

Volleyball practices have begun and the first matches are just around the corner. Here are a few items to read through as your season gets underway.

**COACHES INFORMATION**

1. The NFHS/Referee Volleyball Preseason Guide had a great article that all schools should read as they prepare for their first home match. I've attached it below. Please take a minute to read it.



## Are You Equipment Healthy and Court Ready?

Long before the first day of practice, preparation is under way for a new season of volleyball. While players exercise their bodies to maintain their physical condition and skill development, coaches and officials are working in order to stay abreast to the latest trends and advancements in the sport. Equally important is the preparation done by all schools that are privileged to host a volleyball contest.

It is important that host sites do some "proper prior planning and preparations" of their own in order to provide an atmosphere that is safe and fair for all involved. So, are you equipment healthy and court ready?

**NET & CABLES**

Check your volleyball net(s) for wear and tear. Look at all of the four-inch black synthetic squares and check the stitching on the two-inch canvas on the top of the net. If using a net sleeve as described in Rule 3-1-1, check to make sure the method of securing this to the top of the net is effective. Check the net cables for wear and possible fraying.

**STANDARDS & NET SUPPORTS**

Check the condition of the net standards and the attachments used for anchoring them to the floor, walls or ceiling.

**OFFICIAL STAND**

A safe, stable platform, which elevates the first referee's head to between two to three feet above the top of the net, is required. It is recommended that the top of the platform be at least 18 inches long by at least 12 inches wide, and that steps to the platform be provided.

**PADDING**

All standards and tensioning devices must be padded to a minimum height of 5 1/2 feet with at least one inch of shock absorbing material (such as polyethylene foam). Any exposed cables on the net must be padded with at least one-half inch thick resilient, shock absorbing material. The front and sides of the platform must be padded in the same manner as the standards.

**COURT MARKINGS**

The volleyball court is 60 feet long and 30 feet wide (18 meters by 9 meters). All

boundary lines shall be 2 inches wide (5 centimeters) and it is recommended that all boundary lines be of one clearly visible color contrasting to the color of the floor and other lines on the court. See Rule 2-1 for complete details on court markings and Rule 2-1-4 NOTE for information on marking the center line of the court.

**OFFICIALS TABLE**

The officials table shall be placed six feet (preferably 10 feet) outside the court sideline opposite the first referee. Those seated at the officials table shall include the official scorer, libero tracker and timer.

**TEAM BENCHES**

Team benches shall be on the same side of the court as the officials table and placed no closer to the sideline than six feet (preferably 10 feet) and no closer to the out-of-bounds extension of the center line than 10 feet.

An annual check of your volleyball equipment and court markings is a surefire way to avoid any unforeseen challenges during the season. □

2. Just a few reminders for volleyball players:
  - Players on the bench shall remain seated during a set with these exceptions:
    - Spontaneously react to a play;
    - Go to a non-playable area to warm-up as long as they are entering into the set on the next rotation;

- Stand to greet a replaced player.
  - *The same applies to tournaments and jamborees so please be sure chairs or bench space is provided for all team members.*
  - Uniform/Equipment Violations
    - Spandex worn as a game uniform may not have more than one logo. The logo may not be larger than 2 ¼ x 2 ¼. A second logo around the waistband of spandex render the spandex illegal. A waistband logo will also not fit the size restriction as it will be too large.
    - Rule 4-2-7 – “Removal of any part of the uniform, excluding shoes, while in the playing area is unsporting conduct.”
    - Hair control devices are of soft material, no more than 2 inches. The new trend in headbands is wider than 2 inches. A headband larger than 2 inches may be folded in half.
    - **Jewelry is not allowed in warm-ups or competition.** “If you weren’t born with it, it is jewelry.” Jewelry may not be taped over; it must be removed. This includes fishing line, plastic plugs, etc.
  - Rule 9-6-7 Net Play
    - A player may not contact any part of the net. The only exceptions are when loose hair touches the net, or the force of the ball pushes the net into a player.
    - Rule 9-5-7 – A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Any other body part is illegal.
3. The previous “unnecessary delay” signal has been removed and has been replaced with administrative yellow and red cards for any unnecessary delay violations. Please see the information below for officials if you have questions about how these are administered.

### **OFFICIALS INFORMATION**

1. In reviewing video from various sources last season there are a few clarifications that would be good to note as the season begins:
  - It appears that Rule 8-2-5c has not been enforced in NFHS contests. A server must contact the ball within 5 seconds from the whistle for serve. (Signal 4)
  - R2’s are standing behind the pole during live play or making their signals behind the pole. Have someone video tape you to see how you are doing in this area.
2. New Rule Reminders:
  - Intermissions:
    - The home team must designate if an intermission will be used at the coaches meeting prior to the varsity match.
    - If an intermission is to be used please remind the coaches that their line-up for the 3<sup>rd</sup> set is still due within 2 minutes of the end of set 2. This is especially important if the teams choose to leave the playing area during the intermission.
    - Be preventive. Make every effort to get the line-up on time.
    - An R1 may get off the stand during the intermission and a bathroom break would be allowed if necessary.
3. Yellow & Red Administrative Cards - Use the chart on the last page to review this rule change.

Looking forward to hearing from many of you throughout the season!

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## NFHS Volleyball Rule 9-9 Unnecessary Delay Protocols (August 2015)

Administrative **Yellow** UD Cards  
(1<sup>st</sup> UD offense in set)

Administrative **Red** UD Cards  
(2<sup>nd</sup> UD offense in set)

Yellow/Red **Conduct** Cards  
(per match)

Team not ready to start play when directed to do so	any subsequent	repeated unnecessary
Substitution attempts to enter set wearing illegal equipment/uniform	unnecessary delay	delay violations
Player found in set wearing illegal equipment/uniform	penalties administered	in multiple
Coach/Captain making excessive requests for the serving order	to that team in the	sets may be
Delay by a team in completing a substitution	<b>same set</b> result	considered and
A substitute entering the court before authorization by the Referee	in an unnecessary	penalized as
An illegal substitute attempts to enter the set* (Signal #20 first)	delay red	<b>unsporting conduct</b>
An illegal libero replacement attempts to enter the set*	card	Rule 12 lists all unsportsmanlike conduct
Team repeatedly uses improper substitution procedures		violations
Coach does not make a decision about an injured player in 30 seconds		
Team delays in returning to the court after a time out		
Water/liquid on court not cleaned up by whistle for play		
Team leaves bench/court area during time-out		
Team requests 3 <sup>rd</sup> time-out in set		
Libero enters court outside of replacement zone		
Illegal substitute denied by R2 after recognized by whistle (RB page 39 m)		
Improper request for sub, time-out or lineup that is acknowledged by the Referee		
Coach withdraws sub request after whistle		

R1 initiated – Signal #22 (R2 doesn't repeat)  
If R2 initiated – pg. 90 CB #4 (R1-Signal #22)  
Penalty recorded in scorebook Comments as **YUD** (see page 119)  
Head coach not required to sit  
R1 – explains to floor captain  
R2 – explains to coach(s)

Same as YUD  
Same as YUD  
Record as **RUD** (see page 119) and Loss of Rally/Point (Penalty)  
Head coach not required to sit  
Same as YUD  
Same as YUD

Casebook pages 80 & 91

Record in comments section of scorebook  
**YC** - Coach required to sit for remainder of match in regular play.  
**RC** – Penalty point

\*If illegal player sub/libero found in game after whistle for serve penalty is illegal alignment.