



# Volleyball

# AGENDA

- **UIL Information**
- **Volleyball Specific Information**
- **Coaching Reminders**
- **Practice & Contest Regulations**
- **Eligibility**
- **Non-School Participation**
- **Miscellaneous Information**



**Director of Athletics**

**Dr. Susan Elza**



**Assistant Athletic Directors**

**Brian Polk**



**AJ Martinez**



**Joseph Garmon**



**Brandy Belk**



# UIL Athletic Department





## LEAGUE GOVERNANCE

- ✓ **Legislative Council** – Rule making body, 32 superintendents, all regions, all conferences represented.
- ✓ **State Executive Committee (SEC)** – 12 school administrators appointed by the Commissioner of Education.
- ✓ **Waiver Review Board** – 10 person committee, reviews decisions of the UIL Waiver Officer on appeals
- ✓ **District Executive Committee (DEC)** – Consists of ONE voting member per school in a given UIL District.



# CONSTITUTION CHANGES

2019-2020

- ✓ **Sport Specific Training / Strength & Conditioning** - new regulations, Q&A on website. **Two hours** per athlete total, all sports combined.
- ✓ **Non-School Participation** – allows students in grades six and below to participate in two school sponsored camps per sport during the school year. Additionally, this also allows for all students other than students who will be in their second, third, or fourth year of high school to attend two camps (rather than one) in each team sport during the summer where instruction is provided by a school coach in grades 7-12



# 2019-2020 CHANGES

- **Emergency Action Plan** – Requires member schools to have an EAP for each venue that will host practice or contests in the district (MAC, 2019-20).
- **Catastrophic Reporting** – Proposal will require all member schools to report catastrophic injuries that occur in practices or competitions on an online reporting form (MAC, 2019-20).
- **Injury Reporting** – 6A conference only. Requires all 6A schools to report concussion incidents for all sports to Context.



## 2019-2020 Updates

- Online PAPF / Waivers – Projected October 2019
- Transportation – Non-school vs school sponsored (S&C, skills)
- Character Development – Outside the school day, must be voluntary, no sport specific information
- Ejections – Went well, official's role concerning incident reports - 48 hours to report. Could should report as well
- Summer Sport Specific Training – We need your feedback...did you utilize it, did you like it, why or why not
- 2019-20 Start Date – August 1, 2019, 1<sup>st</sup> scrimmage – 8/3





# UIL Staff Studies

- ✓ Allowing 7<sup>th</sup> through 12<sup>th</sup> coaches to coach their seniors once an athlete's eligibility is expired
- ✓ In 1A and 2A, allow for more than one team to compete when a school meets the 6<sup>th</sup> grade participation exception
- ✓ Possibility of allowing college students to help with teams outside of student teaching
- ✓ Allowing intra-district athletic competitions between elementary schools

# VOLLEYBALL

## Specific Information



# Volleyball Scrimmages



- August 3<sup>rd</sup> – first day allowed for scrimmages
- Teams may play unlimited number of scrimmages prior to the school year starting.
- Once school has started, teams are limited to one scrimmage during the school week, an additional scrimmage may be scheduled after the end of the school week.
- After a team plays their first interschool match, scrimmages are no longer permitted.

# ALLOWABLE VOLLEYBALL CONTESTS

(2019-20)

- 0 Tournaments and 29 Matches or
- 1 Tournament and 27 Matches or
- 2 Tournaments and 25 Matches or
- 3 Tournaments and 23 Matches

2 matches may  
be substituted  
for a  
tournament.



# MATCH REGULATIONS



- DUAL MATCHES.** Counts as one of the **two contests allowed during calendar week** (in addition to a tournament), and will count as two of the **total matches** allowed per season.  
*(must be same competition level)*
- DOUBLE HEADER.** JV/Varsity, 9<sup>th</sup>/JV, or 9<sup>th</sup>/Varsity on same night, same site. **Counts as the total two allowable matches** UIL permits the student for the **calendar week** and counts as two of the **total matches** for the season.

# Match Regulations



**First Two Weeks of Season.** Three matches (or dual matches) plus one tournament. The **second and third match** of the calendar week shall be **after the last instructional day of the school week if school is in session.**

- **Weeks of August 5<sup>th</sup> & August 12<sup>th</sup> – 3 matches plus tournament**
- **Remainder of season – 2 matches plus a tournament**

**Remainder of Season.** The second match of the calendar week shall be after the last instructional day of the school week.

# VOLLEYBALL PLAN

## Invitational Tournaments



### Days & Number of Matches Per Day in Tournaments –

- 1-day - **Saturday only**, 4 matches allowed per day
- 2-day – **Thursday/Saturday** or **Friday/Saturday only**, 4 matches per day
- 3-day – **Thursday/Friday/Saturday only**, 3 matches per day

**“Mini-games”** in pool play – Two games, 0-15. All mini-games in a day of pool play count as one of the three allowable matches for the day.

