

# **2023 MPA VOLLEYBALL BULLETIN**

(10/18/23)

## **VOLLEYBALL SEASON**

July 31-August 13, 2023 – “Hands-off” Period (Sport Season Policy)

August 14, 2023 – First Practice

August 17, 2023 – Mandatory Rules Clinic - Online

August 18, 2023 – First Exhibition Date

August 24, 2023 – Rules Clinic Make-up

August 25, 2023 – Volleyball Schedules Due

August 31, 2023 – First Countable Match (After 3:00 p.m.)

October 14, 2023 – Officials’ No Votes Due

October 16-20, 2023 – Online Voting for Sportsmanship Banner (One week to vote)

October 17, 2023 – Last Countable Match (No make-up date)

October 18, 2023 – Finalize Heal Points

October 19, 2023 – State Prelims (Higher Seed)

October 21, 2023 – State Quarterfinals (Higher Seed)

October 25, 2023 – State Semifinals (Higher Seed)

October 27, 2023 – Class C State Championship – Ellsworth High School 6:00 pm

October 27, 2023 – Class B State Championship – Univ. of Southern Maine at 5:30 p.m.

October 27, 2023 – Class A State Championship – Univ. of Southern Maine at 8:00 p.m.

Games may not be rescheduled into the last week of the season without permission of the Committee Chair.

**\*All playoff games from the preliminary round through the semi-finals must be played by the date listed, except for postponement due to weather. All games in those rounds may be played early.**

A MAXIMUM of fourteen (14) regular season matches may be played. The MINIMUM divisor in computing the final Heal Point Standings shall be eight (8).

## **COACHES EDUCATION**

\*Each coach must complete the NFHS “*Concussion in Sport*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS “*A Guide to Heat Illness*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS “*Sudden Cardiac Arrest*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS “*Protecting Students from Abuse*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)). **\*This is a new course and requirement for 2023.**



## **TERMS AND CONDITIONS**

### **HANDS-OFF PERIOD**

In order to provide a window of personal time similar to that available prior to the winter and spring sports seasons, summer recess is defined as the time period between the last day of the spring sport season to **July 31** through **August 13, 2023**, which is fourteen (14) days prior to the beginning of the fall sport season. This does not exclude individual students from attending camps during this two-week period of personal time as long as all other Sport Season Policy requirements are met.

Please refer to the questions and answers, which appear on the MPA website to clarify the policy and answer questions you may have.

### **RULES CLINIC**

The head coach of the girls' volleyball team of each participating school is REQUIRED to attend the mandatory meeting for NFHS Volleyball Rules Updates presented by the Maine Association of Volleyball Officials (MAVO). The volleyball rules meeting for coaches will be held at Gorham Municipal Center on **August 17, 2023** from 6:00 p.m. to 8:00 p.m. For those unable to make the live session they may connect through Zoom video conferencing during one of those sessions by joining the Zoom Meeting at:

#### **2023 NFHS Volleyball Rules Update**

**Time: Aug 17, 2023 6:30 PM Eastern Time**

Join Zoom Meeting

<https://us02web.zoom.us/j/82287843325?pwd=dTFJUDNONjIXT1dLY1Q1bHUvcTNaQT09>

If coaches are unable to attend that meeting, an alternative is the preseason officials meeting held at Gorham Municipal Center on **August 24, 2023** from 6:30 p.m. to 8:00 p.m. This meeting will cover the NFHS Rules Update.

For those unable to make a live session they may connect through Zoom video conferencing during one of those sessions by joining the Zoom Meeting at:

#### **2023 NFHS Volleyball Rules Clinic (8/26)**

**Time: Aug 24, 2023 6:30 PM Eastern Time (US and Canada)**

Join Zoom Meeting

**(Add link here)**



## **MAVO WEBSITE**

The MAVO website provides detailed instructions for scorekeeping, assistant scorekeeping, line judging, and operating the clock/timer/scoreboard during Maine High School volleyball matches.

<https://mavomaine.com/coaches-corner>

Each section can be printed off as a PDF, and shared, or the entire page can be shared by schools with those volunteers and paid staff who will be working volleyball matches. It would be advantageous for all schools to be working off the same information and guidelines when it comes to how they assist the officials assigned to their matches.

## **NATIONAL FEDERATION RULES/MPA TERMS AND CONDITIONS**

The National Federation Volleyball Rules are official for all matches. In addition, the terms and conditions in this bulletin will govern all regular season and tournament matches as indicated.

