



VOLLEYBALL
CCCP TRAINING

UIL VOLLEYBALL TEAM



Ray Zepeda
Athletic Director



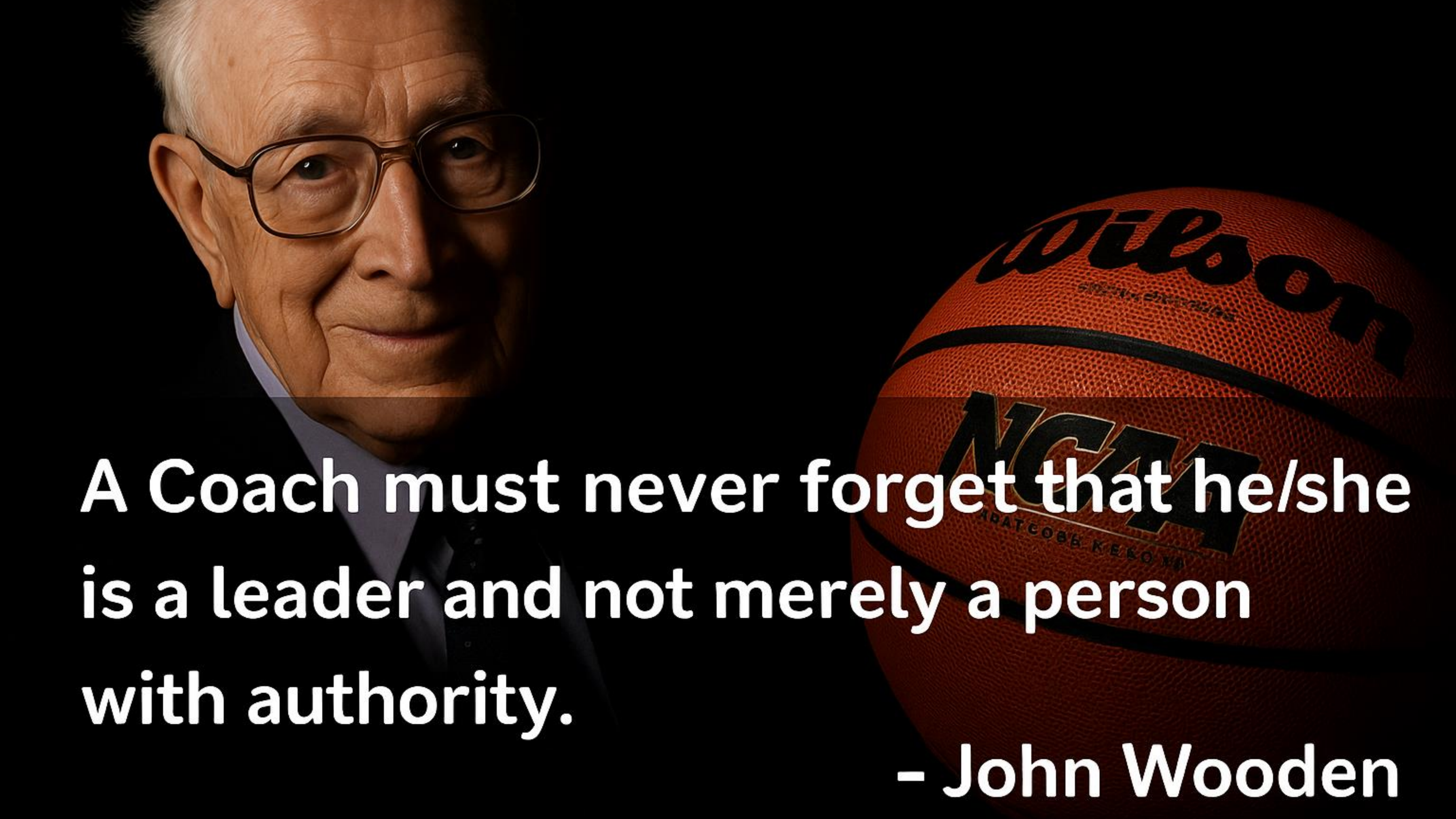
Virginia Flores
Assistant AD



Hannah Higgins
Senior Event Coord



Dillon Bankston
Officials Coordinator



**A Coach must never forget that he/she
is a leader and not merely a person
with authority.**

– John Wooden

CCP AGENDA

- **What's New for 2025-2026**
- **2025-2026 Areas of Focus**
 - **Coaching Reminders**
 - **Volleyball Specific Info**
 - **NFHS Rule Changes**
 - **UIL Rule Reminders**



WHAT'S NEW FOR 2025-2026

HOMESCHOOL STUDENT PARTICIPATION:

- All homeschool students are eligible to participate in UIL activities, practices and processes unless their local school district has opted out of the law.
- If the local district has opted out, student would be eligible at nearest school that allows participation to their address.
- School districts that do allow participation can elect to not allow students from other districts to participate.



WHAT'S NEW FOR 2025-2026

NIL:

- **UIL rules now allow student-athletes 17 years or older to enter into NIL agreements with colleges & universities while participating in that UIL sport.**
- **Athletes are still prohibited from entering into NIL agreements with any other entity until exhausting their eligibility in that applicable sport.**
- **Athletes are still prohibited from promoting a product or service related to their UIL sport.**
- **UIL rules do not prohibit an athlete from obtaining professional representation.**



ELIGIBILITY

PAPF REQUIREMENT

(PREVIOUS ATHLETIC PARTICIPATION FORM)

The UIL Legislative Council approved a change to Section 443 of the UIL C&CR

The completion of the Page 1 of the PAPF in the UIL portal is now REQUIRED prior to participation at ANY level at a new school.

