



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

IHSA 2020-21 VOLLEYBALL CONSIDERATIONS

This document is intended to provide guidance for schools conducting practices and hosting games during the 2020-21 IHSA Volleyball season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as volleyball practice and contests. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

<http://www.dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

Modified Season:

- On January 27, 2021, the IHSA Board of Directors modified the IHSA Boys' and Girls' Volleyball seasons along with all other sport seasons in response to the circumstances surrounding the ongoing COVID-19 pandemic. The modified boys and girls volleyball season is as follows:
 - **March 8 – Girls Volleyball Practice may begin**
 - **After 7 days of practice – Girls Volleyball Games may start**
 - **April 24 – Girls Volleyball Season ends**

 - **April 5 – Boys Volleyball Practice may begin**
 - **After 7 days of practice – Boys Volleyball Games may start**
 - **TBD – Boys Volleyball State Series**
 - **June 19 – Boys Volleyball Season ends**
- Note: Avoid scheduling Boys Volleyball regular season games after June 7th to leave time open for a potential post season event.
- If your school had difficulty meeting the 6 contest requirement as outlined in IHSA By-laws as a result of circumstances surrounding the pandemic, you may contact IHSA Executive Director, Craig Anderson (canderson@ihsa.org), to inquire about a waiver.
- Currently, State Series events are *"To Be Determined"* to ensure that the events can be conducted safely and in accordance with the Governor's Restore Illinois Guidelines. The IHSA will make every effort to conduct some form of State Series event and will announce decisions made by the IHSA Board of Directors related to this as they become available.
- Please see the IHSA COVID page for guidance on scheduling: [COVID-19 \(ihsa.org\)](https://www.ihsa.org/covid-19)



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- Volleyball Teams still must follow IHSA By-laws 5.150 and 5.320 Contest Limitations https://www.ihsa.org/documents/forms/current/IHSA_Section5.pdf

Requirements and Considerations

Social distancing between individuals, not on the court, of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible at anytime.

Gym Capacity - Student participants, coaches, timers, paid/volunteer game officials, and media are considered a group.

Spectators – Please see the IHSA COVID [page](#) for spectator information based on your region.

- If allowed, spectators must maintain social distance throughout the gym.
- Spectators must wear masks.

Tournaments at one Host Site - Hosts must ensure that ALL event attendees are held to the capacity guidelines outlined in IHSA Return to Play as well as this document (i.e. Student participants, coaches, timers, paid/volunteer game officials, and media considered a group of 50 people inside of a facility).

Transportation - For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.

Practices - Practices are solely intra-team.

Equipment and Accessories

Volleyball

- Prior to a contest, the game ball should be sanitized according to instructions from the ball manufacturer, set aside, and placed on top of the scorer's table. The game ball must not be used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between sets.
- Sanitizer should be provided by the host team at the table.
- Face coverings are required for all players, coaches, team personnel, officials, and spectators at all times.

Scorer's Table

- The host should sanitize the table before the game.
- Limit seats at the table to essential personnel only with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians,



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media, etc.) are not considered essential personnel, and an alternate location for them should be considered.

- Table personnel are required to wear face covering requirements.
- Have sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations for table personnel to clean and disinfect frequently touched surfaces and equipment

General Practice Requirements and Considerations for Coaches:

- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- For practices, consider conducting workouts in “pods” of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing amongst your team and coaching staff.
- Always require use of facial coverings.
- Require athletes to arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.
- Educate your student athletes on proper hand washing and sanitation.
- Coaches must wear masks/face coverings at all practices and competitions.

Requirements and Consideration for Officials:

Pregame Protocol

- Limit attendees to the 1st and 2nd referee and the head coach from each team with one coach and one referee positioned on each side of the net, all 4 individuals shall maintain a social distance of 6 feet.
- All individuals maintain a social distance of 6 feet or greater at the center circle.
- Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials’ table before the 10-minute mark.
- Suspend handshakes prior to and following the Pregame Conference.
- Officials must wear a face covering at all times.
 - Officials should not wear jackets during pre-game court/player observation.
 - *Electronic whistles are permissible (supplies are limited).*
 - *Choose a whistle whose tone will carry inside.*



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- *Check the market for choices*
- Gloves may be worn.

Transportation:

- Follow ISBE Guidelines: For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.

Eating and Drinking:

- Ask athletes to bring their own water and have their own plan for retrieving their water after competition.
- Ensure 6-foot distance whenever student athletes are eating or drinking.
- Replace face coverings immediately after eating or drinking.

Other Considerations:

- ***Deciding Set Procedures***
 - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide to serve/receive.
 - Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
- ***Substitution Procedures***
 - Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

General Requirements and Considerations for Student Athletes:

- Student athletes should be responsible for their own supplies such as a water bottle.
- Students should wear their own appropriate workout clothing and not share clothing with anyone. All equipment and clothing should be washed immediately upon returning home.
- Hand washing and the use of hand sanitizer should be frequent at all contests and practices.



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- Athletes should tell coaches immediately when they are not feeling well.
 - Face coverings are always required.

Team Benches

- ***Social distancing should be practiced. Below are some considerations.***
 - Consider limiting the number of bench personnel to observe social distancing of 6 feet or greater.
 - Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
 - If possible, place team benches opposite the spectator seating.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater between bench personnel (coaches and players).
 - Create separation between the team bench and spectator seating behind the bench.
 - Players not in game must wear a mask and **MUST** be separated by 6 feet in bench area.
 - During time outs, players and coaches should maintain social distance.

General Requirements and Considerations for Parents:

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is any doubt, stay home).
- Provide personal items for your child and clearly label them.
- Help make sure that your child is washing/cleaning clothing and personal items after each use.
- Know facility/venue limitations on capacity/attendance prior to attending a meet. Always maintain social distance and wear a face covering while in attendance at an event.

Eating and drinking:

- Ensure 6-foot distance whenever athletes are eating or drinking.
- Replace face coverings immediately after eating or drinking.

Questions:

- Questions may be addressed to IHSA Volleyball Administrator, Stacey Lambert (slambert@ihsa.org)

Resources:

IDPH Sport Safety Guidance - <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

IHSA COVID Page - [COVID-19 \(ihsa.org\)](https://www.ihsa.org/covid-19)



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IHSA Officials Guidance – [IHSA COVID Officials Guidelines.pdf](#)