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To: Athletic Directors and Volleyball Coaches

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Subject: Volleyball Reminders for the 2019 Season

Please review this information with your volleyball staff and best of luck as you start your season! Each school offering volleyball will receive a copy of the NFHS Volleyball Rules Book from the OSAA. Our Volleyball Plan Book has all of the necessary information to help you and your coach prepare for your volleyball season ahead: <http://www.osaa.org/docs/planbooks/vblplan.pdf> Please feel free to contact me if you have questions.

OSAA/NFHS Points of Emphasis for 2019:

Warm-Up Safety

Risk minimization continues to be a priority for the NFHS Volleyball Rules Committee and the OSAA. Though volleyball continues to have one of the lowest injury rates of the 22 high school sports under surveillance, the growing number of concussions occurring during warm-ups as reported annually by the National High School Sports-Related Injury Surveillance System (High School RIO) has increased awareness regarding warm-up procedures before and during the match.

With the risk for injury being highest during shared net warm up time, no shared net warm up time is allowed. Leagues shall adopt a protocol for warming up that does not include shared net time. Teams can warm up on either side of the net without sharing during attacking or serving over the net.

Regular Season Match Warm Up Suggestions:

20 minute warm up time: 4 minutes shared court time- each team stays on their chosen or assigned side of the net. Then the serving team takes the full court for 8 minutes, followed by the receiving team taking the full court for 8 minutes.

18 minute warm up: 4 minutes of shared court time- each team stays on their chosen or assigned side of the net. Then the serving team takes the full court for 7 minutes, followed by the receiving team taking the full court for 7 minutes.

Tournament Match Warm Up Suggestions:

10 minute warm up: 2 minutes shared court time, then the serving team has the full court for 4 minutes followed by the receiving team taking the court for 4 minutes.

5 Minute warm up: Serving team has the full court for 2.5 minutes, followed by the receiving team taking the full court for 2.5 minutes.

Some things to consider when establishing best practices are: facility space, shared court time, placement of athletes and those assisting with warm-ups, and familiarity of all team members with the warm-up procedures for the match. In addition to pre-game warm-ups, it should be noted that warming up between sets is allowed. Rule 11-5-3 clarifies that teams must remain on their side of the net, in their playable area. No hitting or serving is allowed and volleyballs may be used only on their own side of the playing area.

Line Up turn in procedures: 5-5-1b; 5-6-1b; 7-1-1a; and 7-1 PENALTIES 1: Requires the second referee to collect team rosters at the pre-match conference while allowing changes to be made until 10 minutes remain on the pregame clock and establishes lineups to be submitted to the second referee before each set.

Contrasting Uniform requirement: 4-2-1; 4-2-1a (NEW); 4-2-1e (NEW); and 4-2-2 (NEW): Eliminates the solid-colored uniform requirements, establishes that the libero uniform must clearly contrast with his/her teammates' uniforms and reorganizes the legal uniform rule. **Rationale:** Clarifies the requirements for all legal uniforms and simplifies the requirements for the contrasting libero uniform maintaining the compliance of all currently compliant team and libero uniform jerseys.

Eliminates the use of double zero (00) as a uniform number option 4-2-4b: Eliminates the use of double zero (00) as a uniform number option. **Rationale:** Eliminates confusion surrounding the signaling of "00" and "0".

Tournament Format and Score Reporting Reminders: Please remember limitations when preparing to host or attend a tournament:

- The maximum number of matches allowed in any format is five.
- Tournaments shall be limited to 16 sets per team, including pool play
- Pool play shall not count in the OSAA rankings and is not to be recorded on the OSAA website.
- **All bracket play results must be recorded on the OSAA website.** To help us with confirming scores are correctly reported, tournament directors, please send final bracket play scores to kte@osaa.org so reported scores can be confirmed.
- Tournament play may not commence prior to 8am and no scheduled round may begin after 7pm. Host schools may apply to the OSAA office for time changes in extenuating circumstances.

Here are the tournament formats described in our handbook:

Tournaments.

