



**TEXAS ASSOCIATION OF INDEPENDENT
ATHLETIC ORGANIZATIONS**

(TAIAO)

SUBCHAPTER N

Volleyball Athletic Plan

June 1, 2024

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

PART A – Division Assignment & Roster

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

Section 600 – Regions and Divisions

- A. Region and division assignments will be set for all member organizations who are in good standing as of **August 15th**.
- B. Within 7 calendar days of publication of the division assignments any member organization may, as provided in Section 252, request reassignment to a higher or lower division.
- C. The Volleyball Committee must respond to all timely filed appeals by September 30th.

Section 601 – New Member Organizations

- A. Upon admission to TAI AO, each new member organization will be assigned to a region and division by the Volleyball Committee.

Section 602 – Division Assignment

- A. Division assignment must be determined by the Volleyball Committee following the roster submission deadline and must be determined as follows:
 - 1. **Division 1** – Either
 - a. A roster count of X+1 players or more; or,
 - b. 7 seasons or more combined player experience in Club/Select play.
 - 2. **Division 2** – A roster count of X players or fewer.
 - 3. **JV** – All sub-varsity teams will play in Division 3.
- B. Division assignment for a member organization’s inaugural season will be Division 2 regardless of the roster count (assuming less than 7 seasons of combined player experience in Club/Select Play). This exception is made only in first year programs.

The number of team members change from year to year as the dividing line between D1 and D2. Each year the committee will determine the value of X based on roster submissions.

If $X = 12$, the D1 is 13 or more and D2 is 12 or fewer.

Example 1: Team A has 12 players. 6 players have previously played or currently play on a club/select volleyball team in the offseason. The 6 players have a combined club/select participation of 7 seasons or more. Team A will be placed in the higher division (Division 1).

Example 2: Team B has 12 players. No players have previously played or currently play in club/select volleyball. Team B will be placed in the lower division (Division 2).

Example 3: Team C is a new program that has 20 players. No players have previously played or currently play in club/select volleyball. Team C will be placed in Division 2.

Section 603 – Official Rosters

A. Every member organization must submit their Roster Data to TAI AO by September 1st. Roster Data must include all expected volleyball players who will participate at the High School level during the current Year of Participation.

1. The Roster Data must include:

- a.** player first and last name
- b.** date of birth
- c.** grade level
- d.** number of seasons of Club/Select volleyball experience
- e.** jersey number

2. All member organizations must use the online TAI AO Roster Form provided by the Volleyball Committee.

3. The Roster Data must be used to determine the member organization's current Roster Count.

4. Roster Data for any organization applying for membership in TAI AO must be submitted with its league application.

B. All High School level volleyball players and coaches must be included on the appropriate team roster in MaxPreps.

C. the Roster Form submitted to TAI AO becomes the final and Official Roster for the team for the remainder of the season. Players who are temporarily ineligible for academic or other reasons must be included on the Official Roster.

D. Volleyball follows TAI AO Eligibility guidelines as stated in Section 236 of the General Rules.

Section 604 – Club/Select and School Team Participation

A. A Club/Select Team is defined as a volleyball team which requires tryouts and is not sponsored by a member organization. No more than 4 players from any one member organization may play together on a club/select team.

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

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

Section 605 is reserved for expansion.

PART B – Off Season, Spring Training, & Summer

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

Section 606 – Calendar

- A. The TAI AO calendar for Volleyball outside of the Regular Season is as follows:
1. **Off Season** – From the conclusion of the Regular Season (*See Section 621*) through May 31st.
 2. **Spring Training** – Beginning no earlier than March 1st and ending no later than May 31st.
 3. **Summer** – Beginning June 1st and ending July 31st.

Section 607 – Off Season (*See Section 264 of the General Rules*)

- A. Off Season workouts can be held anytime other than Spring Training or the Regular Season.
- B. Off Season workouts may include individual volleyball skills, strength training, and conditioning. Workouts may be conducted starting no earlier than 6:00 AM and concluding no later than 10:00 PM.
- C. Off Season workouts shall not exceed:
1. One continuous period up to 90 minutes per day; and,
 2. A total of 300 minutes per week.
- D. Coaches should explain to players that participation in Off Season activities is strictly voluntary and never required. Participation must not be a prerequisite for trying out for a volleyball team or getting more playing time.

