



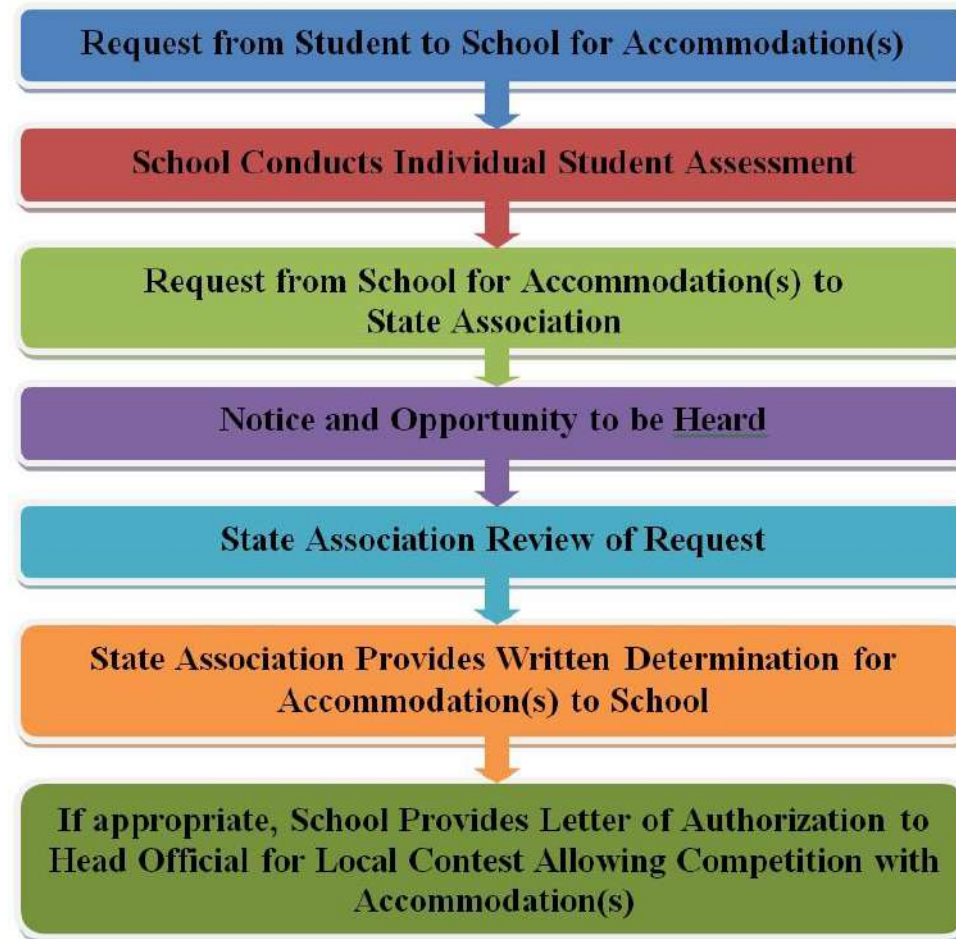
# 2020-21 NFHS VOLLEYBALL RULES POWERPOINT

National Federation of State  
High School Associations



Rules Changes  
Major Editorial Changes  
Points of Emphasis

# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS







Rules Changes

# 2020-21 NFHS VOLLEYBALL



# PROTECTIVE FACE MASK

## 4-1-4 (NEW)



- Players may protect facial injuries by wearing a protective face mask.
- The mask must be made of a hard material free of protrusions and molded to the face.



# ROSTER SUBMISSIONS

7-1-1; 7-1-1 PENALTIES; 7-1-1 PENALTIES 2 (NEW); 9-9-1a (NEW);  
10-3-7b



- The penalty is no longer a loss of rally/point.
- It is now an unnecessary delay (administrative yellow card) assessed at the start of the set.

- When a team roster is not ready for submission during the prematch conference, but is provided before 10 minutes remain on the clock...

