



**TEXAS ASSOCIATION OF INDEPENDENT ATHLETIC
ORGANIZATIONS
(TAIAO)
SUBCHAPTER N
Volleyball Athletic Plan
(July 26, 2019)**

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Except to the extent otherwise provided, the Volleyball Plan is governed by and subject to the General Rules of TAI AO.

PART A - Division Alignment

The Rules in Subchapter J - “Classifications and Districts” also apply to this Subchapter N, Part A.

Section 600 - Biannual Realignment

- A. Prior to the 1st of April of 2016 and each even numbered year thereafter, TAI AO shall review and update Division assignments for all member organizations who were members in good standing in TAI AO as of January 31st.
- B. Within 7 calendar days of publication of the Division assignments any member organization may, as provided in Section 252, request reassignment to a larger or smaller classification.
- C. The Volleyball Committee will respond to all timely filed appeals by the 15th of April.

Section 601 - New Member Organizations

- A. Upon admission to TAI AO, each new member organization shall be assigned to a Division by the Volleyball Committee.

Section 602 - Division Assignment

- A. **Division Assignment.** Division assignment will be determined as follows:
 - 1. **Division 1A** - A Roster Count of 15 players or less.
 - 2. **Division 2A** - Either;
 - a. A Roster Count of 16 players or more; or,
 - b. 7 seasons or more combined player experience in Club/Select play.
 - 3. **First Year Exception.** Division assignment for a member organization’s inaugural season (assuming less than 7 seasons of cumulative player experience in Club/Select Play) will be Division 1A regardless of the Roster Count.

Example 1: Team A has 12 girls; 6 of which have previously or currently play on a select/club volleyball team in the offseason, with the team having a combined select/club participation of 7 seasons or more. Team A would be placed in the higher division (Division 2A).

Example 2: Team B has 15 players; none of which have previously participated or currently participate in select/club volleyball. Team B would then be placed in the lower division (Division 1A).

Example 3: Team C is a new program that has 20 players; none of which have previously participated or currently participate in select/club volleyball. Team C could be classified as Division 1A. This exception is to be made only in first year programs.

B. Roster Data.

1. Each August, every member organization shall forward their Roster Data to the TIAAO Volleyball Committee Chairperson.
2. Roster Data shall include each member organization's expected high school volleyball player count for the upcoming fall season. This head count shall include all expected volleyball players who will participate at the High School level during the current Year of Participation.
3. The Roster Data shall include the number of seasons of Club/Select volleyball experience of each player.
4. All member organizations shall use the TIAAO Roster Form provided by the Volleyball Committee.
5. The Roster Data shall be used to determine the member organization's current Roster Count.
6. Roster Data for any organization applying for membership in TIAAO shall be submitted with its league application.

C. Roster Count. Unless otherwise provided by the Volleyball Committee, the most current Roster Data shall be considered the official Roster Count of each member organization.

Section 603 - Organized Practices, Club/Select Teams and School Club Teams

A. Organized Practices defined.

1. Volleyball organized practice is interpreted to include organized instruction in volleyball formations or individual and/or team skills.
2. The following activities are typical "practice activities" included in organized practices:
 - a. Actual on-court practice
 - b. Sport-specific skill instruction
 - c. Mandatory conditioning
3. The following activities are not considered "practice activities":
 - a. Meetings
 - b. Film Study
 - c. Injury Treatment
 - d. Weight Training
 - e. Water Breaks
 - f. Rest Breaks
 - g. Voluntary Conditioning (may not be coach directed)

B. When Allowed. Except for player participation on Club/Select teams, organized practices are only allowed during Spring Training and the Regular Season (to include post season playoffs).

C. Club/Select and School Club Teams definitions.

1. A Club/Select Team is defined as a volleyball team not sponsored by a member organization which requires tryouts and has no more than 4 players from any one member organization on its team roster.

2. A School Club Team is defined as a member organization sponsored volleyball team which is comprised of players from one or more member organizations.

D. Club/Select and School Club team participation.

1. Players may participate on Club/Select teams during the Off Season and Summer.
2. At no time may players participate on a School Club team outside of the Regular Season and Spring Training.

Section 604 is reserved for expansion.

Section 605 - Official Rosters and Eligibility (See also Section 236 - Eligibility)

- A. All High School volleyball players and coaches, regardless of classification, shall be included on the appropriate team roster in MaxPreps.com.
- B. Rosters can be adjusted until **September 15th** of the current Year of Participation at which time the Roster in MaxPreps becomes the FINAL and Official Roster for the team for the remainder of the season. Players who are temporarily ineligible for academic or other reasons are to be included on the Final Roster.
- C. The Roster information shall include:
 1. For each player
 - a. First and Last Name
 - b. Jersey Number
 - c. Grade Classification
 - d. Date of Birth
 - e. Approximate Height
 2. For each Coach
 - a. First and Last Name
 - b. Coaching assignment/responsibilities

Section 606 is reserved for expansion.

