

2021 Iowa Volleyball Rule Adaptations

National Federation rules apply to all levels of interscholastic volleyball competition with the following exceptions:

1. All varsity dual matches played in Iowa shall be 3 of 5 sets to 25 points with the deciding set to 15 points.
2. Varsity double-dual (triangular) matches shall be 2 of 3 sets or 3 of 5 sets to 25 points with any deciding set played to 15 points.
3. In a regular season tournament, all pool matches shall be 2 of 3 sets to 21 points with any deciding set to 15 points. Semi-final and final round matches may be 2 of 3 sets or 3 of 5 sets to 21 or 25 points with the deciding set to 15 points. Round robin tournaments must play 2 of 3 sets to 21 points.
4. **Sub-Varsity Competition:** Rally scoring must be used but point requirements and time limits shall be determined prior to the start of each match. No scoring cap may be used. Two timeouts are allowed each set. The winning team must win by two points. The let serve shall be used.
5. **Team Benches (NEW for 2021):** Teams will not switch sides/benches between sets. Teams will utilize one side/bench the entire match. Teams may switch sides/benches in the event there is a clear and distinct disadvantage. **Officials will determine if a disadvantage is present if coaches cannot come to agreement on the disadvantage.**
6. **Tournament Game Ball:** The Spalding TF-VB5 ball shall be used during all regional and state tournament play, which is to be provided by the host site. The home team shall provide any NFHS approved ball during regular season matches.
7. **Regular Season Varsity Warm-Up Protocol:** All pre-match warm-up shall consist of a 5-6-6 format. Both teams shall have five minutes together on their half of the court for ball handling, passing, etc. Then the visiting team is allowed six minutes of court time to hit, pass, receive, serve, etc. Then the home team is similarly allowed six minutes of court time to hit, pass, receive, serve, etc. **There shall be no mutual serving time.** Serving shall be done within each team's allotted six minutes.
8. Warm-up protocol for weekend tournaments is at the discretion of the tournament manager, **however shared net time and mutual serving during warm-ups is not permitted for Saturday tournaments due to the increased risk of injuries.**
9. **Weekend Tournament Pre-match Conferences:** It is allowable for the head coach to attend only his/her first (and his/her opponent's first) pre-match conference if this protocol is predetermined by the tournament manager and made known to all coaches prior to the tournament. After the head coach has attended his/her first pre-match conference, they may be excused from the rest of the pre-match conferences for that tournament (captains and/or asst. coaches must be present at all pre-match meetings).
10. **Teams Per Court:** The maximum number of teams in a tournament is four per court. This rule applies to all levels of high school and junior high competition (exception: conference tournaments).
11. **Sub-Varsity Uniforms:** At the sub-varsity and junior high levels of competition, allowances shall be made for teams wearing uniforms that do not conform exactly to all uniform requirements. Many schools are using hand-me-down uniforms or practice jerseys in an effort to allow all players an opportunity to participate. Latitude shall be given to those teams whose uniforms are the same basic color but may have some variations in style, design, trim, numbers, etc.
12. **Spandex Rule Modification:** The IGHSAU will allow the modification to Rule 4-2-1f, PROVIDED the player has tried to find legal uniform bottoms but has been unable to due to the supply chain shortage. The modification will allow for multiple logos along the waistband **ONLY**, while maintaining the requirement that all uniform bottoms must be like-colored. The modification does not permit more than one manufacturer's logo greater than 2 ¼ square inches on any other part of the uniform bottom or uniform top.

13. **Hair Adornment Rule Modification:** If a player is found to be wearing a hair adornment(s) not meeting the requirements of Rule 4-1-6, the following steps may be taken by the officials to avoid disqualification or cutting out of secured hair adornments:
1. Official shall notify head coach of the rule violation when the noncompliant hair adornment is identified.
 - a. If the adornment can easily be removed, it must be removed before the athlete can compete.
 - b. If the adornment cannot easily be removed, the player must secure the hair adornment(s) in a way that will not pose a risk to the athlete or their teammates.
 2. The athlete will be allowed to compete in that match with adornment removed or secured.
 3. At the conclusion of the match, the state association shall be notified by the official.
 4. The state association shall inform the athletic director/head coach that their team must be legally equipped to participate in the next match.