



2023-24 NFHS VOLLEYBALL RULES POWERPOINT

National Federation of State
High School Associations



Rules Changes
Editorial Changes
Points of Emphasis

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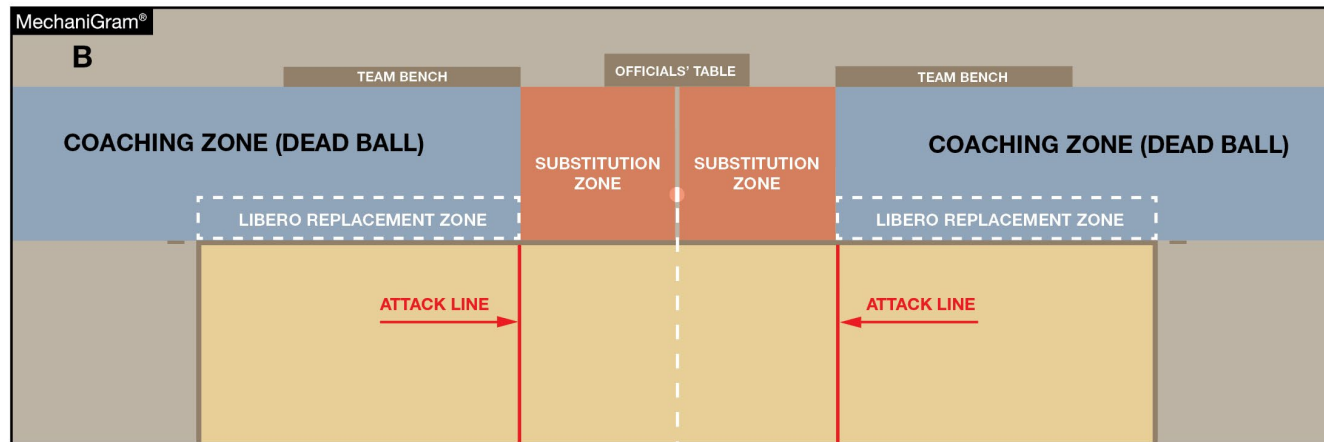
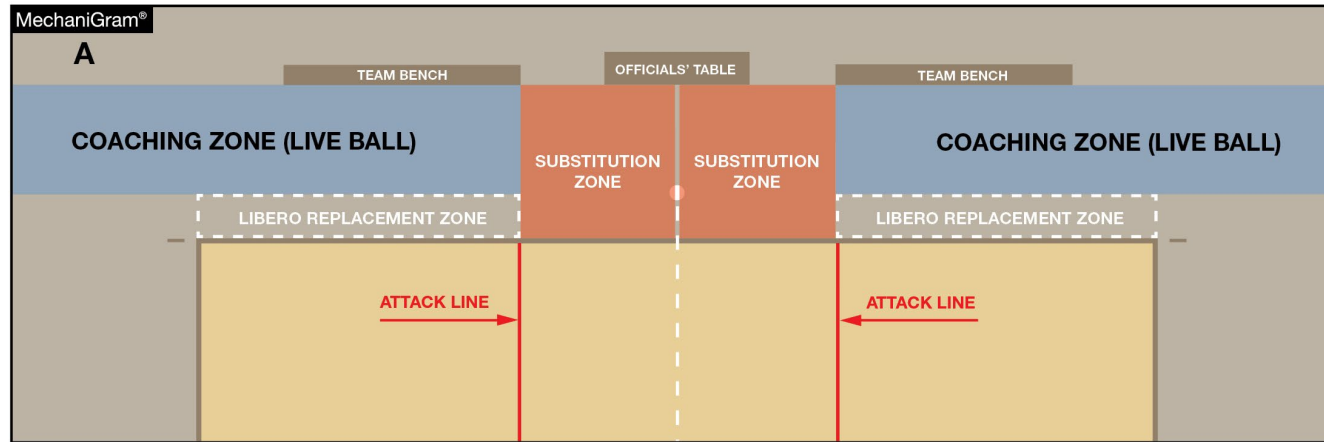
Rules Changes

