

2019 NMAA Volleyball Rules Clinic



Presented by:
Tammy Richards--Director of Volleyball

2019 NMAA Volleyball Calendar



► ***Monday, August 12, 2019***

First Official Start Date.

Tryouts may not be held prior to this date.

• ***Saturday, August 17, 2019***

First regular season competition may take place.

• ***Monday, September 16, 2019***

All coaches, schedules, rosters to include managers and team photo for all varsity teams must be posted on MaxPreps.

• ***Monday, November 4, 2019***

District Tournament Begins for All Classes.

• ***Sunday, November 10, 2019***

Seeding/Selection for all Classes.

• ***Thursday-Saturday, November 14-16, 2019***

State Championships.

2019 Eligibility Information

- ▶ Each student athlete must have at least 5 practices prior to competing in a match.
- ▶ Must have a current physical and proof of insurance on file with the Athletic Director prior to participating.
- ▶ **8th Grade Participation**
 - ▶ Submitted online
 - ▶ Must be completed prior to student athlete practicing/participating with the team.
 - ▶ Must participate in their home attendance zone public school.
- ▶ No F's allowed for players to be eligible.

- **Match Limitations**

- Each varsity team or individual
 - limited to 20 total matches prior to the district tournament, including regular season and invitational tournaments.
- Each sub-varsity team or individual
 - limited to 17 total matches including regular season, invitational and district tournament matches.
- Each MS team or individual
 - limited to 14 regular season matches including invitational and district tournament matches.

- **Individual Game Limitations**

- ▶ When two schools meet to play two matches involving varsity and sub-varsity teams on a given day or night, each player is limited to a maximum of five games.
- ▶ When two schools meet to play two matches involving any combination of sub-varsity team levels on a given day or night, each player is limited to a maximum of four games.

NOTE: Sub-varsity is defined as any level below varsity, including Junior High/Middle School.



► Invitational Tournaments

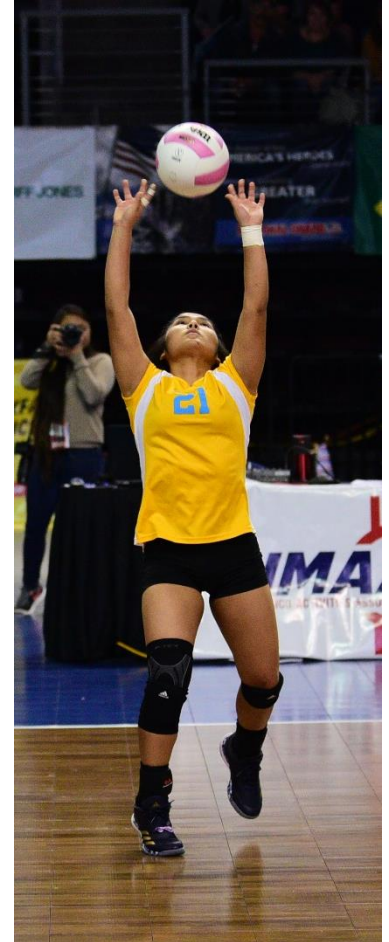
- Host school determines the format (2 out of 3 or 3 out of 5) rally scoring.
- Pool play matches must be 2 games to 25 starting at a score of 4-4, with a cap of 27.
- Must count at least 2 matches towards a team/individuals match limitations.

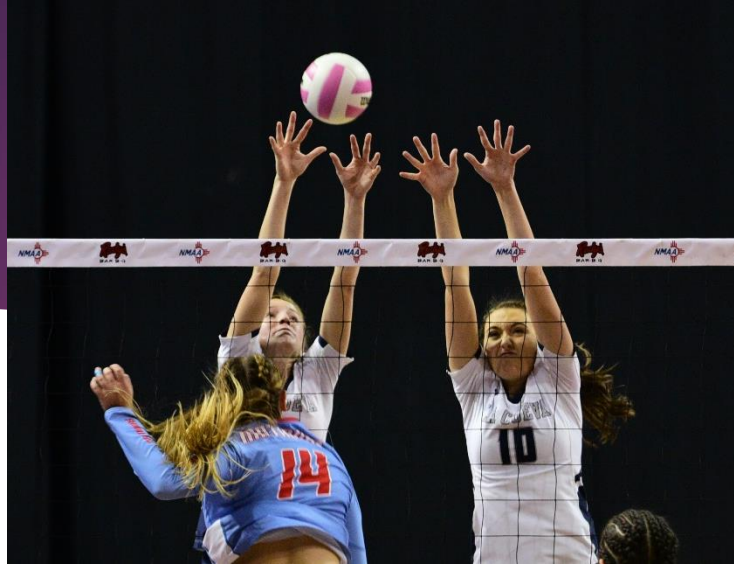
- **Scrimmages**

- A team is allowed one scrimmage day.
- Must be held prior to a team/individuals first game/match/contest.
- Must be against NMAA/NFHS member schools.
- Admission must be free of charge to general public.

- **Alumni Matches**

- Must be played prior to a team/individuals first game/match/contest.
- Must only include alumni from the school participating
- Does not count towards match limitations.





- **Dual Participation- 6.13.2**
 - Participating on a non-school team in the same sport during the school season is discouraged.
 - If a Student is allowed by the local school district, the student's sub-varsity/varsity event limit may not be exceeded cumulatively. (Sand/Beach volleyball is included)

Max Preps



All head coaches must have a MaxPreps account.

