forms Due	Thursday, May 23, 2024
Last Date to Count	Thursday, May 23, 2024
Rankings and Pairings Available on CIAC Site	Friday, May 24, 2024
First Round	Wednesday, May 29, 2024
Semi-final Conflicts Due to the Tournament Director by	Thursday, May 30, 2024 (by 4:00 p.m.)
Quarter-finals	Friday, May 31, 2024
Semi-finals	Tuesday, June 4, 2024
Finals	Thursday, June 6, 2024 *

*M – 7:00 p.m. / L – 4:30 p.m. / Finals Site – Newtown High School

ALERTS

1. See information on changing match dates and times (Section 4.8) ***Notices of conflicts will be considered but are not necessarily granted. Teams in quarter-final games must inform the tournament director of any conflicts for semi-final games. Notice must be received no later than the date specified under “important dates”. If no conflict is given to the tournament director, semi-final games will be assigned and no alterations to the semi-final contests will be made.**
2. No line judges for regular season matches will be assigned by the officials’ assigner. Teams can request line judges but will only be assigned if they are available. Line judges will be assigned for quarter-finals, semi-finals, and final tournament games.
3. Teams may train and pay adults to judge the lines at home matches during the regular season. Students are never allowed to be line judges for varsity matches. Parents are not allowed to be line judges.
4. In-season tournaments must be included in the schedule.
5. **New!** During rallies, only the head coach may stand in the *coaching zone*. (The coaching zone is the libero replacement zone extended beyond the endline with coaches at least 6 feet off the sideline. New 2023-24)
6. **New!** One assistant coach may stand within the coaching zone to provide instruction during dead ball situations only. Rule 12-2-6.

2023-24 NATIONAL FEDERATION VOLLEYBALL RULE REVISIONS

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, 4-1 Penalties 1: 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 a substitution.

5-5-3b(11) (New), 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.

2023-24 VOLLEYBALL MAJOR EDITORIAL CHANGES

5-3-1 Notes 2 (New): Clarifies that accommodations for religious and/or medical reasons may be made to the officials' uniform while adhering to the color requirements of the uniform top and bottom.

2023-24 VOLLEYBALL EDITORIAL CHANGES

2-1-1, 2-1-3, 2-1-4, 2-1-5, 2-1-6, 3-1-1, 3-1-2, 3-5, 5-5-3b(10), 9-1-1, 10-2-1, 10-2-7a(1)

2023-24 VOLLEYBALL POINTS OF EMPHASIS

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

1.0 **SCHEDULING**

- 1.1 Only games played against CIAC member school VARSITY teams and eligible out-of-state schools are recognized for tournament qualification. Games scheduled with CLUB or NON-CIAC member school teams may not be counted toward tournament qualification, but are counted toward CIAC season and weekly limitations.
- 1.2 Coaches who coach both CIAC girls and boys volleyball teams during the same year may not permit team players to practice / participate / compete in any way on both teams.
- 1.3 **Schedule Form** – Must be submitted by the date listed under “Important Dates” above. Games cannot be added to the schedule after the “Schedule Due Date” listed above under “Important Dates”.
- 1.4 **Scrimmages** - Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the ten (10) day requirement.

2.0 **DIVISIONS**

- 2.1 Only institutional members of the Conference may enter this tournament. The tournament will be in two (2) divisions. Placement of schools has been based on the 2022-23 boy enrollment.

L Division – 650 and Over

M Division – Up to 649

- 2.2 The boys’ volleyball championships will be played using a single elimination format.