PART B - Off Season, Spring Training & Summer

The Rules in Subchapter K - “General Plan” also apply to this Subchapter N, Part B.

Section 607 - Calendar

- A. The TIAAO calendar for Volleyball, other than the Regular Season, shall be as follows:
 - 1. **Off Season.** From the conclusion of the Regular Season (*See Section 621 below*) through May 31st.
 - 2. **Spring Training.** Beginning no earlier than March 1st and ending no later than May 31st.
 - 3. **Summer.** Beginning June 1st and ending July 31st.

Section 608 - Off Season (*See Section 264 of the General Rules*)

- A. Off Season workouts can be held anytime other than Spring Training or the Regular Season.
- B. Off Season workouts may include accelerated physical education activities, calisthenics, individual skills, strength training and conditioning exercises may be conducted starting no earlier than 6:00 AM and concluding no later than 8:00 PM.
- C. Off Season workouts shall not:
 - 1. Exceed one continuous period of up to but not to exceed 90 minutes per day; and,
 - 2. A total of 300 minutes per week.
- D. Coaches shall make every effort to see that students understand that participation in Off Season activities is strictly voluntary and never required. Participation shall not be a prerequisite for trying out for a volleyball team or getting more playing time.

Section 609 - Member Organization Facilities Use (Off Season) *See Section 262 of the General Rules*

Section 610 - Spring Training

- A. Spring Volleyball Workouts (“Spring Training”) for each member organization shall be an optional activity.
- B. A team shall have:
 - 1. No more than 18 total practice days,
 - 2. Only one practice session per day,
 - 3. No practice which exceeds 3 hours,
 - 4. A maximum of 12 hours per week.

C. Activities

1. Organized practices, may include organized team and individual instruction in volleyball plays, formations or team skills.
2. No contests (matches or scrimmages) with other schools are allowed.
3. No Sunday activities unless authorized by TAIAO.

Section 611 - Summer Activities (See Section 265 of the General Rules)

- A. Summer activities shall be an optional activity.
- B. Summer activities may include accelerated physical education activities, calisthenics, individual skills, strength training and conditioning exercises may be conducted starting no earlier than 6:00 AM and concluding no later than 9:00 PM.
- C. Summer activities shall not:
 1. Exceed 2 hours per day; and,
 2. A total of 8 hours per week.
- D. Coaches shall make every effort to see that students understand that participation in Summer activities is strictly voluntary and never required. Participation shall not be a prerequisite for trying out for a volleyball team or getting more playing time.

Section 612 - Member Organization Facility Use (Summer) See Section 262 of the General Rules

Sections 613 to 620 are reserved for expansion.

PART C - Regular Season

Section 621 - Calendar

- A. The TIAAO calendar for Volleyball for the Regular Season shall be 11 weeks beginning the first Monday in August. Provided however, that Organized Practices may begin August 1st.

Section 622 - Practice Schedules

A. Regular Season Practices.

1. Beginning August 1st and continuing until August 15, a member organization may schedule up to two organized practices per day. From August 15 until the end of Post Season play, only one organized practice per day may be scheduled.
2. The maximum length of an organized practice shall not exceed three hours.

Section 623 - Pre-Season Scrimmages

- A. No member organization shall participate in more than 5 scrimmages.
- B. No scrimmages are allowed after 1st official game has been played.

Section 624 - Regular Season Matches

A. Match Schedule

1. Regular Season matches may begin as early as the 1st Monday of August. The Regular Season will conclude on the Saturday of Week 11.
2. No matches will be scheduled on Sunday.

B. Match Participation Limits.

1. **Season Limits.** The maximum number of regular season matches in which a member organization and player may participate shall be limited as follows:
 - a. 0 Tournaments and 27 matches
 - b. 1 Tournament and 25 matches
 - c. 2 Tournaments and 23 matches
 - d. 3 Tournaments and 21 matches
2. **Weekly Limits.** No member organization or player may schedule or participate in more than 3 varsity matches in one calendar week (Monday through Saturday).
3. **Junior Varsity Participation.** Junior Varsity players may be allowed to dress out for varsity matches as long as it does not exceed the weekly 3 match limits allotted to each player.

PART D - Game Administration

The Rules in Subchapter K - “General Plan” also apply to this Subchapter N, Part D.

