

# 2020 GIRLS VOLLEYBALL CONSIDERATIONS

Revised August 10, 2020

## KSHSAA RETURN TO SCHOOL ACTIVITIES – ACTIVITY SPECIFIC RISK MITIGATION STRATEGIES

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 VOLLEYBALL season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming VOLLEYBALL season.

### OFFICIALS & EVENT PERSONNEL:

- Coaches and other event personnel must wear masks.
- Schools should have officials' information and team info in order to track contacts (officials may be accessible through Arbiter.)
- Officials will arrive onsite in their officiating attire; a locker room will not be provided.
- A separate bathroom should be provided for officials when possible.
- Officials should bring their own food and water container CLEARLY MARKED.
- Officials may but are not required to wear a mask while working but will wear a mask between matches.
- Electronic whistles are allowed, but not required.
- Officials should provide their own pen to sign the lineup sheets and score book.
- Scorer's table – scorekeeper, libero tracker and scoreboard operator should be 3- 6 feet apart when possible and wear masks.
- Officials will not be expected to monitor physical distancing; each person is responsible.
- Cleaning supplies should be available on site. Host schools will be responsible for cleaning score table, team benches, and officials stand between matches.

### GAME EQUIPMENT, EQUIPMENT, FACILITY:

- The officials stand should be cleaned after each match.
- Nets, standards and officials stands should be cleaned and sanitized after set up and before each match. They should be cleaned before storage.
- Ball carts, net padding, etc. should be cleaned with a disinfectant at the end of the day.
- Schools will provide their own volleyballs for warm-up. The host school will provide ball carts for use.
- Volleyballs should be cleaned at the end of the day. Clean game balls should be rotated into the match at the end of each game/set. **SEE BALL CLEANING INFO.**
- Team benches should be cleaned at the end of each match (NOTE: teams will not change benches unless the officials deem a disadvantage to a team). Should they switch sides, benches will need to be disinfected and players/personnel will observe social distancing and wear masks.

## **PLAYER CLOTHING, EQUIPMENT**

- Clothing/towels/knee pads should be washed and cleaned after every workout & competition.
- Player braces, equipment, etc. should be cleaned after each use/wearing.
- Players should provide their own water bottle and towel **CLEARLY MARKED WITH THEIR NAME** (don't share with others)

## **BALL CLEANING INFO:**

- The use of sanitizing wipes inclusive of bleach or similar disinfectant have proven to be effective against emerging viral pathogens. However due to the porous surface of the leather and composite volleyballs, tests have not confirmed the ability to kill the novel coronavirus. When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface.
- Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use. Please note due to the chemical properties in the wipes, some of the ink on the ball may be removed.
- **Alcohol wipes have resulted in damage to the product and are not recommended at this time.**

### **Here's an example cleaning regimen with soap, water, and two towels:**

- Add 1 tablespoon of mild dish soap into a 1-gallon container.
- Fill the container with warm water until you've got a soapy mixture.
- Wet your first towel with the soapy water, wring out excess water, and gently wipe down entire surface of the ball for at least 30 seconds.
- Re-wet your first towel with plain warm water, wring out excess water, and wipe off excess soap from the ball's surface.
- Rub your second, dry towel on the surface to wipe and dry off the ball.
- Let the ball air out overnight.
- **Please note this is not a recommended practice for regular use when the need for sanitizing volleyballs is not a concern. It is not recommended using bleach and alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.**

## **PRACTICE:**

- Consider work-outs in "pods" of the same students using the same balls.
- Players will follow general guidelines outlined in this document.
- Players should practice social distancing as often as possible.
- After practice and competition, players will wash their hands, wear face masks and practice social distancing.

## **CONTEST WARM UP:**

- Match warm-up will be conducted as stated in the KSHSAA Volleyball Manual (20/10 minutes).  
NOTE: Schools may adjust the warm-up time but will follow the warm-up stages/steps outlined on page 20-21 of the 2020-2021 KSHSAA Volleyball Manual.

**COMPETITION (AS ALLOWED BY NFHS RULES):**

- No pre-game and post-game handshakes/high-fives/fist bumps.
- Each team is responsible for its own hand sanitizer and its own med kit.
- Masks will be worn during the pre match conference (R1, R2 and team coaches). Captains will not attend.
- Players and team personnel on the team bench will practice social distancing within 20' and wear masks.
- Only athletes will touch the balls. Players will retrieve stray balls. Ball should be set on the floor during a timeout.
- A sanitized back up ball should be available at the score table (someone needs to be designated to sanitize the ball(s).) See ball cleaning info.
- Players would need to use hand sanitizer before entering and when exiting the court during substitutions or with libero; no hand touching allowed during substitutions (sanitizer could be set up on a chair at end of bench.)
- Each school is responsible to bring towels to wipe up sweat off the floor; host schools are recommended to provide a roll of paper towels at the scorer's table.
- Players should avoid huddles after each dead ball. Officials will issue delay of game if prolonged.

## **NFHS RULES MODIFICATIONS & NFHS RETURN TO COMPETITION RECOMMENDATIONS:**

**1. VOLLEYBALL RULES CONSIDERATIONS**

- **Pre-match 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)**
  - Limit attendees to one coach from each team, first referee and second referee.
  - Move the location of the pre-match conference to the officials stand 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.
  - 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.
  - Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- **Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)**
  - 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.
  - Limit bench personnel to observe social distancing within 20ft. available.
  - Limit bench occupants to essential personnel.
- **Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]**
  - Move the location of the deciding set coin toss to the officials stand 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 and side only if disadvantage switching.
  - 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.

- **Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)**
  - 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.
- **Officials Table (3-4)**
  - Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend 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.

## 2. VOLLEYBALL OFFICIALS MANUAL CONSIDERATIONS

### ➤ Pre and Post Match Ceremony

- Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.
- Pre-match protocol = 2 whistles: 1. When directed by R1, starters to their end line; 2. Direct players on court to take their positions (same signal as in past).
- After non-deciding set = 3 whistles; 1. Violation/point; 2. End of set signal; 3. Return to bench.
- Post-match protocol = 3 whistles: 1. Violation/point; 2. R1 signals “End of Match”; Players will utilize an appropriate sign of respect and sportsmanship directed to their opponent. 3. Players are directed to their team bench.

## 3. VOLLEYBALL RULES INTERPRETATIONS

### ➤ Rule 4-1 EQUIPMENT AND ACCESSORIES

- Cloth face coverings are permissible. (4-1-4)
- Gloves are permissible. (4-1-1)

### ➤ Rule 4-2 LEGAL UNIFORM

- Long sleeves are permissible. (4-2-1)
- Long pants are permissible. (4-2-1i (1))

## KSHSAA SCHEDULING MODIFICATIONS/RECOMMENDATIONS:

- Regular season – Schools should avoid participation in large tournaments; recommend that contest groupings be quad size or smaller; recommend that participating teams be league or other neighboring schools.
- Tournaments may be reformatted into pools to keep teams separate. 4 matches or more = 5 points.
- KSHSAA point system will still be utilized. Reminder that a tournament is a multiple team event involving more than 4 teams and usually results in a winner being declared. Quads (4 teams, 3 matches) played anytime and on a Saturday = 3 points.
- Postseason – Modifications will be made as conditions allow – introductions, awards, etc.

## END OF MATCH:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, hand pat on heart, high 5 gesture, salute, etc.