3.0 **REGULAR SEASON GUIDELINES**

- 3.1 **Fan Behavior and Respect for the Game** – Good sporting conduct is an integral part of the interscholastic volleyball program. The rules of volleyball state that any type of cheering, yelling or other actions which are done in a manner to disconcert, be derogatory or taunting toward the opposing team or a specific player is considered inappropriate. Cheering and other support should always be positive. Inappropriate behavior, if not addressed, allows for a loss of respect for the game and players. **Disruptive behavior may result in ejection from the event.**
- 3.2 **Track the Libero** – The home team provides the tracking of the libero for both teams, even if the home team does not use a libero.
- 3.3 **Flags** - Schools are required to have flags available for lines people.
- 3.4 **Outside Tournament or Events** – CIAC member school athletes in the sport of volleyball may not participate in any outside tournament or event during the CIAC season. This includes two on two, three on three, beach volleyball or other similar events/tournaments. Participation in such events will result in loss of eligibility for the athlete and possible forfeits of games played by the school in which the athlete played after participation in an outside event.
- 3.5 **Electronic devices** in any form may not be attached to any piece of volleyball equipment during CIAC volleyball contests.

4.0 **TOURNAMENT DATES / SITES / MEET DIRECTORS**

- 4.1 **Sites** – For first round and quarter-final matches the higher ranked school will provide the site. If the higher ranked school does not have a site which conforms to National Federation Rules the tournament director will decide where the match will be played, in which event match expenses and officials fees will be paid by the CIAC.
- 4.2 **For semi-final and final games** – Site selection priority for semi-final matches will be at a neutral site. No consideration will be given to previous experience at the facility. The higher ranked team will be declared the home team in all situations.
- 4.3 **Athletic Trainers** – Home teams will provide athletic trainers through the quarter-finals. For semi-final and final games teams are responsible for providing their own trainer.
- 4.4 **Expenses** – CIAC established expenses beginning with the quarter-final round will be paid by CIAC.
- 4.5 Any potential conflicts on semi-final dates must be given to the tournament director by the date listed under “Important Dates”. Conflicts reported after this date and time will not be honored.

5.0 **TOURNAMENT ENTRY PROCEDURE**

- 5.1 **Game Results** – All regular season scores must be entered online on the day of the game as soon as possible following the game’s completion. Scores may be entered via the Online Eligibility Center, the “submit scores/forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “submit scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director. Regardless of regular season postponed games, the date of “The Last Date to Count” under “Important Dates”, must be the final day to count for the tournament. All games played after the entry form has been submitted must be completed and scores submitted via the password-protected online eligibility center by “The Last Date to Count” under “Important Dates”.

Member schools must make every effort to complete their season as scheduled, including make-up games. Any effort to gain an advantage in tournament play by not playing a game is unacceptable and is subject to action by the CIAC Board of Control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed.

- 5.2 **Change of Division Form** – Optional, if filed must be submitted via the password-protected online eligibility center by the date listed under “Important Dates”. **Schools electing to move up a division must remain in that division for a period of three (3) years. The boys volleyball committee has the authority to approve or deny all requests. Schools may only move up in division. No school may move down.**
- 5.3 **Site Availability Form** – Must be submitted via the password-protected online eligibility center by the dates listed under “Important Dates”.
- 5.4 **Tournament Roster** – Can be submitted on the Eligibility Center or the submit scores/forms option under the CIAC for Coaches menu at ciacsports.com. Rosters must be submitted by the date listed under “Important Dates”. **Each school will not be allowed over eighteen (18) boys on the official tournament roster. There cannot be any alternates or substitutes to the original list of eighteen submitted after the first game played in the tournament.**

5.5 **Entry Fee** – There is a \$100 entry fee per school. Checks are to be made payable to CIAC and must be mailed to the CIAC, 30 Realty Drive, Cheshire, CT 06410. If a team does not qualify for the tournament, the entry fee will be returned. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys’ volleyball options in the password-protected online eligibility center.

5.6 **CIAC Late Entry Policy**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone request will be considered.

6.0 **EXPENSES / TICKETS**

6.1 Expenses for all first round matches will be borne by the participating teams. The host team will pay all game expenses including officials and shall provide the site director who should be someone other than the coach. The visiting team will pay its own traveling expenses.

6.2 Quarter-final games will be played at the site of the higher ranked team. The site director fee and the game officials will be paid by CIAC. In addition, CIAC will reimburse each host school expenses for essential personnel (i.e. ticket seller, ticket taker, etc.) submitted on the game reporting form up to a maximum of \$160.

