




2016-17 NFHS VOLLEYBALL RULES POWERPOINT

National Federation of **HS** High School Associations Take Part. Get Set For Life.™

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- Rules Changes
- Major Editorial Changes
- Points of Emphasis

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NFHS VOLLEYBALL RULES CHANGES

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Rule Change

THE GAME RULES 1-2-2 NEW, 11-5-1, 2

- Intermissions shall only be used for a planned promotional or special recognition activity, and not solely to extend the timed interval between sets 2 and 3




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Rule Change

THE BALL RULE 3-2-1

- The ball must have basic rectangular shaped panels
- Swirls or other shaped panels are not in compliance with the rule




COMPLIANT NON-COMPLIANT

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Rule Change

PLAYER EQUIPMENT AND ACCESSORIES RULE 4-1-5

- Hair devices made of soft material and not wider than **three** inches may be worn in the hair or on the head



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Rule Change

OFFICIALS RESPONSIBILITIES – PREMATCH CONFERENCE RULES 5-4-1h, 1-6-2

- The first referee double whistles and raises a coin in the air to alert the team captains and coaches to report to the officials table for the prematch conference
- The same technique is used by the second referee for the deciding set coin toss






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Rule Change

SUBMISSION OF LINEUPS RULE 7-1-2

- Lineups must be submitted no later than two minutes prior to the end of the timed prematch warmup
- For subsequent sets, no later than one minute remaining in the timed interval or intermission for promotional or special recognition activity

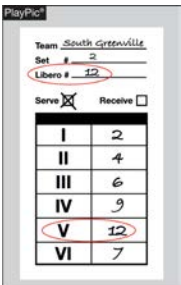



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Rule Change

SUBMISSION OF LINEUPS RULE 7-1-4

- If an inaccurate lineup is submitted with duplicate numbers (including the libero), a legal substitution for the starter can be made **or** a new legal number listed for the libero
- Occurs prior to start of the set



Team South Greenville	
Set #	2
Libero #	12
Serve <input checked="" type="checkbox"/>	Receive <input type="checkbox"/>
I	2
II	4
III	6
IV	9
V	12
VI	7

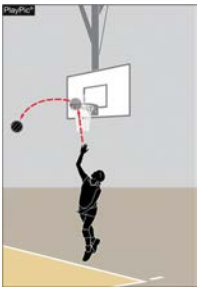


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Rule Change

THE SERVE RULE 8-1-6 NEW

- A service toss that contacts a backboard or its supports in a vertical position over the serving area is a service fault and not eligible for a re-serve
- Opponent receives a point and the next serve




The diagram shows a player in silhouette jumping to serve a volleyball. A red dashed line indicates the ball's trajectory, which hits the top edge of the backboard. A 'PlayPic' logo is in the top left of the diagram.

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Rule Change

TIME-OUTS RULE 11-2 (PENALTY 2)

- An unnecessary delay is assessed when a coach requests a time-out in a set after it has taken its allotted time-outs
- Provides consistency in the application of an unnecessary delay penalty for request of a third or more time-outs within the same set



The diagram shows a volleyball court with a net. A coach is standing on the bench, and a player is on the court. A 'Time-out' label points to the coach. A 'PlayPic' logo is in the top left of the diagram.

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A photograph showing two volleyball players in blue jerseys (numbers 8 and 13) jumping over a net to reach for a ball. The player with number 13 is in the foreground, reaching up.