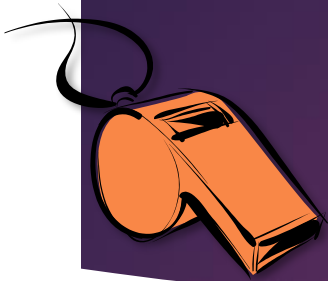
- ▶ **Add Assistant Coaches and managers as well.**

- ▶ **Head coach must update team rosters, schedules and scores throughout the season.**

Libero Uniforms



- ▶ Libero Jersey- either the libero and/or her teammates must wear a contrasting colored jersey.
- ▶ Light vs. dark



Coaching Licensure

- **ALL head coaches, assistant coaches and volunteer coaches have a current New Mexico High School coaching license.**
 - **Fundamentals of Coaching**
 - **Renewing license take First Aid Course-
nfhslearn.com**
- ▶ **NFHS Concussion Course- must be completed annually by coaches and players.**
- ▶ **Concussion fact sheets-completed by athletes and parents.**

Concussion Law

- ▶ SB 38- All student athletes are now required to take the NFHS Concussion Course online at nfhslearn.com prior to participating.
- ▶ SB 137- *If a student athlete exhibits any signs/symptoms of a brain injury, he/she is not to participate in school athletic activity any sooner than 240 hours (10 days) from the hour in which the athlete received a brain injury and only after the athlete has been released to activity by a licensed medical professional.*

District Tournaments

- ▶ Each team is limited to fourteen (14) uniformed members.
- ▶ District Tournament sites, seeding, bracket etc. are under the discretion of the district chairperson for your district.

Out of Season Coaching

- ▶ A Coaching Staff is allowed 7.5 hours of total contact time per week during the off-season. Each coach does not get 7.5 hours with athletes. Its all inclusive (volunteer, varsity, sub-varsity coaches etc).
- ▶ 8th graders are eligible to participate in out-of-season practices. NO 7th graders.
- ▶ Coaching should not take place on holidays, weekends, snow days or in-service days.
- ▶ Sports specific and sports specific conditioning classes are included within the 7.5 hours/week.
- ▶ A high school coach may coach a club team during the off season seeing that the club team is not made up of any current or potential feeder school athletes.

Criteria Used for Seeding and Selection

- 1. Finish in Regular Season district play**
- 2. Head to Head**
- 3. Wins against District Champions regardless of class**
- 4. Overall Record**
- 5. MaxPreps Freeman Rankings**
- 6. Member School Coaches Input**

****NOTE:** In the event of a tie among criteria points:

- 1. Head to Head**
- 2. Max Preps Freeman Rankings**

***Coaches Input forms are due by
8:00 a.m. on Sunday, November 10, 2019.**

2019 State Championships

- **November 14-16, 2019**
- **Santa Ana Star Center and Rio Rancho High School.**
- **Each team is allowed 14 uniformed players for the state championships.**
- **A 20 person maximum per team for the state championships. (coaches, players, scorekeepers, athletic trainers, managers, etc.)**
- **Pink Jerseys are no longer allowed at the state tourney.**
- **State Schedule to be posted by the end of August**



- ▶ Any home match during month of October
- ▶ Wear pink jerseys- optional, must have numbers at least on back.
- ▶ Side-Out Foundation

Verification of Equipment and Sportsmanship Regulations

- ▶ Please understand the following: it is your responsibility to ensure that your sub-varsity coaches (JV, C-Team, Freshmen, etc.) are aware of the information as well.

I acknowledge thatall players:

1. have been informed what equipment is mandatory and what constitutes illegal equipment.
2. have been provided the equipment mandated by rule.
3. have been instructed to wear and how to wear mandatory equipment during a game.
4. have been instructed to notify the coaching staff when equipment becomes illegal through play during the game.
5. have been made aware of and will practice the safety as well as the sportsmanship regulations in concert with NFHS and NMAA rules.

*By signing the rules clinic attendance form, you certify that you and all members of your team/coaches are cognizant of the above information



COMPETE *with* CLASS

RESPECT ★ INTEGRITY ★ RESPONSIBILITY

NEW MEXICO
NATIONAL
GUARD
NATIONALGUARD.com

NMAA CONTACT

Tammy Richards

505.923.3278

575.740.0409

tammy@nmact.org





2019-20 NFHS VOLLEYBALL RULES POWERPOINT

National Federation of State
High School Associations



Take Part. Get Set For Life.™

Rules Changes
Major Editorial Changes
Points of Emphasis



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS


- MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.



NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations




GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



www.nfhs.org/ebooks

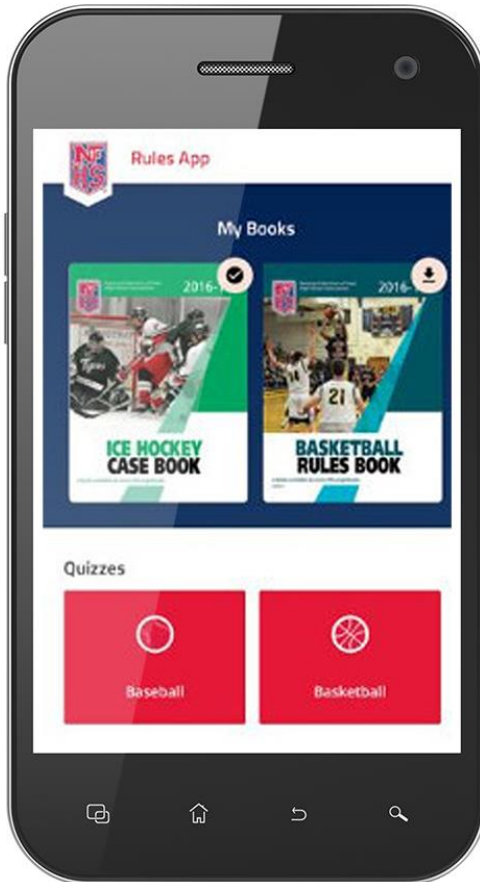
NFHS Rules and Case e-books for \$6.99 each

Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability



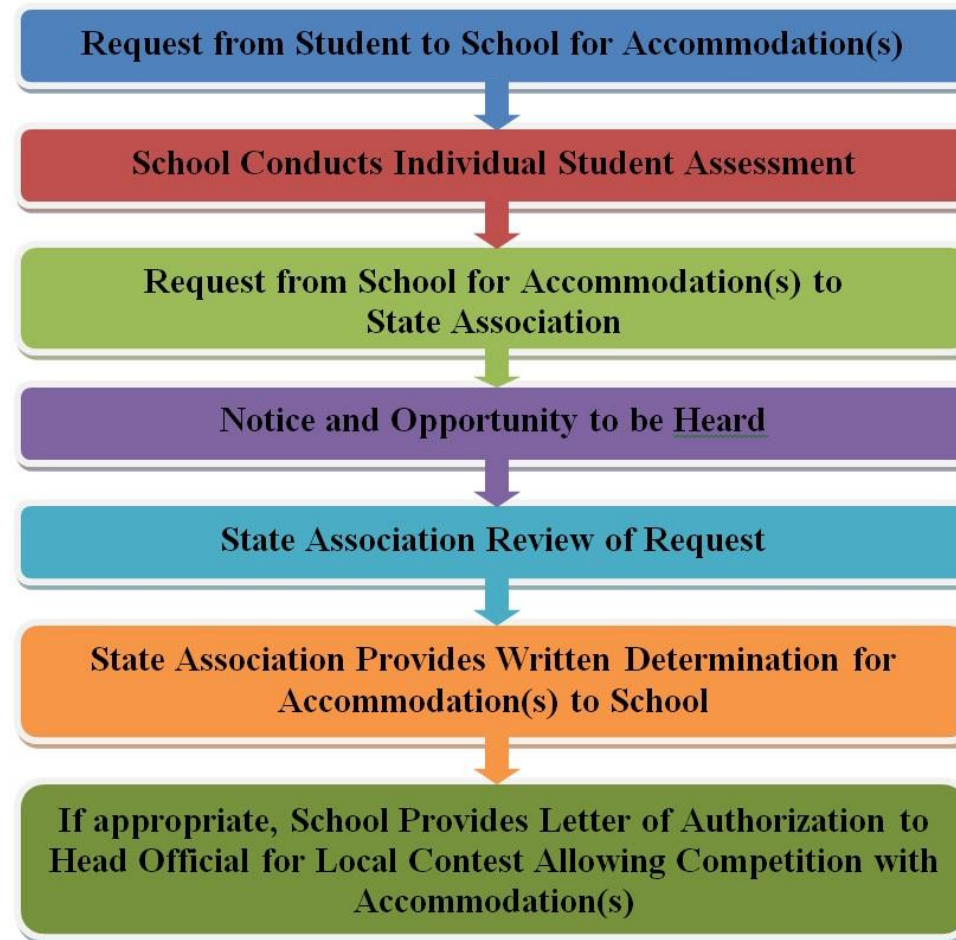
NEW NFHS RULES APP



- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
 - Quizzes for all sports
 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





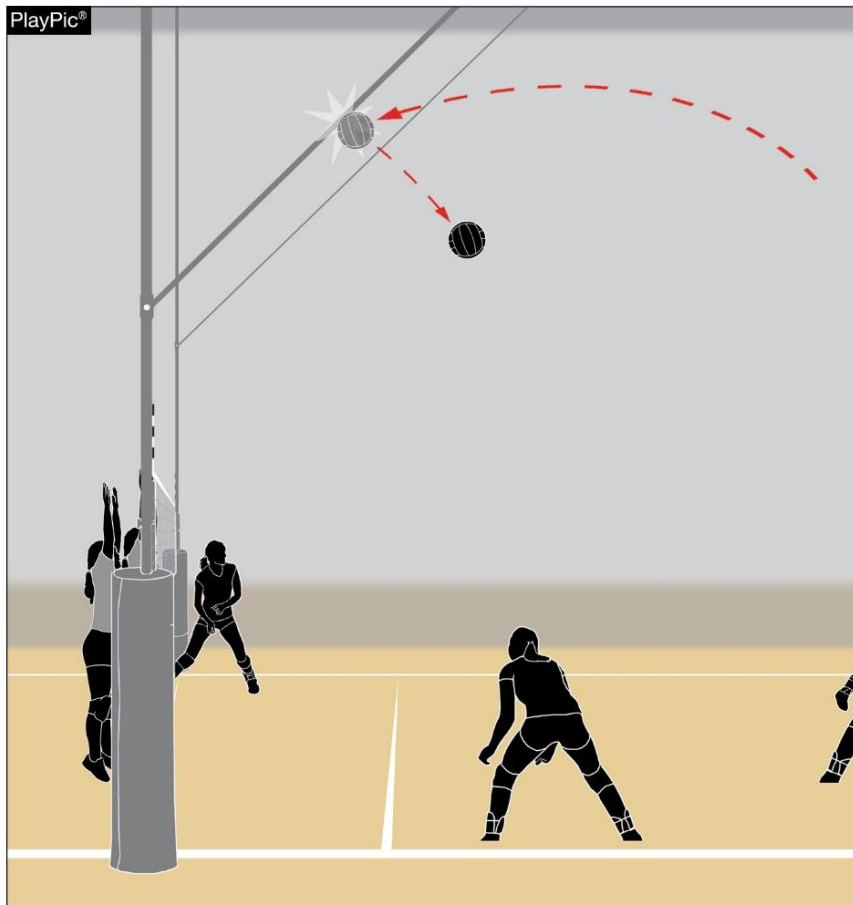
Rules Changes

2019-20 NFHS VOLLEYBALL

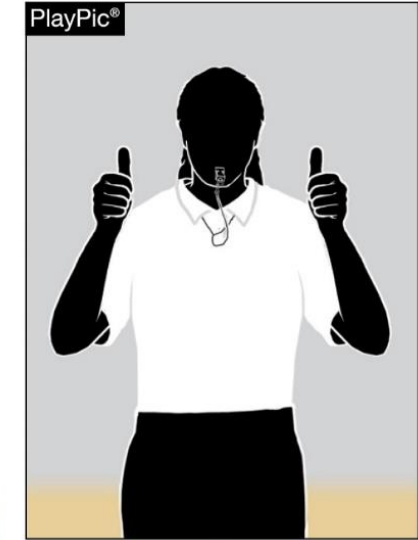
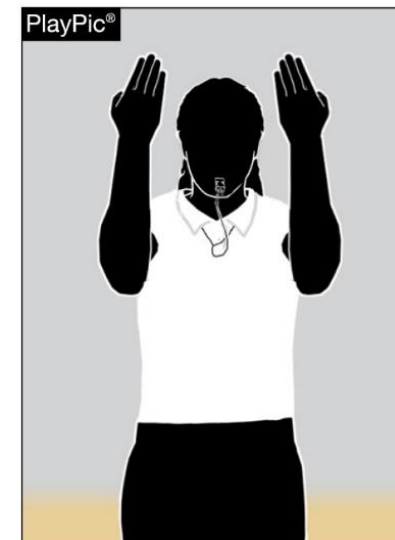


