

A background image of a volleyball game. A player in a white jersey with the number 12 is jumping to hit a blue and white Moller volleyball. Another player in a red jersey is jumping to block the ball. The net is visible in the foreground.

# *Volleyball Coaches*

**2023-2024**

## TABLE OF CONTENTS

The Interscholastic Volleyball Program August **Online**

Volleyball Bulletin .....	3
Rule Clinic Schedule.....	7
Rule 127-3-30-Volleyball .....	8
NFHS 2022- 2023 Volleyball Rule Changes .....	9
The Volleyball LineUp Card.....	10
Volleyball Roster/Line-Up Sheet .....	11
Libero Tracking Sheet.....	13
State Tournament Program Information (High School Only) .....	14
WVSSAC State Tournament Rooming List Information (High School Only) .....	15
WVSSAC Rooming List-Volleyball (High School Only) .....	16
Entering Coaches Evaluations Online (High School Only) .....	17
Coaching Reminders .....	18
Practice Rule/WVSSAC Rule 127-2-13 .....	19
Ejection Rule/ Bench Clearing .....	20
Spectator Support Information for Tournaments.....	21

**For additional information related to sports medicine issues concerning athletic participation, please click the "Sports Medicine" tab on the opening page of our website.**

# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

TELEPHONE: 304-485-5494  
FAX NUMBER: 304-428-5431

E-MAIL: [wvssac@wvssac.org](mailto:wvssac@wvssac.org)  
WEB SITE: [www.wvssac.org](http://www.wvssac.org)



## BULLETIN

TO: High School and Middle School Volleyball Coaches  
FROM: Dr. Cindy Daniel, Ed.D., Asst. Executive Director  
DATE: July 2023  
SUBJECT: 2023-2024 Volleyball Season

Coaches' Packets are available to all varsity high school coaches and all middle schools. If your high school also sponsors a ninth grade volleyball team, that coach may request a packet from this office. **Note** – this is for a high school ninth grade team only. Please share this information with the ninth grade coach.

### Required Reading:

#### 1. CoachesPacket

#### 2. NFHSRuleBook

#### 3. Interscholastic(website)

1. Rule 127-2-15. All coaches are required to submit an Emergency Action Plan to WVSSAC, County Board of Education and your local emergency response agency **prior to the first day of practice**. Training and practice of the plan is required.
2. **Ejections**-Player/Coach ejection is for two (2) dates not two (2) contests.
3. **Player Apparel**– Buttons, zippers, and pockets are not allowed on uniforms. All players must come on the court appropriately dressed. Uniforms are to be worn as designed. No bare midriff tops. If uniforms are designed to be tucked in, they must be. If uniforms are not designed to be tucked in, they do not have to be as long as the entire stomach is covered. Shorts are not to be rolled down at the waist. Shirts worn under the uniform top must be the same color as the dominate color of the top. Compression clothing worn under the shorts must be the same color of the uniform shorts and not extend below the shorts. No glitter may be worn on the body, uniform or accessories. (See NFHS4-2 Art. 1-7)
4. **Line Judges/Flags**– Line Judges are required for regular season; They must be trained. Whenever possible, schools should use WVSSAC registered officials for this position. **Flags are required for regular season and post season play**. Schools are responsible for providing flags.
5. One volleyball scrimmage or one preview is allowed for 9th grade and middle schools. Two (2) volleyball scrimmages with another high school or one scrimmage and one preview may be conducted with the following conditions:
  - a. After five (5) days of practice, each team member must have five (5) team practices.
  - b. Prior to the first game;
  - c. No score is kept;
  - d. Free substitution;
  - e. The use of registered officials would not be a violation of game conditions.
6. Warm-Up for the first match will be 2-6-6. Refer to **The Interscholastic**.
7. The first contest for high school can be held Wednesday of Week 8. Middle school is Wednesday of Week 9.

