

Volleyball

Regular Season General Policies

Practices:

All students in grades 7-12, regardless of which team they play on, are considered potential varsity athletes and therefore are required to abide by the following policy.

- **In-Season Activities-**

In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

TABLE 1:		
Fall Season	Begins August 1, or on Monday of the week containing August 1 if the head of school approves.	Ends on the final Saturday in October.(October 27, 2018)

TABLE 2:	
Year	Fall
2018-19	Monday, July 30
2019-20	Monday, July 29
2020-21	Monday, July 27

- **Out of Season Activities-**

Out of season activities are allowed, but are subject to the following:

1. Dead Periods:
 - a. Only apply to sports not in season.
 - b. Out of Season activities are not allowed during the following periods:
 - i. Monday of August 1 - August 31
 - ii. October 14 - November 30
 - iii. February 10 - March 17
 - iv. May 5 - May 20
2. All activities must be voluntary and open to all students with a current and valid physical examination.
3. At no time may a coach require off-season activities as a measure of continued participation on a team.
4. Any coach who promotes the idea that taking part in off-season activities is required is out of compliance with the intent and purpose of this rule.
5. Activities are not restricted in the number of participants on a daily basis.
6. There is no restriction on the number of coaches who may work with the athletes.
7. Activities are open only to students enrolled at that school.
8. On a given day, an athlete is limited to 1.5 hours of activities during the academic school year calendar, inclusive of all weekends, holidays, work days, etc. activities are not to exceed 1.5 hours in duration including flex time (stretching), meetings, video review and breaks.
9. Football activities are only permitted March - May.

10. Facilities may be used for out-of-season activities on a strictly voluntary basis, open to all students and required of none.
 11. For safety purposes, school administrators or other school personnel should be present as supervisors during any activities session.
 - a. Any individual who coaches at a NCISAA member school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the activities, out-of-season rules.
 - **Clarification:** AAU, club, travel, and/or specialty coaches that charge a fee for services are not subject to the NCISAA Out of Season Policy.
 - **Example:** You are the volleyball coach at NCISAA school X. Under the new Out of Season Policy, you cannot have access to student-athletes at NCISAA school X during dead periods. You are also a paid volleyball coach at Club Spike. While fulfilling the role as a paid coach for your club team, you are not under the authority of the NCISAA Out of Season Policy. Therefore, you can coach any student-athlete at any time, from any school, provided that the student-athlete pays to be part of the outside team and/or receive instruction.
- **Open Gyms/Open Fields-**
 1. During any season, informal pick-up games with a school representative present - in any sport - are permitted.
 2. During an off-season practice, a coach may not play and may not give verbal or physical instruction of any kind in the open gym or open field arena.
 - **Summer Practice-**
 1. Summer will be defined as the season beginning on the Monday after the last spring tournament and ending on the Monday of the week containing August 1st.
 2. During the summer, coaches are permitted to work with individuals or an entire team as long as:
 - a. This is not a requirement of participation on that team,
 - b. Attendance is voluntary and open.
 3. Ethical Statement- Any coach who promotes the idea that participating in summer practice is required is out of compliance with the intent, spirit, and purpose of these rules.

Sport Rules:

- National Federation of High Schools Rules (NFHS)-
 1. The NCISAA is an affiliate member of the NFHS.
 2. National High School Federation rules apply when NCISAA rules do not cover a particular application.
 3. Visit www.nfhs.org to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Click [HERE](#) to go directly to current NFHS Volleyball Rule Changes. Rule Books are also available for online purchase on the NFHS website.
- Regular season tournament matches may be counted for playoff seeding purposes.
 1. They may be 2 out of 3 sets or 3 out of 5 sets.
 2. The regulation sets should be played to 25 but the tie breaking set may end at 15 or 25.
 3. These sets must start at zero.
- Rules Interpretations-
 1. Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staffs without exception.
 2. Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA Office.
 3. The NCISAA Office will be the final authority except for classification variances.
 4. Requests for classification changes will be heard by the Appeals Committee of the Board of Trustees following scheduled Board of Trustees meetings. Any exception will be in effect for one year and may be renewed annually.
 5. **Appeals:**

- The fee for any appeal is \$250 payable to the NCISAA Office at the time the appeal is filed.
- If the appeal is approved, the \$250 will be refunded.
- All appeals should be made in writing and sent electronically to the NCISAA Office.
- Appeals will not be considered without receipt of the appeals fee.

Gender Policy:

Gender is determined by the student's official birth certificate. Student athletes are only allowed to participate on teams that coincide with their official birth certificate.

Health and Safety:

All Athletic Directors and Coaches are responsible for knowing and applying the NCISAA Health and Safety policies. Refer to HEALTH & SAFETY under the HANDBOOK tab of the NCISAA website.

