



Girls Volleyball Handbook Fall 2026



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SECTION VIII COMMITTEE

Name	School	Conference	Class
Cathleen Morra	Section 8 Coordinator		
Mary Parisi	Valley Stream North	A2	A
Terry Ianniello	Elmont	A2	A
Jen Iles	Oyster Bay	B	B
Stephanie Calzetta	Valley Stream South	A1	A
Lisa Christainsen	Syosset	AAA2	AAA
Marie Savage	Seaford	A1	A
Danish Nadeem	Malverne	B	B
Colin Fratrack	Plainedge	A2	A
Nick Sepe	Great Neck South	AA2	AA
Raph Chong	Carle Place	B	B
Dan Splendore	Uniondale	AAA2	AAA
Peter Bechhoff	Division	AA1	AA
Steve Mariano	South Side	A1	A
Hyunah Park	Mineola	A2	A
Dan O'Shea	Wantagh	A2	A
Tuan Nyugen	Baldwin	AA2	AA
Anne DiPrima	Bethpage	AA3	AA
Amanda Delgiaco	Massapequa	AAA2	AAA
Dani Bleiweiss	North Shore	A1	A
David Gilroy	Port Washington	AAA1	AAA
Liz Roberts	Manhasset	AA2	AA

Click this link for the coaches contact info:

HIGH SCHOOL SPORTS STANDARDS FOR INTERSCHOOL COMPETITION

SPORT	# of practices for Student-Athletes to Represent their school (Feb. 2019)	TEAM AND INDIVIDUAL MAX NO. CONTESTS	MINIMUM TIME BETWEEN CONTESTS	INDIVIDUAL LIMITATION S PER DAY	RULES
VOLLEYBALL	6	Varsity 20 JV 19	1 NIGHT	TOURNAMENT 15 GAMES 2 MATCHES/DAY	NCAA - GIRLS

Required Number of Practices for the team/individual prior to scrimmage/contest: 6

Pre-Season Meeting: August 24th, 2026 7pm BOCES (71 Clinton Rd, Garden City)

Start Date: August 24, 2026

1st Scrimmage or contest August 31, 2026

All matches must be completed by October 24th, 2026

End of Season Meeting:

October 26th, 2026 6pm location TBD

Rules: link to NCAA Women's Volleyball Rule Book order form:

<https://ncaapublications.com/products/ncaa-2026-27-womens-rules-book>

Rules Interpreter presentation:

Fall 2026 Scheduling – 1-Year Pilot Program

The Fall 2026 season will be a one-year pilot program featuring home with Varsity and JV paired opposite each other.

- If Varsity is HOME, then JV will be AWAY (and vice versa)
- Both matches will be scheduled for a 5:00 PM start time
- JV will now be best of 5

Additionally, with this one-year pilot in place, all JV matches must be played regardless of the officials' situation.

This means that if a JV match is scheduled and there are no officials assigned, the teams are still obligated to play the match as scheduled, as-is.

[Scoring Method](#)

[Taking stats simplified](#)

Reporting Scores:

At the end of every match both coaches should text or email Cathleen Dnyprowsky the outcome- who played, who won, how many sets. Cell 516-318-6721 OR email cdnyprowsky@greatneck.k12.ny.us

You will be able to view scores here: [Scores and Standings 2026](#)

You should also report scores to Newsday. The instructions are below:

[Newsday Reporting Scores](#)

Please submit match scores to newsday.com/coach. Scores cannot be included in our high school scoreboard or round-up without this, nor can our records be accurate without it. If any coaches, new or old, need assistance in going through this process, please contact me, with the method to do so below. You can also call in scores to our office line, 631-843-2820. Someone should be available to answer calls every afternoon, excluding Sundays, until 9 p.m.

If you have any questions, please feel free to reach out to Christopher Matias by phone at (646) 361-5146 or email at christopher.matias@newsday.com Feel free to text, call or email.

