



Kristina Sage
Assistant Executive Director
South Dakota High School Activities

SDHSAA

Volleyball Newsletter #2

September 17, 2025

UNIFORMS REQUIREMENTS

Jersey numbers should be clearly visible. It needs to be a solid color that is in sharp contrast with the color of the jersey regardless of trim color.

JEWELRY REMINDER

A small stud is allowed above the chin – No Hoops! Permanent jewelry is not allowed – must be removed. Taping over jewelry is **not** permitted. Two items that are not considered jewelry: 1) a medical alert bracelet; 2) a religious medal. Both of those items should be taped to the body and do **not** require a waiver.



OCTOBER CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, and many schools participate in some type of “awareness” during the month of October. Please keep in mind that if you are ordering pink uniforms, the uniforms must comply with the NFHS Rule codes. Contrasting colors need to be used for the two jerseys. A pale pink and white jersey would not be contrasting colors. We do not make exceptions for the color of the volleyball during October – must use the blue/gray/white ball.

Officials may use pink whistles during the month of October. Should you have any questions about the event as to what is allowable or not, please feel free to contact me.

WARM-UP PROTOCOL

Continue to be aware of what is safe for athletes from both teams during the warm-up time. Any non-players that are helping with shagging need to be wearing proper footwear. If there is an auxiliary gym available, Team A can utilize that space while Team B is at the net and vice versa. It is up to the coaches to supervise their team in that auxiliary gym and choose what type of warm up drills they perform during that time frame.

LINEUP CARD

Just a quick reminder that in South Dakota the lineup card is required. Please be sure you’re using it correctly during matches.

NET MARKINGS

A white net sleeve, no wider than 3-3/8 inches may be installed along the top of the net. It shall be secured so it doesn’t affect the height of the net. It is permissible to place the school’s name or mascot along the top of the net sleeve.

LINE JUDGES

Procedure for switching sides: please instruct your line judges to walk to the 10-foot line by the R1 and then walk across the court on the 10-foot line.

Uniform policies for line judges:

Line judges registered as officials with the SDHSAA, will be required to wear blue, collared, officiating shirt, with black pants.

Line judges not registered with the SDHSAA are recommended to wear a white polo shirt and black pants.

SPORTSMANSHIP - TEAM HUDDLES – BENCH DECORUM

Please stress to your teams the importance of practicing sportsmanship on and off the court. While on the court be sure to hustle after the ball and roll it to the server so as not to delay the set. Teams are not allowed to huddle after each point during the set; this violation would result in an unnecessary delay after a warning. Coaches need to make sure that all team bench personnel are practicing respectful behavior.

EXTENSION OF CENTER LINE

A player may cross the extension of the center line at any time provided the player does not interfere with the play by opposing team. A player may play a ball that has **not completely crossed the vertical plane of the net extended**. But when the ball has crossed the center line extended, that is out-of-bounds.

PLAYER LIMITATIONS

- In matches with more than one level of competition, such as C, JV and Varsity, an individual shall not participate in more than **seven** sets against a common opponent.
- Tournaments with two levels of competition: A player may only play on **one team**. Exception in the case of injury or illness. If a JV player moves up to Varsity – they must stay on the Varsity for the remainder of the tournament.
- South Dakota volleyball teams will follow the South Dakota match limitation rule when playing in neighboring states.

PRE-GAME MEETING

The following items should be covered in the pre-game meeting: a) expectation of good sporting conduct; b) review of rules regarding jewelry; c) ask coaches if roster is correct; d) ask coaches if uniforms and equipment is legal for all players; e) explanation of local group rules; f) reminder about substitutions coming up together and the exchange zone; g) reminder that the floor captain is the only one who can speak to officials – but may not question a judgment call; h) conduct coin toss and wish teams good luck.

TABLE PERSONNEL PROTOCOL

- 1) Be Professional: respectful communication, do not comment or argue about calls, protect official scorebook and clock responsibilities at all times.
- 2) Be Focused: always pay attention; avoid side conversations, phone, social media; keep eyes on officials for signals.
- 3) Be Neutral: always remain neutral; do not show bias toward one team