*Pool-play matches utilizing regular scoring **each** count as one of the allowable three matches.*

**Max Number of Tournaments Allowed** - Three (3)

# DISTRICT CERTIFICATION



## *District Ties*

- If not previously scheduled, a district executive committee may authorize a single elimination match or tournament to resolve district ties.
- A one-match play-off could break a two-way tie. A tournament could resolve a tie between three or more schools provided only two matches have been played that week.
- These matches must be completed by the district certification deadline and will not count against the allowable matches if not previously scheduled.
- Tie-breaker matches must be held in compliance with calendar week and school week restrictions.
- Tie-breaker tournaments consisting of more than one day must be on consecutive days.



# WARM-UP GAMES



- **Warm-Up Games** – Teams that have advanced to the playoffs may schedule a warm-up matches after the District Certification date that is set by the UIL calendar and before their first playoff game if a team has not reached their allowable season limit. School week limitations still apply. **Note: Prior to district certification, matches left in a teams allowable season limit may be scheduled like any other regular season game.**
- Exception – Warm-up games for teams who have exhausted their season limit are given a UIL exception under the following conditions:
  - Teams that are district champions **and** have a first round bye.
  - The one game exception can be played only at the end of your school day on Friday, last day of instruction (with no loss of school time) or anytime on Saturday.

# COACHING REMINDERS

- ✓ **Know Your Rules**
- ✓ **S & C / Sport Specific Skill  
Instruction Guidelines**
- ✓ **Yearly Required Training**
- ✓ **Educate / Lead Your Staff**

*"I didn't know what the outcome would be but I committed to the purpose."*



*#coachingwithintent*

# Know Your Rules

- **Make sure you have a sport rule book (NFHS, NCAA, USTA, USGA).**
- **Download or print your sport manual**
  - **Manuals include C&CR sport plan language, make sure you are familiar with it.**
- **Download Side by Side Manual**
  - **Will answer questions about no-pass /no-play, eligibility and more.**





# Accessing Your Manuals From your desktop

The screenshot shows the website [www.uiltexas.org](http://www.uiltexas.org) in a browser. A red box highlights the address bar with the URL [www.uiltexas.org](http://www.uiltexas.org). A red arrow points from this box to the 'ATHLETICS +' dropdown menu in the navigation bar. Below the navigation bar is a banner image of gold medals with 'UNIVERSITY INTERSCHOLASTIC LEAGUE' inscribed on them. A red box is overlaid on the banner with the text: 'Go to specific sport or go to manuals in dropdown box'. A red arrow points from this box to the 'ATHLETICS +' menu item.

## The University Interscholastic League

The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.



# Finding Your Manual From your desktop

The screenshot shows the UIL Athletics Manuals page. The breadcrumb trail is "UIL Home > Athletics > Athletics Manuals". The "MANUALS" section is highlighted. A dropdown menu is open under "Athletics", showing a list of sports: Baseball, Basketball, Cross Country, Football, Golf, Soccer, Softball, Swimming & Diving, Team Tennis, Tennis, Track & Field, Volleyball, and Wrestling. A red callout box with the text "Go to specific sport or go to manuals in dropdown box" has two arrows pointing to the "Manuals" link in the left sidebar and the "Manuals" option in the dropdown menu.

UIL Home > Athletics > Athletics Manuals

**MANUALS**

Director of Athletics:  
Dr. Susan Elza

Department Email:  
athletics@uilitexas.org

Department Phone:  
512-471-5883

Department Fax:  
512-471-6589

Assistant Athletic Directors:  
Brian Polk:  
bpolk@uilitexas.org  
Brandy Belk:

**Athletics**

- Athletics Home
- High School Sports -
  - Baseball
- Junior High Sports +
  - Basketball
  - Cross Country
  - Football
  - Golf
  - Soccer
  - Softball
  - Swimming & Diving
  - Team Tennis
  - Tennis
  - Track & Field
  - Volleyball
  - Wrestling
- UIL Portal
- Sports Officials
- Alignments
- Health & Safety +
- District Chairs
- Forms
- Manuals
- Archives
- Scoreboard
- Lone Star Cup

**Sport Specific Manuals**

- Baseball Manual
- Basketball Manual
- Cross Country Manual
- Football Manual
- Golf Manual