6.3 Schools will bear all traveling expenses.

6.4 The host school will pay all official and lines person fees for first round matches. CIAC will pay all official and lines person expenses for quarter-final, semi-final and final matches.

6.5 Charges for admission for quarter-final, semi-final and final games will be: *(Subject to change)
\$5.00 - Senior Citizens (Age 65 and older)
\$5.00 - Students (Grades 1-12)
\$10.00 – Adults (All others not in the above categories)
Free - Children five (5) and under
Free - Military in uniform or with I.D.

6.6 If in the first round games schools wish to charge admission they should notify the principal and/or athletic director of the visiting school in advance.

6.7 During the tournament, the following passes will be honored at all games where an admission is charged.

- a. CIAC Volleyball Pass (Head Varsity Boys Volleyball Coaches must request by email to Judy Sylvester at - jsylvester@casciac.org)
- b. Principal (or designee) of participating schools
- c. Athletic director (CAAD) membership card
- d. CIAC volleyball officials membership card
- e. Press card

7.0 **FORFEITS**

The CIAC rules for forfeits have been changed and are included in the CIAC Handbook.

8.0 **OFFICIALS**

- 8.1 By the date listed as “Officials Form Due” under “Important Dates”, each varsity head coach, regardless of won or loss record is invited to submit a list, via the password-protected online eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com, of three (3) officials who are judged to be tournament caliber. In addition three officials may be listed who should not work tournament games. From the suggestions a Master List of Officials will be developed which will be used to hire officials provided they are available. Recommendations will be used as a guide in the selection of tournament officials.
- 8.2 The CIAC Officials Coordinator will hire game officials for tournament games including quarter-final, semi-final and final matches. The first round will be scheduled by the local official’s assigner. The CIAC Officials Coordinator will hire lines persons for the quarter-final, semi-final and final matches.
- 8.3 No line judges for regular season matches will be automatically assigned by the officials’ assigner. Teams can request line judges but will only be assigned if they are available. Line judges will be assigned for quarter-finals, semi-finals and final tournament games.
- 8.4 Each team must bring competent scorers for each match. Certified volleyball officials will be used as lines judges for all quarter-final, semi-final and final matches.
- 8.5 For the finals only, a libero tracker will be assigned by the CIAC.
- 8.6 Teams may train and pay adults to judge the lines at home matches during the regular season. Students are never allowed to be line judges for varsity matches. Parents are not allowed to be line judges.

9.0 **PROTESTS**

- 9.1 Each sport committee will establish a protest committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. National Federation or CIAC game rule interpretations and judgments by the game officials cannot be protested. The protest committee for each sport shall consist of the Assistant Executive Director for CIAC, the Chairman of the tournament committee, an administrator member of the sport committee, the tournament director and the coaches’ chairman on the sport committee. All protest committee decisions are appealable to the CIAC Board of Control as provided in the CIAC by-laws.
- 9.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question on interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the chairman of the tournament in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 9.3 **Decisions by Game Officials** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules.

Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the CIAC.

10.0 QUALIFYING FOR THE TOURNAMENT

- 10.1 To be eligible for consideration in the tournament, a team must play a minimum of twelve (12) matches against CIAC member school VARSITY opponents or eligible out-of-state schools and have won 40% of its approved scheduled games played. Only the first two games played with any single opponent will count for tournament purposes.
- 10.2 Only matches played with Conference member schools, or Region I out-of-state schools who are members of their state athletic association shall be considered.
- 10.3 Matches played with non-member Connecticut secondary schools shall NOT be considered in the rating of teams.

11.0 RANKING AND SEEDING

- 11.1 Beginning with the 2024 tournament, teams will be ranked in each division based on power rating divided by number of games played.

- a. Step 1 determine the power rating for each school in the division.
- b. Step 2 determine the number of games played by each school.
- c. Step 3 divide the power rating by the number of games played.
- d. Step 4 rank schools by power rating/games played.
Example: 17 wins and 1 loss with a power rating of 146. Games played = 18. Power rating / games played is 8.11.
- e. First tie break is head-to-head competition. (Based on match(s) won not sore or sets.)
- f. Second tie break is win percentage.
- g. Third tie break is number of wins.
- h. Final tie break is by lot.

