



**Volleyball Manitoba  
COVID-19 Return to Play Plan  
Stage 3  
Indoor Volleyball  
October 1, 2020**





## Introduction

While Manitoba continues to review health restrictions relating to the state of COVID in our province, it is understood that the numerous physical, mental, and emotional health benefits of participating in sport and recreational activities need to be balanced with the risks of increased COVID-19 transmission.

Volleyball Manitoba's initial Return to Play (RTP) plan involved the approval of 2 vs 2 outdoor volleyball competition and training starting on July 6, 2020. On July 28, RTP protocols for indoor volleyball training activity were approved. The main objective was to provide a safe way to return to the indoor courts, with the continued understanding that we cannot mitigate all risk related to COVID-19.

The purpose of this document is to support volleyball organizers by assisting the development of plans to guide the cautious step-by-step safe Return to Play during this pandemic. The RTP guidelines provide information on numerous topics and includes links to additional information and resources that can further support decision making and communication with boards, leagues, and sporting members.

The information contained in this document is not intended as a substitute for professional medical prognosis, recommendations, or treatment. Volleyball Manitoba makes no representation and assumes no responsibility regarding the information concerning COVID – 19 due to the constant updates, and any information on COVID – 19 should be obtained from the Provincial Health Authority.

It is important that all individuals understand that when you choose to participate in physical activities outside the home during the pandemic, you are at an increased risk of contracting COVID 19. This is an inherent risk of participating in non-essential activities in your community. A range of scenarios exist surrounding COVID-19, from very mild to fatal outcomes. Evidence suggests that COVID-19 generally affects older age groups and those with previously existing medical conditions more so than younger, and otherwise healthy, individuals. While a participant may not personally fall into one of the previously mentioned categories, others in their household may or you may encounter others who do. We all must take our responsibilities seriously to avoid contracting and spreading COVID-19.

### **Description of Risk Factors in Indoor Volleyball (as sourced from Volleyball Canada, USAV and others)**

Lowest Risk: Perform individual skill development activities (passing drills, blocking, hitting, setting, serving, general fitness, strength training), at home (backyard, driveway, in-home), alone or with household members; use personal equipment to play with household members.

Medium Risk: The above individual skill development activities in indoor public spaces alone, with household members or with a small number of non-household members who you are in regular contact with. Activities follow recommended physical distancing guidelines and could include small-sided games (3 v 3) using rule modifications to maintain physical distancing (attacking, blocking). Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made.

Medium-High Risk: Skill development activities or small sided games in indoor public spaces with non-household members. Activities follow recommended physical distancing guidelines regarding total



number of participants involved and game format (3 v 3, 4 v 4) but there are no rule modifications (attacking, blocking). Participants will have brief exchanges during game play where they are inside of 2m with team-mate or opponent. Efforts should be made to keep participants in small cohorts of 9 players per net and participants should not leave their cohort for the duration of the training session. Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made.

Highest Risk: Training or competition activities in indoor public spaces with non-household members. Activities would include training activities and game formats where consistently maintaining appropriate physical distancing at all times during play is unlikely. Brief interactions inside of the recommended physical distancing guidelines of 2m would approach the maximum of 15 minutes. When not actively participating in a drill, physical distancing guidelines are enforced. Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made. This would include playing or training using 6 v 6 volleyball.

### **General Considerations Regarding a Return to Participation**

Introduced under terms of the Province of Manitoba Restoring Safe Services Phase 3, organized activities, including team sports, can resume if precautions are taken, such as physical distancing and enhanced cleaning of equipment and indoor spaces. People must maintain a physical distance of at least two metres, except for brief exchanges.

Group sizes should always be minimized and must abide by current public health restrictions. Current Manitoba restrictions are 50 persons indoors and 100 persons outdoors (\* some regions may be under more restrictive gathering size measures that may or may not affect sport activities).

Minimize the total number of persons (participants, staff, spectators, etc.) in one space at any given time. The more people using the space, the higher the risk.

