

Volleyball (Boys & Girls)

SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.

1. PRESEASON AND OUT-OF-SEASON

- a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.
- b. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, for up to 5 days which do not need to be consecutive for all WIAA sports sponsored by the school. Unrestricted contact days must conclude no later than August 8.
- c. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition for up to 5 days in all WIAA sports sponsored by the school, without restriction. **Note: Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.**
- d. Other than during the actual school season and those days designated as unrestricted coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:
 - (1) An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc. and no school monies or resources can be applied.
 - (2) The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:
 - (a) Unrestricted School Coaching Contact - Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded up to 5 days of unrestricted school coaching contact between the end of school and August 8, in accordance with the Bylaws and as described in item B of this section. The five days do not need to be consecutive.
 - 1) There must be a minimum of one calendar week (Sun.-Sat.) of no unrestricted school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect unlimited nonschool coaching contact.
 - 2) Football must follow the WIAA Fall Acclimatization policy.
 - (b) Unlimited Nonschool Coaching Contact – Coaches in all sports except football have been afforded unlimited nonschool coaching contact beyond the five unrestricted days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI - Nonschool Participation.

Note: Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc.

2. LENGTH OF SEASON

- a. Girls & Boys – The earliest day practice may begin is the Monday of Week 10 (September 7). The season ends with the State Tournament concluding on Saturday of Week 18 (November 7).

3. MINIMUM DAYS OF PRACTICE

- a. There must be practices on a minimum of seven different days before the first competition may be conducted.
- b. The first five days of practice may not involve a team from outside the school.
- c. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when students may begin competition.
- d. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

4. SCRIMMAGES

- a. Two scrimmages with another school or schools may be conducted in addition to the maximum allowed contests, provided all athletes participating meet all WIAA and school eligibility requirements (exceptions: students ineligible due to academic deficiency, code of conduct violations, or those required to miss the next competitive event, due to being ejected from their last competitive event, may participate at the discretion of the school), and:
 - (1) Five different days of practice have elapsed.
 - (2) There is no loss of academic class time.
 - (3) Each high school team, i.e., varsity, JV, sophomore, freshman, is allowed two scrimmages.
 - (4) An individual student may participate in multiple levels of scrimmages conducted on the same day.
 - (5) It may be held any time during the regular season or the WIAA tournament series.
 - (6) There is no score in a book or on a scoreboard.
 - (7) A win/loss does not count in a team's overall record.
- b. Any interschool scrimmage other than the one described in 4a counts toward the maximum allowed games.

Note: If either school counts a scrimmage as a game, it must be counted as a game for both programs, schools or teams.

5. DATE OF FIRST CONTEST

The first contest may not be held before:

- a. Girls & Boys – Tuesday, September 15.

6. MAXIMUM ALLOWED CONTESTS

- a. The maximum number of contests is 15, and no more than seven of the 15 may be multiple-school contests (involving total of more than two teams). Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.

Note: For grade 9 and JV competitions only, a school may schedule double duals or triple duals beyond the maximum number of multiple-school meets, but a double dual must replace two of the allowed competitions and a triple dual must replace three of the allowed competitions.

- b. Conference tournaments must be included in count of regular season maximums.
- c. No contest may continue more than two consecutive days. Note: A two day meet counts as one multiple-school contest.
- d. No contest may be scheduled (but a contest may be rescheduled if postponed) after any of the schools involved has begun WIAA tournament series competition.
- e. The WIAA tournament series is not part of the maximum allowed contests.
- f. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

7. INDIVIDUAL PARTICIPATION LIMITATIONS

- a. A student may not participate in more than 15 contests and no more than seven of the 15 may be multiple-school contests (involving total of more than two teams).
- b. It is strongly recommended that a student participate at only one level (varsity or nonvarsity) on the same day.
- c. A student who participates at multiple levels on the same day may not play in more than the equivalent of six sets if the varsity match is a three-out-of-five set match.
- d. It is strongly recommended that a student who is a varsity starter or leading reserve not play at the nonvarsity level.
- e. Participating in only one play constitutes one allowed set.
- f. It is not the responsibility of contest officials to enforce the rule related to maximum participation by students who participate on multiple levels on the same day. Schools must report violations to the WIAA following competition. Violations are considered in the same manner as a school using an ineligible student. The minimum penalty for such violations is forfeiture of match(es) in which the participant exceeded the maximum.

8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT

- a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.
- b. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.
- c. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

9. PROHIBITION OF PRACTICE AT TOURNAMENT SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and State Tournament preparation at sites and facilities hosting WIAA tournaments.

10. CONTEST CONTROL

- a. All schools are responsible before, during, and after a contest for the proper conduct of their coaches, athletes, students, and other spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).
- b. Schools are expected to prohibit and/or eliminate pranks, mischief, or any other activity involving destruction, theft, etc., of athletic facilities, equipment, and material.

11. LICENSED OFFICIALS

- a. Two WIAA licensed officials (R1 and R2) are required for all interscholastic competition on the senior high varsity level.
 - b. Two WIAA licensed officials are recommended for all nonvarsity competition, but only one (R1) is required.
- Note: For sub-varsity competition if only one WIAA licensed official is used two line judges are required. If two WIAA licensed officials are used line judges are recommended. Sub-varsity line judges do not need to be adults.