It is recommended that coaches send the PAPF to the previous school once page 1 is completed.

Proposed Amendment to the Scholarship League Constitution and Contest

Amendment

3, *Changing Schools for Athletic Purposes*, and S
Previous Athletic Participation Form (PAPF) and
to participation at any level at a new school.

ons

not filing timely PAPFs when students enter new s
school in grades 9-12 must complete the New Student
school. The amendment also reorganizes the flow of sec

(c) of the UIL *Constitution and Contest Rules* would b
of Education:

CHANGING SCHOOLS FOR ATHLETIC PURPOSES

NT ELIGIBILITY QUESTIONNAIRE. THE NEW STUDEN
AIRE (PAGE 1 OF THE PAPF) IS REQUIRED FOR ANY M
2. THE NEW STUDENT ELIGIBILITY QUESTIONNAIRE
D AND SUBMITTED PRIOR TO THE STUDENT PARTICI

ELIGIBILITY PAPF

(PREVIOUS ATHLETIC PARTICIPATION FORM)

WHO NEEDS TO HAVE A PAPF?

1. Is the student **NEW** to your school?
2. Did they participate in 8th grade or beyond at a different feeder school or high school in the US or Mexico?

***If the answer to both questions is YES, then a fully completed PAPF is required.**

****If the student is NEW but did not previously participate, only page 1 of the PAPF is required.**

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade Birthdate
City State
City ☐ Public ☐ Charter ☐ Private
City State ☐ Public ☐ Charter
Date of withdrawal from previous school:
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

Has the student practiced or participated in extracurricular athletic activities (before school, after school or during school) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

Has the student ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment or International Baccalaureate (IB) program in grades 9-12?

Provide the name of the school and school year

HOUSE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Does the student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)?
If the student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Are the parents of the student ☐ married ☐ never married ☐ married- living apart ☐ divorced?
If the parents are MARRIED-LIVING APART or MARRIED and the student is LIVING WITH ONE PARENT, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Do any parent(s) of the student reside outside the attendance zone of the school the student wishes to represent? If yes, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Has there been a change in schools but no change in address? If yes, please attach an explanation.

Do the parents own, rent or maintain more than one residence? If yes, please attach an explanation.

Are any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

Are there other family members in grades K-12 attending a different school district other than the school district the student is attending?

HOUSE STUDENT RULE: REFERENCE C&CR SECTION 403.

Has the student enrolled in less than an average of four hours per day of instruction for either state or local high school?

If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C).

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

ELIGIBILITY

PAPF REMINDERS

New school must verify that student athletes meet the parent residence rule (See Sec 442 of the C&CR)

- Contact previous school
- Appropriate documentation
- Could conduct a home visit

***In reference to PAPF Section III., the appropriate use of the automatic bypass feature is important. (14 days)

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade Birthdate
City State
City ☐ Public ☐ Charter ☐ Private
City State ☐ Public ☐ Charter
Date of withdrawal from previous school:
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

practiced or participated in extracurricular athletic activities (before school, after school or during school hours) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment program, or International Baccalaureate (IB) program in grades 9-12?

Provide the name of the school and school year

RESIDENCE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)?
If student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Parents of the student ☐ married ☐ never married ☐ married- living apart ☐ divorced
If parents are MARRIED-LIVING APART or MARRIED and the student is LIVING WITH ONE PARENT, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

parent(s) of the student reside outside the attendance zone of the school the student wishes to represent? If yes, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

change in schools but no change in address? If yes, please attach an explanation.

more than one residence owned, rented or maintained by the parents? If yes, please attach an explanation.

any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

where other family members in grades K-12 attending a different school district other than the school district the student is attending?

TIME STUDENT RULE: REFERENCE C&CR SECTION 403.

the student enrolled in less than an average of four hours per day of instruction for either state or local high school.

attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C).

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

ELIGIBILITY

PAPF REMINDERS

VARSITY PARTICIPATION

District Executive Committee must determine that student did not move for athletic purposes & approve/submit the PAPF to the UIL for a student to be eligible for varsity participation.

****A PAPF does not have to be 'filed' in the UIL office before a student can participate, it only needs approval from the DEC.****

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade	Birthdate
City	State
City	<input type="checkbox"/> Public <input type="checkbox"/> Charter <input type="checkbox"/> Private
City	State <input type="checkbox"/> Public <input type="checkbox"/> Charter
Date of withdrawal from previous school:	
Enrolled in the new school for one calendar year? <input type="checkbox"/> Yes <input type="checkbox"/> No	

Has the student practiced or participated in extracurricular athletic activities (before school, after school or during school hours) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

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If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C).

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

WHAT'S NEW FOR 2025-2026

**RALLY SCORING REGULATIONS
can be found on the UIL
website under Regular Season:
Allowable Contests (scroll
down to Dual Match).**

- **Dual matches consist of 3 out of 5 sets, but coaches can agree to play 2 out of 3.**
- **Sub-Varsity & Junior High guidelines provided**

Volleyball Manual Regular Season

[BACK TO FULL MANUAL](#)

Regular Season

- + Practice Regulations
- + Contest Scheduling Rules
- + Volleyball Scrimmages
- Allowable Contests

Allowable Contests & Match Regulations

Number of Contests allowed (2025-26)

Dual Match.

