



## 2020-21 MHSA VOLLEYBALL REQUIREMENTS / CONSIDERATIONS FOR COVID-19



The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### **GENERAL REQUIREMENTS / CONSIDERATIONS**

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Time-outs (if applicable) may be extended to a maximum of two minutes in length for safe hydration practices. Social distancing requirements must always be followed.
7. Cloth facial coverings are allowed for players, coaches and officials. Facial coverings must be a single solid color and unadorned. Face Coverings must be worn per the Governor’s directive.
8. Gloves are permissible for all players, coaches and officials.
9. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
10. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
11. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
12. A family’s role in maintaining safety guidelines for themselves and others is very important. Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home). Provide personal items for your child and clearly label them.

### **WARMUP**

1. Each player must shag their own individual ball, if a ball inadvertently goes to the other team’s side, none of the opposing players may throw the ball back.
2. Only team members playing in the current match can shag balls.
3. The home team must provide separate baskets of balls for warm-ups. (one basket will be used by the visiting team and one basket will be used by the home team)
4. Teams must remain at their bench area during the opposing teams warmup time on the court.

### **RETURN TO COMPETITION**

1. **Volleyball Rules**
  - ***Prematch 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)***

- The prematch will be limited to one coach from each team, the first referee and second referee.
  - The location of the prematch conference will be at center court with one coach and one referee positioned on each side of the net. All four individuals must maintain a social distance of 3 to 6 feet.
  - The use of the coin toss to determine serve/receive will be suspended. The home team will serve first in set 1 and the teams will alternate first serves for all remaining sets.
  - Roster submission will be suspended at the prematch conference. Rosters are to be submitted directly to the officials' table before the 10-minute mark.
  - If a ball goes into the crowd, it must be replaced and cleaned before putting back into play.
- **Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)**
    - Teams will not switch benches between sets.
    - Bench personnel must be limited to observe social distancing of 3 to 6 feet. The number of bench personnel must be determined by the size of the bench area. Team bench areas must maintain proper social distancing.
- **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 requiring substitutions to take place near the attack line.
- **Officials Table (3-4)**
    - Essential personnel must be limited to the home team scorer, libero tracker and timer. A distance of 3 to 6 feet must be maintained between individuals. The visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

## 2. Volleyball Officials Manual

- **Pre and Post Match Ceremony**
  - Handshakes before and after the match will be eliminated.
  - Team introductions: each team will stand on the endline while maintaining social distancing and step forward and raise a hand when introduced.
  - Team celebrations must not involve touching.

## 3. Volleyball Rules Interpretations

- **Rule 4-1 EQUIPMENT AND ACCESSORIES**
  - Cloth face coverings are permissible. (4-1-4) Must be a single solid color and unadorned. Face Coverings must be worn per the Governor's directive.
  - Gloves are permissible. (4-1-1) Must be a single solid color and unadorned.
- **Rule 4-2 LEGAL UNIFORM**
  - Long sleeves are permissible. (4-2-1)
  - Long pants are permissible. [4-2-1i (1)] must observe uniform and color restrictions
  - Undergarments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]
- **Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT**
  - By state association adoption, long-sleeved, all-white collared polo shirts are permissible. (5-3-1 NOTES 2)
  - Electronic whistles are permissible. (5-3-2a, b)

- Cloth face coverings are permissible. Must be a single solid color and unadorned. Face Coverings must be worn per the Governor's directive.

**Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.

**Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Do not shake hands and follow pre and post-match guidelines established by host site and state associations.

**WHEREVER  
YOU PLAY,**  

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**MHSA**  
IS ON YOUR TEAM.