

GKCOA VOLLEYBALL MEETING #4



Winnetonka High School
Sun., Sept. 16, 2018

WARM UP

- Take your resting heart rate (beats per minute)
- Find your pulse
- Count for six seconds
- Multiply by ten (add a zero)

TAKE CARE OF YOURSELF

- Normal resting heart rate: 60-70 bpm
- Dr. Denise Penzkofer - professor of exercise physiology at University of Tennessee did a study on stress and the volleyball referee
- She is a volleyball referee!

TAKE CARE OF YOURSELF

- Referee during a match—average: 112 bpm, max 126 bpm (65th percentile of target HR during exercise)
- Line judge during a match—average: 123 bpm, max 151 bpm (80th percentile of large HR during exercise)
- Not sustained for the whole match, but it goes to show that you're not just standing there doing nothing during a match. Your body actually does something!

TAKE CARE OF YOURSELF

- Dr. Penzkofer: 7/10 deaths in the United States are from chronic diseases (like heart disease) where stress is a contributing factor

TAKE CARE OF YOURSELF

- Take care of yourself this season!
- Healthy diet
- Work on your weight
- Watch your drug, tobacco, alcohol consumption
- Protect yourself from disease and injury
- Manage your stress levels

THE CONCUSSION VIDEO

- https://www.mshsaa.org/Resources/UploadedFiles/TrainingVideos/RulesMeeting636046978211909636/presentation_html5.html

GKCOA ANNOUNCEMENTS

- How are we doing this year so far?
- Success stories?

LINE JUDGING UPDATE

- How are we doing this year so far?

LINE JUDGING PRO TIPS

- When an attacked ball hits the tape/block and **returns to the attacking team side** and hits the floor, all the line judge needs to signal is “IN” or “OUT” - the line judge is not responsible for deciding whether the ball was touched by the block or not - do not signal “TOUCH.”
- You should make a signal on most plays—examples of when NOT to signal:
 - Ball lands within a couple of feet of one of your partner’s lines
 - Ball goes under the net
 - When your partner signals a touch, but you didn’t see one (don’t mimic your partner’s signals)

ESPN
National Semifinal

LIVE

#NCAVB

#NCAVB

CHAMPIONSHIP

CHAMPIONSHIP

KANSAS

5 Nebraska
1 Penn State
PSU LEADS 2-1 (BEST OF 5)

5
9

BOWLS SATURDAY

ESPN



GKCOA ANNOUNCEMENTS

- Pink whistles are now available - see Erica Shackelford



ASSIGNOR ANNOUNCEMENTS

- Some schools have changes in mid-season: reducing from C Gold and Silver or 9AB to just C Gold or 9A. In most of these instances, the C Gold/9A officials will be linked to a Varsity Line Judge assignment following the initial match. There are also time, location, level, or other changes. These changes must be accepted on Arbiter. This is why it is important to check Arbiter at least every other day and to contact the school ONE WEEK ahead of time to confirm details.
- If the details on Arbiter are different when confirming with the school, please let Don Gard and David Thompson know immediately so they can change on Arbiter. Arbiter then sends email notifications to all parties on the assignment.

ASSIGNOR ANNOUNCEMENTS

- ARBITER PAY: The vast majority of schools now use Arbiter Pay...please make sure you have your account set up properly attached to your bank account.
- Getting your money out: make sure you use the MANUAL TRANSFER option...do not use AUTOMATIC TRANSFERS. If you do, it will charge you \$1.50 per transaction!
- This week's Sunday Newsletter will include an instructional video on how to accomplish all of this.

