

2025-26 Volleyball “Nuts and Bolts”

- **Officials Uniforms**

- Wear the same color shirt as your partner, this excludes your lines people
- You may wear black shorts ONLY for Pre-Season Tournaments

- **Pre-Match Conference**

- Don't turn over the coin after you flip it
- R2 collects the rosters—if they forget then have them retrieve it with no penalty (be proactive)

- **Whistles and Horns for Time-Outs** (the horn always end a time-out—exception may be tournaments when whistles are used)

- R2 double-whistles along with signal #19 (R1 mirrors the signal)
- R2 at 45 seconds double-whistles a warning and reminds the timer to blow the horn at 60 seconds.
- If both teams are ready to play early
 - R2 tells the timer to stop the clock
 - R2 double-whistles
 - R2 tells the timer to sound the horn
 - R2 notifies the coach of how many time-outs they have used (R1 mirrors)

- **Substitutions**

- R2 double-whistles and uses signal #19 (R1 mirrors the signal)
- If it occurs after a time-out---subs and libero replacements (provided they sat out one dead ball)—take place after the time-out has ended and all players have returned to the court.

- **Team Benches**

- Schools are allowed to not switch benches (home management should let you know this but be proactive). If they don't switch sides you will need to have the lines people switch sides after each set. If the teams do switch benches, then the lines people can stay on their original side.

- **Sub-Varsity Matches (change)**

- We will play best 2 out of 3 to 25 points unless you are notified by the home team, prior to the match, that the third set will only be played to 15 points (they should let you know but be proactive and add that to your pre-match

conference, and the R2 should remind the captains at the coin flip for the deciding set).

- **Uniforms**

- Player shorts and longer leggings must all be the same color
- **New Rule**—undergarments can be black, white or gray under the top or bottom of the uniform if the predominant color cannot be matched. However, all team members, other than the libero, must still wear the same color undergarment.
- Body of the uniform number must clearly contrast with the uniform top regardless of trim or border
- Libero top must clearly contrast from the predominant color(s) of the team uniform top
- Compression sleeves can be any color of designs. They may be padded, and all players don't have to match.
- Don't allow your players to remove any part of their uniform while they are in the gym/volleyball playing area, including the areas behind the team bench, and the scorekeeper table. The penalty is an unsportsmanlike conduct (yellow or red card) to the coach, which can result in loss rally/point—these cards carry over from set to set (this is a player safety issue with the use of the NFHS cameras, cell phone cameras, team videos etc.)

- **Jewelry etc.**

- Posts, studs, and plugs are legal above the chin (No Hoops—not even very small ones)
- No ear gauges or ear gauge plugs
- No glitter or body paint in/on the hair, face or body (it will have to be washed out prior to entering the match) -including temporary tattoos
- Hair tinsel is not glitter and does not pose a safety risk (legal)

- **Rosters**

- Turn in at the pre-match conference
- May be changed up to the 10-minute mark, unless it is a blood or damage issue
 - Any corrections made to the roster after the 10-minutes result in loss of rally/point

- If you don't list a player/substitute on the roster, who is attempting to enter, then it is a loss of rally/point. The roster is corrected and then the player/substitute may enter
- Put an "L" next to your libero
- The "C" for captain is optional on the roster

- **Lineups**

- Can change up to (2) minutes prior to the first set, and (1) on the subsequent sets
- Have the scorekeepers turn over the lineup sheets, after they have placed them in the scorebook, until the time to change a lineup expires (2 or 1 minute).
- Be sure to list your lineup in serving order (first server listed first whether you have first serve or receive).
- Be sure that your libero is listed at the top of each of your lineups. If they are not listed, then you can't play with one for that set!
- Place a "C" next to your captain(s). Only one captain may communicate with the officials during the set.
- You are required to submit a written lineup for each set (this helps the scorekeepers)

- **Warmups**

- During the regular season you can use 6-6-3 or 7-7; however, during regionals and state it will be 7-7. Regular season tournaments can use any warmup.
- All players/managers who are on the volleyball court playing area, during warmups, must wear appropriate shoes-- (They don't have to be tennis shoes; however, they can't be bare feet, socks, sandals, flip-flops, high heels etc.). They may not be using ear buds or headphones.
- The "off" team is allowed in Wyoming to use the outer area of the volleyball court to warmup while the opposing team is on the court.

- **Antenna Placement**

- It is attached directly above the outside edge of the sideline. If there is a vertical white tape marker or antenna sleeve, they are placed on the inside of each antenna—it is the antenna that determines in/out.

- **Multiple Contact on Second Contact Criteria (Best reference is your NFHS Preseason Guide) *PROLONGED CONTACT or THROWING the BALL are still ILLEGAL---Use Signal #3**

- Single attempt to play the ball on a team's second contact
- Ball must next be contacted by a teammate on the same side of the net
 - Scenario #1: On a multiple contact, the second contact goes immediately over the net to the other team with no teammate touching it. Ruling: Illegal (use signal #11)
 - Scenario #2: Team A's back-row setter jumps to set a second ball above the height of the net and double contacts the ball directly into the hands of a Team B blocker who is reaching completely over the plane of the net. Ruling: Over-the-net fault on Team B blocker as they illegally contacted the ball which is completely on the opponent's side of the net. (9-5-1c, 9-6-3)
 - Scenario #3: Team A's back-row setter jumps to set a second ball above the height of the net and double contacts the ball directly into the hands of a Team B blocker after the ball has broken the plane of the net. Ruling: Illegal attack on Team A's setter (signal #7). Team A's setter commits an illegal attack as soon as the ball breaks the plane of the net. The double hit fault occurs after the illegal attack once contact is made with a blocker. (9-5-4)
 - Scenario #4: Team S's back-row setter is in the front zone and clearly double hits the team's second contact, while the ball is entirely above the height of the net. The ball travels toward teammate S2 and enters the plane of the net where S2 and a team R blocker contact the ball simultaneously. Ruling: Illegal attack by the team S back-row setter. When a back-row player in the front zone contacts the ball entirely above the height of the net, and ball is then legally touched by an opponent (including simultaneous contact between a teammate and an opponent), this is an illegal attack. If the ball crosses the net untouched by a teammate or opponent, this is also an illegal attack by the back-row player. The attack-hit fault takes precedence over a ball-handling judgment decision.

- **Cheerleaders**

- Work with your cheerleaders to keep them out of playable area the best that you can. If interference occurs, then it would be a replay. Pom-poms are only allowed to be left on the floor during time-outs and between sets.