- **Most Wins** – Example: A 10-10 team would secure the higher ranking over a 9-9 teams.
- **Power Rating** – Each school is assigned a power rating based on the records of the school(s) that they beat. Schools receive one point in their power rating for each win each of the opponents they have defeated has during the season. The total number of wins of all the opponents you defeat will be your power rating.

For example: If Team A wins 10 games during the season and those 10 opponents have 13, 12, 11, 10, 10, 7, 7, 7, 6 and 4 wins, Team A's power rating would be 87. The team with the higher power rating will secure the higher ranking.

- Notes:**
- If a school defeats a team twice, it will receive the number of wins that opponent has twice in its power rating.
 - The maximum number of power rating points a school can receive for a win is 19, which is the maximum number of victories a CIAC school can have in a season given that they lost to your school.
 - If a school defeats an out-of-state school, the school will receive 10 points in its power rating.

- **By-lot Tiebreaker Number** – If a tie remains, the team securing the higher ranking will be determined electronically by lot using computer assigned random tiebreaker numbers to be set at the start of the season. The team with the greater tiebreaker number will secure the higher ranking.

11.2 A team maintains its initial percentage ranking throughout the tournament.

11.3 The tournament will be conducted in traditional single elimination format.

<u>First Round</u>	<u>Quarter-finals</u>	<u>Semi-finals</u>	<u>Finals</u>
1 vs 16			
8 vs 9	1 vs 8		
		1 vs 4	
4 vs 13			
5 vs 12	4 vs 5		1 vs 2
2 vs 15			
7 vs 10	2 vs 7		
		2 vs 3	
3 vs 14			
6 vs 11	3 vs 6		

11.4 Ranking and pairings information will be distributed to coaches via the CIAC web site on the date listed under “Important Dates”.

12.0 **SUPERVISION / SPORTSMANSHIP DURING THE TOURNAMENT**

12.1 **Crowd Control and Supervision** – In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principals of the participating schools or his/her designee to attend all tournament matches. The school administrator or designee MUST identify him/herself to the site director and follow the CIAC Tournament Handbook Guidelines concerning crowd control.

12.2 **Coach Ejection** – When a member school’s coach is ejected from a game for an infraction as prescribed by the rules, the game may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare a forfeit win for the opposing team.

12.3 Use of tobacco products or the possession of alcoholic beverages of any kind, including champagne, are not permitted at any of the sites. The principal or his/her designee at the match shall see that this rule is enforced and adhered to by the teams.

12.4 **Bench Conduct**

Personnel – Only coaches, players, other team members, statisticians, managers and trainers will be allowed in the bench area.

Conduct – The above identified personnel shall not be outside the vicinity of the designated bench area.

12.5 **Uniforms** – Team members in uniform as well as sub-varsity members identified by the coach, coaches, managers and cheerleaders accompanying the team will be admitted free of charge to each game. Bands and other musical groups, noisemakers that might interfere with the performance of the match, and banners or streamers are prohibited and each school principal or his/her designee is responsible for compliance with this regulation.

12.6 **CIAC Tournament Site Media Policy** – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

- 1) A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
- 2) Access to electric power (shared power strip, etc.)
- 3) Access to wireless internet service

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

12.7 **Coaches Apparel** – All team coaches are expected to dress appropriately for tournament competition. T-shirts, blue jeans and caps/hats are among the items prohibited during tournament play.

12.8 **CIAC Sportsmanship** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

CIAC Sportsmanship Guidelines can be found at http://ciacsports.com/site/?page_id=10438.

13.0 **TIME OF TOURNAMENT GAMES**

13.1 All tournament matches until the semi-finals will be scheduled at 6:00 p.m. unless there is a mutual agreement to begin at a different time. The starting times for semi-final and final matches will be announced. The time of the matches scheduled on Saturday or a holiday will be at the discretion of the tournament director.