Section 608 – Member Organization Facilities Use (Off Season) (*See Section 262 of the General Rules*)

Section 609 – Spring Training

- A. Spring Volleyball Workouts (“Spring Training”) must be an optional activity.
- B. Organized practices may include team and individual instruction in volleyball rotations and skills.
- C. A team is permitted:
1. No more than 18 total practice days,
 2. Only one practice session per day,
 3. No practice which exceeds 3 hours,
 4. A maximum of 12 hours per week.
- D. No contests (matches or scrimmages) with other schools are allowed.
- E. No Sunday activities unless authorized by TAI AO.

Section 610 – Summer Activities (*See Section 265 of the General Rules*)

- A. Summer activities must be an optional activity.

B. Summer activities may include individual volleyball skills, strength training, and conditioning. Workouts may be conducted starting no earlier than 6:00 AM and concluding no later than 10:00 PM.

C. Summer activities must not exceed:

1. 2 hours per day; and,
2. A total of 8 hours per week.

D. Coaches should explain to players that participation in Summer activities is strictly voluntary and never required. Participation must not be a prerequisite for trying out for a volleyball team or getting more playing time.

Section 611 – Member Organization Facility Use (Summer) (*See Section 262 of the General Rules*)

Sections 612 to 620 are reserved for expansion.

PART C – Regular Season

Section 621 – Calendar

- A. The TAI AO calendar for Volleyball for the Regular Season is 11 weeks beginning the first Monday in August. Organized Practices may begin August 1st.
- B. Regular Season matches may begin as early as the first Monday of August. The Regular Season will conclude on the Saturday of Week 11.
- C. No matches will be scheduled on Sunday.

Section 622 – Organized Practice Definition & Schedule

- A. Beginning August 1st and continuing until August 15th, a member organization may schedule up to two organized practices per day. From August 15th until the end of Post Season play, only one organized practice per day may be scheduled.
- B. The maximum length of an organized practice cannot exceed three hours.
- C. Volleyball organized practice is defined as team and individual instruction in volleyball rotations and skills.
 - 1. The following activities are typical “practice activities” included in organized practices:
 - a. Actual on-court practice
 - b. Sport-specific skill instruction
 - c. Mandatory conditioning
 - 2. The following activities are not considered “practice activities”:
 - a. Meetings
 - b. Film Study
 - c. Injury Treatment
 - d. Weight Training
 - e. Water Breaks
 - f. Rest Breaks
 - g. Voluntary Conditioning (may not be coach directed)
- D. Except for player participation on Club/Select teams, organized practices are only allowed during Spring Training and the Regular Season (to include post season playoffs).

Section 623 – Pre-Season Scrimmages

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

Section 624 – Match Participation Limits

- A. Member organizations may participate in volleyball tournaments during the regular season. Each tournament will count as 2 matches toward the season limit.
- B. **Season Limit** – The number of regular season matches in which a member organization and player may participate is limited to:
 - 1. 0 Tournaments and 27 matches
 - 2. 1 Tournament and 25 matches

3. 2 Tournaments and 23 matches

4. 3 Tournaments and 21 matches

5. 4 Tournaments and 19 matches

C. Weekly Limit – No member organization or player may schedule or participate in more than 3 Varsity matches in one calendar week (Monday through Saturday).

D. Junior Varsity Participation – Junior Varsity players may dress out for varsity matches as long as they do not exceed the weekly 3 match limit.

PART D – Game Administration

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

Section 625 - Match Rules

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

Section 626 – Post Match Reporting Requirements

- A. Posting of match statistics (both team and individual statistics) must be kept current. Statistics may be posted to MaxPreps no later than 1 week following the date the game was played.
- B. Failure to keep statistics current will result in non-qualification for post-season player honors including State Tournament Play.

Section 627 – Pre- and Post-Game Prayer

- A. At each contest between TAIIO member organizations, pre-game and post-game prayer is encouraged (not required).
- B. When a TAIIO member organization is playing a non-TAIIO opponent, the TAIIO member organization is encouraged to offer to pray before or after the game with the non-TAIIO opponent.