**NFHS VOLLEYBALL
EDITORIAL CHANGES**



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Editorial Change

PLAYER EQUIPMENT AND ACCESSORIES RULE 4-1 (PENALTY 2)

- A player wearing illegal equipment attempting to enter the set is denied and unnecessary delay is assessed
- The player may enter the set once illegal equipment is removed or made legal
- Provides consistency in the application of an unnecessary delay



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Editorial Change

PLAYER EQUIPMENT AND ACCESSORIES RULE 4-1 (PENALTY 3)

- With adoption of the penalty for unnecessary delay, when a player wearing illegal equipment is discovered in the set, unnecessary delay is assessed



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Editorial Change

PLAYER EQUIPMENT AND ACCESSORIES RULE 4-1 (PENALTY 3)

- Even though the unnecessary delay is assessed, if the team has a time-out remaining, the coach may use the time-out, allow the player to remove the equipment or make legal, and the player may remain in the set




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Editorial Change

PLAYER EQUIPMENT AND ACCESSORIES RULE 4-1 (PENALTY 3)

- Subsequent violations resulting in an unnecessary delay by the same team in the **set, not match**, result in administrative red card and loss of rally/point




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Editorial Change

HOW TO USE OFFICIALS SIGNALS SIGNAL 6

- The first referee does not physically touch the net for a net fault or net serve signal




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Editorial Change

OTHER EDITORIAL CHANGES

- 12-1-NOTE The NFHS disapproves of any form of taunting which is intended or designated to embarrass, ridicule or demean others under any circumstances. ~~Including on the basis of race, religion, gender or national origin.~~
- 12-2-2 ...any form of tobacco products, **e-cigarettes or similar items.**



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Points of Emphasis

POINTS OF EMPHASIS

- Intermission Reminders
- Implementation of Solid-Color Uniform Top
- Improving Communication between the Second Referee and Table Officials
- Proper Use of Lineup Card
- Substitution Procedure During a Time-Out

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Points of Emphasis

INTERMISSION REMINDERS

- The timed intermission shall only be used in conjunction with promotional or special recognition activities
- Host school management should inform officials and visiting school in advance of contest when an intermission is used
- An unnecessary delay is assessed a team that does not return to the court by close of intermission

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Points of Emphasis

IMPLEMENTATION OF SOLID-COLOR UNIFORM TOP



- In 2016, either the libero or teammates or both will be required to wear a solid-colored uniform top. The libero's top must clearly contrast from the predominant color(s) of teammates' uniform top

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Points of Emphasis

IMPLEMENTATION OF SOLID-COLOR UNIFORM TOP



A. The libero may wear the solid-colored jersey and the color must be in contrast to the predominant color(s) of the team uniforms

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Points of Emphasis

IMPLEMENTATION OF SOLID-COLOR UNIFORM TOP




B. The team may be in solid-colored jerseys that are in contrast to the predominant color(s) to the libero's uniform top


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Points of Emphasis

IMPLEMENTATION OF SOLID-COLOR UNIFORM TOP




C. Both team and libero may be in solid-colored jerseys but the libero's jersey must be in contrasting color to the teammates' jersey




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Points of Emphasis

IMPLEMENTATION OF SOLID-COLOR UNIFORM TOP



- The solid-colored uniform top may have a single mascot reference on the sleeve or body of the uniform not to exceed space of 4x4 or 3x5 inches




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Points of Emphasis

IMPROVING COMMUNICATION BETWEEN SECOND REFEREE AND TABLE OFFICIALS


- Prior to start of match R2 meets with table officials
 - Assess their level of experience
 - Asks questions of how each person will carry out his/her responsibilities
 - Establishes how communication will occur
- During set No. 1 the R2 should listen and observe how the table officials carry out their responsibilities



Points of Emphasis

IMPROVING COMMUNICATION BETWEEN SECOND REFEREE AND TABLE OFFICIALS

- R2 is the extension from the R1 to the table officials
 - Important to cover what this means in terms of communication during pre-match with table officials
- R2 should not hesitate to confer with scorer or tracker if a question about lineup, libero, etc. arises




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Points of Emphasis

PROPER USE OF LINEUP CARD

- Know the state association expectations for use of lineup card
- R2's responsibilities with lineup card are NOT a duplication of scorer's responsibilities
- Prematch meeting with table officials is critical as the R2 will confirm what is needed on the card based on experience of scorer




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Points of Emphasis

SUBSTITUTION PROCEDURE DURING A TIME-OUT

- Reminder, at end of time-out
 - Teams return to the court
 - R2 checks each team's lineup
 - Substitution(s) is then recognized, recorded, and with R2 authorization, enters the court
- The normal substitution procedure is followed



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“TOGETHER – WE MAKE THE RIGHT CALL...SPORTSMANSHIP!”

