



**2023
NIAA
VOLLEYBALL
COACHES PRE-SEASON
RULES CLINIC**



Ellen Townsend, NNVOA



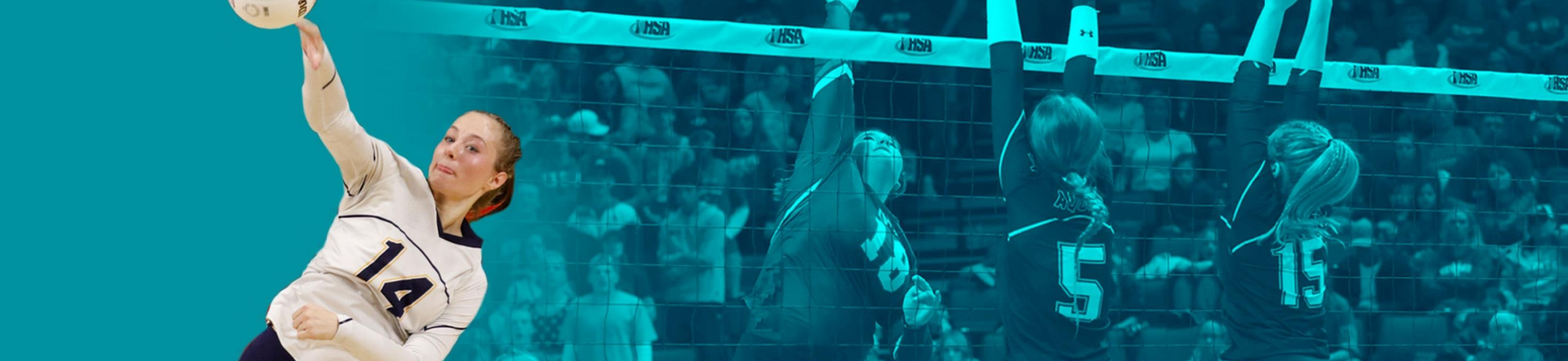
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AGENDA



- **Welcome Coaches**
- NIAA Coaches Rules Clinic Information Packet (NIAA.com)
- NFHS New rules/Rationale
 - Guidelines for accommodations (ex: Migraine earring)
- Points of Emphasis (POEs)
- Reminders
- Sportsmanship and NAC Regulations (NIAA packet on-line)
- **Stuff**
- Questions and Comments





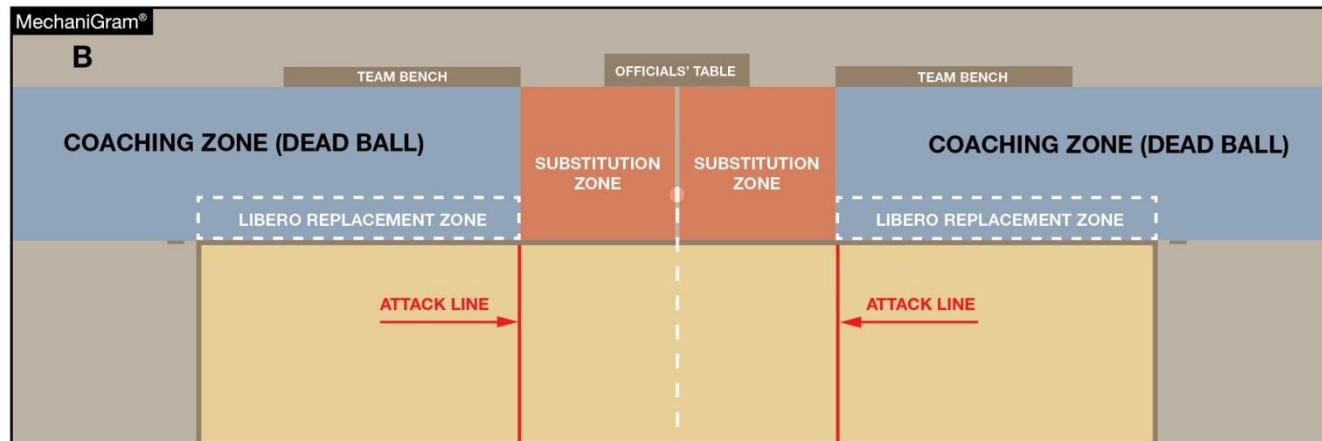
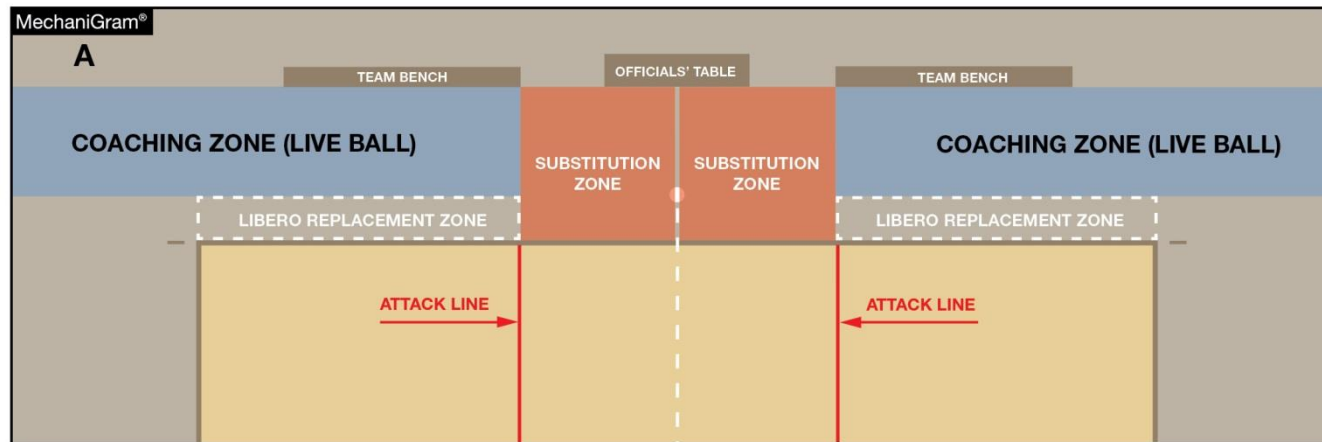
Rules Changes

2023-24 NFHS VOLLEYBALL



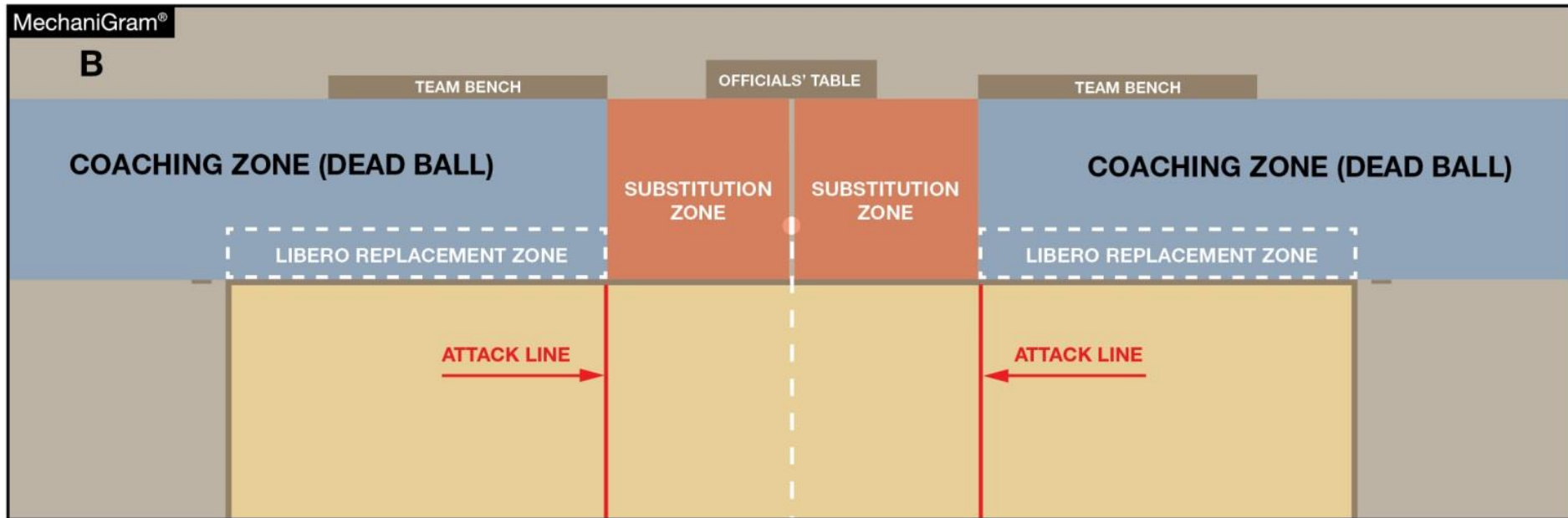
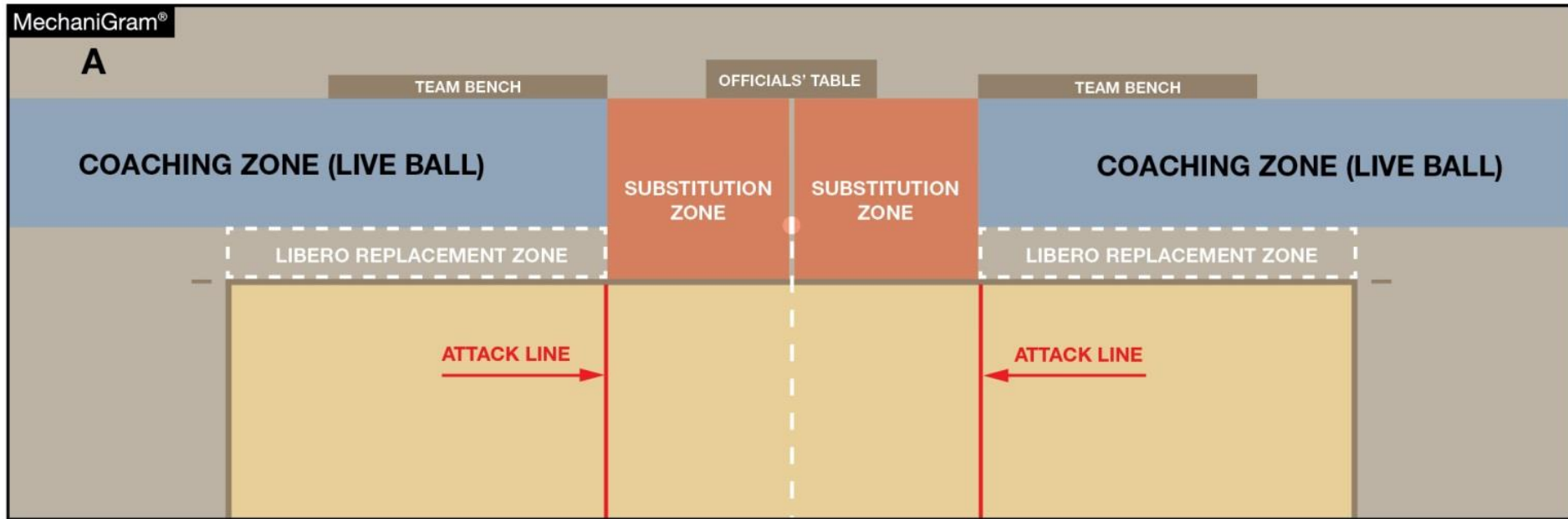
THE COURT AND MARKINGS

2-1-9 (NEW) & 12-2-5



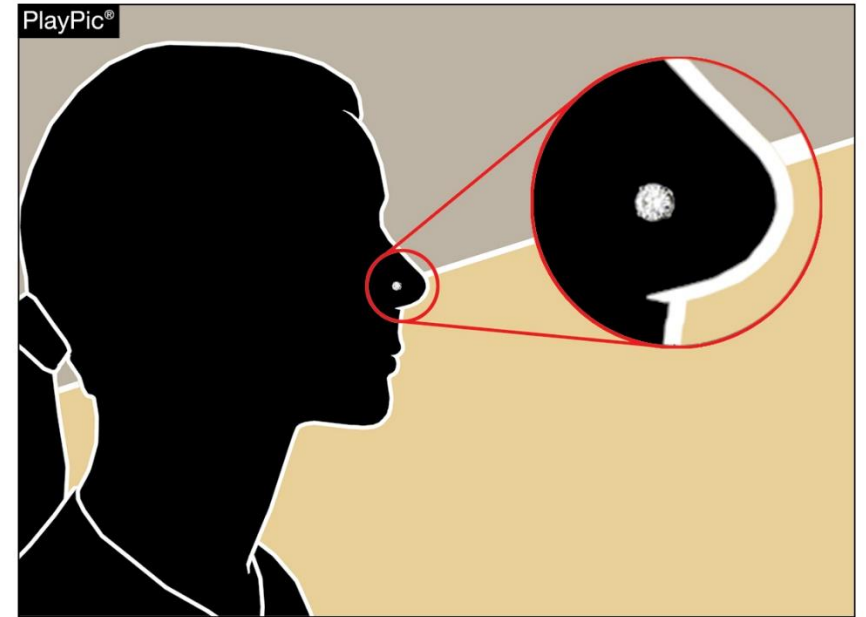
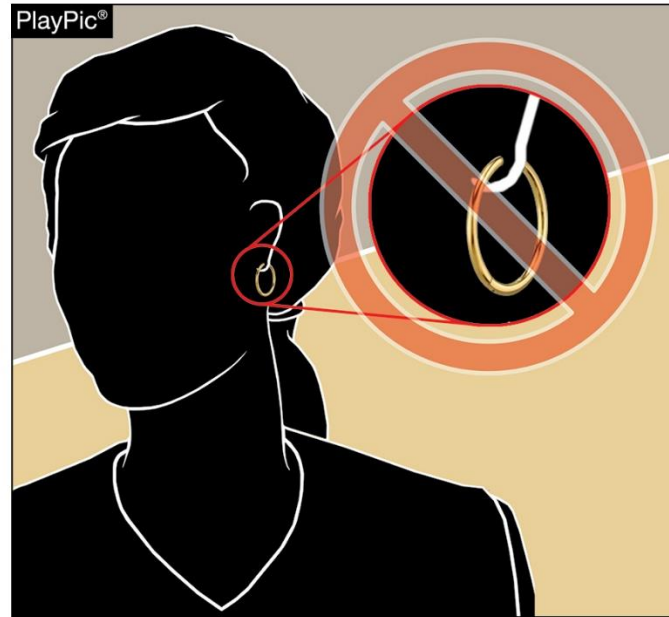
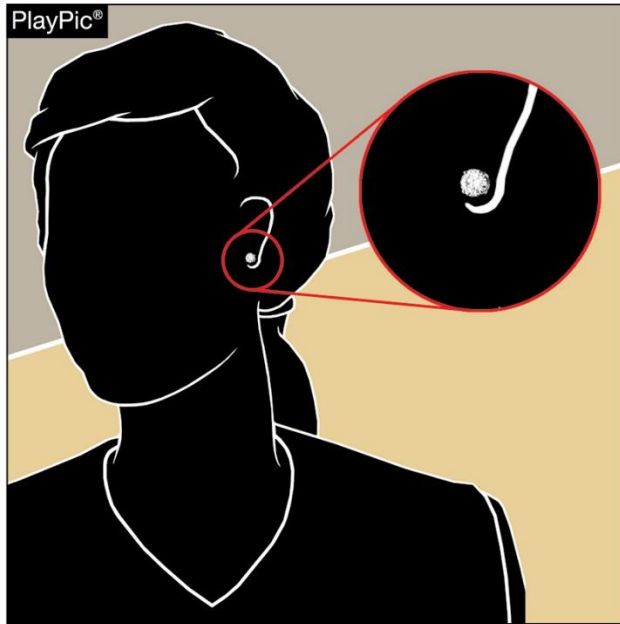
- A new Coaching Zone has been established to clearly identify the area in which coaches are allowed to stand.
- This area is defined by the libero replacement zone extending beyond the end line and sideline extended.
- Head coaches must maintain a distance of at least 6 feet from the sideline during live-ball situations (MechaniGram A) and may approach the sideline during dead-ball situations (MechaniGram B).