Rating officials: [Rating Officials information](#)

Section VIII Girls Volleyball enrollment 2026

Classification	Number of Teams	Playoff Bracket

AAA	13	8
AA	21	12
A	14	8
B	9	6
C	1	1*

*must finish with a .500 or better record in conference play

Maximum number of contests Varsity 20, JV 19

Conference Alignment:

All conferences were “snaked” for equal ability

Class AAA 13 teams, 8 team playoff bracket

C 1 team, must finish .500 to represent Section VIII

- Equal Skilled Conferences - Snaked off of Rankings from Conference Alignment Meeting
- Play everyone in your conference home and away for 12 conference matches
- Top 4 AAA teams from each conference qualify for playoffs

Class AA 21 teams, 12 team playoff bracket

- Equal Skilled Conferences - Snaked off of Rankings from Conference Alignment Meeting
- Play everyone in your conference home and away for 12 conference matches
- Top 4 teams from each conference qualify for playoffs

Class A 14 teams, 8 team playoff bracket

- Equal Skilled Conferences - Snaked off of Rankings from Conference Alignment Meeting
- Play everyone in your conference home and away for 12 conference matches
- Top 4 teams from each conference qualify for playoffs

Class B 9 teams

- 1 conference
- Play everyone in the conference home and away for 16 conference matches
- Top 6 teams qualify for playoffs

Conferences 2026

Playoffs 2026

Brackets 2026

All league matches must be played and will count toward playoff qualification.

All Classifications Playoff Qualifications are determined by Conference Season Record Tie Breakers:

The TOP finishers in each Division will be determined by:

1. Conference Season Record
2. Head-to-Head Results (match) among tied teams
3. Set Differential
4. The number of sets won against the teams who finished ahead in the conference
5. Play-In game for last seeded spot if all above is tied. If tied for seeding, no game will be played, committee decision.

Prolonged Interruptions

If circumstances delay the completion of a match (bad weather, equipment failure, etc.), the results at the time of the interruption will remain the same,

and the match resumes under the same conditions, if possible. The score at the time of interruption, results of completed sets, etc., are retained. A conference may opt to establish rules to cover situations in which a prolonged interruption prevents a match

from being concluded and still consider the match a completed contest. If no such action is taken by the conference, the result is recorded as a no-contest for both teams.

SECTION VIII PLAYOFF POLICY

The following formula would be used to establish the number of teams that would qualify for “Post seasons play” based upon the total number of teams in each classification. The same formula would be used by sports that do not use classifications. The purpose of these changes is to create an equitable and fair number of teams that make the playoffs for each classification.

***1 team - Class representative for Section VIII to New York State**

Regional games

2 teams - 2 team bracket

*****3 or 4 teams - 3 or 4 team bracket**

5-8 teams - 4 team bracket

9-11 teams - 6 team bracket

12-16 teams - 8 team bracket

17-20 teams - 10 team bracket

21-24 teams - 12 team bracket

25-28 teams - 14 team bracket

29-32 teams - 16 team bracket

33-36 teams -18 team bracket

37-40 teams - 20 team bracket

This would allow for a minimum of 50% of the teams/schools that offer a specific varsity sport to qualify for post-season play.

***1 Team**

See revision #1 of Section VIII Team Playoff Policy.

****3 or 4 teams**

The recommendation for a semi-final game should come from the sports committee of that specific sport (as per revision #3 of Section VIII Team Policy.

Match Protocol

- Have someone welcome the visiting team upon entry to your "home" and show them where the bathroom is, etc.
 - **The home school is responsible for providing a certified or competent score keeper and a Libero tracker.**
 - Line judges should be trained and ready for the match
 - Game time is the actual scheduled match play time. Officials will call for captains 13 minutes prior to scheduled game time and begin the formal 12 minute (full court for 6 minutes for each team) pre-game warm-up. Teams will have 15 minutes to warm up prior to this.
 - Teams will switch sides/benches between sets, shake hands, etc.
-
- Coaches **MUST** report the results to
 - [Newsday](#)
 - Cathleen text (516) 318-6721

Regional Play offs PRE MATCH PROTOCOL FOR VOLLEYBALL

23 minutes on the clock. For play-offs time will be 30 minutes on the clock

Officials meet with team representatives and will signal when to start clock for warm up.

Start clock after coin toss

23-19	4 minutes shared time (whistles will be 19:15 and 19)
19-15	Visiting team exclusive court use (whistles will be 15:15 and 15)
15-11	Home team exclusive court use (whistles will be at 11:15 and 11)
11-6	Visiting team exclusive court use (whistles at 6:15 and 6)
6-1	Home team exclusive court use (whistles at 1:15 and 1)
1-0	pick-up volleyballs and team huddle

For play-offs

Match Begins after National Anthem and Team Introductions

The official post-match “Awards Ceremony” should consist of: Team members line up on 10’ line. Award and announce the Runner up team and present certificates and trophy (if one is to be given) and then award and announce the Championship team and present certificates and trophy.