1. In all matches, the game shall consist of the best of five format using rally scoring. The game ends at 25 points (no cap) with the 5<sup>th</sup> game ending at 15 points (no cap). All games, within a match, must be won by two points.
2. There shall be no “joint hitting” at any time prior to the match. Coin flips will occur at 25 minutes prior to the match with captains and coaches. Each team will be allowed to warm up (peppering, stretching, etc.) on its respective side of the court. At 15 minutes prior to the match start time, the serving team will be allowed the full court for hitting for 6 minutes. The receiving team will then be allowed the full court for 6 minutes. There shall be no joint serving with both teams on the court.
3. **Players shall not wear jewelry (including during pre-match warm-ups), except small, secured jewelry (stud or post). No jewelry shall be permitted below the chin. String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted. Taping over jewelry is not permitted. Religious or medical medals which are not considered jewelry. If such medals are worn, they shall be taped to the body under the uniform. Uniforms shall be worn as intended by manufacturers.**
4. Schools must use two officials from the Maine Association of Volleyball Officials.
5. The formal official’s uniform for the State of Maine is that used for USA Volleyball (men’s collegiate and club play) and the NCAA, which is navy blue pants **or skirt**, certified official’s white shirt, white sneakers, and certified official’s white sweater (optional).
6. The committee extended the elimination of switching benches during the match for the 2023 season, unless it is deemed that there is a disadvantage to doing so prior to the match.
7. There will be a major emphasis on the starting of the match immediately following the National Anthem.

## **BONA FIDE TEAM RULE**



A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

\* Two waivers per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a request to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule.**)

\*\* This policy is not intended to restrict dual sport participation in schools that allow dual participation.

\*\*\* Penalty for violation of this policy:

1 <sup>st</sup> Violation	Suspension from play for one game/contest
2 <sup>nd</sup> Violation	Removal from team for remainder of season

(Effective Date: 2019 Fall Sport Season)

**SCOREKEEPERS AND LINE JUDGES:** It is recommended that host schools train scorekeepers before the regular season begins in order to minimize scorekeeping errors in countable matches. In addition, it is recommended that host schools have scorekeepers and line judges report to the match site **25 minutes** before the match begins so that they can meet with the officials and review their responsibilities. It is required that line judges are adults for all varsity matches. It is recommended that line judges use flags during the regular season. Schools are encouraged to have score tables that are handicapped-accessible.

**VIDEOTAPING:** Only persons (including players' relatives) connected with the two schools involved in a match **and representatives of MAVO** may videotape the match live. All other videotaping by persons not connected to either school is considered unethical.

### **PENALTY CARD SYSTEM**

Please refer to National Federation Rule No. 12.

### **EJECTION RULE**

In all team and individual sports (varsity or sub-varsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player shall result in the suspension of that player or coach. The coach or player ejected from a contest must sit out all contests at all levels until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, sub-varsity, or other competition.

Prior to their return to play any player ejected from a game must complete the NFHS "*Sportsmanship*" video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).



A suspended coach may not be present at the game site. Not being physically present at the site means the 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.

Prior to their return to the sideline any coach ejected from a game must complete the NFHS *“Teaching and Modeling Behavior”* video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)). **Schools must complete the Ejection Report located on the MPA website after each ejection. Failure to report an ejection will result in a \$50.00 fine.**

Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. The coach/athlete may participate fully in the preseason prior to serving the one game suspension.

Ejected players are required to view the NFHS Sportsmanship course before returning to play following sitting out a contest at the

This policy will not prevent standing committees from imposing more restrictive disciplinary action. (Effective Date: 1996-97 Winter Sport Season; Revised 2008, 2009)

All coach and player ejections must be reported using the MPA reporting form on the MPA website.

### **SCHEDULE**

The submission of the Schedule Form due **August 25, 2023**, for fall **2023** competition, will constitute a school's application for the state tournament.

The MPA Volleyball Committee supports playing a complete three sets in all sub-varsity play to ensure development opportunities for inexperienced players whenever time allows, regardless of if the match is already decided in a best of 3 match.

### **REPORTING REGULAR SEASON MATCH RESULTS**

Athletic administrators are responsible for the reporting of home games on the online reporting system by the end of the next day following the match's completion.

### **EQUIPMENT AND UNIFORMS**

All equipment and uniforms shall conform to the National Federation Rule Book. The tournament ball is the **Mikasa VQ2000 Composite**. It will be a multi-colored ball leather ball with the National Federation authenticating logo which will be used in all State Championship Tournament matches and recommended for all tournament matches.

### **QUALIFICATION FOR INVITATIONAL VOLLEYBALL TOURNAMENT**

Teams will be seeded for regional tournament play with two-thirds qualifying for the post-season tournament according to their finish in the Heal Point standings. If more than eight teams qualify in any class, there will be preliminary play-off matches to determine the eight teams that will play in the quarterfinals. Matches will be held at the site of the higher seeded team until the state championship match.



If there is a tie in the final tournament seedings, the tie will be broken by the following process:

1. For all seeds excepting the last seed:
  - a. the team with the better record head-to-head will be seeded higher.
  - b. if the head-to-head record is equal, the winner of a coin flip held at the MPA office will be seeded higher.
2. For the last tournament seed:
  - a. the team with the better record head-to-head will be awarded the final seed.
  - b. if the head-to-head record is equal, a one match playoff will be held prior to the first round of the tournament.
  - c. the winner of a coin flip at the MPA office will be the home team for the playoff match.

Regional quarterfinals, semifinals and finals will be played at the higher seed or a mutually agreed upon site.

### **TEAM SIZE**

For all tournament matches, the number of players shall not exceed 18. No more than four (4) additional team personnel (coaches, players, managers, scorers, trainers etc.) That number shall not exceed twenty-two (22) overall. Team roster changes must be made on the online eligibility system.

