



Cascade – Chinook – Pacific - Sylvester-Glacier

# International Middle School League



## 2022-23 Volleyball Regulations

3/20/23

**START: Mon 3/27/2023**

1. **Program.** The International Middle School League shall sponsor a program consisting of a varsity and junior varsity schedule.
2. **Start Time.** The junior varsity match will start at 3:45. Three full junior varsity and varsity games will be played without regard for time. A fourth and fifth varsity game involving non-starters and/or those who have had the least amount of playing time will be allowed until 5:45.
3. **Pre-Match Warm-Up**
  - A. The gym should be ready for warm-up by 3:15.
  - B. The visiting team should have an area available if the gym is not ready when they arrive.
  - C. Each team is allowed five minutes of on-court warm-up time and four minutes of shared time for serving. Serving time is to be reduced to two minutes if the official pre-match warm-up starts after 3:30.
4. **Officials**
  - A. Association officials are required.
  - B. No-show or late arriving officials are to be reported by the home coach to the building admin. Admin should notify the Director of Athletics.
  - C. In the event that scheduled officials fail to show up for a contest, non-registered officials, including personnel in attendance at the contest, may be used with the approval of both coaches.
  - D. Coaches and Building AD's should add the cell number of the assignor to their cell phone and call the assignor if the official has not arrived.
5. **Line Judges and Scorers**
  - A. The host school will provide line judges. The visiting school has the option to provide one line judge.
  - B. Line judges need to be pre-trained before the match.
  - C. Line judges may not use a cell phone or wear headphones.
  - D. An adult is to operate the score clock and the scorebook.

## 6. Rules

- A. Coaches are expected to attend the league pre-season meeting.
- B. The rules of the NFHS and WIAA shall be the official rules for all contests.
- C. The height of the net is 7 feet. This should be verified by the coach before the match.
- D. The home school will provide regulation leather volleyballs that have an NFHS Authenticating mark.
- E. Serves are to take place from behind the baseline per NFHS rules.
- F. Participants must be in school-issued equipment and wearing knee pads.
- G. Participants with any other equipment will not play. In some instances this rule may be waived if approved in advance and in writing by the Director of Athletics prior to the contest and in accordance with WIAA rules.
- H. Teams will play a best-of-three match with 25-point rally score games to determine the winner.
- I. The libero position will not be used.
- J. Each team shall consist of a minimum 15 players on the varsity and a minimum 15 players on the junior varsity.
- K. 15 players must compete in one of the first two games as follows:
  - 1) **Game One:** Top seven or eight players.
    - *Substitution Option One:* Six players start the game. The seventh and/or eighth player(s) sub across the back row or sub across the front row in a designated position throughout the game.
    - *Substitution Option Two:* Six players start the game. The seventh and/or eighth player(s) sub into a designated position once the starter has gone all the way around. After the sub goes all the way around, the starter returns. This rotation continues throughout the game.
  - 2) **Game Two:** Second seven or eight players using one of the two substitution options listed above.
  - 3) **Game Three:** Coach discretion.
- L. **Varsity Games Four and Five**
  - 1) A fourth and fifth varsity game may be played as time allows. The focus of Games Four and Five is to provide an additional opportunity for less experienced players.
  - 2) Entry into Games Four and Five is at the discretion of the coach.
- M. Practice is not allowed on non-school or early release days.
- N. Home site management will designate specific sections for seating of home and away spectators.

7. **Sportsmanship.** Attention paid to sportsmanship is paramount. Students should be taught sportsmanship on a regular basis throughout the season. Coaches should practice sportsmanship and serve as an exemplary model of sportsmanship throughout the season.

8. **Ejections and Displays of Poor Sportsmanship.** Students displaying poor sportsmanship should be pulled from a contest and not allowed to re-enter. Extreme cases should result in suspension from the next contest. The coach is expected to recommend this consequence to the Building Athletic Director who will have final decision-making authority. A student suspended or held out from a

contest may not attend the contest, sit on the bench, or be a spectator at a home or away venue. A student ejected by an official will be suspended for one contest. If it is the last contest of the season the student will miss the first contest of the next sport played. The student must complete the NFHS Sportsmanship Course found at [www.nfhslearn.com](http://www.nfhslearn.com) and submit the certificate of completion to the Building Athletic Director prior to reinstatement. A student ejected for a second contest will miss the remainder of the season and must seek reinstatement through his/her school district process.

9. **Team Sportsmanship Award.** Coaches from each school will cast one vote for a junior varsity program and one vote for a varsity program that displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials, and the crowd. In the event of a tie at the junior varsity level or a tie at the varsity level the Athletic Director in charge of the sport will create a method to break the tie. The program winning the seasonal junior varsity award and the seasonal varsity award will receive a certificate of recognition. At the end of the year, the school with the most "Team Sportsmanship" awards (junior varsity and varsity combined) will receive a traveling trophy proclaiming it to be the "International Middle School League Sportsmanship Award Champions".

#### 10. **Away Game Supervision**

- A. A paid coach must be present on the bus with his/her team on all away trips.
- B. Head coaches are always responsible for squad members, including managers, etc., during away athletic contests.
- C. All athletes should be instructed to be on their best behavior prior to the designated departure time. Make certain your athletes understand what is expected of them and that they abide by those rules.
- D. In no case should the athletes be left without adult supervision or leave the gym to wander the opposing school's halls or leave campus.
- E. The coach will assume all responsibility for conduct and discipline for his/her team and will cooperate with the building administration of the away site if an issue occurs.
- F. All participants are expected to conduct themselves in an appropriate manner at all times on activity trips. Foul language or obscene actions will not be tolerated. All International Middle School League sportsmanship rules apply.
- G. In the event of an incident, coaches are required to work with the away building administration to address the issue.
- H. This is the responsibility of all coaches in the International Middle School League athletics programs. It is the responsibility of the Building Athletic Director to distribute this information to all coaches.
- I. The visiting coach and the host school Athletic Director or administrator in attendance is to report any issue or incident to the visiting school's Athletic Director before 9:00 the next morning.