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To: Athletic Directors and Volleyball Coaches  
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Subject: Volleyball Reminders for the 2018 Season

Please review this information with your volleyball staff and best of luck as you start your season! Each school offering volleyball will be receiving a copy of the NFHS Volleyball Rules Book from the OSAA. Feel free to contact me if you have questions.

## **GENERAL INFORMATION**

**OSAA Volleyball Plan:** <http://www.osaa.org/docs/planbooks/vblplan.pdf>

This plan contains information regarding important season dates, NFHS rule changes/points of emphasis, OSAA volleyball specific policies and OSAA general policies.

**2018 NFHS Volleyball Rule Changes and Points of Emphasis:** <http://www.osaa.org/activities/vbl/management>

**OSAA Volleyball Participation Limitations:** <http://www.osaa.org/docs/vbl/VolleyballParticipationLimitsFINAL.pdf>

Information relating to regular season limits and how dates may be scheduled/structured, including double duals and tournaments.

**Sub-Varsity Formats:** <http://www.osaa.org/activities/vbl/management>

This document addresses the OSAA rule change as it relates to match formats that are allowed at the sub-varsity level, including a reminder that the "extra set" is no longer allowed at the lowest level since schools are now allowed to play best 3-of-5 at all levels. Please ensure that you have communicated the format you or your league plans to use ahead of time to your commissioner.

## **HEALTH & SAFETY**

**Health and Safety Information:** <http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding heat, hydration and concussion management. The page contains links to informational items that all coaches should familiarize themselves with as practices begin.

**Practice Model:** <http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>

Notable requirements contained in the policy include:

- Prohibition on consecutive days of multiple practice sessions;
- A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session);
- Maximum of one hour of weight training before or after practice on a single practice session day.

**Heat Index:** <http://www.osaa.org/heat-index>

Athletic Directors and Coaches should subscribe to heat alerts through the OSAA website. Alerts are sent about 11am daily when the forecasted heat index in your area is high. If an alert is received, the policy requires that schools check the actual heat index within one hour prior to the start of practice to determine if modifications must be made. If no alert is received, no action is required by the school that day.

**Air Quality Guidelines:** <http://www.osaa.org/health-safety/air-quality>

The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app "OregonAir", or on the Environmental Protection Agency (EPA) Air Now website at [https://airnow.gov/index.cfm?action=airnow.local\\_state&stateid=38](https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38) to determine if action is necessary. Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

**Concussion Management:** <http://www.osaa.org/docs/handbooks/ConcussionManagementBP.pdf>

OSAA Staff worked with the Oregon Legislature to align Max's Law (public schools) and Jenna's Law (private schools) when it comes to the return to participation protocol. Therefore, all OSAA member schools are subject to the same policy when a student is removed after exhibiting signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body. The state still states that, on an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign a consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.

## **UNIFORMS AND EQUIPMENT**

**Hair Control / NFHS Rule 4-1-5:** Hair devices made of soft material and no more than **3** inches wide may be worn. Bobby pins, flat clips and flat barrettes, unadorned and no longer than 2 inches, are also allowed. Sewn on sequins are legal on headbands (max of **3** inches wide). Ribbons are allowed, no more than 3 inches wide, but may not contain glitter, sequins, buttons or other adornments made of hard and unyielding material.

**Jewelry / NFHS Rule 4-1-6:** Jewelry is not allowed during warm-ups or competition. Please note that this also includes rubber plugs, fishing line, etc. that is used to insert in pierced openings when jewelry is removed.

**Protective Sleeves Color 4-2-1:** Any visible garment (t-shirt, body suits and other similar garments) worn underneath the uniform top shall be unadorned and of a single, solid color that is similar in color to the predominant color of the uniform top.

**Legal Volleyballs:** Per OSAA adoption, schools may use volleyballs that are solid white or a maximum combination of three colors (with each of the 12 panels being a solid color) and of which at least one-third of the panels shall be solid white. The ball shall include the NFHS Authenticating Mark. Schools shall use NFHS-approved Wilson volleyballs for all OSAA playoff matches.

