



Roman Catholic

Dioocese — of — Tucson

SPIRIT PROGRAM

Sportsmanship, Peace, Involvement, Respect, Integrity, Teamwork

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(Roughly two hours total)

Standard Operating Procedure for Coaches

Coaches are guardians and role models. They are called to treat each player with respect and care. Whether paid or volunteer, coaches are expected to maintain professional relationships with players on-duty and off.

- All coaches are considered high-responsibility personnel and must comply with Safe Environment Program policies regarding criminal history checks, safe environment education, and healthy professional boundaries.
- The role of coaches carries with it considerable position power. Players need the expertise of the coach to improve and rely on the approval and support of the coach for reassurance and motivation. Coaches, therefore, must respect the limitations characteristic of professional or ministerial relationships to avoid even unconscious manipulation of players or other abuses of power.
- Emotional closeness is inevitable, but coaches must avoid assuming a parental role with any player, which may create an excessive emotional attachment for both parties.
- Attraction between adults and minors is possible, and caution should be maintained in all interactions. The parish/school administration should be informed immediately if such an attraction exists. Dating between a coach and a minor is inappropriate and unethical. Sexual relationships between a coach and a minor are not only unethical but also unlawful.
- Physical closeness is inevitable, but coaches must avoid touching except in public situations and then primarily for instructional reasons and in a manner that does not allow for misinterpretation.
- Coaches are to engage in games or practice activities with minors only in the presence of other adults, or in a place openly accessible/visible to others.
- When a coach is alone in a room with a minor, the door must be open, or there must be clear visibility through windows.
- Coaches may not have any minors in their homes without the knowledge of the minor's parent or guardian and at least one other adult present, the other adult also being credentialed as a high-responsibility employee or volunteer with knowledge of these guidelines.
- Coaches will ensure that players are properly supervised at all times, thus providing a safe environment. Coaches commit to prevention of any form of exploitation of players by others and harassment or bullying among peers.
- When coaches are supervising minors or young adults at school-sponsored athletic events, they may not be under the influence of alcohol, may not consume alcohol in the presence of persons under age 21, and may not offer alcohol to them.
- Electronic and other communications with minors (e.g., notes, letters, e-mail and Internet exchanges, telephone calls) must be for professional reasons only, conducted in such a way that the parent of the player is included, and carried out in conformity with the [Guidelines for the Pastoral Use of Technology](#).

- Sexual jokes, slang or innuendo are always inappropriate when interacting with minors. Discussions including sexual content are appropriate only in an educational context and never within the context of a sports event or practice.
- Coaches will respect confidential information concerning players or confidential information of a personal nature shared by a player. There is, however, an essential difference between privacy and secrecy. If a player shares confidential information that could pose a threat to the minor or to others, the coach has an obligation to notify the proper authorities.
- Coaches may not transport minors unless it is to or from a school-sponsored sports activity and then never in such a manner as to allow the coach to be alone with a minor at any stage of the journey. Transporting minors requires written parental permission.
- The school administration must approve any use of personal vehicles and all drivers must be at least 21 years of age and credentialed as high-responsibility personnel through the parish/school, with verification of valid license and insurance. Coaches should have on file all permission slips for each sports season. [Refer to the Guidelines Concerning Supervision of Minors on Parish and School Trips & Other Outings.]
- Parent/guardian written permission is required for the publication of a picture of a minor.
- If any circumstance leads to a reasonable suspicion that a player has been or is being abused, coaches must make a report to law enforcement immediately. In the face of non-criminal violations of the Code of Conduct or these guidelines, a report must be made to the Pastor, Principal or immediate supervisor.
- No minor may be permitted to serve as a coach without an adult supervisor present at all times. Adult supervisors must maintain the same boundaries with youth coaches as they do with youth athletes. Youth coaches must maintain the same boundaries with youth athletes as they do with the adult coaches.

