

MIDDLE SCHOOL EXTRAMURALS

VOLLEYBALL RULES AND GUIDELINES

- Four days per week of practice for “A” and “B” teams. Maximum of two days per week for “C” team.
- Each athlete must have a minimum of ten (10) practice days before the first competition.

COMPETITION LEVELS

- “C” teams will consist of 6th grade participants. (No cuts)
- “A” and “B” teams will consist of teams comprised of 6th, 7th and 8th graders. (Do not cut below 15 for each team)

Please note, if a student is cut from the “A” team or the “B” team and would like to turn out for another sport during the same season that does not have cuts, they will abide by WIAA rule 17.12.3 which states:

“Practices in one (1) sport can not be transferred toward the number of practices required in another sport.”

GENERAL INFORMATION

- Playing time - Teams must play a number of players equal to the smallest number of players on either team. **(Example: Team “Red” has 10 players, Team “Blue” has 12 players; Team “Blue” must play 10 players)**
- The “C” team matches will be played at the opposite site of the “A” and “B” team matches. The “A” team match will go first, followed by the “B” team match.
- Emergency information/Equipment - emergency information cards and first aid box must be carried by the coach to all matches.
- “*Activity Contract Form*” - must be on file with the Athletic Director at each school.
- Physical - Each athlete is required to have a current physical form on file with the Athletic Director.
- School issued uniform - school colors, school names, number.
- Each athlete must have a parent permission slip, current grade check, and proof of an ASB sticker purchase on file with the building athletic director.

EQUIPMENT

- Net height - 7 feet 4 1/4 inches with antennas placed on each end.
- Score Device - scoreboard or cards.
- Line Judges - Home team will provide one line judge and visiting team will supply the other judge. An adult is preferred.
- Regulation NFHS Volleyballs

RULE CLARIFICATIONS

- Warm up time will consist of **4-4-2** for “A,” “B” and “C” team matches.
- Padding is required on net standards, cables and any other equipment that could be a potential safety concern.
- If a school does not have three teams, the coach and/or athletic director must notify the opposing team at least 24 hours in advance.
- For “C” team matches, servers may serve four (4) feet inside the baseline.
- Two time outs per game.
- Each team has the option to register, among the final list of players, one (1) specialized defensive player call the “Libero.” The Libero must wear a different color uniform, shirt or jacket in contrast to the other members of the team. The libero is allowed to replace any player in a back row position. The Libero may not serve, block, or attempt to block. The Libero is restricted to perform as a back row player.
- If on a serve, the ball contacts the net inside the antennas and falls to the opposing teams side play shall continue. This is called a let serve.
- Every service counts as a point. If the serving team wins the rally they receive a point and continue to serve. If the receiving team wins the rally, they receive a point and the ball for service

SCORING

- “C” and “B” team matches will consist of two games to **25 points, not capped, win by two points.**
- The “A” team match will consist of the best of 2 out of 3 games. The first two games will be to **25 points, not capped, win by two points.** The third game, if necessary, will be to 15 points, **not capped, win by two points.**
- Rally scoring will be used.
- The home team will provide an adult scorekeeper.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2010 Rules.