



**Idaho High School Activities Association**

**2023-2024**

**Volleyball Coaches Packet**

***unbottled.***

## IHSAA Coaches Code of Ethics

**The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.**

### The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.

# 2023 Volleyball

## Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A DI	159 -85
3A	639-320	1A DII	84 and under

## 2023 Volleyball Season

First Day of Practice	August 7
First Match	August 23
District Tournament Completion	October 21
State Play-ins	October 21
State Tournament	October 27-28

- All teams will be required to enter rosters, schedules and regular season scores on MaxPreps.
- Regular Season Tournament matches will **NOT** be recorded on MaxPreps. Only report 2/3 and 3/5 duals, tri-matches and quads.

## Warm-Up Time for Matches

There will be a **maximum** of twenty minutes for pre-match warm-up between matches. The timer should start the clock 20 minutes prior to the start of the contest. The time schedule for the pre-match warm-up shall consist of the following 20-14-7:

1. 20-17 minutes: Teams can share court for warm-up time
2. 17-14 minutes: Coin flip to determine the serving and receiving teams. Pre-Match Conference will take place at the score table and should include the head coach, team captain and officials
2. 14-7 minutes: Visiting team (low seed) practices on the full court including net play and serving
3. 7-0 minutes: Home team (high seed) practices on the full court including net play and serving

\* No off contest court practice while opposing team has the court for warm-up.

The warm-up period may be limited to 15-12-6 at the discretion of the tournament manager due to schedule requirements. If this becomes necessary, the periods shall consist of:

1. 15-12 minutes: Coin flip to determine serving and receiving teams. Pre-Match Conference will take place at the score table and should include the head coach, team captain and officials.
2. 12-6 minutes: Visiting team practices on the full court including net play and serving
3. 6-0 minutes: Home team practices on the full court including net play and serving

\* No off contest court practice while opposing team has the court for warm-up.

Each tournament site has an area designated for team stretching prior to the start of the pre-match warm-up period. **Teams will not be allowed on the playing court until the clock is started for pre-match warm-ups.**

## Bench Protocols

Team benches will be determined by the home team. Teams will not switch benches unless the officials determine there is a clear and distinct disadvantage, then teams would switch sides.

## Warm-up and Practice Between Sets

Teams will not be allowed to use the net for practice between sets. The ball may not cross the net. The number of participants at any practice or warm-up, shall be limited to the number of participants allowed in uniform (15).

## Number of Participants/Coaches/Support Personnel

At all play-in and state tournament matches, teams are limited to fifteen (15) students in uniform during warm-ups and at the start of the contest. Violation of this rule will result in the school being assessed a maximum fine for dressing more than the approved number of players at a state play-in or tournament match with forfeiture of the match if excess numbers play. All classifications will be allowed three coaches and three support personnel to be admitted without an IHSAA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase a tournament pass.

## Team Match Limitation

No team or individual shall play more than 16 regular season dates.

1. A maximum of 8 dates tri-matches. Any school playing two schools on the same date must count that competition as a tri-match.
2. Two dates may be tournaments (more than 3 schools involved).
3. A team may substitute one additional tournament. A school desiring to play in 3 tournaments may only play on 15 dates.

Rules for tournament play:

1. A tournament may be of any format.
2. A tournament held on Friday after 1:00 p.m. and Saturday will count as one date or one tournament.
3. A two-day tournament starting prior to 1:00 p.m. on Friday will be counted as two of the sixteen allowable dates.
4. Total number of sets throughout the tournament will not be counted.

## Individual Match Limitation

The athlete is permitted to play on **only 16 regular season dates**. Athletes may play in a sub-varsity and a varsity match against the same school on the same day providing the individual does not exceed five sets in 5A, 4A, 3A and 2A and seven sets in 1A. Athletes (5A, 4A, 3A, 2A, 1A) may play in a post-season tournament (Freshman, Sophomore, JV) and then participate in the varsity district tournament.

A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

## Rules

All contests will be played under National Federation rules. Rule books and case books are to be picked up and signed for by the school representative at the district rules clinic.