Coaches' Responsibilities

- The main expectation for coaches in our league is to encourage good sportsmanship and correct any inappropriate displays of poor sportsmanship from athletes, parents, and spectators.
- Coaches should focus on teaching basic skills and fundamentals at each appropriate level. The excitement that comes from winning a game should not be downplayed but should not be put as the first priority.
- Coaches must prepare the home court by 4pm game time and supply the following:
 - Game ball
 - Equipment
 - Competent scorekeepers as per general rules- may not be an athlete
 - Score book
 - Score board
 - Seating facilities for teams
 - Water availability
 - Officials' facility
 - Uniforms for home athletes
- When traveling to Away games: Coaches need to leave with ample time to start the game by 4pm. If running late, the coach needs to contact the school to inform them of the team's tardiness. Coaches need to bring with them all their necessary equipment as well as the athletes' emergency treatment forms and a well-stocked first aid kit. If teams arrive after the 4:15pm deadline, then a forfeit will occur, however, the home team may choose to play the game as a scrimmage and accept the automatic win.
- Coaches need to be prepared to submit a roster to the opposing coach and the official at the beginning of the game.
- Coaches and AD are required to provide officials for Junior Varsity games:
 - An official for home junior varsity volleyball games
 - An official at every junior varsity basketball game, both home and away.
 - Officials must have a whistle in order to ref a game and should have the basic knowledge of the sport so they can make reasonable calls. Remember, the majority of our jv officials are parent volunteers so there does need to be some leniency with the accuracy of calls/fouls. Coaches and ADs should be prepared to help the volunteer ref with any questions they might have.
 - If a coach cannot find a volunteer to ref the game, then either the coach or AD must ref.

- NOTE: If there is only one official (or two officials from the same school), the team having NO OFFICIAL will forfeit. NO scrimmage or game will be allowed.
- Coaches must follow the playing time rules at every game and scrimmage.
- Chain of Command= Coaches need to first contact their Athletic Director regarding any concerns or issues. The Athletic Director is in charge of the school's sports program and communicates with the school Principal (or designee) and Diocesan Youth Sports Director frequently. If the AD does not handle the issue/concern within a reasonable amount of time, then the coach may contact the school Principal (or designee). Principals (or designees), ADs, and the Director communicate frequently.
- Coaches must attend all mandatory meetings and trainings. The consequence for not attending a mandatory meeting is a fine of \$30. Any coach that does not attend mandatory trainings will have their coaching privileges revoked.
- Coaches need to enforce the uniform policy at all times.

Uniform Dress Code

- All athletes **MUST** be in legal uniform in order to compete. Any player not in uniform will not be allowed to participate in the game until the issue is resolved. This includes incorrect jersey, shorts, socks, shoes, jewelry, etc.
- All players on a team will wear like-colored uniforms and must have a number on the uniform to identify each player. The number needs to be on both the front and the back of the shirt. Athletes on the same team may not have duplicate jersey numbers. Jerseys must be tucked in for game play.
- Undershirts are allowed but must be solid white and not visible underneath the jersey.
- Compression sleeves and compression pants that extend below the uniform shorts are not allowed without a doctor's note.
- Long-sleeved undershirts must be either solid black or white color only and may only be worn outdoors. They may **NOT** be worn inside a gymnasium.
- Uniform shorts that include advertising or a partial/whole manufacturer's logo or trademark that exceeds 1 ½ inches high by 1-½ inches wide, or appears more than once on each piece of the uniform are illegal. Shorts must also be of a solid color and may not include stripes or additional designs. They cannot sag and need to be of an appropriate length. Undergarments must not show.