**The required Middle School net height is 7 feet.**

**The height for High School and 9th Grade Teams is 7 feet 4 1/8 inches.**

### Important reminders:

1. Facilities – Coaches are to remove all floor obstacles, gym equipment, etc., from the playing area & playable areas before teams arrive. Gym floors must be swept before warm-ups begin.  
  
Coaches are responsible for instructing all team personnel to maintain cleanliness of the bench area during and after the match. Note: If clean up is required after a time-out has ended, an unnecessary delay penalty will be assessed.  
  
Equipment Safety – Schools need to check padding on cranks, poles and the official's stand to ensure the safety of all participants. Everything from the floor up to 5'. This includes the wheels on the officials stand.  
  
Team seating is limited to 16 seats. Teams may have 16 personnel seated and 6 players on the court. Additional personnel must be seated in the area available closest to team bench but not on the floor beside the bench. All team personnel must be dressed in uniform. Note – This does not affect stated tournament admission or reimbursement (limit – 18).
2. Warm-up time for the first game of the match must be 2-6-6 with the exception of the state tournament (See item #25). Thereafter, warm-up time between subsequent sets may be shortened by mutual agreement of coaches or by the tournament format. **During a team's six (6) minutes, the team is allowed to utilize the entire court and practice serving.** Refer to The Interscholastic for further explanation.
3. **Charleston Coliseum and Convention Center will be the site for the State Volleyball Tournament on November 8-9, 2023.**
4. Officials (umpire and referee) for the sectional, regional, and state tournaments must be registered Class I or II officials unless approval is given by the WVSSAC. Registered officials must be used during the regular season. No non-registered person may officiate at any level.  
  
Coaches involved in planning a sectional or regional tournament are asked to refer to the Volleyball Program (The Interscholastic) for specified dates for contracting officials.
5. Scorekeepers must be trained. Coaches should make every attempt to train more than one scorer. Each team is to have a LibroTracker.
6. New Ball – Wilson K1 Gold (red/white/blue). This ball will be used for all post season play. Schools may use this ball during regular season or other NFHS approved ball.
7. **2023-2024 Dates:**  
High Schools

First Date for Practice	August 7, 2023
First Contest Held	August 23, 2023
Sectional Tournament	October 30-Nov. 2, 2023
Regional Tournament	November 4, 2023
State Tournament	November 8-9, 2023

  
Middle Schools

First Date for Practice	August 14, 2023
First Contest Held	August 30, 2023
Season Ends	October 28, 2023
8. A team must have participated in at least twelve (12) matches to be eligible for sectional tournament competition (**high schools only**).
9. The volleyball season will end for each high school team at tournament elimination.
10. A high school volleyball team will be permitted to play in no more than **22** (dates) exclusive of sectional, regional, and state competition. Middle school teams will be permitted eighteen (18) dates. **Coaches are asked to notify the WVSSAC if changes, postponements, cancellations, et., occur in the originally submitted schedule. These changes/updates must be made online.**
11. WVSSAC Rule 127-3-13 Practice – Please refer to the enclosed copy for practice procedures and inform



athletes of the regulations.