- In a dual match, a team plays two other teams or plays the same team twice (same competition level). At the same site, the same day.
- A dual match counts one of the two matches UIL permits students per calendar week and counts as two of the total matches for the student per season.
- **Example:** A team could play a dual match (two varsity matches) on Tuesday and then again on Friday, in addition to a tournament on Thursday-Saturday or Friday-Saturday.

Rally Scoring Regulations.

Double Header.

- In a double header a student may play in a varsity and a junior varsity match (or a ninth grade and a varsity match) at the same site the same night.
- A double header counts as the two allowable matches UIL permits the student for the calendar week and counts as two of the total matches for the season.

WHAT'S NEW FOR 2025-2026

State semifinals sites
have been predetermined
and will be held the
weekend prior to the
state championships.



FOCUS ON PRESEASON AND IN-SEASON ELIGIBILITY PROCESSES

- 2 coaches verify all eligibility processes
- PAPF's for all students that require one completed prior to first contest at any level of play
- Factually complete PAPF when sending school
- Appropriate verification of residence (Section 442) & contact previous school

25-26 COACHES AREAS OF FOCUS



CONTINUED FOCUS ON APPROPRIATE ETHICS AND ACCOUNTABILITY

- **Removal of situational ethics**
- **Willingness to act and be responsible when necessary (Do your part)**
- **Power of a positive example (Be what you expect others to be)**

25-26 COACHES AREAS OF FOCUS



EMERGENCY RESPONSE READINESS (EFFECTIVE EAP'S)

- All EAP's reviewed for all athletic facilities
- Regular rehearsal of EAP by staff and students
- Establish a process for a pregame medical timeout with admin, officials, coaches, & trainers

25-26 COACHES AREAS OF FOCUS



CONTINUED IMPROVEMENT OF SPORTSMANSHIP & RESPONSE TO ADVERSITY

- **Begins with expectations & example of the COACH!**
- **What is your system for teaching sportsmanship?**
- **Active Engagement with the Texas Way Program**
- **Focus on athlete conduct & supervision**
- **Positive Expectations for Parents/Spectators**

**25-26
COACHES
AREAS OF
FOCUS**



2023-24

Coach Ejections: 1
Player Ejections: 0
Fan Ejections: 26

2024-25

Coach Ejections: 3
Player Ejections: 0
Fan Ejections: 15



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SPORTSMANSHIP

PLAYER EJECTIONS

- Ejected volleyball players miss the rest of the game in which they were ejected plus all the following game.
- Player ejections **cannot** be overturned by a game official and/or chapter.
- If a coach has a question following a contest with a player ejection, the coach should contact UIL.



SPORTSMANSHIP

THE TEXAS WAY!!

1. RESPECT FOR OTHERS

2. CONTROL OF SELF

3. SPIRIT OF COMPETITION



SPORTSMANSHIP THE TEXAS WAY!!

REMINDERS FOR COACHES:

- Provide Specific Instruction to Athletes
- Have a Sideline Plan in the Event of a Game Altercation
- Ensure Athletes Understand Expectations
- IMPLEMENT AT ALL LEVELS (MS, 9th, JV & Varsity)




Expected UIL Knowledge Needed

Where do I find all the information I need???


www.uiltexas.org




s.org

Latest UIL updates and information [Learn More »](#)

 The University of Texas at Austin

Home | About | Calendar | Contact | Sh

 **University Interscholastic League**

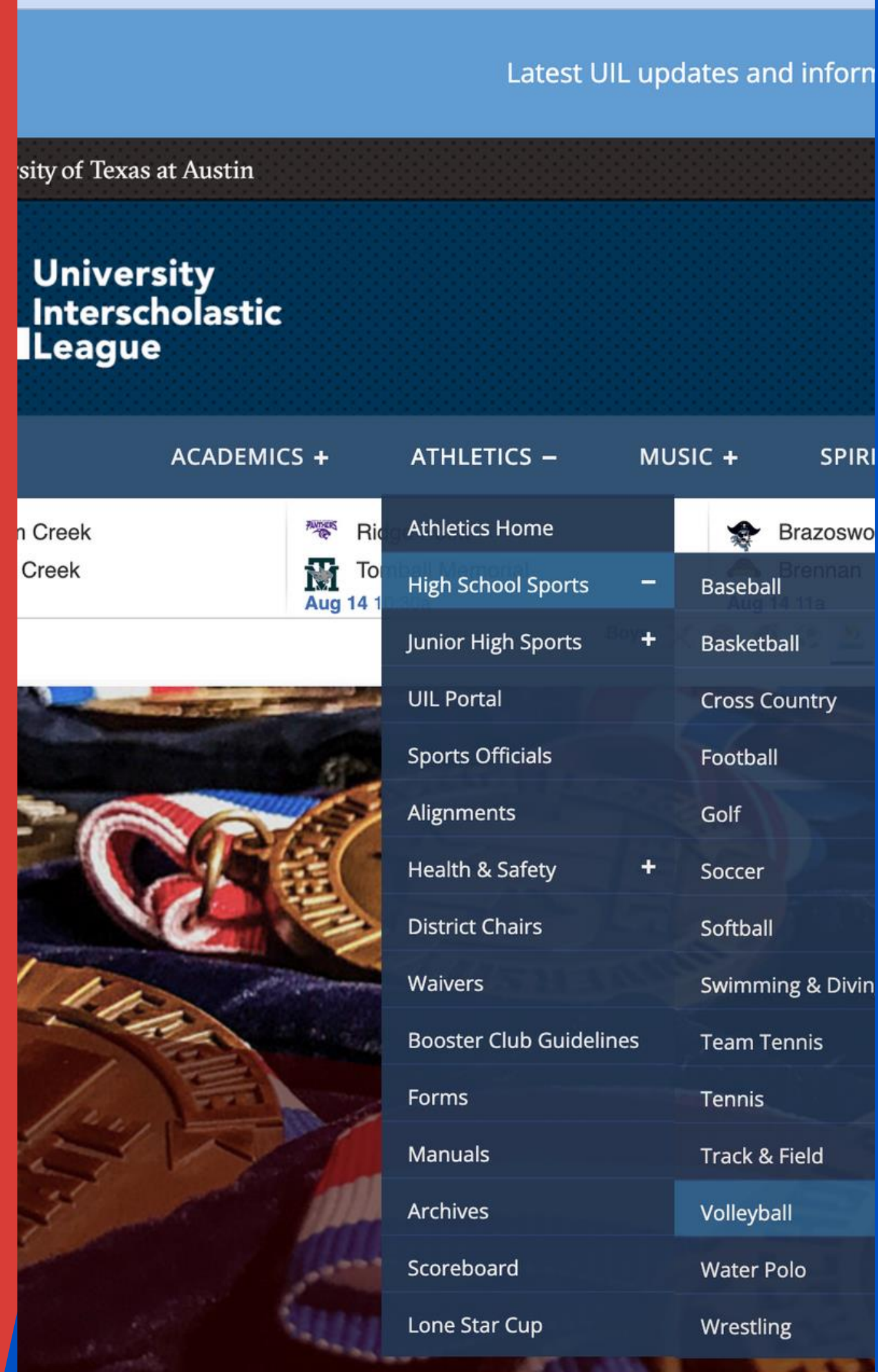
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UIL Home > Athletics > High School Sports > Volleyball > Manual