- **Volleyball Coach/Player Protocol**
- Zero Tolerance (all sports) -- Automatic Unsportsmanlike
 - **Inappropriate language/profanity**
 - Unsporting foul on the team bench – charged to the Head Coach
 - Head Coach loses their right to stand and must remain seated for the remainder of the match

“TOGETHER – WE MAKE THE RIGHT CALL...SPORTSMANSHIP!”

- **Profanity directed at an official**
- immediate ejection in accordance with the NCHSAA Handbook
 - Red/Yellow apart and penalty point assessed
 - 2-game sanction
 - Completion of NFHS “Teaching and Modeling Behavior” course before returning to coaching duties

“TOGETHER – WE MAKE THE RIGHT CALL...SPORTSMANSHIP!”

- **Assistant coaches contesting calls – ZERO TOLERANCE**
- Unsporting foul on the team bench – charged to the Head Coach
 - Administrative Yellow Card issued
 - On 2nd offense, Head Coach is issued an unsporting Red Card. A red card is a penalty point.
 - On 3rd offense, head coach is disqualified – Red/Yellow apart and a penalty point is awarded

“TOGETHER – WE MAKE THE RIGHT CALL... SPORTSMANSHIP!”

- Any player displaying or verbalizing misconduct to an official
 - Yellow Card Issued
 - On 2nd offense – Player issued Red Card and penalty point awarded
 - On 3rd offense – Player is disqualified – Red/Yellow apart and penalty point is assessed
 - This includes any demonstration made towards the opponent after points scored – considered taunting. Keep between points/game celebrations contained to their own team



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“TOGETHER – WE MAKE THE RIGHT CALL... SPORTSMANSHIP!”

- Any physical or verbal display in a negative/demonstrative manner by school administrator
 - Stop game and warn
 - 2nd offense – Game suspended until administrator leaves the area



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**NFHS OFFICIALS ASSOCIATION
CENTRAL HUB**



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NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-volleyball.arbitersports.com/front/105417/Site>

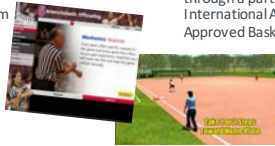
- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations



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NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



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NFHS LEARNING CENTER



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THE NFHS LEARNING CENTER

- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.



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- Register on NFHSLearn.com and receive the following great benefits:
 - Immediate access to all 18 NFHS free courses
 - Opportunity to receive email updates on your sport, upcoming courses and much more
 - Access coursework 24/7/365
 - Access completion certificates 24/7/365



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Coaching Volleyball

Course Objectives

- Drill and practice design – including specific, measurable goals and how to replicate game situations
- Teaching fundamental serving and passing skills – verbal cues, standing float serve, forearm pass and overhead pass
- Teaching fundamental defensive skills – attacking, blocking and digging
- Learn offensive and defensive rotational systems
- How to evaluate and select players
- Match protocols and rules of the court – play or positioning, service order, substitution, libero player, time outs
- Match ups
- Serving and Passing Skills ■ Team Systems: Defense
- Attacking, Blocking and Digging Skills ■ Team Selections & Rules and Match Management
- Team Systems: Offense

More Information at nfhslearn.com!

NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



NFHS National Coach Certification Program **AIC** **CIC**

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THANK YOU!