12. In dual competition, a player may participate in a maximum of 4 games against the same opponent if match is 2 of 3 and 6 games if the varsity match is three of five games. A JV player can only play in 6 sets per day (dual, tri or quad). Middle School (2 teams) 2 of 3 - 4 sets. **If a player attempts to exceed the allowed number of sets, the officials should use preventative officiating and warn the coach. If the player then enters the set, she becomes an illegal substitute and action will be taken accordingly. Special Report is to be done online and sent to the WVSSAC office. See Interscholastic.**
13. Please be advised that the required Coaches'/ Officials' Rules Clinics will be held at various locations. **It is mandatory for all head coaches to attend one of the state sponsored rules clinics. You CANNOT send a representative for the head coach. If the head coach is not present at said clinic, there will be a \$50.00 fine assessed.** The WVSSAC Board of Directors has adopted a regulation that sport programs will be suspended if the head coach fails to attend the State Rules Clinic and the \$50.00 assessed fine is not paid. Clinic schedule and locations are online.  
**The clinic attendance requirement will not be granted if you are late in excess of 10 minutes.**
14. The WVSSAC promotes good sportsmanship in all sport programs. We encourage you to inform parents and athletes of the importance of supporting sportsmanship. Please review sportsmanship with your team; WVSSAC guidelines and rules are located in the **Rules & Regulations Handbook** online.
15. Coaches are asked to carefully review the Spectator Support Information with players, fans, and parents.
16. Coaches are responsible for discussing the Bench Clearing Rule 127-4-3.7.7 with all other coaches and players prior to participation.  
**Rule 127-4-3.8 Code for Interscholastic Athletes** – Coaches are hereby notified to carefully review this rule with their athletes.
17. Officials will issue red and yellow cards. Issuance of a red card and/ or red/ yellow together will require a Special Report to be sent to the WVSSAC.
18. Preseason Meetings: It is highly recommended that all coaches conduct preseason meetings for their players and parents. In addition to their own rules and regulations, coaches must address players on taunting, conduct and sportsmanship rules before the first regular season match.
19. Coaches, players and spectators must note that officials will be asked to strictly enforce all taunting, conduct, and sportsmanship rules.
20. **Head and Neck Trauma Guidelines**—Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.
21. **Use of Performance Enhancing Substances by Athletes**—It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the uses of such substances should be discontinued especially during the times when dehydration may occur due to potential life-threatening consequences. The committee further encourages all athletic trainers to support coaches in promoting healthy lifestyles. **To be better informed, please take the free NFHS Course "Appearance and Performance Enhancing Drugs and Substances".**
22. Coaches are encouraged to contact their local officials board to train their scorekeepers, libero trackers, and line judges prior to the first contest. Officials can also aid in safety precaution procedures with coaches and review legal uniforms, accessories and new rules with players.
23. **SEEDING**— Each coach advancing to the regional tournament will be sent a ballot by fax no later than Thursday evening of regional tournament week. Schools advancing to the regional tournament will be listed on the ballot by classification. Class AAA schools will receive a ballot with only AAA schools, etc. Coaches will NOT rank their own school but WILL rank the remaining fifteen (15) schools. A ranking of one (1) will indicate the highest ranking while a fifteen (15) will indicate the lowest ranking. A school will receive from 1 to 15 points based upon each ranking they receive. Each school will have one of their highest and one of

the lowest rankings eliminated. **ALL BALLOTS MUST BE RETURNED TO THE WVSSAC OFFICE BY 3:00 pm ON FRIDAY OF REGIONAL TOURNAMENT WEEK.** After all ballots are received and points tallied, the school with the lowest accumulated point total will receive the number one (1) seed and seeding will continue until all brackets are filled.

If two or more teams tie, the following criteria will be used to resolve the tie:

- Head-to-head competition
- Total number of wins in classification or above
- Total number of wins
- Toss of coin

24. **WarmUpTime-** For the state tournament, warm up time will be a total of **18 minutes, with a 6-6-6 format.** For the first six minutes, teams will have access to their side of the court but are not to practice serving. At the end of six minutes, the team that won the coin toss will take the floor for six minutes. If a team wants to practice serving, it must be done during these six minutes. At the end of the six minutes, a horn or whistle will sound, and the opposing team will have the floor for six minutes.

Prior to the 18-minute warm up, teams may be on the court, but there cannot be any use of balls. When the clock starts for the 18-minute warm up period, the meeting with captains will be called and the six shared minutes will begin.

25. All coaches are now required by law to complete the Sudden Cardiac Arrest online course **ANNUALLY** as well as the Concussion Course **ANNUALLY**. The Heat Illness Prevention must be taken once for new coaches. Links to the courses may be found on the WVSSAC Website.
26. Coaches must be trained in AED/CPR. An AED must be available for all practices and contests.
27. Teams will not switch benches unless a coach requests to do so based on an unfair advantage.
28. At the state tournament, the higher seed teams will select side of court the evening prior to the match.

