



## **2023-24 POLICY AND PROCEDURES**

**FOR**

## **GIRLS AND BOYS VOLLEYBALL**



## **VOLLEYBALL COMMITTEE**

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## **Points of Emphasis**

1. **2023-24 NFHS Volleyball Rules Changes – Please refer to page two (2)**
2. **Volleyball Scoresheet Instructions**  
 The Volleyball Committee recommends that all school personnel that may keep the Volleyball scorebook take time preseason to watch the Volleyball Scoresheet Instructions Video located on the National Federation of State High School Association website which can be found at <http://www.nfhs.org/sports-resource-content/volleyball-scoresheet-instructions-video/>
3. NFHS Volleyball Rule 12, Section 2, Article 8C states that it is unsporting like conduct for a coach to attempt to “influence a decision by a referee”. Coaches that visually signal line calls will be subject to sanctions as outlined in NFHS Rule 12-2-8C. This does not prohibit coaches from verbally communicating to his/her players that a ball is going out. It is also a point of emphasis that players should not be trying to “influence” the calls of officials.
4. All tournaments, jamborees, festivals and similar competition in volleyball must be sanctioned by the NHIAA. All such contests sanctioned by the Committee shall not count on the regular season's record for tournament consideration. No school may enter more than one approved Columbus Day tournament. Please refer to By-Law Article VIII Sanctioning, Sect. 3: Intrastate Competition.  
**Officials must be certified and enrolled with the NHIAA.**
5. **PRE-MATCH ATTIRE (COVERS ANY STUDENT PARTICIPATING IN PLAYABLE AREA) SHALL CONSIST OF THE FOLLOWING:**
  - a. Proper footwear (i.e. sneakers). No sandals, shoes, boots or bare feet are allowed.
  - b. Jewelry and Body Piercing Rule shall be in effect.  
 Dermal Piercings - These piercings are inserted into the skin and require a medical procedure to remove them. The decorative part screws onto the pin or screw that protrudes from the skin. Even with a bandage over it would seem to pose a potential hazard.
6. During a regular season match a set may be stopped to celebrate a milestone (i.e. 500 kills, 1000 assists, etc.) and the celebrating team will not be charged a timeout. Teams will report to the bench areas for a brief ceremony and then return to the court. Post season matches will not be stopped.

***Rosters are now to be submitted on-line utilizing the AD's Admin login.***

**2023 Girls Volleyball Roster and Photo – Due October 16, 2023**

**2024 Boys Volleyball Roster and Photo – Due May 22, 2024**

All tournament teams/rosters will be limited to a maximum of 15 players and a maximum of five (5) non players. The five (5) non-players are inclusive of a score keeper. Rosters shall be completed via the NHIAA website. If a team is going to make the tournament, a team photo in uniform (no warm-ups and no mascots allowed) must be submitted with a photo lineup. If no photo is received a logo will be supplemented.

## NFHS Volleyball Rules Changes – 2023-24

**2-1-9 (NEW), 12-2-5:** Creates a coaching zone defined by the libero replacement zone extending beyond the end line and sideline extended.

**Rationale:** Defines and clarifies the area in which coaches may stand.

**4-1-7:** Allows small, secured stud or post jewelry to be worn above the chin.

**Rationale:** Maintains consistency with current trends of other NFHS and volleyball rules codes.

**4-2-4b:** Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028.

**Rationale:** Clarifies legal numbers and eliminates confusion when signaling while aligning with other rules codes.

**10-2-1:** Allows requests for substitution by the head coach to be signaled or verbalized.

**Rationale:** Creates consistency by allowing either a verbal or non-verbal signal for as substitution.

**12-2-6:** Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations **only**.

**Rationale:** Allows an assistant coach to stand and coach during dead-ball situations in addition to the head coach. The assistant coach that stands may change throughout the match, but only one can stand at a time.