Keep training and competition groups small and minimize or eliminate the movement of participants between groups when possible.

Only required equipment (field of play, seating, tables, etc.) should be made available and minimized where possible. Access to these items should be limited to staff or other designated personnel.

Public health information outlines those populations deemed to be at a higher risk of contracting COVID-19. Return to participation of individuals in this category should be carefully considered and likely discouraged.

### **Understanding Transmission**

COVID-19 is most commonly spread from an infected person through respiratory droplets generated through coughing, sneezing, laughing, singing and talking. A team sport environment where participants are exerting themselves and breathing heavily in close proximity presents an elevated risk to those involved. It spreads more easily when contact is close (within six feet or two metres) and prolonged (more than 15 minutes). COVID-19 can also be spread by close personal contact, such as touching or



shaking hands, or touching something with the virus on it and then touching one's mouth, nose, or eyes before cleaning one's hands. Some people who have few or no symptoms can spread COVID-19.

The most effective measures to reduce the spread of COVID-19 include separating people by maintaining physical distance and the use of physical barriers. However, these measures are not always practical or achievable in a sport setting. Therefore, it is most effective to use a layered approach, and to develop administrative measures that support individuals to consistently follow personal preventive practices (e.g., environmental cleaning and conducting frequent hand hygiene) that decrease the number of interactions while increasing the safety of interactions that occur.

### **Stage 3a Sanctioned Volleyball Activities that can begin no sooner than October 1, 2020):**

In addition to the indoor volleyball small group training that was approved to resume effective July 27, 2020, indoor volleyball full team training including 6 v 6 volleyball on a regulation sized volleyball court (18m x 9m) may now be resumed.

The recommended number of persons that can be accommodated in the training space should be as follows:

- A) Full Sized Court:** A Facility where 1 regulation sized volleyball court (18m x 9m) is present in a full-sized gym. A full-sized gym is defined as being able to accommodate a regulation sized basketball court and where there is more than 3m of free space on both sidelines and both endlines of the court. 28 persons total with a maximum of 24 total athletes.
- B) Full Size Cross Court separated by a curtain:** A Facility where 2 or more regulation sized volleyball courts (18m x 9m) are present and are physically separated by a curtain. There is a minimum of 2m of free space on both sidelines. 20 total persons per court with a maximum of 18 total athletes.
- C) Full Size Cross Court not separated by a curtain (2 courts):** A Facility where 2 regulation sized volleyball courts (18m x 9m) are present but are not physically separated by a curtain. There is a minimum of 2m of free space on both sidelines. (4m of free space minimum between courts) 17 total persons per court with a maximum of 15 athletes  
**\*NOTE:** In the case of 2 full sized courts that are separated by less than 4m, the maximum number of persons per court should be 14 with a maximum of 12 athletes.
- D) Full size Cross Court not separated by a curtain: (3 courts):** A Facility where 3 regulation sized volleyball courts (18m x 9m) are present but are not physically separated by a curtain. If there is a minimum of 2m of free space on both sidelines for all courts (4m of free space minimum between courts) 17 total persons per court with a maximum of 15 athletes.  
**\*NOTE:** In the case of 3 full sized courts that are separated by less than 4m, the middle court should not be used. The total number of persons per court would be as per item B.
- E) Any regulation sized volleyball court (18m x 9m) may accommodate training with 12 players on the court and 1 coach. (Update October 6, 2020)**
- F) Courts that are not regulation size:** Phase 2 protocols involving 9 players and 1 coach per court must be followed.



#### Notes:

- An athlete must not participate in 2 distinct volleyball training cohorts within the same school or club.
- In the case of scenarios B to E above, the training cohorts on each court should remain separate for the duration of the training session including entering and exiting the training.
- If the training is occurring in a camp setting, it is recommended that the training cohorts remain as similar as possible for the duration of the camp.
- Physical distancing of 2 meters must be maintained as often as possible when participating and maintained consistently when not actively participating in a drill.
- The coach should remain outside the playing surface as much as possible and limit their interactions with players on the playing surface.
- If a coach is involved with more than one cohort during a session or successive cohorts in a camp setting, a priority should always be placed on maintaining physical distancing.
- Mask use is required for coaches.
- Since the risk of exposure increases with the duration of the event, the total amount of on court time should be taken into consideration. 90 minutes of on court training (excluding warm-up and cool down activities where distancing is maintained) is recommended.

