



2020-21 Volleyball Rules Considerations & Best Practices

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Volleyball Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. Volleyball Rules Considerations

- ***Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)***
 - Limit attendees to **head** coach from each team, first referee and second referee.
 - Move the location of the prematch conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
 - Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
 - Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
 - **The Second Referee is still responsible for checking the lineups.**
- ***Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)***
 - Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, **which will only be discussed during the prematch conference**, teams may switch sides, observing all social distancing protocols. **The officials will discuss if a disadvantage is present, with the judgement call being made by the First Referee. Should there be a clear and distinct disadvantage, i.e. stationary basketball backboard on one side, it will be communicated prior to the end of the prematch conference. This will alleviate any requests during the match, which could result in a potential delay of game call.**
 - Limit bench personnel to observe social distancing of 3 to 6 feet. **Host administration will determine the social distancing of the team**

benches. Team benches may be in a two-row format, with the first row still maintaining six-feet from the sideline.

- **Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]**
 - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
 - Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
- **Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)**
 - Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- **Officials Table (3-4)**
 - Limit to essential personnel which includes home team scorer, libero tracker, timer, **and announcer**, with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. **Each essential personnel member must wear a mask.**

2. Volleyball Officials Manual Considerations

- **Pre and Post Match Ceremony**
 - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

3. Volleyball Rules Interpretations

- **Rule 4-1 EQUIPMENT AND ACCESSORIES**
 - **Cloth Face Coverings: Per the State of Indiana's order, face masks have been mandated for all not engaged in strenuous activity. Players on the bench, essential coaching staff members, officials table personnel, line judges, and officials must wear a mask at all times.**
 - **Neck Gaitors: An encouraged form of face covering. This will assist players in locating their face mask when entering and exiting the game floor. A neck gaitor must be worn as the manufacturer intended, over the face when off the court and around the neck when in the contest.**
 - **Warm-up Balls & Water: It is recommended teams travel with their own game equipment and water. Teams are to utilize and sanitize their volleyballs during and after the warmup period.**
 - **Sanitizing Game Equipment: It is the responsibility of the coaching staff and host administration to adhere to the document composed by**

Wilson Sporting Goods, which was sent to all and is posted on myIHSAA, stating the sanitizing methods from the CDC, state and local guidelines for health and safety for sanitizing game equipment for contests. The 'Single Game Ball Cleaning Method' must be performed by the host administration prior to the match. During the match, the 'Quick Turn Leather Cleaning Method' must be used, at minimum, in between sets. If utilizing ball girls, host administration must determine best practices for sanitizing rotating volleyballs.

- Scrimmage (Transition Format): The two free balls must be sanitized by the host administration prior to the coach releasing the ball into play.
- Gloves are permissible. (4-1-1)

○ **Rule 4-2 LEGAL UNIFORM**

- Long sleeves are permissible. (4-2-1)
- Long pants are permissible. [4-2-1i (1)]
- Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]

○ **Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT**

- By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
- Electronic whistles are permissible. (5-3-2a, b)
- **Cloth face coverings are mandated according to the State of Indiana's order; therefore, officials must wear masks at all times. If using a non-electronic whistle, it must be used under the face covering.**
- Gloves are permissible.

4. Other Considerations

○ **CONSIDERATIONS FOR COACHES**

- **Communicate your guidelines in a clear manner to student-athletes and parents.**
- **Conduct workouts in "pods" of same student-athletes always training and rotating together in practice to ensure more limited exposure if someone develops an infection.**
- **Keep accurate records of those student-athletes and staff who attend each practice in case contact tracing is needed.**

○ **CONSIDERATIONS FOR OFFICIALS & MEET PERSONNEL**

- **Bring personal hand sanitizer and/or wash hands frequently.**
- **Do not share equipment.**
- **Follow social distancing guidelines.**
- **Bring gloves.**
- **Utilize an electronic whistle.**
- **If using an electronic whistle, bring an extra battery.**
- **Bring a mask.**

- Final score should still be verified by the Second Referee.
 - Post Match: Scorekeeper prints scoresheet and signs for the official, should the official ask to do so. (5-5-3b#19)
- ***CONSIDERATIONS FOR PARENTS***
- Make sure student-athlete and immediate household members are free from illness before participating in practice and competition, if there is doubt stay home!
 - Provide personal items for student-athlete and clearly label items.