# CORRECTING A SUBMITTED LINEUP

## 7-1-4a(1) & 7-1-4a(2) NEW

PlayPic®

**TEAM B**

LIBERO **1**

Serving Order	Player #
I	20
II	6
III	5
IV	7C
V	9
VI	10

SERVING TEAM

7C	5	6
9	10	20

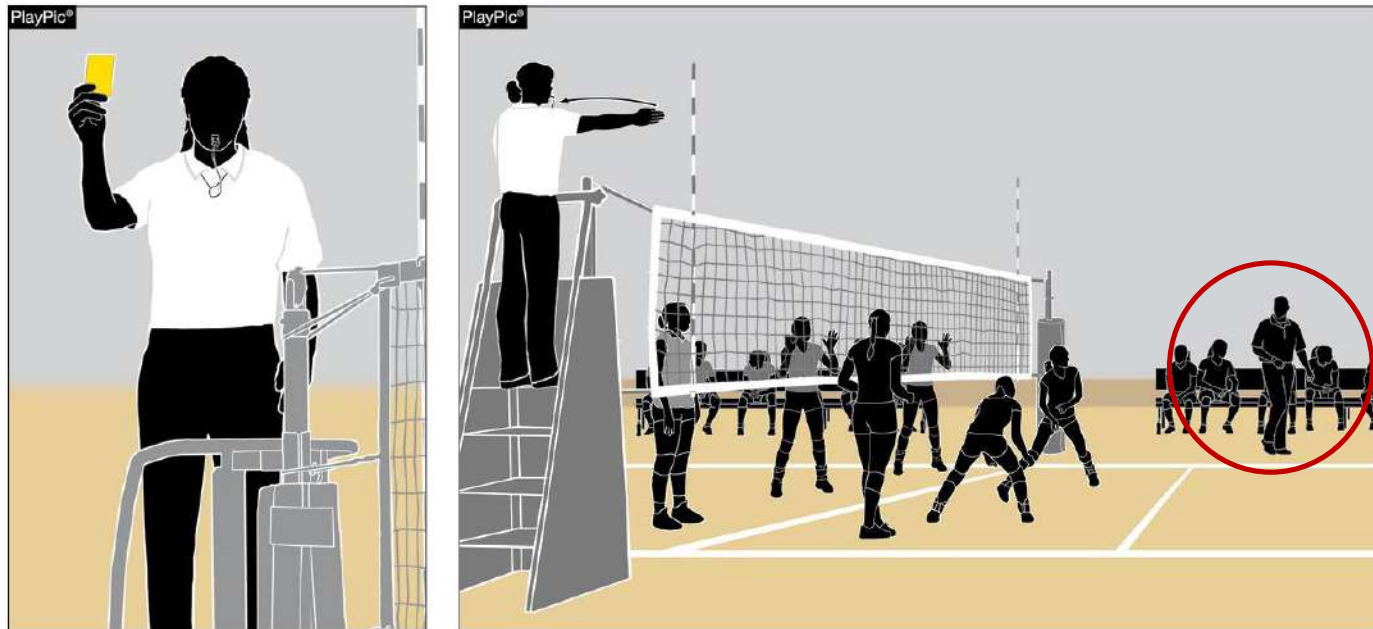
SERVING TEAM



- If a clerical error is made on the lineup by listing a libero number that no team member is wearing, the error shall be corrected without penalty.

# UNSPORTING YELLOW CARD PENALTY

12-2-6



- When a yellow card is issued for unsporting conduct to the head coach, assistant coach(es) or team bench the head coach will no longer be required to remain seated.
- If a red unsporting conduct card is issued to the head coach, assistant coach(es) or team bench, the head coach will be required to remain seated for the duration of the match.



# NEW SUBSTITUTION SIGNAL FOR REFEREE

## SIGNAL #15



- When a team requests a substitution, the official will administer two short whistles.
- The official will rotate his/her forearms around each other with closed hands at shoulder height two times to signal the substitution.

# RULES REMINDER: LEGAL UNIFORM

4-2-4c

Illegal (2023)



Legal



Legal



Beginning with the 2023 season, the body of the uniform number must clearly contrast from the body of the uniform regardless of trim.



Editorial Changes

# 2020-21 NFHS VOLLEYBALL





# UNIFORMS

## 4-2-1e

- Language referencing the size restrictions of mascots and/or school names placed on the uniform sleeve as part of the uniform requirements was removed.
- School references are permitted on the sleeve(s) of the uniform top **without size restrictions.**



Compliant



# EXCEPTIONAL SUBSTITUTION

## 10-3-6b, 10-3-6c, 10-3-6 NOTE (NEW)

- Reorganizes and clarifies the order of priority for an exceptional substitution for an injured/ill player aligning the language with Rule 10-4-3b.