RETRACTABLE CEILING POLES, CABLES

2-2, 2-3j (NEW), 2-4-1e (NEW), 2-4 PENALTIES 3 (NEW), 9-8-1i

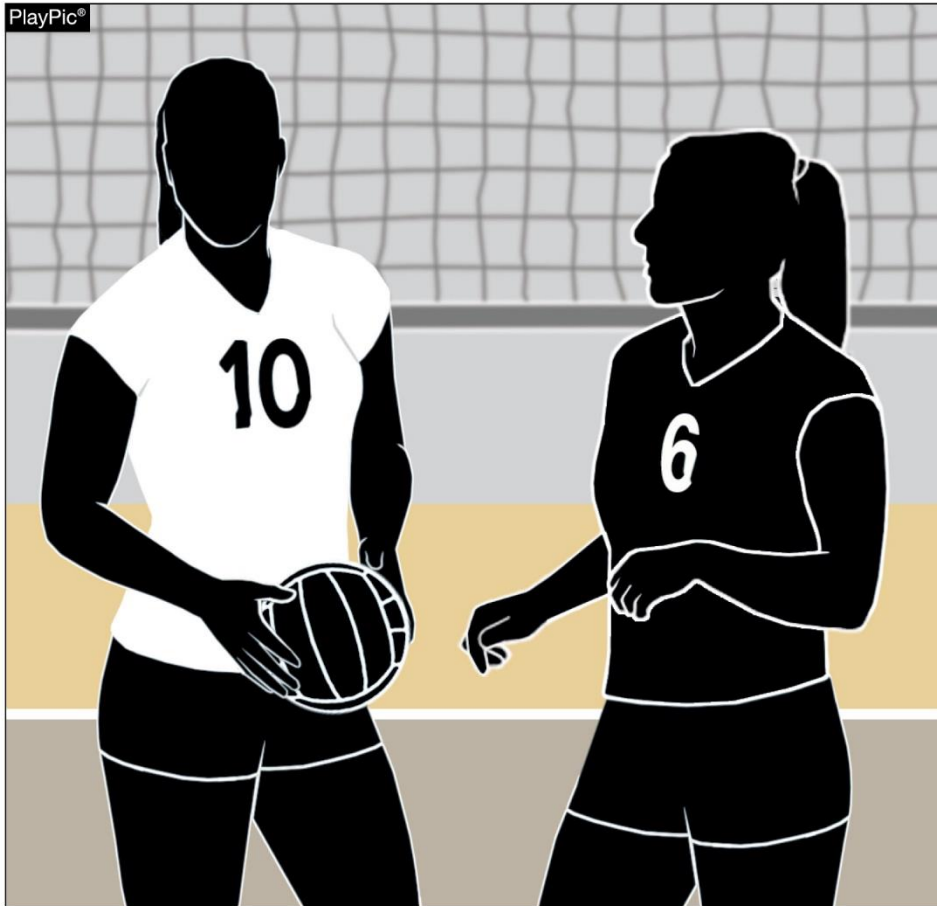


- When the volleyball strikes the cables and/or the diagonal poles used to retract ceiling suspended net systems the referee will stop play and determine if the ball was playable.
- The referee will signal out-of-bounds or replay.



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)



- Rule 4-2-1 is reorganized and simplified.
- The libero must **clearly contrast** with the rest of his/her teammates and conform to all other uniform rules.
- All currently compliant libero uniforms will maintain compliance under new rule.



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

ART 2...The libero uniform top must **clearly contrast** from the **predominant color(s)** of the team uniform top, excluding trim. The libero's uniform top cannot be made up solely of the same predominant color(s) of the team's uniform top, even if the like color(s) are placed differently on the uniform top. Numbers shall meet all specifications in Rule 4-2-4.



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- Establishing Predominant Color(s)
 - Predominant color(s) is the color(s) appearing on the **majority** of the uniform top (body and sleeves).
 - Uniform tops can have one predominant color with accent colors (colors used in designs or trim).
 - When one predominant color can be established, any of the accent colors – **if clearly contrasting** – can be used as the predominant color of the libero uniform top.

LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- In this scenario, the team uniform has **one predominant color: BLACK**



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- The team uniform has one predominant color (**BLACK**).
- Any contrasting color can be used as the predominant color of the libero uniform top and black can be used as an accent color.



Team Jersey

Compliant



Libero Jersey



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- Multiple Predominant Colors:
 - Uniform tops can have **multiple predominant colors** sharing approximately the same amount of space on the uniform top.
 - **When multiple predominant colors can be established neither of the predominant colors can be used as a predominant color of the libero uniform top, even if placed differently on the uniform top.**



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- In this scenario, the uniform has **two predominant colors**: **light blue** and **navy blue**.



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- Which one of the jerseys below would be a compliant libero jersey?

Compliant



Team Jersey

Non-compliant



LEGAL UNIFORM

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- The school's name, nickname, logo, mascot and/or team member's name are permitted on the uniform top and/or bottom.
- A sublimated team mascot is compliant on both the team and libero jersey.



Compliant

LEGAL UNIFORM - CORRECTION

4-2-1, 4-2-1a (NEW), 4-2-1e (NEW), 4-2-2 (NEW)

- 4-2-1e: ~~A single mascot reference and/or school name may be place on the sleeve(s), not to exceed either 4 inches by 4 inches or 2 inches by 5 inches.~~
- School references are permitted on the sleeve(s) of the uniform top **without size restrictions.**



Compliant

LEGAL UNIFORM

RULE 4-2-4b



- Eliminates the use of double zero (00) as a uniform number option.
- The number shall not be more than two digits (0-99).

LEGAL UNIFORM

4-2-4c

Illegal (2023)



Legal



Legal



Beginning with the 2023 season, the body of the uniform number must clearly contrast from the body of the uniform regardless of trim.