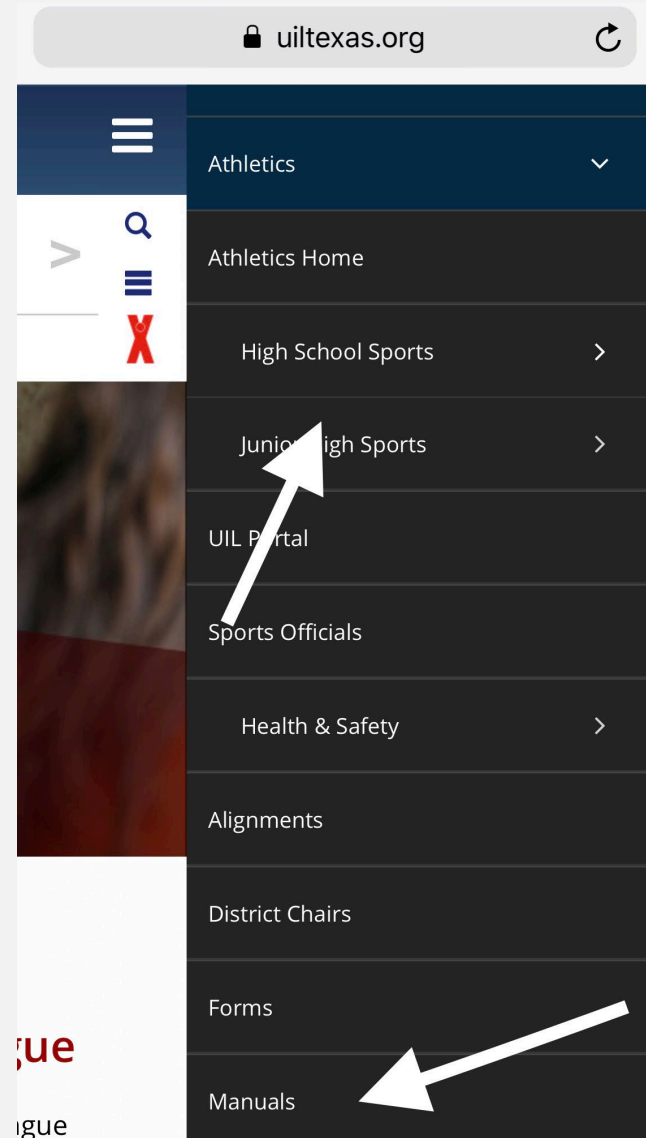
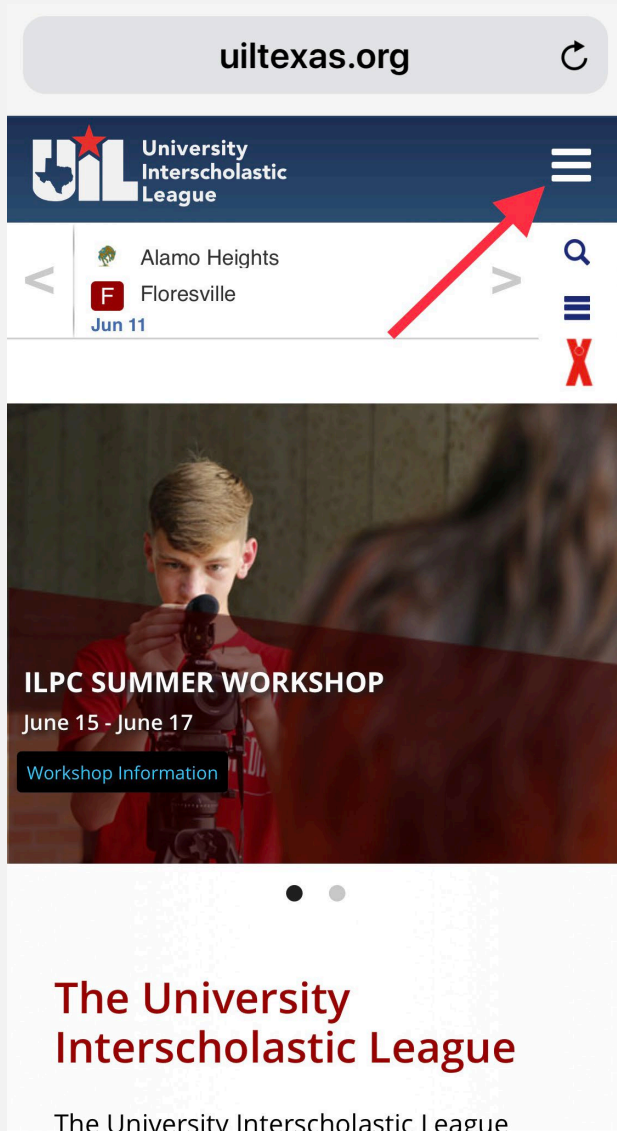
**Junior High Manual**

The Junior High Manual is available on each of the Junior High Sport pages.

