



**GWAC
VOLLEYBALL
2020-2021 SEASON**

GWAC PURPOSE



The Girls Western Athletic Conference (GWAC) is committed to provide a fun, yet competitive environment whereby the young ladies of our community may compete and develop general or advanced skills in specific sports, while learning the basic values of teamwork, respect and sportsmanship.

At all times, we, as their leaders, shall conduct ourselves by word and action in a manner that will always set a good example and will contribute to the girls' roles as young, Christ-centered women, firmly rooted in the Catholic Faith stressing the following:

Discipleship – to empower young women to live as disciples of Jesus Christ in our world today.

Participation – to draw young women to responsible participation in the life, mission, and work of the Catholic faith community.

Growth – to foster the total personal and spiritual growth of each young woman.

Dear Coach,

Thank you for coaching! Welcome to the Girls' Western Athletic Conference (GWAC). This conference, founded in 1970, organizes leagues for girls' volleyball, basketball and softball. There are 18 member parishes and one affiliate member from the west side of Cincinnati. We hope the upcoming season will be enjoyable for you and your team. If you would like to share your thoughts and opinions to continue to improve our league, please contact your league representative. He/she can then discuss it at the next monthly league meeting with the other league reps. You are always welcome to attend our monthly league meetings which are held at Our Lady of Lourdes. Please check our website <http://www.gwacsports.com/> for each monthly meeting date and time.

This clinic book contains the updated 2020-2021 GWAC league rules pertaining to volleyball. If you have any questions concerning the rules, contact your league contact listed on your schedule.

Sincerely,

Girls' Western Athletic Conference

President

Jenny Nie – jenlou@roadrunner.com

Vice President

Eric Fay – erictfay@live.com

Secretary/Treasurer

Bev Rosemeyer – berosemeyer@yahoo.com

RULES – GIRLS' VOLLEYBALL

The GWAC will follow the National Federation of State High School Associations (NFHS) rules with the following exceptions and/or clarifications.

Please Note: You can go to the NFHS website for the complete list of the rules.

www.nfhs.org/activities-sports/volleyball/

HOME TEAM

The home team is indicated on your schedule. Keeping with the spirit of our Catholic faith and good sportsmanship, the home team will be responsible for the prayer before each match.

SCOREKEEPER

It is the responsibility of the home team to provide the official scorekeeper. It is recommended that the visiting team have a representative at the scorer's table to monitor the scoresheet.

SCORESHEET

Copies are available online at – www.gwacsports.com
The winner of the match should keep their scoresheet in case the league needs to verify scores.

LINEUP SHEETS

Copies are available online at www.gwacsports.com. All eligible players' numbers should be listed on the lineup sheet. The lineup sheets should reflect the serving order at the start of the game. The lineup sheet is turned into scorekeeper before start of game and stays at the scorer's table throughout each game.

LINE JUDGES

Each team must provide a responsible person (high school age or older) to act as an impartial line judge for the entire match. The line judges will meet with the referees prior to the match to review their duties and responsibilities.

NUMBER OF PLAYERS

If only five eligible players are present at game time, a team will be permitted to play with those five. The coach should list all players expected to arrive even if they are not present at game time. On the lineup sheet, the coach should indicate which lineup position will be left empty to start the game. Each time the empty position rotates into the serving position, a point and side out will be awarded to the opposing team. When an eligible player listed on the lineup sheet arrives, she will be substituted into the empty position. If six players are available to start the game, all six must play.

SUBSTITUTIONS

A team is permitted a total of 18 substitutions per game.

GUEST PLAYER

In order to avoid forfeits, the GWAC will allow players rostered on teams within your organization to participate/sub as Guest Players in league VB games outside of their specific team as follows:

1. Guest Players must be entered in the #5 or #6 position to begin game,
2. Guest players may only serve four (4) serves in a row.
3. Guest Players cannot play longer than any regular team player.
4. Guest Player can be pulled up from a younger grade level; a Guest Player cannot play down at a younger grade level. A player from an A-level team cannot be a Guest Player for a B-level team at the same grade level.
5. Prior to the start of the game, the coach using a Guest Player(s) must notify the opposing coach with official present stating his/her team will be playing with a Guest Player(s).
6. Guest Player(s) are positioned in #5 or #6 on lineup.
7. Guest Player(s) may only number 2.