#### Description of Court Parameters and Rationale for Sanctioned Activity:

An indoor volleyball court consists of both a playing surface and the free space surrounding the playing surface. For the purposes of these calculations, only free space on the sidelines are taken into consideration. Most courts will have free space on the end lines as well as the sidelines.

- Playing Surface =  $18\text{m} \times 9\text{m} = 162$  sq. meters.
- Player physical distancing requirements = 9 sq. meters (1.5m on each side, in front of and behind each player)
- $162/12$  players = 13.5 sq. meters per player on the playing surface which would exceed the physical distancing requirements.
- Free Space of 2m per sideline =  $18\text{m} \times 2\text{m} \times 2 = 72$  sq. meters
- Player/coach physical distancing requirement = 4 sq. meters per person. meters (1m on each side, in front of and behind each player)
- $72/16$  (the maximum number of players outside of the playing surface in scenario A) = 4.5 sq. meters per person

#### Stage 3b. Proposed Return to Competition – can begin at a date TBD

Full indoor 6 vs 6 game play will be considered at the next stage on a date to be determined. In addition to what is outlined in this document, additional information on return to gameplay and competition can be found in [Appendix A](#).



## Description of Participant Guidelines

*All persons attending or participating in a Volleyball Manitoba sanctioned event agree to abide by the following guidelines:*

### **Before Activity:**

- All participants must be pre-registered with Volleyball Manitoba or the school, club or operator offering the programming including their full name, contact information and emergency contact information. No person will be allowed to participate without a complete registration and no walk-up registration/participation should be allowed.
- All participants acknowledge and accept the risks associated with participation, including the risks of contracting COVID-19, by completing the Volleyball Manitoba participation waiver or the waiver of school, club or operator offering the program.
- All participants should know the common symptoms of COVID-19 and must stay at home if displaying symptoms as per local health requirements.
- All participants and spectators are asked to complete the Manitoba COVID-19 screening tool (\*see link on last page) prior to arrival at the venue.
- All participants must check-in upon arrival at facility with staff and follow screening protocols.
- At check-in, all persons will be asked to if they have read, understood, and signed a copy of the Volleyball Manitoba declaration of compliance or the declaration of compliance of the school, club or operator. If a participant does not have a signed declaration, one will be made available for them to complete.
- The declaration of compliance form must be completed each time a person (participant, coach, or spectator) attends a sanctioned activity.
- All participants must be familiar with and adhere to the rules regarding the amount and type of personal equipment allowed at the venue.
- All participants should arrive to the venue dressed to participate or as close as possible. No changing areas will be available.
- A staging area should be provided for each athlete/coach (chair or a designated space) to prepare for training and to keep any personal items during the training session. At the conclusion of each training session, each athlete is responsible for cleaning this space.
- All participants must be aware of the rules regarding the number of parent/guardian/spectators allowed.
- All participants must be aware of the rules regarding athlete drop off and pick-up.
- All participants must wash or sanitize their hands upon arrival to the venue and proceed directly to their assigned court.
- All participants must always respect physical distancing requirements.
- All participants should bring their own hand sanitizer/wipes and personal equipment needed including filled water bottle. There may be no place to refill water bottles on site.
- Participants are strongly recommended to wear a mask when entering and exiting the training venue.



