



## Oregon School Activities Association

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To: Athletic Directors and Volleyball Coaches  
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Subject: Volleyball Reminders for the 2021 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.

### **Hair Adornment Policy and Covid Protocols:**

**OSAA Hair Adornment Executive Board Policy:** The OSAA staff has been working closely with the NFHS, the OSAA Equity and Diversity Committee, the OSAA Executive Board and other important stakeholders in assessing the cultural inclusiveness of various rules and policies. Also, with aligning NFHS/OSAA rules with House Bill 2935, the OSAA researched all of the activities offered in the Association regarding the rules that prohibit athletes from wearing hard hair adornments while participating. Volleyball and Cheerleading both have other rule governing bodies that allow for hard hair adornments to be worn. The OSAA Executive Board has approved the following interpretation to NFHS Volleyball Rule 4.1.6. to align with the requirements of House Bill 2935 and other rule governing organizations that currently allow for hard hair adornments to be worn while participating in volleyball.

**OSAA Interpretation – *Hair with adornments must be secured so as not to present a safety hazard to the player, teammates, or opponents. If the hair adornment(s) become dislodged prior to or during competition, it must be secured before the participant can return to play.***

Coaches, athletes, administrators, parents/guardians, and officials need to continue to discuss the hazards of a student participating in volleyball while wearing hard hair adornments. The adornments should be secured and not pose a threat of injury to all participants on the court. When a coach is asked if their players are legally equipped, it is expected that the coach has confirmed that all players are wearing legal uniforms and following all jewelry and hair rules to ensure players' safety throughout the match.

### **Covid-19 Specific Volleyball Procedures:**

**Team Benches:** For the 2021-22 Association year, the OSAA will adopt the NFHS approved Covid-19 modifications of teams remaining on the same bench and side of the net for the entire match. If one side of the net poses a significant advantage to the other side of the net, an official or coach may request to change benches and sides of the net after each set. Please note, there may be extra time needed between each set to sanitize benches before teams switch and play can resume.

**Beginning and End of Match Procedures:** Handshakes, or high fives are not required at the beginning or the end of volleyball matches for the 2021-22 Association year. Coaches and officials should communicate at the beginning of the match to determine what the procedure will be. At the start and end of the match, it is important that there is some recognition of sportsmanship. Pre-match conferences, coin flips and deciding set conferences will all follow traditional procedures indicated in the NFHS rule book.

### **2021-22 NFHS Points of Emphasis**

**Line Judge Basics:** One of the first referee's pre-match duties is to instruct both line judges (5-4-1f, g). Most of the time, the local governance (school or officials' assignor) decides who works as a line judge. Line judges may be paid officials, paid adults (teachers/parents), unpaid volunteers – while many times, line judges are players who have already played or are waiting to play. Regardless, your crew members should work the entire match. Communicate this expectation with both coaches to eliminate any potential resistance as coaches may plan to have their players rotate through from set to set. Unfortunately, lack of attention and preparedness by the school to adhere to match management protocol impacts everyone. Coaches and even officials can find themselves scrambling just before game time to find someone to be the line judge. Host management plays an important role in confirming that the essential personnel is designated for each match. This ensures that communication by the first referee can continue without delay. Ideally, the first referee needs to –

- Meet with both line judges, with flags, in a safe area near the court, while teams warm up;
- Provide a friendly atmosphere with introductions and explain that they are now officials and not to engage in cheering for either team;
- Quickly assess the knowledge and experience level of each line judge by asking questions;
- Define and demonstrate the line judge's base position;
- Explain that they may need to move to get out of the way of a player(s) or ball;
- Encourage line judges to move when a server encroaches in their area – they will need to take a position parallel to the end line, about 4-5 feet from the corner, with the idea that they need to immediately return to their base position after the contact of serve or once the player(s) enters the court;
- Explain that a server cannot make contact with the end line while contacting the ball for the serve – demonstrate the signal;

- Define their two lines of responsibility – their end line and the sideline on their court and the other court;
- Remind them that a ball that lands on the line is in – demonstrate or ask them to show the signal for inbounds and out-of-bounds;
- Remind them that out also includes a ball contacting either antenna or if the entire ball goes outside either of the antenna (the antenna extends above the ceiling to infinity) – review the antenna signal;
- Briefly explain the touch signal and that it is only needed at the end of a play;
- Invite them to join you, at each attack line, near the referee’s stand during time-outs;
- Encourage them to communicate if a coach or fan is being inappropriate toward them; and

Remind the line judges that they are not ball retrievers.