*Note: The primary goals of this rule are to allow games to be played using a full complement of players, avoid forfeits and improve the balance of play; however, this rule is not intended to be used to gain an overt competitive advantage.

TIME-OUTS

Each team is permitted two 60 second time-outs per game. Unused time-outs do not carry forward and no extra time-outs are awarded.

CAPTAIN'S DUTIES

Each team must designate a captain prior to the match to take the ground rules.

GAME SETUP

Game #

- 1 – Home Team selects side and serves first.
- 2 – Teams switch sides, visiting team serves first.
- 3 – Home team captain calls a coin flip.
Winner selects serve, side or receive.

When ball is dead – captain may request time out, substitution or information pertinent to the game.

****5 minute warm-up prior to the start of all matches.**

RESCHEDULING

Coaches may not reschedule any games requiring paid officials. ONLY in the event of a School or Church calendar change occurring after scheduling has taken place will the GWAC consider a change. The only exception to the rule would involve a conflict with a SAY soccer team involved in the fall tournament finals.

PLAYING TIME

ALL A and B1 teams must play all team members the equivalent of one game (25pts).

ALL B teams must play all team members roughly equal playing time (37pts).

If a coach questions whether this is being done, the coach should report it to their league contact listed on the back of their schedule. If the league finds a coach

has not been playing all team members, they will be suspended for one league game and forfeit games from that match.

Any coach wishing to discipline a girl by not letting her play in the match must inform the opposing coach and the referee prior to the start of the match. Once a player is disciplined, she may not enter the match for any reason.

PLAYER ELIGIBILITY

****Any High School girl whose name has appeared on a High School roster may not play for GWAC in that sport in that year.**

IMPORTANT: It is not acceptable to pull players from another team to play a game you must follow all rules regarding Guest Players.

SCORING

All grade levels will use 'rally scoring'. A point is scored each time the ball is blown dead. Three games will be played in each match. In the first two games of a match, the winner will be the first team to reach 25 points or more with at least a two-point margin. In the third game, however, the winner will be the first team to reach 25 points or more with a two-point margin OR the first team to reach 30 points regardless of the margin.

SERVING AREA

5th & 6th grade A, 7th & 8th grade and High School serving area shall be behind the end line and from sideline to sideline. Exception: 5th & 6th grade B & B1 teams may use the service area line (step in box) that extends in five feet from the end line toward the net and will extend in 10' from the right sideline toward the center of the court.

BALL

GWAC will allow the colored-panel ball to be utilized for competition. The home team shall provide the game balls for competitions. The use of the colored-panel ball is not mandatory and will be up to the home team. All levels of 3rd & 4th and 5th & 6th will be using Volleylite balls this year.

NET HEIGHT

5th & 6th

-Top of net shall be level measure 7' 0" to ground

7th & 8th

-Top of net shall be level measure 7' 4 1/8" to ground

High School

-Top of net shall be level measure 7' 4 1/8" to ground

The above rule must be somewhat flexible, especially when a team must use a public facility as their home gym. In the case of some schools, the net cannot be adjusted to precisely above mentioned heights. Please be tolerant!

LET SERVES

'Let serves' will be legal serves. A let serve is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent's court.

LIBERO

Optional use of a 'libero' (specialized defensive position) will be permitted at the High School, 7th & 8th 'A' and 7th & 8th 'B1' & 5th & 6th A competition levels only. Teams using a libero must provide a separate libero tracker for each game that a libero player is used. A libero player must wear a different colored, contrasting solid & numbered shirt.

UNIFORMS

All girls on a team must wear shirts and shorts of identical color and style. All uniforms must have a number readily visible on the front and back. If shirts and/or compression shorts are to be worn under the official uniform, they all must be of like color.

All players must wear kneepads and non-marking gym shoes.

For the sake of players' safety, no jewelry will be permitted to be worn on the court. No earrings under any circumstances. Taping newly pierced ears is not permitted. Also for safety, no gum chewing is permitted on the court.