ROSTER AND LINEUP

5-5-1b; 5-6-1b; 7-1-1a; 7-1-1 PENALTIES 1; 7-1-2; 7-1-4; 7-1-4 PENALTIES 1,2



- The second referee shall collect team rosters at the prematch conference.
- Coaches can make changes to the roster until 10 minutes remain on the pregame clock.
- All rosters and lineups must be submitted to the second referee – not the scorer.

LINE JUDGE RESPONSIBILITIES

5-9-2a NOTE



- The line judge shall take his/her position and move in line with the extension of the end line when the ball is being served near the line judge's base position.
- The line judge shall watch for foot fault on the end line and move quickly back to base position for a view of the sideline.

ILLEGAL SERVE RULE

8-1-6, 8-2-5g (NEW)



It is an illegal serve – not a service fault – when a ball tossed for serve contacts any part of a backboard or its supports hanging in a vertical position over the serving area.
(Signal 13)

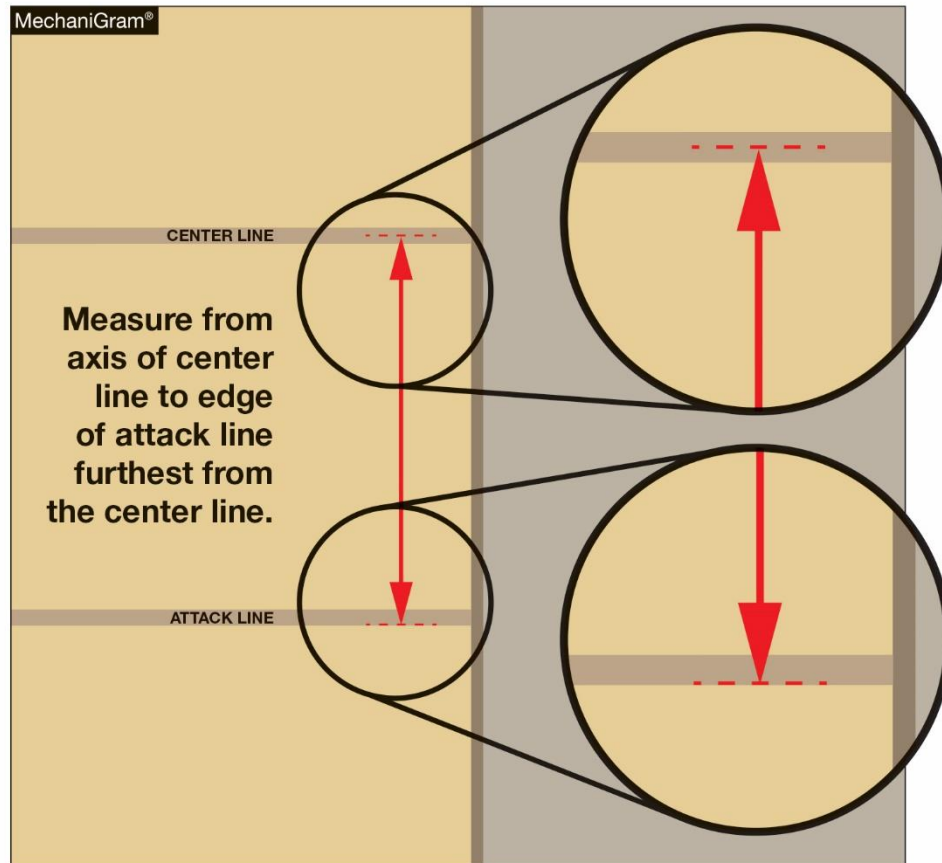


Editorial Changes

2019-20 NFHS VOLLEYBALL

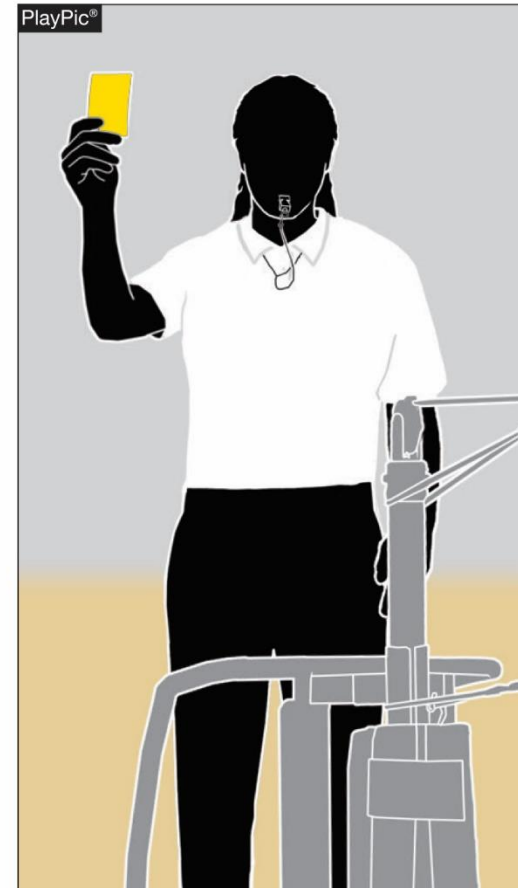
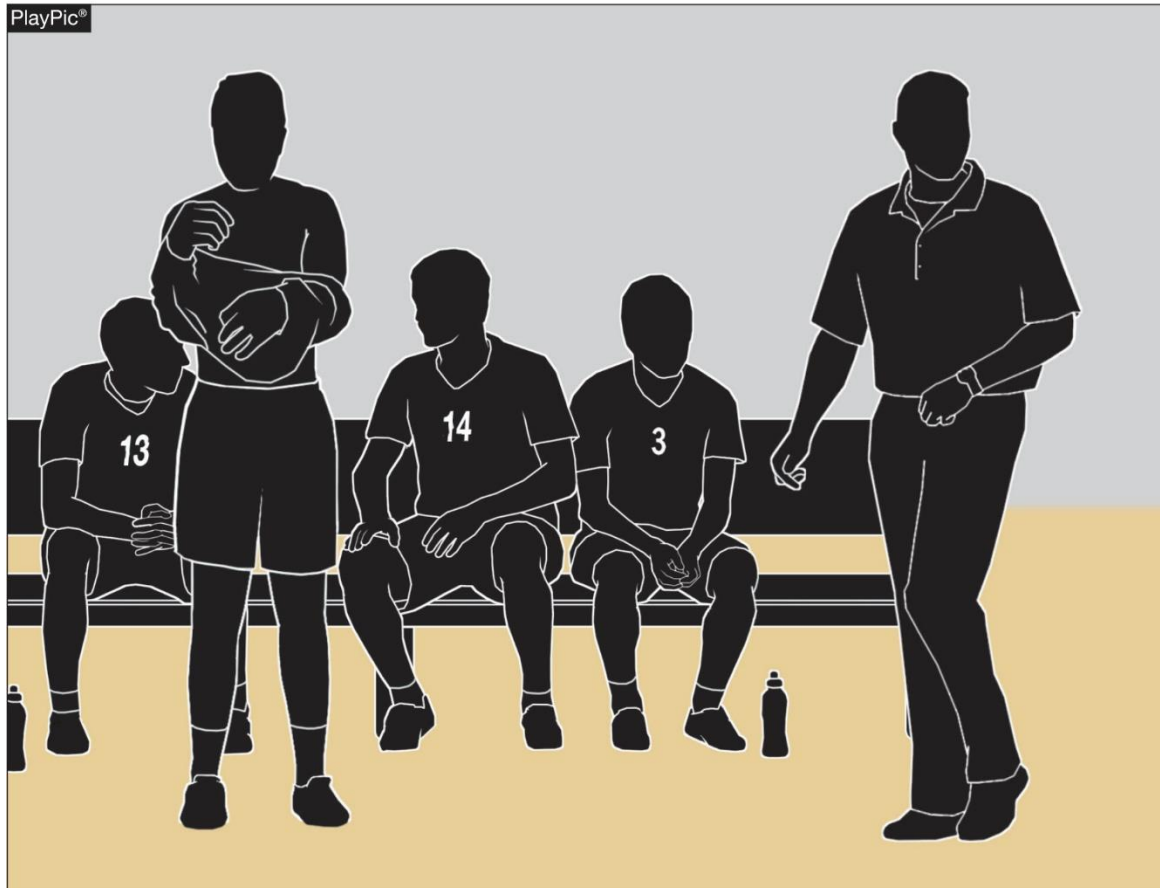