- Any excessive face make-up, including face paint and eye black, will not be permitted. Any type of jewelry will not be permitted during games including stud earrings, necklaces, bracelets, anklets, etc. Hard hair clips and headbands will not be allowed during games; however, soft hair accessories are permitted. Exceptions will not be made during tournaments or to show support of a cause.
- Individual athletes **MUST** wear matching socks of a solid white color only; no higher than the knee and no lower than the ankle.
- Knee pads are highly recommended for volleyball athletes but are not required. They are also allowed during basketball. Knee pads must be either solid white or black only.
- In case of cold weather, coaches are to use their best judgment and if necessary allow the athlete to also wear sweats as a means to stay warm. The sweats may or may not be of a color matching the uniform. This does not excuse the athlete from being in legal uniform, nor does it apply to indoor games. The jersey is to be worn outside of the sweatshirt to allow all parties to identify all players at all times. Sweatpants must be solid black or gray and may not consist of any logos, stripes, or decals. Sweatpants can be worn either inside or outside the shorts. Bike shorts, tights, turtlenecks, T-shirts are not appropriate attire for warmth.
- Coaches must perform a uniform check at the beginning of each game/match. If an athlete is not in proper uniform, the player will not be allowed to play until the issue is resolved. If several members are not in proper uniform, this may result in a forfeit of the game.
 - NOTE: Athletes will be given a one-week grace period to correct any uniform violations. After the first week of games, athletes will then be benched until the issue is corrected.

General Rules

- Coaches may promote any volleyball or basketball player from the junior varsity to varsity level. The athlete will be allowed to participate in two varsity games; however, after the third time, they will become ineligible to participate with the junior varsity for the remainder of the season.
- Junior varsity athletes may also play in both the JV and Varsity tournament but may not play on multiple teams within the JV tournament (meaning they cannot play on the JVA and JVB team).
- Scoring: The home team will provide an official game ball and official scorekeeper for JV games and Varsity volleyball. Whenever a discrepancy occurs in the score, the home score keeper's score will be considered official and correct. Regarding Varsity sports, the score book will be considered official and correct over the scoreboard.

- The scorekeeper in JV basketball MUST keep track of personal and team fouls. The scorekeeper must be an adult or supervised by an adult and may not be an athlete from either of the teams who are playing.
- The Diocesan Youth Sports Director will supply an official for all Varsity basketball and volleyball games (not scrimmages).
- Calls: Judgment calls by officials are not subject to protest however coaches may “challenge” a call by asking the official to explain their call. Officials have the right to enforce a “re-do” or to reverse a call. Officials also have the right to not recognize a challenge.
- Rule interpretations may be protested only if it has an effect on who wins or loses a game. If a protest is made, it is made verbally to the official and opposing coach involved immediately. Next, the protest must be put in writing. Rules for written protocols can be found in the handbook.
 - NOTE: All protests must be made verbally at the time of the incident or it will not be considered.
- The Diocesan Youth Sports Director(s) has the authority to stop any contest in the event of unsportsmanlike behavior and/or if other criterions are not being met. Athletic Directors have the right to stop any weekday game due to the same concerns.

Academic, behavioral eligibility and valid physicals

- Students will provide the following information to the school office before they will be allowed to participate or compete in the sports program:
 - Birth certificate
 - Emergency treatment form
 - Current physical examination and health information (physicals which are more than 12 months old at any time during the season are not acceptable)
 - Signed parental permission forms for participation and field trips.
 - Sports participation fees when required
 - Proof of academic eligibility
 - Signed statement by both parent and student of “Athletic Code of Conduct”
- The Principals of each school will determine academic eligibility. This includes probationary involvement and disciplinary measures. Every school has their own academic/behavioral eligibility policies and it is important for the coach to abide by them.
- Athletes must be in compliance with the uniform policy in order to compete in an official game/match.

