



GIRLS VOLLEYBALL FALL 2020 GUIDE

This guide is designed to provide specific clarifying information for this sport and supersedes any conflicting information which may appear in the sports packet.

The CIAC Fall Sports Plan is the overall guide for operation of all fall sports during the 2020 season. It is available online at <https://www.casciac.org/fallplan/>

Updated 9/24/2020

If member schools have any questions regarding specifics or items they do not understand they should reach out to CIAC staff for clarification.

CIAC Girls' Volleyball Fall 2020 Guide For Coaches and Athletic Directors

Revised 9/24/20

Establishes one (1) 30 second time out per team, for each set for the 2020 season.

Revised 9/17/20 (14.K.i)

Establishes that all players must wear a mask at all times for practices and matches.

**** Revised 8/29/2020

Clarifies the need to remain in cohorts during the preseason.

Clarifies the guidelines for indoor workouts during the preseason.

The successful completion of this season rests with the underlying premise that students, and school personnel remain healthy. To that end, it is imperative that coaches stress with their athletes, the importance of remaining healthy and stemming the spread of COVID-19 through social distancing, wearing masks, washing hands and face, and by following all the guidelines established by their school and team. Coaches should stress the importance of good health practices while they are with the team and when they are at home and in school. This season depends on students remaining healthy and that requires diligence at all times.

*The CIAC guidelines take precedence. The purpose of this guide is to clarify sport specific guidelines. The details for the CIAC 2020-2021 Fall Sports Plan can be found at <https://www.casciac.org/fallplan/>

CONDITIONING PERIOD 8/24/2020 – 8/28/2020

1. These are voluntary workouts and cannot be mandated by coaches.
2. Teams may condition only. No sport specific drills or skills. No volleyballs, nets courts etc.
3. All conditioning must be held in cohorts of 10.
4. Maximum 60 minute sessions
5. Masks must be worn by coaches at all times.
6. Masks should be worn by students, when feasible, during non-exertive periods of time.
7. Workouts indoors only if it meets guidelines of the governor's plan and is allowed by the school. The CIAC recommends that workouts take place outside.

PRE-SEASON PRACTICE IN COHORTS 8/29/2020 to 9/20/20

8. Coaches must become aware of each student's fitness level and be especially conscious of inexperienced players.
 - a. Week 1: 8/29 through 9/4, 60 minute practices
 - b. Week 2: 8/5 through 9/11, 60 minute practices
 - c. Week 3: 9/12 through 9/20, 60 minute practices
 - d. Coaches must develop a plan for progression of conditioning. That progression should extend over the entire preseason.
 - e. During the Pre-Season Practice period balls may be used for drills, as the coach deems necessary for training for quickness, reaction, speed or agility. Teams may use balls for positioning drills and tactical instruction.
 - f. No inter-squad scrimmages during the pre-season period.
 - g. During the Pre-season period students must remain in cohorts of no more 10. The same 10 kids should work in a group through the preseason. Kids should remain at least 6 feet away from the others in their cohort. Do not change cohorts without consulting with your athletic director first.
 - h. Pre-season practice and conditioning should take place outdoors as much as possible. Schools should find a safe flat area outside for conditioning and skill work.
 - i. Workouts indoors only if it meets guidelines of the governor's plan and are allowed by the school. The CIAC recommends that workouts take place outside as best as possible.
 - j. Masks must be worn by coaches at all times.
 - k. When practicing indoors masks should be worn by students if they feel they can play without distraction and are able to continue adequate respiration.
 - i. A suggestion is to have players at different positions in each cohort.
 - l. No contact such as team huddles, cheers, or close up play (such as spiking/blocking drills.)

POST SEASON

The CIAC will collaborate with league commissioners, athletic directors, and coaches to develop a tournament experience during the last two weeks of the fall season. No team will be eliminated from competition during this experience to maximize the number of games each team will be able to play through the fall season.

REGULAR SEASON –(Beginning 9/21/20)

(The regular season should be considered to be in a fluid state and information will be brought up-to-date prior to the start of the season)

- Full team practice

- September 26 – First Scrimmage
 - October 1 – Date of First Contest
 - Sept. 21-Sept. 25: 90 minute practices
 - Additional time can be spent online with student athletes
 - Progression to full speed play
 - Sept. 26 – October 1: 120 minute practices can begin
9. SPECTATORS. The CIAC recommends that no spectators will be allowed during matches.
 10. **** It is important for the schools to communicate with each other prior to the match. Coaches should discuss:
 - a. The home team spectator policy (who, if anyone, is allowed in the gym as a spectator)
 - b. Bench space
 - c. Gym entrance
 - d. Space to put bags, clothing, etc.
 - e. Locker and rest room availability
 - f. Game balls (who will provide game balls and practice balls; and how will they be sanitized?)
 11. Sportsmanship standards remain in place as detailed in the “CIAC Class Act” program and the tournament packet for all regular season and post season contests.
 - a. Officials and teams should refrain from shaking hands and maintain a distance.
 - b. If someone is in violation of social distancing norms, that person should be reported to the coach or the most senior supervisor from the home school.
 12. Players should come to the match and leave in uniform. Understand that there will not be locker availability to change before or after the match.
 13. “PRE-MATCH PROTOCOL” as detailed in the CIAC Volleyball Tournament packet shall remain the same with the following exceptions:
 - a. Only one team should warm-up at a time during each team’s 6 minute period. The other team should remain off the court and at the bench area during their opponent’s warm-up time. No ball use while the other team is warming-up.
 - b. Each team should bring their own set of volleyballs and keep them separate from the other team’s volleyballs.
 14. The “COACHES MANUAL FOR CIAC VOLLEYBALL CONTESTS” as defined in the CIAC Volleyball Tournament Packet will remain in place with the following exceptions:
 - a. During the national anthem, only the 6 starters and the libero will stand together at the end line. After the National Anthem, the R1 signals the starting players to enter their court. Starters will move down the right side line as normal but instead of going to the net will

traverse the 10 ft. line greeting opponents with a hand wave and/or respectful verbal greeting. (This eliminates the handshake greeting at the net.)