- Junior High Sports

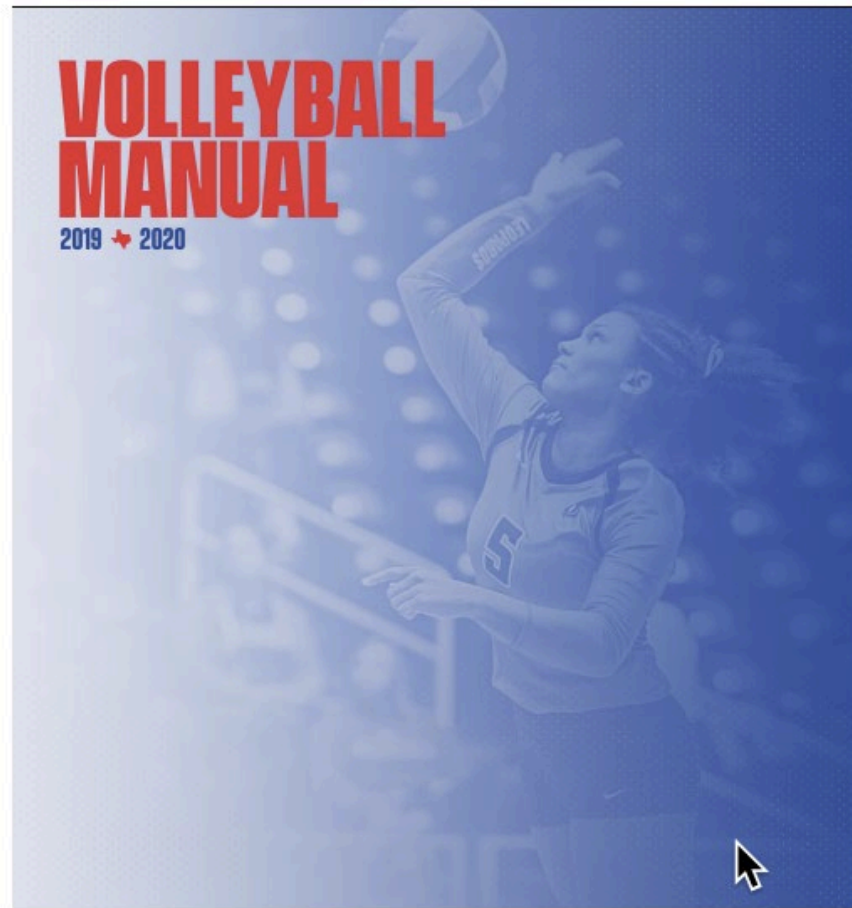
# Accessing the Manuals

From your phone





# Accessing the Manuals



UNIVERSITY INTERSCHOLASTIC LEAGUE | [UILTEXAS.ORG](http://UILTEXAS.ORG)



# UIL Coach Education and Training Requirements

(State Law)

- CPR and First Aid Training – must have a current certification filed with the district
- AED Training – must have a current certification filed with the district
- Safety Training – training provided by UIL (CCP) program, and must be completed prior to any contact with students
- Concussion Training – training must be completed annually (2 hours every other year/1 hour annually)







