

ALABAMA CHRISTIAN ATHLETIC ASSOCIATION

2023 Volleyball Information Sheet



UNIFORMS:

- Uniform tops must follow the NFHS guidelines (*See attached*)
- ACAA uniform regulations must be followed (*See ACAA Athletic Manual*)
- Uniform bottoms must have a **minimum 7" inseam** and must remain 'unrolled'.
- Libero jerseys must meet the NFHS guidelines (*differing color, etc.*)
- Mid-thigh length spandex/compression shorts must be worn underneath uniform bottoms. It should be black, white, beige or the predominant color of the uniform bottom. Spandex/compression shorts should be a solid color. The same color should be worn by all teammates.



EQUIPMENT:

- A NFHS certified ball must be used in all games.
- Net must be set to regulation height (7' 4") for all games.
- Proper antennas must be attached to the net.



OFFICIALS:

- Officials must be booked through AHSAA or AISA certified officials associations.
- Two officials must be used for each regional match.
- It is not required that an official wear a patch. League rules vary in each area.



MATCHES:

- Varsity matches will be 3 out of 5 sets.
- Jr. High matches will be 2 out of 3 sets.



GATE:

- **Single Match:** \$5/Adults \$3/Students (*Either one JH or one Varsity match*)
- **Multiple Match:** \$6/Adults \$3/Students (*Both a JH and a Varsity match*)
- Gate prices may be adjusted for tri-match scenarios.



2023-24 VOLLEYBALL RULES CHANGES

2-1-9 (NEW), 12-2-5: Creates a coaching zone defined by the libero replacement zone extending beyond the end line and sideline extended.

Rationale: Defines and clarifies the area in which coaches may stand.

4-1-7: Allows small, secured stud or post jewelry to be worn above the chin.

Rationale: Maintains consistency with current trends of other NFHS and volleyball rules codes.

4-2-4b: Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028.

Rationale: Clarifies legal numbers and eliminates confusion when signaling while aligning with other rules codes.

10-2-1: Allows requests for substitution by the head coach to be signaled or verbalized.

Rationale: Creates consistency by allowing either a verbal or non-verbal signal for as substitution.

12-2-6: Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations **only**.

Rationale: Allows an assistant coach to stand and coach during dead-ball situations in addition to the head coach. The assistant coach that stands may change throughout the match, but only one can stand at a time.

2023-24 Volleyball Editorial Changes

2-1-1, 2-1-3, 2-1-4, 2-1-5, 2-1-6, 10-2-1

2023-24 Volleyball Points of Emphasis

1. Using the Lineup Card Effectively
2. Coaches Zone Privileges