## IHSAA Match Details

1. All varsity matches shall be best 3 of 5 sets.
2. Sets shall be played to 25 points, no cap, win by 2 points.
3. Fifth and deciding set shall be played to 15 points, no cap, win by 2 points.
4. Home team selects its team bench upon entering the facility, and visiting captain shall call the toss. If necessary, prior to the deciding set of match, home captain shall call the toss.
5. Each team shall be allowed 2 time-outs per set, with a total of 10 time-outs if 5 sets are played.
6. 18 substitutions
7. Use of the libero has been approved by the IHSAA Board of Directors. See the NFHS Volleyball Rules Book for specific applications for using the libero.
8. Season tournaments, pool play and tri-matches can play 2/3 to 25, no cap, win by 2 points; the 3<sup>rd</sup> set to 15, no cap, win by 2 points.

9. State tournament will use the 3 of 5 format.
10. Sub-varsity matches may use the 2 of 3 format.

**Official Ball**

Baden Perfection VX5EC-220A (blue, grey and white) is the official ball of the IHSAA State Tournament.

**2023 Volleyball Representation**

<b>5A</b>		<b>4A</b>		<b>3A</b>	
I-II	1.5	I-II	1	I	1
III	4.5 .5	III	2	III	2.5
V-VI	1.5	IV	2	IV	1.5
		V	1	V	1.5
		VI	2	VI	1.5
<b>2A</b>		<b>1A DI</b>		<b>1A DII</b>	
I-II	1.5	I	.5	I	.5
III	2.5	II	2	II	2
IV	1	III	2.5	III	2
V	1.5	IV	2	IV	1
VI	1.5	V-VI	1	V-VI	2.5

State representation is based on the percentage of schools in each district to create equality over a two-year period.

**State Play-ins**

**5A Play-in**

1-2B Grangeville HS  
4:00 p.m. Pacific  
3F October 21

**5A Play-in**

5-6B Canyon Ridge HS  
1:00 p.m. Mountain  
3E October 21

**3A Play-In**

3C Mt. Home HS  
1:00 p.m. Mountain  
4B October 21

**3A Play-In**

5B Pocatello HS  
3:00 p.m. Mountain  
6B October 21

**2A Play-in**

1-2B Grangeville HS  
12:00 Noon Pacific  
3C October 21

**2A Play-in**

5B Pocatello HS  
1:00 p.m. Mountain  
6B October 21

**1A DI Play-in**

3C Grangeville HS  
2:00 Pacific  
1A October 21

**1A DII Play-in**

1A Fruitland HS  
12:00 Noon Mountain  
5-6C October 21

**State Tournament**

Dates: October 27-28

Sites:

- \*5A Coeur d'Alene HS
- \*4A Post Falls HS
- \*3A Lake City HS
- 2A Lakeland HS
- 1A DI Lewis-Clark SC
- 1A DII Lewiston HS

\*Site determined by 5A State Representation

Coaches meeting – Thursday, October 26

**2023 Bracketing**

Qualifying teams will be seeded into the state bracket according to the final rankings through and including all regular season and district tournament matches. (*Excluding regular season tournaments*) The high seed is considered the home team for all matches in the tournament.

#4 Seed

#5 Seed

#1 Seed

#8 Seed

#2 Seed

#7 Seed

#3 Seed

#6 Seed

# Volleyball Rules Changes - 2023-24

By NFHS on February 03, 2023 [volleyball](#)

[Share](#)

[Print](#)

## Download PDF version

**2-1-9 (NEW), 12-2-5:** Creates a coaching zone defined by the libero replacement zone extending beyond the end line and sideline extended.

**Rationale:** Defines and clarifies the area in which coaches may stand.

**4-1-7:** Allows small, secured stud or post jewelry to be worn above the chin.

**Rationale:** Maintains consistency with current trends of other NFHS and volleyball rules codes.

**4-2-4b:** Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028.

**Rationale:** Clarifies legal numbers and eliminates confusion when signaling while aligning with other rules codes.

**10-2-1:** Allows requests for substitution by the head coach to be signaled or verbalized.

**Rationale:** Creates consistency by allowing either a verbal or non-verbal signal for as substitution.

**12-2-6:** Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations **only**.

**Rationale:** Allows an assistant coach to stand and coach during dead-ball situations in addition to the head coach. The assistant coach that stands may change throughout the match, but only one can stand at a time.

## 2023-24 Volleyball Editorial Changes

2-1-1, 2-1-3, 2-1-4, 2-1-5, 2-1-6, 10-2-1

## 2023-24 Volleyball Points of Emphasis

1. Using the Lineup Card Effectively
2. Coaches Zone Privileges



Safety courses are required for all coaches on even numbered years. New coaches are required to take safety courses for the 23-24 school year. Courses must be taken after May 1, 2023. Submit certificate of completion to your administration.