Rule Change



EQUIPMENT AND ACCESSORIES

4-1-7



- Small, secured stud or post jewelry may be worn above the chin.
- No jewelry is permitted below the chin.
- No dangles, no hoops, no drops, no huggies, no jackets, no ear climbers, no spacers...

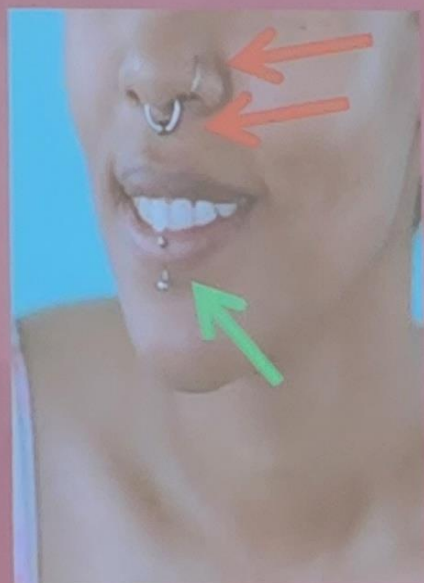
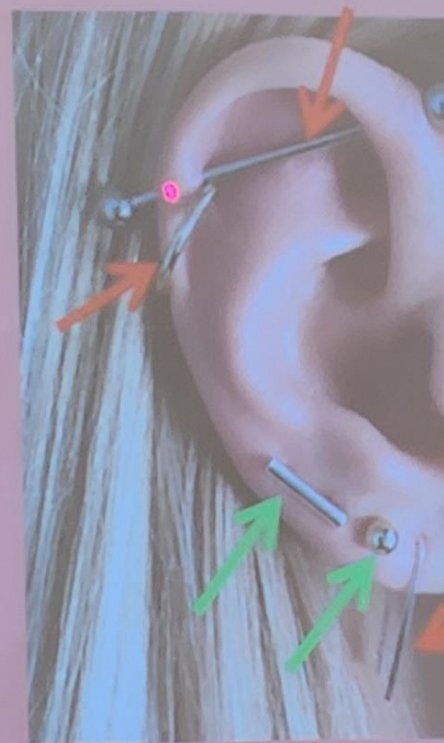
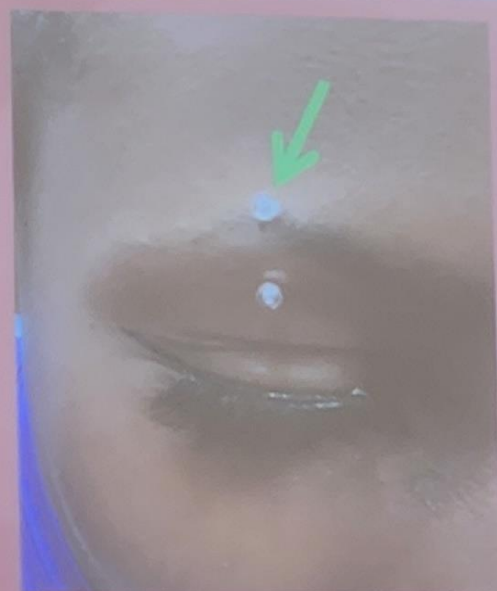
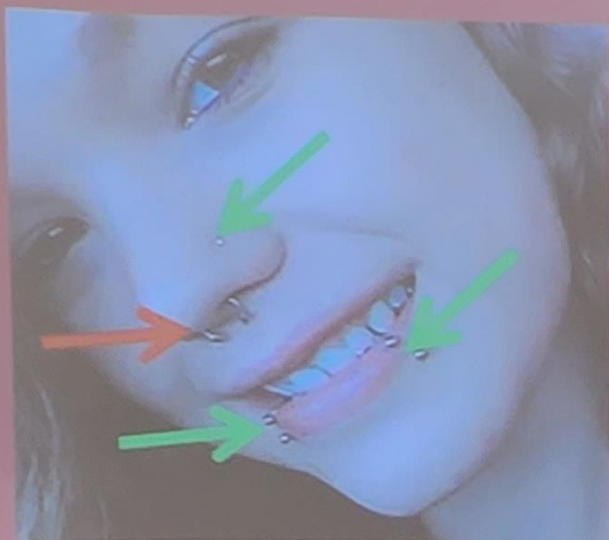


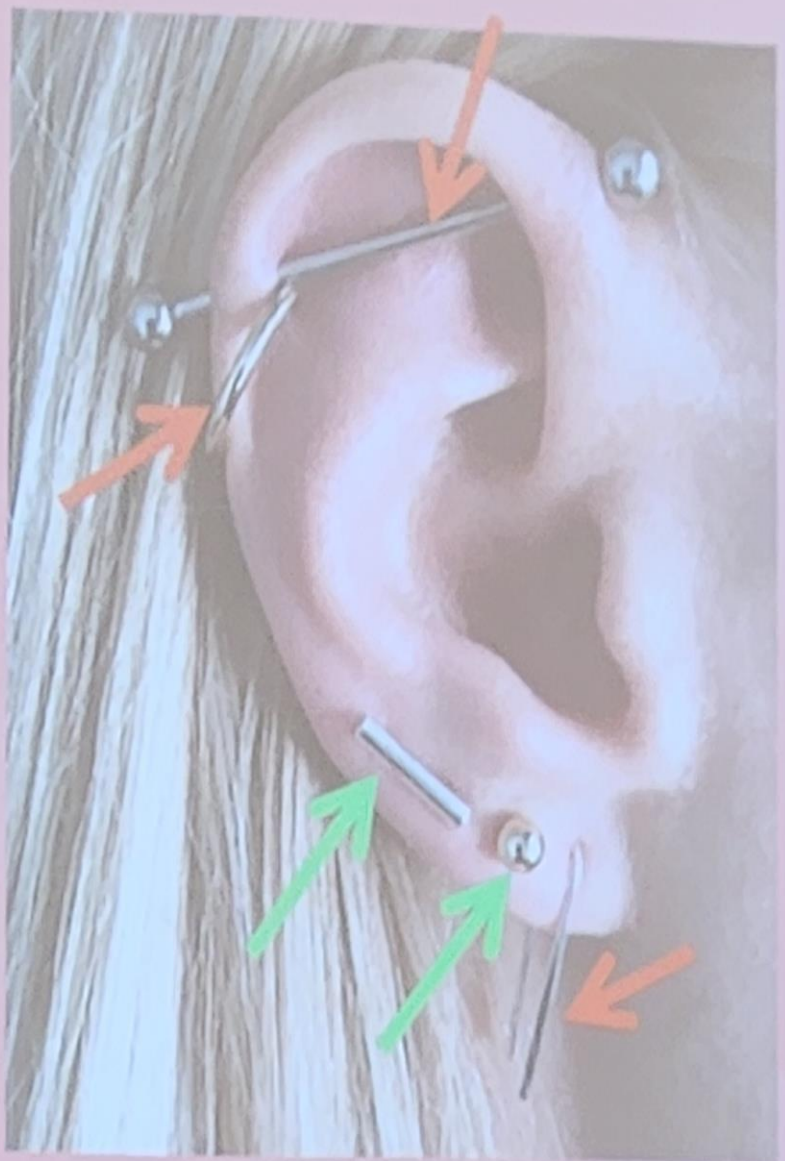
EQUIPMENT AND ACCESSORIES

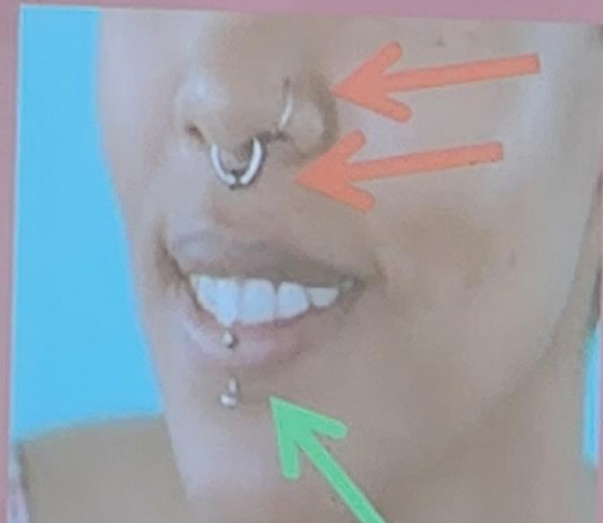
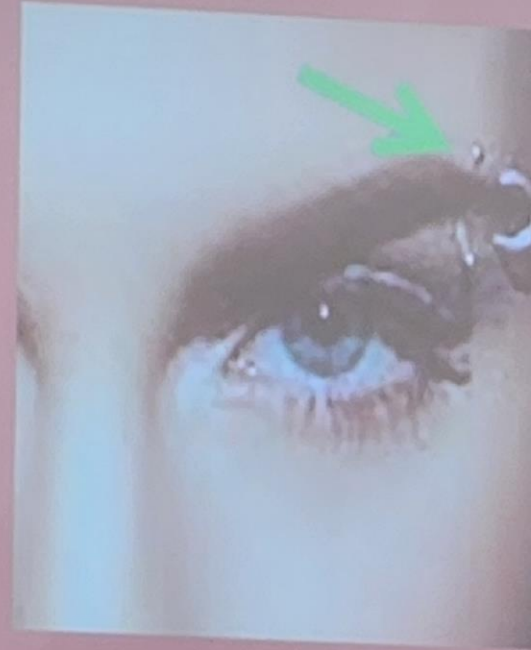
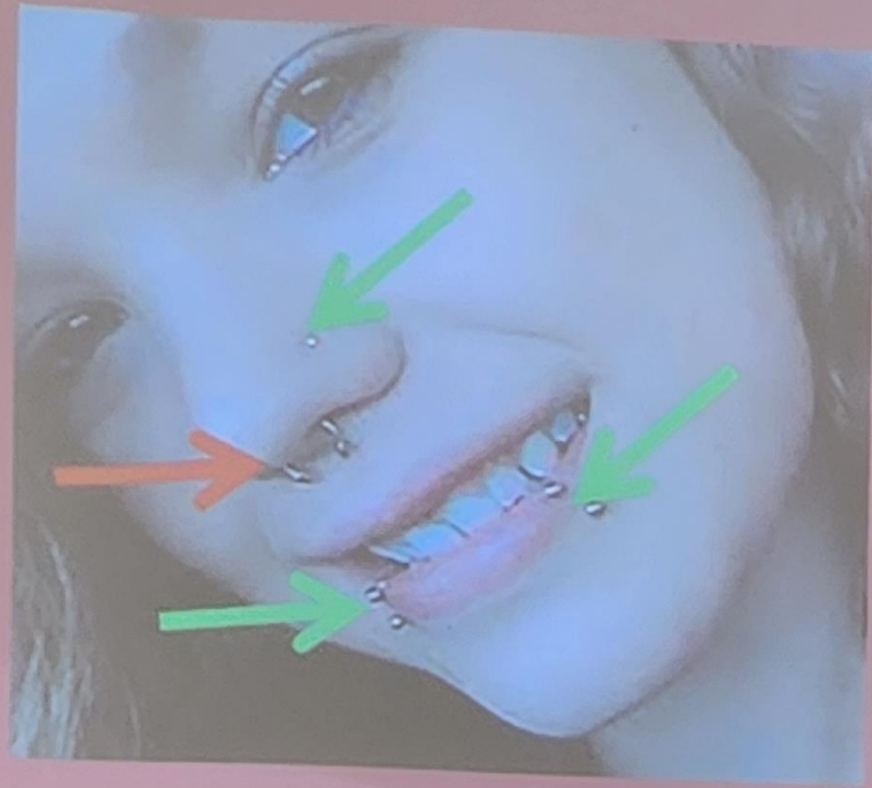
4-1-7

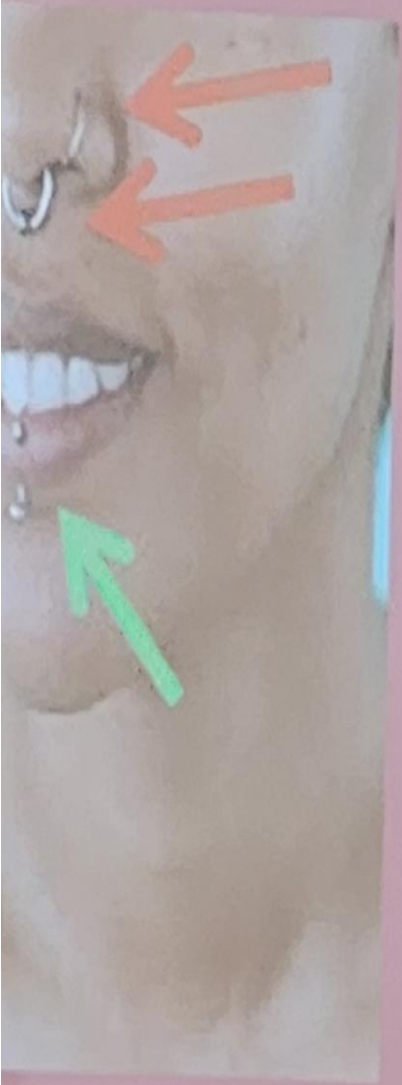


Equipment and Accessories – 4-1-7











EQUIPMENT AND ACCESSORIES

4-1-7



- String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted.
- Taping over jewelry is not permitted.
 - Exceptions remain for religious and medical alert **medals**

Coach – Educate your
players and take care of
jewelry before the match...
PLEASE!!
It is your responsibility.



