

## **NSD Junior High Level Volleyball Regulations/Rules 2014-2015**

1. Season begins on Sept. 3<sup>rd</sup>.
2. National Volleyball Federation Rules will be followed
3. The Greater Seattle Volleyball Organization will provide officials. Officials will arrive to the school by 3:15 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 varsity level will count toward the championship banner. There will be no championship format at the junior varsity level.
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 ten (10) practices prior to their first match.
9. Starting time is 3:45 pm for all schools.
10. There will be (1) varsity and (1) junior varsity team. The varsity team will have a minimum of 12 players. The junior varsity team will have a minimum of 15 players (if cuts are made).
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 JV will play first followed by Varsity (9/22-10/6). Beginning with the match on Oct. 10, Varsity will play first followed by JV (10/9-10/23).
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 email match results (win or lose only) by the next day to Audee Gregor at [agregor@nsd.org](mailto:agregor@nsd.org).

### **Resources:**

2014-2015 - Volleyball rule changes found at:

<http://www.nfhs.org/sports-resource-content/volleyball-rules-changes-2014-15/>

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

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