



REGION REF BULLETIN

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SUMMARY OF RULE CHANGES FOR THE 2023-24 SEASON



USAV RULE CHANGE

ALL AGE GROUPS ARE NOW ALLOWED 8 SECONDS TO SERVE. 14 AND UNDER ARE PERMITTED A RE-SERVE. WHAT'S CHANGED? PREVIOUSLY 14 AND UNDER WERE ALLOWED 5 SECONDS TO SERVE

USAV RULE CHANGE

14 AND UNDER RE-SERVE: THE BALL MAY EITHER FALL TO THE FLOOR OR THE PLAYER MAY CATCH THE BALL. WHAT'S CHANGED? BEFORE THE PLAYER COULDN'T CATCH THE BALL

USAV RULE CHANGE

THE COACH OR ASSISTANT COACH IS NOW ALLOWED TO BE NEAR THE COURT WHILE THE BALL IS IN PLAY. THE COACH MUST NOT OBSTRUCT THE LINE JUDGE'S VIEW OF THE SIDELINE. SUBSTITUTES ON THE BENCH MUST STILL REMAIN SEATED OR IN THE WARM UP AREA.

USAV RULE CHANGE

JUDGMENT DECISIONS ARE NOT SUBJECT TO PROTEST. A PROTEST RELATED TO A JUDGMENT DECISION MAY RESULT IN A PENALTY (RED CARD) BEING ASSESSED TO THE COACH.

QUESTIONS? EMAIL MEMBERSHIP@BADGERVOLLEYBALL.ORG



USAVolleyball

What is allowed when it comes to jewelry?

Some questions have been asked about jewelry and what is allowed. USA Volleyball does not specifically restrict the type of jewelry a player can wear.

USAV 4.5.1 Jewelry may be worn provided its nature does not present a concern for safety, such as extremely long necklaces and/or necklaces with large medallions, or large hoop earrings. We say, "extremely long necklaces" or "large hoop earrings," but there are no specific guidelines to what is considered "long" or "large."

We all have our opinion, and some guidelines to consider were included in this year's Critical Rules and Points of Emphasis module. If you feel something is a concern for safety, you can ask the coach to have them remove the jewelry. If they cannot remove the jewelry, find a solution that makes it safe, such as tape or padding.

Once the jewelry becomes safe, the player is allowed to play. As a reminder, watches are jewelry and may be worn. Jewelry is considered the same as any other personal equipment. If jewelry falls off during a rally and we have to stop playing due to safety, a delay sanction is issued, and the rally is replayed.

Managing the bench: An exercise in judgement

By John Nelson
Badger Region Officials Liasion

During the match, the focus of officials is on the play on the court. Playing action is where all the spectator eyes are focused, but as an official we also need to be aware of are the team benches. Most of the time monitoring these things is a duty of the R2. One of the qualities of a good R2 at the upper levels is how well they can deal with bench control and interact with the coaches. When you are the R1 and working with a junior player or coach you may have to take care of the bench control duties, and this can be a good time to work on those skills.

The first thing we need to know are the rules that govern the benches. Rules 4.2.1, 4.2.2, 5.2.3.4 and 5.3.1 all deal with team members and where they can be during the match. For effective bench control in addition to the rules you also need to follow a couple of referee principles by understanding why the rule is written and by allowing the competition to flow and directing it to a conclusion. The rules are written so that players not in the match and coaches do not interfere with match flow. Coaches can't be in the substitution zone where they could interfere with the R2 or near the sideline where they could interfere with a line judge's duties.

The time to start bench control is

before the match. During warmups inspect the bench area. If you have chairs for a bench make sure they are in the correct area and not in the sub zone. In the captain's meeting talk to the captains about where the players who are not in the game can be. This is very important if you have a nontraditional setup like team benches on the end of the court. In these situations, you may need to talk about substitutions and libero replacement procedures.

