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SECTION X – Volleyball



POUDRE SCHOOL DISTRICT

**Middle School Athletic Constitution**

**VOLLEYBALL**

**ARTICLE I - Governing Rules/Levels Specific to Volleyball**

**Section 1** The current edition of the NFHS Volleyball Rules Book shall be the official rulebook for the league contests and the championship game.

- 1.1 Each school has the opportunity to form one varsity level team per grade (7<sup>th</sup> and 8<sup>th</sup>).
- 1.2 Each school will also have the opportunity to have athletes compete at the junior varsity level in each grade (7<sup>th</sup> and 8<sup>th</sup>).
- 1.3 Competition at the varsity level will include playing 2 out of 3 sets to 25, 3<sup>rd</sup> set to 15 points, with winning team having to win by two points or more in all sets. Junior varsity will play 2 sets to 25, cap of 25. A third set will not be played at the JV level.
- 1.4 Game time for all varsity contests will be 3:30PM.
- 1.5 The junior varsity game will begin 5 minutes after the conclusion of the varsity contest.
- 1.6 The warm-up period for all varsity matches will be 15-minutes in length. The visiting team shall take the court for the first 6 minutes, followed by the receiving team for the next 6 minutes, and the final 3 minutes will be shared serving by both teams. **There will not be any shared court activities during the first 12 minutes. Warm-up for JV will be 5-minutes. Both coaches shall agree on how to structure this warm-up time (i.e. serving only, etc.). However, there will be no shared hitting.**
- 1.7 Teams will be granted 2 time outs per game.
- 1.8 Teams will be allowed 18 substitutions in each game.
- 1.9 Teams may use a libero per NFHS rules. This is not required. The libero (if used) must wear the libero jersey issued by the District Athletic Office. All libero rules are covered in NFHS rule book.
- 1.10 Standings will be kept during the regular season to determine the seeding for the championship tournaments. In the event of a tie for one of the two positions, the following tie-breaker will be used.
- 1.11 If two teams **are tied for any place**, the team that won the head-to-head game during the regular season will be declared the higher seed. The team that lost the head-to-head game during the season will be declared the lower seed.
- 1.12 If **three (or more) teams are tied for any place**, the tie will be broken as follows. Starting at the top of the standings, results will be compared versus each team (i.e. how the tied teams did versus #1 seed, the #2 seed, etc.). If ever two teams remain in a tie, head-to-head results of the regular season will be used to break the remaining tie. If this procedure fails to break the tie between the tied teams, the District Athletic Director will break the ties using coin flip(s) with a representative of each tied team present.

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**Section 2** The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Game Director(s), maintain standings, and will rule/act on all matters relative to the Volleyball and League Constitution on behalf of member schools.

## **ARTICLE II - Practice and Game Limitations**

**Section 1** Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

**Section 2** No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

**Section 3** Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

## **ARTICLE III – Tryout Period/Procedures**

**Section 1** Tryouts must be a minimum of three days. Individual schools may elect to extend the tryout period to five practices.

**Section 2** Players that started the varsity contest may not participate in the junior varsity contest unless numbers are required to play the match. Coaches must remember what the purpose of the game is.

## **ARTICLE IV - Player Eligibility**

**Section 1** All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

## **ARTICLE V - Game Management**

**Section 1** Starting times: All varsity league contests will begin promptly at 3:30 p.m. The junior varsity contest will begin **five (5)** minutes following the conclusion of the varsity contest.

**Section 2** PSD teams will have a minimum of a **fifteen (15)**-minute pregame warm-up period before the varsity contest.

## **Section 3 Scouting and Filming**

**3.1** Scouting is per permitted provided that no videotaping is involved. A coach may observe a contest involving other PSD middle schools and take notes, but may not videotape any segment of the contest.

**3.2** For the intent of the videotaping ban, using or possessing any video of PSD volleyball contests, other than video involving your school, shall be considered a violation of this rule. For example, if a parent attends a PSD game and offers the video to the coach of their team, the coach(es) must refuse to take possession of an/or view the video. The coach should inform the parent that this practice is

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unethical and not within the spirit of this by-law.

- 3.3 Coaches may call other coaches within the league to inquire about an opponent, but coaches are prohibited from sharing any video with other schools not involved in the contest.
- 3.4 Coaches may video their own contests or practices that may be used for game planning or development of their own team only.
- 3.5 Use of computers shall not be used for coaching purposes during the game or between periods.
- 3.6 Violations of the scouting guidelines will result in sanctions up to an including forfeiture of contest(s), restriction from consideration for championship game, etc.