## 2023-2024 VOLLEYBALL RULES CLINICS

DATE	LOCATION	TIME	COORDINATOR
July 26	Wheeling Park HS	6:00 p.m.	Chris Daugherty
July 27	Huntington HS	6:00 p.m.	Bruce Senior
July 29	WVSSAC Office	1:00 p.m.	Dr. Cindy Daniel
July 31	Woodrow Wilson HS	6:00 p.m.	Andrew Pinnick
Aug. 1	John Adams MS	6:00 p.m.	John Testa
Aug. 3	East Fairmont	6:00 p.m.	James Beckman
Aug. 4	Spring Mills HS	6:00 p.m.	Wayne Riser
Aug. 5	Frankfort HS	9:00 a.m.	Jay Hesse
Aug. 7	*WVSSAC Office *Make-up Clinic	5:00 p.m.	Dr. Cindy Daniel

**SCHOOLS:** The **Head Coach** shall be **required** to attend any sports rules clinics which are sponsored by this Commission in his/her coaching assignment. Schools failing to have a head coaching position filled at the time of the clinic will be required to have a school representative present at the rules clinic. An individual can only represent one school unless he/she is head coach at both schools. In a 9-12 school, both the varsity and 9th grade coach are required to attend. Failure to have a representative at one of the above clinics will result in a \$50.00 fine.

***The clinic attendance requirement will not be granted if the coach or representative is late in excess of 10 minutes.***

## **§127-3-30. Volleyball (Girls).**

30.1. Rules: Volleyball rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

30.2. Organized Team Practice: Organized team practice will begin on Monday of Week 6 and the first contest may be played on Wednesday of Week 8.

30.3. Length of Season: The volleyball season will end for each team by WVSSAC tournament elimination.

30.4. Maximum Team Contest: A volleyball team will be permitted no more than 22 playing dates exclusive of sectional, regional, and state contests.

30.4.1. Dual, triangular and quadrangular matches count as one date. Matches in which five or more schools participate count as two dates.

30.5. In a Junior Varsity/Varsity dual competition, a student may participate in a maximum of four (4) games against the same opponent if a match is 2 of 3 games and six (6) games if the varsity match is 3 of 5 games.

30.6. Scrimmages: Two volleyball scrimmages with another high school or one scrimmage with another high school and one preview may be conducted. See Glossary.

30.7. Individual students of a team must have practiced on 12 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest.

30.8. A student may not play or practice on a non-school volleyball team while a member of the school team.

30.9. A student may accept awards only in WVSSAC sanctioned events during the season of that sport. These awards must be consistent with the items specified in the Awards Rule. Students may accept only this same type of award in non-sanctioned events outside the sport season.

30.10. *Middle School* - The above will apply for Middle School with the following adaptations:

30.10.1. Middle school teams will be permitted 18 playing dates.

30.10.2. Organized team practice will begin on Monday of Week 7 and the first contest may be played on Wednesday of Week 9.

30.10.3. Middle school season will be completed by Saturday of Week 17.

30.10.4. Middle school teams are permitted one (1) scrimmage or one preview. See Glossary.



## **Volleyball Rules Changes 2023-24**

**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:** Defined 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 rule 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 head coach to be signaled or verbalized.

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

## The Volleyball Line Up Card

### **Roster and Line-Up (Rule 7-1)**

- 10 minutes prior to the end of pre-match timed warm-up, a coach from each team shall submit in writing to the scorer an accurate roster giving names and uniform numbers of all players for the match. This roster must be entered into the scorebook and remain at the scoretable.
- 2 minutes prior to the end of pre-match timed warm-up, a coach from each team shall submit to the scorer an accurate, written line-up of the uniform numbers for the six (6) starting players in serve order. This lineup is to remain at the score table.
- Check for a Libero player – if none marked, ask coach (preventive officiating)
- The R2 will verify that the line-up has been entered correctly on the official score sheet
- Within 2 minutes following each game, a coach from each team shall submit a written, accurate numeric lineup to the scorer
- The written roster and current lineup shall remain at the officials table throughout each set and match

### **Lineup Card** (See NFHS Volleyball Case Book)

The lineup card is a required tool to assist the R2 in carrying out their duties. The R2 has the sole responsibility to record both teams in starting floor position on his/ her lineup card. The lineups submitted to the scorer from each coach are in serve order.

