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ON YOUR MARKS, GET SET, GO!

I do not know where the summer has gone, but here we go!

I want to wish you all a very successful volleyball season, and as we begin the year, remember we are caretakers of the sport and it is our goal to make a positive impression upon the student athletes that we are here to be role models for and set good positive example for all. I wish you all a fantastic, memorable year. Go forth and conquer!!! Welcome Back and Best of Luck to all!

ONLINE RULES MEETING, MECHANICS MEETING AND TEST

If you have not yet watched the online rules meeting, online mechanics meeting (officials only) and passed your online test, you need to do so **PRIOR to August 31st at midnight** or you will be fined for missing a requirement. If you miss any of these requirements you will still be able to coach or officiate, you will simply be fined for missing a requirement.

COACHES EDUCATION REQUIREMENTS

A reminder that as a coach, you are required to take specific NFHS courses in order to be eligible to coach. These courses must be completed prior to you starting to coach any sport or you will be ineligible to coach your team. If these courses are not completed PRIOR to the start of your season, you will be fined \$500. All of these courses must be completed on the nfhslearn.com website. The courses coaches are required to complete are as follows:

1. Fundamentals of Coaching- once you have completed this course, you do not need to take again.
2. First Aid, Health and Safety- completed every two years.
3. Concussion in Sports- completed annually per state codified law after JUNE 1.
4. Heat Illness Prevention- completed annually after JUNE 1.
5. The Collapsed Student- (same as previous The Collapsed Athlete course- the name has just changed) must be completed every two year.

WAIVER LETTERS

Remember, if you have an athlete that needs to wear special equipment or has a medical condition that warrants special equipment, be sure to send me an email and I will get you a waiver letter granting permission for such items to be worn during the contest. Officials, if you have something that you deem necessary for a waiver letter, let the athlete play in these first contests this week and notify the coach AND ME to ensure that they get the waiver letter they need to allow the athlete to participate with a special request for adjustment to the legal uniform or equipment

JEWELRY- DON'T SWEAT THE "SMALL STUD" Rule 4-1-7

One of the rule changes this year is that all jewelry shall be removed, except for small, secured jewelry (stud or post) that is worn above the chin. No jewelry shall be permitted below the chin. String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted. Taping over jewelry is not permitted.

I have been asked, by many, what is considered small? If it is a small, post/stud that is used when your ears are first pierced (like when you go to Claire's) those would be considered small studs. That may be a good rule of thumb moving forward.



- Remember, it has to be **small**, secured stud or post jewelry **worn above the chin**.
- No hoops, no bars through them- **MUST BE SMALL** and stud/post jewelry above the chin.
- No adornments to the stud earring

Anything below the chin is jewelry and considered illegal, exception religious or medical alerts.

HEAT TIMEOUTS

This week is supposed to be unbearably warm and if we have gymnasiums that are not air conditioned, it would be imperative to consider heat time-outs. Heat time-outs are allowed in the early stages of the Volleyball season to ensure safety for all. This should be discussed at the pre-match conference and if a coach thinks it is necessary, take the heat time out. Once they start, they continue throughout the duration of the match.

A heat time-out will add one minute between each set. So, the time between sets will be four minutes instead of three. Officials will need to instruct the timer of that change prior to the start of the match.

SPORTSMANSHIP AND TEAM CELEBRATIONS

The SDHSAA continues to focus on sportsmanship. At our July SDHSAA Board of Directors meeting, we had a great conversation about things we can do to improve sportsmanship in our various activities. Here was the take away that I think is a good rule of thumb for all to follow.

- Any form of taunting is **NEVER** acceptable
- We want players both on the court and the bench to have fun, **but anytime sporting actions are directed specifically toward the opposing team or fan base, it is never acceptable behavior.**
- Team benches are allowed to stand to celebrate a great play, but must return to the bench immediately following.

- **Celebrations should be volleyball oriented and not a means of showboating or taunting the other team.** All of the extra showboating by the team benches is not acceptable behavior.

Let's work hard to be good sports both on and off the floor and be leaders of the sport to promote positive outcomes.

LENGTH OF THE TIMEOUTS

It appears that some coaches are taking advantage of the length of a time-out. Keep in mind that the time-out is a maximum of 60 seconds and teams should be breaking the huddle and immediately back on the court after that final horn sounds. The R2 (or R1, if the R2 is still checking the book) should blow the warning whistle at the 45-second mark. The coach/team should be wrapping up the time-out at that time. When the final horn sounds at the 60-second mark, teams should be on the court ready to play.

Officials, talk to coaches that are abusing this rule and let them know - if it is a repeated action, and they are not ready to play after the final horn, an administrative yellow could follow.

BADEN VOLLEYBALLS

It appears that Baden has used a little different dye color in the royal blue and gray volleyballs this year. As you can see on the picture on the right, the ball on the left of the picture is the ball we have been using over the past several years. Some schools with their orders this year are receiving the ball that is on the right of the picture, which is just a shade darker than the royal blue we have been using. As long as the ball has the NFHS authenticating mark on it, this ball is fine to use for warm-up and competition.



CONTRASTING COLOR OF THE LIBERO JERSEY

Teams wearing uniforms that use their school colors such as purple and black, maroon and black, royal blue and black, dark green and black, etc. WILL NOT be allowed to use those color combinations, as they do not CLEARLY CONTRAST with the jersey colors. These uniforms shown on the right are NON-COMPLIANT!



We should not see any teams wearing color combinations as such. They are illegal! Uniforms that are opposite patterns may be worn between the team and libero as long as they CLEARLY CONTRAST. If colors simply reverse over half of the uniform and are not easily distinguished by officials, those uniforms remain illegal. This picture on the left would NOT clearly contrast for a libero and team jersey.

SD ADOPTED POLICY OF NOT SWITCHING TEAM BENCHES

South Dakota has adopted the policy of team benches remaining on the same side of the court unless there is a distinct disadvantage for one team or the other. Home team will choose their side of the court, so that option will be taken out of the mix in the pre-match conference. The visiting team will call the coin toss and the winner of the coin toss will have the option to "serve or receive". This will also be the case for the deciding set coin toss but the home team will call the coin flip on the deciding set.

Line judges will remain on the same side for the entire match. Line judges should not change sides throughout the match.

MAKE IT A GREAT YEAR!