PLAYER SAFETY

Ohio law regarding concussions in youth sports became law on April 26, 2013. The law aims to assure the proper recognition of and response to possible head injuries in youth sports programs. The Sport Coordinator for your parish is responsible to make sure that all GWAC coaches in your program have registered and completed the required online course before they coach. Go to www.gwacsports.com for a link to a concussion online training and other safety training requirements.

LEGAL BALLS PLAYED OFF BODY HITS

Balls that hit any part of a players body are considered legal and may continue in play.

REPORTING SCORES

League winners are determined by the team winning the match (best 2 out of 3), however all three (3) games are played. The team winning the match must report the win within 72 hours after the match. Failure to do so will result in the team not being credited with the win in the league standings. Any coach who wins by forfeit must still report the win within the 72 hour period to receive credit.

There are several ways you can now report your scores. Please note you STILL only have 72 hours to report your score. The system will send us an email reporting any scores reported after the time set for each game/division.

Our League PIN # is 5309

1. Go to the following website to report scores.
<http://gwacsports.com/phoneitin/>
2. For those with iPhones or Androids devices
 - Download TeamNet™ from Apple's App Store or the Android Market
 - Signing In - Entering the leagues PIN number and a game number
 - Confirm - Confirm the game is correct and proceed to enter score

3. You can also login to the website:

www.gwacsports.com.

- Go to the volleyball dropdown menu and click on teams/divisions.
- Go to your division and click on your team.
- Upper right hand corner is login information.
- Enter your email and password number. Note: Information is on the front of your clinic book.
- Follow links for scores.

Only the winning coach should report the score. If you have any problems, please contact your league contact or send an email to cincygwac@gmail.com

AWARDS

1st and 2nd place awards will be distributed in all competitive leagues at the end of league play for all sports, except possibly in the case of a tie in the final league standings (see below).

If 1st and/or 2nd place ties exist in the final league standings, the following rules will be in effect:

- If two or more teams are tied for 1st place, all of those teams will receive 1st place awards and no 2nd place awards will be given.
- If there is a single 1st place team and two or more teams tied for 2nd place, the league winner will receive 1st place awards and all of the teams tied for 2nd place will receive 2nd place awards.

WEATHER

To check a game status do one of the following:

- 1) Go to the league website for updated information.
- 2) Sign up for Rained Out on the GWAC website

FORFEITS

If your team is unable to make a scheduled game, the forfeiting coach is responsible for contacting Jenny Nie who will be responsible for informing the opposing coach. Coaches should not pay any officials fees at the game site if a forfeit occurs. The forfeiting school will be assessed both school's officials fees and will be paid by the league.

If a game is forfeited in advance and would have been rained out, the game will be rescheduled as any other rainout.

OFFICIALS

GWAC recruits individuals who are high school age or older as officials for volleyball. They are trained and tested, using both written and practical testing. As a coach, you must realize and make your girls understand that a referee is in complete authority from the moment he/she takes charge of the game until the game is completed. He/she has the authority over the game, the players, the coaches and those present observing the game. He/she may take any action deemed necessary to insure a fairly played game. This may include ejecting fans, coaches or players at any time. Please be patient and understanding. Common sense tells you that you will experience an occasional bad call. We know there are times when you will be compelled to question a call. All we ask is that you extend to these officials the courtesy and respect his/her position deserves.

CRITICISM OR COMPLAINTS CONCERNING OFFICIALS

Should you find any official to be questionable in her/his officiating, we ask that you write/email your complaint with name of the official the complaint is against, your name, school, division, date of the game played and the nature of the complaint. Mail or email to:

MINDY LEONARD
729 Rosemont Avenue
Cincinnati, OH 45205
cincyvbc@aol.com

PROTEST RULE

1. Any protest must be placed with the games official(s) and the opposing coach at the time of the infraction. Both coaches and the official(s) must sign the official scorebook. From that time on, the remainder of the game will be played under protest. At the end of the game, the official will take this page from the official scorebook and submit it to the Director of Officials. **No protest can be lodged after the game is completed.**
2. The reason for the protest must be submitted in writing or in email to his/her league contact listed on the back of their schedule by the protesting coach within twenty-four (24) hours after the game. A protest fee of \$25 must accompany the protest will be charged. If the protest is upheld, the protest fee will be refunded.
3. The protest board will consist of Director of Officials and two impartial parish representatives from that sports committee.
4. The GWAC President will preside over the meeting. Those in attendance at the protest meeting will be the Director of Officials, the protest board, the league contact listed on the back of their schedule, if necessary, the game official(s) and (1) one coach from each team involved in the protest. All those required to be present at the meeting will be notified by the league contact as to the date, time and location of the meeting.
5. The outcome of the protest will be decided by a majority vote of the three members of the protest board. A protest concerning an official's decisions(s) or judgment call(s) will NOT be considered. A rule interpretation may be protested. If a protest is upheld, the game ensues from the point of the protest or the protest board may take other appropriate action.