Once the match has started, we need to be mindful of the bench. One of the main things to remember during play is the allowing the match to flow principle. If there is something minor that needs to be addressed like players standing in

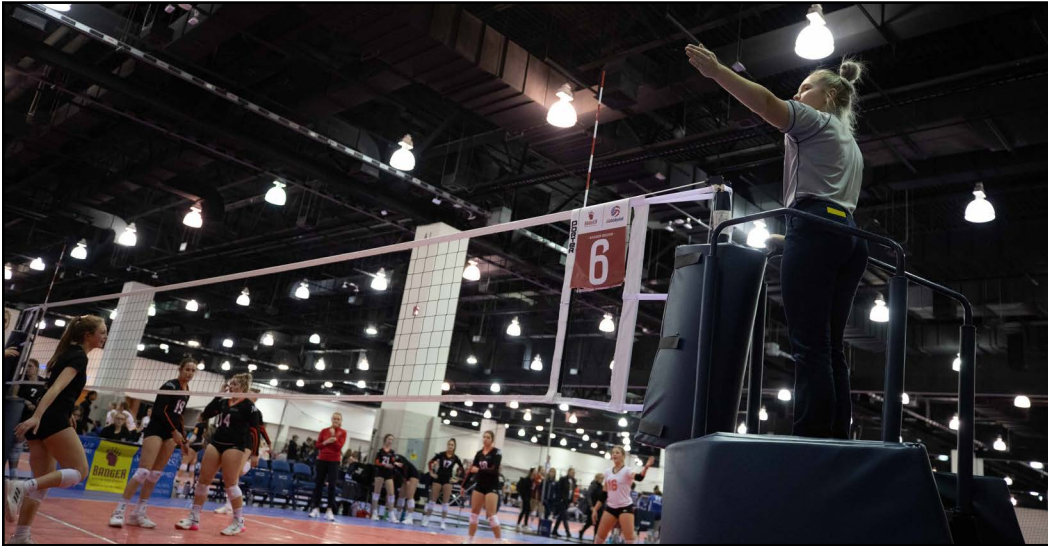
front of the chairs, that is an issue that can be done during a break in play like a timeout or substitution and not in the middle of a run by the other team. If you have a more serious matter where a member of the bench is disturbing or delaying the match, such as a coach near the sideline blocking the view of a line judge, that should be dealt with immediately.

No matter the seriousness of the issue, remember to remain professional and start with a verbal reminder about the proper bench protocol. If there are repeated minor issues or more serious issues, then you use the tools you have to maintain good bench control so the match will flow smoothly.



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How to find training modules

All ref training modules are live.

To access these modules please go into your training academy and search the appropriate certification training (current certification).

To access:

1. Log into Sports Engine
2. Click on Household
3. Click on View profile
4. Click on View details
5. Click on the blue USA Volleyball Academy at the top
6. Click on content library
7. Click on search and type in first couple letters needed to do search for your certification modules

Questions? Email sara@badgervolleyball.org.

Match control

As a reminder, USA Volleyball has made a commitment to reducing bad behavior by fans and coaches. Some regions have implemented procedures that can penalize the playing teams for spectators with unacceptable behavior. We have always had our cards to deal with bad behavior by coaches and players.

But, you will be amazed how far a smile can go. A coach may be upset. A player may be angry. But if we stay calm and avoid making it confrontational, we can de-escalate the situation much faster. They may still be a little angry, but yelling at someone makes them think they need to yell back. We need to remain professional and be the calm one. The coach or player may

still need a card for their behavior, but it should never be personal. Kindness will go a long way.

Changing sides

If you want to change sides this needs to be addressed and decided upon before the coin toss at the beginning of the match. The decision to change sides cannot happen during the match.

Warm-up times

Officials and coaches cannot change the times for the warm ups during a tournament. Any changes to warm up timing must come from the event director or site manager.

FROM PREVIOUS REF BULLETINS

Shoutouts

Calling all officials: Please send your outstanding work crew nominations to Badger Region program director Brian Sharkey at brian@badgervolleyball.org. Please get their team name, club name and the head coach if possible. We will highlight your nomination and the team on social media and in future newsletters.

Thanks in advance.

Card reporting

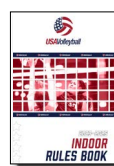
If you issue a red card during a Badger Region-sanctioned match, please remember to record it by filling out this form on the Badger Region website. This will help us document repeat offenders and looking for other trends.

Rulebooks available

New USAV rulebooks (also known as the DCR) are in that

are good through the 2023-25 season.

The Badger Region will be disseminating these at the in-person officials meetings and mailing to those who we may miss those events. Please email Sara Voigt (sara@badgervolleyball.org) when you have purchased your annual USAV membership and she will put a rulebook aside for you.



