



**VOLLEYBALL**

**2021-2022**



# AGENDA

- UIL Information
- Sport Specific
- Coaching Reminders
- Rules & Regulations
- Miscellaneous Information



**Director of Athletics:  
Dr. Susan Elza**



**Associate Athletic  
Director: Brian Polk**



**Assistant Athletic  
Director: Joseph  
Garmon**



**Assistant Athletic  
Director: AJ  
Martinez**



**Assistant Athletic  
Director:  
Brandy Belk**

# 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** – 12 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.



2021-2022



# Changes and Amendments:

## GENERAL

- **Section 1204 – Officials Pay**- Effective the 2021-22 school year the portal- to-portal travel reimbursement for the UIL Officials Fee Schedule (1204) removes the last mileage range (91-120.9 miles) initiating travel reimbursement at 91 miles in place of the original 121 miles.
- **Assault of an Official - 33.081 E-1 of the Texas Education Code** – As a result of the passage of HB 2721 a participant who assaults an official will be suspended from participation for a minimum of two years.
- **Section 1207 Rules, Violations and Penalties**– Changes to this section of the constitution more clearly reflects the authority of the District Executive Committee and the State Executive Committee to suspend a school or team when a member of that team commits an assault on a sports official. This amendment would also require schools to develop policies for suspending a spectator who commits an assault on a sports official from future events.
- **Spectator Policies** – Schools shall develop policies for preventing any spectator who commits assault of a sports participant, inclusive of officials, from attending future events in activities sanctioned by the UIL.

# UIL UPDATES 2021-2022

**Homeschool** – House Bill 547 passed to allow for homeschool athletes to participate in UIL activities.

- Responsibility of the school district to allow, must notify UIL and DEC by August 1
- Must live within attendance zone, no option for waiver
- Must participate for public school if public school allows, cannot go to Charter first
- Not eligible if they drop out from public into homeschool
- Homeschool student that has moved within previous 12 months REQUIRES DEC Hearing
- Must only compete in UIL
- Must follow regulations our kids follow during school day
- Must turn in grades during the same time frame the school district has grade checks
- Responsibility is on the school...
- Realignment process is still being evaluated



# 2021-22 UPDATES & REMINDERS

- Summer Regulations – Monday –Friday, S&C plus Sport Specific Instruction
- Strength & Conditioning During School Year—allows for 60 minutes of S&C outside the school day. This time may be used all year. No Sport Specific! During this time. ***Off-season only.***
- Eligibility (first Six-Weeks) – Back to Traditional Start



UPDATE FROM 2020-21

# 2021-2022 PRE-PARTICIPATION PHYSICALS

- For the 2021-22 school year: Any participant in athletics or marching band, who was in their first or third year of high school during the 2020-21 school year and did not complete a Pre-Participation Physical Examination (PPE) for the 2020-21 school year, will be required to complete the Medical History Form as noted below, as well as a PPE prior to participation in any UIL practices, games, performances, or matches for the 2021-22 school year.
- All students entering 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grade must have a physical prior to participation in the 2021-22 school year.





# 2021-2022 FALL SPORTS

- For fall sports, there will be no limit on the number of schools who may participate in a meet or tournament. This includes team tennis, cross country, volleyball, and basketball. UIL will continue to monitor conditions and will announce any adjustments as they are available.


**•Tournaments are back!!**

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June Legislative Council

# 2021-22 UIL STAFF STUDIES

- Ongoing study to look at separating 1A and 2A in volleyball, softball and baseball.
- Volleyball is very close and will likely happen in the 2022-24 realignment.
- Softball and baseball still not quite there.

A photograph of a volleyball team in a gymnasium. The players are wearing white long-sleeved shirts with "adidas" and "1" on them, and black shorts. They are standing in a line on a wooden floor. In the background, there are bleachers with spectators. A large, bold, black text overlay is centered on the image, reading "VOLLEYBALL SPECIFIC INFORMATION".

# **VOLLEYBALL SPECIFIC INFORMATION**

# NFHS VOLLEYBALL RULE UPDATES 2021-2022

- NFHS are our playing rules, purchase a rulebook from [www.nfhs.org](http://www.nfhs.org)
- Uniform rule is NFHS Rule 4-2
- Solid colored uniform rule – was eliminated in 2019
- Upcoming uniform change – beginning July 1, 2023
  - The body of the number can no longer be the jersey color itself. It must be of contrasting color.
- **2021 Rule changes on following slides...**



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# NFHS RULE CHANGES: 2021

- **4-1-6a, b (NEW):** Allows players to wear head coverings for religious reasons that fit securely and are made of non-abrasive or soft materials while still requiring head coverings worn for medical reasons to be approved by the state association.
- **Rationale:** Eliminates the need for authorization from the state association for the wearing of religious headwear without data to support an increased risk while maintaining the requirement for approval of head coverings worn for medical reasons – allowing the state association to review for the purposes of risk minimization.
- **5-3-1, 5-3-1 NOTES:** Allows state associations to approve of gray and/or bright blue (cyan) in addition to the white short or long-sleeved polo-style shirts while maintaining that officials must dress in like colors. Simplifies the accommodations for varying climate conditions within the competition facility.
- **Rationale:** Provides state associations with additional officials' uniform options while aligning with trends in the game.



