

NFHS / USAV RULES DIFFERENCES – 2019 [Updated 08 08 2019]

Coaches and officials with USAV (or NCAA) backgrounds should be aware of NFHS ruleset differences, including these two critical differences in NFHS scorekeeping:

In NFHS, the receiving team's actual first server must be listed at the top of the lineup sheet submitted, but placed on the floor in the right front position to start the set. She will rotate into the service position only when her team first wins the serve. The serving team's first server is listed on the top of the lineup sheet submitted and is placed on the floor in the right back position. *Confusion arises because NFHS scorekeeping focuses on serving order (Server I - VI), while USAV scorekeeping and coaching convention under most rulesets focus on player position on the court (Position I = RB; II = RF; III = MF; IV = LF; V = LB; VI = MB.). High school coaches must submit their lineups using an NFHS lineup sheet format, which is a simple list of starting players' numbers with the first actual server on the top line and the last server at the bottom. NFHS scorers record Server I from the top of the lineup sheets on the top lines of the scoresheet (in the rows labeled "I"). For the receiving team, that player begins the match at right front position, so R2 must make sure Server I from the receiving team's lineup sheet occupies the right front position (Position II) on the court at the start of the set. Coaches are not allowed to submit a USAV (or NCAA) line-up sheet, which is a map of the court by player position filled in with starting players' numbers.*

In NFHS, teams do not switch courts in the middle of the deciding set. Don't complicate this. The home team calls R2's deciding set coin toss and the winner of the toss elects either (i) to serve or receive, OR (ii) which bench to use for the entire set. The loser of the toss makes the other choice. The set is played to 15 (no cap) without any switching. The regular NFHS scoresheet is used. *In both USAV and NCAA, teams switch sides after point 8 of a 15-point deciding set. USAV and NCAA have a three-part deciding-set scoresheet to accommodate this, with information about the team starting on the left recorded on both the far left and far right of the scoresheet, while information about the team starting on the right is recorded only in the middle.*

NFHS rules have other differences rules to keep in mind. The following are important ones:

Pre-game: In NFHS, the home team selects its bench and the prematch coin toss is solely to determine serve. The head coach and a captain must attend the prematch conference at 25:00 on the match countdown clock. Rosters with player names & ## (including libero ##) must be presented to the R2 at the prematch conference, but can be changed by coaches up to the 10:00 on the clock. The serving team has the entire court for warmups from 15:00 to 9:00 on the clock, and the receiving team from 9:00 to 3:00 on the clock. Teams cannot warm up with balls during the other team's exclusive warmup time anywhere in the gym. Starting lineups are due to the R2 at 5:00 on the clock (2 minutes before end of warm-ups). *In USAV, the coin toss can be attended by any team representative and determines both serve/ and side. USAV team rosters are typically verified by the tournament director at a coaches' meeting and are due at table 10 minutes before match time, and starting line-ups are due at the table at 1 minute before match time.*

Jewelry & Hair Devices: All jewelry, including plastic spacers, and all glitter and body/face paint, is illegal in NFHS (apart from medical/religious medals taped to the body) even during warmups. Taping over jewelry does not make it legal. NFHS also restricts headwear to bobby pins, unadorned barrettes up to 2", and soft hair devices up to 3" (except religious headgear, e.g. hijab). In the prematch conference, head coaches must confirm that their players are legal and properly

equipped, which includes having no taped-over jewelry. *In USAV, soft plastic spacers are allowed, facepainting is not prohibited, and hair devices are allowed if not a safety issue.*

Net & Centerline: In NFHS it is illegal (i) to contact any part of the net, inside or outside the antennas, including cables, at any time (except with loose hair), or (ii) to touch the opponent's court with a foot or hand that is entirely beyond the center line, or with any other body part. It is permissible to cross the centerline without touching the opponent's court, if no interference results. *In USAV and NCAA, contact with the net outside the antennas or other than in the act of play is allowed, and encroachment onto the opponent's court is allowed with the entire foot or hand or any part of the body, so long as some part of the body is on or directly above the centerline, and there is no safety hazard or interference with the opponent.*

No Pursuit: There is no pursuit allowed in NFHS. A ball is out when it entirely crosses the centerline extended over or outside the antenna. *USAV allows pursuit.*

Serving: In NFHS a server is allowed 5 seconds to serve and the ball may be hit without releasing it from the other hand. One re-serve may be granted to each server during each term of service, but only if the ball is caught or dropped without attempting to strike it. No timeouts, subs, line-up checks, etc. are allowed during a re-serve (same as with a re-play). *USAV & NCAA allow 8 seconds to serve, but do not allow a re-serve. USAV & NCAA require that the ball be released before the serve is struck.*

Attacking the Serve: In NFHS the serve cannot be attacked when the ball is above the height of the net, whether in front of or behind the attack line. *In USAV, a serve can be attacked when the ball is above the height of the net, but only from behind the attack line.*

Libero: NFHS allows for a single libero designated in the lineup for each set. The libero uniform must be clearly contrasting with the predominant colors of regular uniform. *USAV allows designating two liberos for the match, used interchangeably in any set.*

Substitutions: NFHA allows 18 substitutions per set. *USAV allows 12 substitutions per set, NCAA allows 15.*

Timeouts: NFHS timeouts are 1 minute long, but may be ended early if both teams are ready to play. *USAV timeouts are 30 seconds long, NCAA timeouts are 75 seconds long.*

Coaches: In NFHS, only the head coach may stand during play and only in the replacement zone at least 6' from the court. The privilege to stand is lost if the bench incurs any yellow or red conduct card (*this does not include administrative yellow or red cards for unnecessary delay*). NFHS assistant coaches must remain seated during play, cannot call for timeouts or substitutions, and can only address officials during a dead ball to request line-up check, # of remaining timeouts, # of remaining substitutions, or clarification of a ruling. *USAV allows assistant coaches to stand during play and to act on behalf of head coach in requesting timeouts or substitutions.*

Bench: In NFHS, players not on the court must be seated (unless warming up in non-playable area e.g., behind the bench). *USAV allows players to stand in the warmup area beyond the bench.*