



# Great Plains Boys Volleyball League Packet

**UPDATED: NOV 24, 2025**



# 2026



# Table of Contents

## Page #

**2 MISSION**

### **INSURANCE & ROSTERING**

2 Checklist for Registering for the 2026 Season

2 Coach Membership Registration

2 Player Membership Registration

3 USAV Insurance & Certificate of Insurance

### **METRO CONFERENCE STRUCTURE**

4 League Format

4 Host School / Team Responsibilities

5 Officiating Responsibility

5 Officiating Resources

5 GPR Featured Events

5 2026 State Championships

### **CENTRAL NEBRASKA CONFERENCE STRUCTURE**

6 League Format

6 Officiating Responsibility

6 2026 State Championships

### **RULES**

7 Playing Rules

7 NFHS Rules

7 Contact Us

## Mission

The mission of the Great Plains Boys Volleyball League is to create opportunities for boys to play volleyball representing their school throughout Nebraska. The league was developed to create a low-cost option for boys to play school volleyball with minimal school administrative support needed. The goal of the league is to get boys volleyball to be recognized as a fully-sanctioned sport by Nebraska School Activities Association (NSAA).

## Checklist for Starting a Team

1. Team Rep emails [lindseysmith@gpvb.org](mailto:lindseysmith@gpvb.org) with Intent to Field a Team **(Due: Jan 1, 2026)**.

See requirements to start a team:

- Your team has at least 6 players in grades 9-12. 8<sup>th</sup> graders must acquire approval from us.
- An adult (Age: 18+) who can coach or serve as the team representative.
- High Schools may be combined if needed to form a team. Please email [lindseysmith@gpvb.org](mailto:lindseysmith@gpvb.org) for approval.
- Must be able to host a minimum of 2 games at your facility.

2. Team Rep Completes Online Registration **(Due Feb 1, 2026)**.

3. Team Rep & Coaches Purchase a 2025-26 GPR Adult Coach of Juniors Short Season Membership and complete requirements **(Due Feb 15, 2026)**.

- Background Screen (Annual)
- Safesport (Annual)
- Impact (One-Time Certification)

4. Team Rep will send GPR Boys Junior Membership link to all rostered members of the team to complete their membership purchase AND send roster to GPR **(Due Feb 15, 2026)**. **Must include ALL rostered members for the entire season. Rosters will be locked after Feb 15 and we will not allow late additions.**

5. Fill out Facility Availability Form to Host Games **(Due March 1, 2026)**.

6. If you will participate in our GPR Featured Events, register for these events by **March 1**.

- GPR March Madness Tournament - March 21, 2026 - Price TBD
- GPR Men's Showcase @ CHI - April 10, 2026 - Price TBD

## **USAV Insurance & Certificate of Insurance for Practice Facilities**

All teams in the League are covered under USA Volleyball insurance once their rostered are approved. For individuals and teams to be covered under their insurance, all participants (players & coaches) must be registered with a **2025-26 GPR Membership** (you may already have one if you also play/coach club). Having practice players at practices who are not registered members would void the insurance coverage. All registered members (players & coaches) are covered under sport accident insurance.

If a member gets injured, an **Incident Report** would need to be filled out and sent to the GPR office. The GPR office will submit that to the insurance company. If the individual does not have health insurance, the USAV insurance will be a primary insurance provider for them. If they do have their own health insurance, then the USAV insurance would become a secondary insurance.

Your teams are also covered with General Aggregate and Liability Insurance at any facilities that you participate in. You will receive a Certificate of Insurance for your primary facility when you register. If you will be using multiple facilities, you can submit additional Certificate of Insurance requests by emailing [lindseysmith@gpvb.org](mailto:lindseysmith@gpvb.org).

# Metro Conference - League Format

## Practices

Each school/team is responsible for arranging their own practice facility and determining how often they practice and when they start practicing. There are no restrictions on when a team starts practicing. Some teams may get to use their own school gym and equipment for free, while others may need to seek external facilities and pay gym rental. If needed, you can view the Facility Resource tab on our website:

[www.greatplainsvolleyball.org/boys-league](http://www.greatplainsvolleyball.org/boys-league)

## League Games

*March 23 - April 24 | High Schools / Other Facilities*

In order to qualify for post-season play, your team MUST play in 8 games (includes 2 GPR featured events) throughout the season. We will schedule all matches for teams and officials. Teams will submit a facility availability form that they will be able to host matches. GPR will also handle the scheduling and paying of officials.

## Game Day Procedures

### Host School / Team Responsibilities

#### Pre-Event

At least 48 hours before a game, the host Team Rep needs to email the visiting Team Reps information about the match. This usually includes confirming the gym entrance location, parking information, admission fee, concessions, special event (ex. senior night), etc.

The host Team Rep is also responsible for providing the following for all scheduled matches at their facility: game ball (recommend having 2-3 available), a scoreboard, score sheets, libero tracker, lineup sheets ([see officiating resources tab](#)), paper, pencils, and pens. The team rep should also ensure that the volleyball nets are set to the proper height for boys volleyball (7' 11 5/8"). The net system should be properly padded, and a ref stand is provided.