2023-24 NFHS VOLLEYBALL



THE COURT AND MARKINGS

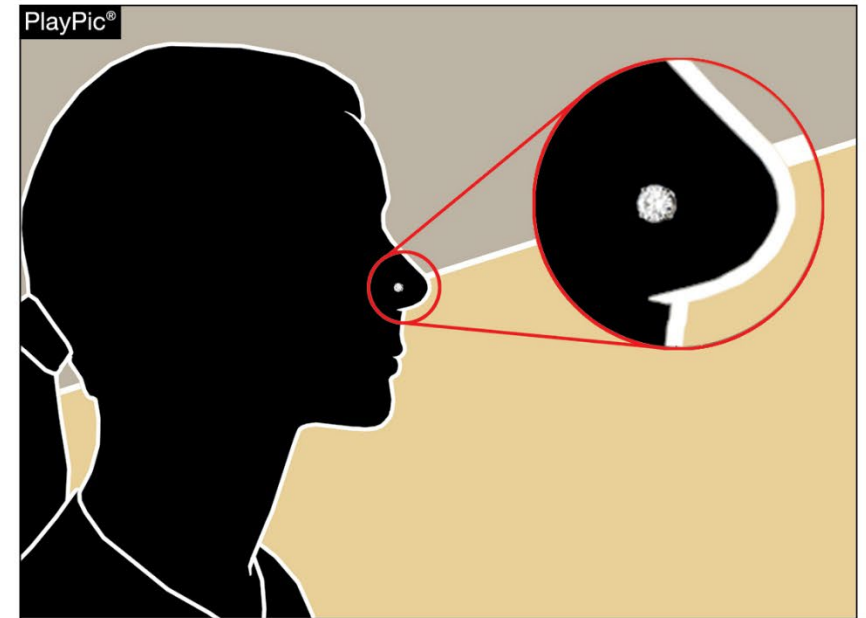
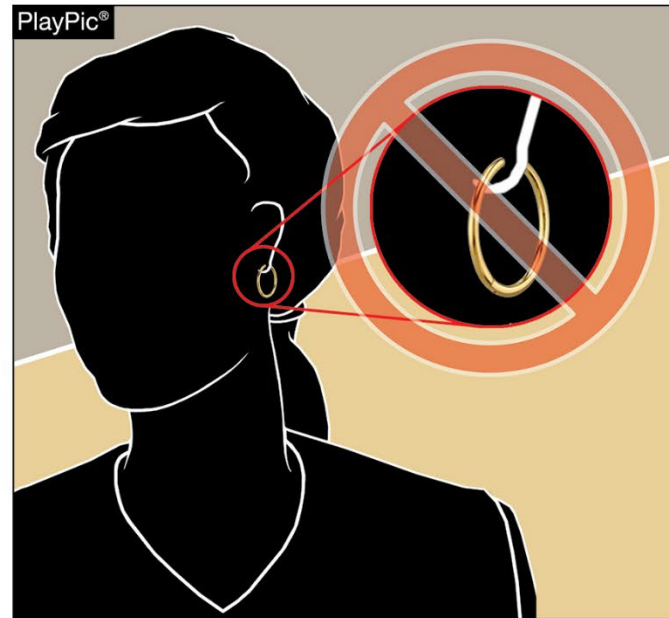
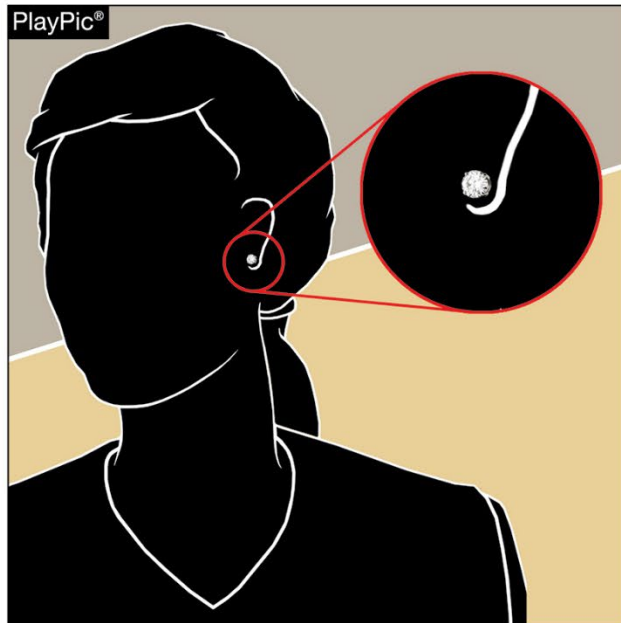
2-1-9 (NEW) & 12-2-5