VOLLEYBALL

Volleyball Overview

Rules & Guidelines

Manual

Alignments

Volleyball Forms

Regional Sites

Playoff Brackets

Post Season Packet

State Tournament

Officials

Sanctioning

FAQ

**VOLLEYBALL CONTACT
INFO**Assistant Athletic
Director:
Grace McDowell



Volleyball Manual

2025-2026 Volleyball Manual

The content of the online sport manuals below are now available in two printable PDFs.

- [Download the printable 2025-2026 Volleyball Manual \(sport specific content\)](#)
- [Download the printable 2025-2026 Team Sport Manual \(general content for team sports\)](#)

Table of Contents

- [Volleyball Calendar](#)
- [2024 Volleyball Champions](#) 
- [Volleyball Coaches' Checklist](#) 
- [Volleyball Rules & Guidelines](#)

- [Volleyball Plan \(Coaches\)](#)

COACHES' REMINDERS

UIL SPORTS MANUALS

- UIL Sport Manuals contain UIL information specific to each sport
- The Volleyball Manual can be found on the left side of the Volleyball page on the UIL website.
- A pdf of the manual will be available to download on the website as well.

COACHES' REMINDERS

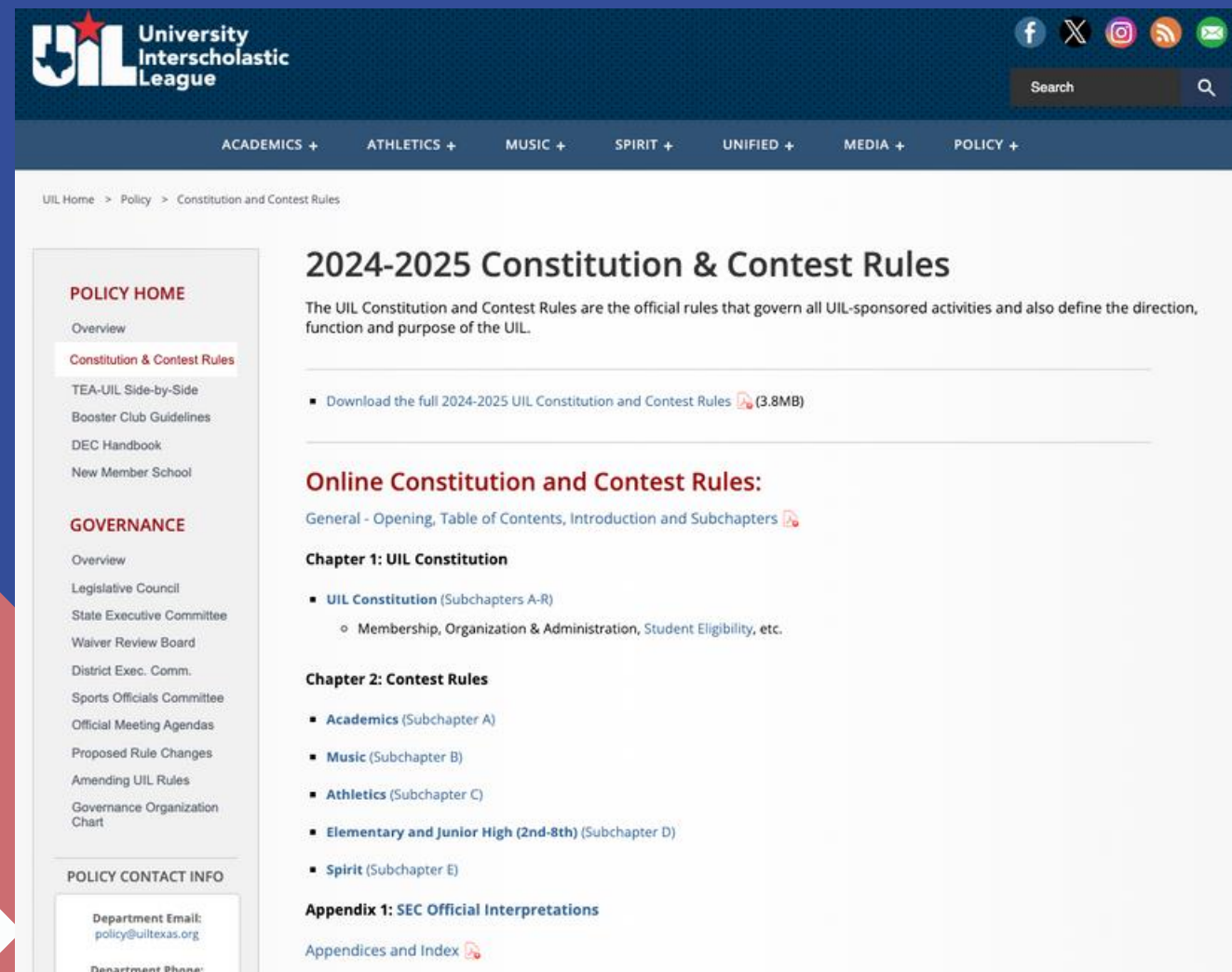
UIL CHECKLISTS

- Sport specific documents that can be found on each sports manual page. The Volleyball Checklist is the 3rd bullet listed in the Volleyball Manual.
- A helpful tool for coaches to use in preparation for their season and to help stay in compliance.
- **ALL REQUIRED TRAINING MUST BE COMPLETED BY THE FIRST DAY OF PRACTICE!**

UIL Coaches' Checklist Volleyball 2025-26

CHECKLIST	REFERENCE LINK	COMPLETION DATE
UIL Volleyball Manual	UIL Portal	Prior to season start
UIL Volleyball Manual	Volleyball Manual	Prior to season start
Coaching requirements (CCP & TEC)	Coaching Requirements	Prior to season start
UIL Side-by-Side	Side-by-Side	Prior to season start
UIL required forms. Keep on file.	Athletic Forms	Prior to season start
UIL required forms. Keep on file.	Athletic Forms	Prior to season start
UIL regarding eligibility for athletic contests	C&CR Sec. 400 & 403	Prior to season start
UIL Volleyball Plan	Volleyball Plan	Prior to season start
UIL rule changes	UIL Rule Changes	Prior to season start
NFHS rule change	NFHS	Prior to season start
UIL PAPFs and file with UIL Office	PAPF Process	Prior to season start
