

Kristina Sage
Assistant Executive Director
South Dakota High School Activities

SDHSAA

Volleyball Newsletter #1 August 25, 2025

FALL SEASON IS HERE

Welcome back to the new school year and new season. Let's continue to lead by example for our student-athletes and ensure they uphold the highest standards. Best of luck to each of you!

ONLINE RULES MEETING, MECHANICS MEETING AND TEST

If you have not yet watched the online rules meeting, online mechanics meeting (officials only) and passed your online test, you need to do so **PRIOR to August 31st at midnight** or you will be fined for missing a requirement. If you miss any of these requirements you will still be able to coach or officiate, and your school will be issued an invoice for the fine for missing a requirement.

COACHES EDUCATION REQUIREMENTS

Please remember that as a coach, you are required to complete specific NFHS courses to maintain your eligibility to coach. These courses must be completed prior to you starting to coach any sport or you will be ineligible to coach your team. If these courses are not completed PRIOR to the start of your season, you will be fined \$500. All these courses must be completed on the nfhslearn.com website. The courses coaches are required to complete are:

1. Fundamentals of Coaching- once you have completed this course, you do not need to take it again.
2. First Aid, Health and Safety- completed every two years.
3. Concussion in Sports- completed annually per state codified law after JUNE 1.
4. Heat Illness Prevention- completed annually after JUNE 1.
5. The Collapsed Student- (same as previous The Collapsed Athlete course- the name has just changed) must be completed every two years.

WAIVER LETTERS

If you have an athlete who needs to wear special equipment due to a medical condition, please email me to request a waiver letter for permission to use these items during contests.

Officials, if a waiver letter is necessary, allow the athlete to participate in this week's contests and notify both the coach and me so we can ensure the proper waiver is issued.

UNIFORM NUMBERS

Make sure uniform numbers are clearly visible. A couple of changes in the coming years: a) beginning 2028, numbers with a leading zero are not legal (01, 02); b) beginning 2029, the number on the front of the uniform must be centered on the upper half of the uniform top.

SDHSAA CHANGES

- Pre-wrap is allowed as a headband – it must meet undergarment color requirements.
- South Dakota will require the use of the lineup card for the R2.

SPORTSMANSHIP AND TEAM CELEBRATIONS

Sportsmanship remains a top priority for the SDHSAA. Some reminders on this topic:

- Any form of taunting is NEVER acceptable.
- Cheer for your team in a positive manner, **not toward the opposing team or fan base.**
- Team benches are allowed to stand to celebrate a great play but must return to the bench immediately following.
- **Celebrations should be volleyball oriented and not a means of showboating or taunting the other team.**

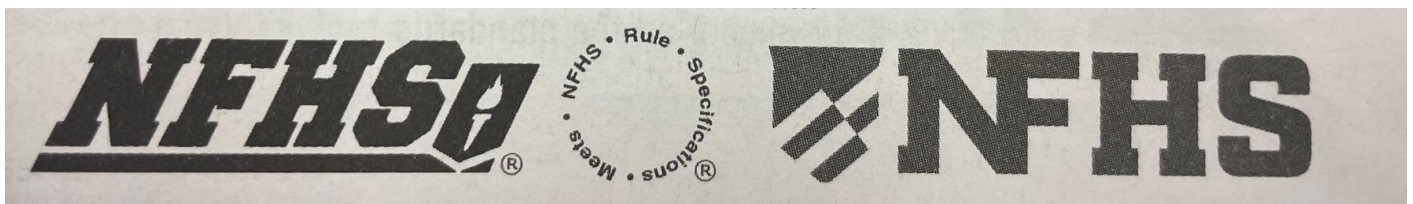
SD ADOPTED TEAMS NOT SWITCHING SIDES -- LINE JUDGE SWITCH SIDES

South Dakota has adopted the policy of team benches remaining on the same side of the court unless there is a distinct disadvantage for one team or the other. Examples: a) An obstruction that hangs down below the 23 feet line only on one side – such as a speaker; b) backboards not up on both sides; c) more playable area on one side of the court vs. the other side.

If as the visiting team, you feel there is a distinct disadvantage – please communicate with the Home team **prior** to game day. Teams will remain on the same bench and line judges will switch sides between sets.

BADEN VOLLEYBALLS

There are three NFHS Authenticating Marks in the picture below. **Any of these NFHS Authenticating Marks are acceptable for volleyball.** The game ball for competitions shall be the three-colored panel volleyball of royal blue/gray/white (Baden Perfection.) The ball shall measure at least 25 inches but no more than 27 inches in circumference.



CONTRASTING COLOR OF THE LIBERO JERSEY

Teams wearing uniforms that use their school colors such as purple and black, maroon and black, royal blue and black, dark green and black, etc. WILL NOT be allowed to use those color combinations, as they do not CLEARLY CONTRAST with the jersey colors. These uniforms shown on the right are NON-COMPLIANT!





We should not see any teams wearing color combinations as such. They are illegal! Uniforms that are opposite patterns may be worn between the team and libero as long as they CLEARLY CONTRAST. If colors simply reverse over half of the uniform and are not easily distinguished by officials, those uniforms remain illegal. This picture on the left would NOT clearly contrast for a libero and team jersey.

More information at: <https://assets.nfhs.org/umbraco/media/7213167/updated-contrasting-uniform-top-requirements-2024.pdf>

UNDERGARMENT COLOR NEW RULE

Team members may wear black, white or gray undergarments in addition to the undergarments that match the predominant color of the uniform top/bottom. All team members (other than the libero) wearing an undergarment must wear the same color.

SD ADOPTED POLICY OF PRE-MATCH PROTOCOL

Following the warm-up, the anthem and introductions would happen. (Order could be introductions and then anthem.) South Dakota has opted to continue the policy of only starters (and libero) standing on endline prior to first set for introductions. Bench players are encouraged to stand in front of the bench or along the sideline – between the attack line and the end line. Coaches, officials and game administration are introduced. R1 then blows the whistle and motions teams onto the court.

HOST MANAGEMENT REMINDER

The VB Handbook states: Fans and spectators may **stand**, but not on the playing surface. The playable area extends up to the bleachers, regardless of how far they are from the court. This Point of Emphasis pertains to fans that are standing – if they want to stand, they need to do so in the bleachers. If fans are sitting, the bottom row is fine.

LIBERO TRACKING

The NFHS has created a training video titled: Officiating Volleyball – Libero Tracking. It can be found on the NFHS Learn site – link below. This is a helpful tool for all trackers.

<https://nfhslearn.com/library/videos/officiating-volleyball-libero-tracking>