



2025 VOLLEYBALL PRE- SEASON REMINDERS

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REQUIRED COACH EDUCATION

Before First Practice	All Coaches	Head Varsity Coach
NFHS Concussion in Sports (Annually)	✓	✓
View Pre-Season and CrashCourse Concussion Videos (Annually)	✓	✓
Valid AED/CPR Certification <i>Must include some hands-on, in-person skill presentation.</i>	✓	✓
Before First Contest	All Coaches	Head Varsity Coach
NCHSAA Rules Clinic (Annually)		✓
NFHS Fundamentals of Coaching (one-time)	✓	✓

Sport-Specific Education

- Athletic Director* - **Afterschool Security Course** - one-time
- Cheer Coach - **Cheer and Dance Safety Certification** - every four years
- Pole Vault Coach - **Coaching Pole Vault Course** - one-time

*Required for Athletic Directors and encouraged for all Game-Day Administrators.

2025 -2026 VOLLEYBALL SPORTS CALENDAR

First Practice	June 30
First Contest	August 11
NCHSAA Seeding	November 16
First Round	October 18
Second Round	October 21
Third Round	October 23
Fourth Round	October 25
Regionals	October 28
State Championships	October 31 @ LJVM (Teams and Times TBD)
	November 1 @ NC State (Teams and Times TBD)

