



POLICY AND PROCEDURES
FOR
GIRLS AND BOYS VOLLEYBALL



VOLLEYBALL COMMITTEE

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Points of Emphasis

1. **2018-19 NFHS Volleyball Rules Changes – Please refer to page two(2) and three (3)**
2. **Volleyball Scoresheet Instructions**
 The Volleyball Committee recommends that all school personnel that may keep the Volleyball scorebook take time preseason to watch the Volleyball Scoresheet Instructions Video located on the National Federation of State High School Association website which can be found at <http://www.nfhs.org/sports-resource-content/volleyball-scoresheet-instructions-video/>
3. NFHS Volleyball Rule 12, Section 2, Article 8C states that it is unsporting like conduct for a coach to attempt to “influence a decision by a referee”. Coaches that visually signal line calls will be subject to sanctions as outlined in NFHS Rule 12-2-8C. This does not prohibit coaches from verbally communicating to his/her players that a ball is going out. It is also a point of emphasis that players should not be trying to “influence” the calls of officials.
4. All tournaments, jamborees, festivals and similar competition in volleyball must be sanctioned by the Volleyball Committee of the NHIAA. All such contests sanctioned by the Committee shall not count on the regular season's record for tournament consideration. No school may enter more than one approved Columbus Day tournament. Please refer to By-Law Article VIII Sanctioning, Sect. 3: Intrastate Competition. **Officials must be certified and enrolled with the NHIAA.**
5. **PRE-MATCH ATTIRE (COVERS ANY STUDENT PARTICIPATING IN PLAYABLE AREA) SHALL CONSIST OF THE FOLLOWING:**
 - a. Proper footwear (i.e. sneakers). No sandals, shoes, boots or bare feet are allowed.
 - b. Jewelry and Body Piercing Rule shall be in effect.
 Dermal Piercings - These piercings are inserted into the skin and require a medical procedure to remove them. The decorative part screws onto the pin or screw that protrudes from the skin. Even with a bandage over it would seem to pose a potential hazard.
6. During a regular season match a set may be stopped to celebrate a milestone (i.e. 500 kills, 1000 assists, etc.) and the celebrating team will not be charged a timeout. Teams will report to the bench areas for a brief ceremony and then return to the court. Post season matches will not be stopped.

Rosters are now to be submitted on-line utilizing the AD's Admin login.
2018 Girls Volleyball Roster and Photo – Due October 15, 2018
2019 Boys Volleyball Roster and Photo – Due May 24, 2019

All tournament teams/rosters will be limited to a maximum of 15 players and a maximum of five (5) non players. **The five (5) non-players are inclusive of a score keeper to sit at the table.** Rosters shall be completed via the NHIAA website. If a team is going to make the tournament, a team photo in uniform (no warm-ups and no mascots allowed) must be submitted with a photo lineup. If no photo is received a logo will be supplemented.

Volleyball Rules Changes 2018-19

2-4-1b: A referee shall stop play when any player gains an illegal advantage by contacting any team member while playing the ball.

Rationale: Clarifies that no team member may assist a player during an attempt to play the ball.

5-5-3b(10) (NEW): The second referee has the responsibility to ensure that the head coach remains in the replacement zone no closer than 6 feet to the sideline, when standing during play.

Rationale: Supports the second referee's responsibilities as outlined in the Officials Manual.

5-5-3b(13), 5-5-3b(20), 5-8-3a NOTE (NEW): When multiple courts are in use, the second referee may end a time-out or interval between sets with a long whistle in place of the timer sounding an audio signal (horn).

Rationale: Clarifies timer and second referee responsibilities during time-outs/intervals when multiple courts are in use.

9-8-2 EXCEPTION (NEW), 11-4-1b (NEW): When a replay is signaled due to an injury/illness and the injured/ill player cannot continue play, the head coach may request a substitute or complete a legal libero replacement for the injured/ill player or take a team time-out(s) if the team has remaining time-outs.

Rationale: Clarifies the procedures for a replay due to an injured/ill player and adds the option of a legal libero replacement.

10-2 PENALTIES 2: After a team is charged with an unnecessary delay, the coach may request no further substitutions until the next completed rally.