### Order of Priority:

1. By a teammate who has never played in the set or a player who has played in that position earlier in the set;
2. By any legal teammate on the bench (excluding the libero or libero replacement), regardless of previous position played;
3. By a libero if no other possible substitute exists.
  - When no longer playing as a libero, that player must wear the same uniform as his/her teammates.
  - The team will continue to play with no libero.



## EDITORIAL CHANGES

- **5-4-3c(22)** – Whistle and signal “end-of-set,” whistle and direct...
- **5-4-4b, c** – *Deleted repetitive information and combined items b. and c.*
  - New b. Following non deciding sets, after the first referee has confirmed the score of the set, he/she whistles and signals the teams to change courts. The team members proceed immediately to their new team benches. The players proceed counter clockwise along the sideline outside the standards, then directly to their new team benches. The timer begins timing the three-minute interval between sets with the first referee’s second whistle directing teams to their team benches.
  - *Re-letter remaining articles*





## EDITORIAL CHANGES

- **5-5-3b(20)** – ...(five minutes when intermission is used)
- **7-1-2** – *New formatting to align with 7-1-1 Roster:*
  - **ART. 2 . . .** Lineup:
    - a. No later than...
    - b. Thereafter, the written lineup...
- **9-7 PENALTIES 3** – For a multiple fault, only one penalty is assessed (loss of rally/point ~~or a charged time out~~).
- **9-9-1m** – A libero or libero replacement...



## EDITORIAL CHANGES

- **12-2 Procedure for Unsporting Conduct Violations 1a, 2** (pgs. 50-51) –
  - 1a. Whistle and hold the card(s) in the hand(s)...
  - 2. ...It is the responsibility of the first referee to immediately...whistle and administer any card(s)...
- **Card Procedures for Unsporting Conduct Violations** (pg. 68) –
  - First referee whistles and holds card in hand...
  - First referee whistles and holds a card (head high)...
- **Unnecessary Delay Chart (NEW)** (pg. 69) – *New Chart illustrating the delay penalty progression.*



Points of Emphasis

# 2020-21 NFHS VOLLEYBALL





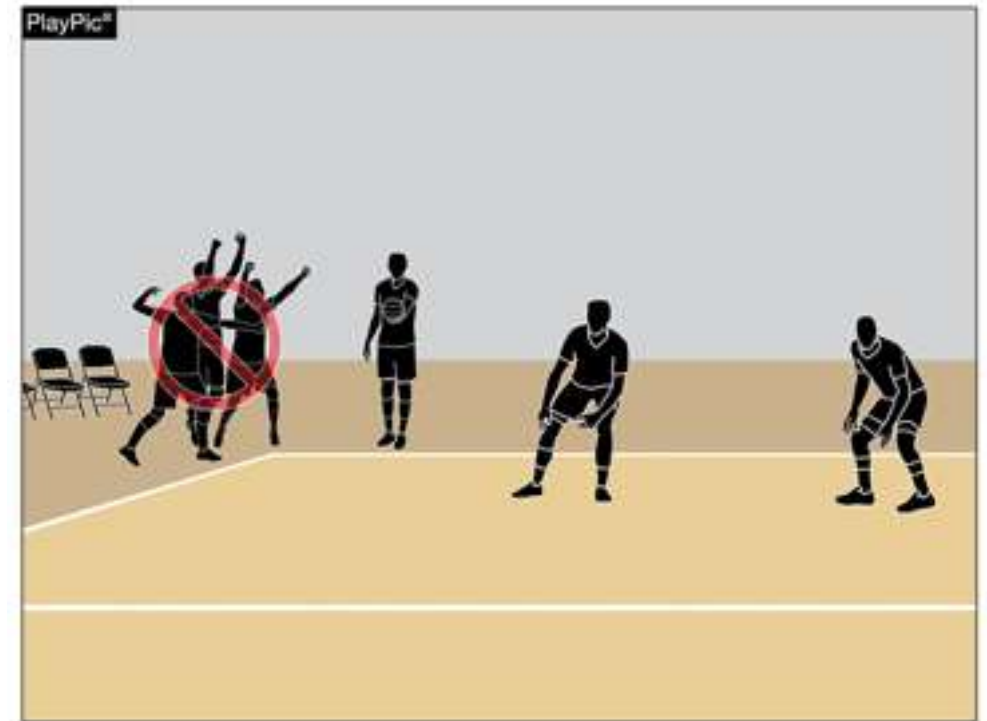
## BENCH BEHAVIOR/SPORTSMANSHIP

- Rule 12-2-7a allows bench personnel to, “Spontaneously react to an outstanding play by members of their own team.”
- Team celebrations must be done in an appropriate, sporting manner.
- The location and duration of these celebrations should not impede with the normal flow of the match.

