

2023 MHSA and NFHS Volleyball Changes and Information

For the 2023 season, below we have listed the major NFHS and MHSA Rule changes and also some other important MHSA volleyball information. Please contact Kip in the MHSA Office if you have any questions.

FIRST DAY OF VOLLEYBALL PRACTICE AND CONTESTS

The starting date for volleyball practice will be Friday, August 11th and the first date for volleyball competition will be Thursday, August 24th. No individual shall play in any Association volleyball contest until she has a minimum of eight (8) days of volleyball practice of at least one practice session per day on eight (8) different days (no practice is permitted on Sunday), prior to the date of the first allowable match.

VOLLEYBALL TO BE USED FOR THE 2023 SEASON

Once again for all 2023 MHSA volleyball post season play, the **Baden Lexum Comp VX450c-210 red/white/navy blue microfiber composite volleyball** will be used. For regular season play, a solid white volleyball may be used. **If a colored volleyball is used for regular season play, it can only be a red/white/navy blue colored volleyball.** For both post and regular season play, any volleyball used for all levels of play shall include the NFHS authenticating mark.

VOLLEYBALL MATCH LIMIT

Eighteen (18) volleyball matches will be the maximum limit for schools in Classes AA, A, B and C with no more than three (3) 3-out-of-5 matches [or five (5) 2-out-of-three matches in dual tournament format only] on any one date excluding Association sponsored tournaments. These match limits apply for each squad: varsity, junior varsity, sophomore, freshman.

VOLLEYBALL PARTICIPATION

- Individual volleyball players shall be allowed to play in no more than two matches/levels of competition (freshman, sophomore, junior varsity, varsity) in any school's dual match. Entering a contest for one live ball counts as participation in one match. As per MHSA By Laws, Section 2 General Penalties, the contest in which a participant exceeds the limitation will be followed. The player limitation rule doesn't apply during invitational or dual tournaments. Montana volleyball teams will always follow the MHSA match limitation rule when playing in neighboring states.
- For post season volleyball play, volleyball teams will not be allowed on the playing floor with balls until 30 minutes before the start time of the match.
- The volleyball prematch conference (with the head coaches and captains) will occur before the twenty (20) minute warm-up countdown.

MONTANA WILL GO BACK TO COIN FLIP TO START MATCH RULE 1-6

Art. 1: Upon entering the facility, the home team selects its team bench.

Art. 2: Prior to the timed warmups, a conference shall be conducted with the head coach and a captain(s) from each team.

Art. 3: During the prematch conference, a coin toss shall be conducted between the captains and head coach of each team. A visiting captain shall call the toss. The winner shall choose either to serve or receive.

Art. 4: A timed warm-up period shall be afforded each team.

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TEAM BENCHES COURT PROTOCOL – MONTANA WILL GO BACK TO FOLLOWING THE NFHS RULE

Rule 9-2-2:

Art. 2: For sets two, three, and four in a five-set match, teams shall change playing areas and benches immediately when directed by the first referee. (According to the rule adopted by MHSA, teams do not have the choice they must switch sides)

Note: In a three-set match, teams shall change playing areas and benches for set two.

VOLLEYBALL WARM-UP PROCEDURE

20-minute Varsity warm-up procedure

- A. Coaches' / Captains' Meeting occurs before the 20-minute clock starts – coaches should not hold up this meeting by not being available
- B. 8 Minutes – Shared Court
- C. 4 Minutes – Serving Team Court Time (receiving team may warmup in the non-playable areas)
- D. 4 Minutes – Receiving Team Court Time (serving team may warmup in the non-playable areas)
- E. 2 Minutes – Serving Team Court Time (used as desired) (receiving team may not warmup during this time, must be at the team bench)
- F. 2 Minutes – Receiving Team Court Time (used as desired) (serving team may not warmup during this time, must be at the team bench)

15-minute Sub Varsity warm-up procedure:

- A. Coaches' / Captains' Meeting occurs before the 15-minute clock starts – coaches should not hold up this meeting by not being available
- B. 3 Minutes – Shared Court
- C. 4 Minutes – Serving Team Court Time (receiving team may warmup in the non-playable areas)
- D. 4 Minutes – Receiving Team Court Time (serving team may warmup in the non-playable areas)
- E. 2 Minutes – Serving Team Court Time (used as desired) (receiving team may not warmup during this time, must be at the team bench)
- F. 2 Minutes – Receiving Team Court Time (used as desired) (serving team may not warmup during this time, must be at the team bench)

Please share this information with your volleyball coaches and if you have any questions or concerns, please call Kip Ryan at 442-6010 or email at kryan@mhsa.org.

Volleyball Rules Changes - 2023-24

2-1-9 (NEW), 12-2-5: Creates a coaching zone defined by the libero replacement zone extending beyond the end line and sideline extended.

Rationale: Defines and clarifies the area in which coaches may stand.

4-1-7: Allows small, secured stud or post jewelry to be worn above the chin.

Rationale: Maintains consistency with current trends of other NFHS and volleyball rules codes.

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4-2-4b: Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028.

Rationale: Clarifies legal numbers and eliminates confusion when signaling while aligning with other rules codes.

10-2-1: Allows requests for substitution by the head coach to be signaled or verbalized.

Rationale: Creates consistency by allowing either a verbal or non-verbal signal for as substitution.

12-2-6: Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations **only**.

Rationale: Allows an assistant coach to stand and coach during dead-ball situations in addition to the head coach. The assistant coach that stands may change throughout the match, but only one can stand at a time.

2023-24 Volleyball Editorial Changes

2-1-1, 2-1-3, 2-1-4, 2-1-5, 2-1-6, 10-2-1

2023-24 Volleyball Points of Emphasis

- 1- Using the Lineup Card Effectively
- 2- Coaches Zone Privileges