## **Required Safety Courses:**

- \*Student Mental Health & Suicide Prevention**
- \*Sudden Cardiac Arrest**
- \*St. Luke's Concussion Course**

Instructions to access the free, courses.

- ✓ Go to the IHSAA website - [www.idhsaa.org](http://www.idhsaa.org)
- ✓ Click school / Coaches
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

**NFHS Learn Help Desk**  
**(317) 565-2023**



For more information on IHSAA and NFHS coaches education

- Idaho Coaches Education – [www.idhsaa.org](http://www.idhsaa.org)
- NFHS Learning Center – [www.nfhslearn.com](http://www.nfhslearn.com)
- Follow Idaho Coaches on Twitter @IHSAAcoach

## IHSAA Coach Education

The Idaho High School Activities Association is committed to the promotion of coaches' education programs as well as providing resources toward continuing education for all of Idaho's coaches.

### ✓ Requirements for Idaho Coaches

#### ALL COACHES

- CPR/1<sup>st</sup> Aid Certification
- St. Luke's Concussion Course (fall of even numbered years)
- NFHS Sudden Cardiac Arrest Course (fall of even numbered years)
- NFHS Student Mental Health & Suicide Prevention (fall of even numbered years)

#### NON-CERTIFIED TEACHER

- NFHS Fundamentals of Coaching
- NFHS Teaching & Modeling Behavior

#### CHEER/DANCE/MUSIC/DRAMA/ADMINISTRATION

- NFHS Understanding Copyright & Compliance

#### POLE VAULT COACHES

- NFHS Coaching Pole Vault

### ✓ NFHS/IHSAA Educational Recommendations for Interscholastic Coaches

- Complete the NFHS Fundamentals of Coaching course (prior to coaching)
- Complete necessary courses to become an NFHS LEVEL 1 Coach within the first year of coaching
- Maintain current certification in CPR, AED and 1<sup>st</sup> Aid Safety
- Complete online courses or professional development specific to the sport in which they are an interscholastic coach
- Know the playing rules of their sport(s) and understand state association rules and policies governing their sport
- Encourage the participation of team building activities and community service projects with your team
- Pursue NFHS Certified LEVEL 3 credential within two years
- Read, understand and agree to the national and state Coaches Code of Ethics

## NFHS Learning Center Coaches Education Courses

### SPORT/ACTIVITY SPECIFIC COURSES

Coaching Baseball  
 Introduction to Pitch Smart – **FREE**  
 Coaching Basketball  
 Coaching Cheer & Dance  
 Spirit Safety Certification  
 Coaching Football  
 Blocking, Shoulder Tackling & Equipment Fitting  
 USA Football Tackling & Contact  
 Coaching Golf  
 Coaching Cross Country  
 Coaching Soccer  
 Coaching Softball  
 Coaching Swimming  
 Coaching Tennis  
 Coaching Track & Field  
 Coaching Pole Vault – **FREE**  
 Coaching Volleyball  
 Coaching Wrestling  
 Coaching Adapted Sports – **FREE**  
 Coaching Unified Sports – **FREE**  
 Adjudicating Speech & Debate – **FREE**  
 Introduction to Music – **FREE**  
 Introduction to Music Adjudication – **FREE**  
 Introduction to Esports – **FREE**  
 Speech & Debate Event Management – **FREE**  
 Theater Safety – **FREE**  
 Band Safety – **FREE**

### ISSUES IN ACTIVITIES/SCHOOLS COURSES

Fundamentals of Coaching  
 Engaging Effectively with Parents – **FREE**  
 Appearance & Performance Enhancing Drugs – **FREE**  
 Bullying, Hazing and Inappropriate Behaviors – **FREE**  
 NCAA Eligibility – **FREE**  
 Mental Training for Performance  
 Middle School Sports  
 Positive Parenting Within the School – **FREE**  
 Social Media – **FREE**  
 Implicit Bias – **FREE**  
 Sportsmanship – **FREE**  
 Sports Nutrition – **FREE**  
 Strength & Conditioning  
 Teaching and Modeling Behavior  
 Teaching Sports Skills  
 Captains Course – **FREE**  
 Supervising After School Activities – **FREE**  
 Interscholastic Music Event Management – **FREE**  
 Title IX – **FREE**  
 Understanding Copyright & Compliance – **FREE**  
 Understanding Vaping & E-Cigarettes – **FREE**  
 Protecting Students from Abuse – **FREE**  
 P.A. Announcing – **FREE**

