

VOLLEYBALL Policies & Pairings

State Tournament Volleyball Pairings

*For a complete listing of the region alignments and pairings for volleyball, visit <http://www.uhsaa.org/pairings.pdf>

Wilson Official Game Ball for State Volleyball Tournaments

Wilson I COR High Performance H7700, solid white, will be the official game ball at the state tournaments. Schools are not required to use the Wilson I COR High Performance H7700 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.

Additional UHSAA Guidelines

- **Flags may be used by line judges.** Beginning with the 2014 season, 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. Additional info is available in the NFHS Volleyball Rules Book and a PowerPoint is available at www.nfhs.org.