Adjustments to second round and quarter-final starting times, dates or sites must be mutually agreed upon. Notify the CIAC on a support ticket and the Tournament Director of agreed upon changes.

- 13.2 All requests for date or time changes must be mutually agreed upon. Changes must be reported on a “support ticket” to the CIAC and to the Tournament Director.

14.0 **TOURNAMENT RULES / PROCEDURES**

- 14.1 All contests shall be governed by the National Federation volleyball rules. All matches will be the best three-out-of-five in duration – winners advance. Rally scoring will be in place for all matches.
- 14.2 Each team qualifying for the tournament will be required to furnish a Spalding VB5 or TF 5000 multi-colored ball per NFHS regulations. No other ball may be used for tournament play.
- 14.3 The decisions of the volleyball committee relative to the operation of the tournament shall be final.
- 14.4 Padding, as specified in the National Federation Rules, must be on the standards, wall cables and referee’s platform.
- 14.5 Teams in the tournament may record matches in which they participate. No other teams may record matches for scouting purposes.
- 14.6 **Tournament Regulations Violations** – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.
- 14.7 **Call in Tournament Scores** – All tournament game scores must be called into the tournament director immediately following the match by the winning coach.
- 14.8 **Athletic Trainers** - Home team provides trainers through the quarter-final games. For semi-final and finals teams are responsible for providing their own trainer.
- 14.9 **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.

15.0 **COACHES MANUAL FOR CIAC VOLLEYBALL CONTESTS**

15.1 **Match Play - CIAC**

- 1) Follow NFHS Rules (www.nfhs.org) and CIAC Rules.
- 2) Varsity – Best three (3) out of five (5) sets. Four sets to 25 points, deciding set to 15 points.
- 3) Sub-varsity (JV, FR, MS): Best two (2) out of three (3) sets. All sets to 25 points.
- 4) All levels, all sets are win by two (2) points.
- 5) For JV/V or V/JV contests when visitor is late:
 - If visitor arrives late whereby the first match can start no later than 30 minutes after scheduled start time, then JV/V matches played as normal.
 - If visitor arrives late whereby the first match will start after the 30 minute extended deadline, then the JV match will be three sets of 15, 15, 15 points.
 - It doesn’t matter if host school plays JV or V first, scenarios above apply either way
 - A courtesy call from visiting coach/school to the home coach/school is expected.

- 6) If one gym for FR, JV and V contests back-to-back:
 - FR and JV three sets are 25 points, 25 points and 15 points. (Varsity played as normal.)
 - If visitor is up to 30 minutes late, then all three FR sets are to 15 points.
 - If visitor is more than 30 minutes late, then coaches can choose one of two options:
 - (1) FR and JV matches all three sets to 15 points and Varsity played as normal; or
 - (2) Cancel FR match, play JV match 25 points, 25 points, 15 points, and Varsity as normal.
- 7) A courtesy call from late visiting coach/school to home coach/school is expected.

15.2 **Pre-Match**

- 1) Home team determines their team bench and side of court.
- 2) When a home team enters the gym to music and fanfare, they must do so from their side of the gym to avoid contact with the visitor's side of the court/gym. Teams are not allowed to enter gym from opponent's side and run around or through their court area. (This is to prevent intimidation, taunting or unsporting behavior from either team.) ALL levels.
- 3) Courts with center logos that do not have a clearly marked center line MUST be taped with 2" wide floor tape. (Court tape preferred.)
- 4) For the pre-match conference/coin toss: In the absence of the head coach, a designated assistant or administrator may serve in that capacity. Upon arrival, the head coach will inform the officials that they will take over all privileges granted to a head coach.

15.3 **Equipment / Net**

- 1) Properly assembled and safe.
- 2) Net standards and officials stand padded per NFHS rules, up to about six feet.
- 3) Stand padding on all structures up to six feet, the platform strong and as level as possible.
- 4) Net top and bottom should be secured tightly with as little give as possible.
- 5) Antennas should be easily adjustable – easily removed and easily attached.
- 6) Antennas line-up with the outer edge of the court side line. Any 2" strap/support goes on the inside to line-up with the 2" court sideline. (Any sharp or loose areas should be taped.)