- A new Coaching Zone has been established to clearly identify the area in which coaches are allowed to stand.
- This area is defined by the libero replacement zone extending beyond the end line and sideline extended.
- Head coaches must maintain a distance of at least 6 feet from the sideline during live-ball situations (MechaniGram A) and may approach the sideline during dead-ball situations (MechaniGram B).

EQUIPMENT AND ACCESSORIES

4-1-7



- Small, secured stud or post jewelry may be worn above the chin.
- No jewelry is permitted below the chin.



EQUIPMENT AND ACCESSORIES

4-1-7



- String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted.
- Taping over jewelry is not permitted.
 - Exceptions remain for religious and medical alert medals



LEGAL UNIFORM 4-2-4b beginning in 2028



- Numbers with a leading zero (01, 02, 03, etc.) will be non-compliant beginning in 2028.
- Legal uniforms must be numbered 0-99.

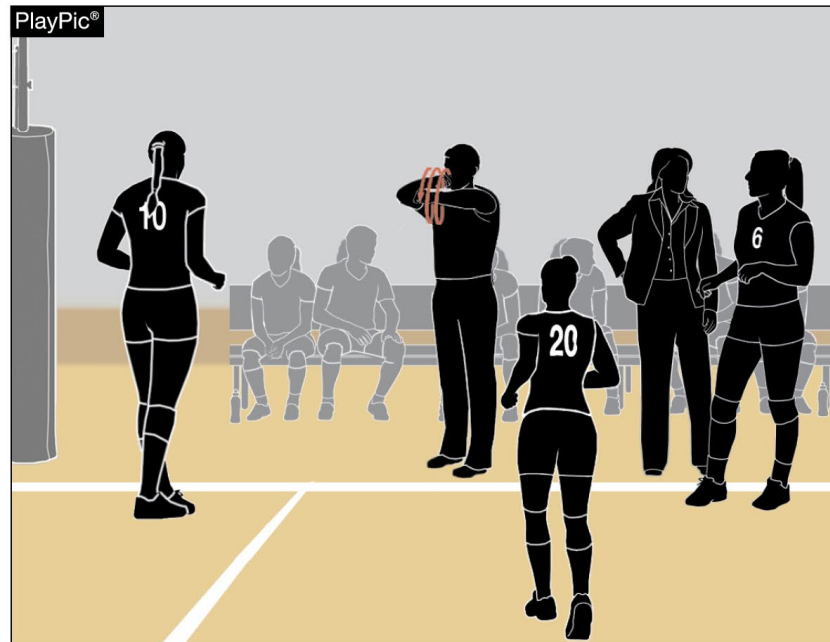




CONDUCT

5-5-3b(11), 12-2-6

Dead Ball



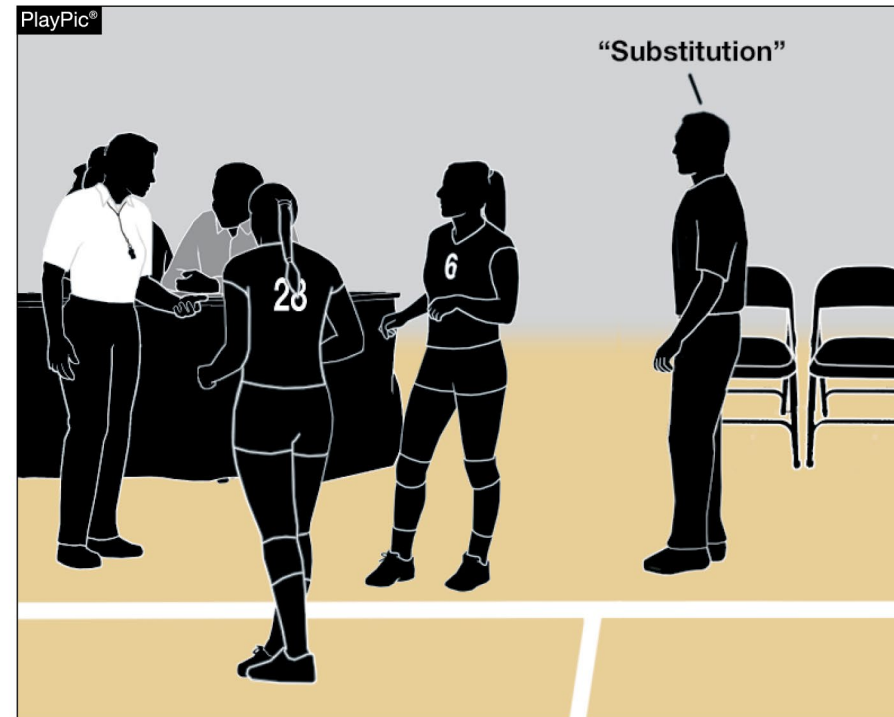
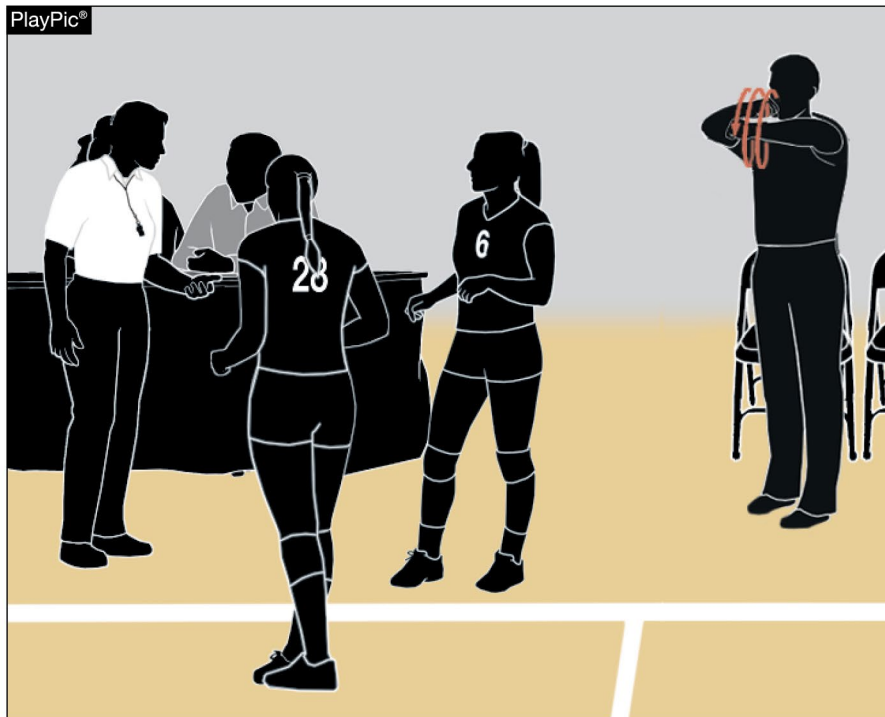
Live Ball



- One assistant coach may stand within the coaching zone to provide instruction during dead-ball situations only.
- The assistant coach who stands may change throughout the match – only one can stand at a time.



PROCEDURE FOR SUBSTITUTION 10-2-1



- The head coach may signal or verbally request a substitution.