- 1) Tournament play may not commence prior to 8am and no scheduled round may begin after 7pm. Host schools may apply to the OSAA office for time changes in extenuating circumstances.
- 2) All sets shall begin with a score of 0-0.
- 3) The maximum number of matches allowed in any format is five.
- 4) Tournaments shall be limited to 16 sets per team, including pool play. Examples of formats within 16 sets limit include:
 - a) **Bracketed Tournament**
 - (1) Pool Play – four team pools (6 sets)
 - (2) Bracket Play – two rounds of best 3/5 (10 sets) or three rounds of best 2/3 (9 sets)
 - b) **Round Robin.** Four teams playing best 3/5 (15 sets) or six teams playing best 2/3 (15 sets)
- 5) **Pool Play.**
 - a) Pool play shall not count in the OSAA rankings and is not to be recorded on the OSAA website. This includes pool play in out of state tournaments, even if a match is played.
 - b) All pool play matches shall be a maximum of two sets.
 - c) **EMERGENCY EXCEPTION:** If the host school has a team(s) withdraw and a replacement cannot be found, creating a pool(s) with one less team, that pool(s) is allowed to play three sets per opponent so the number of sets played in pool play are even among all participating schools. This competition shall not count in the OSAA rankings and is not to be recorded on the OSAA website.
 - d) All pool play sets shall be played to a maximum of 25 points, cap or no cap.

GENERAL INFORMATION

OSAA Volleyball Plan: <http://www.osaa.org/docs/planbooks/vblplan.pdf>

This plan contains information regarding important season dates, NFHS rule changes/points of emphasis, OSAA volleyball specific policies and OSAA general policies.

2019 NFHS Volleyball Rule Changes and Points of Emphasis: <http://www.osaa.org/activities/vbl/management>

OSAA Volleyball Participation Limitations: <http://www.osaa.org/docs/vbl/VolleyballParticipationLimitsFINAL.pdf>

Information relating to regular season limits and how dates may be scheduled/structured, including double duals and tournaments.

Sub-Varsity Formats: <http://www.osaa.org/activities/vbl/management>

This document addresses the OSAA rule change as it relates to match formats that are allowed at the sub-varsity level, including a reminder that the “extra set” is no longer allowed at the lowest level since schools are now allowed to play best 3-of-5 at all levels. Please ensure that you have communicated the format you or your league plans to use ahead of time to your commissioner.

HEALTH & SAFETY <http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding heat, hydration and concussion management. The page contains links to informational items that all coaches should familiarize themselves with as practices begin.

Practice Model: <http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>

Notable requirements contained in the policy include:

- Prohibition on consecutive days of multiple practice sessions;
- A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session);
- Maximum of one hour of weight training before or after practice on a single practice session day.

Heat Index: <http://www.osaa.org/heat-index>

Athletic Directors and Coaches should subscribe to heat alerts through the OSAA website. Alerts are sent about 11am daily when the forecasted heat index in your area is high. If an alert is received, the policy requires that schools check the actual heat index within one hour prior to the start of practice to determine if modifications must be made. If no alert is received, no action is required by the school that day.

Air Quality Guidelines: <http://www.osaa.org/health-safety/air-quality>

The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app "OregonAir", or on the Environmental Protection Agency (EPA) Air Now website at https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38 to determine if action is necessary. Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

Concussion Management: <http://www.osaa.org/docs/handbooks/ConcussionManagementBP.pdf>

OSAA Staff worked with the Oregon Legislature to align Max's Law (public schools) and Jenna's Law (private schools) when it comes to the return to participation protocol. Therefore, all OSAA member schools are subject to the same policy when a student is removed after exhibiting signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body. The state still states that, on an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign a consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.

UNIFORMS AND EQUIPMENT REMINDERS

Removal of any uniform top or bottom 4-2-7: Clarifies the penalty for the removal of any part of the uniform top or bottom as a yellow card charged to the coach for unsporting conduct.

Hair Control / NFHS Rule 4-1-5: Hair devices made of soft material and no more than 3 inches wide may be worn. Bobby pins, flat clips and flat barrettes, unadorned and no longer than 2 inches, are also allowed. Sewn on sequins are legal on headbands (max of 3 inches wide). Ribbons are allowed, no more than 3 inches wide, but may not contain glitter, sequins, buttons or other adornments made of hard and unyielding material.

