

MAISL Coaches Meeting (3-12-2019)

(MAISL – Madison Area Independent Sports League – www.maislathletics.org)

1. Contact Information

- a. Deanna Grahn - Girls Volleyball Commissioner – grahnd@sbcglobal.net 608-772-1692
- b. Michael Schultz – MAISL Chairperson – maisl@hotmail.com 608-575-1215

2. Concussions - <https://www.wiaawi.org/Health/Concussions.aspx>

3. Forms

- a. Team Set-Up – Coaches must give to officials at the start of each set per match. This form is found on the MAISL home page www.maislathletics.org – Documents – Volleyball Forms
- b. Substitution Form – this needs to be completed by the coach and signed by an administrator. You can email it to me. I must receive it prior to the game that you will be bringing a player on board. For small teams, it's crucial to stay in contact with your players/families so you don't find yourself short players. A player may play up for the day and can still play on their own team for that day. Once a player plays up on a particular team, they cannot play up on again on that team or the player becomes a permanent member of the team they played up on more than once, and cannot return to their original team.
www.maislathletics.org – Documents – MAISL Forms

4. General Rules – We generally follow WIAA and NFHS rules with some MAISL variations. www.wiaawi.org

- a. NEW this season – The VolleyLite ball will be used for both 5th and 6th grade teams. Therefore, the players may only step up to the 5' line to serve.
- b. 5th Grade is allowed a reserve for either serve for the first serve per rotation.
- c. 5/6th grade – Max of three serves per service rotation. The team retains serve and rotates to the next player. Rotation only. No substitution allowed except in cases of injury or ineligibility. Not allowed to set a serve.
- d. 6th grade – Re-do for first serve per rotation for overhand only. No re-do for underhand serve.
- e. 7/8th grade – Max of five serves per service rotation. Must serve from behind baseline. May set a serve.
- f. Per WIAA rules – Kicking the ball is allowed.
- g. Foot/Body crossing center line – Touching the line is OK unless you are stepping on your opponent, interfering with their ability to play. A foot/body crossing over the line completely is not allowed.
- h. Back row attack defined – A back row player may not attack or block the ball in front of the 10' line. The ball must be above the net to be defined as an attack. A back row player may only attack legally if they start their jump/swing from BEHIND the 10' line, not ON the line.
- i. A front row player may attack or block the ball as soon as the ball breaks the plane of the net.
- j. The full set of the MAISL variation of rules is on the website, under “documents.”

5. Definitions

- a. Re-do for 5/6th grade serve – ball must pass over the net and between the antennae before being considered a valid serve.
- b. 7/8th grade substitution – Player per player substitution only. Example: Set 1 – Player A subs for Player B and vice versa. Set 2 – Player A subs in for Player C and vice versa. Be sure the players line up between the 10' line and the net and wait until the ref waves the player in.

6. Schedules – Will tentatively be posted by Friday, March 15, 2019. These will be sent by email, fax and posted to the website. Please check them over immediately to ensure you play every team at least once and that you aren't scheduled for days/times that overlap each other or if you are scheduled for two locations in one day, that you have time to travel.

7. Standings - They will be posted weekly on the website. Email me when you notice discrepancies. I try to have everything current by Wednesdays.

8. Line Judges – No cell phones, stand on the corner (to enable the judge to fully see both lines), know the signals, the ref may overrule your call if s/he feels s/he has a better vantage point, and focus on the ball and court.

Other Information

TIPS for developing players

- Set rules at start of season – be on time, don't talk when the coach or others are talking, run to and from the court, etc.
- Lots of repetition – very little standing around
- Keep any lines for drills short – less time for idle chatter in lines
- Change drills every 5-10 min
- Players support/encourage/cheer for each other

The internet has many resources and there are you tube videos to demonstrate skills and drills. Other coaches are also good resources.

List of Concussion Symptoms:

- **Dizziness** Everything from seeing stars to feeling like they have been spun around several times.
- **Confusion** Maybe they can't remember what happened before or after the event that caused the concussion. Perhaps your child doesn't understand the questions you are asking them as well as they usually do.
- **Headache** The brain injury may actually be felt as pain in the head. This is an especially common symptom throughout the recovery period.
- **Slurred Speech** This symptom will be present depending on which part of the brain was injured. If any of the parts related to speech was injured, then speech will be slow or slurred.
- **Emotional or Moody** A great deal of emotional regulation happens in different parts of the brain. This symptom may show up in your child as being increasingly irritable, sad, depressed, or just plain moodiness.
- **Can't Sleep or Tired All The Time** Sleep regulation is also largely controlled in the brain. Combine that with an increased need for rest to recover from almost any injury, and your child may be very tired all the time, or unable to sleep.
- **Loss of Balance** This may be increased clumsiness, dizziness, or just an off-kilter feeling.
- **Nausea** That sick-to-the-stomach feeling is also a common nausea symptom. It can range in severity from feeling a little nauseated to actual vomiting.
- **Light or Noise Sensitivity** Your child may want to avoid bright or even normally lighting. Loud noises and a lot of background noise can also be irritating in some cases of concussion. With this symptom, your child will want to find ways to avoid this type of stimulation, as it is a warning sign that for this particular concussion, the brain can only process so much sound or light information right now.