For a link to an online edition of the DCR, please [click here](#).

Officials uniforms

Badger Region and USA Volleyball officials should start using a new website to order approved apparel for upcoming seasons. The website is: <https://vbofficialsgear.com/>

There, you will also find fine travel accessories, refing accessories and plenty of apparel options.

UNIFORM FOR USA VOLLEYBALL OFFICIALS

Uniform Shirt

- Certified Volleyball Official polo in white, blue, or gray; long or short sleeves
 - USAV patch worn on the right side of the chest or in the center of the chest
- USAV Mizuno polo (currently available in navy, white, red, and royal)
 - USAV patch worn opposite the Mizuno logo or in the center of the chest
- Officials (referees, line judges, and/or scorers) are not required to match.

Remainder of Uniform

- Dark navy blue dress slacks that are pressed and in good repair (not faded)
- Black or navy blue belt (if slacks have belt loops)
- Clean, white athletic shoes with non-marking rubber soles
- All white socks that cover the ankles

Uniform Outerwear

- White Certified Volleyball Official outerwear (old logo or new logo)
- Full zip or 1/4 jacket in black, white, gray, or navy (no hoodies)
 - At USAV-owned National Qualifiers and Championships, no event/club/Region/team affiliations or slogans are permitted; the only acceptable logo is a USAV logo or a small manufacturer's logo.
 - Other USAV Qualifiers or Region events may allow event-specific outerwear or Region logos.

Guidelines for Wearing Outerwear

- An approved uniform polo must be worn under the approved outerwear.
- USAV patch is only worn on outerwear with the Certified Volleyball Official logo, and, if worn, is placed on the right side of the chest.
- Zipper should be placed in an appropriate location to allow the collar to be worn "polo-style" (not completely unzipped or zipped to the top).
- Sleeves should not be pushed up.
- Nothing stored in the pockets.
- If more than one official is wearing outerwear, they are not required to match.

Other Equipment for Referees

- Whistle attached to a lanyard
- Red and Yellow sanction cards
- Timing device that can track seconds and minutes
- Ball pump and ball gauge
- Net measuring device
- Tossing coin
- Current USAV Rules Book and current USAV Casebook
- Line Judge flags

A FACT SHEET FOR Sports Officials



The information in this fact sheet can help you protect athletes from concussions or other serious brain injuries and know what to do if an athlete might have a concussion.

Understand concussion

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

Help keep athletes safe

As a sports official, you help set the tone for safe play and can help lower an athlete's chances of getting a concussion or other serious injury. When athletes are overly aggressive or make illegal actions, they can increase the risk for concussion for themselves and other athletes. Here are some ways you can keep athletes safe:

- Enforce the rules for fair play, safety, and good sporting behavior.
- Learn to recognize the signs and symptoms of concussions so you can be confident about when an athlete should be removed from a game or competition.
- Stop play whenever there is a concern for the safety of athletes, and remove an athlete from a game or competition if you observe concussion signs or if the athlete reports concussion symptoms.
- Penalize athletes for unsafe actions, such as:
 - Using their head or helmet to contact another athlete.
 - Making illegal contacts or checking, tackling, or colliding with an unprotected athlete.
 - Trying to injure or put another athlete at risk for injury.
- Use correct terminology, such as concussion and brain injury. Avoid words, such as *bell ringers* and *dings* to describe a concussion because these can make light of a serious problem.
- Use pre-season and pre-game meetings to remind coaches to promote a culture of concussion safety with athletes.

Take action for a possible concussion

If you suspect that an athlete might be experiencing concussion symptoms, pull them from play. **When in doubt, get them out.**



An athlete who is allowed to continue playing with a concussion, or who is returned to play too soon, is at risk for a repeat brain injury. This can lead to a longer recovery and poorer health outcomes.

Stay up to date on concussion policies and information

- Review your state, league, and organization's concussion policies. Be aware that concussion policies may vary by location and sport. Most policies state that an athlete cannot return to a game or competition on the same day the possible concussion occurred and cannot return before being cleared by a healthcare provider.
- Take a training course on concussion. The Centers for Disease Control and Prevention (CDC) offers free concussion training for sports officials at www.cdc.gov/HEADSUP.
- Talk with other sports officials to share strategies that enforce safe and fair play.