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

Section 629 - Match Officials – Regular Season Matches

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

Sections 630 – 640 are reserved for expansion

PART E – Uniforms & Equipment

Section 641 – Uniforms

A. General Uniform Requirements – All player uniforms must adhere to the following:

1. Uniforms shall be worn as the manufacturer intended.
2. Uniforms shall be free of hard and unyielding items (buttons, zippers, snaps, fasteners, etc.).
3. The school's name, nickname, logo, mascot and/or team member's name are permitted on the uniform top and/or bottom.
4. A single partial/whole manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each piece of the uniform provided placement does not interfere with the visibility of the player's number.
5. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. Commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
6. Removal of the uniform top or bottom while in the playing area is unsporting conduct and will be assessed to the coach. A yellow card may be issued for first offense and a red card for subsequent offenses.
7. Home/away game uniforms can be the same uniform.

B. Uniform Top

1. Uniform tops with the exception of the libero shall be like-colored.
2. Bare-midriff tops are not allowed.
3. The uniform top shall hang below or be tucked into the waistband of the uniform bottom when the player is standing upright.

C. Uniform Bottom

1. Uniform bottoms shall be like-colored.
2. Multiple styles of uniform bottoms may be worn by teammates and may include shorts, spandex, pants, or skirts.

D. Undergarments

1. Any visible garment (sports bra or similar garment) worn underneath the uniform top shall be unadorned and of a single, solid color similar to the predominant color of the uniform top.
2. A single, visible manufacturer's logo and/or single school name or insignia no more than 2 1/4 inches are permitted on each visible undergarment.
3. A visible undergarment may be worn under the uniform bottom. It shall be unadorned and of a single, solid color similar to the predominant color of the uniform bottom and may extend below the uniform bottom.

E. Libero Uniform

1. The libero uniform top must clearly contrast from the predominant color(s) of the team uniform top, excluding trim.

2. The libero's uniform top cannot be made solely of the same predominant color(s) of the team's uniform top, even if the like color(s) are placed differently on the uniform top.
3. When one predominant color can be established, any of the accent colors – if clearly contrasting – can be used as the predominant color of the libero uniform top. When multiple predominant colors can be established, none of the predominant colors can be used as the predominant color of the libero uniform top, even if placed differently on the uniform top.

F. Uniform Numbers

1. Each player, including the libero, shall be identified by a number on the uniform top which is not a duplicate of a teammate's number.
2. If a visible number is worn on the uniform bottom, it shall be the same number as on the uniform top.
3. The number “00” is not allowed.
4. The number must be:
 - a. Permanent and clearly visible;
 - b. No more than two digits (0-99);
 - c. Plain, Arabic numeral of a solid, clearly contrasting color from the body of the uniform;
 - d. Located on the upper front and back of the uniform top;
 - e. At least 4 inches tall on the front of the top and at least 6 inches tall on the back of the top;
 - f. Placed so the top of the number on the front of the uniform is no more than 5 inches down from the shoulder seam; or placed so the number is centered no more than 5 inches below the bottom edge of any neckline ribbing, placket or seams on the uniform top.
5. Beginning July 1, 2028, numbers with a leading zero are not legal (01, 02, etc.).

Section 642 - Equipment

A. Additional Gear

1. Appropriate playing shoes must be worn.
2. Kneepads must be worn by all players.
3. Arm sleeves are permitted (optional).

B. Volleyballs

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

Sections 643 - 644 are reserved for expansion.

PART F – Postseason Play

Section 645 – Calendar

- A. The TAI AO calendar for Volleyball Postseason play will begin with week 12.
- B. The Postseason play schedule will be determined by the Volleyball Committee on an annual basis.

Section 646 – Postseason Practice

- A. Beginning with week 12 and continuing until the end of Postseason play, only one Organized Practice per day may be scheduled.
- B. The maximum length of an organized practice cannot exceed three hours.

Section 647 - Postseason Play

A. Minimum Match Requirement

1. Member organizations are required to play a minimum of 6 Regular Season matches to qualify for Postseason play.
2. Players are required to participate in a minimum of 6 Regular Season matches to qualify for Postseason play.
3. Member organizations are not required to play TAI AO opponents during the Regular Season in order to qualify for Postseason play.

B. Playoff Selection & Seeding

1. The Volleyball Committee is responsible for determining the member organization teams participating in the playoffs for each Division.
2. The Volleyball Committee is responsible for seeding each Divisional Playoff bracket. The brackets will be prepared after Week 11 results are complete.
3. Each bracket will be ready for posting by Wednesday of Week 12.