LEGAL UNIFORM 4-2-4b



- Numbers with a leading zero (01, 02, 03, etc.) will be non-compliant beginning in 2028.
- Legal uniforms must be numbered 0-99.





4-2-4c LEGAL UNIFORM



ILLEGAL (2023)



LEGAL



LEGAL

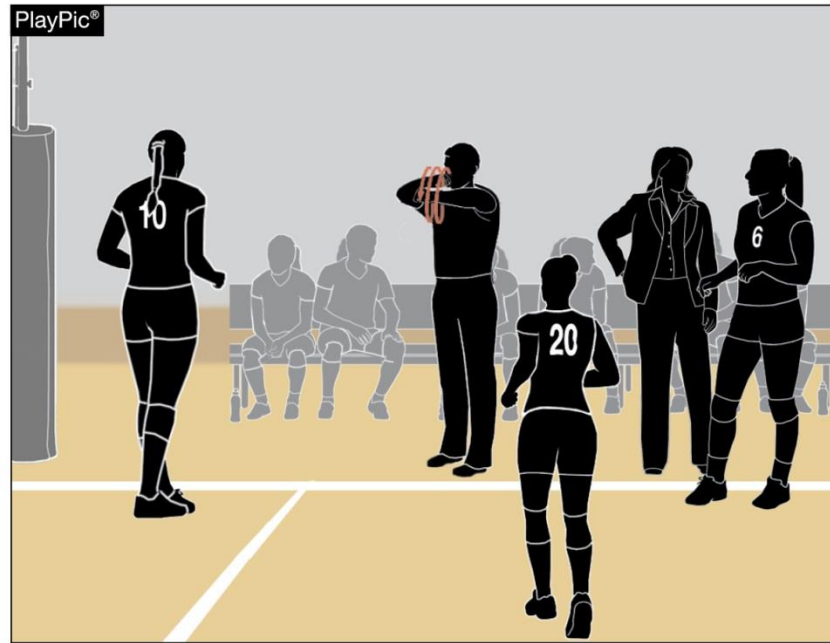
- Beginning with the 2023 season (THIS SEASON), the body of the uniform number must clearly contrast with the uniform top regardless of the border/trim.



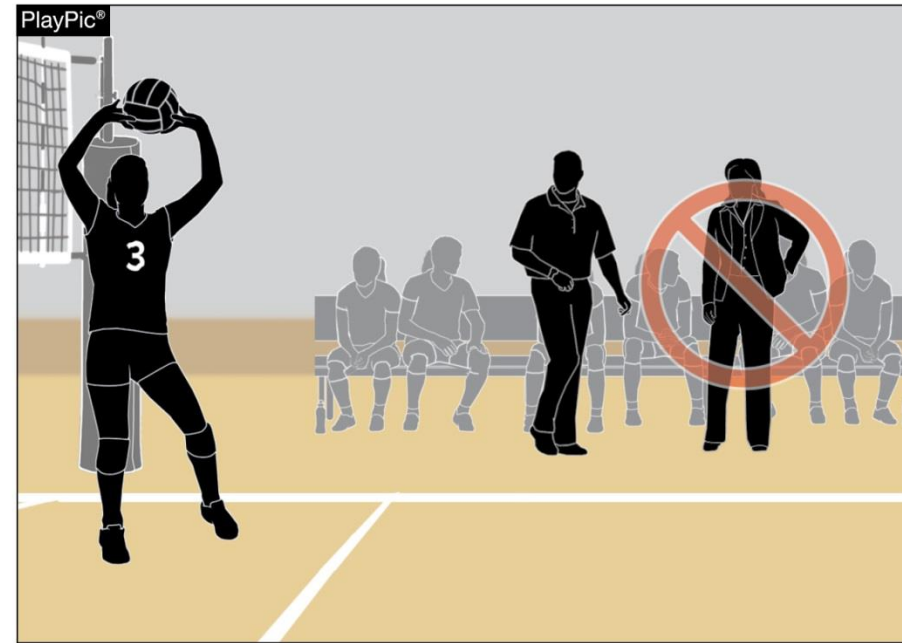
CONDUCT

5-5-3b(11), 12-2-6

Dead Ball



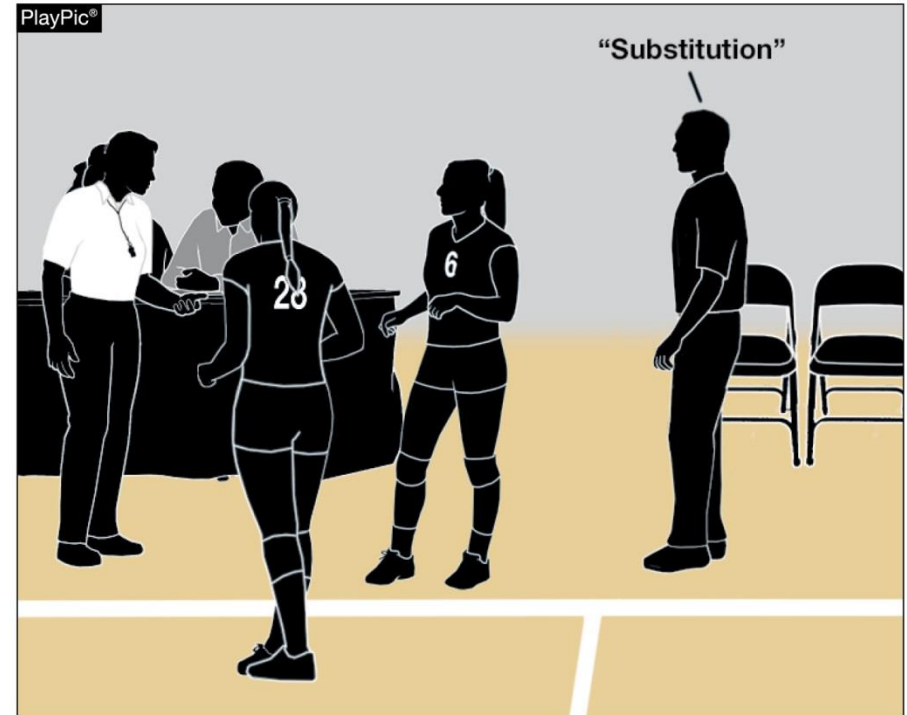
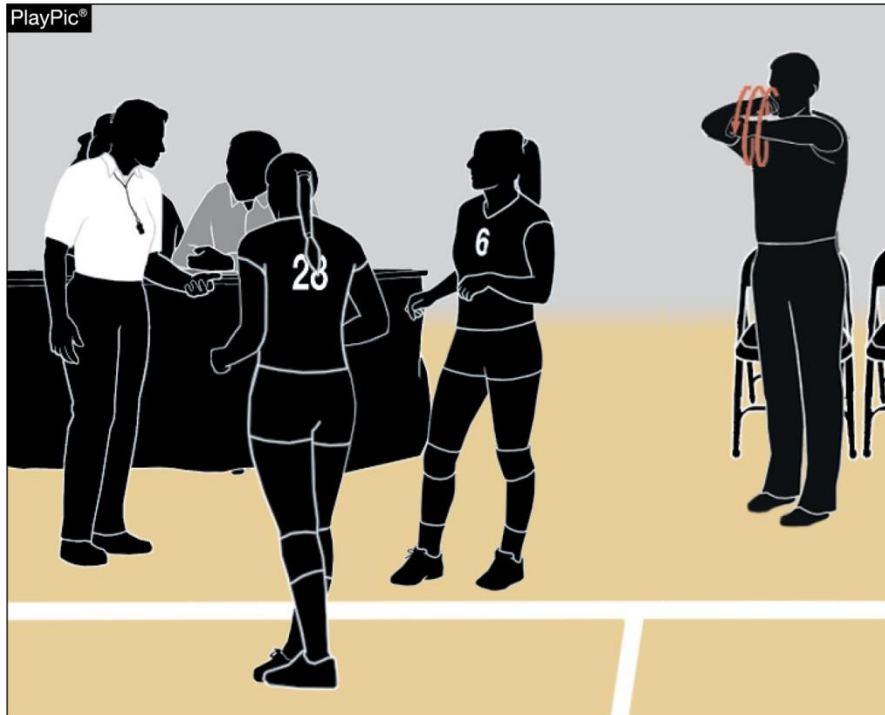
Live Ball



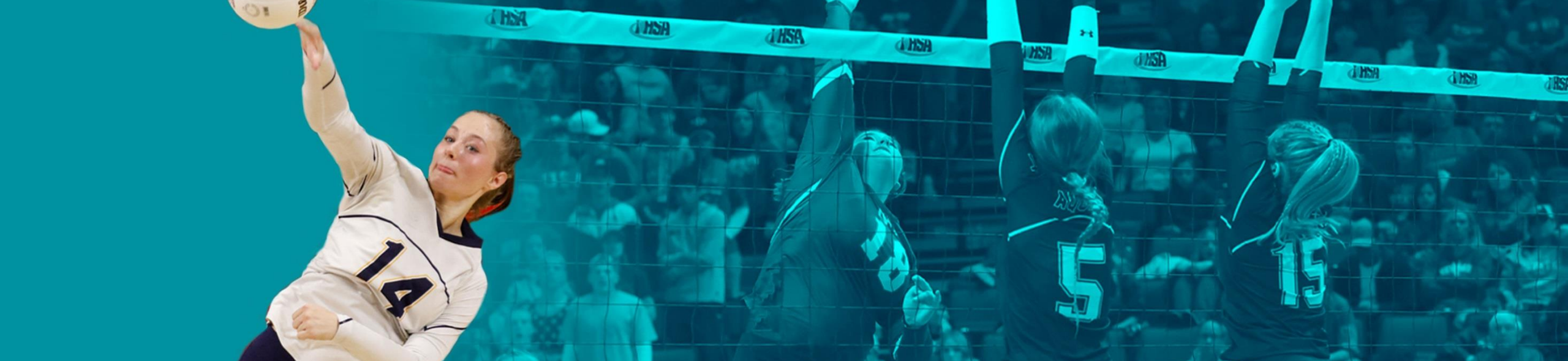
- One assistant coach may stand within the coaching zone to provide instruction during dead-ball situations only.
- The assistant coach who stands may change throughout the match – **only one** can stand at a time.



PROCEDURE FOR SUBSTITUTION 10-2-1



- The head coach may signal or verbally request a substitution.



