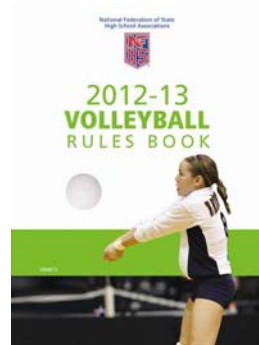


**2012-2013
Volleyball
Rules Clinic
for Coaches**



**2012-2013
BY-LAW CHANGES**



EMERGENCY ACTION PLAN

- ▶ Mandated for athletic practices and games
- ▶ Include responses to:
 - weather-related emergencies
 - serious illness/injury situations
 - violence/terroristic incidents
- ▶ Solicit assistance from
 - local law enforcement agencies
 - first responder/rescue agencies
 - medical personnel

E.A.P. PROCESS

- ▶ Formulate the plan carefully
- ▶ Practice the plan regularly
- ▶ Implement the plan precisely

INSTITUTIONAL HEAT POLICY

- ▶ Applies to practices and voluntary workouts in all sports
 - ratio of work to rest and hydration
 - length of workout session
 - cancellation of outdoor workouts
- ▶ Policy must be signed by coach & distributed to parents each season.
- ▶ All heat/humidity readings must be taken with a Wet Bulb Globe Temperature instrument.
- ▶ NOTE: WBGT “degrees” not same as thermometer

BY-LAW 2.67

| WBGT | GUIDELINES |
|-------------|---|
| Under 82 | Normal activities – 3 rest/hydration breaks per hour in a “cool zone” (minimum: 3 minutes each) |
| 82.0 – 86.9 | Watch at-risk players – 3 rest breaks per hour in a “cool zone” (minimum: 4 minutes each) |
| 87.0 – 89.9 | Maximum practice time: 2 hours Football: helmets, shoulder pads, shorts only for practice; no protective equipment during conditioning drills All Sports: At least 4 rest breaks per hour in a “cool zone”(minimum: 4 minutes each) |
| 90.0 – 92.0 | Maximum practice time: 1 hour Football: No protective equipment; No conditioning drills All Sports: 20 minutes of breaks in a “cool zone” distributed throughout the hour |
| Above 92.1 | No outdoor workouts |

COACHING ISSUES

- ▶ Community Coach may not coach same sport at two schools – even in same system
- ▶ Retired coaches (49%) do not have to do more than just coach to be head coach
- ▶ GHSA official and/or officiating assignor may not coach at GHSA school in same sport

MISCELLANEOUS

- ▶ No student may practice during the school day.
 - School sets beginning/ending time
 - Early release students may not practice during this time in the GHSA season for that sport
- ▶ Undue influence rule applies to student transferring to school whose coach coached player in an all-star game.

RULE CHANGE

Libero Uniform Rule 4-2-2 Note

TEAM UNIFORM **LIBERO UNIFORM**

Beginning 2016, either the libero and/or his/her teammates shall wear a solid-colored uniform top. The solid-colored libero uniform top must clearly contrast in color and be distinct from other members of the team.

EDITORIAL CHANGE

Player Equipment and Uniform Rule 4-2-7

Any visible garment (t-shirt, body suit or other similar garment) worn underneath the uniform top shall be unadorned and of a single, solid color that is similar in color to the predominant color of the uniform top.

RULE CHANGE


Illegal Substitute Attempts Entering Set Rule 10-3 Penalty 1

When an illegal substitute attempts to enter the set, unnecessary delay is assessed.

RULE CHANGE

Illegal Substitute in the Set Rule 10-3 Penalty 1


When an illegal substitute is discovered in the set, illegal alignment is assessed resulting in loss of rally/point.




Game Equipment

Rule 3-1-6

A safe, stable platform to elevate the first referee's eyes to approximately 2 to 3 feet above the top of the net is required. The platform shall be properly padded. It is recommended that the top of the platform be at least 18 inches long by 12 inches wide. It should be stable. The R1 is dependent upon schools to provide quality equipment so the referee can carry out his/her responsibilities in an environment free of unnecessary risk.



POINT OF
POE
EMPHASIS



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Referee Platforms

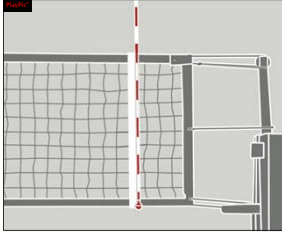
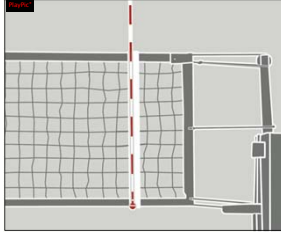







The Net and Markings

Rule 3-1-5

CORRECT

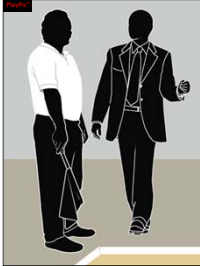

INCORRECT

If vertical tape marker is used, net antennas should be affixed to outer edge of the tape and perpendicular to and in line with the outside edge of each sideline.

