



Iowa Girls' High School Athletic Union

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www.ighsau.org

2025 Volleyball Season Manual

Practice and Playing Dates:

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| First HS Practice Date: | August 11 | |
| First HS Competition Date: | August 25 | |
| Regional Tournament Dates | | |
| • Classes 1A, 2A | October 20, 22, 27, 29 | |
| • Classes 3A, 4A, 5A | October 21, 23, 28 | |
| State Tournament: | November 3 - 6 | Xtream Arena, Coralville |

Concussion Management Course: All junior high and high school coaches (paid and volunteer) are required to view the NFHS online course titled, “Concussion in Sports: What You Need to Know” before the first official day of practice in the first sport they coach. The “Concussion in Sports” course link can be found in “Athlete Health & Safety” section, which is located under the Coaches & Administrators tab at the top of the IGHS AU website or on the NFHS Learn website.

Coaches Online Rules Meeting: The Coaches Rules Meeting will be available on Bound and must be completed by August 25th. ALL head varsity coaches must view the Rules Meeting by the deadline. **Failure to view the Rules Meeting by the deadline may result in that head coach not being allowed to coach their team during the 2025 postseason tournament series.**

Junior High: Junior high schools are allowed nine (9) dates. Junior high teams may begin practice Wednesday of week 7 (8/20) or their first day of school, whichever occurs first. Junior high tournaments are permitted, however jamborees are not. A maximum of six matches per team per day for all levels is allowed.

Practices: The IGHS AU does not have a policy that prohibits two-a-day practices. Practice times and lengths are to be determined at the local level. Practice structures and schedules for 7-12 practices are determined by each local district. 7th and 8th graders are permitted to practice and scrimmage with/against their own high school teams. They are not permitted to practice or compete with or against high school students in scrimmages or competitions against other schools. Subject to local school district approval, boys may participate in girls’ practices in all sanctioned sports. Each school district can establish their own procedure and protocol of whether to allow or not allow boys to practice against girls’ teams. Boys may only be utilized in a practice setting and are never allowed to compete or scrimmage against any opposing team or player.

Playing Dates: Volleyball players are allowed to play fourteen dates per level of competition. For example, a freshman is permitted to play fourteen 9th grade dates as well as fourteen JV dates. Likewise, a JV player is permitted to play fourteen JV dates as well as fourteen varsity dates. This rule is not in place to allow top-level varsity players the opportunity to play fourteen varsity dates as well as fourteen JV dates. The rule is in place to help teams with limited rosters field sub-varsity teams in hopes of creating more sub-varsity participation opportunities. A maximum of six matches per player per day is allowed. JV teams are not permitted to play in varsity tournaments.

Scrimmages: Each school is allowed three scrimmages per level of competition that may be played from the first day of legal practice through the last day of the State Tournament. Officials and a clock may be used. It is not permissible to charge admission or keep score for scrimmages. Jamborees are not permitted. In order for a scrimmage to count towards a player, they must have participated in that scrimmage. Teams may travel for scrimmages, provided it does not result in the loss of school time.

Site Availability: To be considered for hosting regional tournament matches, athletic directors need to apply via the Online Personnel Entry Forms on the IGHS AU website. All schools are eligible to apply to host. Please have your availability submitted by September 19th.

Tournament Game Ball: The Spalding TF-VB5 ball shall be used during all regional and state tournament play, which is to be provided by the host site. The home team shall provide any NFHS approved ball during regular season matches.

Bound Stats: It is required to submit varsity volleyball stats on Bound. Varsity volleyball coaches must use the Bound website (www.gobound.com) to enter volleyball stats. Bound will be checked every Tuesday during the regular season. Complete statistical information must be included in every check and all matches played through Saturday of the previous week must be included in each week's update. In addition to having updated stats, rosters (including height, number, year in school, etc.) must be included. Complete season schedules must be updated by the first reporting date of each season. Bound must be updated by noon the following day of every regional tournament contest throughout the regional tournament series.

Bound Rosters: It was required varsity rosters be entered into Bound by the first allowable playing date (August 25). Roster entries must include players' name, number, height, and class.

Medical Exemption: Players that need the following medical devices are **not** required to obtain a letter of permission from the IGHSAU prior to competing (artificial limb, hearing aid/transmitter, heart monitor, insulin pump and soft-concussion headgear.). It is the responsibility of the coach to inform game officials and opposing coaches of the student's medical device prior to the start of the contest.

Official Recommendations: Varsity coaches are required to submit the names of up to twelve officials to recommend for tournament assignment. This must be submitted electronically by December 6th (30 days after the state volleyball tournament). Information regarding the online recommendation process will be given to your athletic director and is outlined in the online rules meeting.

Sub-Varsity Uniforms: At the sub-varsity and junior high levels of competition, allowances shall be made for teams wearing uniforms that do not conform exactly to all uniform requirements. Many schools are using hand-me-down uniforms or practice jerseys to allow all players an opportunity to participate. Latitude shall be given to those teams whose uniforms are the same basic color but may have some variations in style, design, trim, numbers, etc.

Team Benches:

1. **Uniformed** players are allowed to stand as long as they are in an unplayable area (defined as the end of the bench area) and provided both teams have the same accommodations. Lines should not wrap around the baseline; however, leniency may be given if lack of gym size / space requires it.
 - a. Penalty – 1st – warning, 2nd – team bench may no longer stand
2. Teams will not switch sides/benches between sets. Teams will utilize one side/bench the entire match. Teams may switch sides/benches in the event there is a clear and distinct disadvantage. Officials will determine if a disadvantage is present if coaches cannot come to agreement on the disadvantage.