Rationale: Eliminates further delay of the set by removing the option to request additional substitutions after a team is charged with an unnecessary delay.

11-5-3 (NEW): Between sets, teams may warm up in their playing area, but may not hit volleyballs over the net into the opponents playing area.

Rationale: Establishes parameters for warming up between sets that minimize the risk of injury.

SIGNAL #21: To signal unnecessary delay, raise the hand on the side of the offending team beside head, palm facing shoulder, hold the appropriate card on the wrist of the raised hand.

Rationale: Simplifies mechanics for unnecessary delay signal and clarifies side at fault.

I. REQUIREMENTS:

A. In order to be considered for tournament play, each school must meet the following schedule requirement:

- Maximum number of matches - 18
- Minimum number of matches - 12

B. COMPLETED SCHEDULE AND FORFEIT:

All teams must complete their entire schedule submitted to the NHIAA. Any scheduled match not played must be reported (in writing by both schools) to the NHIAA prior to the date of NHIAA pairings with an explanation. The Committee will determine if matches not played will be considered a forfeit(s) or a no match(es). A team CANNOT forfeit a match to the other team under any circumstances.

C. MAKE-UP MATCHES:

Make-up matches may not be scheduled into the last week of the season. The only matches that can be played during the last week of the season are matches on the original schedules submitted to the NHIAA.

***Exception to Reschedule into the Last Week of the Season:** If for some reason, a match must be moved into the last week of the season a letter, prior to the match being played, must be submitted to and received by the Chair of the Committee through the NHIAA Executive Director by both schools outlining the reason(s) for the request.

****Please note** that any match moved into the last week of the season must be approved and played by the last date to play. No extension of the season will be granted. In the event the match is not played both teams will be issued forfeit losses unless extenuating circumstances arise.

II. ALIGNMENT OF VOLLEYBALL TEAMS:

Girls Volleyball Divisional Alignment

Division I (1000+)		Division II (490-999)		Division III (1-489)	
22 Schools		15 Schools		21 Schools	
Pinkerton	3449	Milford	855	Kennett	752
Nashua South	1862	Man. West	816	Stevens	548
Nashua North	1744	Oyster River	794	Fall Mountain	506
Exeter	1705	Souhegan	789	Prospect Mountain	479
Concord	1661	Kingswood	783	Campbell	466
Man. Central	1510	Con-Val	733	Winnisquam	448
Bedford	1498	Hanover	725	Belmont	396
Londonderry	1496	Coe-Brown	714	Raymond	384
Man. Memorial	1455	Plymouth	677	Newfound	373
Keene	1420	John Stark	669	Hillsboro-Deering	345
Spaulding	1391	Pelham	656	Mascoma	343
Dover	1336	Laconia	547	Inter-Lakes	332
Merrimack	1219	Gilford	491	Trinity	314
Alvirne	1200	*Somersworth	438	Mascenic	312
Timberlane	1173	*St. Thomas	432	Franklin	309
Salem	1170			Epping	280
Goffstown	1114			Farmington	258
Portsmouth	1078			Ports. Christian at Dover	179
Winnacunnet	1078			Moultonborough	171
*Windham	925			Nute	168
*Hollis-Brookline	806			Sunapee	142
*Bishop Guertin	789				

*Petition

Boys Volleyball Divisions Alignment
One Division - 13 Schools

Pinkerton	3449	Salem	1170	Souhegan	789
Londonderry	1496	Goffstown	1114	Coe-Brown	714
Keene	1420	Windham	925	John Stark	669
Timberlane	1173	Hollis/Brookline	806	Mascenic	312
		Bishop Guertin	789		

III. PLAYING RULES:

- A. Official National Federation Rules for Volleyball will be used in both regular season and tournament play.
- B. The Federation rule regarding uniforms will be followed.
- C. It is the recommendation of the NHIAA Volleyball Committee that the sub-varsity match be played first with the varsity match to follow.
- D. The NHIAA Volleyball Committee recommends the following pre-match schedule be used for both varsity and sub-varsity contests with a 3 (three) minutes transition period:

3 (Three) Minutes - Transition Time

(Transition time = Time between the end of the sub-varsity match and the beginning of the coaches/captains meeting of the varsity match.)