CONDUCT OF PLAYERS, COACHES & SPECTATORS

Players, coaches or parents misconduct is any behavior or actions contradicting the purpose and goals of the GWAC.

If a written or verbal complaint(s) is received by the GWAC stating that, in the opinion of the complainant, a coach, player or anyone else connected with the team has conducted him/herself in an unsportsmanlike manner, that person may be notified of the complaint by the GWAC president. Depending upon the nature of the complaint(s), an investigation may be made. If, subsequent to an investigation, the complaint(s) is deemed valid by the GWAC League representatives, appropriate disciplinary measures can and will be taken. Discipline may range from a warning to suspension from any further league activity for the remainder of the season.

Any coach, team member, or anyone else connected with a team, who is ejected by an official for unsportsmanlike conduct during a game will be suspended not only for the remainder of that game, but also from participation in that team's next league sanctioned game. During suspension, the individual will not be permitted on the premises. Failure to comply will result in the team's forfeiture of the game(s) played during noncompliance.

The individual being disciplined is entitled to appear before the GWAC League representatives either during the investigative process (if feasible) or to appeal any disciplinary action taken subsequent to the completion of the investigation. Any appeal must be in writing, and any disciplinary measures meted out by the GWAC must be complied with completion of the appeal and appearance before the GWAC. Failure to comply with disciplinary measures will result in the team's forfeiture of any games played during noncompliance.

If a coach, parent, or fan is ejected for any reason, they must leave the premises.

For additional information on the Code of Conduct, please go to the Archdiocese Charter on Youth Athletics. www.catholiccincinnati.org/ayatf/

COVID-19 GUIDELINES 2020

GWAC has published their guidelines for participation in this year's Volleyball season on their website. Anyone not following our guidelines will not participate. www.gwacsports.com

AVENUES OF COMMUNICATION

Questions or Concerns within the GWAC

1. Your Volleyball Coordinator:
2. Your Parish GWAC Representative
3. Your GWAC Board Member

5th&6th grade levels

-Jenny Nie jenlou@roadrunner.com

7th & 8th grade levels & HS

Bev Rosemeyer berosemeyer@yahoo.com

Questions or Concerns for Your Athletic Board

- Questions regarding team selection and try-outs
- Questions regarding coach selection
- Conflicts within your schools' teams or VB program.
- If you have a conflict with your coordinator then go to your AC for advice or support.

Questions or Concerns Regarding Officiating

Please see Section in this booklet under Officials.

FOUNDING MEMBERS of G.W.A.C. 1970

OUR LADY of VICTORY
OUR LADY of VISITATION
ST. ANTONINUS
ST. CATHARINE
ST. JUDE
ST. MARTIN

CURRENT MEMBERS of G.W.A.C. 2020

OUR LADY of GRACE
OUR LADY of LOURDES
OUR LADY of VICTORY
OUR LADY of VISITATION
ST. ALOYSIUS – Bridgetown
ST. ANTONINUS
ST. BERNARD – Taylor Creek
ST. CATHARINE of SIENA
ST. CLEMENTS
ST. DOMINIC
ST. IGNATIUS LOYOLA
ST. JAMES – White Oak
ST. JOHN – Dry Ridge
ST. JOHN the BAPTIST – Harrison
ST. JUDE
ST. LAWRENCE
ST. MARTIN of TOURS
ST. TERESA of AVILA
ST. WILLIAMS

AFFILIATE MEMBER

OAK HILLS YOUTH ASSOCIATION

GWAC WEB SITE

www.gwacsports.com

Please visit the GWAC website which has
schedules, standings, coaching tips and drills.

