RULES, MECHANICS, PHILOSOPHY



Referee Tim McKinnon, Kenosha County, Wis., is observing a play that could result in a potential ballhandling fault. However, the player's hand position on the ball does not constitute a ballhandling fault. Line judge Janice McGeary, Frankfurt, Ill., watches for an antenna fault.

WATCH FOR THE THROW

Prolonged Contact Is the Key Element in Throwing Faults

By Paul Wilk

atch, lift, throw, hold, grab, monster dunk! OK, we have all heard the terms thrown out there for one of the now common plays in volleyball. Players use a strategy of not "hitting" the ball on an attack

but directing the ball in a specific direction with their hand. This play poses a challenge for us as referees. Because this contact is subtle, it becomes a judgment call. I believe, next to calling a double contact consistently, this is becoming one of the hardest judgments to make, due

to the increased athleticism of today's players. There can be so many factors that come into play to determine whether or not these contacts are legal. And because some are seeing this tactic for the first time, it puts a lot of pressure on referees to make the right call. It's important to remember

that aspect as volleyball playing styles vary around the country. I have heard experienced officials say, "They are allowing that now." It is not that we are allowing something illegal to occur. It is an ever-evolving part of the game. So we must improve our skills with the game.

This strategic play evolved from the basic "tip," where players use their fingertips to lightly send the ball over the top of the block. That technique was taken a step further when we started seeing the middle blockers directing an overpass one way or another to avoid the opponents' contact. You may have seen the middle blocker use two hands to change the direction of the ball significantly on a block. This is a critical part of game strategy. We may also see attackers use a one-hand finger-action to push the ball deep into the opponent's court. Some players have yet to master this skill and their contacts may result in a catch/throw action. If there is prolonged contact, it is a fault, and needs to be called as such.

To determine whether a contact is legal we are stuck with a line from the famous Whitney Houston song, "How will I know?"

What is prolonged contact?

NFHS rule 9-4.5: "Legal contact is a touch of the ball by any part. of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body."

NCAA Women's rule 14.2.2: "The ball must be hit cleanly and not caught or thrown. Prolonged contact with the ball is a fault. The ball can rebound in any direction."

USAV rule 9.3.3: "Catch: The ball is caught and/or thrown; it does not rebound from the hit."

As with any ballhandling call, watching the hands is key. There are two elements that can be used to help determine the legality of the contact:

- Where is the hand/arm in relation to the body at the point of contact?
- Where on the hand is the ball making contact?

Let's look at the hand/arm

position. If the hand and arm are behind the player's head when initial contact is made, although not absolute, there is a very good chance the ball will come to rest as the player attempts to impart forward motion on the ball. These can be easier to see.

As for how the hand is making contact, the ball should be on the fingertips. If the ball is landing in the palm along with the fingertips, it is more likely that the ball has come to rest, and therefore a ballhandling fault has occurred.

The boys' and men's game have a different level of physical athleticism, and this is where we tend to see this happening more. It seems that sometimes the guys get caught up in the basketball mentality of the "monster dunk" and try to throw the ball down. Because male hands are generally larger, it is easier for them to wrap their hand around the ball in a grabbing motion, causing the ball to truly be caught and thrown. The key takeaway is no matter where the contact occurs, the ball must rebound off the player to not have prolonged contact.

Because this is a judgment call, you may experience more questioning from players and coaches. Remember, they are possibly learning the boundaries of this infraction just as some officials are. If the coach or captain asks for an explanation, use the language from the rulebook. "Coach (or captain), there was prolonged contact on the ball." You don't need to talk about where the hand was or how it was shaped around the ball.

As always, take the opportunity to watch more seasoned officials at all levels. Observe what they are calling and don't be afraid to ask them questions. I have never had an official not take the time to answer a question for me. We are all learning and striving to be better. Trust your judgment and be confident in your calls.

Paul Wilk, Aurora, Ill., served as a line judge for the 2019 Illinois High School Association Boys' State Finals. He is a member of PAVO and has been a referee for 10 years. []

DID YOU KNOW?