4-2-4c LEGAL UNIFORM



ILLEGAL (2023)



LEGAL



LEGAL

- Beginning with the 2023 season, the body of the uniform number must clearly contrast with the uniform top regardless of the border/trim. Enforced at the Varsity level





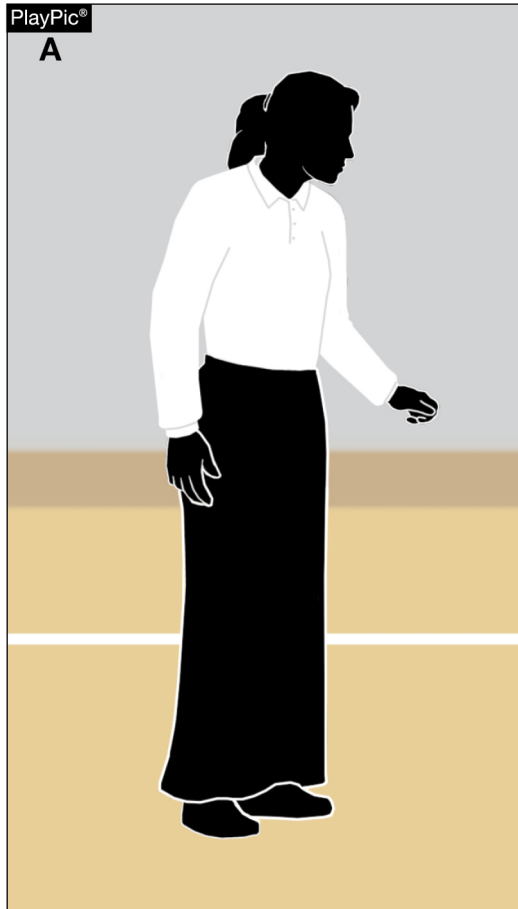
Editorial Change

2023-24 NFHS VOLLEYBALL





5-3-1 NOTE (NEW) OFFICIALS UNIFORM ACCOMMODATIONS



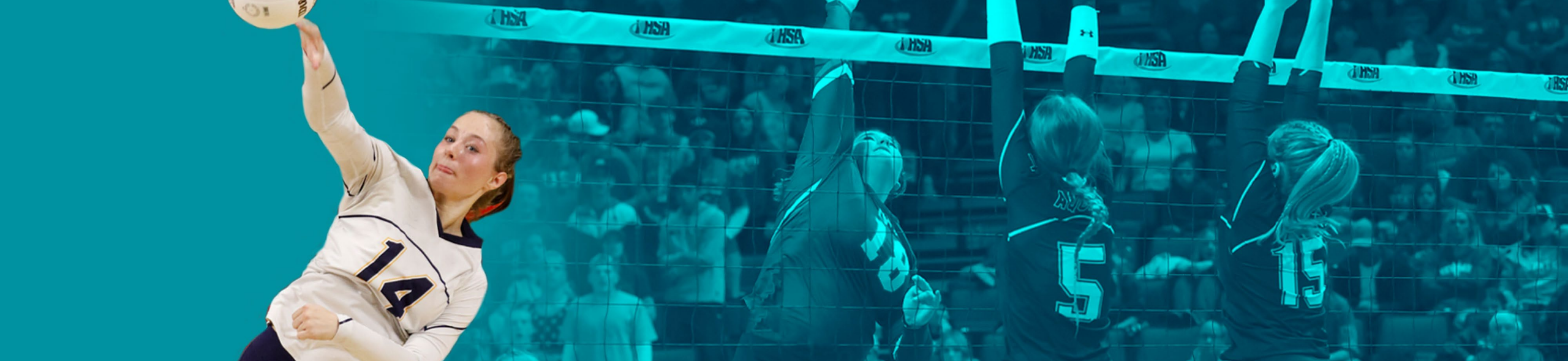
- Officials uniform accommodations may be made for religious and medical reasons while adhering to the established colors in items (a) and (b).
- CIF modification for officials uniform are: white polo or cyan blue certified officials shirt, Navy slacks, blue, brown or black belt, white socks, white athletic shoes (match officials must match)



EDITORIAL CHANGES

- 2-1-1, 2-1-3, 2-1-4, 2-1-5, 2-1-6, 3-1-1, 3-1-2, 3-5
Added “or” before the metric measurement to clarify that either measurement is legal.
- 5-5-3b(10), 9-1-1, 10-2-7a(1)
Added appropriate reference to the new “coaching zone.”
- 10-2-1
Eliminated clerical error that a captain could request a substitution.