- b. During the pregame conference one coach from each team, the first referee and the second referee only will participate. (Students will not participate in the pregame conference.) The conference will be held at center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet. The official will toss the coin and the visiting coach will call heads or tails to determine the first serve.
- c. Coaches will not submit rosters at the pre-match conference. Rosters will be submitted directly to the officials' table before the 11-minute mark on the countdown clock.
- d. Teams will not switch benches between sets. Home team selects the bench and side of court they want to play.
- e. Limit bench personnel to observe social distancing of 3 to 6 feet. (Students who are not in the match and don't fit on the bench should stand or sit in rows behind the bench, maintaining 3 to 6 feet apart.
- f. SUBSTITUTION PROCEDURES (2-1-7, 10-2-1, 10-2-3, 10-2-4): Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- g. OFFICIALS TABLE (3-4) Limit to essential personnel, wearing face coverings, which includes home team scorer, libero tracker and timer with a recommended distance of 3 to 6 feet between individuals if possible. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. The visiting score keeper can help the home score keeper but must remain on the visitor bench.
 - i. Hand sanitizer and wipes should be available at the score table.
- h. At the end of the match, players go to their end line as normal but *no hand shaking*.
- i. Minimizing officials handling game balls - the R2 at the start of the set will roll the ball to the 1st server. During substitutions, time-outs, or other stoppage of play, players will place the ball on their service line until ready to restart game play. [Handling the game balls will be at the discretion of officials.]
- j. **** There will be no line judges for the 2020 season.

- k. EQUIPMENT AND ACCESSORIES
 - i. Cloth face coverings must be worn by ALL players and coaches, at ALL times, at ALL practices and matches
 - ii. Gloves are permissible. (4-1-1) Rule 4-2. (Medical nitrile, form-fitting gloves are recommended.)

- iii. Score tables, game balls, antennas, and officials stand hand contact areas should be sanitized before the contest.
- iv. The home team should have a plan to sanitize the balls as well as they reasonably can.
- v. Eliminate the use of flags and use hand signals when adult lines judges are used.

I. LEGAL UNIFORM:

- i. Long sleeves are permissible. (4-2-1),
- ii. Long pants are permissible. [4-2-1i (1)] ,
- iii. Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]

m. 30 SECOND TIMEOUT

- i. For the 2020 season only, teams are allowed one (1) 30-second timeout for each set. This is an additional timeout for each set for each team.
- ii. The purpose of the 30-second timeout is to give teams a chance to catch their breath, when needed, given that they are required to wear a mask during competition. Coaches are urged to use the 30-second time out for this purpose and not as part of strategy.
- iii. Coaches or captains can request the time out from the officials by tapping their shoulders and immediately indicating to the officials that it is a 30-second timeout.
- iv. During the 30-second timeout players can leave the floor and get a drink. Substitutions can take place following the normal process. Students who are not in the game must remain seated on the bench or remain in place if they are in the stands or behind the bench to maintain social distancing.
- v. Officials are going to diligently monitor the players and may delay the serve between points to make sure the students are breathing OK.

*** If there are questions or concerns, the coach should talk to their athletic director. Athletic Directors may contact the CIAC.

STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

Deidre S. Gifford, MD, MPH
Acting Commissioner



Ned Lamont
Governor
Susan Bysiewicz
Lt. Governor

September 14, 2020

Glenn M. Lungarini
Executive Director, CAS-CIAC
30 Realty Drive, Cheshire, CT 06410

Dear Mr. Lungarini and CAS-CIAC Board Members:

Thank you for the constructive dialogue on Friday, September 11, 2020 and for forwarding your updated fall interscholastic athletics guidance document, which included new revisions to the *Individual Sport Mitigating Strategies* for football and volleyball. We thank the CIAC for continuing to look for ways to engage student-athletes in low and moderate risk physical activities this Fall, and we share your concern for their physical, mental and social well-being and development.

In order to reduce the risk of transmission of SARS-CoV-2, the virus that causes COVID-19, in settings where individuals come together for activities like work, school, athletics, or other public gatherings, DPH has recommended several generally accepted public health strategies including the use of close-fitting face coverings that completely cover the nose and mouth for source control of respiratory droplets, maintaining a distance of at least 6 feet from other people, and frequent cleaning of surfaces and hands. With respect to the changes you propose for indoor volleyball, DPH acknowledges that your proposal for the use of a close-fitting face covering by all participants may reduce the risk of virus transmission during this activity. As we have said in the past, we recommend that any changes CIAC intends to make to how any sport they sanction is traditionally played be vetted through your Sports Medicine Committee to ensure that they are in agreement with the safety of those changes, especially those to be used during competitive play. In this case, we would recommend checking back with that Committee to verify that their previous recommendation against face coverings during vigorous physical activity (as indicated in your most recent document) has changed and that they are now comfortable allowing it.

CIAC has also included in the most recent document shared with DPH several new measures to be implemented for football, and we agree that most of those strategies also align well with the generally accepted public health recommendations for reducing the spread of COVID-19.

Additionally, you propose the use of plastic shields that attach to the helmet or a cloth covering



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over the front grill portion of the helmet for football as further strategies designed to reduce the risk categorization for football. In their guidance to their membership, the National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee has indicated that individual sports meeting their definition of “higher risk” could be considered “moderate risk” by having “*protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants*”. To our knowledge, and as affirmed by representatives of the CIAC Sports Medicine Committee on our September 11th call, there is currently no scientific information available to determine: (1) the effectiveness of plastic shields that attach to the helmet or a cloth covering over the front grill portion of the helmet in preventing the spread of respiratory droplets among players and (2) that these specific prevention measures are safe for high school players to use during play. Without any additional data or documentation, DPH could not definitively say whether or not these technologies are safe to use or could be expected to work effectively from an infection control or epidemiologic perspective to reduce the spread of COVID-19. Nor could we assert that they would change the categorization of full contact football from “higher risk” to “moderate risk.”

DPH continues to recommend substituting athletic or any other activities that could be considered “moderate risk” or “lower risk” in place of “higher risk” ones and/or postponing those activities to a later time when other public health strategies may be more available and better studied. However, we would encourage CIAC to continue to work with your existing Sports Medicine Committee, in consultation with NFHS, to determine whether CIAC’s proposed mitigation strategies meet the standards set forth by NFHS to consider a reduced risk categorization for football or any other “higher risk” sport, as categorized by NFHS. Having more complete information, as well as affirmation from the CIAC Sports Medicine Committee and NFHS of their confidence in your proposed strategies, will likely be of great assistance to the CIAC Board of Control, individual school districts, and participant families in their decision-making process as to whether they feel that they can safely and responsibly engage in football and indoor volleyball activities this Fall, as well as other “higher risk” or indoor “moderate risk” sports going forward.

Sincerely,

A handwritten signature in blue ink, appearing to read "Deidre S. Gifford".