## **STATE TOURNAMENT**

### **STATE FINAL CHAMPIONSHIP MATCH SITES**

October 27, 2023 – Class C State Championship – Ellsworth High School 6:00 pm

October 27, 2023 – Class B State Championship – Univ. of Southern Maine at 5:30 p.m.

October 27, 2023 – Class A State Championship – Univ. of Southern Maine at 8:00 p.m.

\*If Classes A and B play at the same site on the same day, Class A will play first in even numbered years and Class B will play first in odd numbered years.

### **STATE CHAMPIONSHIP MATCH POSTPONEMENT POLICY**

The decision on whether or not to postpone a championship match rests solely with the committee members in charge of the game. The decision will be made after consulting with the site director.

### **STATE PRELIMINARY, SEMIFINAL AND FINAL MATCHES**

All tournament preliminary and semifinal matches are to be played at the site of the higher seeded team provided that the home court meets the minimum requirements as outlined in the National Federation Rulebook. If minimum requirements cannot be met, the game will be played at an available court which meets minimum requirements. If such a court cannot be obtained by the host school, the Volleyball Committee will name the site.

Throughout the volleyball tournaments, teams MAY NOT use the court for warm-ups prior to one hour of the scheduled start of the contest. They may utilize one half of the court but not play over the net until their official warm-up time.

Times for all tournament games will be 6:00 p.m. for weekday and 1:00 p.m. for Saturday games unless otherwise mutually agreed upon by the competing schools.



## **BANDS AND CHEERLEADERS**

Bands and cheerleaders cannot be accommodated.

## **BENCH DECORUM**

Non-uniformed bench personnel should be dressed appropriately. Coaches should be dressed in attire that represents their team and school in a professional manner.

## **AWARDS CEREMONY**

Teams accepting awards must be in their playing uniform or warmups. Teams may not wear championship apparel until after the awards presentations. Each team will receive 22 medals.

## **ADMISSION FEES**

The admission fee for the preliminary and semifinal matches shall be established by the host school. The host school should advise the visiting school of the fee at least twenty-four hours prior to playing the game. After all expenses are paid by the host school, all profits will be divided equally between the schools.

The admission fee for the state final match is \$5.00 for students and senior citizens and \$10.00 for adults. **Beginning in the fall of 2023 all ticket sales for MPA events will be sold through [MPA \(Maine\) Events and Tickets by GoFan](#). There will be a help desk with an iPad for those needing help purchasing online tickets. There will not be a cash option for purchasing tickets.**

## **OFFICIALS**

All regional matches will have two officials (two officials and two certified Line Judges). Officials will be assigned by the Volleyball Officials Assignors for the regionals and state championship matches based on the pool formed from coaches' recommendations. For the regional finals and state championships, there shall be two officials, two adult line judges, a trained scorer and a Libero Tracker. Line judges will use flags in the tournament.

### **2023 Regular Season Fees**

Varsity - **\$92.00**, JV - **\$69**, plus **\$.46 per mile**

### **Fees for Prelims, Quarterfinals, Semifinals and Finals:**

In accordance with MPA agreements with officials, the following fees must be paid by the host (higher seed) school:

#### **Prelim, Quarterfinal, and Semi-final Games**

referee (up and down official) -- **\$115.00**, plus **\$.46 per mile**

#### **State Final**

referee (up and down official) -- **\$138.00**, plus **\$.46 per mile**



## **VOLLEYBALL CLASSIFICATION 2023 & 2024**

<b>Class A 750+</b>	<b>Class B 400-749</b>	<b>Class C 0-399</b>
1. Lewiston, 1,505 2. Thornton, 1,345 3. Portland, 1,105* 4. Sanford, 1,090 5. Bonny Eagle, 1,025 6. South Portland, 991 7. Noble, 977 8. Edward Little, 972 9. Windham, 929 10. Deering, 918* 11. Scarborough, 913 12. Massabesic, 885 13. Gorham, 835 14. Hampden, 810 15. Brunswick/Mt. Ararat/Morse, 1,037 16. Biddeford^^, 738 17. Cheverus/GPCS^^, 366	1. Kennebunk, 730 2. Messalonskee, 730 3. Brewer, 703 4. Marshwood*, 702 5. Westbrook, 695 6. Falmouth, 672 7. Nokomis, 631 8. Cony, 630 9. Gardiner, 618 10. Gray-New Gloucester, 606 11. Greely, 603 12. Cape Elizabeth, 539 13. Lake Region, 530 14. Yarmouth, 528 15. Ellsworth, 527 16. York, 523 17. Mt. Desert, 493 18. Wells, 411 19. Washington^^, 317	1. Bucksport, 365 2. Maranacook, 360 3. George Stevens, 307 4. Calais, 267 5. Sumner, 249 6. Narraguagus, 194 7. Machias, 166 8. North Yarmouth, 162 9. Woodland, 137 10. Lee/Mattanawcook, 138 11. Jonesport-Beals, 64

^^Applied Up

\*Adjusted enrollment