Cancellation Rules/Weather

- Changes to the Varsity schedule will be made only at the discretion of the Diocesan Youth Sports Director(s). Requests to move a Varsity volleyball game must be made to the Director by the Athletic Director in a timely manner in order to reserve an official.
- In the case of a school conflict, games must be cancelled by 4pm the day prior to the scheduled game in order to avoid a forfeit. Any volleyball game cancelled after the 4pm deadline will result in a \$35 fine to the school who cancelled; \$70 for basketball games (deadline is Thursday prior to game).
- In the case of weather, weekday games must be cancelled between 12pm-2pm in order to avoid a forfeit and a penalty of \$35. The Athletic Directors of both schools must agree on the game cancellation, then the AD of the home school must notify the Diocesan Youth Sports Director in order to cancel the official. However, if the weather becomes a concern after the deadline, then the schools must cancel immediately in order to avoid any penalty. Remember, that not all games need to be cancelled due to weather- many of our schools have indoor facilities.
- The starting time for all weekday varsity and junior varsity games will be at 4:00 PM. A varsity game shall not start later than 4:15 PM. For JV, where multiple teams are playing, the first game of the day will be at 4:00 PM and shall not start later than 4:15 PM. Teams failing to field the required number of players, or not have facilities ready by 4:15 PM, will forfeit the game and be fined \$35 per offense.
- Athletic Directors have the ability to rearrange their JV schedules at their will as long as the opposing school agrees to the new game date. JV games need to be respected like Varsity games and cannot be rescheduled or cancelled past the 4pm deadline the day prior unless due to an emergency.
- Athletic Directors may also schedule JV games back-to-back in the case that the home facility only has access to one court. In this case, coaches/parents/athletes need to be informed that their game will take place at a later time.

Playing Time Rules and Consequences

- Playing time at the Junior Varsity level:
 - Playing time must be as close to equal as possible throughout both the season and tournament regardless of the size of the team. Equal playing time will look different for every team, for every game.

- Playing time at the Varsity level:
 - During season, minimum playing time per athlete must be as close to 25% as possible. Basketball coaches must follow the first and second quarter substitution rule at every season game:
 - Coaches must split their team in half before the start of the game. Half the players will rotate during the first quarter and the other half will sit out the entire quarter. The players will all switch for the second quarter allowing every athlete to play and sit out for an entire quarter. Playing time during the second half of the game will be left at the discretion of the coach however each athlete must sit and play during the second half.
 - b. In the event that a team has fewer than ten athletes and is not able to split their team equally, the opposing coach has the right to choose which athletes will sit out during the second quarter. However, the opposing coach also has the right to decline this decision in which case the decision would then be made by the home team's head coach. To make their choice known, the two head coaches will meet at the score table in between the first and second quarters to discuss their decision in confidentiality. The home head coach will then inform their own team of the decision which was made during the meeting.
 - If a coach chooses to not follow the playing time rules of the handbook, the following actions will occur:
 - The Youth Sports League Director will address the AD or rep present at the game who is then expected to confront their coach and resolve the issue. If a representative is not present at the game, then the Director will address the coach directly.
 - If the behavior continues or happens a second time, the then coach will be removed from the game immediately and will serve a suspension the following weekend (could be up to two games if scheduled both Saturday and Sunday).
 - If a third occurrence should happen, then the coach will be removed from the game and will no longer be permitted to coach for the duration of the season.
 - ****It makes no difference if the actions of the coach occur during a regular game or during tournament OR if the consequence should fall on a tournament date. All rules and consequences shall still apply.**

Sportsmanship Rules and Consequences

- Sportsmanship is the “name of the game”. Any flagrant display of temper, utterance of unacceptable language, etc. will not be allowed and the offender will be ejected from the game/match. All players, coaches, parents, spectators, and athletes MUST follow the Diocesan Youth Sports Code of Conduct.
- If a player, coach or fan is ejected from a game/match they will serve a one-game suspension; a second violation earns the offender expulsion from the sport. Parents/guardians are responsible for their behavior and are subject to the same consequences as athletes and coaches.
- Distracting another athlete by yelling “ball” in their face, shouting when they are shooting a free-throw or setting up for a serve, etc. is considered harassment of an athlete and will not be allowed. This is considered unsportsmanlike behavior and the offender will be warned, then removed from the game. This will be discussed more in the sports specific training.
- Displays of poor sportsmanship from athletes will be addressed with the Principal (or designee) and additional consequences may occur.