### **Coach and Official Communication**

#### **Pre-Match**

- It is preferable to have both referees walk into the assigned site together, arriving well in advance, no less than 30 minutes prior to the scheduled start time.
- Referees should introduce themselves to one another.
- After communicating with the home management, referees should introduce themselves to each coach at an appropriate time during their warm-ups.
- If assigned to multiple-level matches, it may not be possible to meet the varsity coaches upon arrival. Prior to that match, make the necessary introductions before the coin toss.
- The dialogue between any coach should prove that the officials can be cordial and have the ability to engage, without crossing the line causing a perception of familiarity.
- Spending too much time with one coach over another will be noticed.
- Take on the role of a facilitator rather than an enforcer.
- The degree of separation will come once the game begins, but if the officials establish a rapport of harmony rather than discord, it will bode well as the match proceeds.

#### **During the Match**

- Because the officials have established a good rapport with each coach during the pre-match, this environment should continue during the match.
- Regardless of previous history or familiarity, all coaches must be treated consistently and humanly.
- A good referee listens rather than reacts when a coach genuinely inquires about a non-judgment play. Simply listening, providing a quick response, then giving the game back to the first referee is much more productive, while keeping in mind that this interruption cannot be a ploy to delay the game.
- The second referee has the task to serve and protect and can certainly pre-empt or defuse potential unsporting conduct by a coach or another participant.

#### **Post-Match**

- After the second referee initials the scoresheet, the R2 gathers both referees’ belongings and meets the first referee at a predetermined location to exit together.
- There is no need for any discussion between a referee and coach or a referee and a spectator.
- Protect each other and go to a location where a productive post-conference can be conducted.

**Addressing Uniform Concerns:** Uniform rules have evolved over time – with many changes occurring in recent years. These rules are in place to create consistency and balance the needs of officials and coaches to easily identify players while providing room for players to creatively demonstrate school pride without sacrificing style in the process. No official wants to penalize a player or notify the state association for individual or team violations of the uniform rules. To avoid penalties related to uniforms, the committee would like to emphasize the following rules regarding uniform requirements:

1. **Manufacturer’s Logo Restriction:** Logos cannot exceed 2.25 square inches and only one logo is permitted on each piece of the uniform. This includes the waistband.
2. **Numbers:** When ordering new uniforms, refer to Rule 4-2-4 for number size and location requirements. Beginning in the 2023 season, the body of the number must clearly contrast from the body of the uniform regardless of trim.
3. **Style of Uniform Bottoms:** Multiple styles of uniform bottoms [shorts, spandex, pants (leggings) or skirt] are allowed by rule. A combination of like-colored bottoms may be worn within a team. Coaches should communicate these options to players and parents that are supplying the uniform bottoms to accommodate for different levels of comfort with the current trends in style.
4. **Process of Notification:** If there are uniform violations that cannot be fixed on a given night, the appropriate process of notification shall be followed in communicating those uniform concerns. The official shall first notify the coach about the illegal uniform(s). If the coach cannot fix the problem for the match and therefore does not have six players wearing legal uniforms, a loss of rally/point shall be awarded to the opponent at the beginning of the match and the state association shall be notified. The goal is to allow teams to compete provided there are no safety concerns and allow the state office to work with the school to correct the issue(s).

*For all the uniform rules and penalties associated with uniform violations see Rule 4-2.*

### **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.

**Warm-Up Safety Reminder:** 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.** Leagues shall adopt a protocol for warming up that does not include shared net time. Teams can warm up on either side of the net without attacking or serving over the net.

**Regular Season Match Warm Up Suggestions:** 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. 18-minute warm up: 4 minutes of 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 Suggestions:** 10-minute warm up: 2 minutes shared court time, then the serving team has the full court for 4 minutes followed by the receiving team taking the court for 4 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.

**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.

**Hair Control / NFHS Rule 4-1-6:** 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. Please review the adoption of the OSAA Hair Adornment Policy which adds more allowable adornments while participating.

**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. 15**) 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. 29**) 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.