Jewelry / NFHS Rule 4-1-6: Jewelry is not allowed during warm-ups or competition. Please note that this also includes rubber plugs, fishing line, etc. that is used to insert in pierced openings when jewelry is removed.

Legal Volleyballs: Per OSAA adoption, schools may use volleyballs that are solid white or a maximum combination of three colors (with each of the 12 panels being a solid color) and of which at least one-third of the panels shall be solid white. The ball shall include the NFHS Authenticating Mark. Schools shall use NFHS-approved Wilson volleyballs for all OSAA playoff matches.

HOME CONTEST MANAGEMENT

Annual Review of Equipment and Facilities: The school coach and athletic administrator have the responsibility to be certain all equipment is in compliance with the rules and kept in good condition. Equally important is the facility set-up for the match to have clear playing area, and proper floor markings and officials table in the proper location along with team benches. The review of equipment should be done annually as well as checking to be sure all is in good order for the night of the contest. **This includes the referee's platform.** If problems arise with equipment, the proper staff member should be notified so the matter can be resolved. Taking time to review your equipment and facilities will benefit the teams and officials.

Scorers and Libero Trackers for Home Matches: <http://www.osaa.org/activities/vbl/information>

It is imperative that all scorers and libero trackers show up on time for matches and are properly trained to perform these important duties.

Line Judges for Home Matches: <http://www.osaa.org/docs/vbl/linejudgesignals.pdf>

If not supplied by your local association, it is vital that all line judges show up on time for matches and are properly trained to perform these important duties. It is strongly recommended that schools use adults, not students, especially for varsity matches.

Blood Kit: Verify that a blood kit is readily available in each gym for all home matches.

Volleyball Formats: Please note that these are the ONLY three formats that are allowed for OSAA volleyball play. All other formats are illegal under OSAA rules. You can find this information on the OSAA website within the OSAA Volleyball Plan at <http://www.osaa.org/docs/planbooks/vblplan.pdf>.

a. Single Match: 2 schools involved; individuals are allowed one match plus one set on this date. Once a student plays in the 2nd set of a match, that is considered her match and she is allowed one more set that day at another level. Varsity matches are best 3 of 5 and sub-varsity matches are best 2 of 3 or best 3 of 5.

b. Double Dual: 2 or 3 schools involved; schools can play a maximum of 2 matches on this date. Individuals can compete in a maximum of 10 sets on this date, at any level, and each match counts towards the 36-match individual limitation. Varsity matches are best 3 of 5 and sub-varsity matches are best 2 of 3 or best 3 of 5.

c. Tournaments: Multiple schools involved; consists of pool play and/or bracket play; limited to 16 sets per team, including pool play. <http://www.osaa.org/docs/vbl/VolleyballParticipationLimitsFINAL.pdf>.

OSAA RANKINGS INFORMATION

Volleyball Tournaments Results: The school hosting the tournament is **not** responsible for inputting all the matches and results from the tournament. **Each school is responsible for making sure their own schedule and match results are accurate following the conclusion of all tournaments.** Pool play shall not count in the OSAA rankings and is not to be recorded on OSAA website. This includes pool play in out of state tournaments, even if a match is played.

Contests vs. Teams Whose Classification's Rankings Are Frozen. Results from contests involving any team whose classification's rankings are already frozen shall not be included in the rankings.

Contests vs. Teams More Than One Classification Away. In the RPI system, results from contests added to a team's schedule after a certain date each season (**Fall – Sept. 18**) vs. a team more than one classification away shall not be included in the rankings.

NOTE: bracketed contests at tournaments are not affected by this policy.

Contests Added After a Certain Date. Results from contests added to a team's schedule after a certain date each season (**Fall – Oct. 2**) shall not be included in the rankings. **NOTE:** Contests not affected by this policy include bracketed contests at tournaments, league tiebreakers, and district/league tournaments. Schools may apply for an exception to OSAA Staff in extenuating circumstances.

Tracking Out of State Opponents: www.osaa.org/docs/osaainfo/ManagingOutOfStateRecordsInstructions.pdf

Varsity teams are required to update their schedule and results through the OSAA website throughout the season. Schools are also required to track records of out of state opponents. Each Oregon school is ultimately responsible for making sure their own schedule and results are accurate, including the records of their out of state opponents.