

~ VOLLEYBALL CALENDAR ~

August 3	First day to issue equipment and conduct workouts outside the school day, all conferences. (Grades 9-12 and separate ninth grade teams in junior high. Students in grade 8 and below may not work out before the first day of school.)
August 7	First day for scrimmages, all conferences.
August 10	First day for matches, all conferences. After the first match, no more scrimmages are permitted. As per state law, only one match or dual match may be played during the school week if your school is in session.
October 31	District Certification - All Conferences
November 2-3	Bi-district - All Conferences
November 5-7	Area - All Conferences
November 9-10	Regional quarterfinals - All Conferences
November 13-14	Regional Tournaments - All Conferences
November 19-21	State Tournament

~ 2009-10 NFHS VOLLEYBALL RULE CHANGES ~

2-1-1 - Clarifies the court and the adjacent playable area must be flat, smooth and free of obstructions other than required equipment and padding. Rationale: Clarifies court/floor requirements for playable area.

3-2-1 - Beginning in 2010-11, the game ball may be either solid white or a maximum combination of three colors (with each panel being a solid color) and of which at least one-third of the panels shall be solid white. Rationale: Allows for the optional use of the colored-panel ball beginning with the 2010-11 season. The colored-panel ball makes it easier to track for players/spectators and adds excitement to the game.

4-1-5 - Unadorned bobby pins, no longer than 2 inches, may be worn to control a player's hair. Rationale: Allows players a practical means of dealing with hair control.

5-3-4d - Prior to the deciding set, captains will be called for the coin toss by the R1 and then teams shall be released to their team bench. Rationale: Releasing teams to their bench rather than the end line during the deciding-set coin toss will allow coaches to provide instruction and facilitate players being ready to take the court for the final set.

5-4-3b New 10 - The second referee has the responsibility to manage illegal libero replacements. Rationale: Adds to the responsibilities of the second referee.

9-4-5 - A legal contact is a touch of the ball by any part of the player's body. Rationale: In today's fast-paced game, allowing legal contact of the ball by any part of the player's body will assist in keeping the ball in play and provide longer and more exciting rallies.

10-2-3 - If more than one substitution is to occur, the substitutions shall be made in succession. One pair of players after another and only one substitute shall be in the substitution zone at a time. Rationale: The procedure of recording multiple substitutions becomes easier for the scorer to record. This will speed up the substitution process and assist in maintaining the tempo of play.

12-2-5 - Clarifies when an assistant coach may stand and actions the coach may perform. Rationale: Clarifies the role and bench decorum of the assistant coach now that the head coach has the privilege to stand during the match.

12-2-6, 9-1-1 - During play, allows the head coach to stand in the replacement zone, no closer to the sideline than 6 feet, to coach his/her players. Rationale: Due to the growing spectator popularity, resulting in louder crowd noise, this change will allow the head coach to communicate more effectively with his/her players. The permitted location for standing preserves the necessary area for clear line of sight by the second referee and line judges to observe play and playable area around the court for the players.

Major Editorial Changes

1-2-1, 3, 4-1 Heading, 10-3-5, 11-4-2, How to Use The Signals: 4, 19, 20, 21; Casebook: 4-1, 10-3-5, Signals: New b, 6 NOTE, 13, 20, 21, 23

Points of Emphasis

1. Head Coach Standing
2. Match Officials' Responsibilities
3. Ball Handling
4. Libero Uniform

~ UIL RULE CHANGES ~

All amendments below are effective for the 2009-10 school year, unless otherwise noted.

- In football, Conference 1A, 11-man participating schools will be divided in to two divisions.
- Change in "Reclassification and Realignment" process by which six-man schools determine enrollment figures.
- Allow track and field regional and/or state qualifiers, including alternates to be eligible to participate in any event at a regional and/or state qualifiers meet. (Effective January 2009)
- Changes to the official fee scale for wrestling.
- Allow a school golf coach to coach from green to tee.
- Allow swimming and diving consolation finals at the regional meet.
- Change in the time frame to identify or place overage students in 504 or special education for an athletic eligibility waiver prior to the end of his or her second year in high school.
- Change to the softball practice start date.