Points of Emphasis

2023-24 NFHS VOLLEYBALL

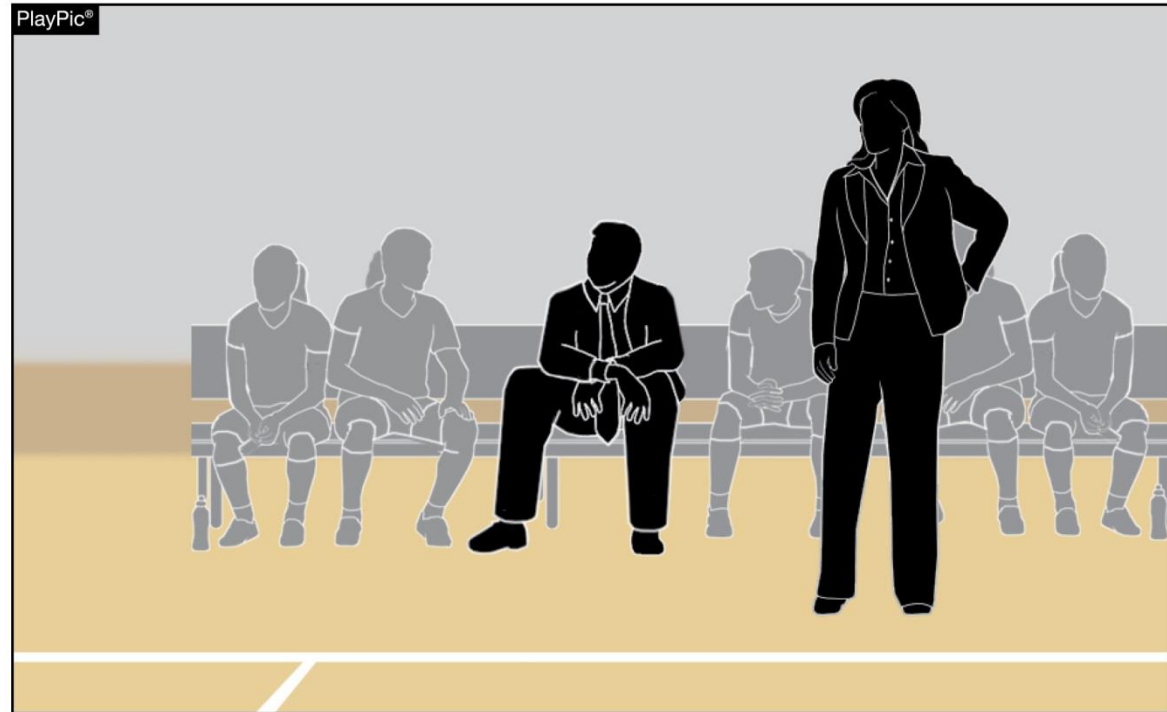


COACHING ZONE PRIVILEGES



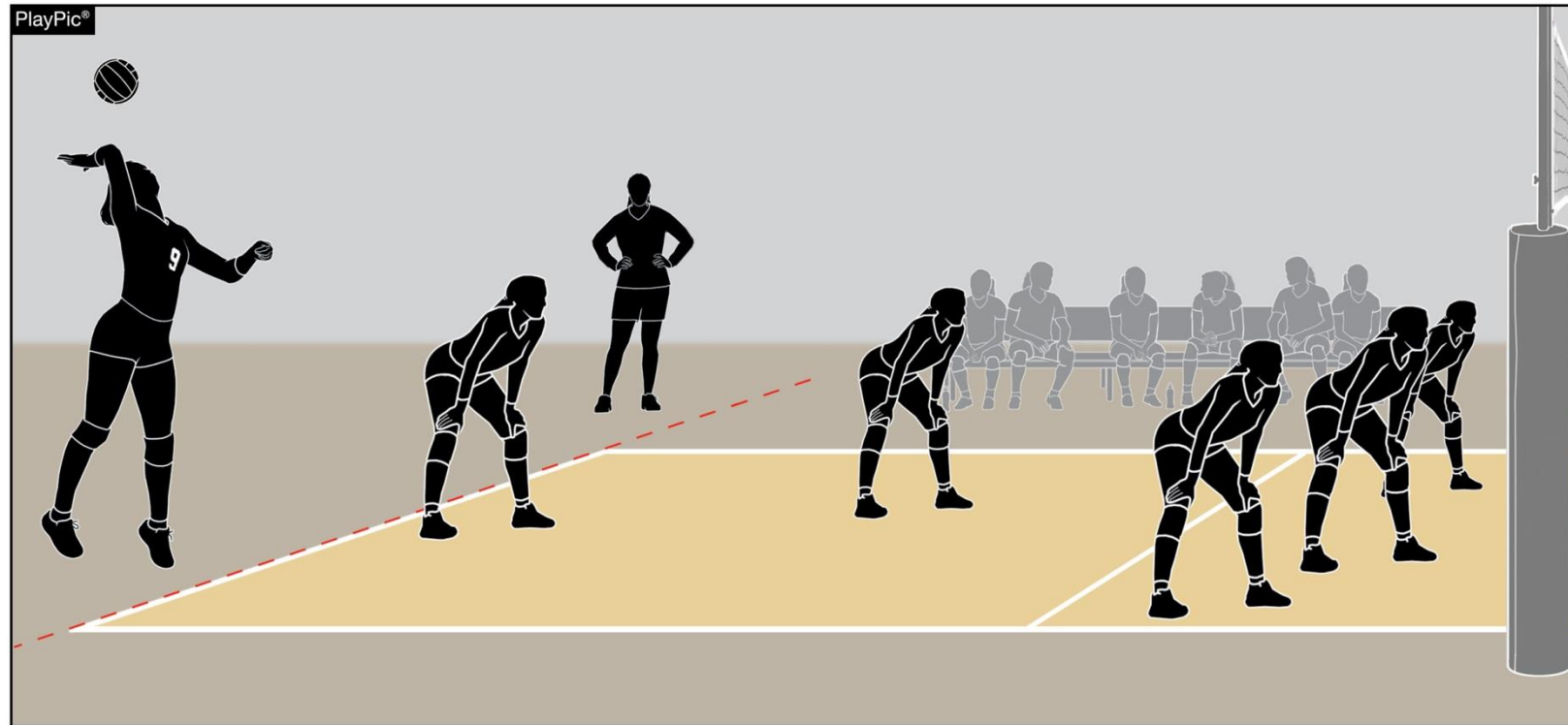
- The pre-match conference provides an opportunity for the officials to identify the head coach of each team for the current match.
- During the pre-match conference, officials should remind head coaches that **only one** assistant coach at a time may stand during a dead ball.
- **The privilege to stand during play shall not be designated to an assistant coach – no transferring of the power to stand and coach during play.**

COACHING ZONE PRIVILEGES



- Once the first referee extends an arm for the authorization of serve, the assistant coach must return to the bench and may not stand again until the next dead ball.

COACHING ZONE PRIVILEGES



- The head coach may stand and coach beyond the libero replacement zone. However, the coach must remain six feet off the court during play and may not cross the sideline extended during dead-ball situations.



COACHING ZONE PRIVILEGES

- Assistant coaches may not address officials, except during a dead ball to:
 - Review the accuracy of the score,
 - Verify the number of time-outs used by their team,
 - Verify the number of substitutions used by their team,
 - Request the serving order of their team, or
 - Verify the proper server for the opponent.
- Abuse of these privileges will result in:
 - **Yellow** Conduct Card (warning) for first minor offense;
 - **Red** Conduct Card (penalty) for first serious or second minor offense and loss of rally/point is awarded to opponent.
 - **All coaches (including head coach) must now remain seated for the remainder of the match.**



Rules 12-2-6

RECAP: COACHING ZONE & WHO STANDS

- Only the HEAD coach from each team may address the referees for the purpose of quickly clarifying **a non-judgmental ruling**.
- **Coaching Zone location:** libero replacement zone extending beyond the end line and sideline extended - distance of at least 6 feet from sideline during live-ball situations & may approach sideline during dead-ball situations
- Only ONE assistant coach may stand during a dead ball to instruct players. No standing during play (live ball.)
- When the First Referee has extended the arm for service – need to be making your way back to the bench or be seated on the bench.



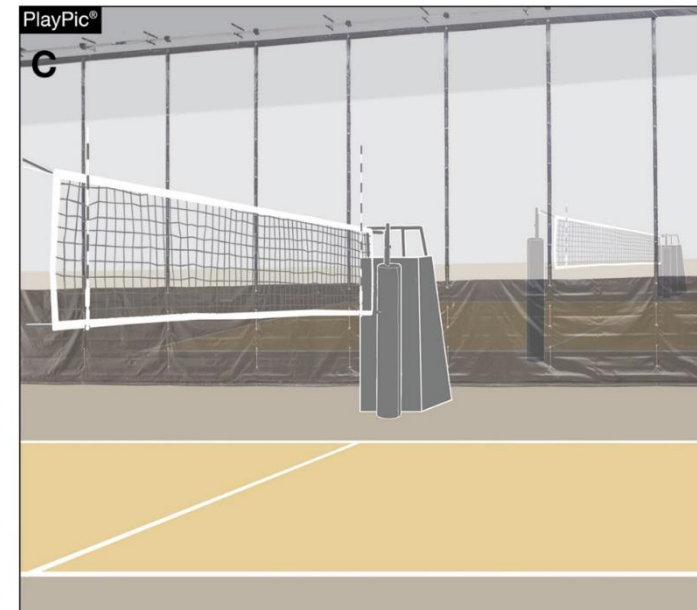
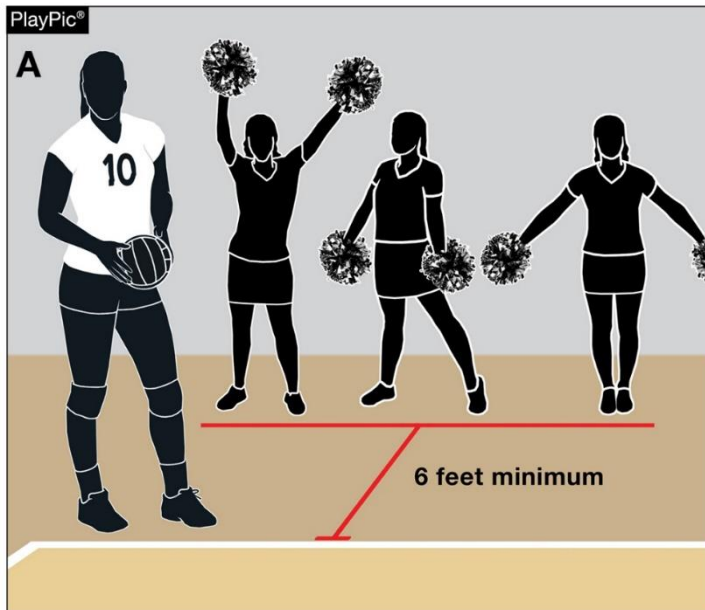


PLAYABLE/NONPLAYABLE AREAS

- It is the responsibility of the host school to adhere to the requirements of both the court and all game equipment as outlined in Rules 2 and 3.
 - The match shall not be played when padding requirements are not met and the state association shall be notified to determine further action or penalty, as deemed necessary.
 - When game equipment, other than required padding, does not meet rule specifications, the match shall be conducted, and the improper conditions reported to the appropriate authority.
- Officials evaluate each site before their assigned match and determine playable and nonplayable areas, keeping risk minimization and fairness in mind in the application of the rules.



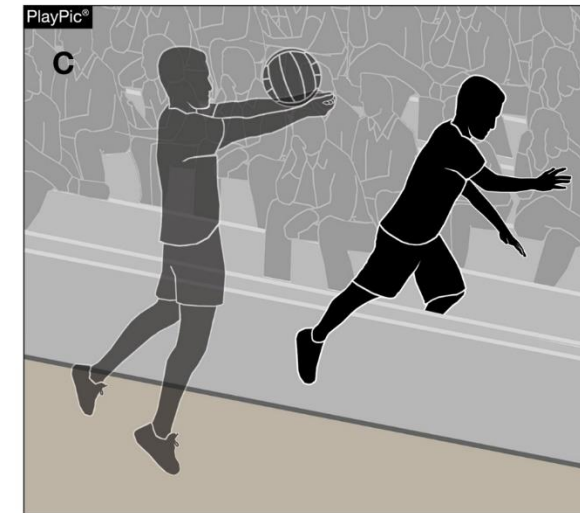
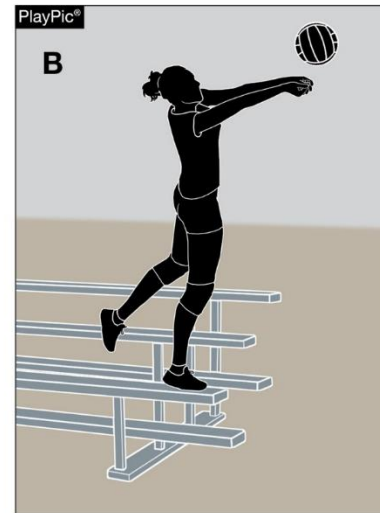
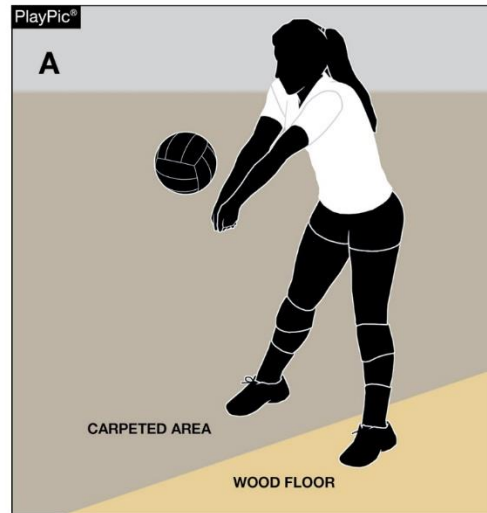
PLAYABLE/NONPLAYABLE AREAS



Officials may need to communicate ground rules during the pre-match conference addressing the following:

- Extended space needed for serving when the minimum 6 feet (2 meters) is not available (PlayPic A);
- Overhead obstructions (basketball goals, batting cages, wrestling and/or cheer mats, running tracks, ceiling fans, speakers, beams, air ducts, ropes, lighting, banners, flags, scoreboard, etc.) (PlayPic B);
- Divider nets (PlayPic C).