UIL Apply/Complete any necessary Waivers and file with UIL	Waiver Information	Prior to season start
UIL Coach's Name and Information in MaxPreps	MaxPreps	Prior to season start
UIL Varsity Team Eligibility Form to District Chair (UIL Portal)	UIL Portal	Prior to season start
UIL Practice begins		August 1st
UIL scrimmages allowed		August 1st
UIL matches allowed - 2 matches (or dual matches) allowed in calendar		August 1st

2025-2026 COACHES' REMINDERS



UIL RULES UIL Constitution & Contest Rules (C&CR)

UIL Side by Side Manual

VERY
IMPORTANT!!!





Athletic Calendar

Contact

NOVEMBER 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				November 1: Deadlines: OAP: to hold dir's planning mtgs. and 1st day to contact 2nd & 3rd judges for panels	Nov 1 - Congress Region: 1st Day. A+ Acad: 1st day for inv. meets. CX: Online Dist info form w/ Dist Dirs' name	1 Girls Basketball: First day for scrimmages. Marching Band: Preferred Area Contest date 3A & 5A
			Volleyball: Bi-district, all Conferences October 30 - November 1		Cross Country: State Meet, Oct 31 - Nov 1	
2	3 Marching Band: State Contest 2A, 4A & 6A. Volleyball: Area, all conferences.	4	5	6 Marching Band: Area contest deadline, 3A, & 5A.	7 Girls Basketball: 1st day for inter-school games.	8 Boys Basketball: 1st day for scrimmages. Football: District certification deadline, all conferences.
				Volleyball: Regional quarterfinals, Conference A. Volleyball: Regional semifinals, Conferences 2A-6A.		
9	10 Marching Band: State Contest 1A, 3A & 5A. Volleyball: Regional Semifinals, Conference A. Volleyball: Regional Finals, Conferences 2A-6A.	11	12	13 Football: Bi-district, all conferences.	14 Congress: Region Last Day Volleyball: Regional Finals; State Semifinals, Conference A.	15 Boys Basketball: 1st day for inter-school games. Volleyball: State Semifinals, Conferences 2A-6A.
	Wrestling: 1st day for meets & tournaments.					
16	17 Congress: Region results due	18	19	20	21 A+ Academics: Participation reg. due. Deadline to submit spring district meet info & contest material orders. One-Act Play: Double representation due.	22
				Football: Regional, 1A, Area, 2A-6A. Volleyball: State Finals, All Conferences.		
23	24	25	26	27 Football: Quarterfinals, 1A, Regional, 2A-6A.	28	29
30						