Deidre S. Gifford, MD, MPH
Acting Commissioner

cc: P. Mounds, Chief of Staff, State of Connecticut
J. Geballe, COO, State of Connecticut
M. Cardona, Commissioner, CSDE



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September 16, 2020

Glenn Lungarini
Executive Director
Connecticut Interscholastic Athletic Conference
30 Realty Drive
Cheshire, CT 06410

Dear Mr. Lungarini:

The Connecticut State Medical Society (CSMS) applauds the work and effort of its Medical Aspect of Sports Committee (Sports Medicine Committee).

CSMS supports the unanimous position of the Sports Medicine Committee that the return to sports plan developed by the Connecticut Interscholastic Athletic Conference (CIAC) is appropriate.

Should you have any further questions, please do not hesitate to contact me.

Regards,

A handwritten signature in black ink, appearing to read "Russo".

Robert D. Russo, MD
Executive Director
russo@csms.org
(475) 414-3008



GIRLS VOLLEYBALL 2020 SPORTS PACKET

The pages which follow are the original sports packet, which was published prior to the development of the Fall plan and the development of the COVID-19 sports Specific guidelines which precede them. Anything in those documents supersedes this document if it is in conflict.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

57th ANNUAL 2020 CIAC GIRLS VOLLEYBALL INFORMATION

Tournament Director

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SMSA, Hartford
School – (860) 695-6924
Cell – (860) 416-1548
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CIAC Volleyball Committee Chairman

Candy Perez
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THE CIAC VOLLEYBALL TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS

- 1.0 Divisions
- 2.0 Sites / Dates
- 3.0 Entry Procedures
- 4.0 Expenses / Tickets
- 5.0 Forfeits
- 6.0 Officials
- 7.0 Protests
- 8.0 Qualifying
- 9.0 Ranking / Seeding
- 10.0 Supervision / Sportsmanship
- 11.0 Time of Games / Meets
- 12.0 Tournament Rules / Procedures
- 13.0 CIAC Tournament Site Media Policy
- 14.0 Coaches Manual for CIAC Volleyball Contests
- 15.0 CT Concussion Management Requirements

2020 CIAC GIRLS VOLLEYBALL TOURNAMENT

ALERT PAGE

1. **COACHES MANUAL FOR CIAC VOLLEYBALL CONTESTS** can be found starting on page 13 of this information packet.
2. **MEMBER SCHOOLS MUST MAKE EVERY EFFORT TO COMPLETE THEIR SEASON AS SCHEDULED INCLUDING MAKE-UP GAMES. ANY EFFORT TO GAIN AN ADVANTAGE IN TOURNAMENT PLAY BY NOT PLAYING A GAME IS UNACCEPTABLE AND IS SUBJECT TO ACTION BY THE CIAC BOARD OF CONTROL. CANCELLATION OF ANY REGULAR SEASON CONTEST / MAKE-UP TO PLAY IN A LEAGUE TOURNAMENT WILL NOT BE ALLOWED.**
3. CIAC member school athletes in the sport of volleyball may not participate in any outside unapproved tournament(s) or event(s) during the CIAC season. The season begins with the first scheduled game and ends with the state championship. CIAC rules permit a student-athlete to participate in non-school volleyball activities when their regular season concludes, unless her team is in the CIAC tournament. Player's restrictions end when her team is eliminated from the CIAC tournament. This includes two on two, three on three, beach volleyball or other similar events/tournaments. Participation in such events will result in loss of eligibility for the athlete and possible forfeit of games played by the school in which the athlete played after participating in an outside event.
4. **Connecticut Concussion Management** – See Appendix F
5. **Tournament Coaches Attire** – The following dress requirements are in effect for the 2020 CIAC volleyball tournament. NO jeans are permitted during pre-game warm-ups or while on the bench; no head wear is permitted; no shorts are to be worn and t-shirts as an outer garment are not permitted. **Warm-up suits (with the exception of sweat pants) are permitted.**
6. **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
7. **Teams may schedule twenty (20) games. Three of those games may be multi-event tournaments. Multi-event tournaments do not count for CIAC tournament qualification. Tournaments count as one of the twenty permitted games.**
8. Schools are required to have flags available for lines people.
9. **Students with Special Needs** -- Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.
10. Each school is expected to supply a trainer at all neutral site games. In the event a school is unable to provide a trainer, contact the opposing school to make arrangements for coverage. **For the first two rounds and the quarter-finals, the home team is expected to supply athletic trainer coverage.**
11. **Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any person(s) at all CIAC –sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

12. Electronic devices in any form may not be attached to any piece of volleyball equipment during CIAC volleyball contests, nor may those devices be in any area near play. Game officials decisions on the location of electronic devices is final.
13. **High school students are no longer permitted to serve as line judges for varsity matches. Schools may elect to use no line judges, trained adults or CIAC volleyball officials for varsity matches.**

2020-21 NFHS VOLLEYBALL RULE CHANGES

- 4-1-4 (New)** Allows the use of a molded protective face mask made of hard material during play.
- 7-1-1; 7-1-1 Penalties; 7-1-1 Penalties 2 (New); 9-9-1a (New); 10-3-7b** Eliminates the loss of rally/point penalty for failure to submit the team roster during the pre-match conference and replaces the penalty with an unnecessary delay (administrative yellow card).
- 7-1-4a(1) & 2) New** Allows a team to correct a submitted lineup if it lists a libero number that no team member is wearing.
- 12-2-6** Establishes that a yellow card issued for unsporting conduct to the head coach, assistant coach(es) or team bench will no longer require the head coach to remain seated, while maintaining that a red unsporting conduct card will require the head coach to remain seated for the remainder of the match.
- Official Signal #15** Establishes that an official will rotate their forearms around each other with closed hands to signal substitution.

2020-21 VOLLEYBALL MAJOR EDITORIAL CHANGES

- 4-2-1e** Removes language referencing the size restrictions of mascots and/or school names placed on the uniform sleeve as a part of the 2019-20 uniform rule changes.
- 10- 3-6b; 10-3-6c; 10-3-6 Note (New)** Clarifies the order of priority for an exception substitution for an injured/ill player aligning the language with Rule 10-4-3b.

2020-21 VOLLEYBALL EDITORIAL CHANGES

5-4-3c(22); 5-4-4b, c; 5-5-3b(20); 9-7 Penalties 3 9-9-1m; 12-2 Procedure for Unsporting Conduct Violations 1a, 2; Unnecessary Delay Chart (New); Card Procedures for Unsporting Conduct Violations

2020-21 VOLLEYBALL POINTS OF EMPHASIS

1. Bench Behavior/Sportsmanship
2. Management of Non-Team Personnel
3. Officials' Communication
4. Uniform Bottom Compliance

57th ANNUAL 2020 CIAC GIRLS VOLLEYBALL TOURNAMENT

1.0 Divisions

- 1.1 Only institutional members of the Conference may enter this tournament which will be in four (4) divisions – LL, L, M and S. Placement of schools has been based on the October 1, 2019 girl enrollment (9-12). **Tournament divisions are available on the girls volleyball page at CIACsports.com .**

LL - 615 and over L – 421 - 614 M – 288 - 420 S – Up to 287

- 1.2 The 2020 CIAC Girls Volleyball Championships will be played using an Open tournament format and rally scoring.