15.4 **Score Table**

- 1) Table should be centered with respect to the net/center line and at least six feet from the sideline. (Ten foot minimum preferred.)
- 2) Table should be in line with team benches. (Adjustments may be made where electrical floor connections are made.)
- 3) Score table only needs about six chairs: clock operator, home scorekeeper, announcer, visitor's book and libero tracker. No other people should be at the table.
- 4) A scorekeeper and clock operator must be at the table during the pre-match conference.
- 5) A clock operator must be present for all timed intervals during warm-ups.
- 6) A back-up, flip scoreboard immediately available in the vicinity of the score table.
- 7) Two leather game balls with NFHS approved logo. (Large gym please provide ball helpers)
- 8) At least one towel available to R2 to dry game balls or any sweat spots on the court.
- 9) Flags available and provided by host school.
- 10) No food or open liquid containers (especially hot coffee) at the table.
- 11) No electronic devices at the score table unless one is used for music during warm-ups, set intervals and time-outs.

15.5 **Score Books**

- 1) NFHS approved score books/sheets should be used for all contests.
- 2) If your school decides to use a generic version, then the scorebook keeper must still be able to enter ALL of the NFHS required entries into that scorebook.
- 3) The head referee can designate the visitor's scorebook as the official match record if necessary.
- 4) Coaches, it is your responsibility to train scorekeepers and libero trackers prior to the first contest using NFHS Rules Book instructions.

15.6 **Team Benches**

- 1) Bench starts from the attack line extended and out to the end line.
- 2) There should be enough seating for rostered players and coaching staff of each team. If not, host management must provide more seating prior to start of contest.
- 3) It's preferred that only head coaches, assistant coaches and rostered players be seated at the bench.
- 4) Players are not allowed to sit on the floor or stand at the end of bench, behind bench or during a rally.
- 5) Non-rostered players/students are not allowed to sit on the floor at the end of benches nor in a playable area. They should be seated in the bleachers.
- 6) During varsity contests, JV players should take seats in bleachers and vice versa. JV players keeping stats can do so from bleachers designated for visitor or home teams.
- 7) No posters, signs, noisemakers, hats or props of any kind allowed at the team bench.
- 8) Proper decorum is expected at the bench throughout the match.

15.7 **Standing Coaches**

- 1) Only the head coach designated on the roster as such may stand during play.
- 2) During rallies, only the head coach may stand in the *coaching zone*. (The coaching zone is the libero replacement zone extended beyond the endline with coaches at least 6 feet off the sideline. New 2023-24.)
- 3) Please avoid standing near a line judge to prevent interference or intimidation.
- 4) One assistant coach may stand within the coaching zone to provide instruction during dead ball situations only. Rule 12-2-6.
- 5) If a head coach gets an unsporting conduct yellow card, it is a warning and the coach may remain standing during play.

15.8 **Safety**

- 1) All players JV and V, line judges and any student team manager(s) helping during warm-ups or match play, sitting at the bench or doing whatever for their team must be wearing proper athletic court footwear. (No flats, heels, boots, flip-flops, slippers, bare feet, etc.)
- 2) **Concussion Prevention** – It is advised that players/students during warm-ups are not put into situations where they can easily get hit in the head. It's suggested that ball handlers be completely off court during hitting and serving warm-ups. Please adjust your routines to minimize this potentially serious injury.
- 3) **Water** – It is advised that water bottles stay off court and remain at or behind the team bench.
- 4) **Gum / Candy** – It is strongly advised that players not compete with anything in their mouth to avoid possible choking or spitting the matter on the court surface. Both cases would unfortunately cause stoppage of play and therefore a team delay sanction.