PLAYABLE/NONPLAYABLE AREAS



- Rule 2-4-2 allows a player to retrieve a ball near a nonplayable area, if a body part is in contact with the playable area during the player's contact of the ball – regardless of if a foot or another body part is in the nonplayable area. (PlayPic A)
 - It is not the location of the ball, but the locale of the player.
 - A player can reach into a nonplayable area.
 - A player can also enter the nonplayable area after contact. (PlayPic C)
 - Being in contact with anything to gain an advantage, like bleachers, is illegal. (Play Pic B)

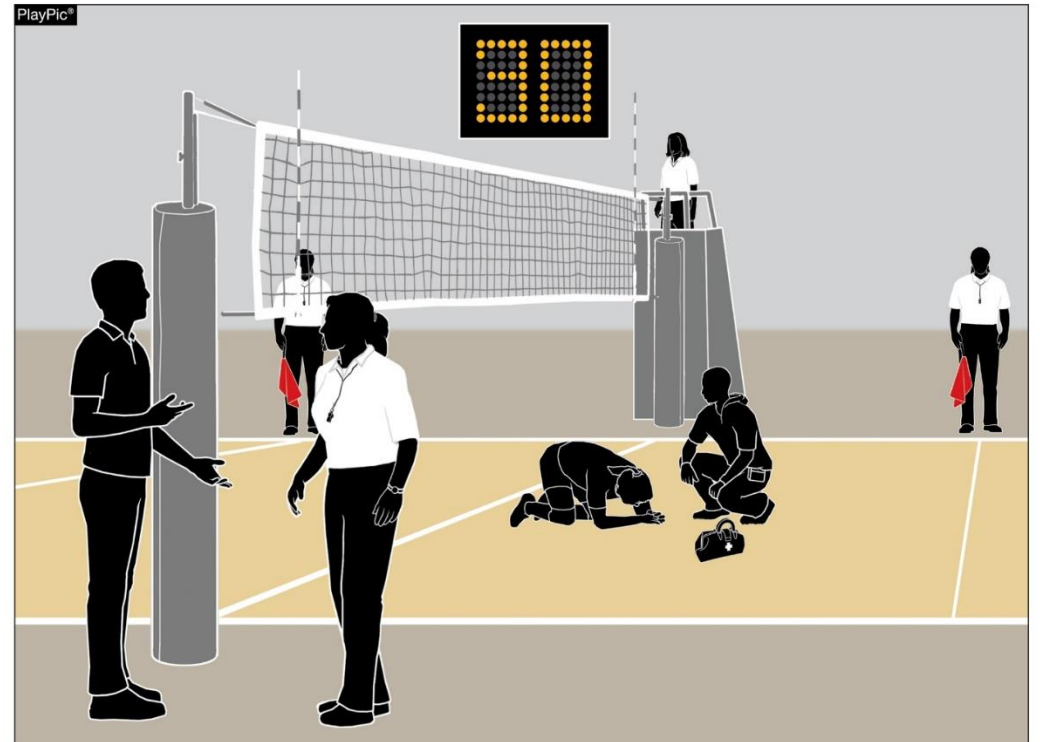
INJURY PROCEDURE



- If an injury occurs during play, either referee can suspend play by sounding a loud double whistle and holding up both hands.
- Both officials should signal a referee's time-out.

INJURY PROCEDURE

- Rule 11-4-1 allows the coach 30 seconds to decide:
 1. The player can continue to play,
 2. To substitute/replace the injured player, or
 3. Take a time-out (if the team still has one remaining).





INJURY PROCEDURE

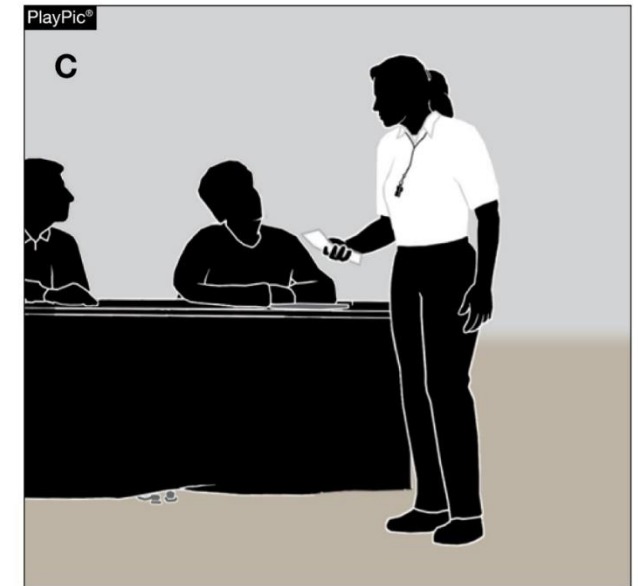
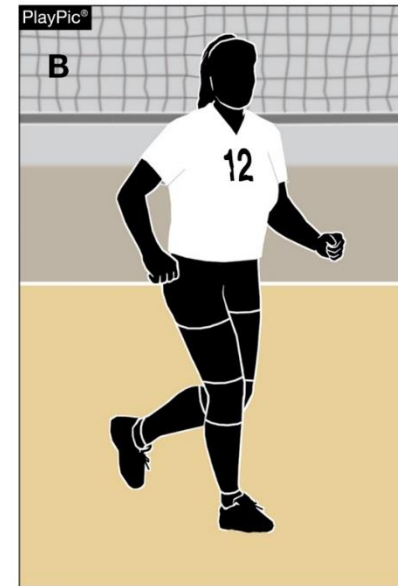
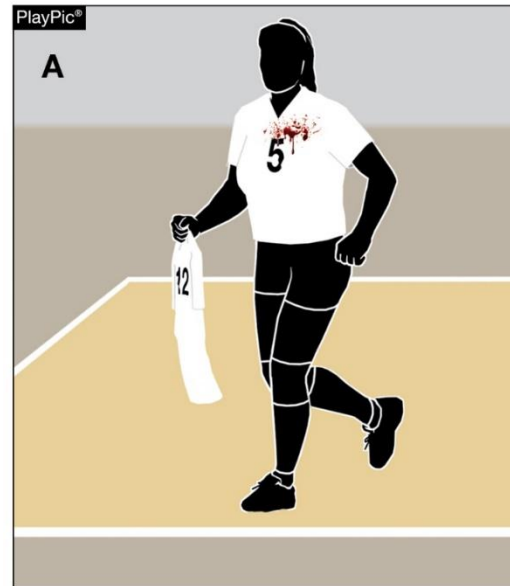
- A player does not have to be moved within the 30-second period. Only team personnel or medical staff decides on the appropriateness of moving an injured player, regardless of how long it may take.
- If the coach opts to substitute, the injured player does not follow normal substitution protocol.
- Once the injured player is removed from the playing surface safely, the second referee follows the substitution protocol – signal/whistle – ensure that the substitute is recognized and recorded by the scorer.
- If play was interrupted, the referees will administer a replay and continue play.
- The injured player who is legally replaced, may return to the set.



INJURY PROCEDURE

Blood Situations:

- Blood on a player, uniform, equipment or playing surface, play shall be suspended.
- Team personnel can aid a player.



- If there is blood on a jersey or player equipment, it must be appropriately cleaned or removed.
- The referees will allow a player to change jerseys – away from the court area.
- The second referee should scan the court and check the game ball(s) to ensure there is no blood.
- Medical staff can attend to the court and game ball(s) with the appropriate solution to remove any blood.



INJURY PROCEDURE

Concussion Protocols:

- 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 until cleared by an appropriate health-care professional.





INJURY PROCEDURE

Exceptional Substitution:

- Team exhausts 18 substitutions or no legal substitutes are available, and an injury occurs - a replacement needed - team granted an exceptional substitute in priority order.
 1. Teammate who has never played in the set or a player who has played in that position.
 2. Any non-libero teammate on the bench who not currently being replaced by the libero.
 3. Libero if no other possible substitutes exist. (Must change jerseys.)
- The injured player cannot re-enter that set if replaced by an exceptional substitute.



SPORTSMANSHIP



- Promote - *respect, integrity* and *sportsmanship*.
- Everyone involved in these programs must be doing their part.
 - Coaches, Players, School Administration and FANS!!

SPORTSMANSHIP

- There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest.
- Student fan behavior... Let's hear and see more cheering for their own team!!
- Coach is the default HOST MANAGER should a match administrator not be on site!!



SPORTSMANSHIP



- Officials - never engage with spectators who are exhibiting “bad behavior”.
- School administration - responsible for dealing with unruly spectators.
- Spectators exhibiting “bad behavior” (demeaning/profane language/animal sounds) – those individuals **MUST** removed from the contest by school administration.

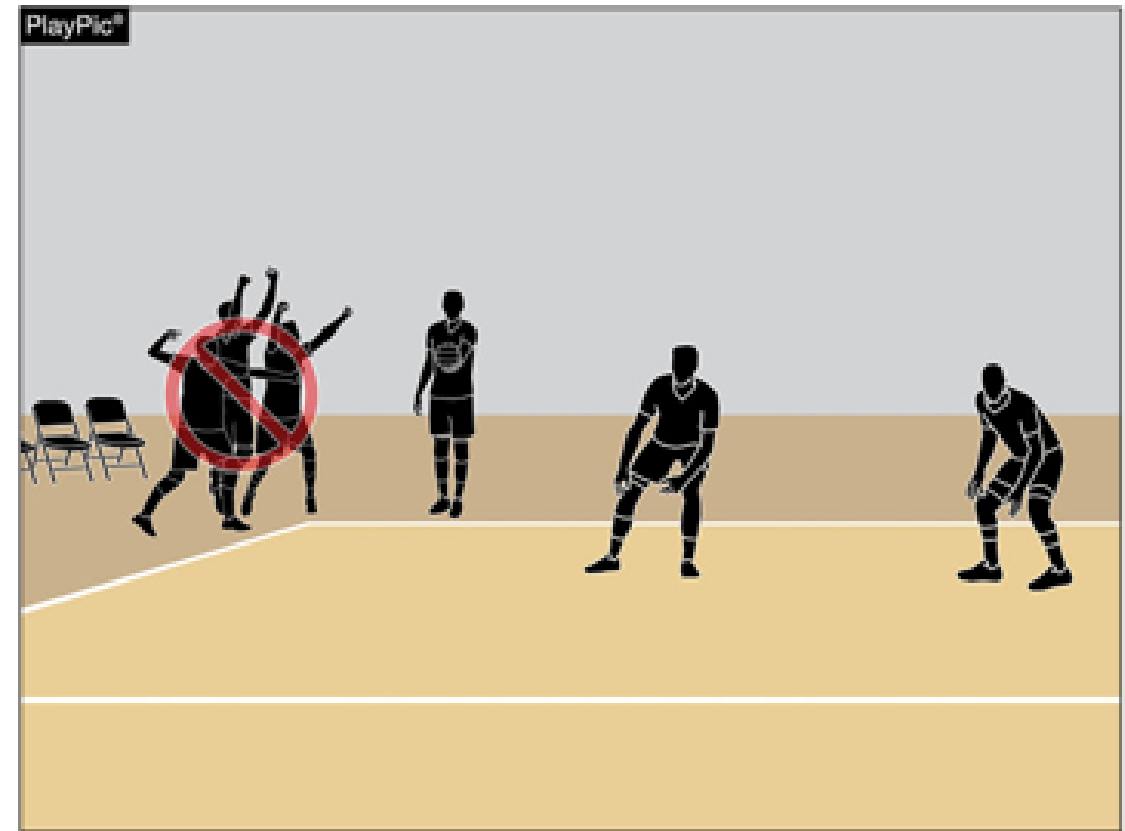
BENCH BEHAVIOR/SPORTSMANSHIP - REMINDER

- 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.
- “Beach Whale” look must stop!

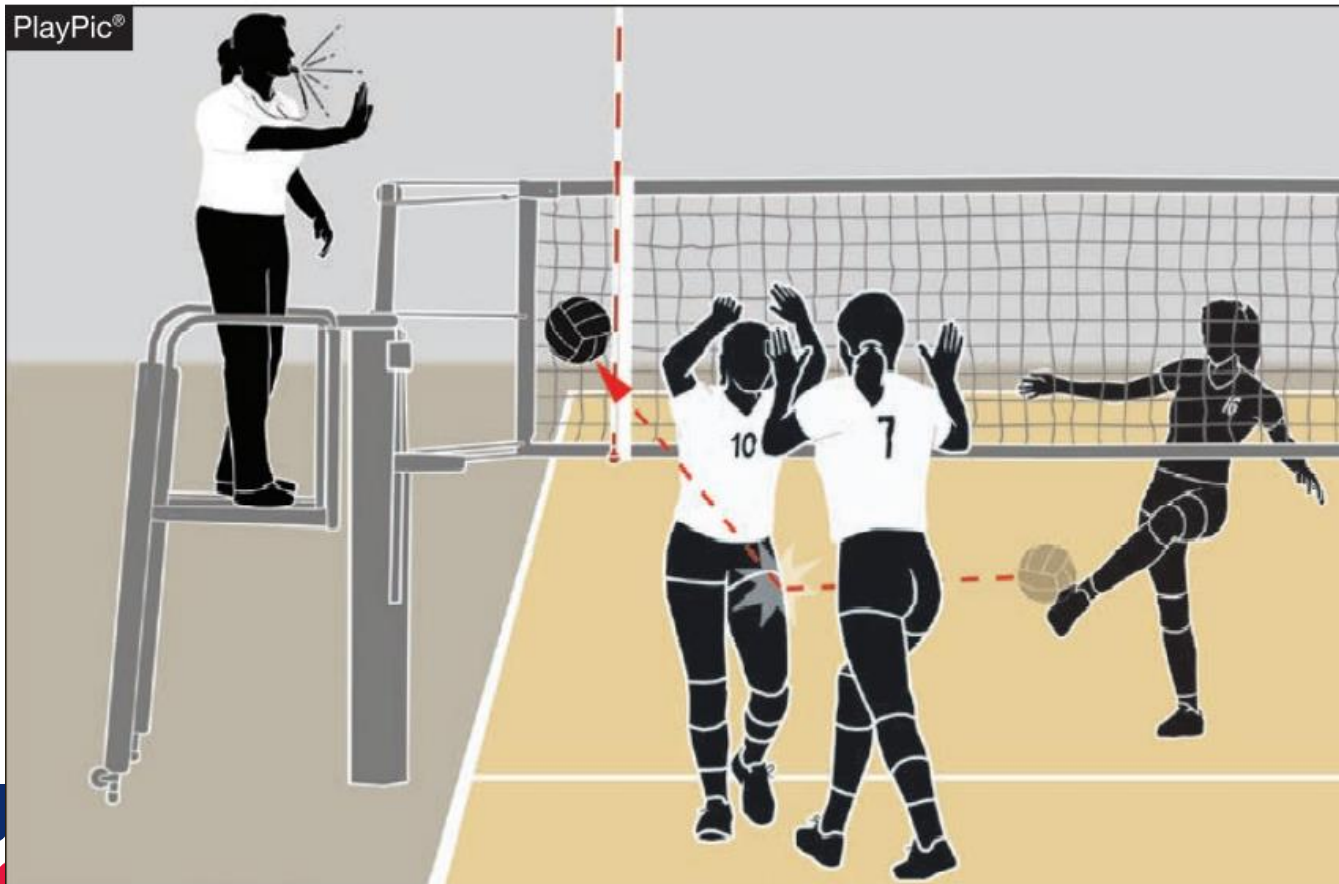


BENCH BEHAVIOR/SPORTSMANSHIP - REMINDER

- 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 unsporting conduct penalty.