The card and pencil/ marker are in their possession during the game. The card will provide the following:

- |                                |                        |                         |
|--------------------------------|------------------------|-------------------------|
| <b>* Correct serving order</b> | <b>* Captains</b>      | <b>* Who is serving</b> |
| <b>* Player identification</b> | <b>* Substitutions</b> | <b>* Time-Outs</b>      |

The style/ form for a lineup card is up to the official – whatever you can make sense of and what is effective for you.

**ALL REGISTERED VOLLEYBALL OFFICIALS ARE REQUIRED TO USE A LINE-UP  
CARD WHEN SERVING AS THE R2 IN A MATCH.**

### **NFHS Volleyball Rule Interpreters Meeting-7/17/2008**

*Cheryl Gleason, Assistant Executive Director, Kansas State High School Activities Association*



TEAM

Check one:    Home ☐    Visitor ☐



**NATIONAL FEDERATION  
OF STATE HIGH SCHOOL ASSOCIATIONS**

PO Box 690

Indianapolis, IN 46206

**Phone 317-972-6900**

To order these sheets: 800-776-3462 or [www.nfhs.com](http://www.nfhs.com)



Team: \_\_\_\_\_ Set: 5

Libero: \_\_\_\_\_ CHECK ONE: ☐ Serve ☐ Receive

SERVE ORDER	PLAYER NO
I	_____
II	_____
III	_____
IV	_____
V	_____
VI	_____

## TEAM LINEUP SHEET

### Lineup:

1. Check if your team will serve or receive.
2. List numbers of the starting lineup — in proper serving order to start the set — on the appropriate set lineup sheet.
3. Mark the floor captain with a: "c."
4. Designate the uniform number (from the team roster) of the libero player for each game in the space provided.

**Note:** The lineup must be submitted to the scorer two minutes prior to the end of timed, prematch warm-up.

Team: <u>Wheatland</u>	Set: <u>1</u>
Libero: <u>5</u>	CHECK ONE: <input checked="" type="checkbox"/> Serve <input type="checkbox"/> Receive
SERVE ORDER	PLAYER NO.
I	4
II	6
III	7 C
IV	11
V	12
VI	9

Team: <u>Douglas</u>	Set: <u>1</u>
Libero: <u>15</u>	CHECK ONE: <input type="checkbox"/> Serve <input checked="" type="checkbox"/> Receive
SERVE ORDER	PLAYER NO.
I	3
II	4
III	9
IV	5
V	11
VI	8

## TEAM ROSTER

### Roster:

1. Write in your team's name and check "home" or "visitor."
2. Write each player's number and name (last name, then first name) in the space provided on the roster.
3. The libero with two numbers shall be listed with non-libero number followed by libero number (e.g., 14/L15)

**Note:** The team roster is to be turned in to the scorer 10 minutes prior to the end of timed, prematch warm-up.

TEAM <b>Douglas</b>	
Check one: Home <input checked="" type="checkbox"/> Visitor <input type="checkbox"/>	
Player Number	Player Name Last/first
3	Smith, Jamie
5	Davies, Jennifer
6	Ross, Vickie
7	Jones, Kim
14/L15	McDonald, Lisa

# LIBERO TRACKING SHEET

TEAM:		L:	
GAME	Serving Order	SP	
<b>1</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>2</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>3</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>4</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>5</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

Enter the Libero's number next to the L. Enter the jersey number of the starting player for each position under SP. When the Libero enters, slash the player number and enter L. When the Libero leaves, slash the L and enter the returning player number. If a regular sub occurs, slash the player number and enter the new number.