THE COURT: 2-1-5



- The attack line shall be measured from the edge of the attack line farthest from the center line to the axis of the center line.

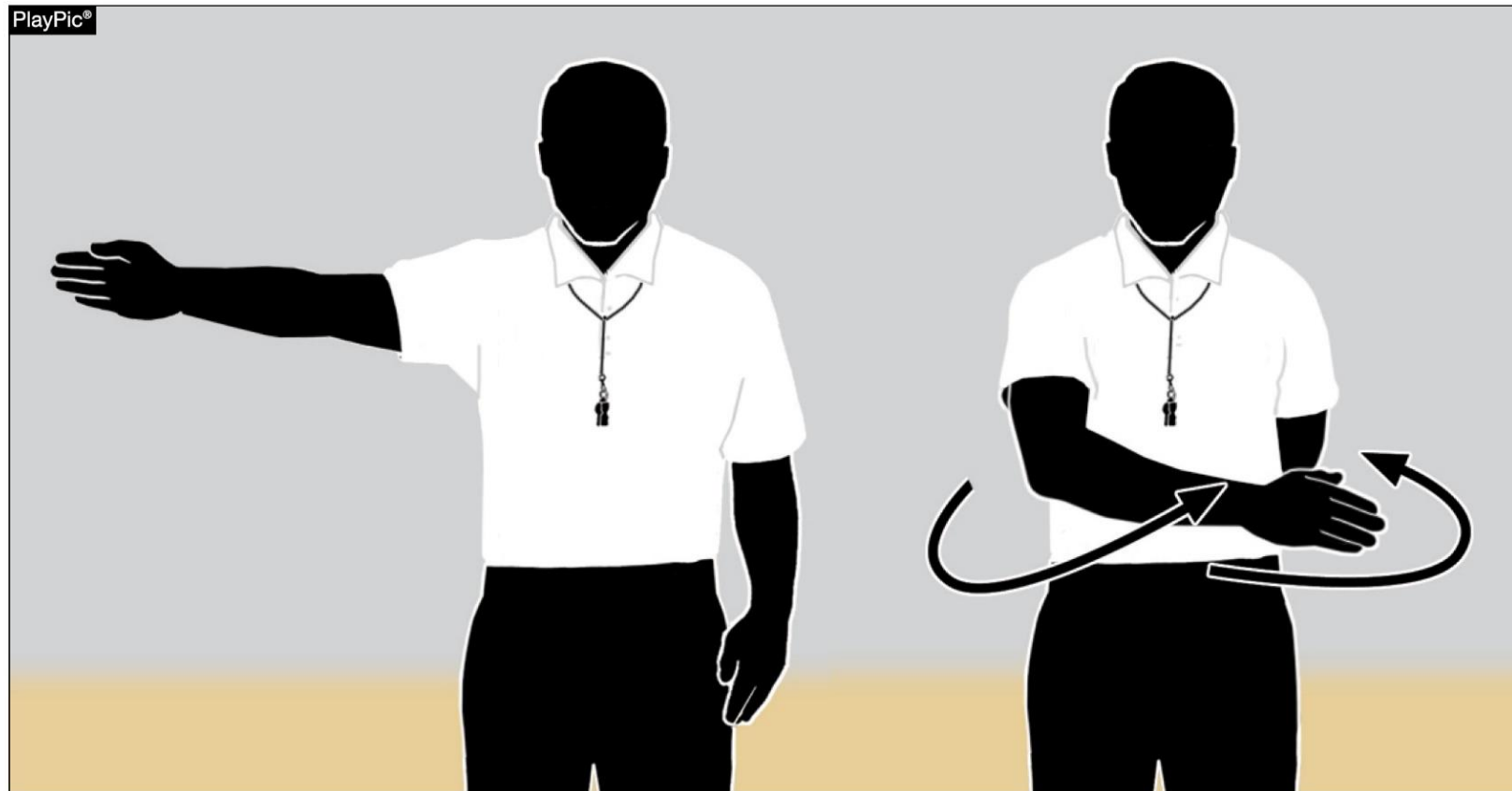
LEGAL UNIFORM: 4-2-7



- The penalty for the removal of any part of the uniform top or bottom is a yellow card charged to the coach for unsporting conduct.