Points of Emphasis

2023-24 NFHS VOLLEYBALL

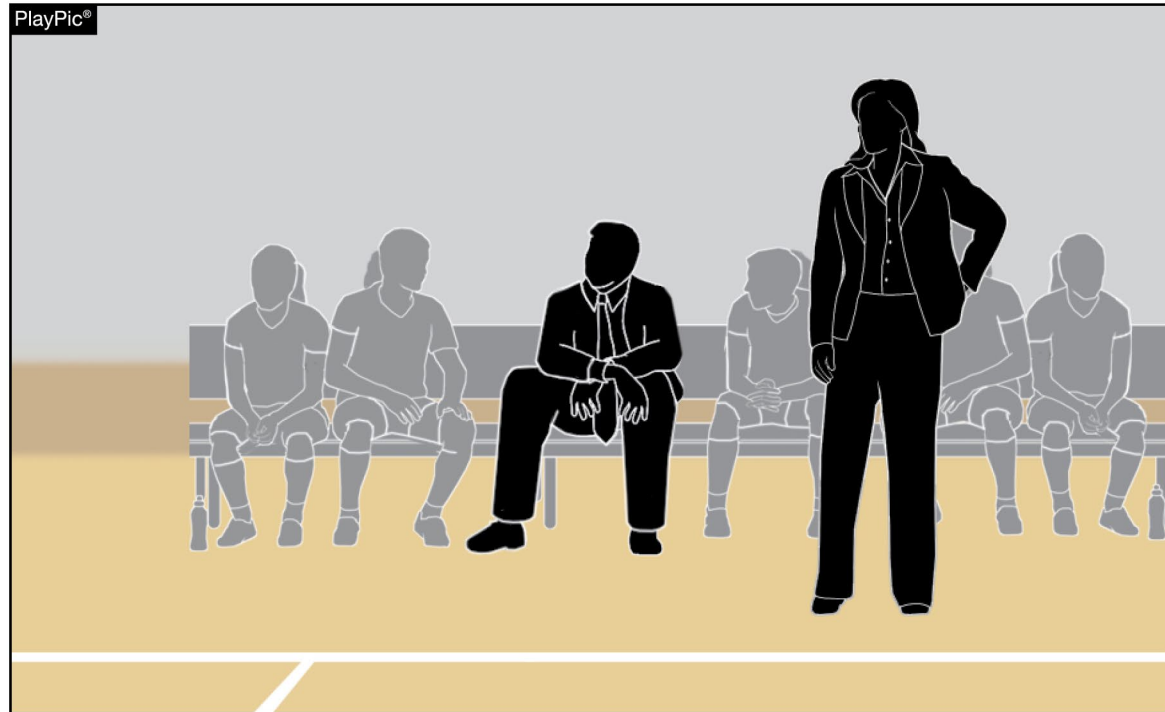


COACHING ZONE PRIVILEGES



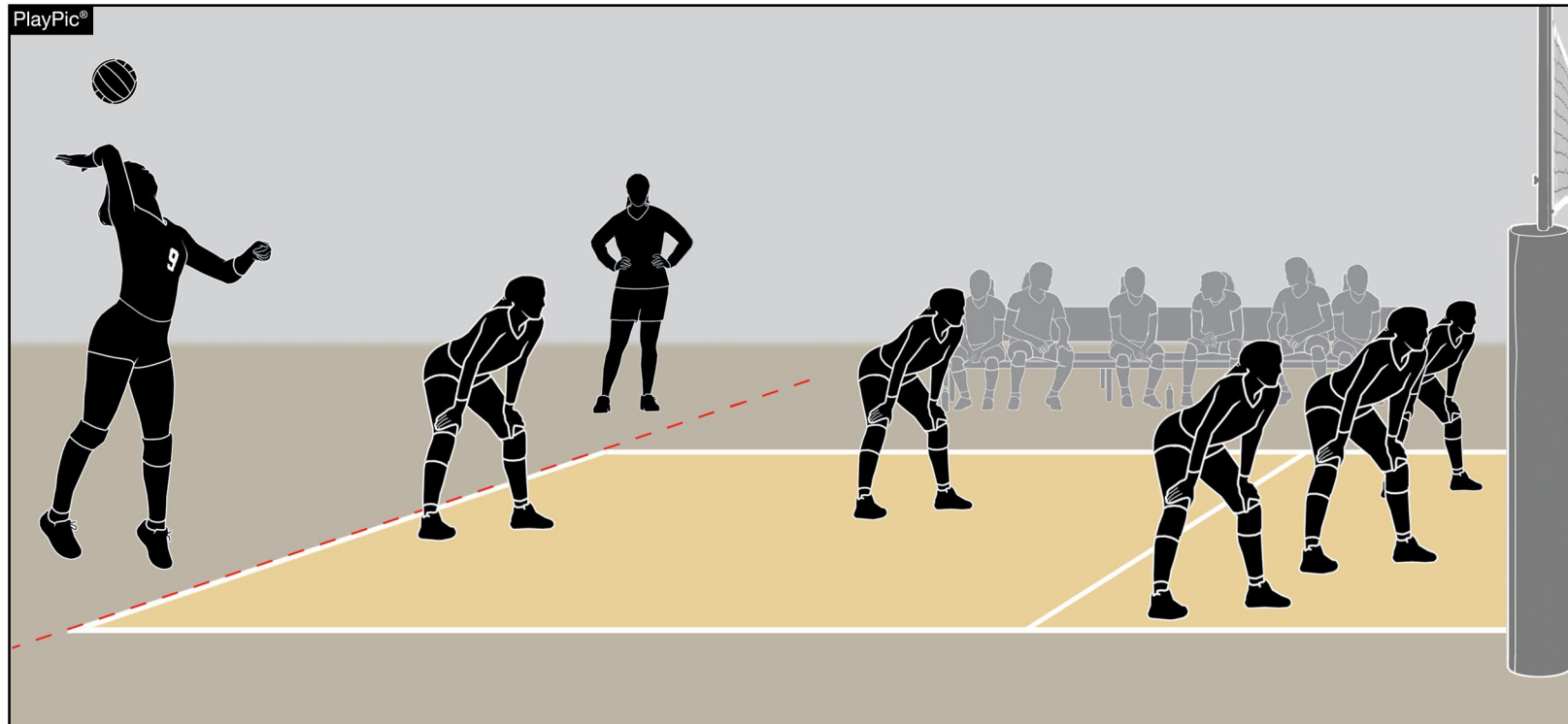
- The pre-match conference provides an opportunity for the officials to identify the head coach of each team for the current match.
- During the pre-match conference, officials should remind head coaches that **only one** assistant coach at a time may stand during a dead ball.

COACHING ZONE PRIVILEGES



- Once the first referee extends an arm for the authorization of serve, the assistant coach must return to the bench and may not stand again until the next dead ball.

COACHING ZONE PRIVILEGES



- The head coach may stand and coach beyond the libero replacement zone. However, **the coach must remain six feet off the court during play** and may not cross the sideline extended during dead-ball situations. The head coach can not interfere with the line judge and their duties.



COACHING ZONE PRIVILEGES

- Assistant coaches may not address officials, except to:
 - Review the accuracy of the score,
 - Verify the number of time-outs used by their team,
 - Verify the number of substitutions used by their team, or
 - Verify the proper server for the opponent.
- Abuse of these privileges will result in:
 - **Yellow** Conduct Card (warning) for first minor offense;
 - **Red** Conduct Card (penalty) for first serious or second minor offense and loss of rally/point is awarded to opponent.