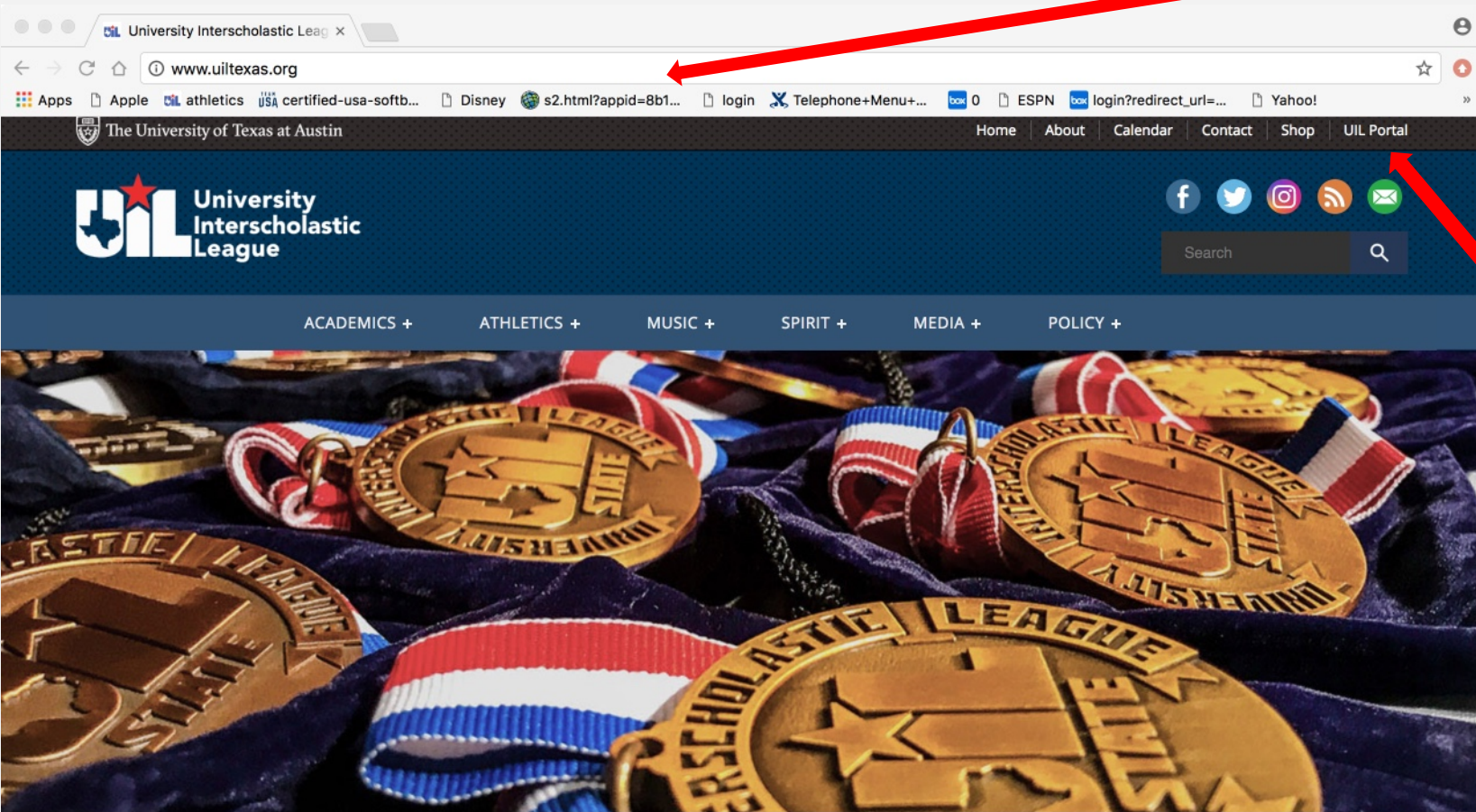
# UIL-CONSTITUTION CHANGES

## *CCP – Coaches Certification Program*

- **UIL Professional Acknowledgement Form– On file with the district (C&CR 1202(j))**
- **Coaches Certification Program (CCP)– online or in-person training (C&CR 1208(i))**
  - 1) Constitution & Contest Rules
  - 2) Ethics
  - 3) UIL Steroid Education
  - 4) Safety Training (state law)
  - 5) Concussion Training (state law)
  - 6) Sport Specific Training – each sport has a separate module
  - 7) **Football Coaches ONLY – Best Practices in Tackling certification**
  - 8) **First Year Coaches ONLY - Fundamentals of Coaching in Texas (C&CR 1202 (L))**

# Accessing the UIL Portal From your desktop

[www.uiltexas.org](http://www.uiltexas.org)