12. MEDICAL COVERAGE

For all contests and practices emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service. These should include, but are not limited to, such things as:

- a. A physician available by phone or on location.
- b. Phone location and phone numbers available for contacting physician and/or ambulance service.

13. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.

14. OXYGEN AND FLUIDS PROVIDED INTRAVENOUSLY

- a. Oxygen administered by mechanical means for recuperative purposes is not permitted.
- b. Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

15. RULES GOVERNING COMPETITION

The official rules for all interscholastic competition are contained in the (a) current edition of VOLLEYBALL RULES and CASE BOOK AND MANUAL and (b) related publications and interpretations of the National Federation with these additional provisions:

NATIONAL FEDERATION ALLOWED ADAPTATIONS

- a. Match – A match may consist of a two-out-of-three or a three-out-of-five set match for both varsity and nonvarsity competition. (Rule 1-2-1)
All conference varsity volleyball matches (dual, triangulars, and quadrangulars) will be rally score, three-out-of-five to 25 points, no cap. If a fifth and determining set is played it will be rally score to 15 points, no cap, the exception to this format could be invitational and conference tournaments.

Recommended formats for invitational tournaments could include:

- (1) Best of five, rally score to 25, fifth set rally score to 15, with or without caps.
- (2) Best of three, rally score to 25, third set rally score to 15, with or without caps.

Note: The conference (if a conference meet) or the host school (if a nonconference meet) shall determine if exhibition sets in either a two-out-of-three or a three-out-of-five set match will be played even though not necessary to determine the match winner.

Only matches played in a two-out-of-three or three-out-of-five format may be included for seeding purposes and season records.

It is recommended that subvarsity volleyball matches also use rally scoring. Conferences and schools may choose to use traditional side-out scoring if they feel it will enhance skill development. Recommended rally scoring formats could include:

- (a) Best of five. If a fifth and deciding set is played it will be rally score to 15 points, no cap.
 - (b) Three set match. All sets rally score to 25 points.
 - (c) Best of three. All sets rally score to 25 points.
- b. Line judges – Two **are required**, with adults preferred, for all varsity competition. Host school and/or conference will decide on how these individuals will be provided (i.e., host school provides or both schools furnish one). (Rule 5-1-1)

Note: For sub-varsity competition if only one WIAA licensed official is used two line judges are required. If two WIAA licensed officials are used line judges are recommended. Sub-varsity line judges do not need to be adults.

NATIONAL FEDERATION 2020 COVID RELATED

a. NFHS Volleyball Rules Considerations

- (1) Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)
 - (a) Limit attendees to one coach from each team, first referee and second referee.
 - (b) Move the location of the prematch 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.
 - (c) 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.
 - (d) Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- (2) Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)
 - (a) Suspend the protocol of teams switching benches 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.
 - (b) Limit bench personnel to observe social distancing of 3-to-6 feet.
- (3) Officials Table (3-4)
 - (a) 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.
- (4) Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)
 - (a) 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.
- (5) Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]
 - (a) 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.
 - (b) Suspend the protocol of teams switching benches 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.

STATE ASSOCIATION REGULATIONS

- a. The prematch warm-ups shall consist of 20 minutes. The clock must be stopped and the horn sounded after each of the segments listed below.
 - (1) 6 minutes – both teams on the court doing ball drills, but no net play.
 - (2) 7 minutes – home team on court alone.
 - (3) 7 minutes – visiting team on court alone.
 - (4) National Anthem – teams lined up on the sideline in front of their bench.
 - (5) 1 minute – team huddle in bench area.
 - (6) Starters only report to baseline.
 - (7) Introduction of starters from the baseline.
 - (8) Teams will then follow the defined National Federation prematch protocol.

- (9) Allowed exceptions include:
 - (a) The introduction procedure can be modified for special circumstances (i.e., parents or senior night, etc.).
 - (b) If two courts are available both can be used for warm-ups. The involved coaches should mutually agree on procedures for court usage. The visiting team must, however, be provided equal usage of the main court.
 - (c) When hosting a multi-team event, the host school may provide a modified warm-up schedule.
- b. Uniform/Equipment
 - (1) Nonvarsity teams shall be allowed to wear old varsity uniforms which are now unapproved provided participant safety is not jeopardized. (Rule 4-2)
- c. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

16. **NON-VARSITY TEAMS WITH ONLY GRADE 9 STUDENTS**

The above rules apply with these additional provisions:

- a. The season ends on the Saturday of Week 16 (October 24) for girls and boys.
- b. The maximum number of meets is 13. No more than six of the 13 may be multiple-school meets.
Note: For grade 9 and JV competitions only, a school may schedule double duals or triple duals beyond the maximum number of multiple-school meets, but a double dual must replace two of the allowed competitions and a triple dual must replace three of the allowed competitions.
- c. One game involving the faculty or a school controlled group, such as a team of intramural players, does not count toward the maximum.

17. **GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS**

- a. Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.
- b. A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school's students in Grade 8 and/or below.
Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.
- c. Rules governing Grade 9 season length apply for teams with students Grade 9 and below.