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To: Athletic Directors and Volleyball Coaches  
From: Cindy Simmons, Assistant Executive Director  
Subject: Volleyball Reminders for the 2009 Season

Please review this information with your volleyball staff and best of luck as you start your season!

- Fall Practice Model:** All member schools sponsoring Volleyball shall follow the adopted OSAA Fall Practice Model for the 2009 season. The policy requires that schools check the temperature and humidity one hour prior to the start of practice and then calculate the "heat index". If the "heat index" is at or above 95, practice modifications are necessary. We have added a "heat index" calculator to the OSAA website at <http://osaa.org/heatindex/>. Coaches should also review the Fall Practice Model located on the OSAA website at <http://osaa.org/sportsmedicine/fallpracticemodel.pdf>.
- Volleyball Jamborees:** Even though jamborees do not need approval from the OSAA, there are specific rules regarding the format of jamborees in Volleyball. You can find this information in the OSAA Handbook under the Participation Limitations section on pages 89-90 and on the OSAA website within the OSAA Volleyball Plan at <http://osaa.org/volleyball/2009/vbplan.asp>.
- Approved Endowment Matches:** If you have a match not included on the approved list please contact me as soon as possible. The list is on the OSAA website at <http://www.osaafoundation.org/schedule/#vb>.
- Officials:** Two certified officials are required for all varsity and JV volleyball matches, including jamborees.
- Individual Participation:** A student shall not compete in more than one set in addition to one match per day. **Once a player participates in the second set of a match that constitutes her match for that day.** There are special rules that apply to Tournaments and Double Duals. You can find this information in the OSAA Handbook under the Participation Limitations section on pages 89-90 and on the OSAA website within the OSAA Volleyball Plan at <http://osaa.org/volleyball/2009/vbplan.asp>.
- Volleyball Formats:** Please note that these are the ONLY three formats that are allowed for OSAA volleyball play. All other formats are illegal under OSAA rules. You can find this information in the OSAA Handbook under the Participation Limitations section on pages 94-95 and on the OSAA website within the OSAA Volleyball Plan at <http://osaa.org/volleyball/2009/vbplan.asp>.
  - Single Match:** 2 schools involved; individuals are allowed one match plus one set on this date. Once a student plays in the 2<sup>nd</sup> set of a match, that is considered her match and she is allowed one more set that day at another level.
  - Double Dual:** 2 or 3 schools involved; schools can play a maximum of 2 matches on this date. Individuals can compete in a maximum of 10 sets on this date, at any level, and each match counts towards the 36 match individual limitation.
  - Tournaments:** Multiple schools involved; consists of pool play and/or bracket play; limited to 18 sets per team, including pool play. All matches scheduled in a tournament count toward the 36 match limitation, regardless of whether a team actually plays scheduled matches or not.
- Usage of Flags Required for Line Judges:** <http://osaa.org/volleyball/2009/vbMemoFlags2009.pdf>
- Legal Volleyballs:** NFHS Rules will allow for the usage of multi-color volleyballs in 2010. Be reminded that solid white volleyballs are the only legal balls for this season.
- NFHS Volleyball Rules Information:** <http://www.nfhs.org/web/2006/08/volleyball.aspx>