~ VOLLEYBALL PLAN ~

EXCERPT FROM THE UIL CONSTITUTION AND CONTEST RULES

Section 1330: GIRLS' VOLLEYBALL PLAN.

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to the Girls' Volleyball Plan.
- (b) DATES FOR PRACTICES, MATCHES AND CERTIFICATIONS.
 - (1) Practice Regulations Outside the School Year. Any volleyball practice conducted by a school outside the school year must be in accordance with the following regulations:
 - (A) Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
 - (B) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
 - (C) The maximum length of any single practice session shall be three hours.
 - (D) On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.
 - (2) Starting Date. There shall be no high school volleyball practice for a contestant or a team, before or after school prior to the first Monday in August. Uniforms and equipment may be fitted and placed in lockers the first day workouts are permitted. See Section 1478 for seventh and eighth grade restrictions.
 - (3) Scrimmages, Matches. No interschool scrimmages or matches shall be played prior to first match/scrimmage dates as listed in the Official Calendar, or before or after school after the last date for certifying district champions, except for teams who have not been eliminated in playoffs. Schools shall not scrimmage until the Friday following the first Monday in August. Schools shall not participate in a match until the second Monday in August.
- (c) NUMBER OF SCRIMMAGES, MATCHES, TOURNAMENTS.
 - (1) Violations/Penalties. The district executive committee shall determine the penalty for violations of the following regulations.
 - (2) Game-Matches Defined. A game shall be defined as when a team has scored 25 points and is at least two points ahead. A match shall be defined as when a team has won three games out of five.
 - (3) Total Number of Games, Matches, Tournaments. No team or student shall compete in more than three invitational tournaments plus 23 matches in a season, including all matches prior to the first playoff match. This shall include non-district and district matches. If the district champions have a bye for the first round of the play-offs, those schools may schedule a warm-up match in addition to the match limits. This additional match shall be played on a non-school night with no loss of school time.
 - (4) Substituting Matches for Tournaments. Two matches may be substituted in place of a tournament. If a team or student does not play in any invitational tournaments, six additional matches (total of 29) may be played.
 - (5) Substituting Dual Matches for Regular Matches. Dual matches consisting of two or more teams may be played. A team may play two other teams or play the same team twice at the same site. The second match shall be played as soon following the first match as possibly can be scheduled. A dual match will count as one of the two contests allowed per calendar week (in addition to a tournament), and will count as two of the 23 total matches allowed per season.
 - (6) Exception To Resolve District Ties.
 - (A) Two Schools Tied. To resolve a two-way tie, the district executive committee may authorize a single elimination match, provided only one other match is played that calendar week. The tie breaking match may be in addition to the 23 allowed matches. It may not be played as an exception to the school week limitation.
 - (B) Three or More Schools Tied. If three or more schools are tied, the district executive committee may authorize a tournament provided only two matches have been played that week, using the procedure in Section 1203. These tournament matches may be played in addition to the total number of matches and tournaments allowed for the season.

