



Oregon School Activities Association

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August 14, 2013

To: Athletic Directors and Volleyball Coaches
From: Cindy Simmons, Assistant Executive Director
Subject: Volleyball Reminders for the 2013 Season

Please review this information with your volleyball staff and best of luck as you start your season!

1. **OSAA Volleyball Plan:** This document lists important information, much of it new for the 2013 season, and it is vital that all coaches are aware of the information contained here: <http://www.osaa.org/docs/vbl/vblplan.pdf>.
2. **Volleyball Participation Limitations:** Major changes go into effect this season, especially where tournaments are concerned. <http://www.osaa.org/docs/vbl/VolleyballParticipationLimitsFINAL.pdf>.
3. **OSAA ScoreCenter / Volleyball Tournaments:** 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 in OSAA ScoreCenter. This includes pool play in out of state tournaments, even if a match is played.
4. **NFHS Volleyball Rules Information:** <http://www.nfhs.org/volleyball.aspx>. The rules changes, interpretations and points of emphasis are also listed on the OSAA Volleyball page at <http://www.osaa.org/activities/vbl>.
5. **OSAA Fall Practice Model:** All member schools sponsoring Volleyball shall follow the adopted OSAA Fall Practice Model for the 2013 season. The policy requires that schools check the temperature and humidity one hour prior to the start of practice and then calculate the "heat index". If the "heat index" is at or above 95, practice modifications are necessary. Schools can access the "heat index" calculator on the OSAA website at <http://www.osaa.org/heat-index>. Coaches should also review the Fall Practice Model located on the OSAA website at <http://www.osaa.org/heat-index>.
6. **Health and Safety Information:** Available on the OSAA website at <http://www.osaa.org/health-safety>. The page contains links to informational items that all coaches should become familiar with as practice begins.
7. **Scorers and Libero Trackers for Home Matches:** It is imperative that all scorers and libero trackers show up on time for matches and are properly trained to perform these important duties.
8. **Line Judges for Home Matches (if not supplied by your local officials 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.
9. **Officials:** Two certified officials are required for all varsity and JV volleyball matches, including jamborees and tournaments.
10. **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



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ball shall include the NFHS Authenticating Mark. Schools shall use NFHS-approved Wilson volleyballs for all OSAA playoff matches.

11. **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 in the OSAA Handbook under the Participation Limitations section on pages 102-103 and on the OSAA website within the OSAA Volleyball Plan at <http://www.osaa.org/docs/vbl/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 2nd 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.
 - 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.
 - 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>.
12. **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.
13. **Hair Control / NFHS Rule 4-5-1:** Hair devices made of soft material and no more than 2 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 2 inches wide).
14. **NFHS Uniform Rule Revisions for 2016:** Go to <http://www.osaa.org/docs/vbl/VBUniformChangefor2016.pdf> to review this information.
15. **NFHS Fundamentals of Coaching Volleyball:** The NFHS is proud to have the partnership with USA Volleyball and the American Volleyball Coaches Association to provide the Fundamentals of Coaching Volleyball. Please take a few minutes to go to www.nfhslearn.com to check out this and other NFHS courses. Go to <http://www.nfhslearn.com/sportDetail.aspx?sport=volleyball> for a course preview video.