Fall 2026 GIRLS' VOLLEYBALL CHAMPIONSHIP

Tournament Rules, Regulations and Guidelines:

QUALIFICATIONS:

As noted on pages containing conference alignments

WITHDRAWAL:

If a school withdraws after the tournament brackets are determined, or while the tournament is in progress, the opposing team will receive a bye and automatically advance to the next round.

All league matches must be completed by October 24th

[Conferences 2026](#)

[Playoffs 2026](#)

[Brackets 2026](#)

Announcement Script

Good afternoon and welcome to _____ for today's Nassau County Class ?
Semi-Final match between

The Visiting Team Name and Mascot
and
The Home Team Name and Mascot

This tournament championship is sponsored by the Nassau County Athletic Association and the New York State Public High School Athletic Association.

The Nassau County Athletic Association recommends that the following regulations be observed:

1. The use of noisemakers, musical instruments, radios, and the throwing of any objects will not be permitted.
2. No booing or unsportsmanlike conduct at any time.
3. No flash photography is permitted during game play.

And now we would like to welcome

The ?Visiting Team? who will be the visitors on the scoreboard
(Announce visiting team players and coaching staff)

And the home team on the scoreboard will be
The ?Home Team? .

Today's officials will be:

_____ as the up official
_____ as the down official
_____ as the Line Judge

_____ as the Line Judge

Please stand as we honor our country with the National Anthem

INSTRUCTIONS TO PARTICIPATING PLAY OFF TEAMS:

1. Home team must bring an official scorer and libero tracker
2. The higher seeded school is the **HOME** team on the score board and the visiting team calls the coin toss for the first game. The home team calls the coin toss for the fifth game.
4. All sites must have a scoreboard, public address system, radio, warm-up area, and spectator space.
5. All score sheets kept by the official scorer must remain in the hands of the site director (home varsity coach). All score sheets must be given to Cathleen Dnyprowsky to be kept in the Section 8 records.
6. Teams will be guaranteed at least a **15-minute warm-up in addition to the 23 minute team warm up.**
7. Each team should bring their own warm up balls.

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

PROCEDURES FOR PROTESTS OF ATHLETIC EVENTS

1. The protesting coach will inform the referee and the opposing coach at that point in the game immediately following the situation protested.
2. The time, score and situation will be identified in the score book, by an official or both coaches, as soon as the protest is announced to the officials and opposing coach.
3. A subsequent protest in the same game will be required to be announced and recorded, using the same procedures described above for each specific point of protest.
4. The protesting coach is required to notify the conference chairperson and sport coordinator within 48 hours of the contest.
5. The protesting coach is required to file a written protest giving specific details of the situation, time and score to the conference president within 48 hours of the contest. The report must be accompanied by a \$75.00 check payable to the Section 8 Athletic Council.
6. The protest will require the signatures of the coach, athletic director and principal of the school.
7. Copies of the protest must be sent to the sport coordinator, the protest chairperson, and the opposing coach within 48 hours of the contest by the protesting coach.
8. The Section VIII sport coordinator will notify the Executive Director of Section VIII who, in turn will notify the game officials involved and direct that a written statement from the game officials be filed with the Sport Coordinator within 24 hours.
9. The Sport Coordinator will arrange for a meeting as soon as possible and have represented:
 - The protesting coach
 - The opposing coach
 - A rules interpreter
 - Sports Committee of that sport.
10. Attendance of the game officials involved in the protested contest will be mandatory, unless extenuating circumstances preclude their attendance.

Protest Committee Options:

- To deny the protest.
 - To uphold the protest and direct that the game be replayed from the point of protest.
 - To uphold the protest and direct that the game be replayed in its entirety.
 - To deny the protest and recommend some further action by the H.S. Association.
 - To uphold the protest and recommend some further action to the H.S. Association.
11. An appeal of the decision of the Protest Committee may be made. This request must be filed within 72 hours of notification of this decision to the Section VIII Appeals Committee upon submission of a

\$75.00 fee (a second \$75.00 fee if original protester).

12. In case of a protest or an appeal that is upheld, the fee will be returned.



Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
- School coaches and physical education teachers must complete the CDC course.
(www.cdc.gov/concussion/HeadsUp/online_training.html)
- School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - Such authorization must be kept in the pupil's permanent health record.
 - Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health
http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association
www.nysphsaa.org/safety/
- Center for Disease Control and Prevention
<http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools
www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus
http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health
http://www.health.ny.gov/health_care/medicaid/ldss/htm
- Brain Injury Association of New York State
<http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom
<http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion
<http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org
<http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons
<http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich
<http://sportconcussions.com/html/Zurich%20Statement.pdf>

Heat Index Procedures

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb indicator on the

field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.

- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRE D	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Resources

Play-off Brackets

<http://www.secviii.org/SPORTS/BRACKETS>

NYSPHSAA Handbook:

http://www.nysphsaa.org/Portals/0/PDF/Handbook/Handbook%20Complete/Complete%20Handbook_1.pdf

NYSPHSAA Girls Volleyball

<http://www.nysphsaa.org/Sports/Volleyball-Girls>

New York State Coaches Association

nyvbcoaches.com

Please visit this site. In addition, in order to be eligible for State ranking and State awards, you must be a member of the AVCA. The website above has a link to the AVCA.

NCAA Women's Volleyball Rule Book

[NCAA Volleyball Rules](#)

Game Day Sheets:

[Non deciding scoresheet](#)

[Deciding Game Score Sheet to 15 points\(V\)](#)

[5 set Libero Tracking Sheet](#)

[Line up Sheet](#)

Important Information from NYSPHSAA handbook

23.08 NYSPHSAA Volleyball Rules:

1. A contestant (or team) may participate in a maximum of two (2) matches in a day.
2. Girls Volleyball - A Match shall consist of sets in a best of 3 out of 5 formats, all 25-point games; Boys abide by NCAA rules for 5 set games. Dual and Tri-matches are consistent with the definition of a match. Each day of a tournament shall count as one (1) contest.
3. Girls Volleyball - A tournament is 4 or more teams that participate in a pool play and bracket format is not a match. A bracket can consist of best 2 out of 3 or single set rounds. Scoring options are starting at 0-0 or 4-4 going until 25 points or a cap. The total number of tournament games played in one day shall not exceed fifteen (15) games. An additional 15-point game is permitted only to break ties in pool play to advance to finals as per tiebreaking procedures.
4. In tournament play, volleyball teams shall have at least ten-minutes of rest between Matches.
5. All games will be played according to NCAA Rules with all games played to 25-points.
6. Teams will be permitted eighteen (18) substitutions and will switch at 13-points in the deciding game.
7. Girls Volleyball – Standard Operating Procedures for Regionals, Semifinals, and Finals. (Oct. 2017) Revised (May 2019)

INTERSCHOOL SCRIMMAGE: A scrimmage is a practice that is a **SIMULATED CONTEST**. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) **GAME RULES MUST BE ALTERED - SEE SPORT SPECIFIC REQUIREMENTS** (High School Sport Standards), (c) no official score is kept, (d) time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook, (e) no admission is charged. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

Volleyball Scrimmage Rules: 1. No Champion can be crowned, cannot be bracketed and no win/loss record kept. (July 2018) A volleyball scrimmage must include one or more of the following: 1. Each server shall serve 3-5 consecutive serves regardless if

the point was scored before the other team would get the ball. (rotate)2. Games would start at point 4 all and end at point 25 or a game could be timed with no point cap

PRACTICE SESSIONS:

Athletes must meet all Standards of Eligibility to participate in practice.

a. An organized practice in grades 7-12 is a session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed expressly for that sport under the supervision of a qualified coach appointed by the Board of Education of the local school district. Such instruction and practice shall be held only during the season designated for that sport.

Athletes who switch from one sport to another sport are permitted to count conditioning practices toward their new sport as follows (excluding bowling, golf, and rifle): 1. Sports with less than ten (10) practices for the individual before the first contest will be allowed to carryover three (3) days. 2. Sports with ten to fifteen (10-15) practices for the individual before the first contest will be allowed to carry over four (4) days. NOTE: Athletes whose seasons are lengthened due to participation in NYSPHSAA Regional and Championship contests are allowed to count conditioning practices towards their new sports as follows: 1) sports with less than ten (10) practices for the individual before the first contest will be allowed to carry over three (3) days; 2) sports with ten to fifteen (10-15) practices for the individual before the first contest will be allowed to carryover four (4) days.

b. No student or team may be permitted to participate in school organized practice or play on seven consecutive days during the regular season. Specifically, during the regular season, physical and/or instructional activities related to the sport on seven consecutive days are prohibited. NOTE: Any contests leading up to Sectional play is considered regular season." Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required. A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest. All required practice sessions shall be organized and planned for a reasonable length of time and shall include vigorous activity specific to the sport for the purpose of improving the physical condition of the players. Each of the required number of practices for an individual must include vigorous activity; however, practice sessions required for the team beyond those needed by the individual may be used solely for meetings, film review and similar activities. NOTE: Practice is considered an integral part of the interschool program in that sport. An individual must be eligible according to age and all other Eligibility Standards to participate in practices or competitions with the high school squad in that sport.