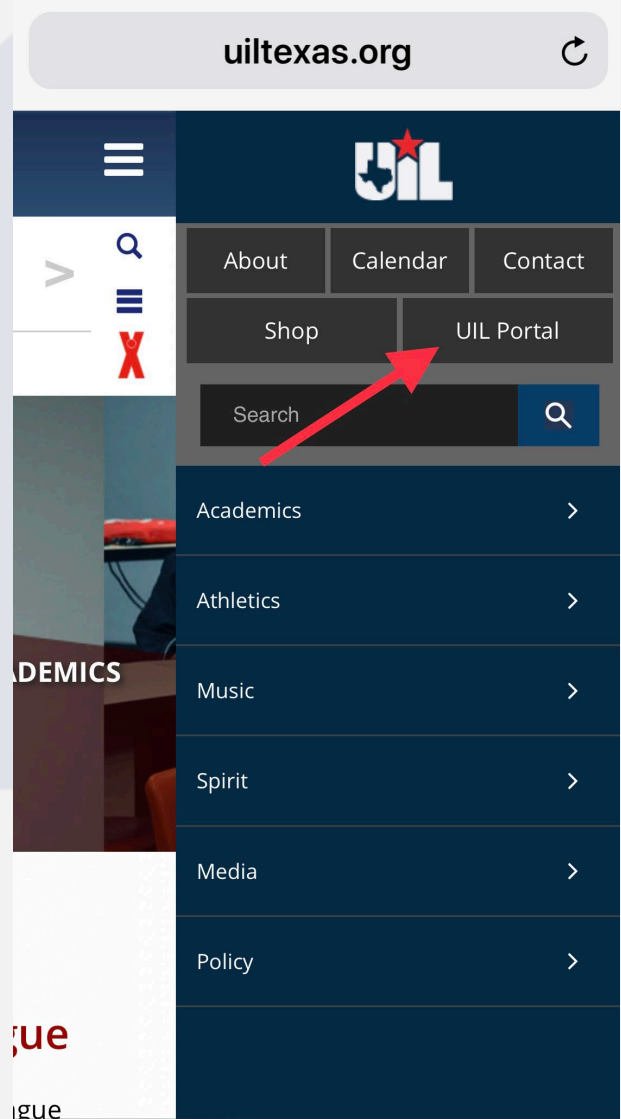
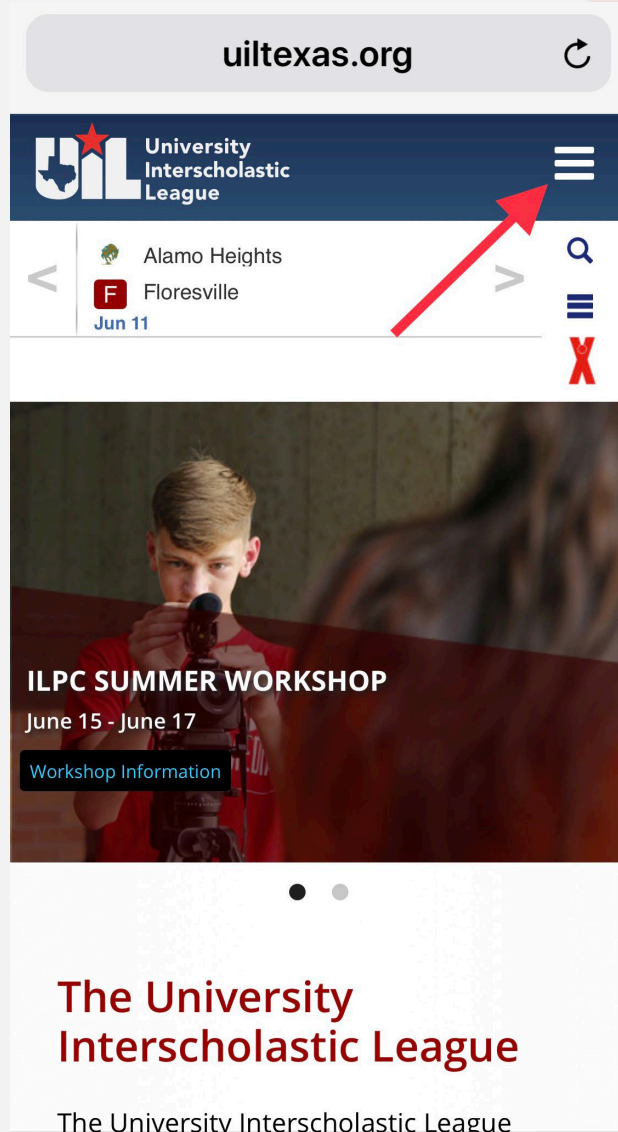
**UIL  
Portal**

## The University Interscholastic League

The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.

# Accessing the UIL Portal

From your phone



## Educate / Lead Your Staff

- Make sure they are familiar with the rules and where to find them (sport rule book, manual, etc.)
- Make sure they are aware of their training requirements.
- Help equip them to go and lead programs of their own one day, want that for them.
- Help them understand the great responsibility they have in coaching, teaching and leading the kids they work with.
- *Good values attract good people.* Be a leader of value and you'll attract the same.

-John Wooden





# PRACTICE REGULATIONS (C&CR 1206)

## Outside of the School Year

- 1 Practice – Not to exceed 3 hours
- 2 Practices – Not to exceed 5 hours combined
  - 3 hours is maximum length of a single practice
  - More than 1 practice scheduled, must have minimum of 2 hour rest break
- Cannot schedule more than one practice on Consecutive days. **Exception:** Volleyball



# PRACTICE REGULATIONS

(C&CR 1206)

## School is In-Session

- **Eight Hour Rule** - Practice outside the school day, from the beginning of the school week through the end of the school week (excluding holidays), is limiting to a maximum of eight hours per school week per activity.
  - The In-School athletic period does not count towards the allotted 8 hours
  - Any TIME used in connection with a practice that is not part of the athletic period counts as part of the 8 hours. (Dress, mandatory weights/video/meetings, etc.)



# CONTEST REGULATIONS

➤ High School - One Contest per School Week :

Per activity-Per Student

*Exceptions:* Tournaments, Post-Season, Postponed District Varsity Games

➤ Junior High – 1 Contest Per Calendar week.