2025 -2026 SPORTS CALENDAR SCHOOL YEAR DEAD PERIODS

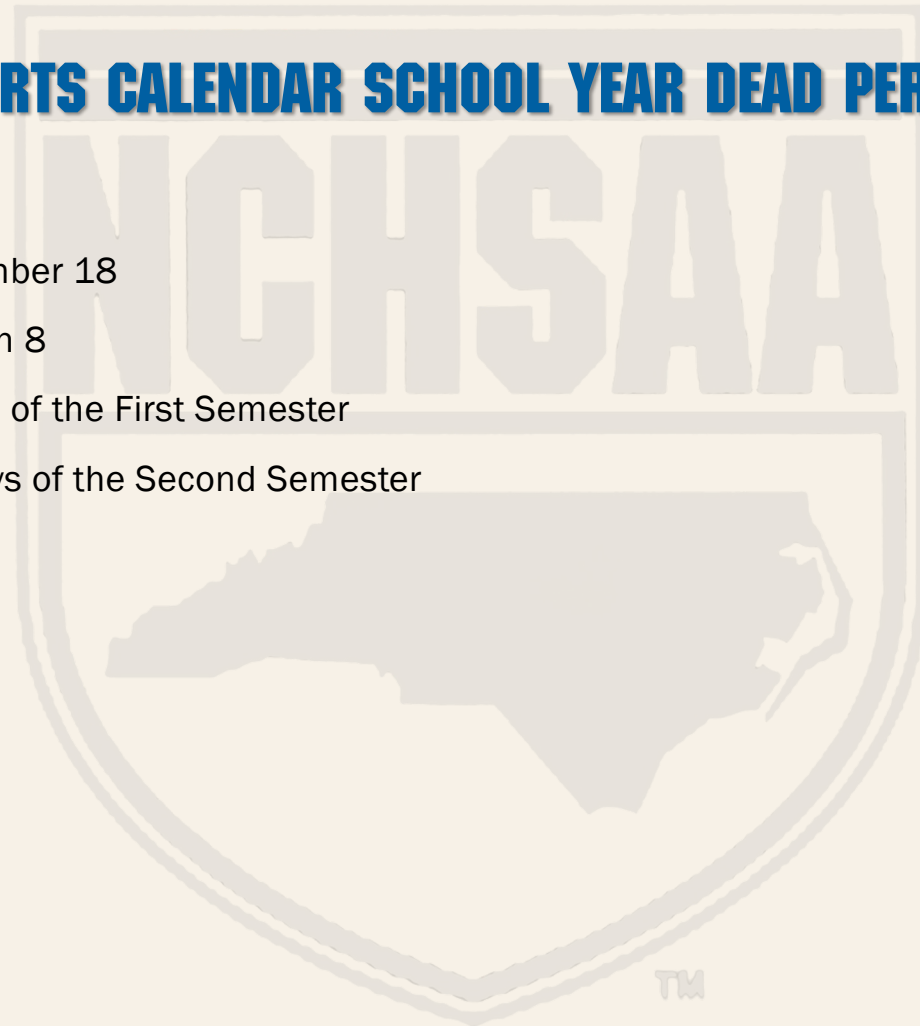
July 30 – August 19

October 29 – November 18

February 16 – March 8

Last 5 Student Days of the First Semester

Last 10 Student Days of the Second Semester



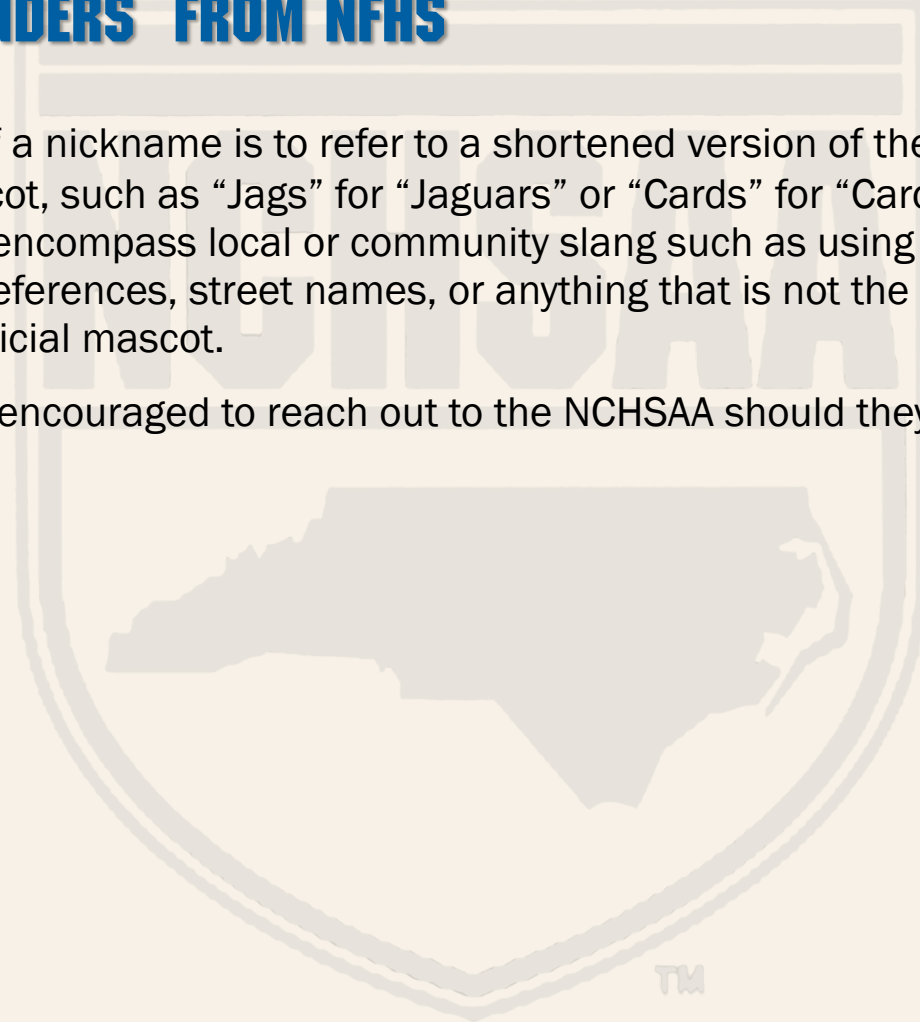
SEASON MATCH LIMITATIONS

- Number of Regular Season Contests: Total 22 matches
- Teams are limited to a maximum of two (2) tournaments per year. Each tournament will count as one (1) contest on the schedule and is subject to the weekly limit allowance
- No more than 4 matches per week can be played
- If all four matches are on four separate days, the fourth must be on a non-school day