### **During Activity:**

- All participants must immediately stop any activity, identify to staff, and follow protocol if displaying any COVID-19 symptoms, feeling generally unwell, or due to injury at any time during the activity.
- All participants must refrain from contacting other participants and attendees (high fives and huddles).
- Practice physical distancing always at the venue and minimize the number of brief exchanges during the activity where physical distancing is not maintained.
- Keep possession of and properly dispose of your personal drinking cups, bottles, or utensils used.
- Limit the number of and carefully track personal items used during the activity. (Towels, water bottles, bags, etc.) Keep these items separate from those of other participants.
- Always abide by the court scheduling and training group assignments to limit the number of people you encounter during the activity and to allow for the organizer to monitor and trace contacts.
- Do not use or touch the belongings/equipment of another participant.
- Do not use or touch the belongings/equipment of the venue except for the balls provided.
- A participant is not permitted to leave the court area and enter the spectator area. Should a situation arise where a participant needs to interact with a spectator (parent, guardian) a designated space will be made available at the venue.

### **After Activity:**

- Participants must gather all their personal belongings and collect and properly dispose of all used personal items (Tissues, cups etc.) before exiting the venue. It is preferred to take all used personal items with you for disposal.
- Participants must wash or sanitize their hands upon the completion of their game or training session.
- Participants must follow the designated exit routes and leave the venue as soon as possible following the conclusion of their participation.
- Wash and sanitize all gear, uniforms and apparel used during the activity.
- Should a participant begin to feel unwell following participation, please follow Public Health guidelines.

### **Description of Volleyball Manitoba Screening Protocol**

*This protocol must be followed by all persons attending Volleyball Manitoba sanctioned activities. (Participants, Staff, Coaches, Spectators, Referees) Schools, clubs or operators of volleyball programs are encouraged to follow similar protocols*

- Completion of Volleyball Manitoba Waiver.
- Upon arrival to the venue, all persons must present themselves to Volleyball Manitoba staff or designated volunteer at the check-in/screening location.
- All persons will be asked to produce a signed copy of the Volleyball Manitoba Declaration of Compliance. <https://volleyballmanitoba.ca/wp-content/uploads/2020/06/COVID-19-Declaration-d1.pdf>





- If a participant does not have a signed declaration, one will be made available for them to complete.
- Upon completion of the Volleyball Manitoba Declaration of Compliance a person will be granted access to the facility and proceed to the hand sanitizing station.
- Should a participant not comply with the request to complete the Declaration of Compliance, they will be denied access to the facility.

## Description of Volleyball Manitoba Venue Guidelines

### Before Activity:

- Create and display signage clearly outlining the venue's COVID-19 policies.
- Set up check in/screening table for participants, spectators, referees. Ensure that the check in table allows for physical distancing to be maintained between staff and participants.
- All staff are strongly recommended to wear a mask when interacting with the participants.
- Maintain a count of the number of persons on site to ensure compliance with venue limits.
- Design areas so participants can be separated from other groups (spectators), to limit transmission.
- Depending on the size of the venue, spectators, parents, coaches, may not be granted access if they are not a participant of the program.
- Ensure staff, athletes and spectators have access to closed containers to allow for the safe disposal or storing of all used hygienic materials (e.g. Tissues, towels, etc.)
- Ensure common areas provided allow for physical distancing between athletes, staff, and spectators (minimum of 2 metres).
- Set up courts to adhere to physical distancing requirements and to ensure appropriate free space.
- Limit access points in and out of the court area/facility to control numbers.
- Use signage, tape/barriers to direct the flow and position of participants (e.g. sign-in at the start, waiting for drills, spectator area).
- Close all common areas including change rooms, washrooms, water fountains, meeting spaces and modify team bench/gathering areas.
- All common contact surfaces within the facility should be cleaned and disinfected prior to the start of activity, including door handles, chairs, tables, nets, posts. Work with the facility operator and follow approved guidelines for cleaning protocols. (Indoor)
- When scheduling, allow a break between sessions to permit equipment and facility to be cleaned and to allow for the clearing of the facility between groups.
- In a training, camp or other format where multiple groups are using the same space in succession, the first group should exit the space before the next group is allowed access.
- Plan to designate the number of balls used during the activity. Keep balls to a designated area/court. Ensure that balls are sanitized at the beginning of each session. Set up a "clean bin" to ensure that sanitized balls are separate from those requiring cleaning.
- Ensure access to hand washing/sanitizing stations and that they are functioning properly.
- Food is not permitted within the venue.
- Follow local government requirements for creating a safe work environment.
- Designated drop off and pick-up zone for athletes or appropriate parking.