POINT OF EMPHASIS

Authorized Officials

Rule 5-1

Schools need to assume responsibility when hosting an event and provide all assistant officials (line judges, scorer, timer and libero tracker) and train them in their duties.

POINT OF EMPHASIS

Who provides Line Judges?

- ▶ The HOME team will provide two line judges for their matches. This is normally the 1st and 3rd match of the tri-match.
- ▶ When the two visiting teams play, EACH team will provide one line judge. This is normally the middle match of a tri-match.
- ▶ It is the COACHES responsibility to train the line judges.

Training Line Judges

- ▼ In/Out
- ▼ Touches
- ▼ Antennas
- ▼ Pancakes
- ▼ Foot Faults



What happens when you don't have Line Judges?

- ▶ It is the coaches responsibility to furnish LJs.
- ▶ If they do not have a LJ, then they need to ask the visiting team if they can borrow a LJ.
- ▶ The match WILL NOT be played without two line judges.
- ▶ If two line judges can not be produced, the match is declared a forfeit and charged to the team that did not provide the necessary personnel.

NFHS Roster and Line up Sheet

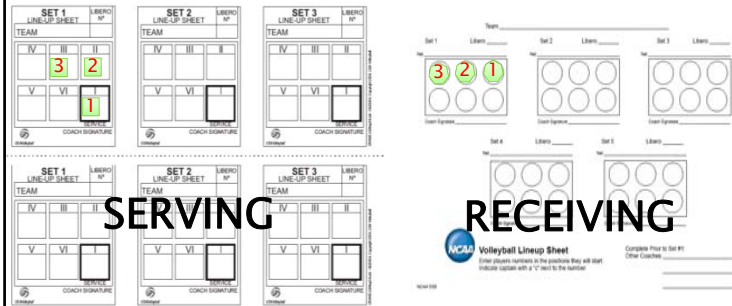
The roster is on the left. This should list the players number, along with coaches & team managers. These are the only people that are allowed to sit on the bench.

The line up for each set is on the right.

The correct way to enter this line up on the score sheet is to put the players # in roman numeral 1 in first.

If the team is receiving, when the official performs the courtesy line up check, the player listed first on the line up sheet, will actually start in position 2 on the court.

USA & NCAA Line up Sheets



When using these line up sheets, you **MUST** confirm with the coach who will be their first server.

If you are serving, the first server goes in the right back position.

If you are receiving, the first server goes in the right front position.

GVCA Score Sheet

You can find a power point on "How to Keep Score" on the following website:
<http://atlantaareavolleyballassociation.com/RefereeResources.html>

The image shows a detailed volleyball score sheet form. It includes fields for match information such as Date, Time, and Location. There are sections for recording scores for both teams across six sets. The form also includes a substitutions table and a sanctions table. The GVCA logo is visible at the top left of the form.

Who provides the Score Keeper?

- ▶ The HOME team will provide the score keeper for their matches. This is normally the 1st and 3rd match of the tri-match.
- ▶ When the two visiting teams play, either of the teams will provide the score keeper. This is normally the middle match of a tri-match.
- ▶ It is the COACHES responsibility to train the scorer.

What happens when a score keeper cannot be provided?

- ▶ It is the coaches responsibility to provide a score keeper.
- ▶ If they do not have one, they must ask the other team to borrow a score keeper.
- ▶ The match WILL NOT be played without a score keeper to sit at the official table.
- ▶ If a score keeper can not be produced, the match is declared a forfeit and charged to the team that did not provide the necessary personnel.
- ▶ If this is the middle match, then both teams will be charged with the forfeit.

Libero Tracking Sheet

Line ups are entered the same way as you enter them on the score sheet.

The libero tracker MUST keep track of substitutions.

The two #s on each side of the L must be the same #.