Coin Toss Held

6 (Six) Minutes - Visiting Team/Lower Seed Warm-up

6 (Six) Minutes - Home Team/Higher Seed Warm-up

3 (Three) Minutes - Shared - No Serving

While one team is warming up, the other team should be doing no type of warm-ups in the gym where the volleyball court is located.

Note: The NHIAA Volleyball Committee has voted that if the visiting team is running late the officials may use their discretion to confer with both coaches regarding the order of warm-ups.

- E. The NHIAA Volleyball Committee has voted to use the following guidelines:

Varsity: Win by 2

- 3 out of 5 sets (Rally scoring)
- Set to 25 Points
- 5th Set to 15
- Let Serve to Continue

Sub-Varsity: Win by 2

- Play 3 sets regardless of the outcome of sets 1 and 2 (Rally scoring)
- Sets 1 and 2 to 25 Points
- 3rd Set to 15
- Let Serve to Continue

When the score of a sub-varsity match is 2-0 there will be no coin toss by the official prior to the third set. The teams will return directly to their home bench and will prepare for the third set. Service will go to the team that has lost the previous two sets.

Rationale – No need to delay with a coin toss and it allows the winning team a chance to celebrate their victory. Currently they are remanded to the end-line while team captains meet with the referee. It also will save some time in the overall match.

- F. The match ball should have no marking or coloring added to it.

- G. The NHIAA will provide a “worked ball” for use at the semi and final neutral sites.

IV. REPORTING SCORES:

It is important that all teams enter their scores on the web site, www.nhiala.org immediately following the match in order to ensure accurate and up-to-date standings.

V. OFFICIATING:

All varsity matches are to be officiated by two (2) NHIAA registered officials. Exception to this may be sought by contacting the NHIAA office and the opposing school before the contest. This should only be considered when no NHIAA registered official is available.

VI. TOURNAMENT SELECTION:

The maximum number of teams allowed per By-Law Article IV: Classification; Sect. 10; Tournament Selection Requirements will qualify for the tournament in each division.

VII. TIE-BREAKING:

If there is a tie for any of the tournament positions, the NHIAA Tie-Breaking Procedure (By-Law Article XII) will be used.

VIII. TOURNAMENT ROSTERS:

All tournament teams/rosters will be limited to a maximum of 15 players and a maximum of five (5) non players. The five (5) non-players are inclusive of a score keeper to sit at the table Rosters shall be completed via the NHIAA website. If a team is going to make the tournament, a team photo in uniform (no warm-ups and no mascots allowed) must be submitted with a photo lineup. If no photo is received a logo will be supplemented.

IX. TOURNAMENT OFFICIALS:

The NHIAA Volleyball Committee, in accordance with established By-Laws, will make recommendation of tournament officials.

X. PEP BANDS:

The Athletic Director shall call the NHIAA beforehand to allow preparation of seating for the pep band at the Tournament matches at neutral sites.

Pep bands will be allowed to play at the tournament matches held at neutral sites. Each Pep Band will be allowed a MAXIMUM of twenty (20) players. Band players will be admitted free of charge to the match in which their team is competing only when accompanied by an Advisor. Any additional members shall be charged admission at the normal rate.

Pep Bands will be assigned a seating location by the Tournament Director at the site. An advisor must be with the band at all times while playing. **Bands are not to play once the ball is put into play.**

Note: The National Anthem will be played before each semi-final match. For the championship, the National Anthem will be played prior to the match.

XI. SPECTATOR BEHAVIOR & NOISE MAKERS at Regular Season and Tournament:

- The playing of musical instruments and/or amplified music while the match is in progress shall be prohibited. The only time that a match is not ‘in progress’ after it has started is during a time-out or during between sets (This includes bands).
- Possession and/or the use of artificial noisemakers is prohibited at all times during the NHIAA regular season and tournament games. The official interpretation of an artificial noisemaker is being any object that is used to manufacture noise, such as horns, bells and whistles, or by making contact with another object or surface. (NO RALLY STICKS)
- Spectators will not be permitted to run the sidelines to encourage spectator cheering.