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NCHSAA REGULATIONS **NFHS**

BOARD APPROVED ITEMS

- Skill Development/Dead Periods
 - Dead Periods lengthened
 - Fall: August 1 - September 15
 - Winter: October 31 - December 15
 - Spring: February 13 - April 1
 - Also during football skill development
- Unlimited numbers during skill development
 - Max of 1.5 hours a day
- Playoff Berths/Qualifications/Seeding
 - 1 year pilot for all sports

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BOARD APPROVED ITEMS

- ✦ Pre-participation physicals required once every 395 days
- ✦ Require game officials to obtain and record the name of the game day administrator in charge of the event.
 - ✦ If no administrator is available, the Head Coach will be designated as the game day administrator.
 - ✦ Game day administrator will assign staff to monitor thunder/lightening
- ✦ 2017-18: WBGT readings must be taken by the AT/FR or designee not more than 30 minutes before the beginning of practice. Subsequent readings must be taken whenever water/rest breaks are taken or every 30 minutes, whichever comes first.



BOARD APPROVED ITEMS

- Fines for non-compliance maxed at \$2,500.
 - If a school/personnel has been non-compliant earlier in the academic year, the fine(s) are not reduced.
- ✦ \$500 penalty for practicing a student not currently enrolled at school.
- ✦ Sports Wagering Position Statement



IMPORTANT DATES

- Date of 1st Practice: Saturday, August 1st
- Date of 1st Contest: No earlier than Monday, August 15th
- Reporting Deadline: Wednesday, October 19th at 11:59 p.m. (*MaxPreps entries*)



PLAYOFF DATES

Seeding:	October 20 th
1 st Round:	October 22 nd
2 nd Round:	October 25 th
3 rd Round:	October 27 th
4 th Round:	October 29 th
Regional:	November 1 st
State:	November 5 th



DEAD PERIODS

Summer 2016	July 4-July 10 and July 18-24
Fall 2016	August 1 through September 15
Winter 2016	Oct 31 through December 15
Spring 2017	February 13 through April 1
Summer 2017	July 3-July 9 and July 17-July 23



SEASON LIMITATION

- No more than 23 total matches, or 24 with one being an approved Endowment Game
- Conference tournaments are not included
- A conference can choose to cap the third game of JV Volleyball matches at 15 points. *(Board approved)*



MAXPREPS

- Official Statistics Provider
- Records and standings for post-season qualifications
 - 2016-17: MaxPreps Record = Official Record
 - Incorrect record subject to DQ from playoffs
 - All game results MUST be entered by Wednesday, October 19th at 11:59 p.m.
 - Triple check your record!
 - Instructions can be found on the NCHSAA website



QUALIFYING FOR THE PLAYOFFS

- ✦ 64-team brackets
- ✦ Automatic Qualifiers
 - ✦ 1st in a straight conference
 - ✦ 1st in your class of split conference
 - ✦ Cannot have 2 conference tournaments
 - ✦ 1st in the conference tournament
 - ✦ Regular season champion must compete
- ✦ At-Large Qualifiers
 - ✦ Best 22-game winning percentage



PLAYOFF SEEDING

- ✦ Once the 64 qualifiers have been determined
 - Split East, Mideast, Midwest and West based on geography
 - Groups of 16
- ✦ Seed the East then the West based on the following:
 - Seed all regular season champions first by 22-game record
 - Seed all tournament champions second by 22-game record
 - Seed all "at large" team third by 22-game record



PLAYOFF SEEDING

- East vs. Mideast
 - #1 East vs. #16 Mideast
 - #2 East vs. #15 Mideast
- West vs. Midwest
 - #1 West vs. #16 Midwest
 - #2 West vs. #15 Midwest



SPORTSMANSHIP

The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.

- Wholesome athletic environment
- Good Sportsmanship > Victory
- Modest in victory, gracious in defeat
- Respecting judgment and integrity of game officials
- Role modeling good behavior



EJECTION POLICY


- ✦ Fighting
- ✦ Leaving the bench area
- ✦ Flagrant contact
- ✦ Biting
- ✦ Taunting, baiting or spitting toward an opponent or official
- ✦ Profanity
- ✦ Obscene gestures
- ✦ Disrespectfully addressing an official



**INCLEMENT/
HOT WEATHER GUIDELINES**

The following should be considered when scheduling practice:

- + Time of day
- + Intensity level of practice
- + Equipment worn
- + Environmental conditions
- + High Temperature and high humidity create a dangerous situation for athletes. High humidity and low temperature can also cause serious heat-related problems. Water/fluid replacement breaks recommended each 20 or 30 minutes. (depending on practice conditions)
- + Check with your AD on your LEA's and school's policy pertaining to practice on days of extreme heat.





