



Iowa Girls' High School Athletic Union

5000 Westown Parkway * Suite 150 * West Des Moines, Iowa 50266

Phone: (515) 288-9741

www.ighsau.org

Volleyball Memo #2 August 26, 2024

Good luck to all who are playing their first match(es) tonight! I wanted to hit on a couple common questions / topics that have come up early on.

Varsity Rosters: During the regular season, there is no limit on the number of players you may suit for varsity matches. Provided that all players have matching uniforms, and no numbers are duplicated. During regional and state matches, the roster limit is 15 suited players.

Team Benches: Only uniformed players are permitted to stand at the end of the bench.

Line Judges: New this year per NFHS rule changes (posted on volleyball page & in the coaches' rules meeting), line judges will switch sides of the court after each set...as long as teams are **not** switching benches between each set.

Uniforms:

1. The verbiage for team uniform color / libero uniform color and uniform color / uniform number color is the same in the rulebook...*"must clearly contrast."* When a team cannot begin the match with six players wearing legal uniforms, a loss of point/rally is awarded to the opponent at the beginning of the match (4.2 Penalty 3).
 - a. Colors listed together in each group are not considered "contrasting" and shouldn't be used together:
 - i. Group 1: black, dark gray, dark green, navy blue, royal blue, dark purple dark brown, maroon
 - ii. Group 2: white, yellow, gold, tan, light gray, light blue, light green
 - iii. Group 3: pink, red, cardinal, orange
2. Uniform bottoms may be different in style (spandex, leggings, shorts), but must be the same color.

Jewelry / Double Contacts: The NCAA changed their rules this year by expanding permissions for allowable jewelry and permission of double contacts as long as the next ball is contacted by a teammate. The NFHS **did not change** those rules at the high school level for this year. The jewelry rule is the same as last year: small, secured studs or post jewelry above the chin only.

Saturday Tournaments: Last year, the rule was implemented that teams off the net had to be completely off the playable area during the opposing teams' net time. For this season, the advisory committee voted to make it consistent across all forms of competition (duals, quads, tournaments). At Saturday tournaments with multiple adjacent courts, teams may position themselves on sidelines to stop balls from entering adjacent courts. They shouldn't be actively participating in the opposing teams' warm-up by shagging balls and throwing them back to the cart at the net. Even in an abbreviated warmup time during tournaments, there are ways to warm-up without the assistance of the opposing team. Parents, assistant coaches, managers, statisticians...all members associated with your team may shag balls. If any or all those people are not available, I encourage you to rethink how you structure that warm-up time. I've been asked if there was an injury incident that led to this change. The answer is 'no.' But I've seen multiple instances over the last few years, including multiple times at the IGCA scrimmages a couple weeks ago, where balls that were being shagged by the opposing team were thrown back under the net and into the court of the team attacking the net. It takes one moment of negligence; we're simply trying to be both proactive and consistent.

Feel free to give me a call or shoot me an email if you have any questions. (ben@ighsau.org / 515-401-1837)

Ben Van Wyk