## I. REQUIREMENTS:

A. In order to be considered for tournament play, each school must meet the following schedule requirement:

- Maximum number of matches - 18
- Minimum number of matches - 12

### B. COMPLETED SCHEDULE AND FORFEIT:

All teams must complete their entire schedule submitted to the NHIAA. Any scheduled match not played must be reported (in writing by both schools) to the NHIAA prior to the date of NHIAA pairings with an explanation. The Committee will determine if matches not played will be considered a forfeit(s) or a no match(es). A team CANNOT forfeit a match to the other team under any circumstances.

### C. MAKE-UP MATCHES:

Make-up matches may not be scheduled into the last week of the season. The only matches that can be played during the last week of the season are matches on the original schedules submitted to the NHIAA.

**\*Exception to Reschedule into the Last Week of the Season:** If for some reason, a match must be moved into the last week of the season a letter, prior to the match being played, must be submitted to and received by the Chair of the Committee through the NHIAA Executive Director by both schools outlining the reason(s) for the request.

**\*\*Please note** that any match moved into the last week of the season must be approved and played by the last date to play. No extension of the season will be granted. In the event the match is not played both teams will be issued forfeit losses unless extenuating circumstances arise.

## II. ALIGNMENT OF VOLLEYBALL TEAMS:

Division I (900+)	Division II (425-899)		Division III (1-424)	
21 Schools	19 Schools		20 Schools	
Pinkerton	*Man. Central	1342	*Kearsarge	515
Nashua South	Oyster River	863	Newfound	419
Nashua North	Milford	780	Prospect Mountain	417
Dover	Man. West	777	Somersworth	393
Concord	Kingswood	735	Conant	386
Exeter	Kennett	730	Belmont	384
Man. Memorial	Con-Val	711	Hillsboro	373
Bedford	Souhegan	709	Raymond	364
Londonderry	Coe-Brown	697	Trinity	331
Keene	Hanover	690	Mascoma	319
Spaulding	Plymouth	626	Inter-Lakes	292
Merrimack	Laconia	589	Franklin	275
Salem	John Stark	587	Mascenic	270
Winnacunnet	Pelham	580	Farmington	249
Alvirne	Fall Mountain	501	Epping	246
Windham	Gilford	494	Por. Christian at Dover	150
Timberlane	Winnisquam	456	Moultonborough	144
Portsmouth	Campbell	432	Nute	143
Goffstown	*St. Thomas	416	Sunapee	133
*Hollis-Brookline			Concord Christian	106
*Bishop Guertin				

**2023-24 Boys Volleyball Divisional Alignment  
One Division – 16 Schools**

Bishop Guertin	John Stark	Souhegan
Coe-Brown	Keene	Timberlane
Dover	Londonderry	Windham
Farmington	Mascenic	Winnacunnet
Goffstown	Pinkerton	
Hollis-Brookline	Salem	

**III. PLAYING RULES:**

- A. Official National Federation Rules for Volleyball will be used in both regular season and tournament play.
- B. The Federation rule regarding uniforms will be followed.
- C. It is the recommendation of the NHIAA Volleyball Committee that the sub-varsity match be played first with the varsity match to follow.
- D. The NHIAA Volleyball Committee recommends the following pre-match schedule be used for both varsity and sub-varsity contests with a 3 (three) minutes transition period:

3 (Three) Minutes - Transition Time

(Transition time = Time between the end of the sub-varsity match and the beginning of the coaches/captains meeting of the varsity match.)

Coin Toss Held

6 (Six) Minutes - Visiting Team/Lower Seed Warm-up

6 (Six) Minutes - Home Team/Higher Seed Warm-up

3 (Three) Minutes - Shared - No Serving

While one team is warming up, the other team should be doing no type of warm-ups in the gym where the volleyball court is located.

Note: The NHIAA Volleyball Committee has voted that if the visiting team is running late the officials may use their discretion to confer with both coaches regarding the order of warm-ups.

