



SANCTIONED TRYOUTS SCHEDULE

The Iowa Region in support of IGHSAU and to help high school athlete encourage clubs not to hold tryouts during an athlete's high school season.

- *The IA Girl's HS Athletic Union says that individual must check with their school boards about the rules for attending tryouts during season.*

Teams are formed by invitation, tryouts or combination of invitation and tryout for remaining positions. Clubs should indicate on all tryout materials if the tryout is for all positions or just for the remaining positions. If for remaining positions, the positions should be listed in the tryout materials.

1. **A club or team may offer** a player a position in their club or team at any time. **Players will have until the dates listed in this policy to accept or decline their offer.**
 - a. **Clubs who extend** offers must keep the offered position open until the same deadlines listed below.
 - b. **A club or team should use** the Online Commitment System. This will be accepted as proof of commitment. After January 1st all club assignments in the MMS (membership management system) will also be used as proof for a commitment to a club.
 - c. **The Commitment Offer should be sent** to players that are invited verbally or by email. A Player accepting an invitation by phone, in-person or via email must sign a Commitment Letter.
 - d. **All Commitment Offers** are kept within the OCS to present in case of a dispute.
 - e. **Team player limit** Club should not offer more positions than the number of players accepted to the team. The club must honor all letters of commitment.
2. **Players who are invited** to play on a team/club may sign a Commitment Letter at any time. Coaches or club directors may not force players to give a verbal commitment before the commitment dates listed in this policy.
 - a. **Once they sign** the Commitment on the OCS, they cannot attend any other club's tryouts.
 - b. **A Player is committed to the team/club they signed with for the entire season.**
 - c. **If a player has received more than one Commitment Offer**, any non-selected clubs must be informed within 24 hours of final acceptance.
 - d. **Players should also keep a copy of the Commitment Offer** to present in case of a dispute.
 - e. **If a club extends a verbal offer but does not include a Commitment Letter**, it is recommended that the player's parents or guardians contact the Club Director to send them a commitment through the OCS. This is for the protection of the player and the Club.

Offer Periods: **Players will have until the dates listed in this policy to accept or decline their offer.** The Region ONLY recognizes offers through the OCS or after January 1st a Club Assignment in the MMS (membership management system). Verbal offers and acceptances will not be recognized.

- f. **Summer Tryout Period (All Ages) (July 22nd and August 9th)**
 - i. Clubs may begin to send offers after the GJNC Summer Championships.
 - ii. There will be two deadlines during the Summer Tryout Period. The first deadline will be 11:59pm on the Wednesday before the Iowa High School Activities Federation Non-Contact Period, at which time all offers will expire. Clubs may send new offers and the next deadline will be 11:59pm the day before Iowa Girls High School practice begins.
 - iii. Once the offer is made, the club must hold that position available for the player, until the above deadlines.
- g. **Fall Tryout for 15U and older offer period. (November 10, 2026)**
 - i. Club may send offers starting the day after the Summer Tryout Period.
 - ii. The Player has until **11:59pm on the Tuesday following the State of Iowa Girls High School Volleyball Tournament** to accept or decline the offer.
 - iii. For tryouts which occur after that date, a player 15U and older has until **11:59pm on the Tuesday** following the tryout to inform the club if they accept or decline the offer.
 - iv. Once the offer is made, the club must hold that position available for the player, until the above deadlines.
 - v. If a player has received more than one Commitment Letter, the non-selected clubs must be informed within 24 hours of final acceptance.
- h. **Fall Tryout for 14U and younger offer period. (November 3, 2026)**
 - I. Clubs may send offers starting the day after the Summer Tryout Period.
 - II. The Player has until **11:59pm on the Tuesday of the Iowa Girls High School Volleyball Tournament** to accept or decline the offer.
 - III. For tryouts which occur after that date, a player has until **11:59pm of the Tuesday** following the tryout to inform the club if they accept or decline the offer.
 - IV. Once the offer is made, the club must hold that position available for the player, until the above deadlines.
 - V. If a player has received more than one Commitment Letter, the non-selected clubs must be informed within 24 hours of final acceptance.
3. **Players may only be released from the commitment if both the Club Director and Parents agree.**
4. **Player Violation of Tryout Policies**
 - a. **Common violations:**
 - i. **May only sign one (1) Commitment Letter.**
 - ii. **Backing out** of this commitment or attending another tryout.
 - b. **Player Penalty: All the listed violations may result in player suspension for the entire season.**
5. **Coaches or Club Directors Violation of Tryout Policies**
 - a. **Forcing Commitment:** Coaches or club directors forcing a player to commit before the dates listed above.
 - b. **Not Holding Position:** Coaches or club directors not holding the offered position.

Potential Club Penalties for above violations.

1. **Release of individual or all team members** for that particular team. These players will then have the option to play on the team that is reformed or tryout or play for other club teams.
 - i. **Qualifier Restrictions:** Furthermore, the team or age division in which the violation occurred will not be allowed to play in any Qualifying event in the Iowa Region or Nationally.
 - ii. **Out of Region Events:** Banned from out of region events held after the Iowa Regionals.