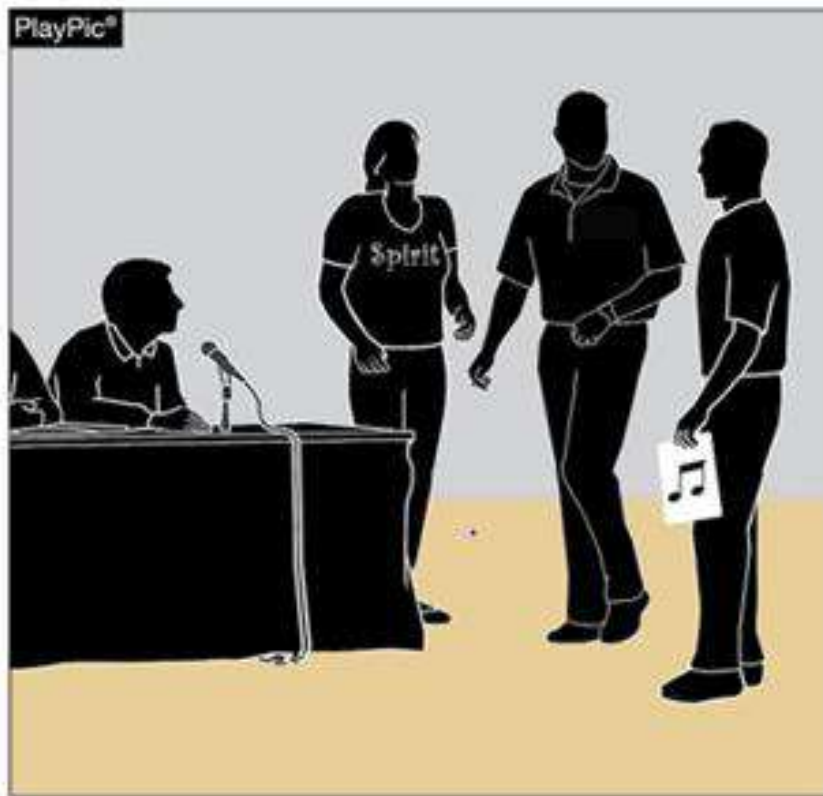


## BENCH BEHAVIOR/SPORTSMANSHIP

- Celebrations that continue after teams are ready for play and/or move outside of the bench area may be deemed excessive.
- Excessive and disruptive reactions may result in an unsporting conduct penalty as described in Rule 12-2 PENALTIES.