2.0 Dates / Sites / Meet Directors

- 2.1 Member schools may start practice on, but not before, Thursday, August 27, 2020.

- 2.2 Member schools may play the first game on, but not before, Thursday, September 10, 2020.

- 2.3 The last date for games to count for the 2020 CIAC Girls Volleyball Tournament will be Thursday, November 5, 2020.

2.4 Scheduled Playing Dates for the 2020 CIAC Girls Volleyball Tournament

First Round	Monday, November 9, 2020
Second Round – M & S	Wednesday, November 11 (Veteran’s Day)
Second Round – L & LL	Thursday, November 12
Quarter-finals – M & S	Friday, November 13
Quarter-finals – L & LL	Saturday, November 14
Semi-finals – M & S	Tuesday, November 17
Semi-finals – L & LL	Wednesday, November 18
Finals -	Saturday, November 21 – Site – East Haven High School

- 2.5 For first round, second round and quarter-final matches the higher ranked school will provide the site.

- 2.6 If the higher ranked school does not have an available site or a site which conforms to National Federation Rules the higher ranked team must secure a site. If a site cannot be secured, the tournament director will assign a site. All gate receipts are to be forwarded to the CIAC office.

- 2.7 For semi-final and final games – Site selection priority for semi-final matches will be at a neutral site. All division finals will be announced. No consideration will be given to previous experience on the facility. Gate receipts are to be forwarded to CIAC office. The higher ranked team will be declared the home team in all situations. **The tournament director reserves the right to use double-headers if necessary for quarter-final games as well as semi-final games.**

3.0 Entry Procedure

- 3.1 Game Results – In order to ensure that standings and ranking on both the CIAC’s web sites and other sites which draw their data from us are timely and accurate, **all regular season scores must be entered online on the day of the game as soon as possible following the game’s completion.**

Scores may be entered via the Online Eligibility Center, the “Submit Scores / Forms” option of the “CIAC for Coaches” menu at ciacsports.com, or the “Submit Scores” button in our ciacmobile.com mobile site. Entering scores at ciacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from the school’s athletic director.

- 3.2 Change of Division Form – Optional, if filed must be by September 24, 2020 via the password-protected online eligibility center.
- 3.3 Site Availability Form – Must be submitted via the password-protected online eligibility center by September 24, 2020.
- 3.4 Tournament Roster – Can be submitted on the eligibility center or the submit scores / forms option under the CIAC for Coaches menu at ciacsports.com. Rosters must be submitted by **Thursday, October 29, 2020**. (Maximum number of 18)
- 3.5 Entry Fee – There is a \$100.00 entry fee per school. Checks are to be made payable and mailed to CIAC, 30 Realty Drive, Cheshire, CT 06410. If a team does not qualify for the tournament the entry fee will be returned. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the girls volleyball options in the password-protected online eligibility center.
- 3.6 Qualifying Record – **Win 40% of games** against member schools, eligible out-of-state schools and the American School for the Deaf.
- 3.7 Last Date to Count – Regardless of regular season postponed games, the date of Thursday, November 5, 2020 **MUST BE THE FINAL DAY TO COUNT FOR THE TOURNAMENT**. All schools are requested to report all scores regardless of qualifying for the tournament.

Member schools must make every effort to complete their season as scheduled, including make-up games. Any effort to gain an advantage in tournament play by not playing a game is unacceptable and is subject to action by the CIAC Board of Control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed.

4.0 Expenses / Tickets

- 4.1 Expenses for all FIRST AND SECOND ROUND MATCHES will be borne by the participating teams. The host team will pay all game expenses including officials and shall provide the site director, who should be someone other than the coach of a participating team and an athletic trainer. The visiting team will pay its own traveling expenses.
- 4.2 Expenses for quarter-final, semi-final and final matches will be paid by CIAC. CIAC will require admission to be charged at quarter-final games and gate receipts are to be forwarded to the CIAC office. CIAC tickets for the quarter-final games will be delivered to the school prior to the game by CIAC.
- 4.3 Schools will bear all traveling expenses.
- 4.4 The host school will pay all official and linesperson fees for first and second round matches. CIAC will pay all official and lines person expenses for quarter-final, semi-final and final matches.
- 4.5 Charges for admission *

Free – Children five (5) and under
Free - Military in uniform or with ID
(*Subject to change) \$5.00 – Senior citizens (age 65 and older) and Students (grades 1-12)
\$10.00 – Adults (All others not in the above categories)

- 4.6 If in the first round and second round games schools wish to charge admission they should notify the principal and athletic director of the visiting school in advance.
- 4.7 During the 2020 tournament, the following passes will be honored at all games where an admission is charged.
- a. Principal (or designee) of participating schools
 - b. Press Card
 - c. CIAC head varsity girls volleyball coaches tournament pass (must be requested in writing)
 - d. CIAC volleyball officials' only membership card
 - e. CAAD membership card
 - f. No other complimentary admissions will be permitted

5.0 **Forfeits**

- 5.1 Member schools will be required to submit regular season schedules for all sports controlled by CIAC in which member schools participate. Determination of forfeitures will be based on this schedule.

A forfeit game shall count as a victory for the team declared the winner and as a loss for the team declared a loser in determining tournament qualifications and ratings. For tournament qualifications only the following reasons for a forfeit shall be accepted.

- 5.2 A team shall forfeit a game(s) if through a violation it is required to do so under the CIAC Rules of Eligibility.
- 5.3 A team shall forfeit a game if the game official declares the game a forfeit as a result of a National Federation rule violation, or a team refuses to play after being instructed to do so by the game official.
- 5.4 Forfeitures will be honored by each CIAC sports committee when there is mutual agreement between the principals of the two schools involved in the game not played. Each principal must submit on the official CIAC Cancelled Game – Forfeiture Form his/her decision and it must be received in the CIAC office within 72 hours following the time of the scheduled contest. On the eve of a tournament when there is not sufficient time for normal administrative procedures (72 hours) if a question of team forfeiture arises the Executive Director or his/her designee, in consultation with the Chairperson of the sports committee affected and the principals of the two schools will make an appropriate ad hoc decision in consideration of the best interests of the tournament as a whole.
- 5.5 All games listed on the original schedule and submitted to the CIAC which are not played and have not been forfeited in accordance with this policy will be considered by each sport committee as No Contest and shall not count for tournament qualification and ratings unless it affects the minimum number of games required to qualify for tournament participation. In this instance the sport committee shall review the evidence submitted by the teams involved and may grant an exception from the minimum game number requirement. The minimum winning percentage as determined by the individual sports committee must be met under all circumstances.