Section 648 – Team Rosters

- A. Team rosters for all playoff-qualifying teams must be submitted to the Volleyball Committee Chairman by Friday of Week 11 to be included in postseason participation.
- B. The TAI AO roster form provided by the Volleyball Committee will be the only form accepted.

Section 649 – Regional Tournaments

A. Regional Tournaments

1. The format of the TAI AO Regional Tournaments will be determined annually by the Volleyball Committee.
2. The Regional Tournaments will be played at North and South locations as designated by TAI AO.
3. TAI AO will manage all game day activities.

B. Tickets & Admissions

1. The TAI AO Steering Committee will make every effort to choose playoff

locations that can accommodate the expected crowd.

2. The TAI AO Steering Committee will determine a reasonable ticket price for the Regional Tournament. The Committee will consider the venue, the expense of the event, the impact on expected spectator population, and the overall TAI AO organizational welfare in determining admission. This policy is consistent with those procedures used by like organizations and is the guidance that will be applicable to all TAI AO activities.

3. Coaches, players, team trainer, team manager (one per team) and officials are exempt from paying admission. The Volleyball Committee may not exceed the number of free admissions granted in the General Rules.

4. All match and season passes issued by any member organization are suspended for the Regional Tournaments.

Section 650 - State Tournament

A. State Tournament

1. The format of the TAI AO State Tournament will be determined annually by the Volleyball Committee.

2. The State Tournament will be played at a central location designated by TAI AO.

3. TAI AO will manage all game day activities.

B. Tickets & Admissions

1. The TAI AO Steering Committee will make every effort to choose playoff locations that can accommodate the expected crowd.

2. The TAI AO Steering Committee will determine a reasonable ticket price for the State Tournament. The Committee will consider the venue, the expense of the event, the impact on expected spectator population, and the overall TAI AO organizational welfare in determining admission. This policy is consistent with those procedures used by like organizations and is the guidance that will be applicable to all TAI AO activities.

3. Coaches, players, team trainer, team manager (one per team) and officials are exempt from paying admission. **The Volleyball Committee may not exceed the number of free admissions granted in the General Rules.**

4. All match and season passes issued by any member organization are suspended for the State Tournament.

Sections 651 – 659 are reserved for future expansion.

PART G – Postseason Honors and All-Star Games

Section 660 – Player Eligibility and Statistics

- A. The purpose of awarding Post Season Honors is to recognize exceptional talent and performance of an individual player as consistently demonstrated throughout the season.
- B. A player must have played in at least 6 regular season matches in order to qualify for this recognition.
- C. Statistics for the individual player should be maintained by the member organization in MaxPreps.
 - 1. Individual player statistics are encouraged and must be kept current and as accurate as possible (*as explained in Section 626*).
 - 2. Failure to post statistics as required may disqualify a player from consideration. Player stats are helpful when assessing all-star selections.

Section 661 – All-State Honors

- A. TAIIO Volleyball Honors will recognize All-State honors with a 1st team, 2nd team, and Honorable Mention for each Division.
 - B. There may be up to 12 players on each team.
 - C. Prior to the end of the State Tournament, the Volleyball Committee Chairman will convene one meeting (in person or by conference call) for the purpose of determining All-State Honors.
 - D. Each All-State player will be selected by a majority of the head coaches in attendance.
- No JV player may be considered for All Star nominations.

Section 662 – All-Star Game (*See Section 274 of the General Rules*)

A. Player Selection

- 1. Player selections for each All-Star game will be from the players previously named and recognized as 1st Team and 2nd team All-State selections.
- 2. The teams will be selected and balanced by the Volleyball Committee to provide fair and competitive play.

B. Coach Guidelines

- 1. Each All-Star Coach accepting the invitation is expected to fulfill the guidelines provided in the General Rules.
- 2. Each coach should make every effort to play each athlete on the roster (if not equal time, at least meaningful time).

C. All Star Game

Sections 663 & 664 are reserved for expansion.

PART H – Removal from Contest

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

Section 665 - Removal from Contest

A. Incident Report – If a coach or player is ejected from a contest, the Member Organization must file an Incident Report with the TAI AO Volleyball Committee Chairman on the TAI AO authorized form. The decision will be made with the advice of the Chairman and can be appealed to the Steering Committee.