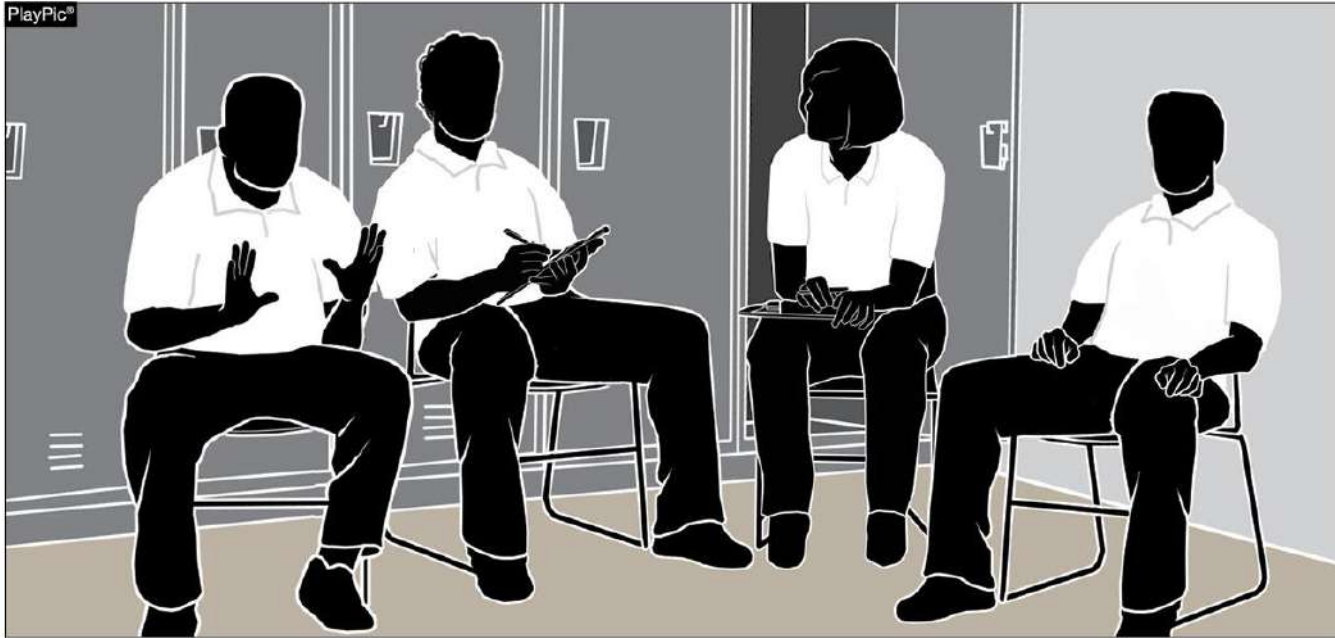


## MANAGEMENT OF NON-TEAM PERSONNEL



- It is the responsibility of coaches to educate school administration and the school community as to the sportsmanship nuances of the game of volleyball. This should include:
  - Appropriate times cheerleaders may or may not cheer and proper location to cheer,
  - Appropriate comments, timing of announcements and good sportsmanship by PA announcers;
  - Appropriate time for music and sound effects (1-8);
  - Appropriate location and behavior of fans and mascots, etc.

## OFFICIALS' COMMUNICATION



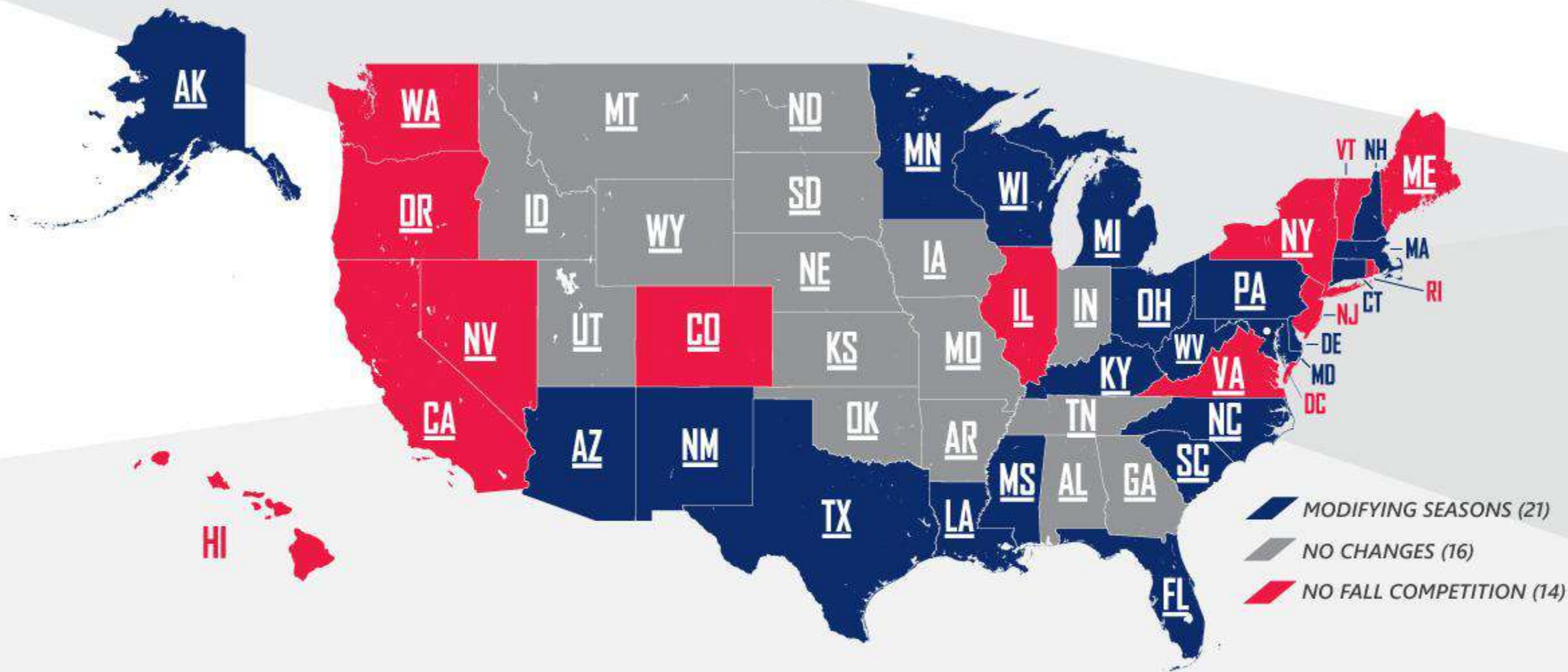
- The first and second referees along with both line judges should participate in a pre-match conference to discuss the responsibilities of each crew member.
- Crew members should be prepared to ask questions and the first referee prepared to answer them.
- Topics of discussion should include:
  - Clarifying the responsibilities and mechanics during penalty administration; and
  - The review of informal signals.