SPORTSMANSHIP: The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play. As of July 1, 2013, the Dignity for All

Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

BYLAWS & ELIGIBILITY STANDARDS

a. Coach 1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site. NOTE: "Not being physically present at the site" means a disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. (See definitions section of the handbook) Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of the NYSPHSAA.

Any coach: 1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest; 2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests ;and 3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation. 4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification. 2. A coach who strikes, shoves, kick or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

BYLAWS & ELIGIBILITY STANDARDS b. Player: 1. Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation. (See definitions section in the handbook) Any Player: 1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest; 2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and 3. Who receives a third disqualification

penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play,) the Section Athletic Council will assess the penalty carrying over into the next season of participation. 4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification. 2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. NOTE: Members of the squad includes player, manager, score keepers ,timers, and statisticians. c. Official: 1. Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the Section Executive Director. A request will be made to the appropriate sport official's chapter to investigate the incidence and to report their action to the section in a timely manner.

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. To encourage leadership, use of incentive, and good judgment by the players on

the team.

9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.

10. To remember that an athletic contest is only a game. . . not a matter of life or death for player, coach, school, official, fan, community, state or nation.

SECTION VIII SPORTSMANSHIP POLICY

The NYSPHSAA and Section VIII recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA and Section VIII has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post season play.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

The High School Athletic Association of Section VIII established the Sportsmanship Committee as a sub-committee of the Athletic Council to address incidents of unsportsmanlike conduct and flagrant misconduct. The purpose of the Sportsmanship Committee is to take proactive measures in an effort to minimize inappropriate behavior at all Section VIII events and to promote positive sporting behavior throughout the county.

A. What is to be reported:

1. A Player who is ejected from a contest for flagrant misconduct and/or unsportsmanlike conduct.
2. A Spectator who acts in a disruptive abusive or inappropriate manner.
3. A Coach who conducts himself/herself in an inappropriate or unsportsmanlike manner.
4. An Official who demonstrates unsportsmanlike conduct or inappropriate behavior unbecoming of a sport official.
5. A School that permits spectators to conduct themselves in an abusive, disruptive or harassing manner. This also includes schools that do not provide adequate supervision at home or away contests to control their spectators.

B. Responsibility for reporting:

1. Coaches must report all incidents to their respective athletic directors, even if only one player/team was cited for misconduct.
2. Athletic Directors must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.
3. Officials must file reports with the Office of the Executive Director within 24 hours of any disqualification, ejection or incident of unsportsmanlike behavior.

C. Reporting Procedure:

1. All unsportsmanlike incidents are to be reported by the coach (or by both coaches) to their respective athletic directors immediately following the contest.
2. The Athletic Directors of both schools involved are to file reports with the office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
3. The Officials assigned to the contest are to file a report with the Office of the Executive Director as soon as possible, but no later than the morning following the contest/incident (or the next school day).
4. The Office of the Executive Director will forward copies of all reports to the Sportsmanship Committee Chairperson, Sport Coordinator and the appropriate VP of Male/Female Sports.

D. Committee Actions:

1. All member schools including individuals representing member schools who are involved in unsportsmanlike conduct are subject to consequences deemed appropriate by the Sportsmanship Committee.
 - a) The Sportsmanship Committee may recommend action in instances of unsportsmanlike conduct and is authorized to recommend consequences which may include, but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or any other actions that are deemed appropriate by the Sportsmanship Committee.
2. All recommendations of the Sportsmanship Committee will be filed with the Office of the Executive Director and forwarded to the Athletic Director(s) of the school(s) involved.
3. All actions of the Sportsmanship Committee are subject to review by the respective Athletic Director(s). *Schools may impose additional consequences.*
4. Copies of all reports of the Sportsmanship Committee shall be kept on file with the Sportsmanship Chairperson, the Executive Director and the Sports Coordinator.

E. Penalties:

1. Player Expulsion:

Any player who commits a serious violation of game rules or takes part in flagrant misconduct during play shall be subject to ejection from the contest and disciplinary action. Ejection from a contest results in mandatory one (1) game suspension from the next regularly scheduled contest, including post-season play. Disqualifications from one season will carry over to the player's next season of participation. Any player suspended from participation may not be on site or involved in any capacity (spectator, timekeeper, scorekeeper, etc.) on the day of suspension. Failure to comply will result in additional sanctions being levied against the individual, coach and/or team.