Sportsmanship-

- Sportsmanship Policy:
The NCISAA recognizes that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps must include the provision of safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players and pre/post game activities. Every effort must be made to promote a climate of wholesome competition. While the NCISAA governs varsity play, middle school and JV teams are expected to honor NCISAA rules of sportsmanship.
 1. In the spirit of best practices of sportsmanship, the NCISAA endorses the following initiatives.
 2. Failure to comply with any rules and regulations may result in players, coaches or schools:
 - a. forfeiting an event, losing state tournament privilege,
 - b. being fined by the NCISAA Executive Director as defined by the NCISAA bylaws and
 - c. being suspended or expelled from the NCISAA.
- Ejection/Disqualification Policy-
 1. Ejections and disqualifications are handled in the same manner.
 2. Exceptions:
 - a. 5 fouls - Basketball
 - b. 5 minutes in the penalty box - Lacrosse
 - c. Green Card - Field Hockey
 3. An ejection/disqualification is a judgment call; therefore, there are no appeals.
 - a. If a wrong player is identified, a correction can be made.
 4. Penalties are cumulative from sport to sport and from sport season to sport season.
 5. Ejections/disqualifications in the last game of a given season carry over to the next sport in which the individual participates that year.
 - a. However, penalties will not carry over from one academic year to the next academic year.
 6. Conferences may choose to enforce a more stringent code of conduct regarding this rule.
 7. All ejections/disqualifications of players and coaches will be reported by the Director of Athletics of both of the involved schools to the NCISAA Office **by 11:00 AM the following day of the violation.**
 - a. The online form can be found on the NCISAA website under the Action Guide/Forms tab
- Athletes:

1. Two yellow cards equal a red requiring the athlete to sit out one game - just the same as if she/he received a red card.
 2. Any NCISAA player who is ejected in any contest, in any sport, in any season will not be allowed to participate in the next scheduled contest but may sit on the team bench.
 3. If the same player is ejected a second time from any contest, in any sport, in any season he/she will not be allowed to participate in the next two scheduled contests but may sit on the team bench.
 4. If the same player is ejected from any contest a third time, he or she will not be able to participate in any athletic event for a calendar year.
- Coaches:
 1. Coaching Continuance Throughout An Athletic Event:
 - a. The NCISAA mandates that all teams participating in NCISAA sanctioned athletic events be under the direct supervision and guidance of an adult coach at all times during the event.
 - b. In the event that a head coach is ejected or becomes incapacitated, and there is not an assistant coach to continue the reasonable and customary coaching duties, the game shall continue only if there is a school employee or an adult designate to assume the role of the coach.
 - c. If a replacement coach is not available, the game shall immediately end by forfeit.
 - d. Any replacement coach is required to coach within the spirit of the NCISAA ideal of "Sportsmanship, Integrity, and Fair Play."
 2. Post-Ejection:
 - a. If any NCISAA coach is ejected in any contest, in any sport, in any season, he or she may not attend the next scheduled contest and will be fined according to the schedule below.
 - b. If the same coach is ejected a second time in any contest, in any sport, in any season, he or she will not be allowed to attend the next two scheduled contests and will be fined.
 - c. If the same coach is ejected a third time, in any contest, in any sport, in any season, he or she will not be able to participate in or attend any athletic event for one calendar year.
 3. Penalties/Fines for Coaching Ejections.
 - a. A \$250 fine will be assessed should a coach be ejected from any contest.
 - b. If the same coach receives a second ejection, they will be fined \$500.
 - c. If the same coach receives a third ejection, they will be fined \$1000.
 - d. Any coach who is ineligible due to an ejection will be fined \$2,500 if he/she attempts to coach or to attend a subsequent game.
 - e. Fines must be received by the NCISAA Office within two weeks of the ejection.
 - f. Unpaid fines will render the coach ineligible to participate in athletic events until the fine is paid.

OTHER INFORMATION

Principles of Good Practices in Athletics

- The NCISAA principles outlined in this document are for the purpose of guiding schools, conferences, and the NCISAA in conducting school athletic programs and the NCISAA post-season athletic competition in a manner that supports member schools' academic programs, enhances the health and emotional well being of student athletes, respects the importance of family life, and recognizes the value of athletic participation and competition.
- The principles are intended to create and maintain balance in each student athlete's educational life.

- All coaches and athletic administrators should have a strong collegial relationship with other educators and should contribute to the school’s understanding of the needs of the whole child in achieving balance in his or her life.
- The principles are organized into four major areas: games, practices, seasons, and athletes/teams.

Games-

1. Maximum of two playing dates per week (Monday through Friday) with the option of a third playing date on Saturday in order to provide for rescheduled games or a third contest during the regular season.
2. Schools with football teams may designate one of those playing dates for football.
3. Maximum of two preseason dates for scrimmages against other teams (with officials) or for endowment games.
4. Reschedule a postponed contest according to guideline #1, i.e., no more than three playing dates per week.
5. Maximum number of games per season (includes all regular season play/tournaments) according to the following ranges:

TABLE 3:	
Volleyball	27-33

Practices-

1. One practice session per sport per day with a maximum of two hours of actual time on the court/field (does not include time spent conditioning or in film review).
2. Teams or individual student athletes should not practice more than 6 days per week.
3. Saturday practices are allowed when necessary, but Sunday practices are strongly discouraged. (Exception: Practice is allowed on Sundays for state golf tournaments provided the heads of involved schools agree.

Seasons-

1. Fall Season practice may begin August 1, or on Monday of the week containing August 1 if the head of school agrees.
2. Winter season practice may begin on the Monday of the week in which November 1st falls. It is strongly suggested that the winter season should not start before November 1.
3. Spring season practice may begin on the third Monday of February.

Athletes/Teams-

1. Participation on more than one team within a given season is acceptable as long as students meet recommended guidelines for practices, i.e., one practice per day of no more than two hours in duration.
2. In reference to possible conflicts between participation on school athletic teams and outside activities, student athletes should be strongly encouraged to participate in only one athletic event per day. A student athlete should understand that participation on a school team should be his or her priority.