- E. The NHIAA Volleyball Committee has voted to use the following guidelines:

Varsity: Win by 2

- 3 out of 5 sets (Rally scoring)
- Set to 25 Points
- 5<sup>th</sup> Set to 15
- Let Serve to Continue

Sub-Varsity: Win by 2

- Play 3 sets regardless of the outcome of sets 1 and 2 (Rally scoring)
- Sets 1 and 2 to 25 Points
- 3<sup>rd</sup> Set to 15
- Let Serve to Continue

When the score of a sub-varsity match is 2-0 there will be no coin toss by the official prior to the third set. The teams will return directly to their home bench and will prepare for the third set.

Service will go to the team that has lost the previous two sets.

**Rationale** – No need to delay with a coin toss and it allows the winning team a chance to celebrate their victory. Currently they are remanded to the end-line while team captains meet with the referee. It also will save some time in the overall match.

- F. The match ball should have no marking or coloring added to it.
- G. The NHIAA will provide a “worked ball” for use at the semi and final neutral sites (red, white & blue).

#### IV. REPORTING SCORES:

It is important that all teams enter their scores on the school's scheduling website immediately following the match in order to ensure accurate and up-to-date standings.

#### V. OFFICIATING:

All varsity matches are to be officiated by two (2) NHIAA registered officials. Exception to this may be sought by contacting the NHIAA office and the opposing school before the contest. This should only be considered when no NHIAA registered official is available.

#### VI. TOURNAMENT SELECTION:

The maximum number of teams allowed per By-Law Article IV: Classification; Sect. 10: Tournament Selection Requirements will qualify for the tournament in each division.

#### VII. TIE-BREAKING:

If there is a tie for any of the tournament positions, the NHIAA Tie-Breaking Procedure (By-Law Article XII) will be used.

#### VIII. TOURNAMENT ROSTERS:

**All tournament teams/rosters will be limited to a maximum of 15 players and a maximum of five (5) non players.** The five (5) non-players are inclusive of a score keeper. Rosters shall be completed via the NHIAA website. If a team is going to make the tournament, a team photo in uniform (no warm-ups and no mascots allowed) must be submitted with a photo lineup. If no photo is received a logo will be supplemented.

#### IX. TOURNAMENT OFFICIALS:

The NHIAA Volleyball Committee, in accordance with established By-Laws, will make recommendation of tournament officials.

#### X. PEP BANDS:

**The Athletic Director shall call the NHIAA beforehand to allow preparation of seating for the pep band at the Tournament matches at neutral sites.**

Pep bands will be allowed to play at the tournament matches held at neutral sites. Each Pep Band will be allowed a MAXIMUM of twenty (20) players. Band players will be admitted free of charge to the match in which their team is competing only when accompanied by an Advisor. Any additional members shall be charged admission at the normal rate.

Pep Bands will be assigned a seating location by the Tournament Director at the site. An advisor must be with the band at all times while playing. **Bands are not to play once the ball is put into play.**

**Note: The National Anthem will be played before each semi-final match. For the championship, the National Anthem will be played prior to the match.**

#### XI. SPECTATOR BEHAVIOR & NOISE MAKERS at Regular Season and Tournament:

- The playing of musical instruments and/or amplified music while the match is in progress shall be prohibited. The only time that a match is not "in progress" after it has started is during a time-out or during between sets (This includes bands).
- Possession and/or the use of artificial noisemakers is prohibited at all times during the NHIAA regular season and tournament games. The official interpretation of an artificial noisemaker is being any object that is used to manufacture noise, such as horns, bells and whistles, or by making contact with another object or surface. (NO RALLY STICKS)

- Spectators will not be permitted to run the sidelines to encourage spectator cheering.

## **XII. AWARDS:**

An official NHIAA Championship and Runner-up plaque, and twenty individual medals, will be awarded to the respective champion and runner-up teams in each class for both boys and girls.

## **XIII. NFHS Authenticating Mark-MATCH BALLS:**

All match balls at all levels of play shall have the NFHS Authenticating Mark imprinted.

The following procedure is to be followed:

- Prior to the start of the match the head official is to inspect the match ball(s) to ensure the NFHS Authenticating Mark is imprinted. If the home team's ball does not have the mark the visiting team's ball with the Authenticating Mark is to be used.
- In the event neither ball has the mark, the match is to be played and the head official is to report the matter to the Supervisor of Officials, who in turn will notify the NHIAA office.