2. Second Occurrence of Misconduct:

In the same sport – NYSPHSAA requires a two game suspension for the second (2nd) ejection and a third (3rd) ejection in the same sport will result in the loss of the season. Any person (coach, player, spectator, school official, etc.) who is ejected from a second contest in the same sport for unsportsmanlike conduct shall require the Sportsmanship Committee to review the matter. This may lead to more severe disciplinary action including suspension for the remainder of the season. Such disciplinary action could carry over into subsequent sports seasons. Additional consequences may also be recommended by the Sportsmanship Committee.

3. Intentional Physical Contact by a Player:

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official, another player, a spectator, coach, school district employee or supervisor, etc. shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the Section not to exceed one year from the date of the offense. **NOTE:** Members of the squad include players, managers, score keepers, timers, and statisticians. The incident must be reported to the Office of the Executive Director who will in turn forward to the Sportsmanship Committee and respective Sports Coordinator. Consequences may include but are not limited to: Censure, Reprimand, Suspension, Loss of Eligibility, or another action that is deemed appropriate by the committee.

4. Team Members/Non Participant/Pre-or Post-Game Misconduct:

Any act of unsportsmanlike/flagrant misconduct by either a team member, non- participant before or after (pre and post-game) will be excluded from play in and/or subject to removal from the site of the contest. Any player, coach or spectator who commits a serious violation of the sportsmanship rules or takes part in flagrant misconduct as a non-participant after the contest has concluded (post-game) will be suspended from participation in or attendance at the next regularly scheduled contest including the post-season.

5. Spectators:

Any spectator who acts in a disruptive, abusive or unsportsmanlike manner may cause the game to be suspended or the spectator removed from the site. A letter from the Sportsmanship Committee may be sent to the appropriate Athletic Director(s), Building Principal(s) and Superintendent(s). Continued incidents of disruptive behavior may result in additional disciplinary action by the Sportsmanship Committee.

6. Coaches:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

NOTE: "Not being physically present at the site" means a disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet. Any coach that does not serve the penalty for violating the Sportsmanship Standard will be ineligible to participate in the next two regularly

scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of the NYSPHSAA.

7. Intentional Physical Contact:

A coach who strikes, shoves, kick or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

8. Officials:

An official who demonstrates inappropriate or unsportsmanlike conduct will be reported to the Sportsmanship Committee. The Sportsmanship Committee may recommend disciplinary action to be taken against the official by the official's organization.

9. Taunting:

Taunting includes, but is not limited to, any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean other players, coaches, or game officials. Included in this is conduct that berates, needles, intimidates, or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family special needs, or personal matters. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talking"), reference to sexual orientation, "in-the-face confrontation" by one player to another, standing over, straddling a tackled or fallen player, etc.

10. Bench Clearing:

If an altercation occurs during a contest and members of either team leave their respective bench or sideline area or playing positions, and go onto the playing field/court participation area, they will be immediately ejected from the contest for unsportsmanlike behavior.

F. Due Process:

1. Students, coaches and schools have the right to be heard by the Sportsmanship Committee. However, appeals will only be held in regard to a misapplication of the sport rules and/or an ejection of a misidentified player. This right must be claimed within 24 hours of the incident occurring and must be made to the Office of the Executive Director of Section VIII. All actions of the Sportsmanship Committee may be appealed by a member school. Any such appeal will be heard by the Section VIII Athletic Council

New York State Public High School Athletic Association, Inc.

**NYSPHSAA High
School Sport Record
Reporting Form**

A records database for all sports conducted by the NYSPHSAA has been compiled and is held in the NYSPHSAA office. It has been updated by input from state and section sport coordinators. If there is a correction to this database or if there is a new record please complete this form and submit to:

NYSPHSAA Sports Record
Database 8 Airport Park Boulevard

Latham NY 12110 518-690-0771
FAX 518-690-0775
www.nysphsaa.org

- Sport

—

(ie: Baseball, Boys Track, Girls Lacrosse)

- Record Category

(ie: Career Points / Event-1600 m relay / Coaching Wins 200+)

- Athlete or Coach or Team Name

—

- Athlete or Coach or Team School -----

- Record

—

(ie: career, season, game strike outs / career, season, game pointes / # coaching wins)

- Status (date(s) of record - or for coaching wins: active/retired)

- Name of person submitting record (print)

—

- Phone number of person submitting record

—

- Comments / Additional Information.

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- Signature of Coach _____
(signature)

- Signature of Athletic Director _____
(signature)

