



## Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1  
Wilsonville, OR 97070  
503.682.6722 <http://www.osaa.org>



August 1, 2022

To: Athletic Directors and Volleyball Coaches  
From: K.T. Emerson, Assistant Executive Director  
[kte@osaa.org](mailto:kte@osaa.org) | 503.682.6722 x227  
Subject: Volleyball Reminders for the 2022 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.

### **OSAA ADOPTED VOLLEYBALL RULES AND INTERPRETATIONS:**

*The 2022-23 NFHS Volleyball Rules Book will be used with the following clarifications:*

**Rule 11-5-1, 2** – Provides that a two-minute intermission, for promotional or special recognition activities only, may be used between sets two and three in addition to the regular three-minute interval for a total of five minutes.

**OSAA Adoption** – *This intermission may be used at the varsity level only*

**Warm-Up Safety.** Risk minimization continues to be a priority for the NFHS Volleyball Rules Committee and the OSAA. Though volleyball continues to have one of the lowest injury rates of the 22 high school sports under surveillance, the growing number of concussions occurring during warm-ups as reported annually by the National High School Sports-Related Injury Surveillance System (High School RIO) has increased awareness regarding warm-up procedures before and during the match.

**With the risk for injury being highest during shared net warm-up time, no shared net warm-up time is allowed.** Teams can warm up on either side of the net without attacking or serving over the net. Required warm up procedures are as follows:

**Match Warm-Up Required Protocol: Minimum amount of warm up time is 20 minutes.**

- 20-minute warm-up time: 4 minutes shared court time, each team stays on their chosen or assigned side of the net. Then the serving team takes the full court for 8 minutes, followed by the receiving team taking the full court for 8 minutes.

**Double Dual Warm-Up Required Protocol: Minimum amount of warm up time is 16 minutes**

- **16-minute warm-up time: 2 minutes shared court time, each team stays on their chosen or assigned side of the net. Then the serving team takes the full court for 7 minutes, followed by the receiving team taking the full court for 7 minutes.**

**Tournament Match Warm-Up Required Protocol:**

- **10-minute warm-up: The serving team has the full court for 5 minutes followed by the receiving team taking the court for 5 minutes.**
- **5-minute warm-up: Serving team has the full court for 2.5 minutes, followed by the receiving team taking the full court for 2.5 minutes.**

**Some things to consider when establishing best practices for implementing this warmup protocol include facility space, shared court time, placement of athletes and those assisting with warm-ups, and familiarity of all team members with the warm-up procedures for the match. In addition to pre-game warm-ups, it should be noted that warming up between sets is allowed. Rule 11-5-3 clarifies that teams must remain on their side of the net, in their playable area. No hitting or serving is allowed and volleyballs may be used only on their own side of the playing area.**

### **State Association Adoptions – Team Benches**

The NFHS Volleyball Rules Book, like many other NFHS rules books, includes specific rule modifications that are allowed by state level adoption. These specific rules are found throughout the rules book and address match format, forfeit protocol, uniform and equipment accommodations, line judge flags, electronic devices and even bench rotation. These adoptions allow for decisions to be made at a local level regarding rules that have local implications or have no impact on play. For example, states with more rural competition – long bus rides – might opt to have their schools play best two-of-three sets to allow for shorter competition times.

One accommodation of note is the ability for a state association to authorize permission for teams to remain on the same benches throughout the match. A rules consideration for the 2020-21 season due to the spread of COVID-19 – the elimination of rotating benches between sets – was universally well received.

***OSAA ADOPTION: In Oregon, we will continue to eliminate the rotating of benches between sets unless there is a significant advantage on one side of the net which may include hoop heights, lights, or reflections. The officiating crew of the contest will determine if there is an advantage or not. In a deciding set situation, benches shall remain the same if they have not been rotated between sets, and the deciding set coin toss would only have the options of serve or receive.***

## **2022-23 NFHS Points of Emphasis:**

### **Sportsmanship**

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone.

Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration.

In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

High schools must establish a culture that values the worth of every single person – both players on the school's team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

### **Playable-Nonplayable Situations**

It is the responsibility of the host school to adhere to the requirements of both the court and all game equipment as outlined in Rules 2 and 3. The match shall not be played when padding requirements are not met and the state association shall be notified to

determine further action or penalty, as deemed necessary. When game equipment, other than required padding, does not meet rule specifications, the match shall be conducted, and the improper conditions reported to the appropriate authority.

Officials evaluate each site before their assigned match and determine playable and nonplayable areas, keeping risk minimization and fairness in mind in the application of the rules. Confusion occurs when officiating crews interpret ground rules differently at a school within the same season and/or the same week. State or regional assignors may create and provide a compilation of ground rules for each school prior to each season to help mitigate potential confusion.

Upon arrival to a site, officials may need to establish and communicate ground rules during the pre-match conference addressing the following:

- Extended space needed for serving when the minimum 6 feet (2 meters) is not available;
- Change of playing surface;
- Adjacent courts and the encroachment of players – during and after contact;
- Divider nets;
- Playing area between the official's table and benches;
- Overhead obstructions (basketball goals, batting cages, wrestling and/or cheer mats, running tracks, ceiling fans, speakers, beams, air ducts, divider curtains, ropes, lighting, banners, flags, scoreboard, etc.).