#### **During Activity:**

- Ensure each court has sanitized balls available for use.
- At the conclusion of each training session or when groups or cohorts change, new balls will be introduced, or the balls will be cleaned.
- Continue to monitor, clean, and disinfect the net and court equipment as necessary, while activity is taking place.
- Monitor and enforce physical distancing requirements in all areas of venue.
- Regularly sanitize commonly touched surfaces, entry/exit gates, tables, chairs, during the activity.
- Monitor and remove anyone from activity if they exhibit any COVID-19 symptoms or appear unwell.
- Limit the total number of people in the facility to be compliant with local guidelines.
- Always monitor the access point and close access point once a scheduled session has started.
- During scheduled changeover times. Check court area for personal items, garbage etc. and dispose of properly.
- Ensure all court equipment has been cleaned during a group changeover

#### **After Activity:**

- Sanitize all surfaces and equipment that was used during the activity.
- Direct participants to efficiently exit the venue after completion of their session.
- Safely dispose of all garbage in appropriate containers.
- Do not allow participants, spectators or other persons to enter the playing surface while another group is still present.

#### **Sources / References:**

Province of Manitoba - <http://www.manitoba.ca/covid19/restoring/phase-two.html>

Province of Manitoba - <https://manitoba.ca/covid19/restoring/sports-guidelines.html>

Province of Manitoba - [https://www.gov.mb.ca/asset\\_library/en/coronavirus/COVID-19-poster-1.pdf](https://www.gov.mb.ca/asset_library/en/coronavirus/COVID-19-poster-1.pdf)

Shared Health Manitoba - <https://sharedhealthmb.ca/covid19/screening-tool/>

Volleyball Canada - [https://volleyball.ca/uploads/News/Return\\_to\\_Volleyball\\_EN.pdf](https://volleyball.ca/uploads/News/Return_to_Volleyball_EN.pdf)

USA Volleyball -

<file:///C:/Users/volleyball.hp/Downloads/USAV%20Return%20to%20Play%20Guidelines%20Effective%20May%2015%202020.pdf>

Aspen Institute - <https://www.aspenprojectplay.org/return-to-play>

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

#### **Volleyball Manitoba Contact Information:**

John Blacher – Executive Director

[volleyball.ed@sportmanitoba.ca](mailto:volleyball.ed@sportmanitoba.ca)

204-479-3612

Scott Koskie – Provincial Performance Coach

[volleyball.hp@sportmanitoba.ca](mailto:volleyball.hp@sportmanitoba.ca)

204-781-7330



## Appendix A

### Stage 3b. Proposed Return to Competition

#### General Considerations Regarding Number of Participants:

- A volleyball competition cohort may consist of a maximum of 75 persons. This is in alignment with the Province of Manitoba Restoring Safe Schools recommendation regarding cohort size.
- A volleyball competition cohort may consist of a maximum of 5 teams.
- Each team in the volleyball competition cohort may have a maximum of 14 total persons.
- A team may have more than 14 total persons in the volleyball training cohort within their school but must designate 14 for a volleyball competition cohort on any given week.
- The total number of persons in a volleyball training cohort is defined by the space a team has available for training. Please refer to the recommendations in section 3a.
- An athlete or coach may only belong to 1 cohort at their school.
- Should a team wish to join a different volleyball competition cohort, a period of 14 days after their last match must be observed prior to doing so.

**Please Note:** Given the fluid nature of the situation, the maximum number of teams or participants allowed in a volleyball competition cohort may be reduced at any time.