## **XIV. FIFTY-FIFTY RAFFLE:**

Fifty-fifty raffles are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA) at the site of an NHIAA member school hosting any round of an NHIAA tournament event. Students will not sell tickets.

Under no conditions will these raffles be permitted at "neutral" sites that are not NHIAA member school sites. i.e.: Pinkerton Academy (Semifinals and Final rounds).

## **XV. PROTEST PROCEDURE AT STATE TOURNAMENTS:**

During State Tournament play **AT NEUTRAL SITES**, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the match site at the time of the protest and the Protest Committee will be made up of a representative from the NHIAA Volleyball Committee and the officials involved in the match. During State Tournament Play at the home of the higher seed protests shall be resolved by consulting with the Rules Interpreter or Supervisor Designee who will be available via phone during prelim and quarterfinal contests.

## **XVI. BLOOD SPILLAGE AND BODY FLUIDS:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

### **Housekeeping Procedures for Blood and Body Fluids**

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful.

Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

### **INTERPRETATION OF EXCESSIVE BLEEDING:**

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

#### **XVII. TOURNAMENT EVENT POSTPONEMENTS (WEATHER):**

- **Home of Higher Seed:** The decision to postpone a tournament match held at the home of the higher seed will be left to the discretion of the home site Director to make the decision to postpone and reschedule matches to the next day. The officials and the NHIAA must be notified of the postponement and the reschedule date and time.
- **Neutral Site – During the Week:** The decision to postpone a tournament event during the week will be made by the NHIAA. Schools, Supervisor of Officials, Game Directors, Police and Athletic Trainers will be notified by the NHIAA.
- **Neutral Site – Weekends & Holidays:** The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit [www.nhiaa.org](http://www.nhiaa.org) and click on the “tournament info” link). The NHIAA will notify Directors, Supervisor of Officials, Police and Athletic Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN CHECKED.**

#### **XVIII. JEWELRY AND BODY PIERCING RULE:**

No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform. Also, any visible body and face paint and/or glitter is not allowed during regular season and tournament play. The penalty administered will be “unnecessary delay.” Permanent body tattoos will be exempt from this rule.

Dermal Piercings - These piercings are inserted into the skin and require a medical procedure to remove them. The decorative part screws onto the pin or screw that protrudes from the skin. Even with a bandage over it would seem to pose a potential hazard.

#### **XIX. PRE-MATCH ATTIRE (COVERS ANY STUDENT PARTICIPATING IN PLAYABLE AREA) SHALL CONSIST OF THE FOLLOWING:**

- a. Proper footwear (i.e. sneakers). No sandals, shoes, boots or bare feet are allowed.
- b. Jewelry and Body Piercing Rule shall be in effect.

#### **XX. CONCUSSION HEADBANDS**

The permissive use of concussion headbands is not a violation of the NFHS Volleyball Rules. Therefore any student athlete wishing to compete while wearing a concussion headband should be allowed to do so without obtaining a waiver from the NHIAA office.

#### **XXI. SCRIMMAGES AND/OR JAMBOREES:**

All rules remain the same as they are administered and adhered to in the regular season and tournament play.

#### **XXII. BENCH PERSONNEL:**

For liability reasons Below Grade Nine students/children are not allowed to be on the team benches or on the sidelines at any regular season or tournament contest.

\*Exception- “Ball Shaggers” – Volleyball

- One (1) ball shagger per bench shall be allowed.



**XXIII. TOURNAMENT MATCH START TIMES:**

Neutral Site tournament match times will NOT be altered unless the first match runs into the start time of the second match.

**XXIV. PROCESS FOR DEALING WITH DISQUALIFIED ATHLETES AT ALL ATHLETIC EVENTS:**

A disqualified athlete is not to be sent to the locker room or off the court unsupervised. If no supervision is available the disqualified athlete shall remain on the bench and become the coach's responsibility to supervise.