## Difference between Calendar and School week:

➤ Calendar Week :

- 12:01 am Sunday to midnight Saturday

➤ School Week:

- 12:01 on 1<sup>st</sup> instructional day of the week to close instruction on the last day of the week

Know Your  
Sport  
Yearly Game  
Limitations!!  
(See Manual)

# Eligibility







# ELIGIBILITY

## *Eligibility - 1st Six-Weeks of School Year*

- **Grades nine and below** - promoted
- **Second Year of High School** – five accumulated credits
- **Third Year of High School** - ten accumulated credits or five credits within the last twelve months
- **Fourth Year of High School** - fifteen accumulated credits or five credits within the last twelve months

# ELIGIBILITY

## **Sub-Varsity and Junior High**

An Individual is Eligible to participate if...

### Sub Varsity Eligibility

- Full Time Student
- Academically Eligible

### Junior High Eligibility

- Full Time Student
- Academically Eligible
- Age Appropriate for JH athletic competition



# ELIGIBILITY

## *Varsity Athletics*



- Meets all requirements of Section 400 & 403
- Is an amateur
- Meets Parent Residence Rule
- Meets the Age Rule
- Has not changed schools for athletic purposes
- Previous Athletic Participation Form

# PREVIOUS ATHLETIC PARTICIPATION FORM (PAPF)

*Required for All **NEW** students in grades 9-12 who have:*

- **Required** if a student practiced or participated with a former school in grades 8-12 in any UIL athletic activity.
- **New school must** verify that the student meets the **parent residence rule**.
- **District Executive Committee** must determine that student did not move for athletic purposes and approve PAPF before a student is eligible to participate at the **varsity** level at the new school
- Submitted to the UIL office.

# Non-school Participation

## (Team Sports)

### Team Sports

*Football, Volleyball, Basketball, Soccer, Baseball, Softball In accordance to Section 1201, 1206 and 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7, lineman challenges) coaches:*

The C&CR **prohibits** the following:

- 1) Coaching students from your attendance zone in grades 7-12.
- 2) Scheduling games between your team and one other team.
- 3) Transporting kids to non-school activities in school vehicles or with school resources.
- 4) Using school equipment, uniforms or first aid equipment.
- 5) Using school or booster funds.
- 6) Pressuring athletes to play non-school leagues.
- 7) Participating with athletes in their sport.

***\*\*Coaches shall not gain financially from a student's participation in a non-school activity.\*\****





# Non-school Participation

## (Team Sports)

*In accordance to Section 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7) coaches or a group of coaches:*

The C&CR **allows** the following:

- 1) You can supervise the facility.
- 2) You can assist with organization. You are allowed to assign officials, secure facilities, develop schedules, assist with registration and help secure equipment.
- 3) You can assist with the selection of coaches.
- 4) You can assist with the selection of players.
- 5) You can distribute information about non-school activity.
- 6) You can collect registration fees that are made payable to an outside entity (not the school).



# NON-SCHOOL PARTICIPATION

## Section 1209, Non-School Participation

### NEW RULE (2019-20): School Sponsored Camps

- ✓ School sponsored camp for students in *grades six and below*: two camps are allowed, per sport, during the school year.
- ✓ Allowed in BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL.
  - All students with the exception of students entering their **second, third or fourth** year of high school may attend two school sponsored camps during the summer break.
  - Instruction can be given by 7<sup>th</sup>-12<sup>th</sup> grade coach from their school district.

\*See Off-Season & Non-School Participation – Section 1209\*

(continued on next slide)

# Miscellaneous Information







## NFHS VOLLEYBALL PLAYING RULES

Playing Rules. The current National Federation Volleyball Rules shall govern League volleyball. Rule books may be ordered from the NFHS customer service office (800-776-3462) or online at [www.nfhs.org](http://www.nfhs.org).

NFHS rulebooks may also be available for purchase on iTunes, Amazon and other online sites.





# NFHS RULE CHANGES 2019

**2-2-2, 2-3j (NEW), 2-4-1e(NEW), 2-4 PENALTIES 3 (NEW), 9-8-1i:** When the ball strikes the cables and/or the diagonal poles used to retract ceiling suspended net systems the referee will stop play and determine if the ball was playable. The referee will signal out-of-bounds or replay.

**Rationale:** Establishes the cables and diagonal poles used to retract suspended net systems as restricted play and aligns officials' treatment of a ball striking either the cables and/or the diagonal poles.

**4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW):** Eliminates the solid-colored uniform requirements, establishes that the libero uniform must clearly contrast with his/her teammates' uniforms and reorganizes the legal uniform rule.

**Rationale:** Clarifies the requirements for all legal uniforms and simplifies the requirements for the contrasting libero uniform maintaining the compliance of all currently compliant team and libero uniform jerseys.