Section 625 - Match Rules

- A. All volleyball matches shall be governed by the National Federation of High Schools Volleyball Rules.
- B. Regulation Play - see UIL rules (<https://www.uiltexas.org/volleyball/rules-guidelines>)

Section 626 - Post Match Reporting Requirements

- A. Match Statistics
 - 1. Posting of match statistics (both team and individual statistics) shall be kept current. Statistics must be posted **no later than 1 week following the date the game was played.**
 - 2. The timely entry of statistics will be monitored.
 - 3. Failure to keep statistics current will result in disciplinary action up to and including non-qualification for post-season player honors including State Tournament Play.

Section 627 - Pre- and Post- Game Activities

- A. Prayer Encouraged
 - 1. At each contest between TAI AO member organizations, pre-game and post-game prayer is encouraged (not required).
 - 2. When a TAI AO member organization is playing a non TAI AO School, the TAI AO member organization is encouraged to offer to pray before or after the game with the non TAI AO School.

Section 628 - Tickets & Admissions - Regular Season Matches (See *Section 267.D. of the General Rules*)

Section 629 - Match Officials - Regular Season Matches

- A. All Match officials shall be UIL Certified/TASO Certified and TAI AO approved.
- B. A minimum of 1 official is required. If officials do not show and the visiting coach elects to play the game, the game can proceed without forfeit.

Sections 630 - 640 are reserved for expansion

PART E - Equipment

Section 641 - Equipment

A. Volleyballs

1. All varsity game balls shall be NFHS-approved. These balls are subject to the approval of the match official.
2. Home team will provide match balls unless otherwise agreed by both coaches.
3. Home team is not responsible for provision of pre-game warm-up balls or water to visiting teams.

B. Uniforms and Equipment

1. All uniforms shall adhere to the following:
 - a. Uniform tops with the exception of the libero shall be like-colored and uniform bottoms shall be like colored.
 - b. Uniforms shall be worn as the manufacturer intended.
 - c. Uniforms shall be free of hard and unyielding items (buttons, zippers, snaps, fasteners, etc.).
 - d. A single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on each visible undergarment.
 - e. The school's name, nickname, logo, mascot and/or team member's name are permitted on the uniform top and/or bottom.
 - f. A single partial/whole manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each piece of the uniform provided placement does not interfere with the visibility of the player's number.
 - g. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
 - h. Uniform top:
 1. Bare-midriff tops are not allowed.
 2. The uniform top shall hang below or be tucked into the waistband of the uniform bottom when the player is standing upright.
 3. Any visible garment (t-shirt, body suits and other similar garments) worn underneath the uniform top shall be unadorned and of a single, solid color that is similar in color to the predominant color of the uniform top.
 - i. Like-colored uniform bottom:
 1. Multiple styles of uniform bottoms may be worn by teammates and may include: shorts, spandex, pants or skirts.
 2. A visible undergarment may be worn under the uniform bottom. It shall be unadorned and of a single, solid color similar to the predominant color of the uniform bottom and may extend below the uniform bottom.

- j.** The libero uniform top must clearly contrast from the predominant color(s) of the team uniform top, excluding trim. The libero's uniform top cannot be made solely of the same predominant color(s) of the team's uniform top, even if the like color(s) are placed differently on the uniform top. The number "00" is not allowed.
- k.** Each player, including the libero, shall be identified by a number on the uniform top which is not a duplicate of a teammate's number.
- l.** The number shall be:
 1. Permanent and clearly visible;
 2. Not more than two digits (0-99);
 3. A plain, Arabic numeral of a solid color, where either the body of the number (measuring not less than $\frac{3}{4}$ inch in width at its narrowest point) or the surrounding solid color(s) of trim (a contrasting border not to exceed $\frac{1}{2}$ inch in width at its widest point) is a color that is in sharp contrast to the color of the uniform top. A shadow on part of the number not to exceed $\frac{1}{2}$ inch at its widest point is permitted but shall not be used to make the number clearly visible regardless of color. Beginning July 1, 2023, the body of the number must clearly contrast from the body of the uniform regardless of trim;
 4. Located on the upper front and back of the uniform top;
 5. At least 4 inches tall on the front of the top and at least 6 inches tall on the back of the top; f. Placed so the top of the number on the front of the uniform is no more than 5 inches down from the shoulder seam; or placed so the number is centered no more than 5 inches below the bottom edge of any neckline ribbing, placket or seams on the uniform top.
- m.** If a visible number is worn on the uniform bottom, it shall be the same number as on the uniform top. Appropriate playing shoes shall be worn.
- n.** Removal of any part of the uniform, top or bottom, while in the playing area is unsporting conduct (yellow card for first offense or red card for subsequent offense) and shall be assessed to the coach.
- o.** Home/away game jerseys can be the same jersey.