SECOND REFEREE RESPONSIBILITIES

5-5-3b(26)



- When conducting the coin toss prior to the deciding set, the second referee shall indicate the serving team and the proper team benches.

THE SERVE – ILLEGAL SERVE

8-1-6, 8-2-5g (NEW)



Signal 3



Signal 13

- The proper signal for a tossed ball that contacts a backboard or its supports hanging in a vertical position over the serving area is official signal 13: Out-of-bounds.

NFHS OFFICIAL SIGNALS CHART

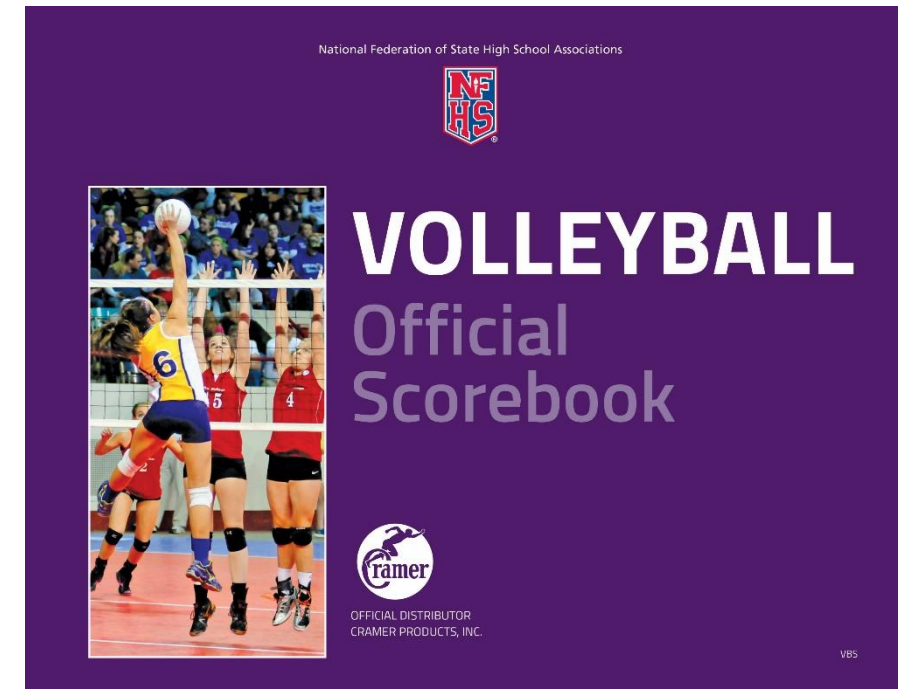
1. Illegal Alignment/Improper Server/Inaccurate Lineup 	2. Line Violation 	3. Illegal Hit 	4. Delay of Service 	5. Over-the-net 	6. Net Fault or Net Serve 	7. Illegal Attack 	8. Illegal Block/Screening
9. Ball Touched 	10. Four Hits 	11. Double Hit 	12. Ball Lands Inbounds 	13. Out-of-bounds/Antenna Violation 	14. Begin Serve 	15. Substitution 	16. Authorization to Enter
17. Point 	18. Replay/Re-serve 	19. Time-out 	19a. Team 	19b. Official 	20. Unnecessary Delay 	21. End-of-Set 	22. Change of Courts

OTHER EDITORIAL CHANGES

- 2-4-1b A player gains an ~~illegal~~ advantage...
- 5-2-1b If a fault is whistled...followed by the player committing the net fault,~~if necessary~~;
- 10-2 After a team is charged with unnecessary delay for a, b or c
PEN 2 above, no ~~further~~ substitutions...
- 11-4-2 In the case of a team having an injured/ill player...~~A~~Each
player may be granted ~~only~~ a single special injury time-out...
- 12-2 a. Yellow Conduct Card (warning) ~~Warning (yellow card)~~...
PEN 1 b. Red Conduct Card (penalty) ~~Penalty (red card)~~...

OTHER EDITORIAL CHANGES

- New Instructions for Scorer (pgs. 55-59) includes:
 - Simplified, bulleted instructions for prematch and during the set;
 - Easy-to-access instructions, including examples, for recording comments;
 - Simplified and reconfigured sample set.