THE MSHSAA OFFICIALS DRAFT

- Wed., Oct. 3 - 7:00pm at Blue Springs South
- AD's/district tournament managers from northwest Missouri will attend
- An order of selection is determined and each manager will select R1/R2/line judges for their district until all spots are filled
- GKCOA will assist managers in filling some line judge positions
- As soon as the draft is completed that evening, managers may begin to contact you. You must accept your assignment through www.mshsaa.org - verbal or phone contracts are not accepted (you won't get paid)
- Selections for sectionals and state are made directly from MSHSAA

A VERY RARE OCCURRENCE

- Cheryl Aston

MSHSAA RULES/MECHANICS INTERPRETERS ANNOUNCEMENTS

- Don Sleet
- Dixie Ousley

DON SLEET OBSERVATIONS



DEEP THOUGHTS BY DON SLEET

- Procedure to check with an injured player before continuing play - don't necessarily take the word of the player alone
- Procedure to follow regarding players with writing on their arms and legs
- Reminding line judges that they need to remain neutral while performing their jobs (i.e.: parents cheering after a rally)

DROP BOX QUESTION

- Middle front blocker/hitter loses her shoe, as the play continues, she tosses it off the court as play continues....what is the call?
- The play should whistled dead to allow the student to put the shoe back on and a replay. Rule 4-2-6 states appropriate playing shoes shall be worn. This means at all times and if a shoe were to come off during play, MSHSAA would not support tossing the shoe off the court and continuing play. This as more of an immediate safety issue if the student slips or someone steps on her foot. If the shoe is repeatedly coming off, consider issuing an unnecessary delay.

DROP BOX QUESTION

- Team S servers the ball to Team R. Team R's first contact shanks the ball towards the net post. Team R player saves the ball from hitting the net post but she runs into the net post herself. She may or may not have touch the very edge of the net by the net post.
- This situation is addressed in Rule 9-6 article 7, on page 39 in the rule book and page 38 in the case book. Contacting the post (the book uses the word standards) isn't illegal unless you feel like she gained an advantage or it was dangerous contact.

DROP BOX QUESTION

- If a ball hits this, what is the ruling?
- Any backboard that is raised in any direction (even slightly) is considered part of the ceiling and balls that contact them will be playable.



DROP BOX QUESTION

- What's the rule again on drop down nets from the ceiling?
What's playable and what's not?
- If a ball strikes a CABLE or STRAP - play on.
- If a ball strikes a DIAGONAL POLE - blow the whistle and rule on it similar to ruling a ball striking a vertical backboard. If the ball would have gone out of play had the pole not been there, it's OUT. If the ball could have been played again had the pole not been there and the team has hits remaining, it's a REPLAY.
- If a ball strikes a VERTICAL POLE - it is OUT.

DROP BOX QUESTION

- A school has a center line that is taped down over the top of a center line deemed illegal by MSHSAA, but the tape was crooked and I believed that the tape was slippery and unsafe. Do I have the authority to have the tape removed if I believe it is unsafe?
- Still getting confirmation from MSHSAA on this ruling - see a future Sunday newsletter

DROP BOX QUESTION

- Can a coach request a line up check for the opposing team?
- A team may ask to verify only that opposing server is correct, nothing else (such as "are they overlapping?")

DROP BOX QUESTION

- What would be the exact procedure to follow when we have a double libero replacement, but the libero doesn't go back to serve?
- If it is discovered before the first whistle for serve after the illegal replacement, it is whistled immediately and penalized with an administrative card. If discovered after the first whistle for serve, it is illegal alignment and a point is awarded to the opponents; furthermore, if it is the serving team that is offending, points scored during this term of service while the illegal replacement was in the lineup are cancelled. If the replacement is discovered after a team won a rally that their opponents had served, that rally is cancelled, their opponents are awarded a point and continue to serve as if they had won the original rally (i.e., don't rotate).

OTHER SITUATIONS?

- Let's open it up for questions/situations, but remember, we need to stay focused in our conversation and input.
- Try to have a rule book or case book reference when responding to a situation.

VIDEO SITUATIONS

- On some, I'll give you a little heads up on what to watch for, on others, you'll be on your own!
- The purpose is not to demean the referees in these clips —we are learning from their successes and areas of improvement

4 CONTACTS OR NOT?

- Watch the team on the left

ESPN+



Ball State

16



Missouri State

19

MSU LEADS 1-0 (BEST OF 5)



0:00



ESPN

John C. ...

0:09

10 11 12

BACK ROW BLOCK?

- The setter on the right is back row

743BRB01101



ANYTHING HERE?

- No clues on this one...what are the potential issues here?

berofr



NOW THAT WE SAW THE LAST ONE...

- Anything on this one?