BEHAVIOR/SPORTSMANSHIP - REMINDER



- Playing a ball AFTER the referee has sounded the whistle to stop play can create a dangerous situation for other players and officials.
- Depending on the severity of the infraction, the first referee can penalize a team/player with anything from an oral warning to a match disqualification.

NIAA Ejection Procedures for Players & Coaches

(PER SPORTSMANSHIP COMMITTEE RECOMMENDATIONS)
(Effective August 2019)

PLAYERS

- When a PLAYER is ejected, player remains on bench. If she causes further problems, she will be asked to leave **but must be supervised.**
- With the ejection, PLAYER is suspended for the next scheduled contest. **PLAYER must complete NFHSLearn “Sportsmanship” Course before she becomes eligible to participate in any future contest.**
- By NIAA rules, player is allowed to be on the bench at the next scheduled contest, not in uniform and not allowed to participate in warmups or to be introduced with the team.





NIAA Ejection Procedures for Players & Coaches

(PER SPORTSMANSHIP COMMITTEE RECOMMENDATIONS) Effective August 2019

COACHES (Defined in NAC 385B.822)

- COACH ejected, must leave “premises” ...in a timely manner.
- COACH suspended for next scheduled contest.
- **COACH must complete NFHSLearn “Teaching and Modeling Behavior” Course before becoming eligible to coach in any future contest.**
- By NIAA rules, coach not allowed to be on “premises” at next scheduled contest. NOT allowed to show up at the next scheduled match for warm-ups etc. - and then leave when the match begins.
- Coach, ejected from contest, NOT allowed to make their way back onto court when match has concluded; if they do then they are subjected to being ejected again if behavior is unsportsmanlike.



NIAA Ejection Procedures for Players & Coaches & Spectators

(PER SPORTSMANSHIP COMMITTEE RECOMMENDATIONS)

(Effective August 2024)

PLAYERS, COACHES, and SPECTATORS

- With the ejection, PLAYER or COACH is **suspended for the next TWO scheduled** contest. **PLAYER** must complete NFHSLearn “Sportsmanship” Course before she becomes eligible to participate in any future contest.
- Spectators.....Administration needs to remove those fans. Next year there will be a policy/regulation in place to not only eject a fan but to suspend them from contests including a lifetime ban.



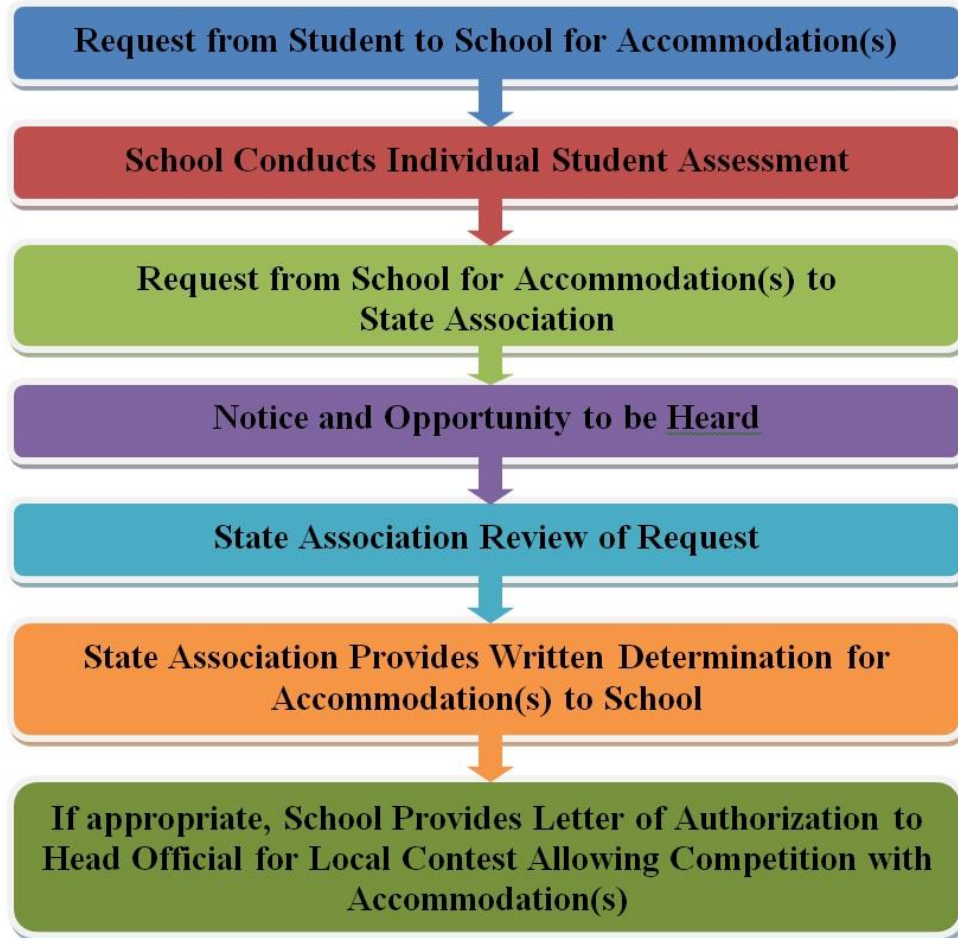


SPORTSMANSHIP & OFFICIALS APPRECIATION WEEK

- Spectators: Students, Parents, and Fans
 - Bench Bad Behavior
 - Home management responsible for handling issue (s)
 - Must have a “admin” on site or the coach handles
 - Not the officials responsibility
 - Student section “Positive” chants – stay in bleachers
- NFHS/NIAA Officials Appreciation Weeks – All Sports – All levels
 - *Fall Sports - October 9th - October 14th, 2023* - pick a home date
 - Athletic Director will receive information in late Aug/early Sept
 - Elicit leadership students/student council/booster club/other
 - Find ways for your coaches, participants, and fans to give special recognition and appreciation to the officials



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



Examples: Migraine earring not a post/stud, Insulin pump, head covering, etc.

- Any special accommodation for an individual player
- Any other special circumstances not covered by the rules
- **Secure authorization prior to season competition**
- Provide appropriate support material



NIAA REMINDERS – MEMBER SCHOOLS

- **Deletions**
 - **Member schools may delete a maximum of 2 officials**
 - Deletion applies to all levels of the specific sport & season.
 - Expires at end of season

- **Process**
 - Deletion MUST be submitted in writing by the principal to the Executive Director of the NIAA
 - A specific explanation must accompany the request.
 - All deletions must be submitted 7 days prior to the first scheduled contest (tournament or league/non-league match)
 - Doesn't apply to post-season competition.

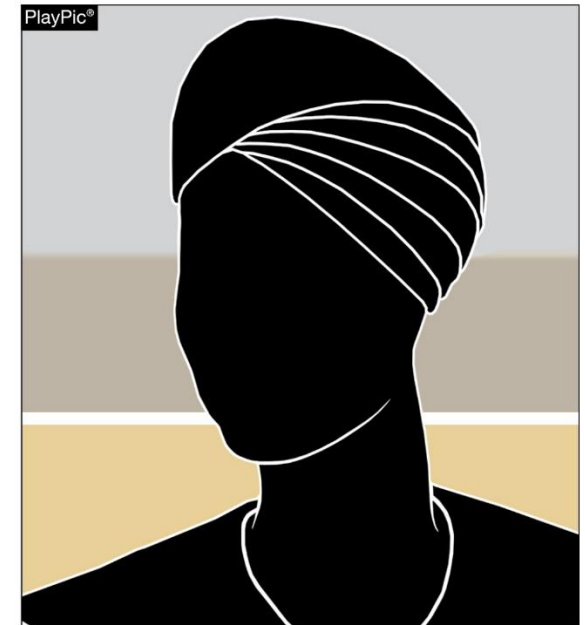
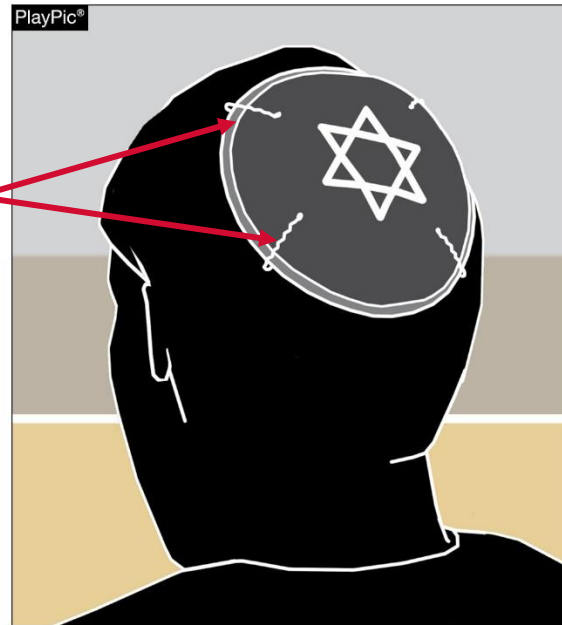
 - BE PROFESSIONAL in your explanation!





RULE 4-1-6a, b (REMINDER)

Legal hair devices such as bobby pins and flat clips, may be used to secure head coverings. (4-1-6)



- Players may wear head coverings for religious reasons.
- The headwear must fit securely and be made of non-abrasive or soft materials.
- **Head coverings worn for medical reasons must still receive state association approval.**



EQUIPMENT AND ACCESSORIES

4-1-6a



- Hair control devices that are securely fastened and do not increase risk to the athlete, teammates and opponents are permitted.
- Hair clips that are hard, protrude from the head and/or are easily dislodged do not comply and are not legal.

EQUIPMENT AND ACCESSORIES

4-1-6a



- Hair adornments that are **not** securely fastened or **do** increase the risk to the player, teammates or opponents should be addressed by the official with the coach.
- The player shall have the opportunity to make legal or remove.



EQUIPMENT AND ACCESSORIES

4-1-6a



- Hair charms are considered jewelry and per rule 4-1-7 would **not** be permitted.



4-2-2 CONTRASTING LIBERO UNIFORM REQUIREMENTS

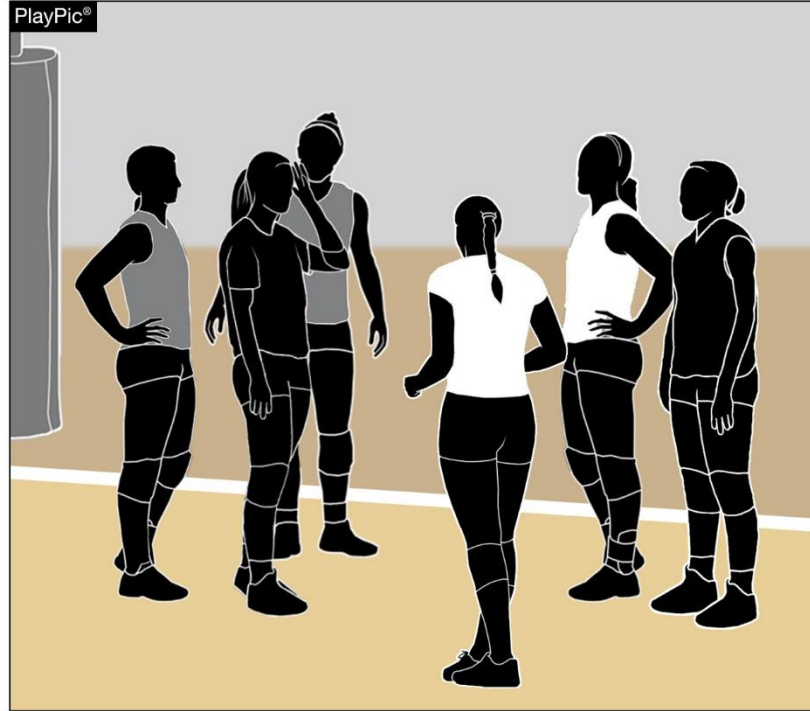
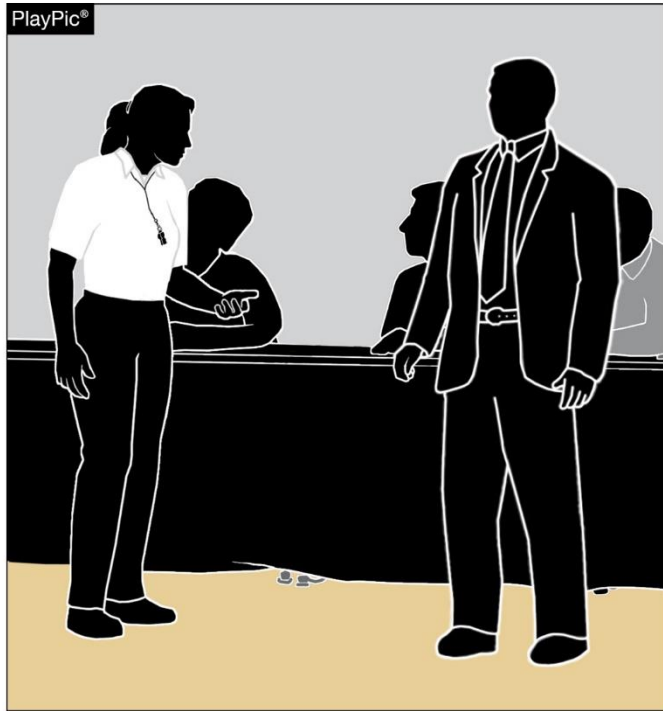
ART 2...The libero uniform top must **clearly contrast** from the **predominant color(s)** of the team uniform top, excluding trim. The libero's uniform top cannot be made up solely of the same predominant color(s) of the team's uniform top, even if the like color(s) are placed differently on the uniform top. Numbers shall meet all specifications in Rule 4-2-4.