During a match, referees are tested when a player pursues a teammate's errant pass near the bleachers or another nonplayable area. The rules allow a player to retrieve a ball near a nonplayable area, if a body part is in contact with the playable area during the player's contact of the ball – regardless of if a foot or another body part is in the nonplayable area. It is not the location of the ball, but the locale of the player. A player can reach into a nonplayable area. A player can also enter the nonplayable area after contact. Being in contact with anything to gain an advantage, like a chair or first row of bleacher, is illegal.

While playing a ball near spectators, a fan might interfere with a player or the ball, even without contacting the ball or player. Referees must determine if the player had a legitimate effort to make a play. There are times when both referees need to convene to decide if there was interference and the play should be replayed or if the ball is ruled dead.

## **Injury Procedures**

### **General:**

Risk minimization is the officials' primary responsibility. If an injury occurs during play, either referee can suspend play by sounding a loud double whistle and holding up both hands. Both officials should signal a referee's time-out.

- The first referee remains on the stand, while the second referee allows the injured players' coach or medical staff to attend to the injured player.
- Line Judges should take their time-out position near the first referee.
- All officials should refrain from taking a position near the injured player, as it may appear that the official is assessing the injury.
- The rule allows the coach 30 seconds to decide on continuing to play, substituting for the injured player, or taking a time-out (if the team still has one remaining). The second referee should use common sense when starting and stopping their watch and approach the difficult situation with compassion and flexibility while enforcing the rules.
- The second referee needs to communicate with one of the injured team's coaches regarding their options and then explain that they have 30 seconds to choose an option before starting the watch.
- A player does not have to be moved within the 30-second period. Only team personnel or medical staff decides on the appropriateness of moving an injured player, regardless of how long it may take.
- If the coach opts to substitute, the injured player does not follow normal substitution protocol.
- Once the injured player is removed from the playing surface safely, the second referee follows the substitution protocol – signal/whistle – to ensure that the substitute is recognized and recorded by the scorer.
- If play was interrupted, the referees will administer a replay and continue play.
- The injured player who is legally replaced may return to the set.

### **Blood Situations:**

- As soon as an official recognizes blood on a player, uniform, equipment or playing surface, play shall be suspended.
- Team personnel can aid a player.
- If there is blood on a jersey or player equipment, it must be appropriately cleaned or removed.
- The referees will allow a player to change jerseys – away from the court area.

- The second referee should scan the court to ensure there is no blood.
- The second referee should check the game ball(s) to ensure there is no evidence of blood.
- Medical staff can attend to the court and game ball(s) with the appropriate solution to remove any blood.

**Concussion Protocols:**

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return until cleared by an appropriate health-care professional.

It is not the responsibility of an official to assess a potential concussion.

It is appropriate for an official to suggest to a coach to attend to a player exhibiting the above signs refraining from assessing that you think the player has a concussion.

**Exceptional Substitution:**

If a team has exhausted its allowable 18 substitutions or no legal substitutes are available, and an injury occurs where a replacement is needed, a team may be granted an exceptional substitute in priority order.

- By a teammate who has never played in the set or a player who has played in that position.
- By any non-libero teammate on the bench who is not currently being replaced by the libero.
- By a libero if no other possible substitutes exist. (Must change jerseys.) The substitute counts as a team substitution and the injured player cannot re-enter that set if replaced by an exceptional substitute.

**GENERAL INFORMATION:**

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

**OSAA Volleyball Participation Limitations:** Please review the participation limitations. It is important to stay within the limitations for regular season dates. Below is the participation limitation for an individual student as we receive this question often at the OSAA.

**Individual.** A student shall not compete on more than 18 playing dates / 36 matches, exclusive of varsity district playoffs and state championships. Additionally, a student shall not compete in more than one set in addition to one match per day. Once a player participates in the second set of a match that constitutes their match for that day. If a student exceeds the limit, the match in which the limit is exceeded shall be forfeited. A student may participate in only one jamboree.

**EXCEPTION:** The individual limit of one set in addition to one match per day does not apply to double duals or tournament play. In tournament play, a student may participate in only one level of competition during that day. Double duals involve two or three teams competing on one day. In double dual play, a student may participate in multiple levels of play and may play in a maximum of 10 sets during that day.

**Sub-Varsity Formats:** 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:** 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:** 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:** 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:** 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 to determine if action is necessary. Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

**Concussion Management:** 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**

**Eliminates the use of double zero (00) as a uniform number option 4-2-4b:** Eliminates the use of double zero (00) as a uniform number option. Rationale: Eliminates confusion surrounding the signaling of "00" and "0".

**Removal of any uniform top or bottom 4-2-7:** Clarifies the penalty for the removal of any part of the uniform top or bottom as a yellow card charged to the coach for unsporting conduct.

**Jewelry / NFHS Rule 4-1-7:** 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.

**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:** 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:** 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. ***Please send bracket play information to [kte@osaa.org](mailto:kte@osaa.org) so reported scores can be confirmed.***

**Contests vs. Teams Whose Classification's Rankings Are Frozen.** Results from contests involving any team whose classification's rankings are already frozen shall not be included in the rankings.

**Contests vs. Teams More Than One Classification Away.** In the RPI system, results from contests added to a team's schedule after a certain date each season (**Fall – Sept. 14**) vs. a team more than one classification away shall not be included in the rankings.

**NOTE:** bracketed contests at tournaments are not affected by this policy.

**Contests Added After a Certain Date.** Results from contests added to a team's schedule after a certain date each season (**Fall – Sept. 28**) 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:** 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.