

NSD Middle School Volleyball Regulations/Rules 2025-2026

1. Season begins on Sept. 4th.
2. National Volleyball Federation Rules will be followed
3. The Greater Seattle Volleyball Organization will provide officials. Officials will arrive at the school by 3:10 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 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, teams will play to 25, not winning by two.
8. Each player must have eight (7) practices prior to their first match.
9. Starting time is 3:30 pm for all schools, except for TMS when needed will begin at 3:45.
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. Warmups will follow the following format: 8-6-6. 8 minutes of shared time, with each team on their own side of the court. The ball must be kept on your side of the net. Then 6 minutes of time for the visiting team - serving must be done within your 6 minutes. Finally, 6 minutes of time for the home team - serving must be done within your 6 minutes.
12. From the start of the season's first match 7th will play first followed by 8th Grade (9/22-10/9). Beginning with the match on Oct. 7th, 8th Grade will play first followed by 7th Grade (10/13-10/30).
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) (students when needed)
16. Call the officials' number immediately if a referee isn't there: Salima - 425-802-7474
17. Home team will record match result on Google Doc
18. Any questions, contact Bret Geller at SMS: bgeller@nsd.org, C:206-794-1200, W:425-408-6882.

Resources:

Volleyball Win/Loss Sheet:

<https://docs.google.com/spreadsheets/d/1msrfOAK5hltHc0h3bTujEiOJxw67TqgR4cagp35rlpo/edit?usp=sharing>

*Winning coaches please report results

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>