- **The libero must clearly contrast with the rest of his/her teammates** and conform to all other uniform rules.
- Many of you have provided images of uniforms planning on purchasing!!





CHECK YOUR UNIFORMS FOR COMPLIANCE – CONCERNS



Process of Notification: The official shall first notify the coach about the illegal uniform(s). If the coach cannot fix the problem for the match and therefore does not have six players wearing legal uniforms, a loss of rally/point shall be awarded to the opponent at the beginning of the match and the state association shall be notified.

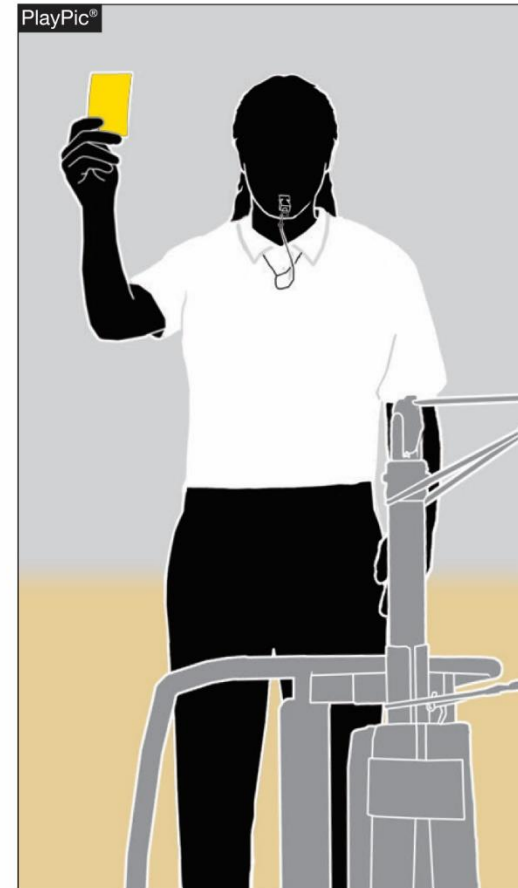
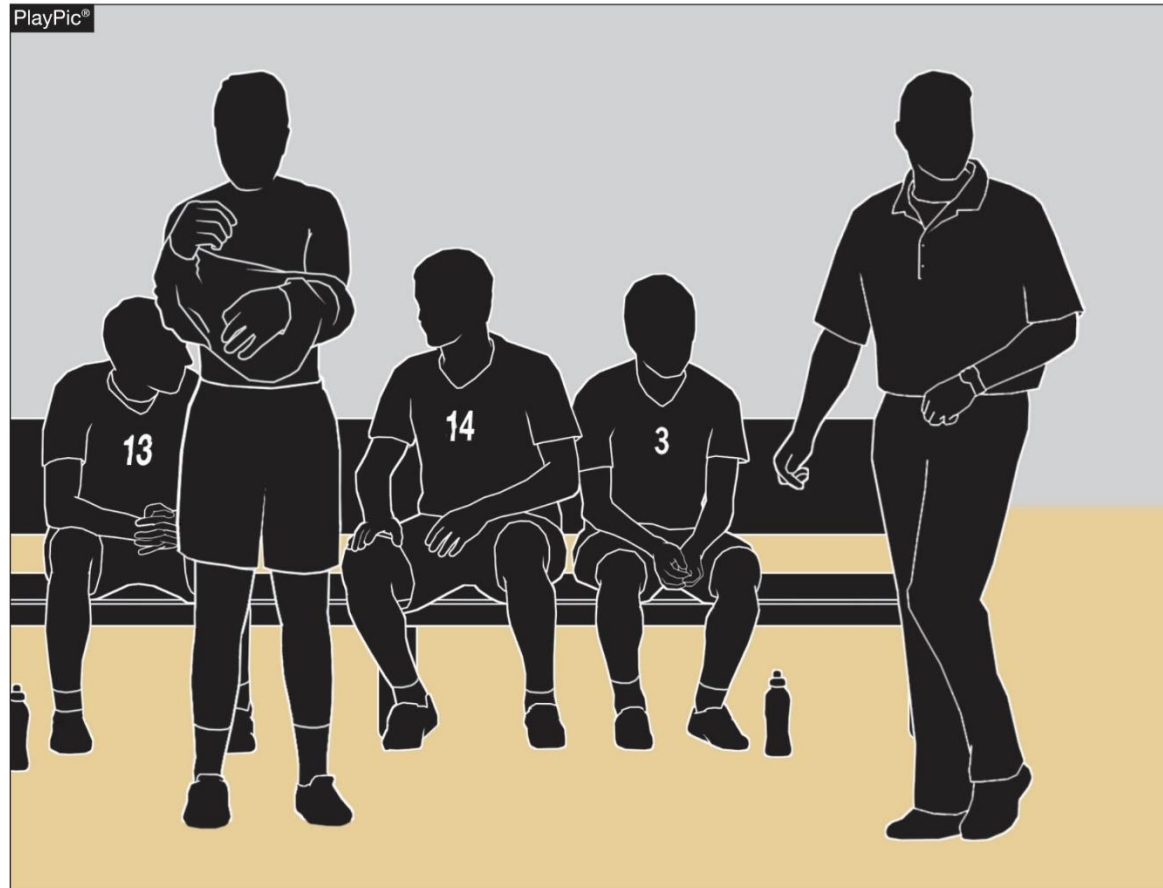
ADDRESSING UNIFORM CONCERNS



- **Style of Uniform Bottoms:**
 - Multiple styles of uniform bottoms [shorts, spandex, pants (leggings) or skirts] are allowed by rule.
 - A combination of like-colored bottoms may be worn within a team.



LEGAL UNIFORM: 4-2-7 REMINDER



- The penalty for the removal of any part of the uniform top or bottom is a **yellow card** charged to the coach for **unsporting conduct**.



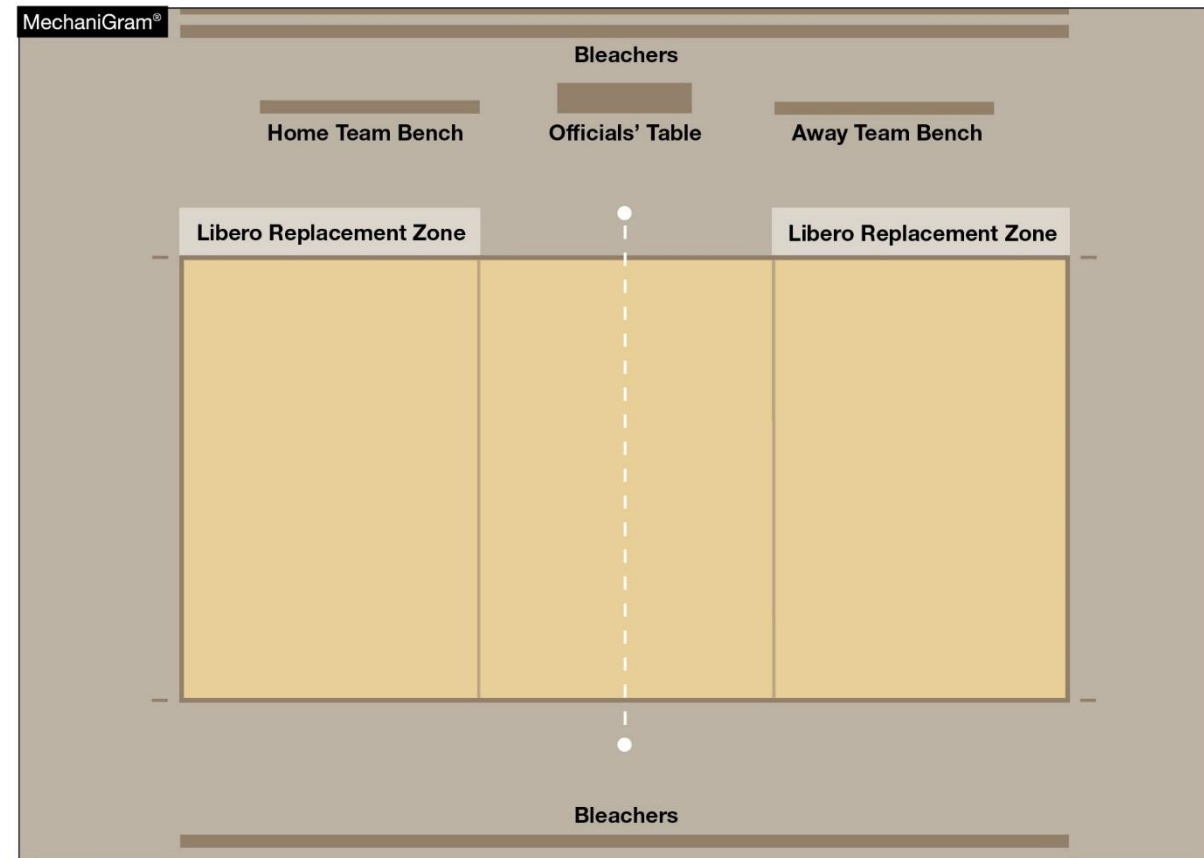
MANAGEMENT OF NON-TEAM PERSONNEL - REMINDER



- 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.
 - **NOISE MAKERS ARE NOT PERMITTED AT ANY TIME!!**

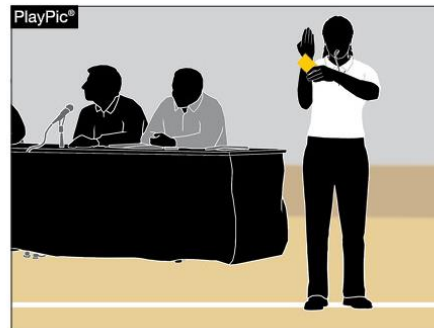
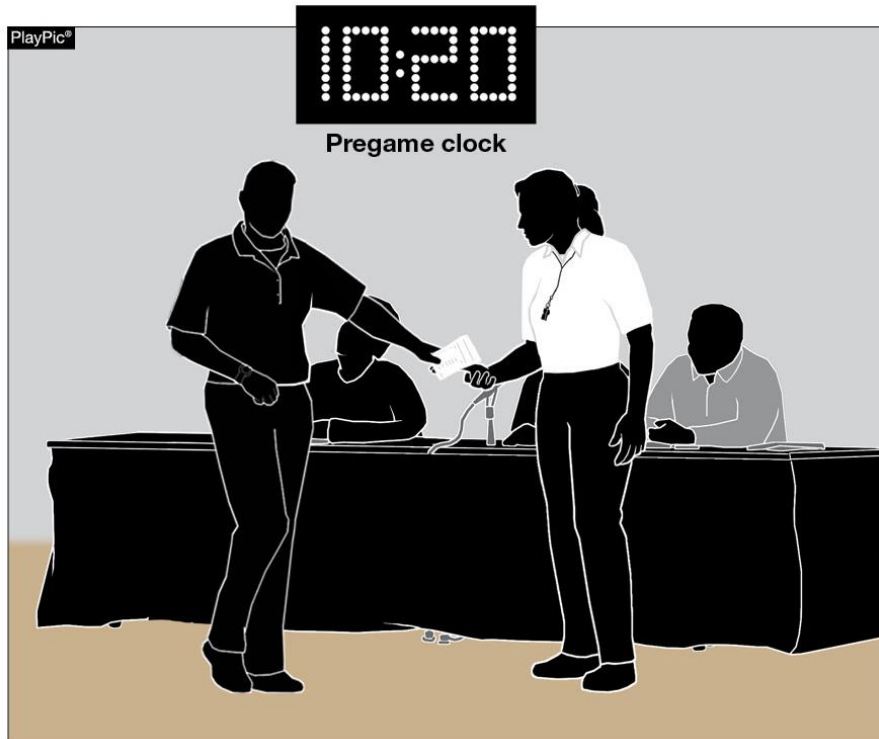
TEAM BENCHES & TEAMS – NO SWITCHING

- Teams and benches will remain on the same side of the court throughout the match.
- **NO SWITCHING SIDES**
- **EXCEPTION: R1 & R2** determine a team has a distinct advantage/disadvantage
- Hear the appeal from the coach prior to the start of the match and decide.