GOOD SPORTING BEHAVIOR
MODEL IT. EXPECT IT. ENFORCE IT.



ENFORCE SAFE PLAY. SPORTS OFFICIALS SET THE TONE FOR SAFETY.

Spot a possible concussion

Athletes with one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion or other serious brain injury.

Concussion signs that sports officials, parents, or coaches might observe in athletes:

- Appearing confused, dazed, or stunned
- Looking unsure of game, score, or opponent
- Moving clumsily (appearing off-balance or dizzy)
- Being slow to answer questions
- Being unable to remember events before or after the hit, bump, or fall
- Losing consciousness (only occurs in about 10-15% of concussions)
- Showing behavior or personality changes

Concussion symptoms that athletes might feel and report:

- Having a headache
- Feeling nauseated or vomiting
- Experiencing balance problems or dizziness
- Seeing double or having fuzzy vision
- Feeling sensitive to light or noise
- Feeling sluggish
- Feeling mentally foggy
- Having difficulty concentrating or remembering plays
- Being confused about what play it is or what part of the game it is

Signs of a more serious brain injury

Have someone call 9-1-1 if an athlete develops one or more of these danger signs after a bump, blow, or jolt to the head or body:

- Drowsiness or inability to wake up or inability to stay awake
- Repeated vomiting
- Convulsions or seizures (seizures can include violent, uncontrollable shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Slurred speech, weakness, numbness, or decreased coordination
- One pupil larger than the other
- A headache that gets worse and does not go away

The information provided in this fact sheet or through links to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.

Revised August 2022

To learn more,
go to cdc.gov/HEADSUP





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E.S.P. program recognizes sportsmanship

Officials can give wristbands given to adults being great role models

Sportsmanship isn't a suggestion for the way every player, coach and fan should act on and off the court. It is the expectation.

To reward those exceeding expectations, the Badger Region wants to recognize you.

The 2023-24 marks the eighth year of the "Enthusiastic. Supportive. Positive." program that highlights volleyball enthusiasts, specifically fans in the stands.

Last season, tournament directors throughout the Region distributed close to 250 wrist-



bands at events and tournaments, and we're looking to hand out hundreds more.

Then, at the Badger Region Championships in March, anyone (adults/spectators only) who was awarded a wristband throughout the year, will be eligible to win Badger Region gear such as T-shirts, water bottles, mini volleyballs and other cool swag.

So, what do you have to do to get a wristband? Support your team! Be positive! Show character that would make your mother proud!

Get a little crazy. Go the extra mile. Recognize the good in your team and others. Get excited when even your opponent makes an amazing save or play.

Don't cheer against another team. Don't taunt or heckle officials, coaches or players. Don't give your club or team a black eye with any "in your face" cheers.

Tournaments directors, Badger Region staff, referees and board members are watching.

If you get one of our colorful "ESP" wristbands, come to the Championship Desk at the Badger

Region Championships for prizes. Anyone with a wristband gets one entry into the raffle. At certain points throughout the day, names will be drawn for the prizes.

The only rule: You must have your wristband on at the time of the raffle to receive your gift.

The ESP program is designed for recognition of adults or other individuals who are "outside the lines." Winners do not have to be Badger Region members.

If you have someone like an athlete, coach or official who is deserving of recognition, please fill out a nomination form for the "Caught Doing Good" program.

If you are an official who would like to request a package of wristbands for distribution at your event, contact Program Director Brian Sharkey at brian@badgervolleyball.org.

BECOME A HIGH SCHOOL VOLLEYBALL OFFICIAL!

STUDENT-ATHLETES NEED YOUR HELP SO THAT THEY CAN CONTINUE PLAYING THE SPORTS THEY LOVE. ADDITIONALLY, THERE'S NO BETTER OPPORTUNITY TO EARN EXTRA PART-TIME INCOME. AS AN OFFICIAL, YOU'LL BE PART OF THE GAME, WITH THE BEST SEAT IN THE HOUSE.

ACCEPT THE CHALLENGE ● GIVE BACK TO THE SPORT
DEVELOP LEADERSHIP SKILLS ● EARN EXTRA INCOME

SIGN UP TODAY AT
WHSVOA.NET/JOIN