According to the NFHS, participation in boys' volleyball jumped 26 percent and girls' volleyball increased 8 percent in 2018-19. The numbers have steadily climbed the past seven years and now total 63,563 and 452,808, respectively. The continued increase in teams and participants means there is a greater need for officials and existing volleyball referees could be in line for more work.

THEY SAID IT

"All officials need to communicate better, and that is true across the board at all levels. Whether it is discreet signals or proper use of mechanics, we can all improve our communication."

> - Gloria Cox, USAV 2019 George J. Fisher leader in volleyball

SIDELINE

New Sport: Snow Volleyball

The FIVB is currently developing snow volleyball with ambitions to make it a future Winter Olympic sport. Between 2017-19, the FIVB has aimed to establish an eight-year plan for the game and is testing rules and regulations at various demonstration events. Originating in Austria as a variant of beach volleyball, the rules are very similar, with most of the referees being beach volleyball officials. The FIVB vision is to offer opportunities to enjoy volleyball in all its forms and make volleyball the first sport to be in both the Summer and Winter Olympics.



TEST YOURSELF

In each of the following, you are given a situation and possible answer(s). You are to decide which answer(s) are correct for NFHS, NCAA or USAV rules, which might vary. **Solutions:** p. 81.

- The warning whistle to indicate that the interval between sets is about to end should be sounded by either the second or first referee (when working alone) at:
 - a. 20 seconds.
 - b, 15 seconds.
 - c. 30 seconds.
 - d. None of the above.
- 2. Player B20 is wearing a head scarf during warmups that covers the entire head. When the first referee approaches the head coach and informs him or her of the rule violation, the head coach says the scarf is worn for medical reasons. What should happen next?
- a. Player B20 should be allowed to play with no further discussion.
- b. Player B20 should be allowed to play if a medical letter from a health care provider can be produced.
- c. Player B20 is not allowed to play unless the parent says it is OK.
 - d. None of the above.
- 3. Player A3 is attempting to play a ball that was hit into the net by A10 on the team's first contact. Blocker B39 is standing at the net and moves a hand to push the ball through the net to the floor on team A's side. What should the first referee do?
- a. Whistle and award a point to team A for a centerline violation.
- **b.** Whistle and award a point to team B for an illegal hit on team A.
- c. Whistle and award a point to team A for a net violation.
- d. Whistle and award a point to team B for a net violation.
- 4. Player A9 goes back to attempt a jump serve. As A9 tosses the ball for serve and begins the approach, the player realizes the referee has not blown the whistle to authorize the service. The player catches the ball. This is a:
 - a. Service fault.
 - b. No call/replay.
 - c. Delay of game warning.
 - d. Unsporting conduct violation.

I Can't Hear You!

By Marsha Goodwin North

o your ears ring after an officiating assignment? Have you had your hearing tested lately? How long have you been officiating and how often do you referee? These are all questions that volleyball officials should be answering to protect their hearing. Sometimes, officials complain about ringing in the ears, especially after an extended time of refereeing volleyball matches or multiple assignments during a given week. Tinnitus (ringing in the ears) is a warning sign and an indication of excessive exposure to unhealthy sound pressure levels (SPL).

According to researchers at Creighton University, if you're having difficulty hearing or understanding a normal tone of voice from about three feet, you may already have some hearing loss. It is strongly recommended to use hearing protection to avoid further deterioration. Officials working in a noisy gym or a facility where multiple courts are in use at the same time should consider using hearing protection. Two major factors affect volleyball officials: sound levels and duration of exposure.