# NFHS RULE CHANGES: 2021

- **7-1-4 PENALTIES, 9-9-1b (NEW):** Eliminates the loss of rally/point penalty for failure to submit the lineup no later than two minutes prior to the end of the timed prematch warmup and one minute prior to the end of the timed interval between sets. The penalty was changed to an unnecessary delay (administrative yellow card) with the escalation of a second unnecessary delay (administrative red card) if not submitted by the end of the timed prematch warmup or interval.
- **Rationale:** Aligns the penalty with the late roster and lessens the severity of the penalty for a late lineup.



# NFHS RULE CHANGES: 2021

## 2021-22 VOLLEYBALL MAJOR EDITORIAL CHANGES

- **State Association Adoption Chart (NEW):** Clarifies and organizes all rules that allow for state association adoption.
- **2021-22 Volleyball Editorial Changes**  
5-4-3c(22), 5-5-3b(21), Unnecessary Delays Chart

## 2020-21 Volleyball Points of Emphasis

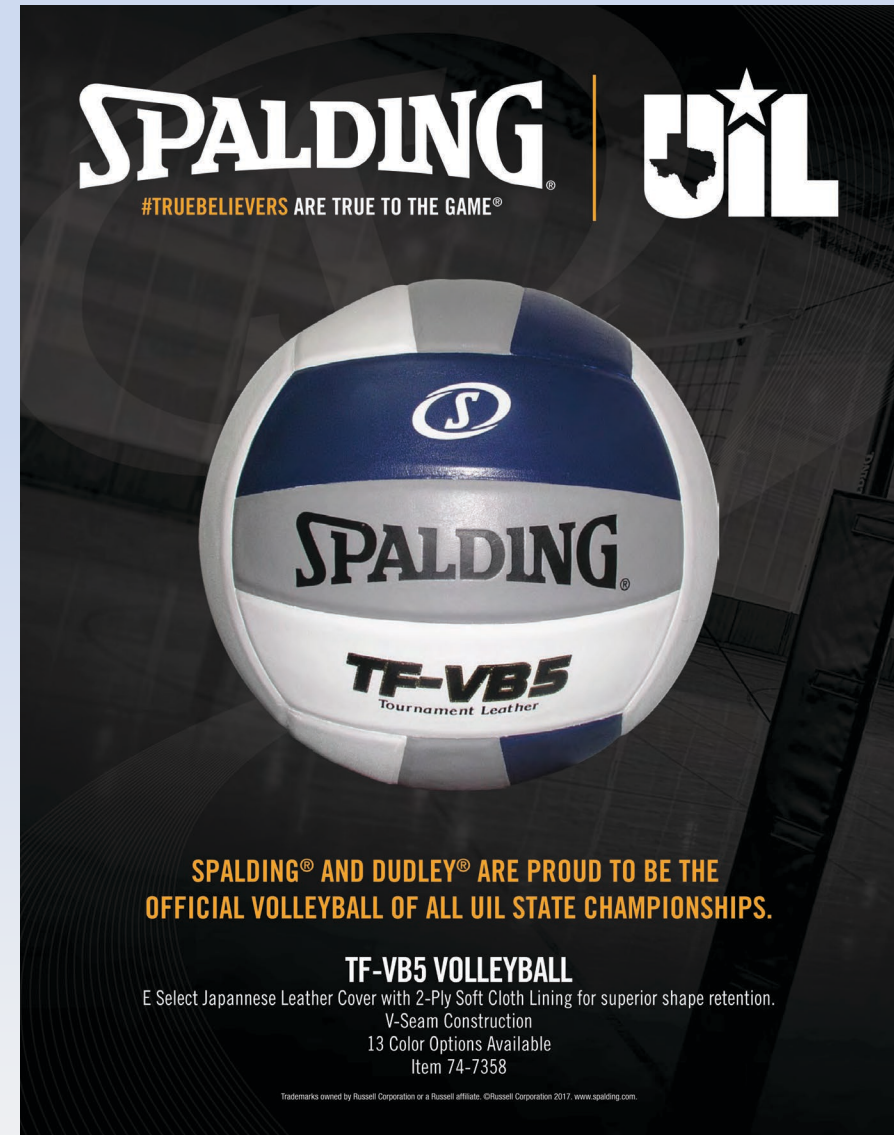
1. Line Judge Expectations
2. Coach and Official Communication
3. State Association Adoptions – Location of Team Bench
4. Addressing Uniform Concerns





# UIL VOLLEYBALL 2021-22 UPDATES

Spalding VB5 – used for regional and state tournaments.



