



September 17, 2025

## NFHS Volleyball Weekly Rule Interpretations

### EQUIPMENT

Legal equipment is an annual concern at both the state and national level and can be a daily concern for officials adjudicating matches throughout the week. The NFHS Volleyball Rules have evolved over the last few years allowing limited jewelry above the chin. Below are a few situations addressing various equipment concerns states have seen in recent weeks.

#### Equipment & Accessories (4-1):

**SITUATION 1:** The setter for Team A enters the court to start the first set wearing, (a) soft palm protectors on both hands, (b) a towel tucked into and hanging from their waistband. **RULING:** (a) And (b) legal. **COMMENT:** In (a), the palm protectors are soft and do not create an advantage or increase the risk of injury to the player or others. In (b), a towel that stays securely tucked into the waistband is legal. If the towel continuously falls onto the playing surface, the referee may assess an unnecessary delay and prohibit the use of the towel while the ball is live for the remainder of the match. (4-1-1, 4-1-5)

A.



B.



**SITUATION 2:** Several players on Team A are wearing the sleeve pictured. The sleeve goes up to the player's elbow and under the volleyball graphic there is thin padding. **RULING:** Legal.

**COMMENT:** The passing sleeves are soft and do not create an advantage or increase the risk of injury to the player or others. (4-1-1, 4-1-5)



**SITUATION 3 (Case Book 4.2.1 SITUATION H):** Two players on Team A are wearing compression sleeves that are different in color from the uniform top and are different colors between players. **RULING:** Legal. **COMMENT:** Compression sleeves, knee pads and socks are not considered part of the uniform that must be of a like or similar color or the same color between teammates.

**SITUATION 4:** At the prematch conference, the coach for Team A verified the legality of Team A's players. During warm-up, however, it is discovered that a player is wearing one of the styles below. **RULING:** Refer to the key below the chart – Green arrows represent legal jewelry; Red arrows represent illegal jewelry. **COMMENT:** A player shall not wear illegal equipment during warm-up. Failure to comply with the verbal warning results in an unsporting conduct. Any other illegal equipment worn by a player attempting or entering the set by the same team during that match will be charged to the team with a loss of rally/point. (4-1 NOTE 1, 4-2 PENALTIES 1, 4)



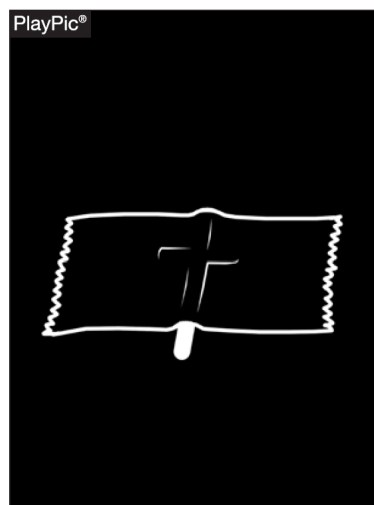
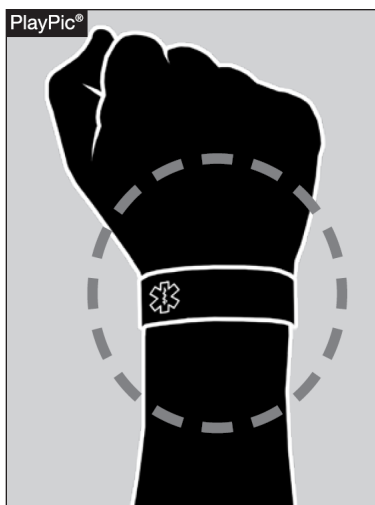
**SITUATION 5 (Case Book 4.1.7 SITUATION B):** A player attempts to enter the set wearing athletic tape over: (a) a medical-alert bracelet that is taped to the wrist; (b) hoop earrings; (c) small stud earrings; (d) a bracelet that cannot be removed for religious reasons taped to the wrist. When it becomes apparent that the tape is covering jewelry, the coach is assessed an unnecessary delay (administrative yellow card) for the first offense or administrative red card for subsequent offense in that set. **RULING:** Correct procedure for (b). No penalty for (a), (c) or (d). In (c), the tape shall be removed. **COMMENT:** Stud/post-like earrings are allowed above the chin but cannot be taped. The official shall require the tape be removed to ensure that legal equipment is under the tape. A medical-alert must be taped to the body and may be visible. The rules do not specify where the bracelet should be taped, but it is important that medical needs can be noticed easily by health-care professionals. Religious items shall be taped to the body and if possible, worn under the uniform.



**Illegal – Unnecessary Delay**



**Illegal – Remove tape**



**No penalty for medical or religious jewelry taped to the body.**

**SITUATION 6 (Case Book 4.1.7 SITUATION C):** During warm-ups a referee notices a player wearing: (a) rubber spacers in both ears, or (b) dermal implants with small jewelry stones near the player's eyebrows. The referee determines these to be legal. **RULING:** Correct procedure. **COMMENT:** Stud or post-like jewelry above the chin is allowed.

**SITUATION 7:** During warm-ups a referee notices a player: (a) wearing large circle gauges in both earlobes, or (b) small snug fitting hoop earrings. The referee determines these to be illegal. **RULING:** Correct procedure. **COMMENT:** Ear gauges and hoops of any size are not allowed. If a player's earlobe is stretched out due to a gauge, they should remove any gauge and tape their earlobe to decrease risk of injury.