



Revisions from a previous document will be date stamped and highlighted in yellow.

SPORT: Volleyball

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Committee: Volleyball Contingency Planning Committee Recommendations

Considering all recommendations by the General WIAA guidelines and the SMAC guidelines, the following are the specific guidelines for Volleyball:

The NFHS has determined that volleyball is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. Volleyball could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.)

Special Considerations for the use of the following equipment:	Special Considerations for the use of the following components of the facility
<ul style="list-style-type: none"> ● Volleyballs ● Nets/standards ● Referee Stand ● Scorer's table ● Ball cart 	<ul style="list-style-type: none"> ● Bleachers ● Sidelines / Team Bench ● Bathrooms ● Locker rooms ● Warm up areas ● Ticket Booths ● Entry Gates ● Concessions ● Weight training facilities

NFHS Step 1 which aligns with Washington's Phase 2

- A player should not use a ball that others touch or hit in any manner. The same balls in each pod of 5 (the pod of 5 will use the same balls through the entire practice and not be shared with another pod); sanitize the balls if the pod rotates to a different coach, after each session and following the completion of the practice
- Ideal : 1 ball per player
- Clothing/towels/knee pads should be washed and cleaned after every workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual (weight equipment.)

NFHS Step 2 which aligns with Washington's Phase 3 (modified volleyball practices may begin)

- Workouts should be conducted in "pods" of students with the same 5-10 (includes coaches and participants) always working out together.
- Balls may be passed/shared, provided students wash their hands before and after the practice (revised 6/24/20)

NFHS Step 3 which aligns with Washington's Phase 4 (volleyball practices and competitions may begin)

- No pre-game and post-game handshakes/high-fives/fist bumps.
- Nets, standards and officials stands should be cleaned and sanitized after set up and before contest.
- Each team is responsible for its own hand sanitizer and its own med kit.
- Eliminate benches, allow players to stand with social distancing (players cannot be closer than 6 feet to the court.)
- Recommend face coverings be worn during the captains meeting.
- Only athletes will touch the balls; ball should be set on the floor during a timeout.
- A sanitized back up ball should be available at the score table (someone needs to be designated to sanitize the ball.)
- Players would need to use hand sanitizer before entering and when exiting the court during substitutions or with libero; no hand touching allowed during substitutions (sanitizer could be set up on a chair at end of bench.)
- Each school is responsible to bring towels to wipe up sweat off the floor; host schools are recommended to provide a roll of paper towels at the scorer's table.
- Hydration stations may be utilized but must be cleaned after every practice or competition.

Considerations for Officials, Coaches, Other Personnel

- Officials, coaches and other event personnel must wear masks.
- Schools should have officials' information in order to track contacts (may be accessible through Arbiter.)
- Officials must come dressed to officiate; a locker room will not be provided.
- A separate bathroom should be provided for officials when possible.
- Officials are recommended to bring their own food and water.
- Electronic whistles are preferred.
- Officials should bring their own pen to sign the lineup sheets.
- Officials must be spaced 3-6 feet apart.
- Scorer's table – scorekeeper, libero tracker and scoreboard operator should be 3- 6 feet apart when possible.
- A cordless microphone could be used; flip score cards could be used on the opposite side of the gym.
- Officials will not be expected to monitor the physical distancing; each person is responsible.
- Cleaning supplies should be available on site with devices sanitized between uses.

NFHS Return to Competition Recommendations:

1. Volleyball Rules Considerations

- **Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)**
 - Limit attendees to one coach from each team, first referee and second referee.
 - Move the location of the prematch conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
 - Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.

- Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- **Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)**
 - Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
 - Limit bench personnel to observe social distancing of 3 to 6 feet.
- **Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]**
 - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
 - Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
- **Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)**
 - Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- **Officials Table (3-4)**
 - Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

2. Volleyball Officials Manual Considerations

- **Pre and Post Match Ceremony**
 - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

3. Volleyball Rules Interpretations

- **Rule 4-1 EQUIPMENT AND ACCESSORIES**
 - Cloth face coverings are permissible. (4-1-4)
 - Gloves are permissible. (4-1-1)
- **Rule 4-2 LEGAL UNIFORM**
 - Long sleeves are permissible. (4-2-1)
 - Long pants are permissible. [4-2-1i (1)]
 - Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]
- **Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT**
 - By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
 - Electronic whistles are permissible. (5-3-2a, b)
 - Cloth face coverings are permissible.
 - Gloves are permissible.