


National Federation of State
High School Associations



2009-10 Volleyball

Rule Changes
Major Editorial Changes
Points of Emphasis

Take Part. Get Set For Life.™

The Court and Markings
Rule 2-1-1








The court and adjacent playable area must be flat, smooth and free of obstructions other than required equipment and padding.

Frame 1

The Ball
Rule 3-2-1







BEGINNING 2010-11

All panels of the ball shall be solid white or a maximum combination of three colors (with each panel being a solid color) in which case at least one-third of the panels shall be solid white.

Frame 2

Equipment
Rule 4-1-5





Hair devices made of soft material or unadorned bobby pins, no longer than two inches, may be worn to control the hair.

Frame 3

Legal Uniforms
Rule 4-2-2





ILLEGAL LIBERO COLOR COMBINATIONS **LEGAL LIBERO COLOR COMBINATIONS**

Libero uniform top must be immediately identified from team members uniform top. When ordering, coach should consider: hue (color), value (lightness/darkness of color) and saturation (intensity/purity of a color).

Frame 4

Official's Uniform
Rule 5-2-1




- All-white, short sleeved collared polo shirt
- Black slacks
- Solid black athletic shoes and black socks

Official's Uniform Rule 5-2-1, NOTE

- All-white collared polo shirt
- Black shorts
- Shoes and socks of a color and style determined by state association




R1 Responsibilities-Coin Toss Deciding Set Rule 5-3-4d






WHISTLE



FOUR HITS



POINT



WHISTLE



END OF SET
SIGNAL #23 - CROSS ARMS
DIRECT TEAMS TO ENDLINE



CALL FOR CAPTAINS



WHISTLE AND RELEASE
TEAMS TO BENCH

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R1 Responsibilities-Coin Toss Deciding Set Rule 5-3-4d






Following the coin toss the R1 shall release teams to their current benches or indicate they should change sides of the court then signal timer to start clock.

COIN TOSS



RELEASE TEAMS TO BENCH

OR



ROTATE SIDES



DIRECT TIMER TO START
CLOCK FOR 3:00

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Second Referee Responsibilities Rule 5-4-3b(10)








One of the second referee's responsibilities shall be to manage illegal libero replacements.

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Second Referee and Scorer's Responsibilities Rules 5-4-1, 5-5

The second referee reviews responsibilities with the scorer and should also be competent in scoring in order to be able to resolve scoring issues that could arise during the match.

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Contacting the Ball Rule 9-4





- Referees should only call fouls that are actually observed.
- Only the contact point with the ball and player should be considered when judging the legality of the contact/hit.
- Only the obvious violations are called and if in doubt the play should continue.
- Outside influences, such as player technique, spin, noise, crowd reaction or coaches' expectations should not have impact on referee's judgment and ball handling call.

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Contacting the Ball Rule 9-4

Officials should look ahead of the ball and watch the ball contacted by the hands to ensure accurate ball handling decisions. If the body is divided into quadrants, a player may not carry the ball from the initial contact quadrant to the release in a different quadrant.

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Contacting the Ball Rule 9-4-5

Legal contact is a touch of the ball by **any part of the body** which does not allow the ball to visibly come to rest.

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Procedure for Multiple Substitutions Rule 10-2-3

In A, the first pair of players involved in substitution are substitute No. 1 and outgoing player No. 2. The second pair, Nos. 3 and 4, wait outside the sub zone and the first outgoing player. In B, the second substitute moves into the substitution zone as the preceding substitute has been released to enter the court and outgoing No. 4 moves up to the sideline.

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Procedure for Multiple Substitutions Rule 10-2-3

In C, the second substitute moves to the serving position as the second substituted player moves toward the bench. In D, the coach incorrectly tries to insert a third substitute, No. 5, who did not proceed without delay to the substitution zone as the second substitute was released to enter the court.

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Coaches' Conduct Rules 12-2-5, 12-2-6

TIME-OUT REQUESTED BY ASSISTANT COACH

Rule 12-2-5 was re-written to realign those duties that assistant coaches may perform. Rule 12-2-6 now lists the duties only the head coach may perform.

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Head Coaches' Conduct Rule 12-2-6

The head coach may stand in the libero replacement zone, no closer than six feet to the sideline, during play to coach his/her players.

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Head Coaches' Conduct
Rule 12-2-6

There is a potential area in the replacement zone when the head coach, who is standing, may block the line of sight of the R2 or line judge. The R2 and head coaches must work together inside the shaded area above as the R2 and/or line judge's line of sight to observe play always takes priority.

