



IHSAA Volleyball Scrimmage Rules and Regulations

Date

Each school that offers girl's volleyball may participate in a controlled scrimmage between two IHSAA member schools no later than two calendar days prior to the first scheduled contest of either school.

Contractual Agreement

Schools who choose to participate in a scrimmage must schedule another Indiana high school team. Only one scrimmage may be scheduled by any high school. Schools are expected to use good judgment and attempt to scrimmage a team that is similar to their skill and talent.

There shall be a contract between the two schools which will include the location, time and any financial arrangements between schools. Spectator admission would be an option of the participating schools. Both schools must be in agreement with the financial arrangement prior to the scrimmage.

Players

Any player participating in the controlled scrimmage must have participated in five (5) days of organized practice under the direct supervision of the high school coaching staff in order to be eligible. Varsity, junior varsity, and freshman players may be utilized, provided that they have been included in the practices prior to the scrimmage.

Officials

The home team shall contract two officials. In addition to making the appropriate calls, it is the responsibility of the officials to see that the scrimmage format is followed. The officials should not deviate from the guidelines of the controlled scrimmage. No one has the authority to supersede the officials' decision on any aspect of the scrimmage.

Coaches

Coaches will be allowed to stand and move in front of his/her team bench to instruct players on the court. They may stop play for brief instructions conferences so long as, in the judgement of the officials, these conferences are not excessive nor being used as a delaying tactic. Additionally, coaches will be allowed to coach their teams during time-outs and between sessions.

Coaches from the two schools should communicate with each other prior to the scrimmage. This should be done to assure that players are competing against players of the same comparable talent level.

One person from each school will be permitted to videotape/film the scrimmage. Scouting shall not be permitted at the scrimmage. The scrimmage videotape shall not be exchanged

with other coaches for the purpose of scouting. The purpose of the scrimmage is evaluating your own team.

Scrimmage Time Schedule/Format

During the scrimmage, coaches are allowed an unlimited number of substitutions. **It is recommended that as many eligible players as possible be permitted to participate in the scrimmage.** The scrimmage is separated into the following sessions: Warm-up, Serve and Receive, Transition, Set Situation A and Set Situation B. A three minute time-out should be taken after each session. In addition, coaches may be allowed a one minute time-out per session. The entire length of the scrimmage should last no longer than two hours.

I. Warm-up

Each team will be limited to 7 ½ minutes on the full court with the use of the net. The visiting team shall use the court for the first 7 ½ minutes. The home team may warm up outside the court during this time. This procedure shall be reversed for the second 7 ½ minutes.

II. Serve and Receive

The objective of this scenario is to work on each team's serve and receive. Team A's first server is allowed five consecutive service attempts, each of which is played out. Team B's first server is allowed five consecutive service attempts, each of which is played out. Both teams rotate. The same procedure continues until all six players on each team are allowed five service attempts (30 attempts for each team).

III. Transition

The objective of this scenario is to work on the transition game. Team A serves first. Immediately, after the play is completed, Team A receives two consecutive free balls which are initiated by a coach from the sidelines. The coach may toss the ball to Team B, which then gives the free ball to Team A, or the coach may toss the ball directly to Team A. The two plays are completed. Team B then serves. Immediately after the play is completed, Team B receives 2 consecutive free balls. Both teams rotate and the sequence of plays continues with the second server on both teams. This procedure is utilized until all six players on each team have served.

IV. Game Situations

The objective of this scenario is to put teams in potential game situations so that they may practice coming from behind, as well as to gain experience participating in a rally scoring game.

- A. Team A starts with 7 points and the serve. Team B starts with 10 points. Play continues for a 15 point set. The winner must win by two points. Then Team B starts with 7 points and the serve. Team A starts with 10 points. Play continues for a 15 point game. The winner must win by two points.
- B. Team A serves to start a 25 point set (the winner must win by two points). Play continues until the end of the set. Team B serves to start a 25 point set (the winner must win by two points). Play continues until the end of the set.