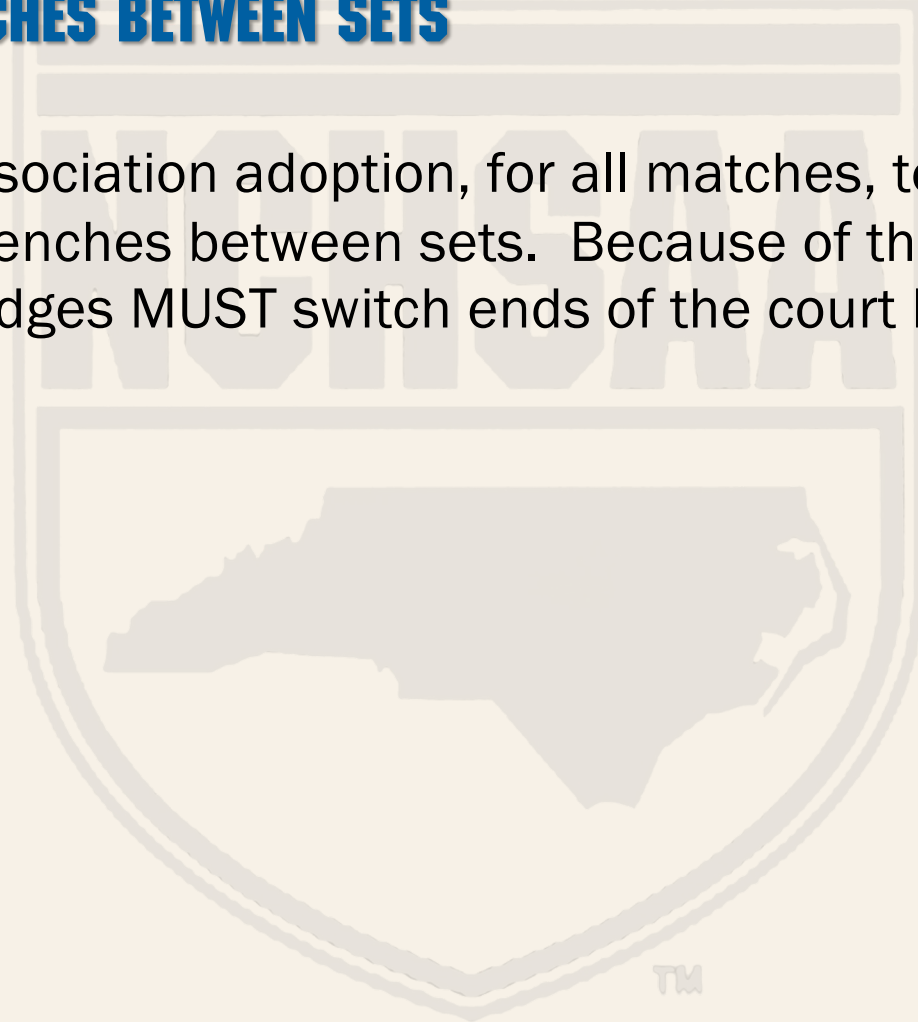
UNIFORM REMINDERS FROM NFHS

- The intent of a nickname is to refer to a shortened version of the schools' name or official mascot, such as "Jags" for "Jaguars" or "Cards" for "Cardinals". It is NOT intended to encompass local or community slang such as using the word "The", directional references, street names, or anything that is not the official name of the school or official mascot.
- Schools are encouraged to reach out to the NCHSAA should they have any uniform questions.



CHANGING BENCHES BETWEEN SETS

- By state association adoption, for all matches, teams will not alternate benches between sets. Because of this, per NFHS rule, line judges MUST switch ends of the court between sets.



Regular Season Matches/Tournaments Per Week

Regular Matches in a Week	Tournaments Allowed
0 -2	1
3	0
4	0

Match/Tournament Season Chart

Regular Season Matches (inclusive of conference and non- conference matches)	Tournaments Allowed
20 or less	2
21	1
22	0

Match Information

- RPI rankings will be determined based on all matches played inclusive of best-of-three and best-of-five
- Conference matches MUST be played the best-of-five
- Conference tournaments MUST be played the best-of-five
- All playoffs and state championships matches will be played best-of-five
- At no time can a team play matches that are not the best of three or best of five. (In-state or out-of-state)

Schedules and Match Results

- Check schedules to make sure you will not exceed season limit with conference matches at the end of the year due to scheduling too many matches before conference begins.
- All match results need to be entered in MaxPreps as soon as possible after the conclusion of the match
- All tournament matches should be indicated as such in MaxPreps

Pre-Match Protocol for Volleyball

During the regular season teams will be allowed to determine the length of warm-up time that each team has (5,5,5,5), (7,7,3,3) or (6,7,7)

The visiting team will go first and third with the home team going second and fourth

For playoff games and state championships, the warm-up time will be (5,5,5,5) with the visiting team going first and third and home team going second and fourth.

* Please let officials know when they arrive what you will be doing*

YELLING DURING THE SERVE CLARIFICATION

- The NFHS volleyball rules committee has felt that some comments are good communication by teams. “Balls-up” being one of those.
- The committee did not want to make a blanket statement about anything being yelled during play/serve but does feel that “disconcerting acts or words” should be penalized.
- This does leave it to the official to interpret the content of the words/actions.
- General cheering/yelling by fans during serve is just part of the game

Teams communicating when the server is starting – good communication. If the content is negative in anyway, then unsporting conduct comes into play.



CONTRASTING JERSEY REMINDER



QUESTIONS

Please do not hesitate to contact me should you have any questions.

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