I	14	<del>L</del> <del>X</del> <del>4</del> <del>L</del> <del>X</del> <del>4</del> <del>7</del> <del>X</del> 7
---	----	---

## State Tournament Program Information

**Goal:** *To provide a quality program for all championship events*

**What:** *Volleyball State Championship Program*

**Deadline:** *Submit Upon Winning the Sectional Tournament But No Later Than NOON on November 3, 2023*

### **Required Online Submission Only - (School Information-Roster-Schedule)**

- + Go to [www.wvssac.org](http://www.wvssac.org) click on Admin Login in the upper left corner of homepage
- + Type in your Username and Password as the school Administrator in the appropriate sections and click on Login
- + Click on Submit Rosters. Under Program select Senior and select **Volleyball**
- + Complete the School Information and head coaches information. Click Update/Continue
- + Click the Sync button and enter the information requested, then save by clicking the Update/ Save Roster button. Always view your roster for accuracy.
- + If you don't find a student, go to the Eligibility Certificate Form and add the name and return to the Roster and click Sync button. **Note:** The Sync button feature has been added to update all names on the active Eligibility Certificate Form. Check for accuracy. Save all changes to your eligibility certificate and roster.

### **Required Items for a Team Page:**

*School Information, Head Coach Information, Roster Information. Update/Complete Online - Printer will use this for the Program Page.*

*Team Picture*

*Individual Head Coaches' Picture*

*Page Sponsor - Please contact a business or the boosters club concerning sponsoring this page. Ad is about the size of a business card which often times is used.*

*Team Page Cost - \$125 - Make checks payable to WVSSAC. Indicate sport & school in memo section of check.*

**When emailing the team / coach pictures and page sponsor, please enter the school name (No Abbreviations, please) and sport in the subject line of the email.**

### **Questions Contact:**

*Anna Brown*

*WVSSAC*

*2875 Staunton Turnpike*

*Parkersburg, WV 26104*

*Phone (304) 485-5494*

*Fax (304) 428-5431*

*Email: [anna.brown@wvssac.org](mailto:anna.brown@wvssac.org)*



**-----HIGH SCHOOL ONLY-----**

**Regional Tournament Directors are to give a copy of this Rooming List Information Sheet and the Rooming List to the coach of each state qualifier.**

## **WVSSAC STATE TOURNAMENT ROOMING LIST INFORMATION**

Please complete the rooming list for this year's State Tournament. The fillable form is located on the WVSSAC website under the "sports" tab. Then, click under your sport and find the link titled "Room List Fill In Form". Area hotels/motels usually provide rooms at a special rate to those teams and parents attending the State Tournament. Payments for teams must be made in full by a **school check** (not personal) for all expenses.

Reservations must be made as early as possible. When speaking with the hotel/motel contact, please be sure to identify your school name and indicate that the reservations are for the state tournament.

Please check the website for the approved list of hotels/motels who will provide rooms for your sport state tournament.

### **Hotel/Motel Policy**

Effective with the 2010-11 school year, member schools that are eligible to receive reimbursement for lodging at state championship sites **MUST** be housed at hotel/motel sites that participate in a cooperative agreement with the WVSSAC. **(Member schools will be notified by information posted on the WVSSAC website and material included in the sport specific coaches packets as to which lodging sites have entered into an agreement with the WVSSAC.)**

**Schools that choose to use unapproved lodging sites will not receive any reimbursement.**

### **My Username & Password! How Do I Get It?**

1. Go to [www.wvssac.org](http://www.wvssac.org)
2. Click on Admin Login (Located in the upper left-hand corner of the homepage)
3. In the Username **and** Password sections type: wvcoach
4. Click on Log In
5. On the Create New Coach Account page:
  - a. Select your school from the drop down box
  - b. Enter your First Name and Last Name
  - c. Enter your Email Address
  - d. Select your Sport from the drop down box
  - e. Click on Create Coach Account button
6. A page will display your Username & Password (**Note:** Username & Password are the same and are case sensitive) Keep your Username & Password in a safe place