6.0 **Officials**

- 6.1 By October 9, 2020 each varsity head coach, regardless of won or loss record is invited to submit via the password-protected online eligibility center or the submit scores/forms option under the CIAC for coaches menu at ciacsports.com, a list of six (6) officials who are judged to be competent to officiate tournament games. In addition two (2) officials may be listed who you judge should not work tournament games. From the suggestions a Master List of Officials will be developed which will be used to hire available officials.

- 6.2 **The CIAC Officials Coordinator will hire game officials for tournament games starting with the quarter-final, semi-final and final matches.** Home schools will contact their assigner for first and second round games. For the first and second round games the same procedure that is used for regular season is in effect. The CIAC Officials Coordinator will hire line judges for the quarter-final, semi-final and final matches.
- 6.3 Each team must bring a competent scorer and libero tracker for each match. Only NFHS score sheets are to be used.
- 6.4 For first and second round games the higher seed may provide adult line judges who are experienced and competent. Officials may be used. Parents with players on either team may not be used. Certified volleyball officials will be used as line judges for all quarter-final, semi-final and final matches. The CIAC Volleyball Assistant Tournament Director for Officials is Marie Lavin – (203) 209-6438 / Email marie.lavin405@gmail.com .

7.0 **Protests**

- 7.1 Each sports committee will establish a protest committee whose purpose will be to adjudicate all protests relating to the operation of the tournament, including the application and administration of tournament regulations. National Federation or CIAC game rule interpretations and judgments by the game officials cannot be protested. The Protest Committee for each sport shall consist of the Associate Executive Director for CIAC, the Chair of the Tournament Committee, an administrator member of the sports committee, the tournament director, and the coaches' chairman of the sport committee. All protest Committee decisions are appealable to the CIAC Board of Control as provided in the CIAC bylaws.
- 7.2 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.3 DECISIONS BY GAME OFFICIALS – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules.

Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the Conference.

8.0 **Qualifying**

- 8.1 To be eligible for consideration in the tournament, a team must play a minimum of twelve (12) matches AGAINST VARSITY OPPONENTS and have **won 40%** of its approved scheduled games played. Only the first two games played with any single opponent will count for tournament purposes.
- 8.2 Only matches played with Conference member schools, American School for the Deaf, or Region I out-of-state schools who are members of their state athletic association shall be considered.
- 8.3 Matches played with non-member Connecticut secondary schools shall not be considered in the rating of teams.

9.0 **Ranking / Seeding**

9.1 Teams will be ranked within classes by winning percentage (number of games won divided by the number of games played). When two or more teams have the same winning percentage, the following steps will be used to break the ties:

- a. **Most Wins** – Example: A 10-10 team would secure the higher ranking over a 9-9 team.
- b. **Power Rating** – Each school is assigned a power rating based on the records of the school(s) that they beat. Schools receive one point in their power rating for each win each of the opponents they have defeated has during the season. The total number of wins of all the opponents you defeat will be your power rating.

For example – If Team A wins 10 games during the season and those 10 opponents have 13, 12, 11, 10, 10, 7, 7, 7, 6 and 4 wins, Team A’s power rating would be 87. The team with the higher power rating will secure the higher ranking.

Notes:

- (1) If a school defeats a team twice, it will receive the number of wins that opponent has twice in its power rating.
- (2) The maximum number of power rating points a school can receive for a win is 19. If a school defeats an out-of-state school that has more than 19 wins, the school will receive 19 points in its power rating.

- c. **By-lot Tiebreaker Number** – If a tie remains, the team securing the higher ranking will be determined electronically by lot using computer assigned random tiebreaker numbers to be set at the start of the season. The team with the greater tiebreaker number will secure the higher ranking.

9.2 A TEAM MAINTAINS ITS INITIAL PERCENTAGE RANKING THROUGHOUT THE TOURNAMENT.

9.3 Pairings will be made as follows:

<u>First Round</u>	<u>Second Round</u>	<u>Quarter-finals</u>	<u>Semi-finals</u>	<u>Finals</u>
1 vs 32				
16 vs 17	1 vs 16			
8 vs 25		1 vs 8		
9 vs 24	8 vs 9			
4 vs 29			1 vs 4	
13 vs 20	4 vs 13			
5 vs 28		4 vs 5		
12 vs 21	5 vs 12			
2 vs 31				1 vs 2
15 vs 18	2 vs 15			
7 vs 26		2 vs 7		
10 vs 23	7 vs 10			
3 vs 30			2 vs 3	
14 vs 19	3 vs 14			
6 vs 27		3 vs 6		
11 vs 22	6 vs 11			

If more than 32 teams qualify, the following qualifying pairings shall be as follows. These pairings will be in effect for the 2020 tournament.

If 33 teams	If 34 teams	If 35 teams	If 36 teams
32 vs 33	32 vs 33	32 vs 33	32 vs 33
	31 vs 34	31 vs 34	31 vs 34
		30 vs 35	30 vs 35
			29 vs 36

If fewer than 32 teams qualify, the higher ranked teams will draw byes for the first round.

9.4 ***Ranking and pairing information will be posted on the CIAC web site on Friday, November 6, 2020 – www.ciacsports.com***

10.0 **Supervision / Sportsmanship**

- 10.1 In the interest of crowd control and proper supervision the CIAC Board of Control has approved the tournament regulation requiring the principal of the participating schools or his/her designee to attend all tournament matches. The school administrator or designee should identify him/herself to the site director.
- 10.2 When a member school's coach is ejected from a game for an infraction as prescribed by the rules, the game may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare a forfeit win for the opposing team.
- 10.3 Use of any form of tobacco or a similar product or possession of alcoholic beverages of any kind, including champagne, are not permitted at any of the sites. The principal or his/her designee at the match shall see that this rule is enforced and adhered to by the teams.
- 10.4 **SPORTSMANSHIP** -- **Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly.** The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. **To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the "Class Act" sportsmanship program as these standards will be used in all CIAC post-season contests.**

CIAC Sportsmanship Guidelines

- The CIAC requests that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC's expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.

- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgment of officials and will not publicly criticize or question the decisions of officials.

- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

10.5 **Bench Conduct**

Personnel – Only coaches, players, other team members, statisticians, managers and trainers will be allowed in the bench area. Bench conduct will follow Rule 12, Article 6 – “Non-playing team members will remain seated during the game.”

Conduct – The above identified personnel shall not be outside the vicinity of the designated bench area.

10.6 Team members in uniform as well as sub-varsity members identified by the coach, coaches, managers and cheerleaders accompanying the team will be admitted free of charge to each game. Bands and other musical groups, noisemakers that might interfere with the performance of the match, and banners or streamers are prohibited and each school principal is responsible for compliance with this regulation.

10.7 **Tournament Coaches Attire** – The following dress requirements are in effect for the 2020 CIAC volleyball tournament. NO jeans are permitted during pre-game warm-ups or while on the bench; no head wear is permitted; no shorts are to be worn and t-shirts as an outer garment are not permitted. **Warm-up suits (with the exception of sweat pants) are permitted.**

10.8 **High school students are no longer permitted to serve as line judges for varsity matches. Schools may elect to use no line judges, trained adults or CIAC volleyball officials.**

11.0 **Time of Games**

11.1 All first round, second round and quarter-final tournament match starting times will be at 6:00 p.m. – **exceptions made by the tournament director only.** The starting times for semi-final and final matches will be announced.

12.0 **Tournament Rules / Procedures**

12.1 Any team using a libero player must take a libero tracker to all games as an assistant scorer at the scorer’s table.

12.2 All contests shall be governed by the 2020-21 National Federation volleyball rules. All matches will be the best three-out-of-five in duration. **WINNERS ADVANCE BUT HOME TEAM CALLS IN SCORES.**

12.3 Each team qualifying for the tournament will be required to furnish a **Spalding TF-VB5 leather game ball.** No other ball may be used for tournament play. For the first round, second round, quarter-finals and semi-finals the higher seed team will provide the tournament ball which can be colored or white. **THE CIAC WILL PROVIDE A MULTI-COLORED BALL (RED, WHITE & BLUE) FOR ALL FINAL GAMES.**

Teams are expected to call the host school at neutral sites to see if practice balls will be provided.

- 12.4 The decisions of the CIAC Volleyball Committee relative to the operation of the tournament shall be final.
- 12.5 Padding, as specified in the National Federation rules, must be on standards, wall cables and referee's platform.
- 12.6 Teams in the tournament may tape or film matches in which they participate from their side only. No other teams may tape matches for scouting purposes.
- 12.7 **NO ELECTRONIC DEVICES MAY BE ATTACHED TO ANY PIECE OF VOLLEYBALL EQUIPMENT DURING REGULAR SEASON OR CIAC TOURNAMENT GAMES, NOR MAY THOSE DEVICES BE IN ANY AREA NEAR PLAY. GAME OFFICIALS DECISIONS ON THE LOCATION OF ELECTRONIC DEVICES IS FINAL.**
- 12.8 **CIAC Late Entry Policy**
- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
 - Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
 - All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

Tournament Regulations Violations

If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 may be imposed upon the school before entry into the tournament will be allowed.

- 13.0 **CIAC Tournament Site Media Policy** – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards** developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:
- a. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.).
 - b. Access to electric power (shared power strip, etc.).
 - c. Access to wireless internet service.

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

14.0 COACHES MANUAL FOR CIAC VOLLEYBALL CONTESTS

14.1 Match Play – CIAC

- 1) Follow NFHS Rules (www.nfhs.org) and CIAC Rules.
- 2) Varsity – Best three (3) out of five (5) sets. Four sets to 25 points, deciding set to 15 points.
- 3) Sub-varsity (JV, FR, MS): Best two (2) out of three (3) sets. All sets to 25 points.
- 4) All levels, all sets are win by two (2) points.
- 5) For JV/V or V/JV contests when visitor is late:
 - If visitor arrives late whereby the first match can start no later than 30 minutes after scheduled start time, then JV/V matches played as normal.
 - If visitor arrives late whereby the first match will start after the 30 minute extended deadline, then the JV match will be three sets of 15, 15, 15 points.
 - It doesn't matter if host school plays JV or V first, scenarios above apply either way.
 - A courtesy call from visiting coach/school to the home coach/school is expected.
- 6) If one gym for FR, JV and V contests back-to-back:
 - FR and JV three sets are 25 points, 25 points and 15 points. (Varsity played as normal.)
 - If visitor is up to 30 minutes late, then all three FR sets are to 15 points.
 - If visitor is more than 30 minutes late, then coaches can choose one of two options:
 - (1) FR and JV matches all three sets to 15 points and Varsity played as normal; or
 - (2) Cancel FR match, play JV match 25 points, 25 points, 15 points, and Varsity as normal.
- 7) A courtesy call from late visiting coach/school to home coach/school is expected.

14.2 Pre-Match

- 1) Home team determines their team bench and side of court.
- 2) When a home team enters the gym to music and fanfare, they must do so from their side of the gym to avoid contact with the visitor's side of the court/gym. Teams are not allowed to enter gym from opponent's side and run around or through their court area. (This is to prevent intimidation, taunting or unsporting behavior from either team.) ALL levels.
- 3) Courts with center logos that do not have a clearly marked center line MUST be taped with 2" wide floor tape. (Court tape preferred.)
- 4) For the pre-match conference/coin toss: In the absence of the head coach, a designated assistant or administrator may serve in that capacity. Upon arrival, the head coach will inform the officials that they will take over all privileges granted to a head coach.

14.3 Equipment / Net

- 1) Properly assembled and safe.
- 2) Net standards and officials stand padded per NFHS rules, up to about six feet.
- 3) Stand padding on all structures up to six feet, the platform strong and as level as possible.
- 4) Net top and bottom should be secured tightly with as little give as possible
- 5) Antennas should be easily adjustable – easily removed and easily attached.
- 6) Antennas line-up with the outer edge of the court side line. Any 2" strap/support goes on the inside to line-up with the 2" court sideline. (Any sharp or loose areas should be taped.)

14.4 Score Table

- 1) Table should be centered with respect to the net/center line and at least six feet from the sideline. (Ten foot minimum preferred.)
- 2) Table should be in line with team benches. (Adjustments may be made where electrical floor connections are made.)
- 3) Score table only needs about six chairs: clock operator, home scorekeeper, libero tracker, announcer, visitor's book and libero tracker. No other people should be at the table.
- 4) A scorekeeper and clock operator must be at the table during the pre-match conference.
- 5) A clock operator must be present for all timed intervals during warm-ups.
- 6) A back-up, flip scoreboard immediately available in the vicinity of the score table.
- 7) Two leather game balls with NFHS approved logo. (Large gym please provide ball helpers.)