XII. AWARDS:

An official NHIAA Championship and Runner-up plaque, and twenty individual medals, will be awarded to the respective champion and runner-up teams in each class for both boys and girls.

XIII. NFHS Authenticating Mark-MATCH BALLS:

All match balls at all levels of play shall have the NFHS Authenticating Mark imprinted.

The following procedure is to be followed:

- Prior to the start of the match the head official is to inspect the match ball(s) to ensure the NFHS Authenticating Mark is imprinted. If the home team's ball does not have the mark the visiting team's ball with the Authenticating Mark is to be used.
- In the event neither ball has the mark, the match is to be played and the head official is to report the matter to the Supervisor of Officials, who in turn will notify the NHIAA office.

XIV. FIFTY-FIFTY RAFFLE:

Fifty-fifty raffles are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA) at the site of an NHIAA member school hosting any round of an NHIAA tournament event. Students will not sell tickets.

Under no conditions will these raffles be permitted at "neutral" sites that are not NHIAA member school sites. i.e.: Pinkerton Academy (Semifinals and Final rounds), Plymouth State University

XV. PROTEST PROCEDURE AT STATE TOURNAMENTS:

During State Tournament play **AT NEUTRAL SITES**, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the match site at the time of the protest and the Protest Committee will be made up of a representative from the NHIAA Volleyball Committee and the officials involved in the match. During State Tournament Play at the home of the higher seed protests shall be resolved by consulting with the Rules Interpreter or Supervisor Designee who will be available via phone during prelim and quarterfinal contests.

XVI. BLOOD SPILLAGE AND BODY FLUIDS:

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful.

Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

INTERPRETATION OF EXCESSIVE BLEEDING:

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place. For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution

before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

XVII. TOURNAMENT EVENT POSTPONEMENTS (WEATHER):

- **Home of Higher Seed:** The decision to postpone a tournament match held at the home of the higher seed will be left to the discretion of the home site Director to make the decision to postpone and reschedule matches to the next day. The officials and the NHIAA must be notified of the postponement and the reschedule date and time.
- **Neutral Site – During the Week:** The decision to postpone a tournament event during the week will be made by the NHIAA. Schools, Supervisor of Officials, Game Directors, Police and Athletic Trainers will be notified by the NHIAA.
- **Neutral Site – Weekends & Holidays:** The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit www.nhiala.org and click on the “tournament info” link). The NHIAA will notify Directors, Supervisor of Officials, Police and Athletic Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN CHECKED.**

XVIII. JEWELRY AND BODY PIERCING RULE:

No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform. Also, any visible body and face paint and/or glitter is not allowed during regular season and tournament play. The penalty administered will be “unnecessary delay.” Permanent body tattoos will be exempt from this rule.

Dermal Piercings - These piercings are inserted into the skin and require a medical procedure to remove them. The decorative part screws onto the pin or screw that protrudes from the skin. Even with a bandage over it would seem to pose a potential hazard.

XIX. PRE-MATCH ATTIRE (COVERS ANY STUDENT PARTICIPATING IN PLAYABLE AREA) SHALL CONSIST OF THE FOLLOWING:

- a. Proper footwear (i.e. sneakers). No sandals, shoes, boots or bare feet are allowed.
- b. Jewelry and Body Piercing Rule shall be in effect.

XX. CONCUSSION HEADBANDS

The permissive use of concussion headbands is not a violation of the NFHS Volleyball Rules. Therefore any student athlete wishing to compete while wearing a concussion headband should be allowed to do so without obtaining a waiver from the NHIAA office.

XX. SCRIMMAGES AND/OR JAMBOREES:

All rules remain the same as they are administered and adhered to in the regular season and tournament play.

XXI. BENCH PERSONNEL:

For liability reasons Below Grade Nine students/children are not allowed to be on the team benches or on the sidelines at any regular season or tournament contest.

*Exception- “Ball Shaggers” – Volleyball

- One (1) ball shagger per bench shall be allowed.

XXII. TOURNAMENT MATCH START TIMES:

Neutral Site tournament match times will NOT be altered unless the first match runs into the start time of the second match.

