



## Oregon School Activities Association

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



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To: Athletic Directors and Volleyball Coaches  
From: Missy Smith, Assistant Executive Director  
[missys@osaa.org](mailto:missys@osaa.org) | 503.682.6722 x227  
Subject: Volleyball Reminders for the 2025 Season

### **2024-25 Volleyball Memo**

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 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:** ADs 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, OSAA 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 further action is required by the school that day.

**Air Quality Guidelines:** it's important to review the updated [Air Quality Guidelines](#) , which were revised in February 2024. School personnel are now required to use the AirNow Fire and Smoke Map at <https://fire.airnow.gov>, which includes circles for DEQ/AirNow monitors and squares for Purple Air monitors. The policy still allows schools to participate in practices/contests up to an AQI of 150. **Cancellation is required for outdoor events when AQI reaches 151 (red).** The policy suggests schools consider the impact of elevated AQI lasting for multiple days and the impact of prolonged exposure for athletes and staff on multiple practice session days when making decisions.

**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.

### **Pre-Event Safety Timeout**

Prior to the start of each contest (at all levels) the site supervisor and/or home head coach shall gather the following personnel to review these questions; Site Supervisor, Coaches, Officials, and Medical Personnel.

- ✓ **Who is the onsite contact for each school?**
- ✓ **Is there a qualified medical professional present? If not, who will lead in case of an emergency?**
- ✓ **Is there an Emergency Action Plan (EAP) for the venue? Who calls 911 and who meets the ambulance (and where)?**

**Where's the nearest AED?**

## **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. Line judges shall switch sides at the conclusion of each set until the match is concluded.

**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 ADOPTED VOLLEYBALL RULES AND INTERPRETATIONS:**

*The 2024-25 NFHS Volleyball Rules Book will be used with the following clarifications:*

### **Rule 5-9-2b**

Line judges will switch sides of the court between sets when, by state association adoption, teams remain on the same benches throughout the match.

**Rationale:** Aligns with the original intent of the rule allowing line judges to alternate between each set to promote fair officiating.

### **OSAA Adoption – Varsity level required sub-varsity encouraged**

**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.***

## **2024-25 NFHS Points of Emphasis:**

### **Ball Handling**

The goal for players is to master ball control; for officials, it is a goal to maintain a consistent level of ball handling from set to set and from match to match.

Coaches play a role in the consistency equation with their methods of training, the expectations placed on their players, and the desired level of allowance by the officials.

The goal when officiating ball handling is to increase the continuation of play when judging second ball contacts that are directed to a teammate.

A player in a good position must play the ball without discernible double contact.

Less severe judgment is applied to a contact by a player who makes a challenging or spectacular play while maintaining a legal play.

Mishandled balls resulting in a blatant fault should still be called, regardless of the challenging or spectacular nature of the play.

Multiple contacts on a third ball must be whistled.

### **Prolonged Contact**

The rule states that the ball is not allowed to come to rest or involve prolonged contact.

The fact that the contact is an underhand action or done with an open hand is not an automatic call.

Players can legally take a stab at the ball to keep the ball alive as they pursue an errant contact from their teammate.

A whistle should accompany prolonged contact.

### **Power Tip and Setter Dump**

Players are utilizing the setter dump effectively, while attackers are tipping the ball deeper into their opponent's court and tipping with more power.

Officials must determine where the ball contact was initiated in relation to the body and judge how long the player continued the action while in contact with the ball.