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# COACHES REMINDERS

1. KNOW YOUR RULES
2. YEARLY REQUIRED TRAINING
3. EDUCATE/LEAD YOUR STAFF



*“I didn’t know what the outcome would be but I committed to the purpose.”*

UPDATE FROM 2020-21

# 2021-2022 COACHES REMINDERS

- **Bench Consideration (2020)** - The consideration from last year of not switching benches will not be kept for the 2021 season. There was not a consensus of coaches at all levels therefore we will go back to switching benches as it is in rule.
- **Coaches Certification Program (CCP)** – Coaches are required to have all CCP courses done by the start of their first practice or the start of school, whichever comes first.
- **Live streaming** – Rules did not change for broadcasting in any sport, except football, in the 20-21 school year. During the regular season, live streaming is permitted by mutual agreement of the two schools. During the postseason, the NFHS owns the rights to all games so a request form must be submitted and approved in order to be able to livestream a postseason contest.
- **Checklists** - Checklists for every sport have been created. All links are live and will take you right to the information you are looking for. Checklists are on each sports manual page.

UPDATE FROM 2020-21

# 2021-2022:

# UIL CHECKLISTS







**UIL Coaches' Checklist**  
**Volleyball**  
**2021-22**

CHECKLIST	REFERENCE LINK	COMPLETION DATE
✓ <b>PRE-SEASON</b>		
Register/update profile in the UIL Portal	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Practice
Print and review Volleyball Manual	<a href="#">Volleyball Manual</a>	Prior to 1 <sup>st</sup> Practice
Update Coach's Name in MaxPreps	<a href="#">MaxPreps</a>	Beginning of school year
UIL yearly coaching requirements (CCP & TEC) (manual, p. 11)	<a href="#">Coaching Requirements</a>	Prior to 1 <sup>st</sup> Practice
Student participation required forms. Keep on file. (manual, p. 13)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
Varsity participation required forms. Keep on file. (manual, p. 13)	<a href="#">Athletic Forms</a>	Prior to 1 <sup>st</sup> Practice
Review rules regarding eligibility for athletic contests (manual, p. 12)	<a href="#">C&amp;CR Sec. 400 &amp; 403</a>	Prior to 1 <sup>st</sup> Practice
Review Volleyball Plan (manual, p. 9-10)	<a href="#">Volleyball Plan</a>	Prior to 1 <sup>st</sup> Practice
Review UIL rule changes (manual, p. 6-7)	<a href="#">UIL Rule Changes</a>	Prior to 1 <sup>st</sup> Practice
Review NFHS rule change (manual, p. 8)	<a href="#">NFHS</a>	Prior to 1 <sup>st</sup> Practice
Complete PAPFs and file with UIL Office <ul style="list-style-type: none"> <li>Apply/Complete any necessary Waivers and file with UIL</li> </ul>	<a href="#">PAPF Process</a> <a href="#">Waiver Information</a>	Prior to 1 <sup>st</sup> Practice
Submit Varsity Team Eligibility Form to District Chair (UIL Portal)	<a href="#">UIL Portal</a>	Prior to 1 <sup>st</sup> Contest
Practice begins		August 2
Scrimmages allowed		August 6
Matches allowed - 3 matches (or dual matches) allowed in calendar week; only 1 match during school week, 2nd and 3rd played outside the school week, Friday and Saturday		August 9
Matches (or dual matches) allowed - 2 matches / calendar week; 1 match during school week		August 23
Update schedule and record on MaxPreps	<a href="#">MaxPreps</a>	Ongoing
✓ <b>POST-SEASON</b>		
Print and review Post Season Handbook	<a href="#">Post Season Handbook</a>	
District Certification by District Chair	<a href="#">Certification Instructions</a>	October 30
Advancing team's coach must report scores on MaxPreps	<a href="#">MaxPreps</a>	

- Checklists for every sport have been created. All links are live and will take you right to the information you are looking for.
- Will be on manual page.
- Let us know if there is more you would like to see on these checklists.



# KNOW THE RULES

- Make sure you have a sport rule book (  ,  ,  ) 
  - Playing rules are not UIL rules, know the difference between playing rules and UIL eligibility and policy rules.
  - Make sure you have the appropriate playing rules book for your sport and know new rules each year.
- Download and / or print your SPORT MANUAL
  - Manuals include C&CR sport plan language, sport playing rule changes, UIL rule changes and they are updated annually.
- Download or bookmark the Side by Side Manual
  - Will answer questions about no-pass / no-play, eligibility



# PRACTICE REGULATIONS IN-SEASON

## 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 limited 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, video/meetings, etc.)

