

## VOLLEYBALL Policies & Pairings

### State Tournament Volleyball Pairings

#### Wilson Official Game Ball for State Volleyball Tournaments

Wilson K1 Gold, 3 color paneled volleyball, will be the official game ball at the state tournaments.

Schools are not required to use the Wilson K1 Gold volleyball during the season. Schools have the option of using a color-paneled volleyball which meets the criteria outlined in the NFHS Rulebook. All panels of the volleyball shall be solid white or a maximum combination of three colors (with each panel being a solid color) of which at least one-third of the panels shall be solid white. See the NFHS Volleyball Rules Book for information.

#### Match Times for Varsity and Sub-Varsity

**The maximum starting time between varsity and sub-varsity matches shall be one hour and 15 minutes.**

For example, if the varsity match is at 3:30 pm, the next matches (JV and Soph) shall be at 4:45 pm and 6:00 pm.

#### Standard Warm-up of Ten Minutes

Standardized warm-up for all varsity and sub-varsity levels is 10 minutes. Teams may either use a 5-5 or 4-4-2 format. Home teams in the pre-season and regions are to determine which format will be used. Teams are encouraged to stretch and warm-up in other areas of the school prior to the start of the 10 minute on-court warm-up. The format for state tournament play will be 4-4-2. Teams may be penalized by officials for delay of game with regard to delayed warm-up time or excessive warm-up time. If prior matches finish early there may be more time for general warm-up for both teams, but only in the event that matches are running ahead of scheduled start times.

#### Rally Scoring Format for Varsity & Sub-Varsity

Rally scoring format for VARSITY matches is as follows: sets 1-4 (4 if necessary) score to 25 with no cap and set 5 (if necessary) scores to 15 with no cap. Sets 1-5 have a possibility of two time-outs per team. (Note: the varsity set 5 has the possibility of two time-outs per team, unlike the sub-varsity set to 15).

Rally scoring format for SUB-VARSITY matches is as follows: sets 1 and 2 score to 25 with a cap of 27; sets 3, 4 and 5 (4 and 5 if necessary) score to 15 with a cap of 17. Sets 1 and 2 have a possibility of two time-outs per team and sets 3, 4 and 5 (4 and 5 if necessary) have a possibility of one time-out per team.

For sophomore and freshman matches, regions have the option of playing the best of three sets with rally scoring: Sets 1 and 2 score to 25 with a cap of 27; set 3, if necessary, to a score of 15 with a cap of 17.

#### Varsity Matches

For varsity matches inside a tournament one of the two following options can be considered: 1) All matches are a best 3 out of 5 sets or 2) Pool play can be a best 2 out of 3 sets and at least two bracketed matches must be a best 3 out of 5 sets. For varsity matches outside a tournament, all matches are a best 3 out of 5 sets.

**Additional UHSAA Guidelines**

- Flags *shall* be used by line judges.
- The **3-ball system is mandated for all matches**, including sub-varsity matches. The three balls should be matching balls (i.e. all white balls, or matching color-paneled balls).
- Participants are prohibited from using glitter, body paint, decals or temporary tattoos.
- **End-of-Match Protocol:** following the release of players from end line by R1, teams go to center of court to participate in a team handshake before reporting to the bench.
- The UHSAA includes non-faculty coaches, employed by the school, as school personnel (NFHS Rule 1-7-2).

*Update: Beginning July 1, 2016, the NFHS Volleyball Rules Books has uniform guidelines in place.*

*The 2019 NFHS Rules Committee has reorganized Rule 4-2-1 and has eliminated the requirements for the Solid-Colored uniform top (4-2-2).*

*All currently compliant Solid-Colored uniform tops will continue to be compliant.*

*Additional info is available in the NFHS Volleyball Rules Book and a PowerPoint is available at [www.nfhs.org](http://www.nfhs.org).*