ATHLETICS

ACADEMICS

MUSIC

POLICY & ADMINISTRATION

Athletics

Department email: athletics@uiltexas.org
Department fax: 512-471-6589

CONTACT INFORMATION

Name	Title	Responsibilities	Contact Email
Ray Zepeda	Director of Athletics	Athletic Administration Reclassification & Realignment, Eligibility Catastrophic Injuries Officials	athletics@uiltexas.org
Virginia Flores	Assistant Athletic Director	Volleyball Spirit Soccer Track & Field	vflores@uiltexas.org
Grace McDowell	Assistant Athletic Director	Water Polo Swimming & Diving Basketball Softball	gmcowell@uiltexas.org
AJ Martinez	Assistant Athletic Director	Football Wrestling Golf Baseball	ajmartinez@uiltexas.org
Joseph Garmon	Assistant Athletic Director	Team Tennis Cross Country Basketball Tennis Track & Field	jgarmon@uiltexas.org

2025 VOLLEYBALL DATES

Aug 1: 1st Day of Practice

Aug 8: 1st Day for Scrimmages

Aug 11: 1st Day for Matches

Oct 28: District Certification

Oct 30-Nov 1: Bi-District

Nov 3-4: Area

Nov 6-8: Regional Semifinals/**1A Regional Quarterfinals**

Nov 10-11: Regional Finals/**1A Regional Semifinals**

Nov 14-15: **1A Regional Finals & State Semifinals**

Nov 15: State Semifinals

Nov 21-23: State Championships





NON-SCHOOL PARTICIPATION COACHES' REMINDERS

It is important for coaches to have a clear understanding of Section 1201, 1206 and 1209 of the C&CR regarding non-school competition (leagues, camps, clinics, clubs, tournaments). Coaches are PROHIBITED from:

- 1. Coaching students from their attendance zone in grades 7-12. Coaches may not coach seniors in club following the end of their senior season during the remainder of the school year.**
- 2. Using school or booster funds to pay for team camps.**
- 3. Pressuring athletes to play club volleyball or in non-school leagues. This includes pushing athletes to participate on a specific club team.**

NON-SCHOOL PARTICIPATION

COACHES' REMINDERS

Section 1209 of the C&CR regarding non-school competition (leagues, camps, clinics, clubs, tournaments) **ALLOWS** the following for coaches or a group of coaches :

1. **Supervise the facility where a club team is practicing or a league is taking place.**
2. **Assist with organization of a league or club team. (assign officials, secure facilities, develop schedules, assist with registration and help secure equipment)**
3. **Assist with the selection of coaches and players for a club team or league.**
4. **Distribute information about leagues and club teams.**



COACHES' REMINDERS

UIL CHARITABLE CAUSE GUIDELINES

SCHOOLS MAY HOST A CONTEST IN RECOGNITION OF A CHARITABLE CAUSE UNDER THE FOLLOWING CONDITIONS:

- The contest may be held during any one week of the designated sport season as approved by each school.
- NFHS rules allow non-school colors to be worn, UIL required mutual agreement. (ex: pink uniforms)
- A commemorative ribbon of non-school color may be worn on the jersey or school-issued uniform.
- Officials may be allowed to use a colored whistle or modified uniform in accordance with UIL guidelines.
- Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.



VOLLEYBALL RULE BOOK

*The Volleyball playing rules are **not** UIL rules.*

*UIL volleyball will follow **NFHS** rules. it is important to review the **NFHS Volleyball Rules** prior to the season.*



NFHS VOLLEYBALL RULE CHANGES

3-2-1 NOTE (NEW): BEGINNING WITH THE 2026-27 SCHOOL YEAR, STATE ASSOCIATIONS MAY ADOPT THE USE OF A NON-SMOOTH OR TEXTURED VOLLEYBALL.

RATIONALE: ALLOWS EITHER BOYS OR GIRLS TO ADOPT A TEXTURED VOLLEYBALL WITH NO RESTRICTIONS ON COLOR OR SHAPE OF PANELS TO BE INCLUSIVE OF ALL CURRENT TEXTURED VOLLEYBALLS ON THE MARKET.

4-2-1H(3), 4-2-1I(2): TEAM MEMBERS MAY WEAR BLACK, WHITE OR GRAY UNDERGARMENTS IN ADDITION TO UNDERGARMENTS THAT MATCH THE PREDOMINANT COLOR OF THE UNIFORM TOP/BOTTOM UNDER THE UNIFORM TOP AND/OR BOTTOM. ALL TEAM MEMBERS, OTHER THAN THE LIBERO, WEARING AN UNDERGARMENT MUST WEAR THE SAME COLOR.

RATIONALE: ALIGNS WITH OTHER NFHS RULES CODES ALLOWING ATHLETES TO WEAR MORE COMMONLY FOUND COLORS OF UNDERGARMENTS.



NFHS VOLLEYBALL RULE CHANGES

4-2-4D, F: BEGINNING JULY 1, 2029, THE NUMBER ON THE FRONT OF THE UNIFORM MUST BE CENTERED ON THE UPPER HALF OF THE UNIFORM TOP ELIMINATING THE MEASUREMENT REQUIREMENTS FROM THE SHOULDER SEAM AND NECKLINE.

RATIONALE: REMOVES OFFICIALS FROM THE POSITION OF MEASURING UNIFORMS TO VERIFY THE LEGAL DISTANCE OF THE NUMBER FROM THE SHOULDER OR NECKLINE, CREATES CONSISTENCY IN NUMBER PLACEMENT, AND ALLOWS FOR NUMBER PLACEMENT VARIANCES DUE TO PLAYER BODY TYPES.

