



## **2020-21 Volleyball Rule Modifications and Recommendations**

With the support from the NFHS Volleyball Rules Committee and the Canyon Athletic Association, the considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of the virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.

*A rule modification is a modification to a playing rule from the governing body of the sport and is a requirement to adhere to and follow. A recommendation is a consideration to the sport and allows for optional guidelines. Recommendations are not required but are permitted.*

### **2020 NFHS RULE MODIFICATIONS**

#### ***Pre-Match Conference***

- Limit attendees to one coach from each team, first referee and (second referee-State Tournament only). One team captain may attend as well. Cloth masks/face coverings may be worn.
- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
- Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets. Officials will determine if a disadvantage is present and a coin-toss may take place for that reason only.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.



### ***Team Benches***

- Suspend the protocol of teams switching benches and courts between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present and communicated at the beginning of the match. Sanitizing chairs in between is a switch is recommended.
- Limit bench personnel to observe social distancing of 3 to 6 feet.

### ***Deciding Set Procedures***

- Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
- Suspend the protocol of teams switching benches/courts before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present. Sanitizing chairs in between is a switch is recommended.

### ***Substitution Procedures***

- Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

### ***Officials Table***

- Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommended distance of 3 to 6 feet between individuals.
- Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location if a scorer's table cannot properly fit this individual at the table with the recommended distances.

### ***Pre and Post Match Ceremony:***

- Social distancing of at least 6 feet should be maintained during the pre-match ceremony. Handshakes and/or fist bumps shall be eliminated before and after the match.



## GENERAL RECOMMENDATIONS

### Recommendations for Coaches:

- Face coverings/masks must be worn during all practices and games.
- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Sanitize equipment as often as time permits, including warm-up balls.
- If supplying a flag for line judge, allow for proper sanitization of the flag.
- Provide visiting team separate ball carts for warm-up balls, if possible.

### Recommendations for Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Face coverings/masks must be worn when entering or exiting the game site.
- Cloth face coverings/masks are permitted, if an individual prefers to wear one. Cloth face coverings/masks are not required during play. (NFHS Rule 4-1-4).
- Gloves are permissible (NFHS Rule 4-1-1).
- Bring your own water bottle.

### Recommendations for Officials:

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
- Electronic whistles are permitted, if an official prefers to use one. Electronic whistles are not required.
- Do not shake hands including in the pre-game and post-game ceremony.
- Face coverings/masks must be worn when entering or exiting the game site.
- Use of radios to communicate with a partner is permissible.
- Line judges may supply their own flag.
- Cloth face coverings/masks are permitted, if an individual prefers to wear one. Cloth face coverings/masks are not required.



### **Recommendations for Parents**

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home)
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.
- Face coverings/masks must be worn at all times at CAA events.