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- (7) Exception for Rescheduled Matches. District varsity volleyball matches postponed by weather or public disaster (not including illness) shall be rescheduled on the next date, other than Sunday, on which another district match is not scheduled. In the event weather or public disaster forces the makeup match to be rescheduled it shall be rescheduled on the next date as described earlier. These makeup matches may be played as exceptions to the school week and calendar week limitations. District varsity games that are postponed by weather or public disaster, and not played on the next available date, shall be rescheduled and played on a date determined by the district executive committee.
 - (8) Playing Dates for Scrimmages and Matches.
 - (A) Scrimmages Prior to the First Day of School. Schools shall not scrimmage until the Friday following the first Monday in August. Teams and schools may participate in an unlimited number of scrimmages prior to the first day of school. After the first match, scrimmages are not permitted. Schools shall not participate in a match until the second Monday in August.
 - (B) Beginning First Day of School. After the first match, scrimmages are not permitted. On and after the first day of school, teams are limited to no more than one scrimmage, match or dual match during the school week. School week means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.
 - (C) First Two Weeks of Season. During each of the first two calendar weeks allowed for matches on the UIL Official Calendar, teams or students shall participate in no more than three matches (or dual matches) plus one tournament. The second match of the calendar week must be after the last instructional day of the school week.
 - (D) Remainder of Season. After the first two calendar weeks allowed for matches, teams or students are limited to no more than two matches (or dual matches) during each calendar week, plus one tournament. The second match of the calendar week must be after the last instructional day of the school week.
 - (9) Invitational Tournament Restriction. No team shall participate in an invitational volleyball tournament held on a Monday, Tuesday or Wednesday, except on school holidays. However, matches or games in tournaments may be played after school on the last day of the school week prior to holidays.
 - (10) Invitational Tournament Exception. Volleyball tournaments may be scheduled on non-consecutive days. A two day tournament shall not be scheduled on Thursday and Friday. A one day tournament shall be scheduled on Saturday.
 - (11) Number of Matches Per Day in Tournaments. No team or student shall compete in more than three matches per day in tournament play. Exception: Contestants or teams may play in four matches per calendar day in a one day tournament scheduled on a Saturday, and contestants or teams may play in four matches per day during a two day tournament.
- (d) SITE OF MATCH. The district executive committee in arranging a schedule within the district shall determine the site of matches in case of disagreement between two teams.
 - (e) BOYS PROHIBITED. Boys shall not compete on girls' teams.
 - (f) OFF SEASON PARTICIPATION. See Section 1209.
 - (g) GATE RECEIPTS FROM STATE TOURNAMENT. The UIL office retains an annually determined percentage of gate receipts from the state volleyball tournament.

2009-10 Sport Season Dates and Number of Games Allowed

	Sport	Number of Contests Allowed	Conference	First Day of Practice	Certification Deadline	Date(s) of State Championship
*	Baseball (Boys)	2 invitational tournaments plus 19 games or 3 invitational tournaments plus 17 games	all conferences	1/29	5/4	6/9-12/2010
*	Basketball (Girls)	3 invitational tournaments plus 21 games	all conferences	10/21	2/13	3/4-6/2010
*	Basketball (Boys)	3 invitational tournaments plus 21 games	all conferences	10/28	2/20	3/11-13/2010
**	Cross Country (Girls & Boys)	8 meets	all conferences	year round	10/31	11/14/2009
*	Football (Boys)	10 games	Districts w/byes in first playoff round Districts w/o byes in first playoff round 2A, 3A, 4A, 5A w/no spring training 4A, 5A w/spring training	8/3 8/3 8/3 8/10	11/14 11/7 11/7 11/7	12/12/2009--Division I— 1A 11-man, 2A, 3A; 1A 6-man Division I & II 12/19/2009--Division II— 1A 11-man, 2A, 3A, 4A; 4A, 5A Division I & II
**	Golf (Girls & Boys)	8 tournaments	1A, 2A, 4A, 3A, 5A	year round	4/17 4/17	5/10-11/2010 5/13-14/2010
*	Soccer (Girls & Boys)	3 invitational tournaments plus 15 games	4A 5A	11/30 11/30	3/16 3/20	4/8-10/2010
*	Softball (Girls)	2 invitational tournaments plus 19 games or 3 invitational tournaments plus 17 games	all conferences	1/22	4/27	6/3-5/2010
**	Swimming & Diving (Girls & Boys)	8 meets	all conferences	year round	2/6	2/26-27/2010
*	Team Tennis (Girls & Boys)	8 tournaments (team & individual combined)	4A, 5A	year round	10/27	11/6-7/2009
**	Tennis-Individual (Girls & Boys)	8 tournaments total (team & individual combined)	all conferences	year round	4/17	5/10-11/2010
**	Track & Field (Girls & Boys)	8 meets	2A, 3A, 4A, 5A 1A	year round	4/17 4/10	5/14-15/2010
*	Volleyball (Girls)	3 invitational tournaments plus 23 matches-all conferences	all conferences	8/3	10/31	11/19-21/2009
**	Wrestling (Girls & Boys)	8 tournaments	all conferences	year round	2/6	2/26-27/2010

***District chair is responsible for sending certification form to the UIL office.**

****District chair is responsible for sending district results to regional director.**