# PRACTICE REGULATIONS IN-SEASON

## School is NOT In-Session:

- Maximum length of a single practice is 3 hours
- When two practices will happen in a day, a minimum of a 2 hour break must happen between the two practices
- If two practices happen, the total of both practices must not exceed 5 hours

# COACHES 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)





# COACHES EDUCATION AND TRAINING: REQUIREMENTS

- **UIL Professional Acknowledgement Form**– On file with the district (C&CR 1202(j))
- **Coaches Certification Program (CCP)**– online / in-person training (C&CR 1208(i))
  - Constitution & Contest Rules
  - Ethics
  - UIL Steroid Education
  - Safety Training (state law)
  - Concussion Training (state law)
  - Sport Specific Training – each sport has a separate module
  - **Football Coaches ONLY** – Best Practices in Tackling certification
  - **First Year Coaches ONLY** - Fundamentals of Coaching in Texas (C&CR 1202 (L))
  - **Safety/Risk Minimization for Cheerleading Coaches** – local district determines the provider for training, and training must be completed prior to any student contact

# STUDENT PARTICIPATION REQUIRED FORMS

- Pre Participation Physical Examination Form
- Medical History Form
- Rules Acknowledgment Form
- Parent or Guardian Permit
- Parent/Student Anabolic Steroid Use and Random Steroid Testing Form
- Concussion Acknowledgement Form
- Sudden Cardiac Arrest Awareness Form



# PRACTICE & GAME REGULATIONS: VOLLEYBALL

- Matches
  - Season Limits – know Your limits
  - School Week vs Calendar Week
  - Dual match – Same Competition Level, can play a dual Tuesday and Friday. Count as two matches in allowable season limit, ***counts as one contest for calendar week***
  - Dual matches can be played in addition to tournaments in a week
  - Double header – 9<sup>th</sup>-JV, JV-Varsity, counts as the two matches in calendar week (***would only have a tournament left for calendar week***)



# PRACTICE & GAME REGULATIONS

- Practice
  - Outside the school year vs School is in-session
- Games
  - Season Limits
  - School Week vs Calendar Week
  - HS vs JH



# CONTEST REGULATIONS

- **High School** – one contest per school week:
  - See specific sport for calendar week limits.
  - Per activity - per student
- **Junior High** – see specific sport for week limits

## 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 of instruction on the last instructional day of the week



# GENERAL REGULATIONS FOR JUNIOR HIGH

- **Scheduling**: No game, contest, scrimmage or tournament, including district competition, shall begin prior to the end of the academic school day for all participants
- **No Post-District Competition**: There shall be no post-season playoffs or competition in any athletic event.



A photograph of a volleyball game in progress. A player in a white jersey with blue sleeves is jumping high to hit a blue and white volleyball. Other players in white and red jerseys are visible on the court. The background shows a gymnasium with spectators in the bleachers. A red banner with the text 'CULWELL' is visible on the right side of the court. The net has 'UIL' and 'NIKE' logos. A large black box with white text is overlaid in the center of the image.

# UIL ELIGIBILITY

# ELIGIBILITY: 1<sup>st</sup> 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



# ELIGIBILITY: PAPF (Previous Athletic Participation Form)

- *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.

***\*\*A PAPF does not have to be 'filed' in the  
before a student can participate, it only  
the DEC.\*\****



# FREQUENTLY ASKED QUESTIONS

1. Are ineligible students able to scrimmage?
  - a. Yes, students do not have to comply with No Pass No Play requirements in order to participate in a scrimmage or practice session.
2. May a student participate in two unrelated activities during the school week such as a softball game on Monday night and soccer game on Tuesday night?
  - a. Yes, each sport or activity is separate and has it's own practice and contest limits.
3. Are Junior High students permitted to participate with high school students?
  - a. Only when a student is overage for seventh or eighth grade.



# LEADERSHIP

## **Build a Positive Culture**

people (kids & coaches) first

## **Don't Compare**

to other coaches or programs

## **Be Positive**

on social media, in front of your kids, etc.

## **Recognize your Platform**

with your kids, fellow coaches, protect it

A photograph of a volleyball game in progress, overlaid with a semi-transparent blue filter. The scene shows several players in dark jerseys on a wooden court, with a blue and white volleyball in the air. The background features bleachers filled with spectators. A central text box contains the title.

# UIL CONTACTS



UIL Director of Athletics  
Dr. Susan Elza  
214-418-3591

Brian Polk (Associate Athletic Director)  
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AJ Martinez (Assistant AD)  
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361-244-0497

Brandy Belk (Assistant AD / VB Director) 512-  
635-6634

Hannah Higgins (Volleyball Assistant)  
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Dillon Bankston (Officials Coordinator)  
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