Parent Behavior

- Parents are valuable to our program. Their input and concerns should be listened to and respected but they must also follow the rules outlined in the handbook.
- Athletic Directors are responsible of informing parents of their expectations at either a season meeting or training. They should also set boundaries with parents at this time.
- Parents are expected to:
 - Respect the League Directors, School Athletic Directors, Coaches, and Officials at all times.
 - Respect the decisions made by the Officials, remembering that this is a teaching league and that winning is not the top priority- true sportsmanship outweighs winning. (Reminder that the officials at the junior varsity level are **volunteers**.)
 - Follow the chain-of-command for my school if I have any concerns or questions: Addressing the coach, then AD, then Principal (or designee) (or if at a game/tournament, the League Director).
 - Let the coaches coach and the children play.
 - Act appropriately on the sidelines by cheering for both teams.
 - Refrain from using any signs, noise makers, or negative cheers during games and tournaments.

- Help my athlete to arrive at games on time.
- Make sure my athlete is wearing the required sports uniform.

Coaching as Ministry

- Ministry is a major component of our sports program. As a Catholic league, we have certain expectations that must be met, the main one being examples of Christ. Ministry can be shown in many ways, whether you are religious or not. The first example we set is starting every game/tournament/meet with prayer. This “sets the stage” for the day and helps to remind all participants/spectators of what truly matters, God. The hope is that we do not just say a prayer and then play in a disrespectful way but instead we keep this prayer close to our heart during competition and make good choices in sportsmanship and respect.
- Ministry is displayed in many other ways: through counseling athletes, teaching forgiveness, showing respect to others, lending a helping hand, etc. Coaches have an opportunity to act as ministers to our athletes by teaching them how to be Christ-like on the courts. Coaches should take time to teach athletes how to speak to others, how to resolve conflicts, how to play fair, how to listen to others, etc.

Tournaments

- Varsity Tournaments:
 - Varsity tournaments are held on weekends at one of our indoor facilities. Each tournament takes two days to complete (Saturday and Sunday).
 - Each sport shall begin with a mandatory coaches’ meeting.
 - Each team must have at least one rep present at this meeting or will be fined \$30.
 - Coaches are required to complete their assigned duties at all tournaments which includes keeping score at games, supervising athletes, helping to set up/clean up, etc.
 - During the regular season, games are played to determine a season champion. The team with the best record is the season winner and is the #1 seed for the tournament. Ties will be broken by head-to-head results of regular season competition. If both teams are still tied, they will be declared regular season champions. A coin toss will determine placement for first and second seed.
 - The format for the tournament will be double elimination for places. This is not a “true” double-elimination tournament since once you lose a game you can no longer win your way back to compete in the championship game.
 - The championship game will take place on a Sunday afternoon, volleyball first, then basketball.

- Junior Varsity Tournaments:
 - Tournaments are held at one of our indoor facilities and takes two days to complete (Volleyball on Saturday/ Basketball on Sunday).
 - Each bracket will begin with a mandatory coaches' meeting.
 - Again, each team must have one rep present at the meeting or will be fined \$30.
 - Coaches are required to attend the entire tournament for their bracket and may be asked to officiate or keep score if necessary.
 - Prior to the tournament a seed meeting will be held by the Director and ADs of each school. Athletic Directors of each school have the responsibility of placing teams in the proper division to insure the fairest of competition. The choices made by the ADs are final and are not open to discussion by coaches or parents. However, Principals (or designee) always have the right to overrule the decision made by the AD.
 - There will be no formal champion for the junior varsity tournaments and no trophies or awards will be given. Schools have the right to celebrate the JV season in any way they choose to.