XXIII. PROCESS FOR DEALING WITH DISQUALIFIED ATHLETES AT ALL ATHLETIC EVENTS:

A disqualified athlete is not to be sent to the locker room or off the field unsupervised. If no supervision is available the disqualified athlete shall remain on the bench and become the coach's responsibility to supervise.

XXIV. NFHS GUIDELINES FOR MANAGEMENT OF CONCUSSIONS:

The NHIAA mandates the following of the NFHS guidelines for management of Concussions.

Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Please visit www.nhcaa.org; "What's New" to view the NFHS Guidelines for Management of Concussions. and New Hampshire SB402 and its language as written.

XXV. All designated scorers will sit side by side with the official scorer designated by the referee and sit beside the timer. This applies to regular season and tournament games.

PROCEDURES AT NHIAA STATE TOURNAMENTS

1. Warm-ups

Practice balls will be provided at Pinkerton Academy and Nashua High School North

Practice balls will NOT be provided at events held at Plymouth State University. Schools must provide their own.

- A. Six (6) minutes - visiting team
- B. Six (6) minutes - home team
- C. Three (3) minutes - shared court- NO SERVING
- If available, the game court at the Semifinals and Finals may be used 45 minutes prior to your scheduled game time for warmup.

2. After Warm-ups (Prelims, Quarterfinals and Semifinals)

- A. Teams line up on the respective end lines by the team bench.
- B. Players, coaches and managers will be introduced individually, step forward and wave upon being introduced.
- C. The National Anthem will be played before each match.
- D. Teams return to their respective benches - where they will be provided 14 chairs.
- E. Starters return to court and line up on end line.
- F. Officials bring teams to net for pre-match handshake.
- G. Match begins.

3. After Warm-ups (Championship Match)

- A. Both teams leave playing area - locker room.
- B. Teams, managers and coaches are to line up and march in single file to the Olympic Theme Song.
- C. Teams line up on the respective end lines by the team bench.
- D. Players, coaches and managers will be introduced individually, step forward and wave upon being introduced.
- E. The National Anthem will be played before each match.
- F. Teams return to their respective benches.
- G. Starters return to court and line up on end line.
- H. Officials bring teams to net for pre-match handshake.
- I. Match begins.

4. Post Match Ceremony

- A. After completion of match, both teams return to their benches and be seated.
- B. NHIAA Volleyball Committee will run the Awards Ceremony.
- C. Runner-up Coach will be called forward to receive the plaque. Remain at the center of the court. Players, managers and the other coach will be called forward to receive their medals. Remain standing as a group at the center court facing the spectators from your community.
- D. Upon completion, return to the bench to observe the Championship awards recognition.
- E. Repeat same as above for Championship team. Also, the match ball is to be given to the Championship coach at the same time the plaque is presented.

Directions for Scorer and Libero Tracker

Recording Libero Serving:

The libero can serve in one rotation by replacing the player who is in the service position and who would serve the next ball. When the libero serves, a triangle is used in the scoring sections in each part of the scoresheet where score is reflected. In the score sheet and libero tracking sheet, examples provided below, #5 is the libero.

LIBERO TRACKING SHEET

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
1	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
2	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

TEAM:			L:	TEAM:			L:	
Game	Serving Order	SP		Serving Order	SP			
3	I		<p>SAMPLE FORM</p> <p>Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.</p>					
	II							
	III							
	IV							
	V							
	VI							

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
4	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
5	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

Appendix

Diagrams

A. Scoresheet Running Score

1	16	
2	17	
3	18	
4	19	Indicates points 6, 7, & 8 were scored by libero
5	20	
6	21	
7	22	
8	23	
9	24	
10	25	
11	26	
12	27	
13	28	
14	29	
15	30	

B. Scoresheet

Game No.		TIME-OUTS									
Serve Order	Player No.	Team:									
1	13	1	2	3	-						
2	14	4	-								
3	2, 5	5	6	7	8						
4	8										
5	3										
6	7										

#5 (libero) scored points 6, 7, 8

C. Libero Tracking Sheet

Team:		L:	
Game	Serving Order	SP	
	I	13	
	II	14	
	III	2	L 2 L 2 L 2
	IV	8	
	V	3	
	VI	7	L 7 L 7 L 7 L

Indicates libero is in III serving position.