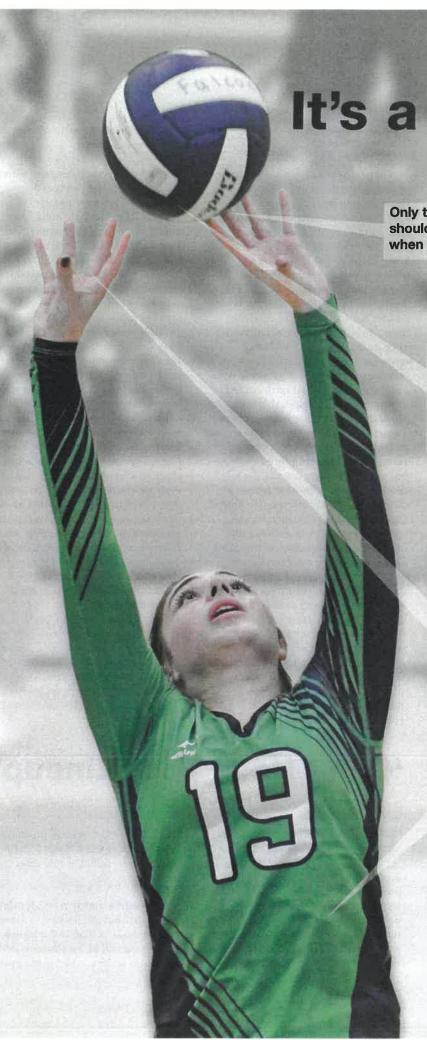
The Occupational Safety Hazard Administration (OSHA) has developed charts that indicate various activities and the decibel levels correlating to noise. A decibel is "a unit used to measure the intensity of a sound or the power level of an electrical signal by comparing it with a given level on a logarithmic scale." Basically, as a sound becomes louder, so does its decibel level. To complicate matters, the scale is logarithmic — meaning that if one noise is 70 dB while another noise is 80 dB, an increase of 10 dB means the noise is 10 times louder. Noise at 80-90 decibels is considered extremely loud and 120-130 decibels causes damage to the eardrum.

As examples, air horns produce 123.6 dB and drums 122 dB. A noise of 127 dB for 15 minutes is more strenuous than hearing a chainsaw for three consecutive hours and can cause hearing damage in 15 minutes. According to OSHA charts, at 97 decibels, hearing damage occurs in 30 minutes; at 100 dB, damage in 15 minutes; at 115 dB, damage in 30 seconds; at 120 dB, hearing damage occurs in 8 seconds; and at 125 dB, the pain threshold is reached.

See "I Can't Hear You!" p.30 C



Ami Filimaua, Bothell, Wash., is wearing ear plugs that allow him to still communicate with a coach during a match. Ear plugs can help reduce the chance for hearing loss.



It's a Double?

Only the contact point should be considered when judging legality.

> Outside influences such as player technique, ball spin, coaches' expectations or crowd reaction should not be considered when judging the legality of the contact.

Remember when you are viewing the play from the first referee platform, you can only judge the contact from your viewing angle and what you can see, not what you might assume.

There is no body/ball position or playing technique that automatically results in illegal contact.

CASEPLAYS

Playing at the Net

Play: A5 passes a served ball and the ball travels into the plane of the net near the back-row setter, A20, who does not contact the ball, but whose hands are higher than the top of the net. The ball is next contacted by B4 who is a front-row blocker. The ball lands out of bounds on team A's side. The first referee blows the whistle and awards a point/loss of rally to team B and signals a back-row block on team A. Ruling: Incorrect. The ball was never contacted by the back-row setter of team A, which is required for a completed block. Team A's setter can jump and have his or her hands above the height of net. For a back-row block to have taken place, the ball would have had to contact a body part of A20 while the ball was completely above the height of the net (NFHS 9-5-5a; NCAA 14.6.1 Note: USAV 14.6.2).

Protests and Challenges

Play: Team A completes a legal attack of a ball on an overpass by team B's setter. The libero for team B attempts to avoid the ball as it whizzes by. The ball lands out of bounds. The line judge indicates the ball lands inbounds. The first referee agrees and awards a point/loss of rally to team A. The head coach of team B disagrees and would like to have the call reviewed using video replay. The second referee obliges the coach's request. Ruling: Correct in NCAA. The head coach may challenge if a ball landed in or out, provided he or she has not used allowable challenges (18.1.4.1). Incorrect in NFHS (11-3-2) and USAV (23-2-1), as these rules do not provide for video review. The only way the line judge's call can be overturned is if the first referee overrules the line judge.

