

2017-2018 MIDDLE SCHOOL EXTRAMURAL ATHLETICS

VOLLEYBALL RULES AND GUIDELINES

- All teams will practice five (5) days a week, two (2) hours per day.
- Each individual must have a minimum of eight (8) practice days before the first competition.

COMPETITION

- **Varsity** will consist of one team comprised of 6th, 7th and 8th grade students. (Do not cut below 12.)
- **Junior Varsity** will consist of one team comprised of 6th, 7th and 8th grade students. (Do not cut below 15.)
- **C Team** will consist of one team comprised 6th, 7th and 8th grade students (Do not cut below 15.)

Please note, if a student is cut from a team and would like to turn out for another sport during the same season, they will abide by WIAA rule 17.12.3 which states:

Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.

GENERAL INFORMATION

- Each athlete must have:
 - Middle School Activities Contract and Eligibility Form, including:
 - Emergency Contact information
 - Signed Concussion and Sudden Cardiac Arrest information form
 - Sport-specific consent form
 - Physical – Each athlete is required to have a current physical (last 13 months)
 - ASB Card Purchased (\$15.00)
- All the ABOVE INFORMATION MUST BE on file with the building athletic director before participation.
- School issued uniforms will include school colors, school names, and number. **PLEASE NOTE:** If uniforms are damaged and/or lost the student will be responsible for the cost of the replacement.
- All eligible participants should be given equal consideration for playing time over the course of the season based on coach's discretion. Factors for playing time may include but are not limited to, skill, effort, attitude, attendance, behavior in school or any combination of the preceding.

EQUIPMENT

- The height of the net will be 7 feet 4 1/8 inches with antennas placed on each end. Padding is required on net standards, cables and any other equipment that could be a potential safety concern.
- The home team will provide a regulation NFHS volleyball (required).
- The home team will provide an adult scorekeeper and adult clock operator. These positions should be filled by someone other than the gym supervisor whenever possible.
- Each team will provide one (1) line judge. An adult is preferred.
- Coaches are required to have a First Aid kit with them at all practices and games
- Coaches are required to have a copy of the emergency medical cards for each student-athlete on their team

RULE CLARIFICATIONS

- The Varsity match will be played at one location, while the JV and C-team matches will be played at the opposite location (JV first, followed by C-team).
- Warm up time will consist of 4-4-2 for varsity, junior varsity and c team matches.
- On the day of the game, players will play on one team only. Players are not allowed to play one set on Jr. Varsity and other sets on Varsity as an example.
- 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 is restricted to perform as a back row player (and is allowed to serve). **Schools using the Libero must provide their own Libero tracker (both home and away).**

SCORING

- **Varsity matches will consist of best of 3 out of 5 games.** The first four games will be to 25 points, not capped, win by two points. The fifth game, if necessary, will be to 15 points, not capped, win by two points.
- **The Junior Varsity and C team matches will consist of the best of 3 out of 3 games.** The first two games will be to 25 points, not capped, win by two points. The third game will be to 15 points, not capped, win by two points. The third game is to be played regardless of the outcome of the first two games unless there are agreed upon time restraints regarding transportation.
- Rally scoring will be used.

CHAMPIONSHIP INFORMATION

- The top four (4) finishing teams in the regular season will be invited to participate in a season-ending championship.
- In the event of a tie in the standings, seeds will be determined using the following:
 - Overall winning percentage
 - Head-to-head result (regular season only)
 - Coin flip
- The championship team will be presented with a perpetual trophy to be displayed in the school.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2016 Rules.