- 8) At least one towel available to the R2 to dry game balls or any sweat spots on the court.
- 9) Flags available and provided by host school.
- 10) No food or open liquid containers (especially hot coffee) at the table.
- 11) No electronic devices at the score table unless one is used for music during warm-ups, set intervals and time-outs.

14.5 **Score Books**

- 1) NFHS approved score books/sheets should be used for all contests.
- 2) If your school decides to use a generic version, then the scorebook keeper must still be able to enter ALL of the NFHS required entries into that scorebook.
- 3) The head referee can designate the visitor's scorebook as the official match record if necessary.
- 4) Coaches, it is your responsibility to train scorekeepers and libero trackers prior to the first contest using NFHS Rules Book instructions.

14.6 **Team Benches**

- 1) Bench starts from the attack line extended and out to the end line.
- 2) There should be enough seating for rostered players and coaching staff of each team. If not, host management must provide more seating prior to start of contest.
- 3) It's preferred that only head coaches, assistant coaches and rostered players be seated at the bench.
- 4) Players are not allowed to sit on the floor or stand at the end of bench, behind bench or during a rally.
- 5) Non-rostered players/students are not allowed to sit on the floor at the end of benches nor in a playable area. They should be seated in the bleachers.
- 6) During varsity contests, JV players should take seats in bleachers and vice versa. JV players keeping stats can do so from bleachers designated for visitor or home teams.
- 7) No posters, signs, noisemakers, hats or props of any kind allowed at the team bench.
- 8) Proper decorum is expected at the bench throughout the match.

14.7 **Standing Coaches**

- 1) Only the head coach designated on the roster as such may stand during play.
- 2) During rallies, a head coach may stand outside the libero replacement zone which is in front of bench, between the attack and end lines, and at least six feet away from the sideline.
- 3) Please avoid standing near a line judge to prevent interference or intimidation.
- 4) Assistant coaches must be seated during play along with other team members.
- 5) New 2020: Head coaches retain their standing privilege if they, their staff, their bench or team is assessed an unsporting conduct Yellow Card. If an unsporting conduct Red Card is assessed, then the head coach must be seated for the remainder of the match. (It is advised that the head coach take the first seat on the bench.)

14.8 **Safety**

- 1) All players JV and V, line judges and any student team manager(s) helping during warm-ups or match play, sitting at the bench or doing whatever for their team must be wearing proper athletic court footwear. (No flats, heels, boots, flip-flops, slippers, bare feet, etc.)
- 2) **Concussion Prevention** – It is advised that players/students during warm-ups are not put into situations where they can easily get hit in the head. It's suggested that ball handlers be completely off court during hitting and serving warm-ups. Please adjust your routines to minimize this potentially serious injury.
- 3) **Water** – It is advised that water bottles stay off court and remain at or behind the team bench.
- 4) **Gum/Candy** – It is strongly advised that players not compete with anything in their mouth to avoid possible choking or spitting the matter on the court surface. Both cases would unfortunately cause stoppage of play and therefore a team delay sanction.

14.9 **Warm-Ups / Playing Area**

- 1) During warm-ups, it is recommended that players have a visible uniform number for officials to check against the roster. (Warm-up gear with a uniform number visible is acceptable.)
- 2) During announcements, starting line-ups and national anthem, all players must be in proper uniform and not in warm-up gear.

- 3) The area behind the score table and benches is technically a non-playable and a restricted area.
- 4) No ball warm-up activities in this area (3 above) unless there is sufficient space and with approval from the head referee. (Balls/players should not intrude on anyone seated at the score table or benches.)
- 5) When a team has their six (6) minute unshared warm-up period, they are afforded the entire playable surface not just the outlined court area.
- 6) Prior to the pre-match conference, any warm-up routine for the “off” team during the six minutes unshared period in a playable area must be agreed to by the head coaches and officials. (Safety is a priority.)

14.10 **Uniforms**

- 1) Illegal uniforms found prior to or during a match will be dealt with according to NFHS rule 4-2 Penalties.
- 2) Visible undergarments should be the same color as the predominant color of the game jersey or shorts. (Ex. 1 – Royal game shorts – visible compression shorts or leggings must also be Royal. Ex. 2 – Red game jersey or T-shirt – visible sports bra or undershirt exposed color/bottom season lines should also be red.)
- 3) Knee pads, elbow pads and neoprene pull-on knee or elbow sleeves do NOT have to be the same color of the short or jersey.
- 4) Dig pink or similar type uniforms MUST meet Rules 4-2-3 and 4-2-4 for legal number size and front/back placement. Libero jerseys must also meet those rules plus rule 4-2-2.
- 5) Coaches, when ordering new uniforms, take advantage of your state rules interpreter for a pre-purchase design review. Also, make sure your vendor is fully aware of the NFHS uniform rules. Any questions best to check with your R.I.

14.11 **Hair Devices**

- 1) Soft stretch material up to 3” wide maximum and *unadorned* are allowed.
- 2) Bobby pins or flat barrettes without sharp edges, *unadorned* are allowed.
- 3) Any beads, large bows, or other adorned type accessories that are *merely for decoration* and not primarily for keeping the hair in place are not allowed.

14.12 **Jewelry**

- 1) Jewelry – not allowed.
- 2) Piercings – not allowed.
- 3) Any of the above taped or Band-Aid over – not allowed.
- 4) The above goes for all players, student helpers and student line judges.

14.13 **For Officials**

- 1) If available, please provide a changing or meeting room that officials can use pre- and post-match.
- 2) Please provide two chairs behind the score table in the restricted area for the officials and their belongings.
- 3) Introduce officials to any host management or security personnel on site.

14.14 **Line Judges (If using line judges)**

- 1) Coaches, please provide pre-season instruction on performing line judge duties as set forth in the NFHS rules book.
- 2) Please provide 1-2 (2 max) lines people to the pre-match conference with the R1.
- 3) Please have a pre-determined line judge(s) for each contest.
- 4) High school students may not serve as line judges for varsity contests only.

14.15 **Substitutions**

- 1) Per NFHS rule, the head coach should signal the mechanics to the officials in order to be recognized. Verbal communication is secondary. If a head coach is sitting, it is requested that they stand and present the signal as motion aids the officials. (Sitting at the bench and yelling SUB will not necessarily get the desired action, especially in a noisy gym.)