**XXV. NFHS GUIDELINES FOR MANAGEMENT OF CONCUSSIONS:**

The NHIAA mandates the following of the NFHS guidelines for management of Concussions. Concussions: 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 to play until cleared by an appropriate health care professional.

Please visit [www.nhiala.org](http://www.nhiala.org); "What's New" to view the NFHS Guidelines for Management of Concussions. and New Hampshire SB402 and its language as written.

**XXVI.** All designated scorers will sit side by side with the official scorer designated by the referee and sit beside the timer. This applies to regular season and tournament games.

# PROCEDURES AT NHIAA STATE TOURNAMENTS

## 1. Warm-ups

Practice balls will be provided at Pinkerton Academy and Nashua High School North

- A. Six (6) minutes - visiting team
- B. Six (6) minutes - home team
- C. Three (3) minutes - shared court- NO SERVING
- If available, the game court at the Semifinals and Finals may be used 45 minutes prior to your scheduled game time for warmup.

## 2. After Warm-ups (Prelims, Quarterfinals and Semifinals)

- A. Teams line up on the respective end lines by the team bench.
- B. Players, coaches and managers will be introduced individually, step forward and wave upon being introduced.
- C. The National Anthem will be played before each match.
- D. Teams return to their respective benches - where they will be provided 14 chairs.
- E. Starters return to court and line up on end line.
- F. Officials bring teams to net for pre-match handshake.
- G. Match begins.

## 3. After Warm-ups (Championship Match)

- A. Both teams leave playing area - locker room.
- B. Teams, managers and coaches are to line up and march in single file to the Olympic Theme Song.
- C. Teams line up on the respective end lines by the team bench.
- D. Players, coaches and managers will be introduced individually, step forward and wave upon being introduced.
- E. The National Anthem will be played before each match.
- F. Teams return to their respective benches.
- G. Starters return to court and line up on end line.
- H. Officials bring teams to net for pre-match handshake.
- I. Match begins.

## 4. Post Match Ceremony

- A. After completion of match, both teams return to their benches and be seated.
- B. NHIAA Volleyball Committee will run the Awards Ceremony.
- C. Runner-up Coach will be called forward to receive the plaque. Remain at the center of the court. Players, managers and the other coach will be called forward to receive their medals. Remain standing as a group at the center court facing the spectators from your community.
- D. Upon completion, return to the bench to observe the Championship awards recognition.
- E. Repeat same as above for Championship team. Also, the match ball is to be given to the Championship coach at the same time the plaque is presented.

**Directions for Scorer and Libero Tracker**

**Recording Libero Serving:**

The libero can serve in one rotation by replacing the player who is in the service position and who would serve the next ball. When the libero serves, a triangle is used in the scoring sections in each part of the scoresheet where score is reflected. In the score sheet and libero tracking sheet, examples provided below, #5 is the libero.

**LIBERO TRACKING SHEET**

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
<b>1</b>	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
<b>2</b>	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
<b>3</b>	I						
	II						
	III						
	IV						
	V						
	VI						

**SAMPLE FORM**

Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
<b>4</b>	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

TEAM:			L:	TEAM:			L:
Game	Serving Order	SP		Serving Order	SP		
<b>5</b>	I			I			
	II			II			
	III			III			
	IV			IV			
	V			V			
	VI			VI			

### Appendix

#### Diagrams

##### A. Scoresheet Running Score

<del>1</del>	16
<del>2</del>	17
<del>3</del>	18
4	19
5	20
△6	21
△7	22
△8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

Indicates points 6, 7, & 8 were scored by libero

##### B. Scoresheet

Game No.		TIME-OUTS									
Serve Order	Player No.	Team:									
1	13	1	2	3	-						
2	14	4	-								
3	2, 5	5	△6	△7	△8						
4	8										
5	3										
6	7										

#5 (libero) scored points 6, 7, 8

##### C. Libero Tracking Sheet

Team:		L:	
Game	Serving Order	SP	
	I	13	
	II	14	
	△III	2	L 2 L 2 L 2
	IV	8	
	V	3	
	VI	7	L 7 L 7 L 7 L

Indicates libero is in III serving position.