Women's College Volleyball: Kansas at Texas

0:00

0:13:20



TEXAS

16

KANSAS

10

FINAL

AT&T U-verse

3:01

ANY ISSUES HERE?

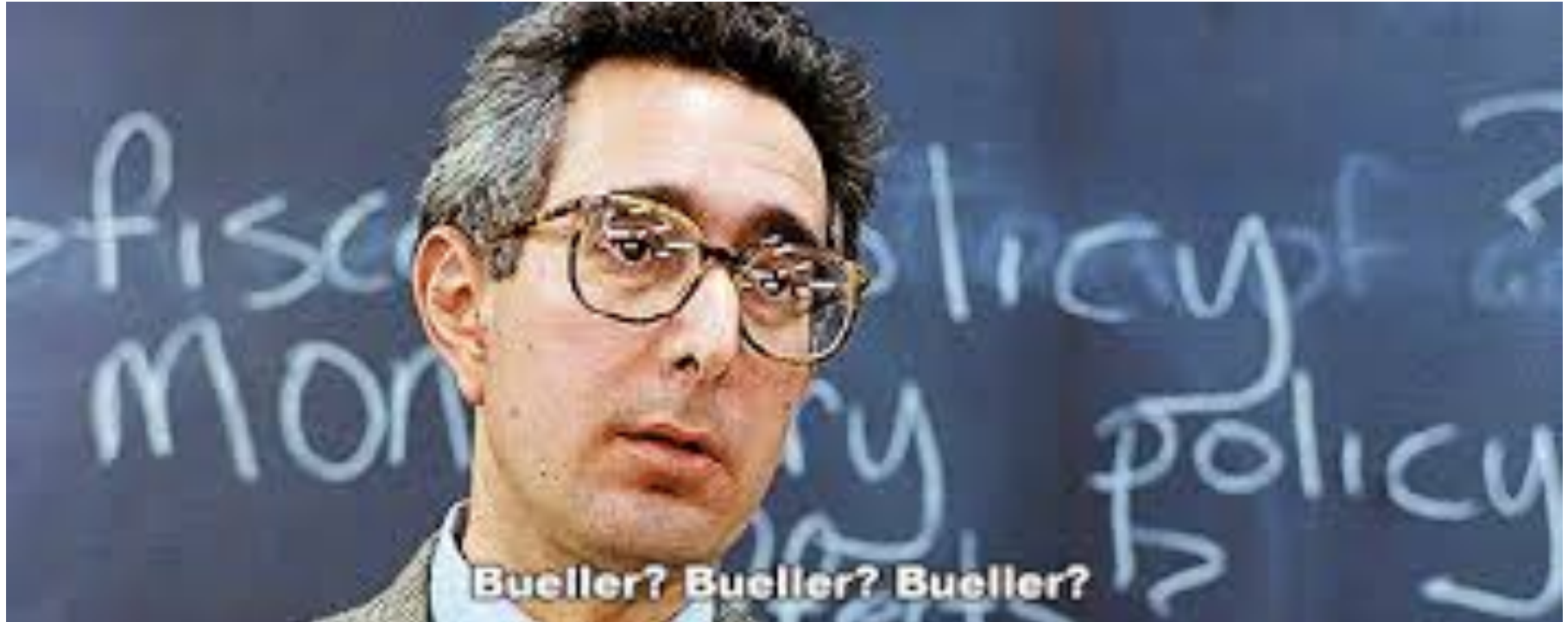
- No clues...just watch.





OPEN AGENDA

- Bueller? Bueller?



NEXT TIME

- Sun., Oct. 7 - look for an online video to watch
- Continue to send in drop box questions - look for the Sunday newsletter for answers
- Post-season reminders, rule change ideas, off season opportunities (club refereeing), GKCOA evaluation
- Think about possible GKCOA award winners (Coach of the Year, etc.)
- WE ARE ALL MENTORS, WE ARE ALL MENTEES!

DID YOU KNOW?

**A LOT OF PEOPLE DO NOT
REALIZE THAT THE ACTOR WHO
PLAYED WILSON IN CASTAWAY**



**IS THE SAME ACTOR FROM THE
VOLLEYBALL SCENE IN TOP GUN**