## UNIFORM BOTTOM COMPLIANCE



- It is the responsibility of the head coach to ensure that his/her players are properly equipped, which includes items purchased by the individual athlete.
- Manufacturers are producing spandex marketed for volleyball with multiple large logos along the waistband. These bottoms, worn with uniform tops tucked or untucked, violate rule 4-2-1f.
- Officials should enforce these uniform violations when they occur with the appropriate penalty (4-2 PENALTIES).



## National Federation of State High School Associations 2020-21 VOLLEYBALL SEASONS MODIFICATIONS

# COVID-19 Related Adjustments Proposed for 2020 Delaware Volleyball Season



# Arrival of Officials

**Officials shall not be required to arrive 30 minutes prior to the contest.**

**An arrival time of 20 minutes will suffice.**





# Warm-Ups



- Standard Delaware warm-up times for varsity matches will occur: 5 minutes – each team on own side, 6 minutes on whole court for home team, 6 minutes on whole court for visitors
- During the shared warm-up time, all activity should take place below the attack line on each side of the net. Warm-ups should not be directed towards the opponent's court.
- When it is not a team's time on the court, they may not participate in any warm-up activity on the playing surface or any activity at all in the gym using a ball. (In other words, you can stretch behind your bench, etc. but you may not stretch off the end line, etc.)

# Warm-Ups



- In the event a sub-varsity contest follows the varsity, each team will have 5 minutes on the court (home team first) with the same restrictions as those for the Varsity warm-ups.
- Warm-ups should be limited to rostered players and 3 additional individuals, not to exceed 20 total participants (including coaches, managers, team personnel, etc.).
- Visiting teams should bring their own volleyballs and have them marked accordingly.

# Team Benches



- Teams will not switch sides during the match unless a clear and distinct advantage exists on one side of the court.
- The determination of such an advantage will be determined by DIAA (via the state interpreter) prior to the start of the season if the situation is identified in advance. It is requested that any facility which has such a potential situation submit notification to DIAA one week prior to the start of the regular season. Visiting teams and officials will be notified of the ruling. If the officials determine a clear and distinct advantage which had not been previously identified is present, the officials will make the final determination for that contest. DIAA will then be notified of the situation to make a permanent ruling for the facility.



# Team Benches

- If a clear and distinct advantage is identified (per the above procedure), there may be a need to switch sides and teams must be prepared to physically distance and sanitize accordingly. In some cases, the home team may be required to play on the disadvantageous side for all sets.
- No exception may be made to the team benches to allow seating between the attack line and the center line.
- Benches may be multiple rows deep to provide for proper distancing.





# Pre-Match Conference

- The head coach from each team will attend the pre-match conference which will be given by the R1 and R2 during the shared 5-minute warm-up. No other individuals from either team shall attend the conference.
- The conference will take place at the position determined by officials to provide the greatest opportunity for proper physical distancing.