#### General Considerations Regarding Competition Format:

- Each team may play a maximum of 2 matches per week against the same opponent. There should be a one-day break in between matches.
- There should be a 4-day break before a team plays against a different opponent. During this time, a team may train or compete in their volleyball training cohort only.
- A team may only play against the teams in their volleyball competition cohort. No other matches are permitted.
- A team may play (scrimmage) within their volleyball training cohort as often as they like provided they are following the guidelines in section 3a.
- Match Officials (Referees, Linespersons, Scorekeepers, Gym Supervisors, etc.) are NOT to be included in the volleyball competition cohort. These persons MUST always maintain physical distancing from the competing teams and their use should be limited as much as possible.

#### 5 Team Volleyball Competition Cohort Sample Schedule:

**Week 1** - 1 v 2, 3 v 4, 5 Bye

**Week 2** - 2 v 3, 4 v 5, 1 Bye

**Week 3** - 3 v 5, 1 v 4, 2 Bye

**Week 4** - 1 v 5, 4 v 2, 3 Bye

**Week 5** - 1 v 3, 2 v 5, 4 Bye

#### 4 Team Volleyball Competition Cohort Sample Schedule:

**Week 1** - 1 v 2, 3 v 4

**Week 2** - 2 v 3, 4 v 1

**Week 3** - 3 v 1, 2 v 4



### **Return to Competition Team Requirements:**

Each team will declare a person responsible for COVID-19 compliance.

This person will have the following duties:

- A)** Ensure each member of the school training cohort (including all associated adults) has completed an Informed Consent and Assumption of Risk Agreement (as applicable).
- B)** Ensure a School Training Cohort List (including all associated adults) is completed and maintained for the duration of activities for the 2020 season. This list should include all members who will train with a particular team. No person can belong to more than 1 cohort in a school.
- C)** Ensure a weekly School Competition Cohort List (including all associated adults) is completed each week for all members who will be competing. (Maximum of 14 persons total). The School Competition Cohort list must remain the same for all the matches played each week. If a member is not able to participate in an event but is on the Competition Cohort List, please note the date(s) they did not attend. This list should be kept on file for a minimum of 21 days.
- D)** Ensure a COVID-19 Daily Participant Log is completed for each team event. (training, games, or other events) This list should be kept on file for a minimum of 21 days.
- E)** Ensure each member attending a practice, game or other team training event has completed the daily declaration of compliance or has completed a COVID-19 screening mechanism as per school policy. This should be recorded on the Daily Participant Log prior to the start of the training session.

### **Competition Rule Considerations / Amendments:**

**\*\*Please refer to the full Volleyball Canada COVID-19 Possible Rule Modifications for more detail**

Volleyball Manitoba is working with the Manitoba Volleyball Officials Association and other partners to create and implement rule modifications following Volleyball Canada's recommended rule modifications as per the following document.



# COVID-19 Competition Regulations – Indoor Volleyball:

## Possible Rule Modifications for Covid-19 Risk Mitigation

Taking into account that every province and/or territory has a different plan regarding return to sport, it is not feasible to alter the contents of the *Rulebook* without potentially violating one jurisdiction over another. As such, it is the responsibility of every participant to understand the modifications of the rules within their province and/or territory. This would include adherence to any modifications if cross-border competition were to take place.

Examples of rules that may be impacted by return to sport requirements could include, but are not limited to Rule 1, 3, 4, 5, 7, 15, 17, 18, 22, 27 and 29 of the *Volleyball Canada Rulebook*.

---

### Rule 1.4.5

The warm-up areas, sized approximately 3 x 3 m, are located in both of the bench side corners, outside of the free zone

#### Possible adjustment

If social distancing requirements are mandated amongst all participants, including those within a team cohort, the dimensions of the warm-up area may have to be altered to accommodate the necessary space.

In altering dimensions of the warm-up area, the participants should not be allowed to be closer to the court/service zone than they would normally be situated.