Sections 642 - 644 are reserved for expansion.

PART F - Post Season Play

Section 645 - Calendar

- A. The TIAAO calendar for Volleyball for Post Season play shall begin with week 12 and continue as determined by the Volleyball Committee on an annual basis.

Section 646 - Practice Schedules

- A. **Post Season Practices.**
 - 1. Beginning with week 12 and continuing until the end of Post Season play, only one Organized Practice per day may be scheduled.
 - 2. The maximum length of an Organized Practice shall not exceed three hours.

Section 647 - Post Season Play

- A. **Minimum Match Requirement.**
 - 1. Member organizations are required to play a minimum of 6 Regular Season matches to qualify for Post Season play.
 - 2. Players are required to participate in a minimum of 6 Regular Season matches to qualify for Post Season play.
- B. **Playoff Selection.** The Volleyball Committee shall be responsible for determination of the member organization teams participating in the playoffs for each Division.
- C. **Post Season Playoff Seeding.**
 - 1. The Volleyball Committee shall be responsible for preparation and seeding of each Divisional Playoff bracket. The brackets shall be prepared after Week 11 results are complete.
 - 2. Each bracket shall be ready for posting by Wednesday of Week 12.

Section 648 - Team Rosters

- A. Team rosters of all playoff-qualifying teams must be submitted to the Volleyball Committee Chairman by Friday of Week 11 to be assured of being included in post season participation. The roster form approved by the TIAAO Volleyball Committee will be the only form acceptable.

Section 649 - State Tournament

- A. **State Tournament.**
 - 1. The format of the TIAAO State Tournament will be determined annually by the Volleyball Committee.

2. The State Tournament shall be played at a “central location” designated by TIAAO.
 3. TIAAO shall manage all game day activities.
- B. Passes.** All match and season passes issued by any member organization are suspended for the State Tournament.
- C. Tickets & Admissions.**
1. TIAAO will use its best efforts to choose playoff locations in a manner to appropriately “size” the location to the expected crowd and to create an admission fee that is reasonable.
 2. The TIAAO Steering Committee, taking into account the venue, the expense of the event, the impact on expected spectator population and the overall TIAAO organizational welfare, shall determine ticket prices for the State Tournament. This policy is consistent with those procedures used by like organizations and is the guidance that will be applicable to all TIAAO activities.
 3. Coaches, players, team trainer, team manager (one per team) and officials are exempt from paying admission.

Sections 650 - 659 are reserved for future expansion.

PART G - Post Season Honors and All Star Games

Section 660 - Player Honors; Eligibility and Statistics

- A. The purpose of awarding Post Season Honors to players is to recognize exceptional talent and performance of an individual player as consistently demonstrated throughout the season.
- B. A player shall have played in at least 6 regular season matches in order to qualify for this recognition.
- C. Statistics for the individual player shall be maintained at the member organization's website in MaxPreps.
 - 1. Individual player statistics must be kept current (*as required in Section 626*) and shall be as accurate as possible.
 - 2. Failure to post statistics as required will disqualify a student from consideration.

Section 661 - All-State Honors

- A. TIAAO Volleyball Honors will recognize All-State honors with a 1st team, 2nd team, and Honorable Mention for each Division.
- B. There may be up to 12 players on each team.
- C. Prior to the end of the State Tournament, the Volleyball Committee Chairman shall convene (in person or by conference call) one meeting for the purpose of determining All-State Honors.
- D. Each All-State player shall be selected by a majority of the head coaches in attendance.

Section 662 - All-Star Matches (*See Section 271 of the General Rules*).

- A. **Player Selection.**
 - 1. Player selections for each All Star game shall be from the players previously named and recognized as 1st Team and 2nd team All-State selections.
 - 2. The teams shall be selected and balanced by the Volleyball Committee to provide fair and competitive play.
- B. **Coach Guidelines.**
 - 1. Each All Star Coach accepting the invitation is expected to fulfill the guidelines provided and make every effort to play each athlete on the roster.

Sections 663 & 664 are reserved for expansion

PART H - Removal from Contest

The Rules in Subchapter I - “Discipline, Protests & Appeals” also apply to this Subchapter N. Part H.