### **I've Got My Username & Password How Do I Login?**

1. Go to [www.wvssac.org](http://www.wvssac.org)
2. Click on Admin Login (Located in the upper left-hand corner of the homepage)
3. Enter in your Username & Password in the Username **and** Password sections
4. Click on Log In
5. You are now on the Coach's Management Page

### **Entering Coaches Evaluations Online**

1. Go to [www.wvssac.org](http://www.wvssac.org)
2. Click on Admin Login (Located in the upper left-hand corner of the homepage)
3. Enter in your Username & Password in the Username **and** Password sections
4. Click on Log In
5. You are now on the Coach's Management Page
6. Click on Submit Coach's Evaluation of Officials
7. Select Opposing School. **Note:** Member Schools are selected from the Drop Down Box. For Out-of-State or Non-Member Schools select Non-Member/Tournament section located below the member school drop down box. Then type in the name of the non-member school
8. Enter your Score
9. Enter the Game Date
10. Check mark Certified by Head Coach
11. Enter the Officials Registration Number
12. Select a Position
13. Then rate the Official. **Note:** If you give an official a rating of 3 you must select one or more items from the Needs of Improvement section. If you give an official a rating of a 4 or 5 you must provide a written explanation (*The written explanation must be a misapplication of a rule-NOT Judgement Calls*) **and** select one or more items from the Needs of Improvement section
14. Repeat Steps 11-13 until all officials for that contest have been evaluated
15. Click on Save
16. You will return to the Coach Management Page and select Submit Coach's Evaluation of Officials for the next contest.

Coaches must evaluate officials in all contests, meets or matches. Failure to evaluate officials will result in fines, suspension and C&I cards for all school personnel being withheld until all fines are paid.

It is also the coach's responsibility to make sure his/her schedule on the WVSSAC website is correct and updated on a regular basis and at the end of the season. If you have questions or concerns, please contact the WVSSAC at 304-485-5494.



## COACHING REMINDERS



**Practice:** Team members must have 12 practices on 12 separate days - 5 days sports specific if participating in another sport during the same sports season. A student must have 5 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of team is allowed to practice. Rule 127-2-13.

**Sunday Contests:** Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activity associated with the activity of that sports season. Rule 127-3-14.

**Physical Exam:** Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3. (Must be on or after May 1<sup>st</sup>.)

**All-Star Competition:** Any student completing athletic eligibility at the end of current school year because of age or completion of semesters of eligibility may play in one (1) all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

**Awards:** Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods that exceeds \$100.00 are prohibited from any source. Rule 127-3-5.

**Out of Season Coaching:** Coaches may not promote, initiate, organize, supervise or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

**Amateur:** Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

**Participation as Ineligible:** Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

**Non-School Participation:** Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

**Sanctioning and Travel:** A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

*For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the **Rules & Regulations Handbook** or at [www.wvssac.org](http://www.wvssac.org).  
This is not a comprehensive listing.*

## **§127-2-13. Practice.**

13.1. Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions - Rules 127-2-3.2, 127-2-3.5 and 127-2-13.6.

13.2. The frequency and length of practice is at the discretion of each member school.

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. Rule 127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced

13.4.a. on 5 SEPARATE days before participating in an interscholastic scrimmage.

13.4.b. on 12 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.4.c A student athlete who is absent from practice with their team for non-medical reasons, not under a doctor care, for more than fourteen (14) consecutive days must have the required full twelve (12) practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in Rule 127-3-23.

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. Rule 127-3-3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 12 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing five separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 12

13.9. separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete five separate days of sport specific practice in the second sport.

3.7. *Statement of Policy.* Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.a. The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7.b. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.

3.7.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official will also be suspended in additional contest(s): the suspension will be assessed based upon ten (10) percent of the allowed regular season contests or post season progression in a playoff tournament for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If an individual is ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection. In accordance with rule 127-3-15.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official..

3.7.c.1. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

3.7.c.2. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension 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 WVSSAC sponsored sport.

3.7.c.3. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.d. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W.Va. Code §61-2-15(a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.e. The school that does not lend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.f. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or a request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.g. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off-field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach, student, or team attendant to be immediately ejected from the contest, team penalized according to game or contest rules and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3.