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Head Coaches' Conduct
Rule 12-2-6

Should a head coach abuse the privilege to stand during play to coach the players, the R2 should remedy the matter with requesting the R1 to issue a yellow card.

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Head Coaches' Conduct
Rule 12-2-6

Head Coaches Standing

- **Live ball play** - the head coach may stand in libero replacement zone, minimum 6 feet from sideline to coach his/her players
- **Dead ball** - the head coach may stand at any location in the libero replacement zone
 - When the first referee extends arm in preparation to whistle and signal for serve, the head coach shall either move back at least 6 feet from sideline within the replacement zone or be seated

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Head Coaches' Conduct
Rule 12-2-6

Head Coaches Standing

- **Time-out** - the head coach may stand at any location in the bench area and could stand on the court with the team
 - When the time out is completed, the head coach must return to his/her seat or the replacement zone 6 feet back from sideline
- Head coach must be in proper location when R1 extends arm in preparation to whistle/signal serve
- Head coach shall lose the privilege to stand the remainder of the match, except as provided in 12-2-5, if he/she, assistant coach or any bench personnel receives a card

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NFHS Official Volleyball Signals
Time-out, Signal 21


For a time-out, place the palm of a hand horizontally over a hand on the side requesting the time-out, forming a "T." Indicate the court of the team requesting the time-out by extending the vertical arm towards that court.


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NFHS Official Volleyball Signals
Substitution, Signal 19

For a substitution signal, make two circular motions of hands around each other at head height.

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NFHS Official Volleyball Signals
Ball Lands Inbounds, Signal 13 



- Ball lands on the floor in the court or on the end line, sideline and no violation occurs.
- Ball passes completely under the net (other than on a serve).

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2009-10
Volleyball
 Major Editorial Changes

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Editorial Changes

- Rules 1-2-1, 3 1-8 A match shall consist of the best three-out-of-five **sets**...(State association adoption two-out-of-three **sets**...)
 "Game" has been changed to "**set**" throughout rules
- Rule 4-1 Heading Equipment and **Accessories**
- Rule 5-1-1 Change "game" to "**match**"




Editorial Changes

- Rule 5-2-1 **NOTE** Eliminates **state association adoption to modify referees uniform** except for a temporary adjustment to black shorts to address heat related issues
- Rule 10-3-5 When a player is rendered unconscious/apparently unconscious, he/she shall not be permitted to return to play that day without written authorization from a physician (**MD/DO**)




Editorial Changes

- How to Use the Official Signals 4, 19, 20, 21 Updated the description in the Rules Book to match Case Book and/or update signal description
 #4 **Raise** hand...
 #19 Circular motion of hands around each other (**two times**)...
 #20 team overhead, **open hand, fingers together**, elbows bent...
 #21 Place the palm of a hand horizontally over a vertical hand on the side requesting the time-out, forming a "T"



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2009-10
Volleyball
 Points of Emphasis

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Head Coaches Standing

- Head coaches may now stand in libero replacement zone during a live ball to coach players
- The coach shall be at least 6 feet back from the sideline
- During a dead ball, the coach may advance to the sideline
- If the R2 cannot observe play and/or have clear line of sight with the line judge, the coach may be directed to alter his/her position and should do so at the R2's request
- The head coach is now more visible and as such, should remember the emphasis placed on conduct and being a positive role model for athletes, school and community




Match Officials' Responsibilities

- R1 and R2 have the task of reviewing responsibilities of the position with the scorer, timer, libero tracker and line judges
- R1 and R2 should be competent in the responsibilities to be carried out by the assistant officials
- R1 and R2 must be capable of resolving any problems that occur regarding the score and tracking of the libero and replacements
- It is equally important for the host school to properly train and review the responsibilities and the "how to" with the scorer, timer, libero tracker and line judges




Ball Handling

- Legal contact may be with any part of the body, providing there is not prolonged contact, or the ball coming to rest
- The only valid criterion for judging ball handling is based on what the referee actually sees
- To make the right call, look ahead of the ball and watch the ball being contacted by the hands (or other body part)



Ball Handling


- Any ball coming to rest is a violation
- The ball should not be thrown
- A player shall not contact the ball in one quadrant of the body and release in a different quadrant
- Be familiar with players' style by watching warm-ups, especially the setters
- **Remember:** Spin, sound, speed, body position, input from coaches and fans are not criteria for making ball handling calls...**Call only what you see**