**4-2-4b:** Eliminates the use of double zero (00) as a uniform number option.

**Rationale:** Eliminates confusion surrounding the signaling of "00".  
"0".





## NFHS RULE CHANGES 2019 – 2020



**4-2-4c:** Beginning with the 2023 season the body of the uniform number must clearly contrast with the uniform top regardless of borders. This will eliminate the allowance of borders to provide contrast between the number and the uniform number.

**Rationale:** Allows officials and scorers to easily identify uniform numbers.

**5-5-1b; 5-6-1b; 7-1-1a; 7-1 PENALTIES 1; 7-1-2; 7-1-4; 7-1-4 PENALTIES 1, 2:** Requires the second referee to collect team rosters at the prematch conference while allowing changes to be made until 10 minutes remain on the pregame clock and establishes lineups to be submitted to the second referee before each set.

**Rationale:** Eliminates warmup interruptions by officials requesting rosters with 10 minutes remaining on the warmup clock, allowing for a smoother warmup process for coaches, players, officials and scorers.



# NFHS RULE CHANGES 2019 - 2020

**5-9-2a NOTE:** Establishes that the line judge shall take their position and move in line with the extension of the end line when the ball is being served near the line judge's position replacing the old technique to move directly back in line with the sideline.

**Rationale:** Allows the line judge to watch for foot contact with the end line and move quickly back for a view of the sideline. This is a more appropriate position and transition for line judges.

**8-1-6, 8-2-5g (NEW), 8-2-6d:** Establishes that the ball remains dead when tossed for serve and it touches any part of the backboard or supports hanging in a vertical position over the serving area and is an illegal serve (Signal 13) and not a service fault.

**Rationale:** Accurately reflects the action since the ball is not contacted for serve.





# NFHS RULE CHANGES 2019 - 2020

## 2019-20 VOLLEYBALL MAJOR EDITORIAL CHANGES

**2-1-5:** Clarifies that the attack line shall be measured from the edge of the attack line farthest from the center line to the axis of the center line.

**4-2-7:** Clarifies the penalty for the removal of any part of the uniform top or bottom as a yellow card charged to the coach for unsporting conduct.

**5-5-3b(26):** Provides additional instructions for the second referee when conducting the coin toss prior to the deciding set by requiring the second referee to communicate with the first referee the serving team and the proper team benches.





# NFHS RULE CHANGES 2019 - 2020

**8-1-6, 8-2-5g:** Establishes the proper signal for a tossed ball that contacts a backboard or its supports hanging in a vertical position over the serving area is officials signal 13.

NFHS Official Signals Chart: Removes signal 7 “Legal Back-Row Attack” from the chart and establishes the signal as an informal officials’ signal in the NFHS Officials Manual renumbering remaining signals.



# **NFHS RULE CHANGES 2019 - 2020**

## **2019-20 Volleyball Editorial Changes**

2-4-1b; 5-2-1b; 10-2 PENALTIES 2; 11-4-2; 12-2  
PENALTIES 1a, b; Scoring Section; Officials Signals 19A

## **2019-20 Volleyball Points of Emphasis**

Informal Officials Signals

Ball-handling

Side Folding Retractable Backboards

# Frequently Asked Questions ?



## ✓ Calendar

- *Not changing any sport seasons, it's the way way the calendar is every 6-7 years.*

## ✓ Games and State Testing

- *Regular season – local district decision*
- *Postseason – cannot play games until the day after testing ends. (ie. last day that primary test is administered is Thursday, that school cannot play until Friday.)*

## ✓ Warm-up Games

- *Only teams who are district champions **and** have a first round bye in the play-offs are given a game in addition to their season limit.*
- *Teams that have advanced to the playoffs may schedule a warm-up game after the District Certification Date that is set by the UIL calendar and before their first playoff game if a team has not reached their allowable season limit. School week limitations apply.*

**Note:** *These games are scheduled like any other regular season game.*



# Links found on UIL Website

- [Constitution & Contest Rules \(C&CR\)](#)
- [TEA-UIL Side-by-Side](#)
- [Athletic Rules \(Sections 1200 through 1210 C&CR\)](#)
- [Rules Violations and Penalties \(Section 1207 C&CR\)](#)
- [Booster Club Guidelines](#)
- [Summer Strength & Conditioning Regulations](#)
- [Non-School Participation Regulations](#)





**Dr. Susan Elza (UIL Director of Athletics)**

**214-418-3591**

**Brian Polk (Associate Athletic Director)**

**903-821-4242**

**Brandy Belk (Assistant Athletic Director)**

**512-635-6634**

**AJ Martinez (Assistant Athletic Director)**

**361-816-1281**

**Joseph Garmon (Assistant Athletic Director)**

**361-244-0497**