ELIGIBILITY & COMPLIANCE


National Federation of State High School Associations Take Part. Get Set For Life.™




ELIGIBILITY

PowerPoint

- + Required viewing for all coaches
- + Should be done with the athletic director
- + Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.



ELIGIBILITY

Preseason Meeting

- ✦ Required attendance by all parents
- ✦ Time to share rules, regulations, expectations, philosophy etc.
- ✦ Time to get all required signatures--pledges, Gfeller-Waller information, etc.
- ✦ Eligibility and Authorization



ELIGIBILITY

✦ Eligibility Checklist

- Use to ensure school has done its due diligence



CLINIC ATTENDANCE

Head coaches in football, soccer, volleyball, basketball, wrestling, swimming, baseball, softball, golf, track & field and lacrosse must attend an NCHSAA approved State Rules Clinic.

- ✦ Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- ✦ Can be satisfied at the NC Coaches' Association Clinic being held here in Greensboro—July 20-23



CLINIC ATTENDANCE

- ✦ If the head coach cannot attend the NCCA clinic or is not hired until afterwards, the requirement can also be met at one of the statewide officials' clinics, which are posted on the NCHSAA Website under clinics. Please note that several volleyball and soccer clinics for officials occur prior to the NCCA Clinic.
- ✦ Athletic directors cannot satisfy this requirement by attending a rules' session in place of the head coach



COACHES' EDUCATION

- NFHS Fundamentals of Coaching Course
- ✦ **All** coaches must have satisfied the requirement prior to first contest.
 - ✦ Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500



COACHES' EDUCATION

- Concussion Management Certification**
- ✦ The NFHS **Concussion Course** (free on-line course) or an equivalent course must be completed annually by all coaches
 - ✦ **Prior to the first date of practice for that sport**; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine



GFELLER-WALLER CONCUSSION LAW

Requirements of the Law:

- + Concussion signs and symptoms
 - Given prior to participation
 - Parents/athletes sign indicating “receipt of” Return to Play (RTP) form signed by a physician licensed to practice medicine
 - An up-to-date Emergency Action Plan (EAP)
 - Must be on-file
 - Must be posted
 - Must be updated annually
- + **“When in doubt, sit them out”**



CARDIAC SAFETY PROGRAM

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

- + Appropriate number of AEDs on Campus
- + AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- + Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)



SAFETY POLICY

Effective Aug 1, 2017

That all head and paid coaches must be CPR/AED certified.



COACHES' EDUCATION

Accredited Interscholastic Coach (AIC)

- ✦ Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)



COACHES' EDUCATION

Certified Interscholastic Coach (CIC)

- ✦ Completion of AIC requirements
- ✦ Plus:
 - Teaching & Modeling Behavior
 - Engaging Effectively with Parents
 - Sportsmanship
 - Creating a Safe and Respectful Environment
 - Strength & Conditioning
 - 2 additional courses (User Choice)



SPORTSMANSHIP

- ✦ Teaching & Modeling Behavior Course
 - Required for any coach ejected during a contest
 - Required for any coach who has player(s) ejected for fighting
- ✦ NFHS Sportsmanship Course
 - For any ejected/disqualified player
 - Free, on-line course (nfhslearn.com)
- ✦ All certificates must be sent to NCHSAA





TRANSFER POLICY

- If a bona fide change of residence—no transfer waiver necessary
- Transfer packet with forms are on-line; password protected
- Work with athletic director to ensure students meet residence rule requirements





THANK YOU

- Get involved with student services
- Visit the NCHSAA website often
- Pick-up your card as you leave today
 - Enter your code into the computer immediately to get credit for attendance
 - Deadline for entry is August 15, 2016
 - Avoid \$400 fine for your school