ASSISTANT COACH PRIVILEGES

- Assistant Coach **does not** have the right to question

- Out of rotation for the opponent
- Ball Handling

Use warning if possible to stop behavior, if necessary yellow card/red card

Assistant coaches are seated on the bench during play. The assistant coach is not allowed to stand and coach a player standing at the end of the bench during play.





2022 RULES REMINDERS

- Hair adornments (beads/decoration) that are securely fastened and do not increase risk to the player, teammates or opponents are permitted.
- Uniform bottom waistbands may have additional manufacturer's logos. One manufacturer's logo, no more than 2 ¼ square is permitted on each piece of uniform.
- The head coach is required to indicate the playing captain with a "C" next to the player's number on the lineup.
- Time-out requests by the head coach or playing captain may be signaled or verbalized.





CIF MODIFICATIONS

- R2 does not carry a line up card or a set of yellow and red cards. Second referees should verbally request a card, or signal for a card(discussed in your pre-match) when necessary.
- Officials are not required to initial or sign scoresheets. The scorekeeper may ask for your name prior to the start of the match.
- The warning whistle to end an intermission between sets is given with 30 seconds remaining in the intermission.





CIF MODIFICATIONS

- Nonplaying team members may stand during the match if they are in the warmup area. (at the end of the bench or behind the bench).
Players may not stand in front of the bench.
- **Teams will not switch sides of the court between sets unless there is a clear advantage on one side of the court.**
- California is not mandating pre-match or post-match handshakes.
Teams should decide at the pre-match meeting.
- **Student spectators must be on their team side of the bleachers per CIF State Office. New for 2023**
- If there is an issue with the spectators, talk with the site administrator
(The head coach, if no site administrator is present)





SPECTATOR CHEERING

- Spectators may cheer for their own team. Spectators will stay on the same side as their team.
- Cheering will not be directed at the other team
- Cheering when the other team is serving is not illegal. Chanting and cheering before, during, and after the opponents serve is not illegal if it is not disconcerting to the server, or a player.
- The gym does not need to be silent during serve.





STATE RULES UPDATES #1

- Chants or yells that are clearly designed to distract the opponent playing the ball, including the serve, are not allowed by players or team members. Players and team members are not allowed to direct personal comments that are intended for one specific person on the opposing team. Such unsporting conduct should be addressed with a verbal warning or sanction as determined by the referees. Comments like "How high's the net? Too high!" or "You can't do that!" are not considered personal, but comments like, "That's your setter!" after a ball handling call would be considered personal.





BENCH CLARIFICATION

- Other teams are not allowed on the bench. When other players stand behind the bench, they are spectators. Bench personnel are substitutes, statisticians, assistant coaches, team trainer, and the head coach.
- Injured players must be seated on the bench. The injured player is not allowed to stand with her/his team at the end of the bench.
- A substitute may enter the subzone between the first chair of their bench and the scoring table.





STATE RULES UPDATE #1

- Players who are clearly injured and will not be participating in the match are not allowed to stand in the warmup area at the end of the bench. This is a safety concern if the ball enters that area and a player is chasing the ball. The players in that area need to be able to move quickly to prevent collisions. Players are also not allowed to sit in the warmup area at the end of the bench for the same reason.





PRE-MATCH CONFERENCE

- Introductions, ask for a roster from each team
- Welcome the visiting team to the site
- R1 covers the ground rules for the gym
- R1 reminds the head coach that only 1 assistant coach may stand during a dead ball.
- Ask each coach if their team is properly equipped
- Inform the coaches that teams will not change sides
- Remind the coaches that either a verbal request or signaled request for substitution is allowed
- Discuss the coaching area for the head coach, stressing that he/she must remain 6' from the sideline extended.
- Ask your R2 if they have any information they would like to share
- Wish both teams good luck





THANK YOU

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