General Basketball Rules **(to be reviewed at the sports specific training)**

- In order to begin a game, a team must have at least five basketball players. If the team cannot supply the required number of players, a forfeit will occur. There is a ten-minute grace period after the start of the game to supply the required number of players. 6
- Only coaches who are listed on the official team roster which is submitted by the Athletic Director or Principal (or designee) will be allowed to sit on the team bench during games. In addition, only the head coach is allowed to approach the official or make any complaints regarding a questionable call.
- The official rules that govern the Diocesan Basketball Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports Program:
 1. Regular season varsity contests have four (4) six-minute quarters with a three-minute halftime. An overtime period will be three (3) minutes beginning with a jump ball.
 2. Regular season junior varsity contests will have four (4) eight-minute quarters with running time, except for the last two minutes of each half. An overtime period, beginning with a jump ball, will consist of one (1) four-minute period of running time with the clock stopping the last minute of the overtime period. The 2nd overtime period will be a “sudden-death” format with no clock running and the first team to score will be declared the winner.
 3. Junior varsity season games are played opposite the volleyball site. Games are played outdoors, weekdays, after school beginning at 4:00 PM at the various school campuses. Varsity regular season games are usually on weekends at an indoor facility (as much as possible).
 4. In the event that players on the bench, coaches, or spectators become unruly or interfere with the orderly progress of the game, the official shall caution the offending team and suspend the game until such time as the game can proceed in an orderly manner. Repeated offenses may result in a technical foul being assessed to the coach. *See NFHS Rulebook.*
 5. *****NOTE: Only the head coach may stand during the game and that is only in the confines of a coaching box. If a coach receives a technical foul during the game, he must remain seated for the duration of the game (Seat Belt Rule).**
 6. **Junior Varsity Rule:** Pressing during any junior varsity game is allowed only during the final two minutes of each half. If an offending team causes the opponent to lose control or possession while in the backcourt, play should be stopped, the ball returned to the offense, and the defensive team

warned. Intentionally pressing or repeated accidental pressing will result in a technical foul for unsportsmanlike behavior.

7. **Full-court Press Rule:** Full court press is prohibited after a 15-point lead in any basketball game. It is also expected that the coach will discourage the running up of scores and as encourage athletes to pass the ball around more, sub starting players, etc. in order to keep the game competitive yet fair. This rule applies to both junior varsity and varsity games.
8. Language to intimidate, confuse, or harass the opponent is illegal. The penalty will be unsportsmanlike conduct that results in a technical foul. The offender will sit out the remainder of the game, or be asked to leave the facility. This includes but is not limited to:
 - a) Comments directed at the player to get them to panic such as, after they pick up the dribble, as they are about to cross mid-court, or as they attempt to throw the ball in-bounds.
 - b) Disconcerting comments made while a player is on the line to attempt a free throw.
8. A technical foul may also be given for the following reasons:
 - a) Use of inappropriate language
 - b) Display of disrespectful behavior towards officials
9. If a game is suspended due to rain or other unforeseen circumstances, the following guidelines will be used:
 - a) If the first half or less has been completed when the game is called, the game does not count.
 - b) If any of the second half is played when the game is called, then the score of the game stand as complete.
10. Cheers must be quick and not excessive or meant to embarrass or demean the opposing team.
11. In accordance with Diocesan playing time rules, equal playing time at the junior varsity level is mandatory. Coaches are required to give varsity athletes 25% playing time throughout the season while also following the quarter substitution rule. Rules may change for the tournament.

