



## **2024 NSAA Volleyball Rules Guide**

### **Warm-ups:**

- 16-minutes 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 endline ready for play
- While the team is allowed both sides of the court, the other team must be completely off of the 30' x 60' playing court, and the playable area adjacent to the playing court.

### **Team Benches:**

- Teams will remain on one designated side of the court and occupy the same bench for the match.

### **CPR/AED Certification:**

- All head coaches and assistant coaches must be CPR/AED certified once every two years.

### **Out-of-State Matches:**

- Nebraska teams will be allowed to play sets to 21 if that is a rule that governs play in that state.
- All out-of-state matches will count towards postseason/wildcard seeding.

### **Line Judges:**

- Line judges will switch sides of the court between sets, as teams will remain on the same bench.

### **Libero Tracker:**

- The libero tracker will only cross off the number of the replacement when a substitute enters the set.

### **Officials' Uniforms:**

- The uniform top shall be a collared, polo-style, short or long-sleeved shirt.
- The uniform top may be white, bright blue (cyan) or gray.
- Officials must dress in like colors.

### **Accommodations:**

- The NSAA, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances.
- In order to determine if the NSAA can authorize such an accommodation, the school administration must contact the NSAA to request an accommodation hearing.

**\*\*\*For a full listing of volleyball rules and procedures, please refer to the NSAA Volleyball Manual and the NFHS Rules Book for Volleyball.**