15.9 **Warm-Ups / Playing Area**

- 1) During warm-ups, it is recommended that players have a visible uniform number for officials to check against the roster. (Warm-up gear with a uniform number visible is acceptable.)
- 2) During announcements, starting line-ups and national anthem, all players must be in proper uniform and not in warm-up gear.
- 3) The area behind the score table and benches is technically a non-playable and a restricted area. No ball warm-up activities in this area.
- 4) When a team has their six (6) minute unshared warm-up period, they are afforded the entire playable surface not just the outlined court area.
- 5) The off team should be at their bench area.

15.10 **Uniforms**

- 1) Illegal uniforms found prior to or during match will be dealt with according to NFHS rules.
- 2) Visible undergarments should be the same color as the predominate color of the game jersey or shorts. (Ex. 1 – Royal game shorts – visible compression shorts or leggings must also be Royal. Ex. 2 – Red game jersey or T-shirt – visible sports bra or undershirt exposed color/bottom season lines should also be red.)
- 3) Knee pads, elbow pads and neoprene pull-on knee or elbow sleeves do NOT have to be same color of the short or jersey.
- 4) Dig pink or similar type uniforms MUST meet requirements for both the team and libero jerseys.
- 5) Coaches, when ordering new uniforms, take advantage of your state rules interpreter for a pre-purchase design review. Also, make sure your vendor is fully aware of the NFHS uniform rules. Any questions best to check with your rules interpreter.

15.11 **Hair Devices**

- 1) Soft stretch material up to 3” wide maximum are allowed.
- 2) Piercings – Only secured small studs or posts above the chin are allowed. New 2023-2024.
- 3) Hair adornments are allowed provided they are securely fastened and do not present a safety hazard. Any such items that delay play may be subject to sanction.

15.12 **Jewelry**

- 1) Jewelry – not allowed. Rule 4-1-7.
- 2) Piercings – Only secured small studs or posts above the chin are allowed. New 2023-2024.
- 3) Any of the above taped or Band-Aid over – not allowed.
- 4) The above goes for all players.

15.13 **For Officials**

- 1) If available, please provide a changing or meeting room that officials can use pre- and post-match.
- 2) Please provide two chairs behind score table in the restricted area for the officials and their belongings.
- 3) Introduce officials to any host management or security personnel on site.

15.14 **Line Judges for Regular Season** (If using line judges)

- 1) No line judges for regular season matches will be automatically assigned by the official's assigner. Teams can request line judges but will only be assigned if they are available.

- 2) Teams may train and pay adults to judge the lines at home matches during the regular season. Students are never allowed to be line judges for varsity matches. Parents/guardians of players are not allowed to be line judges.

15.15 **Substitutions**

- 1) A substitution request may be signaled or verbalized. It is recommended that a hand signal be used to get the officials attention quickly especially in noisy gyms.
- 2) A substitution will be recognized when a head coach signals the request or when a legal bench player enters the sub-zone.
- 3) Only one request per dead ball and all subs must be up at the same time.
- 4) Officials prefer the substitute does their best to center themselves in the sub-zone.
- 5) Next sub(s) should be ready and waiting just outside the sub-zone.
- 6) A player on court standing or yelling sub across from the sub-zone will not be recognized as a substitution request.

15.16 **Time-Outs**

- 1) A time out request may be signaled or verbalized. It is recommended that a hand signal be used to get the officials attention quickly especially in a noisy gym.
- 2) Only the head coach or playing captain can request a T-O.
- 3) During T-O, teams are limited to the area between the attack and end lines, in front of their bench or on their court within those limits above.
- 4) No water bottles on the court at any time. (Team delay sanction if water is spilled on court or in front of bench.)
- 5) Team must be on court by the end-horn. Please start moving to court after 15s warning whistle.

15.17 **Electronic / Video Devices**

- 1) Allowed in non-playable areas and at the discretion of the head referee.
- 2) Allowed at team benches for team purposes only.
- 3) Not allowed in restricted areas as deemed by host management or head referee.
- 4) Not allowed on any volleyball equipment as the equipment is considered a restricted area, a neutral area to both teams in which neither team should gain from it.