### STUDENT COURSES - FREE

Concussion for Students  
 Hazing Prevention for Students  
 Learning Pro:  
 Homework Helper  
 Reading & Learning Strategies  
 Research Skills  
 Test Taking Tips  
 Captains Course  
 Social Media for Students  
 The Student Experience  
 Student Mental Health – **FREE**  
**SAFETY COURSES**  
 Sudden Cardiac Arrest – **FREE**  
 Heat Illness Prevention – **FREE**  
 First Aid, Health and Safety  
 Concussion in Sports – **FREE**  
 Protecting Students from Abuse – **FREE**  
 ACL Prevention – **FREE**  
 The Collapsed Athlete – **FREE**  
 Band Safety – **FREE**  
 Afterschool Safety  
 COVID-19 for Coaches – **FREE**

### 4-3 **EJECTIONS**

**4-3-1** In any athletic contest, including jamborees, any coach or player ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next regularly scheduled contest at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition. Any staff or parent/fan/spectator associated with a member school ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next two regularly scheduled contests at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition.

Note: Jamborees shall not be considered a regularly scheduled contest.

- a. At the time of ejection, the person/s must leave the field of play and assume a position that will not enable him or her to see or be seen.
- b. During the suspension of the next regularly scheduled contest, the player is permitted to watch the contest, but may not participate. The coach is not allowed at the contest. The parent/staff/fan/spectator is not allowed at the next two contests.
- c. Players will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
- d. Coaches will also be required to take the NFHS online Teaching and Modeling Behavior course and submit a certification of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
- e. Parents will also be required to earn the NFHS National Parent Credential which includes the free, online Positive Parenting Within School Programs course and The Parent Seat. Credential Certificate must be submitted to school administration prior to reinstatement. The credential must be completed between ejection and reinstatement.
- f. Other Persons (staff/fan/spectators that are not parents) will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.

**4-3-2** A second violation will result in being suspended for the next two (2) regularly scheduled contests. The third ejection will result in suspension for the remainder of that season. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next IHSAA sponsored sport.

**4-3-3** The procedure for suspension and notification is:

- a. The officiating crew must approve any additional suspension by a majority vote at the conclusion of the contest.
- b. The officials shall issue a card to the coach or school administrator when a player/ coach/staff/parent/fan/spectator is ejected from competition. The card must be issued at or prior to the conclusion of the competition in which the infraction occurred.
- c. The official must notify the ejected person/s' school administration/coach of the suspension for the next contest at or prior to the conclusion of the competition in which the infraction occurred.
- d. The game official that disqualifies an individual for an unsportsmanlike act must notify the District Commissioner with a written report by the conclusion of the next day.
- e. The District Commissioner, upon receipt of the report, shall notify the District Secretary, President of the District Board of Control, the school, and the IHSAA with a written report of the incident by the conclusion of the next school day.

**4-3-4** The responsibility to enforce the penalty for being suspended lies with the school principal. Any dialogue concerning the suspension should come from the school principal and be directed to the President of the District Board of Control of the region in which the contest took place. The President of the District Board of Control (of the region in which the contest took place) may appoint a hearing committee to hear any appeals within 48 hours of the receipt of a complete report of the incident. It is the responsibility of the secretary of the District Board of Control in which the hearing took place, to notify the district Board of Control secretary in which the student athlete or coach resides. Appeals may not deal with decisions made by contest officials.

**4-3-5** When an individual is suspended for the next contest, the interpretation of “contest” is as follows:

Football: next game	Volleyball: next match
Basketball: next game	Cross Country: next meet
Wrestling: next contest	Softball: next game
Baseball: next game	Track: next meet
Tennis: next match	Golf: next match
Soccer: next match	Swimming: next meet

**4-3-6** Any ejection that is the result of physical contact or excessive verbal abuse by a player/coach on a game official will be referred to the local District Board of Control for review to determine if any additional reprimand or suspension is warranted.

**4-3-7** If a coach is ejected from an IHSAA contest, the designated school administrator must appoint an appropriately qualified adult to supervise the remainder of the contest or forfeit the contest.