## **HOME CONTEST MANAGEMENT**

**Annual Review of Equipment and Facilities:** The school coach and athletic administrator have the responsibility to be certain all equipment is in compliance with the rules and kept in good condition. Equally important is the facility set-up for the match to have clear playing area, and proper floor markings and officials table in the proper location along with team benches. The review of equipment should be done annually as well as checking to be sure all is in good order for the night of the contest. **This includes the referee's platform.** If problems arise with equipment, the proper staff member should be notified so the matter can be resolved. Taking time to review your equipment and facilities will benefit the teams and officials.

**Scorers and Libero Trackers for Home Matches:** <http://www.osaa.org/activities/vbl/information>

It is imperative that all scorers and libero trackers show up on time for matches and are properly trained to perform these important duties.

**Line Judges for Home Matches:** <http://www.osaa.org/docs/vbl/linejudgesignals.pdf>

If not supplied by your local association, it is vital that all line judges show up on time for matches and are properly trained to perform these important duties. It is strongly recommended that schools use adults, not students, especially for varsity matches.

**Blood Kit:** Verify that a blood kit is readily available in each gym for all home matches.

**Volleyball Formats:** Please note that these are the ONLY three formats that are allowed for OSAA volleyball play. All other formats are illegal under OSAA rules. You can find this information on the OSAA website within the OSAA Volleyball Plan at <http://www.osaa.org/docs/planbooks/vblplan.pdf>.

**a. Single Match:** 2 schools involved; individuals are allowed one match plus one set on this date. Once a student plays in the 2<sup>nd</sup> set of a match, that is considered her match and she is allowed one more set that day at another level. Varsity matches are best 3 of 5 and sub-varsity matches are best 2 of 3 or best 3 of 5.

**b. Double Dual:** 2 or 3 schools involved; schools can play a maximum of 2 matches on this date. Individuals can compete in a maximum of 10 sets on this date, at any level, and each match counts towards the 36 match individual limitation. Varsity matches are best 3 of 5 and sub-varsity matches are best 2 of 3 or best 3 of 5.

**c. Tournaments:** Multiple schools involved; consists of pool play and/or bracket play; limited to 16 sets per team, including pool play. <http://www.osaa.org/docs/vbl/VolleyballParticipationLimitsFINAL.pdf>.

## **OSAA RANKINGS INFORMATION**

**Volleyball Tournaments Results:** The school hosting the tournament is not responsible for inputting all the matches and results from the tournament. Each school is responsible for making sure their own schedule and match results are accurate following the conclusion of all tournaments. Pool play shall not count in the OSAA rankings and is not to be recorded on OSAA website. This includes pool play in out of state tournaments, even if a match is played.

**Adding Matches to Schedules After September 12, 2018:** Remember that results from contests added to a team's schedule after a certain date each season (Fall – September 12) vs. a team more than one classification away shall not be included in the rankings.

**Adding Any Contest to Schedules After September 26, 2018:** A new policy recently approved by the OSAA Executive Board states that results from contests added to a team's schedule after a certain date each season (Fall – September 26) shall not be included in the rankings. NOTE: Contests not affected by this policy include bracketed contests at tournaments, league tiebreakers, and district/league tournaments. Schools may apply for an exception to OSAA Staff in extenuating circumstances.

**Tracking Out of State Opponents:** [www.osaa.org/docs/osaainfo/ManagingOutOfStateRecordsInstructions.pdf](http://www.osaa.org/docs/osaainfo/ManagingOutOfStateRecordsInstructions.pdf)

Varsity teams are required to update their schedule and results through the OSAA website throughout the season. Schools are also required to track records of out of state opponents. Each Oregon school is ultimately responsible for making sure their own schedule and results are accurate, including the records of their out of state opponents.