1. The Incident Report is due by noon the second school day following the match.
2. The Member Organization must provide the opposing team’s head coach with a copy of the filed Incident Report.
3. Member organizations who fail to properly report an ejection are subject to further sanctions.

B. Discipline – The TAI AO Volleyball Committee Chairman will determine appropriate discipline in addition to the minimum sanctions listed below.

1. Players

- a. Any player ejected from a contest will be suspended from the next contest as shown on the schedule submitted to TAI AO prior to the season.
- b. Any player ejected from a contest for a 2nd time within the same season will be suspended from the next 2 contests.
- c. Any player ejected from a contest for a 3rd time within the same season will be suspended for the remainder of the season (including postseason).

2. Coaches

- a. Any coach ejected from a contest will receive a private reprimand and will be suspended from the next contest as shown on the schedule submitted to TAI AO prior to the season.
- b. Any coach ejected from a contest for a 2nd time within the same season will receive a public reprimand and will be suspended from the next 2 contests.
- c. Any coach ejected from a contest for a 3rd time within the same season will be suspended for the remainder of the season (including postseason).

C. If a total of three ejections, coaches and players combined, are received by a member organization during the season, the athletic director and coaching staff of the member organization must will be required to meet with the TAI AO Volleyball Committee Chairman. and TAI AO Commissioner.

Section 666 - Dispute with an Official

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

B. A player who deliberately comes into physical contact with or threatens to harm an official will receive a minimum five (5) game suspension.

Sections 667 – 680 are reserved for expansion.

PART I – Coach Training and Certification Concussions

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

Section 682 - Concussions

A. In addition to required training, every TAI AO head volleyball coach will follow the UIL mandated protocol related to any student who shows signs, symptoms, or behaviors associated with a concussion.

B. UIL Concussion Protocol mandates:

1. Player is immediately removed from the contest or practice.
2. Player may not return to play on the same day.
3. Player may not return until cleared to play by an appropriate health-care professional.

C. Return to Play protocol must, at a minimum, include the following:

Day 1 – 24 hours symptom free

Day 2 – Light aerobic exercise (5-10 minutes of light workout)

Day 3 – Moderate aerobic exercise (15-20 minutes of running at moderate intensity)

Day 4 – Non-contact training drills, weight training, resistance training

Day 5 – Full contact practice and training

Day 6 – Eligible for game play

PART J – Videotaping and Filming

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

PART K – Middle School Volleyball

Rules in Sections 600-612, 622, 625-629, 641, 665-666 also apply to Middle School Volleyball.

Section 684 - Season Calendar

- A. The TAI AO calendar for Middle School Pre-Season and Regular Season Volleyball is 11 weeks beginning the first Monday of August. Organized practices may begin August 1st.
- B. Regular Season matches may begin as early as the 1st Monday of August. The Regular Season will conclude on the Saturday of Week 11.
- C. No matches will be scheduled on Sunday.

Section 685 - Eligibility

- A. Participation in TAI AO Middle School volleyball is open to students who:
 - 1. Will reach their 10th birthday no later than September 1st of the calendar year of participation;
 - 2. Will not reach their 14th birthday prior to May 31st of the calendar year of participation.
- B. Players may have up to four consecutive years of eligibility at the Middle School level (5th through 8th grade).
- C. Players who turn 14 between June 1st and September 1st have the option to play Middle School or High School volleyball. If the member organization and family agree to advance the student to High School play, this is acceptable, but will begin the student's four years of High School participation.
- D. A member organization may adopt eligibility rules related to Middle School participation that are more stringent than TAI AO rules for eligibility (including academic eligibility).
- E. Questions concerning eligibility may be referred to the Volleyball Committee for review and a decision.

Section 686 - Matches

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

Section 687 - Game Officials

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

Section 688 - Post Season

- A. The format of the Postseason for TAI AO Middle School programs will be determined annually by the Volleyball Committee. The tournament will be scheduled and coordinated by the TAI AO Volleyball Committee.

B. Seeding for each Division will be done by the Volleyball Committee based on the following, in this order:

- 1.** Win-Loss record
- 2.** Head-to-Head competition (if applicable)
- 3.** Common opponents (if applicable)
- 4.** Coaches agreement