15.18 **Post-Season Tournament**

Coaches Dress Code

- 1) All coaches are expected to be properly dressed in a professional manner set forth by CIAC.
- 2) Dress pants or khakis, polos or button down shirts, skirts or dresses, proper footwear, and team warm-up pants/jacket are acceptable.
- 3) No jeans, shorts or cutoffs, sweat pants, hoodies, hats, T-shirts or gym type attire.
- 4) Only NFHS approved score sheets are to be used.

15.19 **Roster / Line Up Sheet**

- 1) Please use the approved NFHS combination roster and line-up sheet for all levels.
- 2) A customized version of this may be used as long as it meets all above requirements.
- 3) All eligible players must be listed on the roster, all levels.
- 4) Changes to the roster can be made prior to the time limit for submission of first set line-up.

- 5) All coaches, paid or volunteer, should be listed on the roster.
- 6) Coaches must fill out each set's line-up completely so there is a match record. (Coach can't just tell scorekeeper or R2 to "use same line-up as last set".)
- 7) Roster/line-up sheet is due at the pre-match conference and submitted to the R2. The R2 manages this sheet throughout the match. (New 2019)
- 8) Edits to the roster by the head coach can be made up until the 11:00 minute mark on the pre-match countdown clock. Any changes after that is a penalty: Loss of rally/point to the opponent.
- 9) Line-ups shall be submitted to the R2 by the 03:00 minute mark on the pre-match countdown clock, and by 01:00 minute mark on the set interval countdown clock.
- 10) Late line-up submissions are subject to a penalty – Unnecessary delay.

Note: Every school program should be using an NFHS type Roster/Line-up combination sheet, or one that is customized but encompasses all the layout requirements of the NFHS R/L sheet.

PRE-MATCH PROTOCOL

Officials are to arrive no later than 30 minutes prior to match start time. Upon arrival, officials will identify the match host (home team coach) and introduce themselves. Inspect the court and equipment for safety issues. Determine facility playing rules to be addressed in the pre-match conference. The scoreboard clock is set to 20 minutes.

Approximately 25 minutes prior to the scheduled start time, the R1 standing in front of the score table shall raise a coin in the air and double-whistle to summon the captains and head coaches for the pre-match conference.

Coaches, please submit Roster/Line-up sheet to the \$2. After the conference, start the clock and notify scorekeeper of the coin toss result.

<u>Clock</u>	<u>Protocol</u>
20:00	Court available for shared warm-up (7 minutes)
13:15	Warning – R2 single whistle
13:00	HORN – Serving team warm-up (6 minutes) *Roster changes deadline at 11:00 minutes
07:15	Warning – R2 single whistle
07:00	HORN – Receiving team warm-up (6 minutes) *Line-up deadline at 3:00 minutes
01:15	Warning – R2 single whistle
01:00	HORN – LAST team huddle/meeting prior to start
00:15	Warning – R2 single whistle
00:00	HORN – Starting teams to end lines OR: <ul style="list-style-type: none"> • Announcements and starting line-ups (6 + libero) • National Anthem (Teams do not go back to their bench/sideline) • From their end lines, R1 signals teams to enter their court via sideline to net • Teams are required to take their starting positions without delay • Officials and line judges move to their positions • Line-up checks and start the match

- Note:
- 1) Teams are not allowed to take the full court until the Horn sounds at 13 and 7 minutes.
 - 2) Should the scoreboard clock malfunction or become unavailable, then the R2 will use a single whistle for warnings and a double-whistle for HORN as listed above.

CERTIFICATIONS / COACHING CERTIFICATIONS

Required Coaching Certifications:

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <http://portal.ct.gov/SDE/Certification/Coaching-Permit-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf
- 5 Year coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf
- Coaching Course Registration: <http://www.ctcoachinged.org/>
- Sudden Cardiac Arrest Renewal: https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: <https://caadinc.org/2023-24ConANNRev.pdf>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://cprtrainpro.com/epi-pen-training>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.caadinc.org/23-24HeatRev.docx>

Volunteer Coaches – The state of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.