

**NSD Middle School Volleyball Regulations/Rules  
2019-2020**

1. Season begins on Sept. 5th.
2. National Volleyball Federation Rules will be followed
3. The Greater Seattle Volleyball Organization will provide officials. Officials will arrive to the school by 3:30 pm. If the official has not shown to the school by 3:30 and both schools are present, coaches can do the coin toss and start final warm ups so that when the official does arrive, the matches can begin on time.
4. All schools will use regulation size courts. Ground rules will be set prior to the match.
5. Nets will be used that are a height of seven feet, four inches, for all match play. The officials will be the ones to measure the official net height.
6. All ten matches at the 7th and 8th grade level will count toward the championship banner.
7. The format used for all grades for scoring will be rally scoring. The scoring that will be used is based on Kingco Rules. The first two games will be to 25 points, win by 2. The third game, if it is a DECIDING game, will be to 25 win by two. If it is NOT a deciding game, then it will be rally scoring to 25 (not winning by two).
8. Each player must have eight (8) practices prior to their first match.
9. Starting time is 4:00 pm for all schools, except for TMS when needed will begin at 4:15.
10. There will be (1) 8th grade team and (1) 7th grade team. The 8th grade team will have a minimum of 12 players. The 7th grade team will have a minimum of 15 players (if cuts are made). **The 8th grade team may take up to two 7th grade players. 8th grade coaches: Please make sure you talk with your 7th grade coach to figure out the best solution for both teams.**
11. For the first match the home team will complete its warm up by 3:30 pm. When the visiting team arrives, they will be given eight (8) minutes off the court to stretch/warm up. Then they will have five (5) minutes on the court. Following the visitor's five (5) minutes on the court, both the home and visiting teams will share two (2) minutes serving time. In the second match the home team will have five (5) minutes on the court to warm up, followed by the visiting team's five (5) minutes on the court. Both teams will share the next two (2) minutes of serving time.
12. From the start of the season's first match 7th will play first followed by 8th Grade (9/24-10/08). Beginning with the match on Oct. 11, 8th Grade will play first followed by 7th Grade (10/11-10/25).
13. Color balls can be used this year as long as one of the panels is white.
14. Both lines people will be from the host school, and MUST have proper footwear on and something over the uniform if in the same jersey. No flip flops, iPods, cell phones etc.
15. Scorekeeper, clock, and book MUST be an adult (someone out of high school)
16. You can kick the ball as a hit but can't kick the ball as a serve.
17. Call the officials' number immediately if a referee isn't there: 425-802-7474
18. Home team will record match result on Google Doc
19. Any questions, contact Brandi Doyle at Leota JH. [bdoyle@nsd.org](mailto:bdoyle@nsd.org), C:425-330-2217, W:425-408-6825.

**Resources:**

Coach clock hour information from the WIAA: <http://www.wiaa.com/ardisplay.aspx?ID=406>

WIAA Volleyball: <http://www.wiaa.com/subcontent.aspx?SecID=1168>

Recordkeeping: <http://www.wiaa.com/subcontent.aspx?SecID=593>

Scorekeeping PowerPoint:

<http://www.wiaa.com/ConDocs/Con176/WIAA%20Scorekeeping%20Training%202009%20v1.3.ppt>