US Volleyball Libero Tracking Sheet

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| Ass | Libero | Ass | Libero |
| <input type="radio"/> SP | <input type="checkbox"/> | <input type="radio"/> SP | <input type="checkbox"/> |
| I | | I | |
| II | | II | |
| III | | III | |
| IV | | IV | |
| V | | V | |
| VI | | VI | |

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| Ass | Libero | Ass | Libero |
| <input type="radio"/> SP | <input type="checkbox"/> | <input type="radio"/> SP | <input type="checkbox"/> |
| I | | I | |
| II | | II | |
| III | | III | |
| IV | | IV | |
| V | | V | |
| VI | | VI | |

| | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Ass | Libero | Ass | Libero | Ass | Libero |
| <input type="radio"/> SP | <input type="checkbox"/> | <input type="radio"/> SP | <input type="checkbox"/> | <input type="radio"/> SP | <input type="checkbox"/> |
| I | | I | | I | |
| II | | II | | II | |
| III | | III | | III | |
| IV | | IV | | IV | |
| V | | V | | V | |
| VI | | VI | | VI | |

Enter team A or B. Enter the Libero's number in the Libero box and starting player's numbers in the SP column. When the Libero enters, slash the player number and enter L. When the Libero leaves, slash the L and enter the returning player number. If a regular sub occurs, slash the player number and enter the new number.

11 6 L 6 L 6 21 21 6

Who provides the libero track and what happens if you do not have a tracker?

- ▶ If the home team uses a libero, then the HOME team will provide the libero tracker for both schools.
- ▶ If the home team does not use a libero, and the visiting team does, it is the VISITING teams responsibility to provide the libero tracker.
- ▶ You MUST have a libero tracker in order to use your libero.
- ▶ They MUST sit at the "official" table.

It is the COACHES responsibility to train the libero tracker.



Player Equipment

Rule 4-1-5



Bobby pins, flat clips and flat barrettes unadorned and no longer than two inches are allowed.

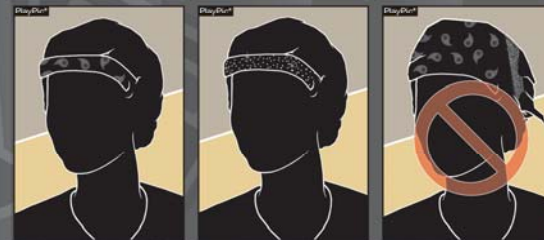


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Other Hair Devices

Rule 4-1-5




Unless determined otherwise by a state association, a hair device made of soft material and no more than two inches wide may be worn. Reflective material or sequins should not be hard, unyielding or easily removed. If play is stopped or delayed due to problems with legal hair devices, an unnecessary delay is assessed and the player must correct before returning to play.



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Player Equipment

Rule 4 Note 2



Each state association, in keeping with applicable laws, may authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create a risk to the athlete/others or place opponents at a disadvantage.

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Court Management

- ▶ Court management is also the responsibility of the school.

Prematch

During the Match

Prematch

- ▶ Schools should arrive at least 15 minutes before match time.
- ▶ Head coach must attend the captains meeting.
- ▶ Line ups are due 2 minutes before match time.

The Ball



Legal



Legal



Illegal

All panels of the ball shall be solid white or a **maximum combination of three colors** (with each panel being a solid color) in which case at least **one-third of the panels** shall be **solid white**

Coin Toss Choices

- ⦿ The home team shall select their team bench. The visiting captain shall call the coin toss. The winner of the coin toss shall choose to either serve or receive.
- ⦿ Prior to the deciding set of a match, the home captain shall call the coin toss. The winner of the coin toss shall choose to serve, receive or the side.
- ⦿ The warm-up is 5-5. The serving team has the first 5 minutes. For the second match of a tri-match—the visiting team that just played will be the home team, or if the two teams have not played, the team closest is home.

Court Management



During the Match



Coaches Conduct




Clarifying an Officials Interpretation of a Rule

- Coaches are allowed to have their rule book court side. Any decisions reviewed must be done before the next serve.
- If it is the last play of the set, the review has to be made within the first 60 seconds of the 3 minute timed interval.
- If it is the last play of the match, the review must take place before the official leaves the court.

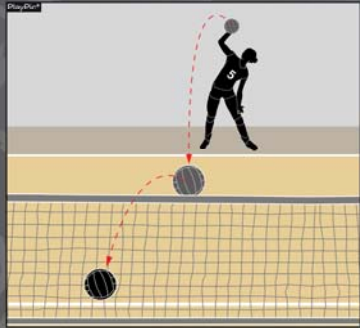
Correct procedure on how to clarify a Rule

- ▶ Coach calls a TO and sends their captain to the referee stand and says, "my coach wants a rule clarification on your call." You get off the stand and discuss the rule interpretation at the score table.
- ▶ If the clarification results in the 1st referee altering the ruling, the TO is charged to the referee
- ▶ If the clarification results in the 1st referee staying with the initial call, then the TO is charged to the team requesting the clarification.
- ▶ If the team has already used its allotted TOs, a loss of rally/point shall be awarded to the opponent.