ROSTER SUBMISSIONS - REMINDER

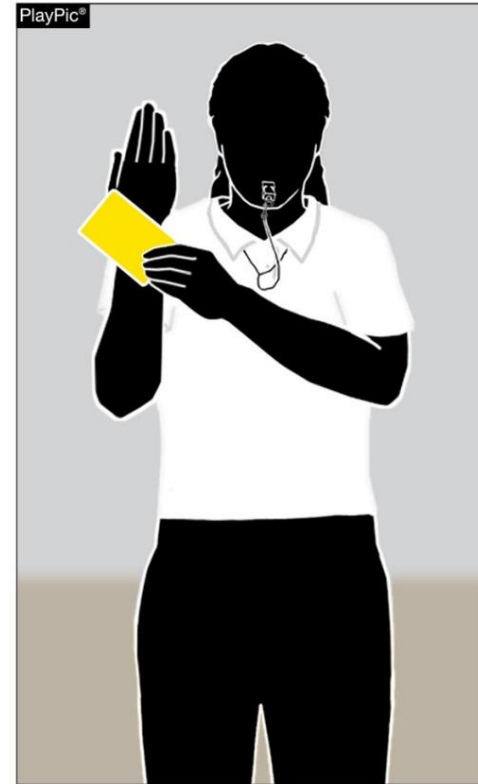
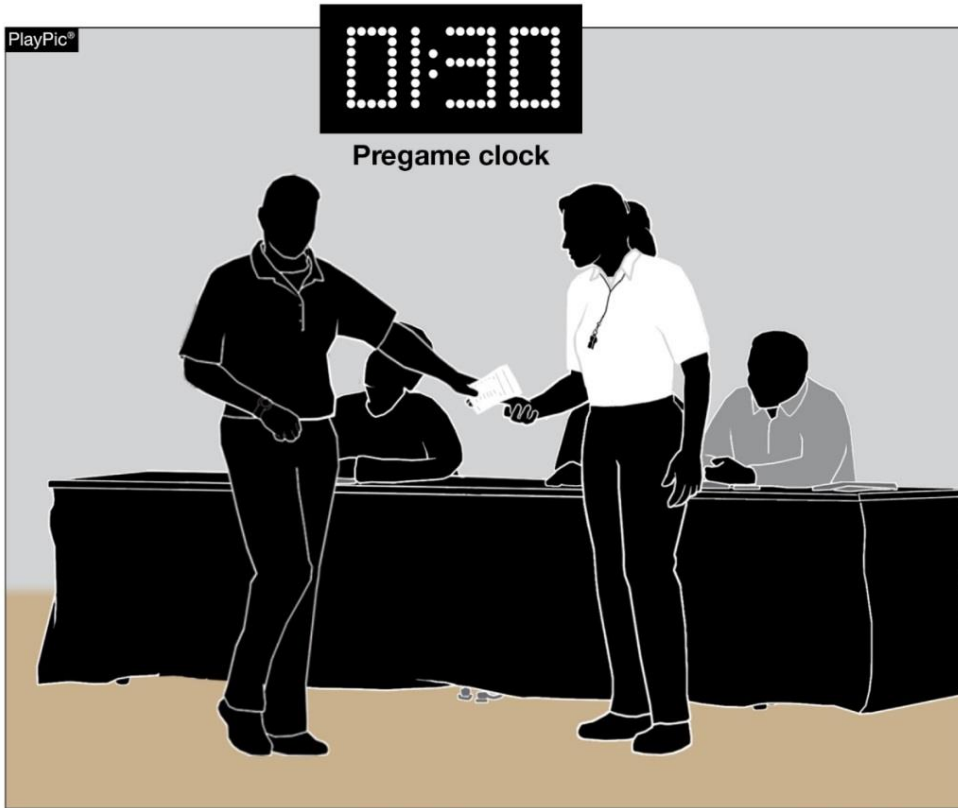
7-1-1; 7-1-1 PENALTIES; 7-1-1 PENALTIES 2;9-9-1a ;10-3-7b



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



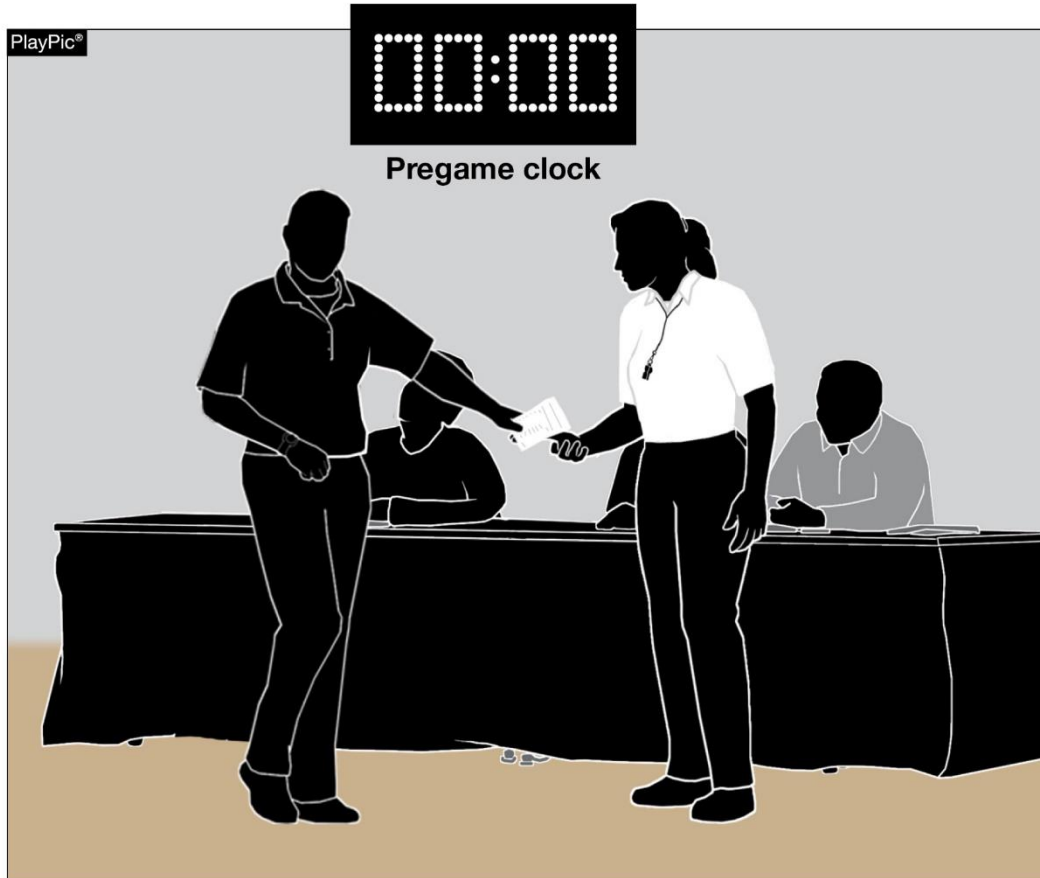
LINEUP (PREMATCH) - RULES 7-1-4 PENALTIES(1), 9-9-1b



- When a head coach submits a lineup after two minutes remain on the **prematch** clock, an unnecessary delay (administrative yellow card) is assessed at the start of set No. 1.



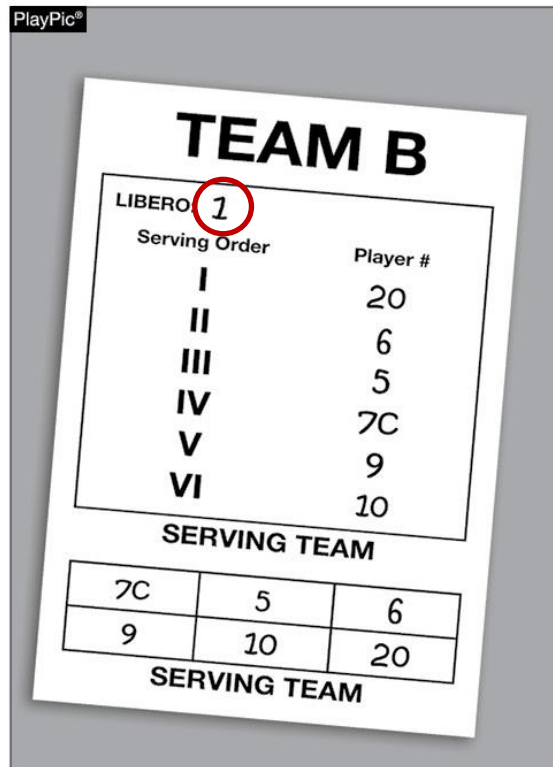
LINEUP (PREMATCH) - RULES 7-1-4 PENALTIES(1), 9-9-1b



- If the head coach has not submitted the lineup by the end of the prematch warmup, then subsequent unnecessary delay (administrative red card) assessed at the start of set No.1, which results in a loss of rally/point awarded to the opponent.

CORRECTING A SUBMITTED LINEUP - REMINDER

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



- 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.

PREPPING FOR SEASON

- Table Crew
 - Adult at the table
 - Train your scorer – experienced, should be adult
 - Libero Tracker can be a player
 - Timer/Clock person
 - Score Book – train them; no switching during the match!!
- Line Judges
 - Frosh/JV matches Host school supplies
 - Varsity matches – Host school supplies or NNVOA provides
 - Train them – bring all LJs to the pre-match meet with R2 for instruction
- Equipment
 - Ref stand – safe and stable/ Poles - Padding
 - Net and antenna
 - Balls – NFHS authenticating mark (purchase game balls)
- Uniforms – Legal?
- Bench set up – chairs, other?
- Ball Retrievers – MUST PROVIDE for all matches (exception at small schools)
- Court Markings compliant??
- ADD MATCHES TO SCHEDULE
 - 18 matches plus 2 tournaments



LINE JUDGE - TRAINING

- **TRAIN YOUR PLAYERS** if not provided by your local association....
- Server cannot contact the end line while contacting the ball for serve;
- Define their two lines of responsibility (end line and sideline) on their court and the other court;
- Remind them that a ball that lands on the line is “in”;
- Remind them that “out” also includes a ball contacting either antenna or if the entire ball goes outside either of the antenna (the antenna extends above the ceiling to infinity);
- Briefly explain the touch signal and that it is only needed at the end of a play;
- Demonstrate each signal as you review.



Obtain R1's attention



Inbounds



Out of bounds



Service line fault/Antenna violation



Touch



Touch



View of play blocked

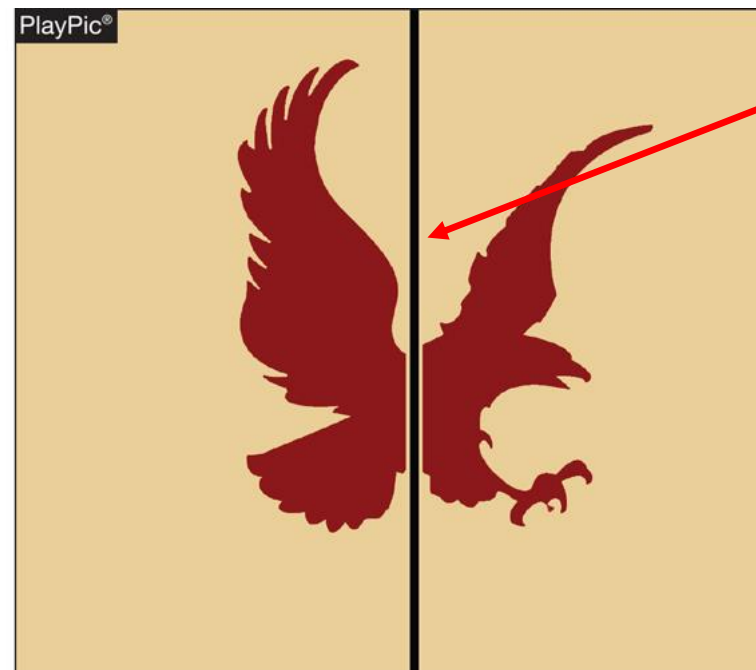


If asked, communicate with R1 about any obstruction

COURT MARKINGS - ATTACK LINE - RULE 2-1-5

REMINDER

- The attack line **shall be solid and of one clearly visible color** regardless of whether or not there is a logo on the court. This ensures visibility to determine legal player action. **Put tape down so court is in compliance.**

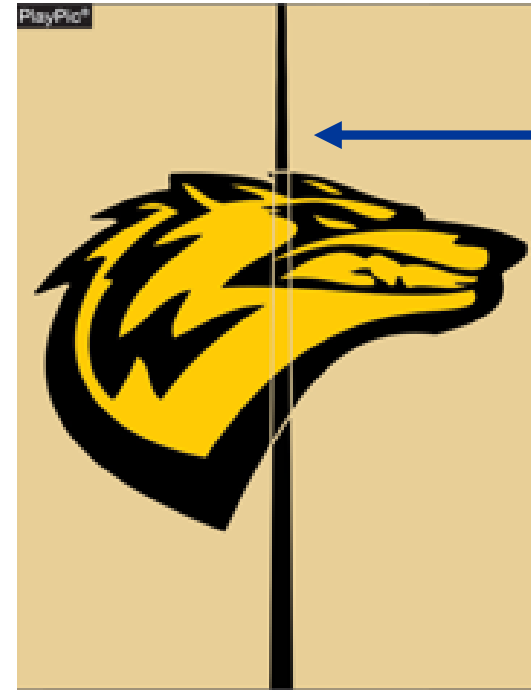


COURTS AND MARKINGS RULE 2-1-2

REMINDER

- The boundary lines of the court are strongly recommended to be one clearly visible color contrasting to the color of the floor.
- A shadow-bordered line may be used for only the center line.

Boundary Lines



Center line



NFHS VOLLEYBALL RULES QUESTIONNAIRE & RULE CHANGE PROPOSALS

- Comes out late November/December
- Respond so you (coach) have a voice in rule proposals
- Communicate your desires with your Athletic Administration
- Submitting a Rule Change Proposal
 - Go through me
 - Go through NIAA
 - We will review and if the NIAA approves...then it will be submitted.





SCRIMMAGES

- Aug. 9 @ Spanish Springs HS **6:30-7:30** (1 court)
- Aug. 15 @ Spanish Springs HS **5:30-7:00** (2 courts)
- Aug. 16 @ Carson HS vs Dayton **3:30-6:00/7:00** (1 or 2 courts)
- Aug. 16 @ Douglas Co. Community & Senior Center **4:00-6:30** (4 courts
Var/JV/Fr - Douglas, Mammoth, Yerington, Smith Valley, So.
Tahoe)

OTHERS? Need more scrimmage dates.





Tournaments

- Aug 18-19 Yerington (5 courts) - Fri 8AM & Sat 8AM
- Aug 19 Truckee (JV/Frosh) (4 courts) - 8AM
- Aug 26 Hug (Varsity) (3 courts) - 9AM
- Aug 26 Dayton (JV/Frosh) (3 courts) - 8:00AM - **NEW**
- Sep 1-2 High Sierra (Var) (6-9 courts) @ Swift Sports Dome
Fri 1PM & Sat 8AM
- Oct 14 Manogue (JV/Frosh) (3 courts) 8am start
- Oct 30-Nov 4 **Regionals**
- Nov 9-11 **State (South 5A, 2A - North 3A, 1A)**



OTHERS????



QUESTIONS??



Good Luck Everyone

Stay safe

Have a great season!

See you on the court on!