#### Post-Event

Following the event, the host Team Rep is responsible for reporting scores and a picture of the scoresheet to [lindseysmith@gpvh.org](mailto:lindseysmith@gpvh.org) within 24 hours. This is a good time to also share video, photos, news/information about how things went and tag Great Plains Region (@greatplainsvb) as it gives us a chance to post on social media and bring more exposure to the sport!

## Officiating Responsibility

A paid R1 and R2 will be provided for all matches and scheduled by the Great Plains Region.

The host team must provide the following (we recommend using your girls' high school team as a resource):

- Two Line Judges
- Three scores table workers - Scoresheet, Libero Tracker, Scoreboard Operator

## Officiating Resources

Officiating Materials can be found at the bottom of this page:

<https://www.greatplainsvolleyball.org/boys-league>

## Great Plains Region Featured Events

### **GPR March Madness**

*March 21, 2026*

*TBD*

*Price: TBD*

We will be hosting an opening weekend tournament that will be a great opportunity to get 3 games in of the 8 required to be eligible for post-season.

### **GPR Boys' Volleyball Showcase**

*April 10, 2026*

*CHI Health Center - 455 N 10th St, Omaha, NE*

*Price: TBD*

We will have our 2nd-Annual GPR Boys' Volleyball Showcase on Friday, April 10 at the CHI Convention Center in downtown Omaha that all teams are invited to participate in. This is a great opportunity to play in a large tournament atmosphere, and the showcase will be advertised to the public so it will get a lot of exposure! 2-game guarantee.

### **2026 Nebraska High School Boys' Volleyball State Championship**

*April 28 - May 2, 2026*

*Lincoln - TBD*

The top 6 teams from the Metro Conference will qualify for State. Quarterfinals will be played on Tuesday, Semi-finals on Friday, Finals on Saturday.

# Central Nebraska Conference - League Format

## Registration:

Individuals will register for the League for a \$175 fee and MUST have a GPR 2026 Boys Junior Membership. Fee covers cost of court rental, coaches, t-shirts, and officials.

## Format:

Individuals will be divided into teams based on high school they attend and positions they intend to play. Starting day 1, athletes will practice with their teams and may combine with other for skill work. Teams will meet 1x per week for 6 weeks. Starting the 3<sup>rd</sup> week, game play will begin with 1 hour of skill work followed by 2 games.

## Schedule of Events:

**Tuesday, March 17** | Skills Work 6-8PM

**Tuesday, March 24** | Skills Work 6-8PM

**Tuesday, March 31** | Skills Work 5:30-6:30PM | Game #1 6:30-7:30PM | Game #2 7:30-8:30PM

**Tuesday, April 7** | Skills Work 5:30-6:30PM | Game #1 6:30-7:30PM | Game #2 7:30-8:30PM

**Tuesday, April 14** | Skills Work 5:30-6:30PM | Game #1 6:30-7:30PM | Game #2 7:30-8:30PM

**Tuesday, April 21** | Skills Work 5:30-6:30PM | Game #1 6:30-7:30PM | Game #2 7:30-8:30PM

## 2026 Nebraska High School Boys' Volleyball State Championship

April 28 - May 2, 2026

The top 2 teams from the Central Nebraska Conference will qualify for State. Quarterfinals will be played on Tuesday (Location in Kearney TBD), Semi-finals on Friday (Location in Lincoln TBD), Finals on Saturday (Location in Lincoln TBD).

## Playing Rules

### Game Ball:

Molten Flistatec Ball

### Sets / Points:

Single Matches: Best of 5 sets. First 4 sets will be to 25 win by 2, deciding 5th set will be to 15 win by 2.

Tournament Matches: Best of 3 sets. First 2 sets will be to 25 win by 2, deciding 3rd set will be to 15 win by 2.

**Uniforms:** While it is highly encouraged to design new jerseys to [NFHS Requirements](#), due to budget constraints with some programs our officials will have some leniency on jerseys. Jerseys must have a number on both the front and back of the jersey. If a libero is used, they must have a jersey that contrasts in color to the team uniform.

### Warmups for Tournaments:

2-4-4 (2 minutes-courts shared with both teams, receiving team gets the court for 4 minutes, then serving team gets the court for 4 minutes). Warmup time can be shortened for a match if it is agreed upon by both playing teams and the official.

### Warmups for Single Matches:

16 minute warm-up divided as follows:

5 minutes – Both teams on their sides of the court

5 minutes – Home team both sides of the court (to include serving)

5 minutes – Visiting team both sides of the court (to include serving)

1 minute – Teams at respective benches and on the end-line ready for play

## NFHS Rules

[Click here to access NFHS Rules for 2025-26](#)

## Contact Us

All questions about the League: Email [lindseysmith@gpvb.org](mailto:lindseysmith@gpvb.org)

All questions about Officiating: [officials@gpvb.org](mailto:officials@gpvb.org)