Libero Uniform


The coach has the responsibility to place his/her libero in a legal uniform

- Shorts shall be the same color as other teammates
- Uniform top must be clear contrast from all angles to the top of teammates
- Uniform top shall not be similar in color, such as dark color to dark color (maroon to black) or light to light (grey to peach) to teammates




Libero Uniform

- Consider hue (color), value (lightness or darkness of color) and saturation (intensity or purity of color) when ordering the uniform top
- Number shall be clearly visible so background of uniform top color(s) or design must be considered when ordering



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2009-10
Volleyball
Rule Interpretations


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Rule Interpretation
Rule 4-1-5

SITUATION: A player enters the set wearing:
(a) hair tied back with a 2-inch wide ribbon;
(b) metal barrette covered with tape; (c) hair tied back with a bandanna folded so it is only 2 inches wide; (d) unadorned bobby pin 2 inches in length.

RULING: (a), (c) and (d) legal; (b) **illegal equipment.**


COMMENT: Unnecessary delay assessed and the barrette must be removed. (Rule 4-1-5)



Rule Interpretation
Rule 5-4-3

SITUATION: During the match, the second referee has the duty to manage illegal replacements.


RULING: Correct procedure. (Rule 5-4-3)



Rule Interpretation
Rule 9-4-5

SITUATION: During the second hit, the CB on Team S contacts the ball: (a) with his/her foot, keeping the ball in play; (b) with his/her hip; (c) with his/her kneepad where there is prolonged contact. The referees allow play to continue.

RULING: (a) and (b) legal, play continues; (c) **illegal, prolonged contact, loss of rally/point.** (Rule 9-4-5)




Rule Interpretation
Rule 10-2-1

SITUATION: The coach signals for substitution. The second referee recognizes the request. Then the coach: (a) proceeds to the second referee and gives the numbers of the substitutes and the players to be replaced; (b) immediately sits down; (c) proceeds to the sideline and converses with the substitute during dead ball outside the substitution zone; (d) remains at the officials table and converses with the officials.

RULING: (a) **improper substitution procedure. Second referee reminds coach to remain outside the substitution zone;** (b) and (c) proper procedure; and (d), **illegal substitution, unnecessary delay.**

COMMENT: The head coach may instruct players during a dead ball from the replacement zone. (Rule 10-2-1)




Rule Interpretation
Rule 10-2-1

SITUATION: Player A on the receiving team approaches the substitution zone as a substitute. The second referee sees Player A approaching and (a) blows the whistle before Player A gets to the attack line extended; (b) blows the whistle when the player enters the substitution zone.

RULING: (a) **incorrect procedure;** (b) correct procedure.


COMMENT: Substitutes should be in the substitution zone when they are recognized. (Rule 10-2-1)



Rule Interpretation Rule 10-2-3

SITUATION: When two substitutions are requested, the first substitute reports directly to the substitution zone, while the second substitute reports and waits outside the zone until the first substitute enters the court.


RULING: Correct procedure. (Rule 10-2-3)



Rule Interpretation Rule 12-2-5


SITUATION: The assistant coach from Team S enters the court to meet with the team: (a) during a time-out; (b) between games.

RULING: (a) and (b) legal. (Rule 12-2-5)



Rule Interpretation Rule 12-2-6


SITUATION: When the referees arrive at the site they notice that due to the small gymnasium there will not be six or more feet between the team bench and the sideline. The referees agree that at the prematch conference the head coaches will be instructed that they may stand under rule 12-2-6 but must stay in the replacement zone in front of their team bench and not get closer to the court than four feet. Further, the R2 has the priority at all times for floor position to be certain he/she and the line judges have a clear field of vision to observe play and so players may have access to all playable area without interference. If the R2 directs the head coach to move back or down the area in front of the team bench for observation of play or keeping area clear for the players, the coach must comply with the R2's directions.



Rule Interpretation Rule 12-2-6


RULING: Correct procedure.

COMMENT: Rule 12-2-6 is providing the head coach the privilege to stand during the set to coach his/her players. However, the coach standing does not take priority over the players being able to use all playable area to play the ball or over the R2 and/or line judge being able to maintain a clear line of sight to observe play and see each other. Coaches must follow the directives of the referees should the physical layout of the facilities not permit six feet or more of unobstructed area around the court. (Rule 12-2-6)



NFHS Volleyball





- The rules book, case book, scorebook and other volleyball materials can be ordered:
 - online at www.nfhs.com
 - calling 1-800-776-3462