Equipment and Accessories

Play: The libero for team A is wearing a knee brace, which is unaltered from the manufacturer's original design/production and does not present a hazard. The first referee allows the libero to play without any additional padding required. Ruling: Correct. Unaltered knee braces are not. required to be padded if they do not pose a safety threat (NFHS 4-1-3; NCAA 7.2.4.1; USAV 4.5.1).

O I Can't Hear You! continued from p.28

There are several types of hearing protection products available today. There are also multiple styles to meet your personal preferences. Earplugs are a simple way to address your exposure to elevated decibel levels. Many earplugs list NRR (noise reduction ratings) ranging from 21-33, which means they block 21-33 decibels of noise. There are four types: custom noise plugs (most efficient from a healthcare professional such as an audiologist); earmuffs (not recommended for volleyball officials because of appearance); reusable noise plugs (silicone, corded or uncorded, inexpensive); and disposable noise plugs (least expensive, made of foam). The ear plugs chosen by a referee must fit properly and be worn correctly. Foam plugs, for example, block noise but also block other sounds. As a result, conversations with fellow officials, coaches or players are limited. Custom hearing protection blocks specific frequencies but allows the official to hear the noises of the game. Some of the more common generic ear plugs are visually distracting, due to their prominent colors and the fact that they project outside the ear canal. Often, officials must remove one or both ear plugs to be able to communicate effectively.

There are multiple sites, available through an internet search, that offer hearing protection. Many are quite inexpensive, but investing in a custom-fitted pair from a professional

would be worth the extra costs to protect one's hearing.

There are multiple factors to consider when comparing the extent to which volleyball referees are exposed to higher frequencies of decibels. These include noise from the crowd, noise from the competition itself and other incidental noises that are unique to each facility. The quantity of exposure is important; one factor to consider is the number of matches officiated in a week. Another factor is officials who work multiple seasons (NFHS, NCAA and USA Volleyball matches). One must also consider volleyball officials who work other sports. How often are those other sports worked and what is the environment they are in (indoor, outdoor, closed-space, etc.). Check with your assigner(s) about wearing hearing protection. If earplugs are prescribed for you by an audiologist, share that information with him or her. A single-court high school or collegiate event does not have the same level of exposure as an all-day, multi-court tournament. While protecting your hearing is most important, a detached appearance of a second referee due to not hearing normal match sounds is not conducive to good communication.

Marsha Goodwin North, Cleveland, Tenn., is an NCAA official, former USAV official, board chair for Southeastern Collegiate Officials Board, state supervisor of officials for the Tennessee Secondary School Athletic Association and member of the NFHS Volleyball Rules Committee.

'Can I Have Your Lineup?'

By Robert Doan, PhD

The dreaded words from the scorer L as we get ready for the match or between sets are, "I do not have the lineups yet." Yes, we appreciate the prompt from the scorer, but these words mean we might have to issue a penalty/sanction for lineups not being turned in on time. Officials who work multiple rules codes must be aware of not only the clock as coaches turn in

their lineups but also what penalty/ sanction to assess if needed. Let's examine the different rule sets.

NFHS

To start a match: A coach from each team shall submit lineups to the second referee no later than two minutes before the end of the warmup period. If the team is using a libero, the number

must be marked on the lineup sheet for each set.

Lineups for subsequent sets: A coach from each team will submit the lineups to the second referee. The lineups are due no later than with one minute remaining in the timed interval.

USAV

To start a match: Just as in NFHS, the lineups are due two minutes before the end of the timed warmup period. It is worth noting, if only one libero is used, the libero number must be entered on the lineup sheet for each set. An X should be placed in the second box if only one libero will be used. If two liberos are used, the libero numbers are entered on the lineup sheet for the first set and are designated for the entire match.

Lineups for subsequent sets: Lineups are due 30 seconds before the expiration of the interval between sets.

NCAA

To start a match: Lineups are due for the first set at the three-minute mark on the countdown clock timing the warmups. If the team is using a libero, the number must be entered on the lineup sheet for each set.

