

## 2018-19 TSSAA SPORTS CALENDAR

### GIRLS' VOLLEYBALL

- **Pre-Season Practice Rule** does not apply.
- First Practice Date is the Monday of NFHS Week 4.
- **Scrimmage Rule** does apply.
- The Date of the First Contest allowed is the Monday of NFHS Week 7. Eligibility and schedules must be filed online.
- Maximum number of regular season contests is 35 matches. Maximum number of tournaments is four with each tournament counting as three matches.
- **Off-Season** team practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

#### IMPORTANT GIRLS' VOLLEYBALL DATES

Rules Meetings are offered online (<http://tnhs.us/65cnx5>) in August & September.

First Practice Date .....	July 23, 2018
First Contest Date .....	Aug. 13, 2018
Deadline to File Eligibility & Schedules .....	Aug. 13, 2018
DI Districts (MBC By) .....	Oct. 5, 2018
DI Regions (MBC By) .....	Oct. 9, 2018
DII AA First Round .....	Oct. 9, 2018
DI Sectionals .....	Oct. 11, 2018
DII A Quarterfinals (MBC By) .....	Oct. 13, 2018
DII AA Quarterfinals .....	Oct. 13, 2018
DI & DII State Championships .....	Oct. 17-19, 2018
Dead Period .....	June 23 – July 6, 2019

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

**Practice** - Coach and player(s) together with instruction, teaching, coaching, etc. Try-outs are considered practice.

**Open Facilities** – Permitted year round (Monday through Friday) except during the **Dead Period**. Schools may use their facilities for students in their building prior to or after the school day. Coaches may serve in a supervisory capacity only. There is no instruction, no teaching, no coaching, etc. Coaches may not participate or play in any manner. It is a free play type atmosphere. Sport specific skills cannot be taught. ATTENDANCE CANNOT BE MANDATORY.

**Weight Training/Conditioning** – Permitted at all times except during the **Dead Period**. Must be generic type program that would be beneficial to all students and not sport specific. Exception: In baseball and girls' softball, players may throw to condition arms. Sport specific skills cannot be taught. Only students who are enrolled and in regular attendance at the school may participate during the school year. ATTENDANCE CANNOT BE MANDATORY.

**Practice During the School Day** – All athletic practice during the regular hours of any school day shall conform to the same rules, regulations, and season as corresponding athletic practice outside the school day.

**Beginning Sport** – Any school starting girls' volleyball for the first time may have five days of **Off-Season** practice prior to the first season the sport begins.

**Tournament** – All tournaments shall be held on consecutive days with no other regular season games being played during the tournament unless permission is granted by the Executive Director. A tournament is defined as competition of three or more teams and three or more games, matches, etc., which progress to determine a winner.

**Pre-Season Practice Rule** – Begins the first day of school until the first official day of practice in that particular sport.

**Scrimmage Rule** – After the TSSAA first official day of practice, a school cannot practice with or scrimmage another school until both schools have practiced a minimum of three days. A school may have a maximum of four scrimmages or two scrimmage dates or one scrimmage date and two scrimmages. No tournament format of any type may be used. Scrimmages should look more like practice than games. Once a school has played their first game, there can be no more scrimmages.

**Off-Season** Begins with the school's elimination from postseason tournament play in a particular sport and concludes with the end of the school year. Individual instructions may be given to no more than three students per day.

**Summer** – The period of time from the end of the school year until the Monday of NFHS Week 4 (opening day of practice).

**Dead Period Rule** – No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning. The Dead Period, which is to be observed by all schools, is NFHS Week 52 and NFHS Week 1 – 14 days.