5-3-2B, 5-5-3B(9): ELIMINATES THE REQUIREMENT FOR THE SECOND REFEREE TO CARRY AND USE A LINEUP CARD TO CHECK THE STARTING LINEUPS.

RATIONALE: ALLOWS VETERAN OFFICIALS TO USE EACH COACH'S SUBMITTED LINEUP SHEET TO CHECK THE STARTING LINEUP WHILE ALLOWING THE USE OF THE LINEUP CARD AS A TRAINING TOOL FOR NEWER OFFICIALS TO ASSIST WITH TRACKING ROTATIONS DURING THE MATCH.



NFHS VOLLEYBALL RULE CHANGES

9-4-8C (NEW): ELIMINATES THE JUDGMENT CALL OF A MULTIPLE CONTACT FAULT IN A SINGLE ATTEMPT TO PLAY THE BALL ON THE SECOND TEAM HIT IF THE BALL IS NEXT CONTACTED BY A TEAMMATE.

RATIONALE: ALLOWS FOR PLAY TO CONTINUE WHEN MULTIPLE CONTACTS ON THE SECOND CONTACT DOES NOT CREATE AN ADVANTAGE FOR THE OFFENDING TEAM. JANUARY 31, 2025 PAGE NO.

2 10-4 PENALTIES 1: CHANGES THE PENALTY ADMINISTRATION FOR AN ILLEGAL LIBERO REPLACEMENT TO AN UNNECESSARY DELAY IF IDENTIFIED BEFORE CONTACT OF SERVE AND AN ILLEGAL ALIGNMENT IF IDENTIFIED AFTER CONTACT FOR SERVE.

RATIONALE: ALIGNS THE PENALTY FOR AN ILLEGAL LIBERO REPLACEMENT WITH THE DEFINITION OF ILLEGAL ALIGNMENT WHICH OCCURS ON CONTACT OF SERVE.



NFHS VOLLEYBALL RULE CHANGES

2025-26 VOLLEYBALL EDITORIAL CHANGES

**4-1 & 4-2 PENALTIES; 4-2-4C; 7-2A; 7-4; 7-1-4
PENALTIES 1 & 2; SIGNAL 1**

2025-26 VOLLEYBALL POINTS OF EMPHASIS

- 1. LINEUP CARD**
- 2. BALL HANDLING**
- 3. FIRST REFEREE ASSIGNING LINE JUDGES**
- 4. UNIFORMS – CONTRASTING COLORS**



2025-2026 OFFICIAL VOLLEYBALL

Baden Perfection

Used at the State Tournament
(& 1A Regional Tournaments)



VOLLEYBALL REMINDERS

practice regulations

IN-SEASON: Outside the School Year

1 Practice – Cannot exceed 3 hours

2 Practices – Cannot exceed 5 hours

- **3 hours is max for a single practice**
- **More than 1 practice scheduled, must have a minimum of 2-hour rest break**

Unlike other sports, volleyball can schedule more than one practice on consecutive days. Volleyball is the only exception.



VOLLEYBALL REMINDERS

practice regulations

IN-SEASON: School is In-Session

Eight Hour Rule

Practice outside the school day, from the beginning of the school week through the end of the school week (excluding holidays), is limited to a maximum of eight hours per school week per activity

The in-school athletic period does not count towards the allotted 8 hours



TEAM SPORTS

practice regulations

OFF-SEASON: School is In-Session

Strength & Conditioning Instruction

Teams in the off-season are allowed one hour of strength & conditioning instruction outside of the school day.

- Athletes may only attend one, 1-hour session each day, Monday-Friday.
- No skill instruction or equipment is allowed during this hour of S&C instruction.

Skill Instruction is only allowed during the athletic period for off-season team sports.



SCRIMMAGES

- **Friday, August 8th – first day allowed for scrimmages.**
- **Volleyball teams may play unlimited scrimmages, with no more than four teams, prior to school starting.**
- **Once school begins, teams are limited to one scrimmage during the school week. Schools may also participate in an additional scrimmage, with no more than four teams, at the end of the school week (Friday after school or Saturday).**
- **No scrimmages may be played after a team's first interschool game.**
- **If more than four teams are invited to a scrimmage, each team may only scrimmage three different teams.**



ALLOWABLE CONTESTS

- 0 Tournaments and 29 Matches or
- 1 Tournament and 27 Matches or
- 2 Tournaments and 25 Matches or
- 3 Tournaments and 23 Matches

2 matches may be substituted for a tournament



TOURNAMENT REGULATIONS

The Volleyball Tournament Regulations Chart covers days tournaments can be held, contests per day, length of matches, effect on win-loss record, etc.

Volleyball Manual Regular Season

[BACK TO FULL MANUAL](#)

Regular Season

- Volleyball teams may play unlimited scrimmages, with not more than four teams, prior to school starting. Once school begins teams are limited to one scrimmage during the school week. Schools may also participate in an additional scrimmage, with not more than four teams, at the end of the school week (Friday after school or Saturday). No scrimmages may be played after a team's first interschool game. If more than four teams are invited to a scrimmage, each team may only scrimmage three different teams.

