Players Standing at End of Bench – Only players that are in the active rotation may stand behind or at the end of the bench. Everyone else must be seated on the bench.

NOTE: All players were allowed to stand last year due to Covid if social distancing was needed. We are not enforcing Covid guidance this season so the rule goes back to as it was before 2020 with only players in the active rotation being allowed to stand.

Warm-up Protocol – With the elimination of the covid protocol from last season, teams are allowed to warm-up off the court when their opponent has the court for their allotted six-minutes. This is providing the host school allows it. It is a local school decision if they want to allow it or not for social distancing purposes.

Blood Rule – Rule 11-4-3 – An athlete who is bleeding, has an open wound, has any amount of blood on her uniform shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed.

Cancer Awareness – If your school would like to have a cancer awareness event, please refer to the link, Guidance on Cancer Awareness Activities, in the Rules and Regulations section under the Coaches & Administrators tab on the IGHSAU website. Cancer awareness jerseys are legal, provided the number size and placement adheres to the NFHS rule. Cancer Awareness matches are not allowed during postseason matches.

Referee Cards – Please ask your assigned officials for their Referee Card prior to you match. Referees are encouraged to provide each coach their Referee Card, which provides their name to be used for Official Recommendations at the completion of the season.

Coaching Contact – High school coaches (head, assistant, paid or volunteer) are not allowed to coach any of their high school players outside of the high school volleyball season during the school year. This includes graduating seniors. High school coaches are permitted to coach 8th grade and younger volleyball players from their school during the school year outside of the season. Junior high coaches are permitted to coach their junior players AND high school players from their school during the school year outside of the season.

All coaches/volunteers helping with junior high and high school teams during the season must have a coaching authorization and be school approved.

Regional Assignments – Regional assignments will be released later in the week of October 4th. Regional assignments will be posted on the IGHSAU website.

Sub-Varsity Scoring (junior high, 9th and 10th grade, JV) – Rally scoring must be used but point requirements and time limits can be determined prior to the start the match. No scoring cap may be used. Two timeouts are allowed per set. The winning team must win by two points. The let serve shall be used.

Milestones – The IGHSAU would like to recognize volleyball players for any significant achievement on its Twitter page. Please contact Jason Eslinger (jasoneslinger@ighsau.org) if your player reaches a significant milestone (1000 kills, 1000 assists, etc.), breaks a school record or does something noteworthy.

Best of luck as you continue through your season!

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