Lineups for subsequent sets: As in USAV, lineups are due for subsequent sets at least 30 seconds before the expiration of the interval between sets.

Penalty/Sanctions

Now that we know when the lineups are due, what is the delay penalty?

- In USAV play, late lineups result in the assessment of a delay sanction.
- In NFHS, the penalty is loss of rally/point awarded to the opponent at the start of the next set. As an example, if team A is serving to begin the set, but submits its lineup 30 seconds before the warmups are complete, team B will rotate and serve to begin the set with the score 1-0.
- The NCAA combines the two rule sets. If the lineup is late, the team will be assessed a delay sanction.

 After an additional 30 seconds, a delay penalty will be issued (which results in a point awarded to the other team). The referees are to administer a delay

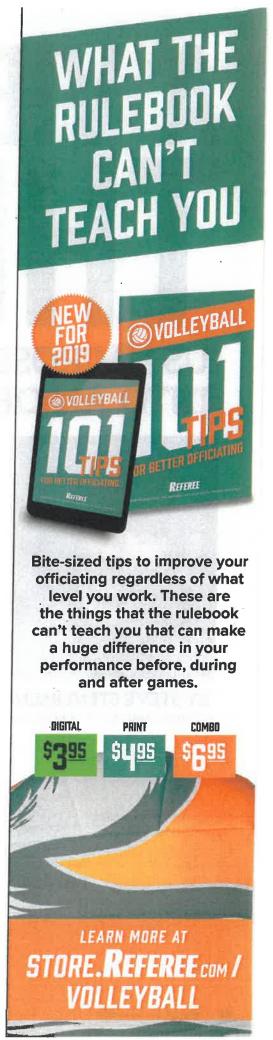
penalty for each additional 30 seconds. The set is defaulted after five minutes have passed the proper submission time for lineups to be submitted.

Preventive officiating

I have never heard of an official who enjoys enforcing penalties for teams that are late turning in their lineups. Most officials do not want to start a match or set by informing the coach that his or her team is going to be penalized for being late turning in the lineup. However, the role of an official is to enforce the rules and ensure both teams are given equal treatment. It is an unfair advantage for one coach to receive more time to decide on a lineup. With this in mind, officials can practice preventive officiating. Before a match, make sure coaches have a blank lineup sheet to use. In NCAA, the referees usually will provide a blank lineup sheet during their "meet and greet" with the coaches. In USAV, although time may be limited between matches, try to bring the coach a blank lineup sheet during shared warmups. For NFHS, many coaches bring their own lineup sheets, at times included on their printed roster.

Another preventive measure is to remain aware of how much time is left on the clock. At both the beginning of a match and between sets, if you have not received a lineup and the required time is approaching, a friendly reminder to the coach can be helpful. Refrain from hovering over coaches while they complete their lineup. Instead, with sufficient time, just tell the coach that in about 30 seconds, the lineup is due — and if he or she is starting to complete it, walk away to wait until the coach is done.

Enforcing a penalty for a late lineup submission is not only part of our job, it is an ethical responsibility to ensure both teams adhere to the rules. Preventive officiating will help coaches properly submit their lineup sheets so they can focus on coaching between sets. Let's help them remember so we do not hear, "We are missing a lineup." Robert Doan, PhD, has been a high school, college and USAV official for more than a decade. He is a resident of Charleston, S.C.



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QUIZ ANSWERS

BASKETBALL

1 - All - c (NFHS 7-1-2; NCAA 7-1.2) 2 - All - b (NFHS 2-10-1; NCAA 2-12.1)

3 - NFHS - a (3-5-4a); NCAAM a (1-24.1.b); NCAAW - b (1-24.1.b) 4 - NFHS - a (5-3-3a); NCAA - b (5-15.1.c)

BASEBALL

1 - All - b (NFHS 8-2-9, 8-4-2g; NCAA 7-11p, Nt 1; pro 5.09a-11) 2 - Ali - c (NFHS 2-21-1a; NCAA 2-51, 7-11f Exc 4; pro Interference Definition)