# Pre-Match Conference



- No coin toss will take place at the pre-match conference. As teams will not switch sides during the match unless a clear and distinct disadvantage exists on one side of the court, the home team will have the choice of bench area (and thus playing side). The visiting team will then have choice of serve or receive for the first set and make the call for the deciding set coin toss.
- Rosters shall be turned in directly to the scorers' table rather than to the second referee prior to the start of the pre-match conference.

# Uniforms & Additional Apparel

In accordance with the rules, players are permitted to wear long sleeves or tights under their uniform jersey and shorts. These undergarments should match the color of the uniform jersey or shorts respectively.



# Mouthguards

Players with braces may  
wear mouthguards.  
They are not required to do so.





# Line Judges



- Properly-trained line judges must be supplied by each team unless mutually agreed upon to be supplied by only one team. The officials will not provide any pre-match training to prospective line judges. It is expected that schools will assume the responsibility to provide adequate training in advance of the match.
- The use of flags shall not be permitted unless each team has their own flags which will be properly sanitized between use.

# Scorers' Table

Only the official scorer, libero tracker, and timer shall be seated at the table unless ample space exists for additional personnel from the opposing team. It is highly recommended if there is room for proper distancing in the bleachers or on the floor behind the table, a scorer from the opposing team be located there to assist if necessary.



# Start of Match

At the start of the match, players should immediately proceed to their respective positions.

They will not line up on the end line prior to the start of the first set and no handshakes or other such exchanges shall take place between opposing teams.



# Mid-Set Break

Still to be finalized by DIAA this week...

When the first team reaches 12 points in the set, a 2-minute break will commence. This break is not designed for coaching purposes and more details will be provided by DIAA on this break in the near future.





# Intermission Between Sets

Still to be finalized by DIAA this week...

- We will have four minutes between sets. The clock will be set to four minutes and begin when R1 gives signal to proceed to benches.
- The first two minutes are reserved for a non-coaching mask break.
- The next two minutes will be for coaching purposes, submitting line-ups, etc.

# Substitutions

Substitutes must still enter the sub zone,  
but they should stand closer to the attack  
line than the center line.



# Coaching Area



- If standing, coaches may stand beyond the end line near the team bench area and as far as the full length of the team bench.
- Bench personnel must maintain proper distance from all officials and assistant officials (line judges, scorers, etc.) at all times.
- Coaches must stay at least six feet from the court during play and may not go behind the end line or above the attack line.



# Spectators

- If spectators are permitted in the facility, they shall not be seated in the first two rows of the gym, at minimum. In some facilities, a restriction may need to be placed on additional rows.
- When conditions allow, it is recommended that spectators not be seated behind teams (and should be seated on the opposite side of the gym where possible).



# Interval between Points

- Every effort will be made to keep the game moving with as much flow as possible especially given the additional breaks in play now mandated by DIAA. Therefore, huddles by teams at the end of each point should be eliminated.
- If a ball rotation with shaggers is used, the server should be immediately ready to move back to the service area after the previous point.
- If a ball system is not used, teams must designate someone to immediately retrieve the ball and return to the court.



# Sanitization Issues



- Use of a towel by a player must be a towel limited to her use only. Small towels may be tucked into the waistband in accordance with the rules.
- If a towel is needed to clean up the floor, a coach of that team will be responsible for providing towels for their team only and the officials will not be involved in the exchange of towels between the bench and the players on the court.
- All sanitization of the balls and other equipment will be the responsibility of the host school and their designee(s). Officials will not be involved in this process.



# Sanitization Issues

There is a detailed ball cleaning recommendation document on NFHS' web site: [nfhs.org/activities-sports/volleyball](https://nfhs.org/activities-sports/volleyball)

## Wilson

What chemicals can clean our game balls without altering performance?

Our primary recommendation is to follow CDC, state and local guidelines for health and safety. The following widely accepted definitions are relevant to composite leather, PU leather, and leather game ball care ([CDC reference](#)).

Definitions	Reduces # viruses	Eliminates 99% viruses	Eliminates 100% viruses	Notes
Antibacterial	X			bacteria & virus
Antifungal	✓	not always		virus is a microbe
Antimicrobial	✓			removes visible dirt/prepares surface
Clean	✓			
Disinfect	✓	✓		
Sanitize	✓	not always		
Sterilize	✓	✓	✓	appropriate for hospital settings

There are several different methods for sanitizing and disinfecting composite leather, PU leather, and leather game product. Each customer should utilize the method that fits their health and safety protocols and the playing environment and timing needs.