Section 665 - Removal from Contest

- A. Incident Report.** Any coach or player ejected from a contest shall:
1. File an Incident Report with the TAIIO Volleyball Committee Chairman on the TAIIO authorized form.
 - a. The Incident Report is due by noon the second school day following the match.
 2. Provide the opposing team’s head coach with a copy of the filed Incident Report.
 3. Member organizations who fail to properly report an ejection are subject to further sanctions.
- B. Discipline.**
1. The TAIIO Volleyball Committee Chairman shall be free to determine appropriate discipline in addition to the minimum sanctions listed below.
 2. **Minimum Sanctions:**
 - a. **Players**
 - i. Any player ejected from a contest shall be suspended from the next scheduled contest as shown on the schedule submitted prior to the season to the TAIIO Office.
 - ii. Any player ejected from a contest for a 2nd time within the same season shall be suspended from the next 2 contests as shown on the schedule.
 - iii. Any player ejected from a contest for a 3rd time within the same season shall be suspended for the remainder of the season (including post season).
 - b. **Coaches**
 - i. Any coach ejected from a contest shall receive a private reprimand AND shall be suspended from the next scheduled contest as shown on the schedule submitted prior to the season to the TAIIO Office.
 - ii. Any coach ejected from a contest for a 2nd time within the same season shall receive a public reprimand AND shall be suspended from the next 2 contests as shown on the schedule.
 - iii. Any coach ejected from a contest for a 3rd time within the same season shall be suspended for the remainder of the season (including post season).
- C.** If a total of three ejections, coaches and players combined, are received by a member organization during the season, the athletic director and coaching staff of the member organization will be required to meet with the TAIIO Volleyball Committee Chairman.

Section 666 - Dispute with an Official

- A.** A coach or player who deliberately comes into physical contact with, or threatens to harm an official shall receive a minimum five (5) game suspension.

Sections 667 - 680 are reserved for expansion

PART I - Coach Training and Certification Concussions

Section 681 - Coach Training & Certification (*See Section 269 of the General Rules*).

Section 682 - Concussions

- A. In addition to required training, every TIAO head volleyball coach will follow the UIL mandated protocol related to any student who shows signs, symptoms or behaviors associated with a concussion, which include the following:
1. Immediate removal from the contest or practice
 2. May not return to play on the same day
 3. Shall not return until cleared to play by an appropriate health-care professional
 4. Return to Play protocol shall, at a minimum, include the following:
 - a. Day 1 - 24 hours symptom free
 - b. Day 2 - light aerobic exercise; 5 to 10 minutes of light workout
 - c. Day 3 - Moderate aerobic exercise; 15 -20 minutes of running at moderate intensity
 - d. Day 4 - Non-contact training drills; weight training and resistance training permitted
 - e. Day 5 - Full contact practice or training
 - f. Day 6 - Eligible for game play

PART J - Videotaping and Filming

Section 683 - Media, Videotaping and Filming (*See Section 272 of the General Rules*).

PART K - Middle School Volleyball

Rules in Sections 607-612, 622, 625-629, 641, 665-666 also apply to Middle School Volleyball.

Section 684 - Season Calendar

- A. The TIAO calendar for Middle School Pre-Season and Regular Season Volleyball shall be 11 weeks beginning with the first Monday of August. Organized practices may begin August 1st.

Section 685 - Eligibility

- A. Participation in TIAO Middle School volleyball is open to students who:
 - 1. Will reach their 11th birthday no later than September 1st of the current season and will not have reached their 15th birthday earlier than September 1st of the current season; and,
 - 2. Students may have up to four consecutive years of eligibility at the Middle School Level.
 - 3. To the extent allowed by Section 236 of the TIAO General Rules, eighth-graders are eligible to play at the High School level.
- B. A member organization may adopt eligibility rules related to Middle School participation that are more stringent than TIAO rules for eligibility (including academic eligibility).
- C. Questions concerning eligibility shall be referred to the Volleyball Committee for review and a decision.

Section 686 - Matches

- A. A maximum of 23 regular season matches are allowed beginning in Week 1 and ending Week 11.
- B. Member organizations may participate in volleyball tournaments during the regular season. Each tournament will count as 2 matches toward the season maximum.

Section 687 - Game Officials

- A. All match officials shall be UIL Certified, TASO Certified and TIAO approved.
- B. A minimum of 1 certified official must call the match. If the visiting coach elects to play the match without certified officials, the match will count without forfeit; otherwise, a scrimmage can be played.

Section 688 - Post Season

- A. The format of the Post Season for TIAO Middle School programs will be

determined annually by the Volleyball Committee. The tournament shall be scheduled and coordinated by the TAI AO Volleyball Committee.

- B.** Seeding for each Division shall be done by the Volleyball Committee based on the following, in this order:
1. Win-Loss record
 2. Head to Head competition (if applicable)
 3. Common Opponents (if applicable)
 4. Coaches agreement