- 2) A substitution will be recognized when a head coach signals the request or when a legal bench player enters the sub-zone.
- 3) Only one request per dead ball and all subs must be up at the same time.
- 4) Officials prefer the substitute does their best to center themselves in the sub-zone.
- 5) Next sub(s) should be ready and waiting just outside the sub-zone.
- 6) A player on court standing or yelling sub across from the sub-zone will not be recognized as a substitution request.

14.16 **Time-Outs**

- 1) Per NFHS rule, the head coach should signal the mechanics “T” to the officials in order to be recognized. Verbal communication is secondary. If a head coach is sitting, it is requested they stand and give the signal as motion aids the officials. (Sitting at the bench and yelling T-O will not necessarily get the desired action, especially in a noisy gym.)
- 2) Only the head coach or playing captain can request a T-O.
- 3) During T-O, teams are limited to the area between the attack and end lines, in front of their bench or on their court within those limits above.
- 4) Players or coaches cannot be in the subzone or beyond the end line extended.
- 5) Players and coaches can be on their court, but not in front of the attack line.
- 6) No water bottles on the court at any time. (Team delay sanction if water is spilled on court or in front of the bench.)
- 7) Team must be on court by the end-horn. Please start moving to court after the 15s warning whistle.

14.17 **Electronic / Video Devices**

- 1) Allowed in non-playable areas and at the discretion of the head referee.
- 2) Allowed at team benches for team purposes only.
- 3) Not allowed in restricted areas as deemed by host management or head referee.
- 4) Not allowed on any volleyball equipment as the equipment is considered a restricted area, a neutral area to both teams in which neither team should gain from it.

14.18 **Post-Season Tournament**

Coaches Dress Code

- 1) All coaches are expected to be properly dressed in a professional manner set forth by CIAC.
- 2) Dress pants or khakis, polos or button down shirts, skirts or dresses, proper footwear, and team warm-up pants/jacket are acceptable.
- 3) No jeans, shorts or cutoffs, sweat pants, hoodies, hats, T-shirts or gym type attire.

14.19 **Roster / Line-up Sheet**

- 1) Please use the approved NFHS combination roster and line-up sheet for all levels.
- 2) A customized version of this may be used as long as it meets all above requirements.
- 3) All eligible players must be listed on the roster, all levels.
- 4) Changes to the roster other than personnel can be made prior to the time limit for submission of the first set line-up.
- 5) All coaches, paid or volunteer, should be listed on the roster.
- 6) Coaches must fill out each set’s line-up completely so there is a match record. (Coach can’t just tell the scorekeeper or R2 to “use the same line-up as the last set”.)
- 7) Roster/Line-up sheet is due at the pre-match conference and submitted to the R2. The R2 manages this sheet throughout the match. Late submission is subject to an unnecessary delay sanction prior to the start of the match.
- 8) Edits to the roster by the head coach can be made up until the 11:00 minute mark on the pre-match countdown clock. Any changes after that is a penalty: loss of rally/loss of point prior to start of match.
- 9) Line-ups shall be submitted to the R2 by the 03:00 minute mark on the pre-match countdown clock, and by 01:00 minute mark on the set interval countdown clock.

PRE-MATCH PROTOCOL

Officials are to arrive no later than 30 minutes prior to match start time. Upon arrival, officials will identify the match host (home team coach) and introduce themselves. Inspect the court and equipment for safety issues. Determine facility playing rules to be addressed in the pre-match conference. The scoreboard clock is set to 23 minutes.

At 25 minutes prior to the scheduled start-time, the R1 standing in front of the score table *shall raise a coin in the air and double-whistle* to summon the captains and head coaches for the pre-match conference. Coaches, please submit Roster/Line-up sheet to the R2. After the conference, start the clock and notify scorekeeper of the coin toss result.

<u>Clock</u>	<u>Protocol</u>
23:00	Court available for shared warm-up (10 minutes)
13:15	Warning – R2 single whistle
13:00	HORN – Serving team warm-up (6 minutes) *Rosters changes deadline at 11:00 minutes
07:15	Warning – R2 single whistle
07:00	HORN – Receiving team warm-up (6 minutes) *Line-up deadline at 3:00 minutes
01:15	Warning – R2 single whistle
01:00	HORN – LAST team huddle/meeting prior to start
00:15	Warning – R2 single whistle
00:00	HORN – Starting teams to end lines OR: <ul style="list-style-type: none">• Announcements and starting line-ups (6 + libero)• National Anthem (Teams do not go back to their bench/sideline)• From their end lines, R1 signals teams to enter their court via sideline to net.• Teams are required to take their starting positions without delay.• Officials and line judges move to their positions.• Line-up checks and start the match.

Note: 1) Teams are not allowed to take the full court until the Horn sounds at 13 and 7 minutes.
2) Should the scoreboard clock malfunction or become unavailable, then the R2 will use a single-whistle for Warnings and a double-whistle for HORN as listed above.

OFFICIALS BOARDS

CBVO-N CT Board of Volleyball Officials – Northern Board
President – Mark Mosher – mosherct@gmail.com
Northwest Assignor – Candy Perez – Perezcandywinsted@gmail.com
Northeast Assignor – Heather Kursman – hkcbvo@hotmail.com

S-CBVO Southern CT Board of Volleyball Officials (S-CBVO)
President – Dom D’Aurio – happydog1056902@aol.com
Assignor – Tom Digiovanni – thmdig@aol.com

CFVO CT Federation of Volleyball Officials
President – Wayne Theriault – wvt1948@sbcglobal.net
Assignor – Marie Lavin* -- marie.lavin405@gmail.com

*CIAC Tournament Assignor

State Rules Interpreter James Borbas – jamborjr@gmail.com

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2020-21
Required for ALL School Coaches in Connecticut**

This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. It includes guidance from the 2017 Concussion in Sport Group consensus statement that was developed to provide further understanding and management of sports-related concussion.

In addition to reviewing this document, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up: Concussion in Youth Sports training course, or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by coaches' associated school district annually to comply with Section 10-149b of the Connecticut General Statutes, *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit.*

What is a Concussion?

"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain." (CDC, 2017)

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. the recognition of signs or symptoms of concussion;
2. the means of obtaining proper medical treatment for a person suspected of sustaining a concussion;
3. the nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion;
4. the proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity; and
5. current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

It is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)

Stage	Rehabilitation Steps/Aim	Functional exercise at each step of rehabilitation/activity	Goal to each step
0	It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCroory, P.et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

Coach: _____ **School** _____
(Print Name)

Coach Signature: _____ **Date** _____

References: McCroory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

Resources: CDC. (2017). *Heads up: Concussion in high school sports*. Retrieved from http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm
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 CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>