**Section 4** The official game ball will be the Wilson Power Touch volleyball.

**Section 5** The home school shall designate a responsible person to enter the scores for all varsity contests on the [www.poudreschooldistrictathletics.org](http://www.poudreschooldistrictathletics.org) website.

## **ARTICLE VI – Championship Tournament**

**Section 1** A championship tournament will be held during the last week of the season for both the 7<sup>th</sup> and 8<sup>th</sup> grade level.

- 1.1 The championship tournament will be for the 8<sup>th</sup> grade varsity level will a pool play round that seeds teams into either the Gold or Silver division.
- 1.2 The winner of the Gold division will be designated as the PSDMSAL 8<sup>th</sup> grade champion.
- 1.3 The championship tournament for the 7<sup>th</sup> grade level will consist of a four team single elimination tournament to be held at the site of the 8<sup>th</sup> grade championship. The losers of the semi-final matches will play to determine a 3<sup>rd</sup> and 4<sup>th</sup> place finish. The match will take place at the same time as the 7<sup>th</sup> grade championship match on the 2<sup>nd</sup> court.

**Section 2** As with all of the championship events for PSD middle school athletics, a tournament director will be hired to run the event. The determination of the individual or individuals selected to be the tournament director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head volleyball coach at each school.

- 1.1 Once the tournament director has been hired, he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the tournament director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

**Section 3** At the 8<sup>th</sup> grade level - The PSD Athletic League will award a championship trophy that will travel to the winning school each year. The second place team will be awarded a plaque. Individual medals will also be presented to the 1<sup>st</sup> and 2<sup>nd</sup> place teams.

At the 7<sup>th</sup> grade level - The PSDMSAL will award a plaque to the 1<sup>st</sup> and 2<sup>nd</sup> place finishers. Medals will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place participants.

## **ARTICLE VII - Volleyball Chairperson/District Athletic Director**

**Section 1** The chairperson will be one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school volleyball program and championship event as needed.

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- Section 2** The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.
- Section 3** The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head volleyball coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 66% majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.
- Section 4** The District Athletic Director will schedule and coordinate the pre-season and post-season coaches meetings for each sport.
- Section 5** The District Athletic Director will present a two-year PSDMSAL schedule in the sport of volleyball by May 1<sup>st</sup> each scheduling cycle. The schedule will follow the steps below:
- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
  - The schedule for Year #1 will be drawn for 7<sup>th</sup> and 8<sup>th</sup> grade.
  - The Year #2 schedule will remain the same as the Year #1 schedule to assure that athletes play at home and away versus all league teams during their middle school career.
  - The next two-year schedule will be presented after re-drawing all schools.

## **ARTICLE VIII – Sportsmanship**

- Section 1** It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents in regard to good sportsmanship practices.
- 1.1** Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials or participants.
- 1.2** Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.
- 1.3** It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
- 1.4** Future incidents may result in PSD disallowing the parent to attend any future PSD contests.
- 1.5** It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.
- 1.6** PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.
- 1.7** Ejections by a participant or coach will result in the following actions:
- The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.

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- The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example if a player or coach is ejected from a JV volleyball game, the player or coach is suspended from all volleyball contests (at any level) until the player or coach sits out one JV contest.
  - In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
  - In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
  - If no contests remain at the level involved (and the participant does suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.
  - The offending party must complete an approved NFHS Sportsmanship class prior to participation being restored. The NFHS Sportsmanship courses are free and available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.
  - There is no appeal process for an ejection.
  - For a second ejection for offending party at the middle school level, the penalty structure shall be repeated except the length of suspension shall increase to 2 games.
  - Any further offenses may result in loss of participation at the middle school level.

## ARTICLE IX – Approved Coaches

**Section 1** Approved coaches are to be defined as those coaches that are school-approved coaching staff members that have completed requirements for coaches employed through PSD for current year. All coaching staff members, including any volunteers must be approved through the administration of the respective school, and must have a current background check on file **prior to working with students.**

- 1.1 Only such approved coaches may coach or instruct in any meet or practice session.
- 1.2 The number of paid coaches will be determined by adhering to PSD policy on extra duty positions.
- 1.3 Schools and building administrators should oversee the hiring of all athletic coaches, and must balance equity across all programs and genders when approving such hires.