Serve



Rule 8-1-1




A serve contacting and crossing the net shall remain in play provided the ball is entirely within the net antennas.

Server has 5 seconds to contact the ball.

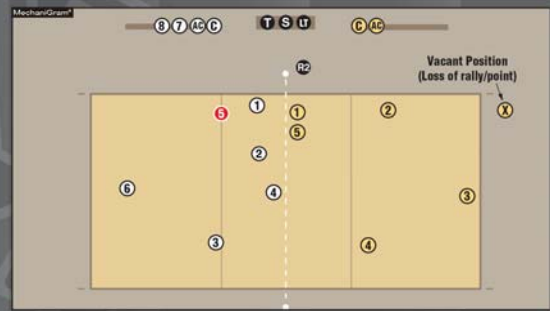
One re-toss per rotation, per player.






The Team

Rules 1-3-3, 6-2-2




For teams with fewer than six players, each time the vacant position rotates to the right back to serve, a loss of rally/point is awarded to the opponent.

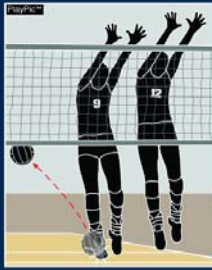





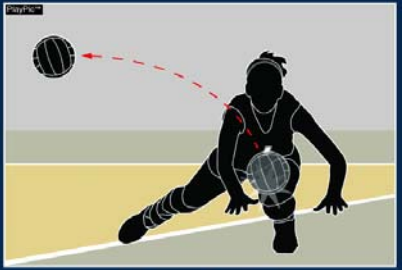
Contacting the Ball

Rule 9-4-5







BALL HITS FOOT



BALL REBOUNDS OFF KNEE

Legal contact is a touch of the ball by **any part of the body** which does not allow the ball to visibly come to rest.

It does NOT matter about intent.

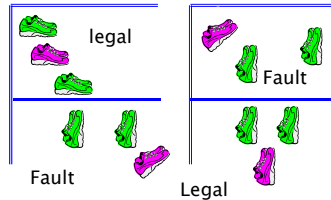
Positional Faults


- ▶ During service:
 - Positional faults: Only the first referee may whistle a positional fault on the serving team, and only the second referee may whistle a positional fault on the receiving team

Example A: Front row (red) to Corresponding Back row (blue) player




Example B: Center player (pink) to corresponding Left/Right side player

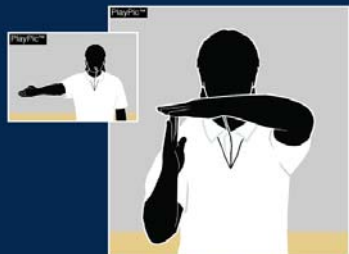





NFHS Official Volleyball Signals

Time-out, Signal 21





TEAM A CALLS TIME-OUT



TEAM B CALLS TIME-OUT

Each team has 2 time outs per set.
The duration of each time out is one minute.

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Substitutions

- ▶ How many substitutions?
18 subs

- ▶ Referees should let the coach know when they have taken their 15th, 16th, 17th, & 18th sub.



Invoices for Volleyball

- ▶ Billing is 50/50 whether your team plays home or way.
- ▶ The home team is responsible for the travel fee.
- ▶ There will be a 10% late fee for any invoices that are not paid within a 30 day period.
- ▶ There is a possibility of receiving multiple invoices from different associations.

Fundamentals of Coaching Volleyball



Fundamentals of Coaching Volleyball





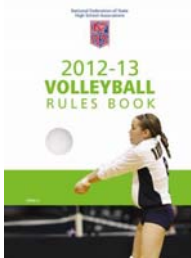
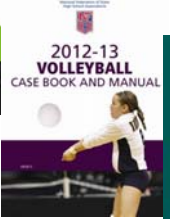
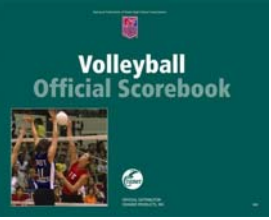
New Courses at nfhslearn.com!

- **Creating a Safe and Respectful Environment**
 - Addresses hazing, bullying and cyber bullying, inappropriate relationships and social media
- **Strength and Conditioning**
 - Content from NSCA, designed to educate coaches to how to properly train students
- **A Guide to Acclimitization and Heat Illness Prevention**
 - Will be available before practice starts for the fall of 2012 at www.nfhslearn.com!





NFHS Volleyball Publications

- ▶ The Rules Book, Case Book/Manual, Scorebook and other volleyball materials can be ordered:
 - online at www.nfhs.com
 - by calling 1-800-776-3462

Thank You

Good Luck!