Points of Emphasis

2019-20 NFHS VOLLEYBALL



NEW INFORMAL LEGAL BACK-ROW ATTACK SIGNALS



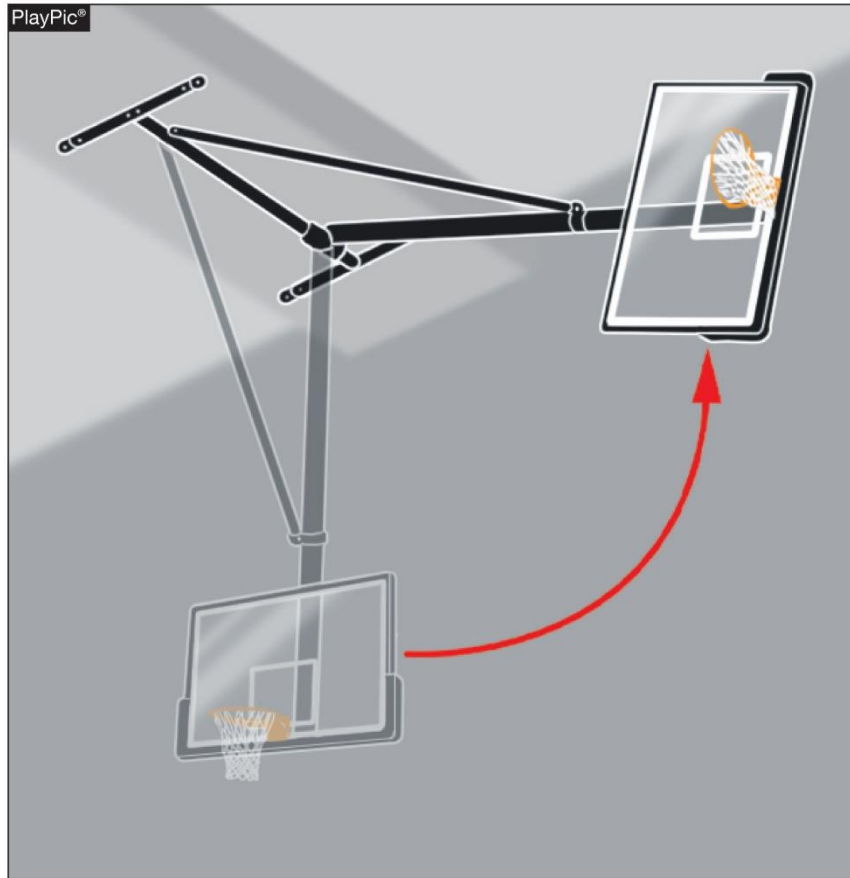
Ball below height of net



Player behind attack line

- Informal signals can be used to communicate between officials and between official and coach.
- Two new informal signals have been added to the Officials Manual as tools for officials to use when providing information regarding the reason for continuous play during a potential illegal back-row attack.
- The first referee can signal the ball was contacted below the height of the net or the back-row player was behind the attack line.

SIDE-FOLDING RETRACTABLE BACKBOARDS



- A vertical backboard raised to the side and up toward the ceiling, even though still technically vertical, is considered a playable overhead obstruction.
- A ball striking the raised backboard, **regardless of how it is raised**, above a playable area, shall remain in play provided the ball does not cross the plane of the net and is playable by a teammate.



BALL HANDLING

- The following criteria can be used to develop consistency when judging ball handling as the first referee:
 - Only the contact point should be considered when judging legality.
 - Outside influences such as player technique, spin, coaches' expectations or crowd reaction should not be considered when judging the legality of the contact.
 - There is no body/ball position or playing technique that automatically results in illegal contact.





BALL HANDLING

- Below are tips to use when assessing second ball contacts:
 - A player in good position must play the ball without discernable double contacts.
 - Less severe judgment is applied to a contact by a player who makes a challenging or spectacular play while maintaining a legal play.
 - Mishandled balls resulting in a blatant fault should still be called, regardless of the challenging or spectacular nature of the play.



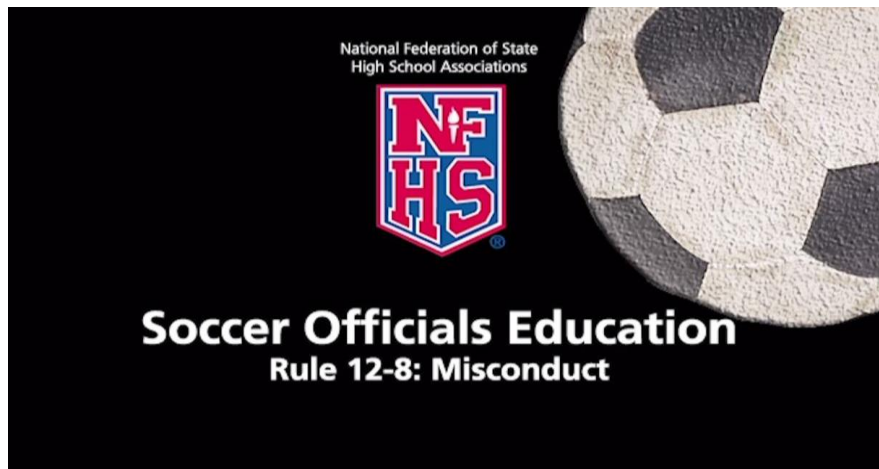
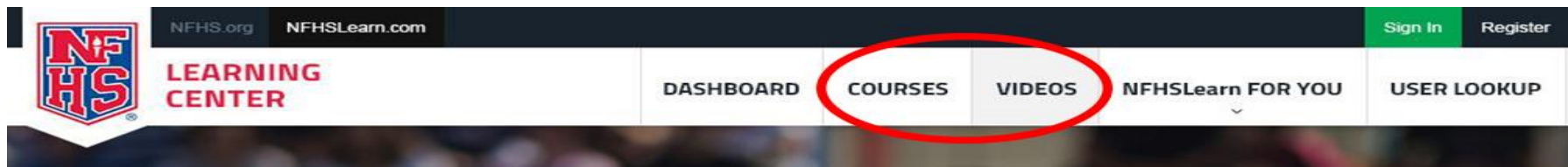


NFHS OFFICIALS ASSOCIATION



OFFICIALS EDUCATION

- UPDATED OFFICIALS EDUCATION COURSES AND VIDEO IS LOCATED AT www.NFHSLearn.com





Officiating Volleyball: Ball Handling

Course Objectives

- Understand the basic rules of contact and the skills performed in a volleyball match.
- Identify and explain examples of illegal and legal contact.
- Practice making ball handling calls on actual player contacts.
- Create consistency in ball handling calls.

Units

- Introduction to Ball Handling
- Rules Governing Ball Handling
- Techniques to Train the Eye
- Variables and External Stimuli
- Overview of Each Skill

More Information at nfhslearn.com!





NFHS LEARNING CENTER



NFHS LEARNING CENTER

WWW.NFHSLEARN.COM

- Professional Development For ALL
 - Coaches
 - Officials
 - Administrators
 - Parents
 - Students
 - Performing Arts



WWW.NFHSLEARN.COM

- FREE courses include:
 - Bullying, Hazing and Inappropriate Behaviors
 - Student Mental Health and Suicide Prevention
 - Understanding Copyright and Compliance
 - Protecting Students from Abuse
 - Hazing Prevention for Students
 - Coaching Unified Sports
 - ACL Injury Prevention
 - Sportsmanship
 - And many more





NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



www.NFHSnetwork.com



THANK YOU

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

www.nfhs.org | www.nfhslearn.com

