



# 2013 UHSAA VOLLEYBALL

## *Sportsmanship Matters!*



### **CHANGE IN STATE VOLLEYBALL DATES APPROVED for 1A, 4A & 5A**

To avoid scheduling conflicts with UVU basketball, the first day of the 1A, 4A & 5A State Volleyball Tournaments have been moved one day earlier. *The new state dates are listed below. State tournament info & brackets are posted online.*

- Monday, August 12 Beginning Practice and Team Selection for Volleyball
- Tuesday, August 13 Online UHSAA Volleyball Rules Clinic Available under the Training tab
- Tuesday, August 20 First Volleyball Matches May Be Held
- Friday, August 30 UHSAA Deadline for Eligibility List and Team Photo
- Thursday, September 12 DEADLINE to complete Online UHSAA Volleyball Rules Clinic
- September 24-October 8 Academic All-State Volleyball Nominations Accepted (Deadline Oct. 8)
- **Wed-Thu, October 30-31** 1A State Volleyball Tournament at UVU; play-in matches at 10 am on Wed.
- Fri-Sat, November 1-2 3A, 2A State (3A Championship is Friday, 5:30 pm; 2A at 8:00 pm)
- **Thu & Sat, November 7 & 9** 4A & 5A State (4A Championship is Saturday, 5:30 pm; 5A at 8:00 pm)

### **Annual UHSAA Volleyball Rules Clinic Required for Head Coaches**

On an annual basis head coaches are required to attend a live UHSAA Volleyball Rules Clinic or complete the online clinic and quiz prior to the deadline. The 2013 live rules clinic is scheduled for **Tuesday, August 6, at 6:00 p.m. at the UHSAA office** (199 E. 7200 So.). The Volleyball Coaches Association is asking head coaches to attend a meeting at 5:00 PM, prior to the rules clinic at the UHSAA office. The online UHSAA Volleyball Rules Clinic and quiz will be available on the UHSAA website at [www.uhsaa.org](http://www.uhsaa.org) under the Training tab from **August 13 through September 12**. Schools will be fined \$50 if the head coach does not complete the annual rules clinic (live or online) by the deadline of September 12.

### **Two Weeks Prior and Moratorium Changes**

The “Three Weeks Prior” restrictions were reduced to “Two Weeks Prior” to the beginning practice date. Beginning on Monday, July 29, until the start date of Monday, August 5, the following is **NOT ALLOWED**: **coaching is prohibited, no practice sessions, no drills**, no review of tape with athletes, no team offense or defense nor chalkboard X's and O's are allowed. An athlete may not attend a clinic or camp hosted or sponsored by a member school within two-weeks of the starting date. This includes sending teams to team camps or competitions outside of the school. The following are **ALLOWED**: weight lifting and conditioning, sport specific exercise without instruction from the coaching staff, open gym, court, pool or field as long as there is no coaching, no participation fee of any kind, nor team selection taking place. An individual may attend an outside camp, clinic or competition, as long as the high school coach does not coach them.

Coaches must adhere to all rules and regulations in the **2013-14 UHSAA Handbook** posted at [www.uhsaa.org](http://www.uhsaa.org) under the Publications Tab. The gray shaded areas highlight the new changes, including By-Laws Article 2, Interp & Guidelines 2.2.5. which outlines the new “four week” sport specific moratorium in December and the “one week statewide summer moratorium” for all sports. The Volleyball Section of the Handbook contains specific sport guidelines for our member schools along with the pairings for the state tournaments. Bookmark the UHSAA website at [www.uhsaa.org](http://www.uhsaa.org) and download the free UHSAA mobile app. The online rules clinics are located under the Training tab and “Sanctioned Tournaments” are under the Schools tab.

### **NFHS Website Resources**

Our parent organization, the National Federation of State High School Associations (NFHS), has two websites that provide valuable resources for volleyball coaches. Go to <http://www.nfhslearn.com/> to take advantage of several online courses including “Coaching Volleyball” and three free courses – “Concussion Training,” “Sportsmanship” and “The Role of the Parent in Sports.” At <http://www.nfhs.org/Volleyball/> the NFHS provides information on the rule changes and the latest volleyball updates or survey results.

**--Please contact Becky Anderson, UHSAA Assistant Director at [anderson@uhsaa.org](mailto:anderson@uhsaa.org) with any questions--**