****Basketball Quarter Substitution Rule (to be followed during the regular season only, but is encouraged during the tournament):**

- a) Coaches must split their team in half before the start of the game. Half the players will rotate during the first quarter and the other half will sit out the entire first quarter. The players will all switch for the second quarter allowing every athlete to play and sit out for an entire quarter. Playing time during the second half of the game will be left at the discretion of the coach however each starting athlete must sit at some point during the second half. ****Exceptions:** athletes may be substituted due to injuries or foul trouble.
- b) In the event that a team has fewer than ten athletes and is not able to split their team equally, the opposing coach has the right to choose

which athletes will sit out for the first half of the second quarter. Substitutions can be made halfway through the quarter in order to abide by the rule that no athlete can play an entire half. However, the opposing coach also has the right to decline this decision in which case the decision would then be made by the home team's head coach. To make their choice known, the two head coaches will meet at the score table in between the first and second quarters to discuss their decision in confidentiality. The home head coach will then inform their own team of the decision which was made during the meeting.

- c) **No athlete is allowed to play an entire half without a substitution if the number of athletes on the team allow for substitutions to be made. An exception will occur for volleyball teams with a total of six (6) players and basketball teams with a total of five (5) players.**

General Volleyball Rules **(to be reviewed at the sports specific training)**

- In order to begin a match, a team must have at least six volleyball players. If the team cannot supply the required number of players, a forfeit will occur. Volleyball matches are held during the week with a 4pm start time and 4:15pm forfeit time.
- Only coaches who are listed on the official team roster which is submitted by the Athletic Director or Principal (or designee) will be allowed to sit on the team bench during a match. In addition, only the head coach is allowed to approach the official or make any complaints regarding a questionable call.
- The official rules that govern the Diocesan Volleyball Program are those published by the NFHS Association. The following are exceptions and/or guidelines followed in the Diocesan Youth Sports Program:
 1. Setting is allowed when receiving the serve.
 2. No lines persons shall be used at any outdoor or regular contest. However, the use of lines persons during tournament play shall be left to the discretion of the official of that match. In the championship contest of the varsity match, a lines official will be used.
 3. The home team will select its team bench. For all matches, there will be a coin toss to start the match. The coin toss should occur at least five (5) minutes before the match time. The visiting captain shall call the toss. The winner shall choose either to serve/receive or choose their side. The loser of the toss shall be given the remaining choice.
 - If there is a third set, the home captain shall call the coin toss. The winner shall choose to serve/receive playing area. The loser of the toss shall be given the remaining choice. *****Three sets are mandatory during both the junior varsity and varsity seasons. Rules may change for the tournament.**
 - In the event of a third set, the team will change sides when one team reaches half of the total points necessary (this applies only to outdoor games).
 4. Varsity and junior varsity regular season matches are played at the same site. The junior varsity matches either follow the varsity matches or are played simultaneously if resources allow. The matches are played outdoors, weekdays, and after school with a start time of 4:00 PM at the various school campuses.
 5. *****NOTE: Only the head coach may stand during the match but is not allowed on the court.**
 6. In the event that a player on the bench, coach, or spectator becomes unruly or interfering with the orderly progress of the game, the official shall caution the offending team (yellow card) and suspend the match until such

time as the match can proceed in an orderly manner. Failure to do so in a reasonable amount of time shall result in the opposing team gaining an additional point. See *NFHS Rulebook*.

7. The volleyball format is rally scoring. The matches will be best of three sets. Each set is played to 25 with the third and deciding set to 15, with a 2-point victory margin. Sets are capped at 27, with no cap in a third set.
8. If a match is suspended due to rain or other unforeseen circumstance, the following guidelines will be used to determine if the match is official.
 - a) Two (2) sets must be completed.
 - b) If during the third set the match is suspended, the team that has scored at least eight points will be declared the winner and the match will count as a completed match. (2 - point victory margin is waived in this case).
 - c) If neither team has scored 8 points or if the set is tied at 8 points, revert back to sets 1 and 2, add all points, plus total points scored in the third set. The highest total points scored will be the winner.
9. Cheers must be quick and not excessive or meant to embarrass or demean the opposing team.
10. In accordance with Diocesan playing time rules, equal playing time at the junior varsity level is mandatory. Coaches are required to give varsity athletes 25% playing time throughout the season while considering standard substitution rules.