- + Practice Regulations
- + Contest Scheduling Rules
- + Volleyball Scrimmages
- + Allowable Contests
- + Volleyball Tournament Regulations
- + District Certification
- + Miscellaneous Volleyball Regulations



Volleyball Tournament Regulations Chart 



DUAL

MATCH

- A team plays 2 matches back-to-back at the same competition level
- Counts as two matches in allowable season limit, counts as only one contest for calendar week.
- Dual matches can be played in addition to tournaments in a calendar week.



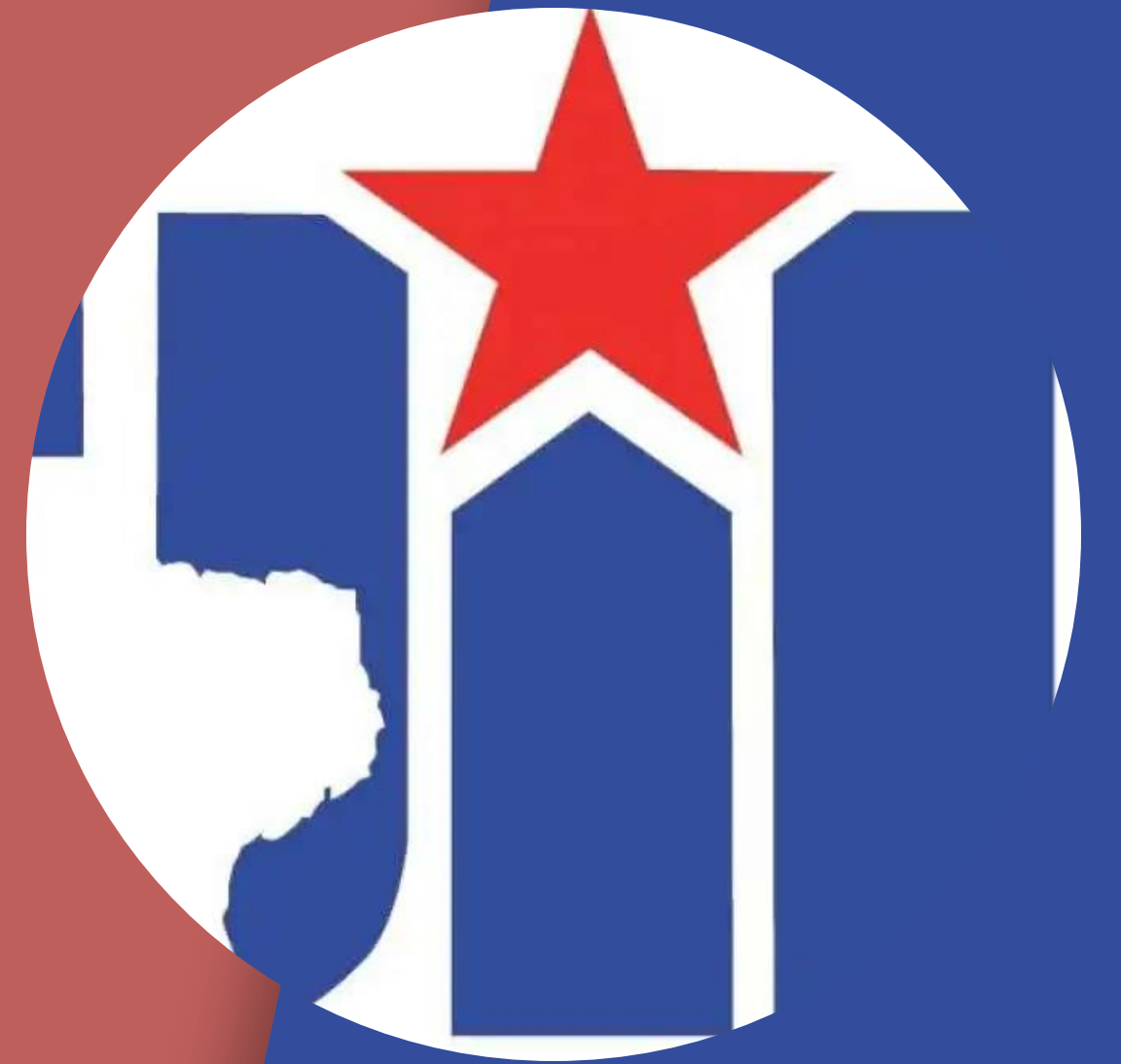
DUAL MATCH

Dual Match Example

- A varsity team could play a dual match on Tuesday, a second dual match on Friday, and a tournament on Thursday/Saturday.
- This would count as 1 contest during the school week, 2 contests and a tournament for the calendar week.

DOUBLE HEADER

- A player plays in two matches at two levels on the same night (9th & JV, JV & Varsity)
- A double header counts as two matches in the calendar week for that athlete.





DOUBLE HEADER

Example: (following the first 2 weeks of season)

- Athlete plays a double header on Tuesday night, they cannot play again in that calendar week (M-Sa)
- If an athlete plays in a JV game on Tuesday, that player may not play a double header (JV & Varsity game) on Friday. Should an athlete play in 3 matches in a calendar week, the team would be required to forfeit the third game the athlete participated in.



A GOOD COACH
CAN CHANGE
A GAME,
A GREAT COACH
CAN CHANGE
A LIFE.



UIL ATHLETIC DIRECTORS



Assistant AD
Joseph Garmon
361-244-0497



Assistant AD
Grace McDowell
214-236-9279



Director of Athletics
Ray Zepeda
281-594-9893



Assistant AD
AJ Martinez
361-816-1281



Assistant AD
Virginia Flores
713-301-3832