Varsity Scoring:

1. All varsity dual matches played in Iowa shall be 3 of 5 sets to 25 points with the deciding set to 15 points.
2. During a triangular, 2 out of 3 sets played to 25 or 3 out of 5 sets to 25, deciding set to 15.
3. In a regular season tournament, all pool matches shall be 2 of 3 sets to 21 points with any deciding set to 15 points. Semi-final and final round matches may be 2 of 3 sets or 3 of 5 sets to 21 or 25 points with the deciding set to 15 points. Round robin tournaments (4 teams+) must play 2 of 3 sets to 21 points.

Sub-Varsity Competition: Rally scoring must be used but point requirements and time limits shall be determined prior to the start of each match. No scoring cap may be used. Two timeouts are allowed each set. The winning team must win by two points. The let serve shall be used.

Varsity Pre-Match Warm-up:: All pre-match warm-up shall consist of a 5-6-6 format. Both teams shall have five minutes together on their half of the court for ball handling, passing, etc. Then the visiting team is allowed six minutes of court time to hit, pass, receive, serve, etc. Then the home team is similarly allowed six minutes of court time to hit, pass, receive, serve, etc. There shall be no mutual serving time. Serving shall be done within each team's allotted six minutes.

1. A horn or whistle will sound at 12:15, 6:15, and :15. At that time, teams are expected to begin retrieving balls and be completely off the floor by the 12:00 and 6:00 marks so teams can have their full 6:00 of net time.
2. Team that is off the net is not permitted to practice ball handling skills in a playable area. They may leave the gym or stand in front of their bench area. If the team off the net chooses to do ball handling in another area (Ex: adjacent gymnasium), that space must be made available to both teams.

3. At the conclusion of the national anthem, 1:00 will be put on the scoreboard and run. Teams must be on the court and ready to play when the horn sounds. A horn will sound at 0:15 and 0:00. Teams must be on the court and ready to play when the final horn sounds.

Tournaments:

1. **Weekend Tournament Pre-match Conferences:** It is allowable for the head coach to attend only his/her first (And his/her opponent's first) pre-match conference if this protocol is predetermined by the tournament manager and made known to all coaches prior to the tournament. After the head coach has attended his/her first pre-match conference, they may be excused from the rest of the pre-match conferences for that tournament (captains and/or asst. coaches must be present at all pre-match meetings).
2. **Conference Tournaments:** Conference tournaments constitute one match date on a team's schedule. A team cannot play more than six (6) matches as part of their conference tournament. Scoring in a conference tournament is at the discretion of the conference (best 2-of-3 or 3-of-5, to 21 or 25, deciding set to 15).
3. Warm-up protocol for weekend tournaments is at the discretion of the tournament manager, however shared net time and mutual serving during warm-ups is not permitted for Saturday tournaments due to the increased risk of injuries. Team off the net may not shag balls for the team on the net.
4. **Teams Per Court:** The maximum number of teams in a tournament is four per court. This rule applies to all levels of high school and junior high competition (exception: conference tournaments).

2025 NFHS Rule Changes

1. **3-2-1 NOTE (NEW):** Beginning with the 2026-27 school year, state associations may adopt the use of a non-smooth or textured volleyball.
2. **4-2-1h(3), 4-2-1i(2):** Team members may wear black, white or gray undergarments in addition to undergarments that match the predominant color of the uniform top/bottom under the uniform top and/or bottom. All team members, other than the libero, wearing an undergarment must wear the same color.
3. **4-2-4d, f:** Beginning July 1, 2029, the number on the front of the uniform must be centered on the upper half of the uniform top eliminating the measurement requirements from the shoulder seam and neckline.
4. **9-4-8c (NEW):** Eliminates the judgment call of a multiple contact fault in a single attempt to play the ball on the second team hit if the ball is next contacted by a teammate.
5. **10-4 PENALTIES 1:** Changes the penalty administration for an illegal libero replacement to an unnecessary delay if identified before contact of serve and an illegal alignment if identified after contact for serve.

Coaches Zone: The coaching zone is defined by the libero replacement zone extending beyond the end line and sideline extended. Rule 12.2.5 *The head coach may stand in the coaching zone... During play, the head coach shall be no closer to the court than 6 feet from the sideline.* Please be cognizant of this when play is live. One assistant coach may stand within the coaching zone during dead-ball situations to instruct players.

Spectator Guidance / Game Management

1. **HOST SCHOOL EXPECTATIONS:**
 - a. The administrator should identify his/her location during the contest, so the officials know where to locate the administrator if the need arises.
 - b. If a problem arises during the match, the official shall stop play, notify the event manager of the problem, and shall inform the event manager of the remedy needed (could include asking for direct supervision of the area, warning issued by the event manager, or ejection from the facility). The match shall not re-start until the problem is properly addressed.

2. **SPECTATOR EXPECTATIONS:**

- a. Any of the following actions will result in ejection of the offender from the premises:
 - i. Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks of a sexual nature, or other actions that demean individuals or the event.
 - ii. Throwing articles onto the contest area.
 - iii. Entering the contest area in protest or celebration.
 - iv. Physical confrontation involving contest officials, coaches/directors, contestants, or spectators.
 - v. Spectator interference with the event.
 - vi. Use of a “laser light” pen.

3. **SEATING / BLEACHERS:**

- a. The bottom-most row of the bleachers shall not be used for spectator seating unless necessary to accommodate a large crowd.
- b. Each host site is responsible for determining seating arrangements for fans. It is expected that fair and equitable seating is provided to all teams competing.
- c. Student sections should **not** be directly behind the opposing team’s bench or behind the serving line (end line) of the opposing team. If possible, please consider placing students on the side opposite the team benches. If students are seated behind team benches, proper supervision is a must! If it is necessary to re-arrange seating for any reason, please do so during a timeout or between sets.