3 - NFHS - a (3-4-1); NCAA - d (9-4a, 9-4a-4); pro - e (5.10m) 4 - All - a (NFHS 8-4-2e; NCAA 8-7a-3; pro 6.01i)

5 - NFHS - a (3-4-3); NCAA, pro - d (NCAA 9-4c, 9-4d; pro 5.10L Cmt 4)

FOOTBALL

1 - NFHS - a (2-24-2, 6-5-1 Pen., 9-3-3 Pen., 6.5.1A); NCAA - b (6-5-

4, AR 6-5-4 I) 2 - Both - c (NFHS 7-2-5a; NCAA 7-1-4a-4)

3 - NFHS - e (3-6-1a-b); NCAA a, c (3-2-4c)

4 - NFHS - b (9-4-4, 9.4.4 C); NCAA - a (9-1-9) 5 - NFHS - a (7-5-1); NCAA - c (7-3-2)

SOFTBALL

1 - All - a (USA Softball 1-Catch/ No Catch; NCAA 9.2.1, 9.3.2; NFHS 2-9-2; USSSA 3-Catch) 2 - All - b (USA Softball 7-2d-3; NCAA 11.9.2, Appendix B; NFHS 2-7-2, 7-1-2 Pen. 3; USSSA 7-2) 3 - USA Softball, NCAA, USSSA a (USA Softball 3-4; NCAA 3.6.2; USSSA 2-9b); NFHS - b, c (3-5-1, 3-6-1, 1.4.1A) 4 - All - b, c (USA Softball 4-7c-5 Effect; NCAA 5.9.8 Effect; NFHS 3-6-

10 Pen.; USSSA 11-2I Pen.)

VOLLEYBALL

1 - NFHS - b (5-5-3b 20): NCAA. USAV - c (NCAA 8.4.2.2; USAV Basic Procedures for Referees 8b) 2 - NFHS - b (NFHS 4-1 Notes 2); NCAA, USAV - d (NCAA 7.3.2; USAV referee discretion 4.5.1) 3 - All - c (NFHS 9-6-7d; NCAA 15.2.1; USAV 11.4.4)* 4 - Ali - b (NFHS 9-8-1c; NCAA 13.1.3.7; USAV 12.4.5)

SOCCER

1 - All - c (NFHS 12.8.2d; NCAA 12.7.4.1; IFAB 12.3) 2 - IFAB, NFHS - b (IFAB 2.2, NFHS 2.2.4); NCAA - d (NCAA 2.2 Exc. 2) 3 - IFAB, NCAA - c (IFAB 3.5. NCAA 3.8 aligned with IFAB); NFHS - d (3.5) 4 - All - d (NFHS 11-1 Diagram 10; NCAA 11.2, AR 11.2.e, 12.5.1;

IFAB Law 11) 5 - NFHS only - b (18.1rr)

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FLASHBACK



40 YEARS AGO ... 1979

· Sam Statland, an insurance company owner and football official, begins offering insurance for officials associations to

cover their members. The annual fee ranged from \$6 to \$10 per member and provided up to \$1 million of liability insurance coverage. The liability side of the policy covered legal defense costs as well.

1989

30 YEARS AGO ...

 Attempting to better prepare rookie basketball officials, the Ohio High School Athletic Association requires

first-year referees to complete and pass an officiating class. The requirements came about after the state's basketball coaches group expressed concerns about the quality of officials that were coming into the ranks.



20 YEARS AGO ... 1999

· A seaguit in London is credited with a goal in a youth match and the English Football Association supported

the referee who allowed it. A vouth soccer player attempted a shot on goal that struck a flying seagull in the head and rebounded into the goal. Football Association spokesman Steve Double. supporting the referee's decision to let the goal stand, said it was the first time a seaguil had ever scored a goal in a match.



10 YEARS AGO ... 2009

 The NBA and its officials agree on a twoyear contract just in time to permit the 57 full-time officials to open their

regular season on time. The twoyear agreement came after longerthan-usual negotiations.