3.8. *Procedure.* Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §127-1-8.6 and 8.7 and §127-1-12.2 and 12.3 of the Constitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official:

3.9.a. *Warning.* A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.b. *Probation.* Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach, student, or team attendant on probation is told that further violations will lead to a fine or suspension; and/or 2) a school on probation is on conditional WVSSAC membership but may engage in its regular schedule, sanctioned events, and all WVSSAC tournament play, providing a program is filed with the Executive Director of the WVSSAC indicating measures to be taken to alleviate this problem which caused the school to be placed on probation.

3.9.c. *Suspension.* A school/coach suspended from the WVSSAC may not meet in interscholastic competition of any kind with a WVSSAC member school or a school that is a member of another state associated with the National Federation of State High School Associations.

3.9.d. *Fine.* A fine may be levied by the Executive Director.

3.9.e. Each of these sanctions (Warning, Probation, suspension and Fine) may be imposed or levied separately, or in a combination of one or more sanctions.

3.10 *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127-6. However, disciplinary action imposed by an official, including disciplinary action that is a consequence of a decision by an official, such as a suspension for an additional game or games as a consequence of an ejection, is governed by rule 127-3-15.3 and is not subject to appeal.

3.11 *Review of Ejections.* Disciplinary action imposed by a contest official, including disciplinary action that results in a suspension for an additional game or games as a consequence of an ejection, is not subject to appeal pursuant to Rule §127-6. However, if the individual ejected believes the ejection was improper, he/she may request a review of the ejection by his/her principal. If the principal believes there is merit in the requested review, the principal shall complete and submit the WVSSAC Ejection Review Form within 24 hours or the next business day of the ejection to the Executive Director of the WVSSAC. If a review is properly requested, the WVSSAC will review the officials' special report, the WVSSAC Ejection Review Form, and such other information as the WVSSAC deems appropriate. Upon review, the WVSSAC Executive Director or the designated Assistant Director will either sustain the ejection and any consequent suspension(s), or will determine the ejection was improper and void any consequent suspension(s). A decision by the WVSSAC upon reviewing an ejection is not subject to appeal pursuant to Rule §127-6.



# SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

The following sport support information is provided for each specified sport. **ONLY** those items marked with “Yes” are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play.

Vocal cheering and support from team bench areas are encouraged; however, the items indicated on this page are for use by spectators. Schools must stress **GOOD SPORTSMANSHIP** when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK Basketball CC Cross Country SB Softball TE Tennis WR Wrestling  
 BB Baseball FB Football SC Soccer TR Track & Field  
 CH Cheer GO Golf SW Swimming VB Volleyball

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/Lower Body Garments	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/stadium	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheer & Band Member “Human” Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Permanent Signage/Advertisement Senior Pictures	Yes*	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Confetti/Paper debris	No	No	No	No	No	No	No	No	No	No	No	No	No
Hand-held Signs (one holder)	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Inflatable Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Laser Pointer	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports balls thrown to crowd	No	No	No	No	No	No	No	No	No	No	No	No	No
Noise makers (Horns, cow bells, bells, No buzzers, clickers, or any noisemakers)	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
Opening Prayer/Invocation	No	No	No	No	No	No	No	No	No	No	No	No	No
Paper banners for team to run through	Yes	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pom poms (w/o sticks) Spirit Towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Recorded/taped music over amp system: Only Pregame or halftime	Yes*	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
School Band, Pep Band	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Air Horns/Bull Horn	No	No	No	No	No	No	No	No	No	No	No	No	No
Cannons & Muskets	No	No	No	No	No	No	No	No	No	No	No	No	No
50-50 Drawing	No	No	No	No	No	No	No	No	No	No	No	No	No
Reserve Seating	No	No	No	No	No	No	No	No	No	No	No	No	No

Tournament Directors have the authority in determining appropriate size of signs, sign messages, and which noisemakers may or may not be used.

\* Not Permitted at State Tournament