



Oregon School Activities Association

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To: Athletic Directors and Volleyball Coaches
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Subject: Volleyball Reminders for the 2023 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.

GENERAL INFORMATION:

OSAA Volleyball Plan Book Link: [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: Small, secured stud or post jewelry may be worn above the chin. No jewelry is permitted below the chin.

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 a 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 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 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 missys@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.

OSAA ADOPTED VOLLEYBALL RULES AND INTERPRETATIONS:

The 2023-24 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 visiting team takes the full court for 8 minutes, followed by the home 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.*

2023-24 NFHS Points of Emphasis:

Using the Lineup Card Effectively

According to the NFHS Volleyball Case Book and Officials Manual, “The lineup card is a tool to assist the second referee. The lineup card is to be used to record the starting lineup and verify each team’s lineup at the start of the set. If the lineup is recorded in serving order, the second referee must remember that the receiving team’s first server will begin in the right front position.” Early in the season, while checking the lineup for each set, the second referee can ask the receiving team’s Right Front, “You are your team’s first server, correct?”

Information to be kept on the lineup card may include serving order, substitutions, time-outs, captain, player identification (like circling the back-row setter) and yellow/red cards.

Starting the Set:

- Use or create a succinct lineup card for checking the team’s starting positions prior to each set.

- Encourage the scorer to check each team's lineup as you verify the player's positions.
- From the sideline, check the lineup of the receiving team, leaving the game ball at the officials' table. Avoid pointing at each player while verifying their order. Identify the captain for the first referee. If a libero is being used, authorize the libero by using the authorization signal. Repeat the protocol while checking the serving team from their sideline.
- Retrieve the game ball from the officials' table and toss the ball to the first server.
- Quickly scan both benches to ensure that all practice balls are secure, and the playing surface is safe.
- Place your lineup card and writing utensil in your pocket. Take the ready position on the receiving team's side, face the court with shoulders parallel, make eye contact with the first referee and signal "ready" by extending the arm farthest from the net toward your partner.

During the Set:

Some second referees are very quick and smooth recording information, and immediately return their card/pencil to their pocket. This process should not be a distraction.

Upon contact of the serve, move immediately to the blocking team's team side of the net and continue to transition as the rally continues.

If the second referee whistles a fault, step to the side at fault and signal the fault, then mimic the first referee's point signal. If the first referee ends play, many second referees get to the fault side and mimic their partner's signals.

Refrain from signaling with a lineup card and pencil in your hand(s).

During a substitution, the second referee whistles two short blasts and signals once a substitution has been requested. If you record the substitution on the lineup card, take the card and pencil out of your pocket and allow the substitute to enter. While recording, look over your shoulder to ensure that the scorer has the entry/entries.

Get to the receiving team's side, finish recording quickly, put the lineup card/pencil away and give the game back to the first referee.

Refrain from giving the ready signal to your partner if you are still recording information, and continue recording, as the first referee will authorize the serve and you will not be prepared to observe potential illegal alignment.

The second referee should not hinder the tempo and pace of the match. If using a lineup card between plays, the second referee should be efficient and work to expedite their recordings.

The more knowledgeable a second referee becomes of the game, the less they will be dependent upon the lineup card to recognize infractions such as illegal alignment, improper server, and improper substitutions. Experienced officials who study and understand rotations will be able to anticipate the potential alignment issues based upon a team's offense and use the card to reinforce their understanding. Second referees still learning the complexities of different rotations must use the card to build confidence in recognizing such infractions while continuing to study the nuances of the sport.

Coaching Zone Privileges

It is important for both coaches and officials to understand the privileges coaches have when instructing their teams and what actions could jeopardize such privileges. The expanded coaching zone and assistant coach privileges created an opportunity for the committee to emphasize the rules related to coaching privileges.

One assistant coach may stand within the coaching zone during dead-ball situations. This new rule allows one assistant coach to communicate with players during a dead-ball. The intent of this rule change is to allow specialized coaching between points.

Before the Match

The pre-match conference will provide an opportunity for the officials to meet the head coach from each team participating in the match. Each team may have one or more assistant coaches. If multiple levels are competing on a given night, not only will you see assistant coaches on the bench, but other head coaches from various levels within the program as well. It is important that the referees identify the designated head coach for the current match and remind the head coach that only one assistant at a time may stand during a dead ball.

During the Match

Only the head coach for the match is allowed to stand in the coaching zone. The new allowance permits the head coach to stand and coach beyond the libero replacement zone, past the end line, not to cross the sideline extended. One assistant coach can stand with the head coach to coach players but only during a dead-ball situation.

Once the first referee extends an arm for the authorization of serve, the assistant coach must return to the bench and may not stand again until the next dead ball. Assistant coaches may not address officials, except to review the score, verify the number of time-outs and/or substitutions used by their team, request serving order of their team, or verify the proper server for the opponent.

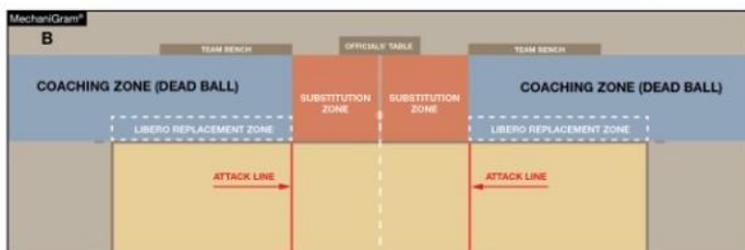
If this privilege is abused by multiple assistant coaches standing to coach players or by one or more assistant coaches standing to communicate with officials, a yellow card will be assessed. Continued unsporting behavior will result in a red card and all coaches must remain seated for the remainder of the match.

2023-24 NFHS Rules:

Rule Change



THE COURT AND MARKINGS 2-1-9 (NEW) & 12-2-5



- A new Coaching Zone has been established to clearly identify the area in which coaches are allowed to stand.
- This area is defined by the libero replacement zone extending beyond the end line and sideline extended.
- Head coaches must maintain a distance of at least 6 feet from the sideline during liveball situations (MechaniGram A) and may approach the sideline during dead-ball situations (MechaniGram B).