---

### Rule 1.4.6

A penalty area sized approximately 1 x 1 m, and equipped with two chairs, is located in the control area, outside the prolongation of each end line. They may be limited by a 5 cm wide red line.

#### Possible adjustment

If physical distancing requirements are mandated amongst all participants, including those with a team cohort, the inclusion of a penalty area may not be feasible or may be limited to one chair.

If the penalty area is not established as part of the competition control area and is required to be established as a result of an expulsion, the location may need to be altered in consideration of physical distancing requirements.

---

### Rule 3.3

Where possible, three balls shall be used. In this case, six ball retrievers are stationed one at



each corner of the free zone and one behind each referee.

### **Possible adjustment**

In order to minimize the number of participants within the playing area, ball retrievers may not be utilized. This responsibility to retrieve the ball, clean the ball and introduce a new ball (after each rally), would be shifted to the substitute players stationed within the team's warm-up area.

---

### **Rule 4.1.1**

For the match, a team may consist of up to 12 players, plus:

- Coaching staff: one coach, a maximum of two assistant coaches
- Medical staff: one team therapist and one medical doctor

**Volleyball Canada variance:** a team may include up to 15 players. All 15 players may be in uniform, may participate in the warm-up and may sit on the bench.

### **Possible adjustment**

In order to minimize the number of participants in the competition control area, any composition of the players, coaching staff and/or medical staff may be regulated to a lower value than what is permitted in the rules of the game.

---

### **Rule 4.2.1**

The players not in play should either sit on their team bench or be in their warm-up area. The coach and other team members sit on the bench but may temporarily leave it. The benches for teams are located beside the scorer's table, outside the free zone.

### **Possible adjustment**

In order to account for social distancing requirements, the physical composition of the team bench may be altered by spacing of chairs, eliminating chairs/benches entirely and/or requiring participants to maintain physical distancing standards at all times.

---

### **Rule 4.2.2**

Only the team composition members are permitted to sit on the bench during the match and to participate in the official warm-up session.

### **Possible adjustment**

See VC warm-up policy for ongoing changes.

---



### **Rule 4.5.1B**

The referee shall permit the following:

1. Shoulder, upper arm, thigh, or lower leg protective equipment if the material is padded so as not to create a danger for other players
2. Knee braces if made by a reputable manufacturer and not dangerous to other players
3. Protector for a broken nose even if made from a hard material
4. Thermoplastic finger splints are permitted so long as they are free of sharp edges, do not protrude beyond the fingertips, and are secured to the digit or hand with tape or other wrapping
5. Prosthetics so long as the prosthetic is covered/padded and does not pose and danger to himself/herself or other players.

#### **Possible adjustment**

The inclusion of face masks may be a mandated requirement for all participants that are not in play. The inclusion of face masks may be either a mandated requirement or a personal choice for participants that are in play.

---

### **Rule 5.1.1**

Prior to the match, the team captain signs the score sheet and represents his/her team in the toss.

#### **Possible adjustment**

Some jurisdictions may alter the requirements of roster verification prior to the match by choosing not to have the team captain approach the scorer's table and sign the documentation.

---

### **Rule 5.1.3**

At the end of the match, the team captain:

1. Thanks the referees and signs the score sheet to ratify the result
2. May, when it has been notified in due time to the first referee, confirm and record on the score sheet an official protest regarding the referee's application or interpretation of the Rules.

#### **Possible adjustment**

Some jurisdictions may alter the requirements of results verification at the conclusion of the match by choosing not to have the team captain approach the scorer's table and sign the documentation.

In the event of an official protest where a written submission is required by the team captain, the team captain may be required to complete said submission on a separate piece of paper that will be turned over to the referee upon completion and attached to the scoresheet for review and decision by the respective organizing committee.



---

### **Rule 5.2.2**

Prior to the match, the coach records or checks the names and numbers of his/her players on the scoresheet team roster, and then signs it.

#### **Possible adjustment**

Some jurisdictions may alter the requirements of roster verification prior to the match by choosing not to have the coach approach the scorer's table and sign the documentation.