### Simple Game Ball Cleaning Method

To clean the ball, players may wish to use dish soap and water. While this practice may be likened to hand washing, note that all soap residue must be rinsed away and that drying time on each ball product may vary. An example cleaning regimen with soap and water includes:

1. Add 1 tablespoon of mild dish soap into a 1-gallon container.
2. Fill bucket with warm water, until a soapy mixture is formed.
3. Wet a first towel with the solution, wring out excess water, and gently wipe down entire product surface for at least 30 seconds.
4. Re-wet towel with plain warm water, wring out excess water, and wipe off excess soap from ball surface.
5. Rub a second, dry towel on the surface to wipe and dry off.
6. Let product air out overnight.

### Quick Turn Leather Game Ball Cleaning Method

To clean the ball with faster turnaround times, we reference the following recommendations. The CDC released a [list](#) (referred to as "List N") of effective disinfectants for disabling SARS-CoV-2 (i.e., the virus that causes Covid-19 disease) on hard, nonporous surfaces.

Since our game balls are neither hard nor nonporous, we cannot assume that 99% of virus particles will be eradicated, but we believe the CDC's list is a good starting point for greatly reducing virus particles.

It is critical to follow manufacturer and CDC recommendations for the correct application and contact time for each cleaning product to maximize efficacy against SARS-CoV-2. Please note that some products require a wetting time up to 10 minutes to be effective.

## Wilson

We do not recommend using high concentrations of bleach or alcohol to disinfect our products as it can degrade the performance of the product. We also do not recommend using hand sanitizer which can degrade product performance and is not on the CDC's list N.

Consideration in cleaning our game ball products is maintaining performance (e.g., grip, pebble, etc.) for multiple applications. We tested several List N cleaners (up to 5 applications in a 24-hour period) and found they had minimal or no effect on performance.

Game Balls	CDC List N Disinfectants	EPA registration #
Evo NXT Basketball	Lysol Clean & Fresh Multipurpose cleaner	777-89
Solution Basketball	Lonza Disinfectant Wipes Plus	6836-336
Evolution Basketball	BTC 2125 M 10% Solution	1839-86
FIBA 3x3 Basketball	Clorox Disinfecting Wipes	5813-79
OPTX Volleyball		
K1 Silver Volleyball		
NFL Duke Football	BTC 2125 M 10% Solution	1839-86
K1 Gold Volleyball		
Forte II Soccer ball	Clorox Disinfecting Wipes	5813-79
Vanguish Soccer ball	BTC 2125 M 10% Solution	1839-86

The products above can be easily found online for purchase by end consumers, we have provided possible sources for BTC 2125 M 10% solution (EPA # 1839-86):

Individual Orders:  
Key Supply Company – Warsaw Xtra, [link for online purchase](#), promo code **Wilson** for discount on orders.  
UNX Industries – Ally cleaning solution, contact [terry.hammond@unvinc.com](mailto:terry.hammond@unvinc.com)

The solvent based cleaners above may leave a residue on the ball or logos depending on application and amount used. The cleaning regimen with soap and water specified above is intended to prevent or reduce buildup of cleaner residue over time.

### Leather Game Balls

For leather game balls, recommendations are limited. Many CDC list N disinfectants we tested dried out the leather and decreased performance. We are working on alternative solutions for leather goods, but our current solution may be to disinfect the ball and then apply leather conditioner as a final step.

In this ever-changing situation, we are working to deepen our understanding of various procedures for disinfecting our products without affecting performance. We will share our findings with our customers as they become available.

# Interaction between Captains & Officials during Play

If there is a need for communication between a captain and the first or second referee, the captain should stand no closer to the official than the intersection of the attack line and the sideline on the respective side of the court.



# Deciding Set Coin Toss



- Should there be a need for a fifth set in the varsity contest or a third set in a sub-varsity contest, one captain from each team will participate in the coin toss at a location determined by the second referee.
- This coin toss will be to determine choice of serve or receive only when teams are not switching benches in the contest. In the rare circumstance where other bench procedures are necessary, the coin toss may also be used to determine choice of side.

# Conclusion of Match

At the conclusion of the match, team members on the court shall immediately proceed to their bench area. No handshakes or other such exchanges shall take place between opposing teams.





**What questions do you have?**



# THANK YOU!

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# THANK YOU

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