

## OREGON SCHOOL ACTIVITIES ASSOCIATION

Volleyball SRI Bulletin #2 / March 1, 2021

Visit the Dates/Resources tab on the volleyball page of the OSAA website for valuable information and assistance tools. Link here: <https://www.osaa.org/activities/vbl/information>

### New NFHS Rules:

**Rule 12-2-6** Establishes that a yellow card issued for unsporting conduct to the head coach, assistant coach, or team bench will no longer require the head coach to remain seated.

**POE – RULE 4-2-1f** - Uniform bottom compliance. This is not a new rule but one that has been emphasized by NFHS this year. Please remind your players that their uniform bottoms may only have one visible manufacturer logo and it's limited to 2 ¼ square inches. Logos around the waistband of spandex are illegal. Players must change to legal spandex to play in a match.

Other new rules and points of emphasis can be found on page 2-3 of the 2020-2021 Volleyball Rules Book.

### NFHS Rule Reminders:

#### **1. Jewelry – No jewelry, no jewelry, no jewelry**

- If you have a player with a medical or religious piece of jewelry, please follow the information in Rule 4-1-7.
- Officials, be preventive and remove players from warm-ups wearing jewelry, do not wait until the match starts and have to issue a penalty.

**2. May Players Stand?** No, in NFHS Players must remain seated on the bench unless they go behind the bench to warm-up, knowing they are coming in at the next rotation for serve. As a coach you need to consider this rule along with your own bench Covid protocols.

#### **3. Sleeves**

- Many volleyball players are now wanting to wear pull on “sleeves” to protect their arms, elbows, etc. Think of this sleeve as you would a knee pad. It does not have to match the color of the uniform top as an undergarment with sleeves that show would. But it's helpful if they do match the uniform top.
- A “sleeve” is required to still follow rule 4-1-1 and 4-1-2.

**4. 5 Seconds** – Rule 8-1-1 – A player only has 5 seconds to complete their serve from the time the R1 blows their whistle for serve.

### Officials:

**1. OSAA Sportsmanship Program** – You will be receiving a very important notice via Arbiter next week about the OSAA Sportsmanship Program. Be sure you read the email carefully. The nominations only take a few minutes to fill out. We are really excited about being part of this program to honor good sportsmanship in our schools.

Best of luck to all our Oregon High Schools and Officials as you begin the 2020-2021 Volleyball season.

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