---

### **Rule 7.1**

Before the match the first referee carries out a toss to decide upon the first service and the sides of the court in the first set. If a deciding set is to be played, a new toss will be carried out.

#### **Possible adjustment**

Social distancing standards and eliminating all points of contact between the participants will be a requirement. The wearing of facial masks may be a mandated requirement. Some jurisdictions may predetermine home and away teams and assign service for first and deciding sets based on this predetermination and assigning home and away sides of the court (i.e. home has serve in first set and the away team has serve in deciding set).

---

### **Rule 7.5.1**

The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.

#### **Possible adjustment**

Between rallies, as a means of ensuring physical distancing between players across the net from one another, some jurisdictions may mandate that the starting position of the team receiving service is at a specified distance from the net (E.g. no nearer to the net than the attack line).

Any such requirements do not eliminate the requirement of the players to accurately maintain their relative positions (Rule 7.4.1 and 7.4.2) at the moment of the service hit.

---

### **Rule 15.4.4**

During all time-outs (including technical time-outs), the players in play must go to the free zone near their bench.

#### **Possible adjustment**

If physical distancing is required at all times when not in play, in order to accommodate the necessary space requirements, the participants may have to stand within the playing court. If water is introduced to the players on the playing court, the team is responsible for the quick and





timely cleaning of the court to prevent any delay in the normal resumption of play at the conclusion of the time out.

---

### **Rule 17.4**

Referees must allow time for the wiping of the floor should it become too wet or slippery to play on. Towels should be placed on either side of the court. Once a proper request has been made and acknowledged by the referees, the players may take and use freely, either towel, to wipe the floor.

Players may also carry their own 'small' towel for this purpose.

In such cases where wiping of the floor is considered unnecessary after a request has been made or should the action of wiping be deliberately delayed, a delay of game sanction may be imposed.

Should quick moppers be available, they will perform the above tasks under the supervision of the referees.

### **Possible adjustment**

To eliminate communal contact surfaces, each team will be responsible for the provision of a towel that can be used to wipe their own court. Prior to the towel being introduced, the team is still required to make a proper request and receive acknowledgement from the referees.

In order to minimize the number of participants in the playing area, quick moppers may not be utilized.

---

### **Rule 18.2**

After each set, the teams change courts, with the exception of the deciding set

In the deciding set, once the leading team reaches 8 points, the teams change courts without delay and the player position remain the same. If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

### **Possible adjustment**

As a means of eliminating shared surfaces and communal points of contact, the organizing body may decide that a change of court may not occur at any time during the match.

---

### **Rule 22.1**

The refereeing corps for a match is composed of the following:

- The first referee
- The second referee
- The scorer
- Four (two) line judges



- For competitions using the Libero rule, an assistant scorer is necessary to monitor that the Libero replacement is legal.

### **Possible adjustment**

As a means of limiting the number of participants in the competition control area, some members of the referee corps may not be included in the match.

---

### **Rule 27.2.1**

The line judges perform their function by using flags to signal.

### **Possible adjustment**

If the use of line judges within the match remain (considering potential adjustments to Rule 22.1), it is possible that the use of the flag will not be included to eliminate unnecessary contact surfaces. In this case, the line judge would make the corresponding signal by using the hand(s)/arm(s).

---

### **Rule 29.2**

All team uniforms soiled with blood must be either replaced or cleaned prior to the blood-injury athlete resuming the competition. Uniforms are to be cleaned until the stain is completely removed.

### **Rule 29.2.1**

If a replacement uniform is not available, a player with a jersey soiled with blood would be allowed to wear a different numbered jersey or to change jerseys with a player on the bench. The referee would change the number(s) of the player(s) involved on the scoresheet.

### **Possible adjustment**

As a means of eliminating any unnecessary contact surfaces or shared points of contact, the changing of a uniform with another player should not be considered under any circumstance. The use of an extra uniform with a unique number that is not associated with any player on the verified roster would remain as the appropriate option.