

2016 Auburn, Bethel, Federal Way, Seamount & Plateau League
Spring Middle School League Rules & Regulations

Officials Assignor-Tacoma: Marc Blau (253) 848-1360 or (253) 677-2872 cell

1. All volleyball leagues will play under National Federation rules (as mandated by WIAA). NAGWS scorebook will be used.
2. Ball: Any official eighteen-panel leather ball. Must be NF approved.
3. Official coin toss to be done before official warm-ups begin.
Coin toss will be done by coaches if officials are not present.
Coaches will time warm-ups if officials are late.
4. Home team will warm-up first followed by the visiting team.
5. Shared Court Time: There will be no shared court hitting.
Any shared court time is strictly for ball handling drills and warm-up procedures.
This applies to all leagues unless specifically noted.
6. Linejudges: Coaches will instruct all players about the responsibilities and expectations of being a good linejudge. Coaches will identify what students will be working as linejudges so that when they are called for by officials, there will be no delay in this process.
7. Please note that once the first match of the day is completed, the official warm-ups will begin immediately. For the second match of the day, all stretching must be done prior to the official warm-ups. Coaches, please plan accordingly.

8. **Auburn Middle School League (Cascade, Mt. Baker, No. Tapps, Olympic, and Rainier)**

- a. Start time is 3:30pm.
- b. Net height is 7'0".
- c. Format: 8th, 7th, and 6th grade matches are guaranteed 3/3.
Rally score to 25 points, with a 30-point cap.
Let serve will be used.
Libero is optional but schools must provide own libero tracker, otherwise a libero may not be used.
- d. Warm-up Time: 8th & 7th grade.
 1. Official warm-up time begins 10 minutes after visiting team arrives at school. This time can include shared court time involving ball handling only, no cross-court hitting. Matches are, however, expected to start at the scheduled time. If teams are late arriving, officials and coaches may agree to adjust the shared warm-up times as needed.
 1. 6 minutes home team—full court.
 2. 6 minutes visiting team—full court.
 3. 2 minutes together on court for serving.
- e. An adult or trained./approved high school-aged student scorekeeper is **required**.
- f. **Sixth grade match rule modifications:**
 1. Serving line will be 20' from the net. This line must be clearly marked. Servers can serve from the right back area only.

2. Unlimited substitutions are allowed.
3. Warm-up: 4 minutes home team-full court.
4 minutes visiting team-full court.
2 minutes together on court for serving.

BETHEL MIDDLE SCHOOL LEAGUE - Bethel, Cedarcrest, Cougar Mountain, Frontier, Liberty, Spanaway -

8th /7th rally score 21-21-21 all games, no cap. Schools will not be required to provide a libero tracker. Instead, liberos will be used based on the honor system. In addition, each team will provide a line judge. The home team will provide the game balls. A white or multi-colored leather ball is acceptable.

1. Start time is: 3:30 p.m. Warm-up is: 7/7/2 for 8th grade, 5/5/2 for 7th grade.
2. Afternoon matches: varsity or 8th grade goes first.
3. Evening matches: Jr. Varsity or 7th grade goes first.
4. Schools will need to begin their warm-ups if the referee is not at the school to start it on time.
5. Warm-up time may be reduced by mutual agreement of both coaches in order to insure that matches are started on time.
6. Matches 3/3.

C team program

1. JV teams from both schools will warm up in the auxiliary gym.
 2. At the end of the varsity match the captain's meeting will be held.
 3. The JV teams will then have their one minute of shared serving and then the match will start.
 4. The same process will be followed for the C teams.
- This process is designed to reduce the waiting time for everyone and not make it such a late evening.
5. Exception: If there is no C team match scheduled, the JV coaches may choose to use regular warm-up procedures on the main court.

9. Federal Way Middle School League (Illahee, Kilo, Lakota, Sacajawea, Saghahie, Sequoyah, Totem)

- a. Start time is 3:50pm.
- b. Net height is 7' 4-1/4".
- c. Format: 8th grade and 7th grade matches are guaranteed 3/3.
Rally score, all three games to 21 points, no cap.
Let serve will be used. Libero will not be used.
- d. Warm-up Time: 8th & 7th grade.
 1. Official warm-up time begins at 3:35pm (for the home team) whether the visiting team has arrived or not.
 2. Teams will be provided with 10 minutes of shared court time to warm-up prior to the official warm-up time. The shared time is for stretching and ball handling only-no cross court activity. If the visiting team is late in arriving, the 10 minutes of shared time begins immediately when they walk into the gym.
 1. 5 minutes home team— full court.
 2. 5 minutes visiting team— full court.
 3. 2 minutes on court together for serving.

- e. The home team is responsible for providing an adult to be the official scorer.
 - b. First 6 players who start the first game do not play the second game.
- *Note - one second team player may be substituted in for a short time, but may not serve. If the player does serve or plays more than five (5) points during the course of the first game, they may not play in the second game.
- c. If one school wins the first two games, the third game will be played, but will not count in the standings.
- Second team will start and play until one team reaches 10 points, then first team will sub in and play the remainder of the game.

10. Plateau League (Columbia/Surprise Lake, Enumclaw, Glacier, Lakeridge, Mountain View, Orting, Sumner, Thunder Mountain).

- a. Start time is 3:30pm.
- b. Net height is 7' 4¼".
- c. Format: 8th and 7th grade matches are guaranteed 3/3.
- d. Rally score to 21 points with a 23-point cap for all games.
 - Let serve will be used.
 - Libero is optional but schools must provide own libero tracker, otherwise a libero may not be used.
- e. Home team will warm-up first followed by the visiting team.
- f. Warm-up time is 7-7-2 for both grades.
- g. **For JV only**, a line may be added three (3) feet from the end line for servers to step up to. Those who choose this line must serve overhand only.
- h. The home team must provide an adult to be the official scorer.
- i. Each team will provide a line judge.
- j. A white or multi-colored leather or composite ball maybe used in all matches.

11. Seamount Middle School League (Eatonville, Ford, Hudtloff, Keithley, Lochburn, Mann, Pioneer, Ridgeline, Woodbrook, Yelm).

- 1. Start time varies from 3:30pm to 3:45pm.
- 8th/7th Rally score 21-21-21 All games, capped at 23 points. Varsity players may ONLY serve from behind the endline.
- The home team is responsible to provide the official game ball. Either a white or multi-colored ball may be used.
- JV players will be allowed to serve from a line 3' in from the endline, but ONLY overhand.
- JV players who want to serve underhand may only do so from behind the regular endline.
- Libero will not be used in either level.
- 1. Warm-up is 7/7/2 for both 8th and 7th grade matches.
 - 2. A student may run the clock/scoreboard, but an adult is **required** to keep the scorebook.

SEAMOUNT LEAGUE – C TEAM MATCHES

The general consensus from the Athletic Directors is that they will follow the JV rules for everything regarding C team matches and that includes the warm-up time and number of sets.

- 1. 8th/7th Rally score 21-21-21 All games, capped at 23 points.
- 2. Warm-up is 7/7/2 for C team matches.
- 3. C team players will be allowed to serve from a line 3' in from the endline, but ONLY overhand.
- 4. C team players who want to serve underhand may only do so from behind the regular endline.
- 5. Libero will not be used in either level.

SUMNER MS 6TH/C TEAM MATCHES

Games are played from 3:00 to 4:15pm (approx.)

One ref in the main gym and one ref is in the auxillary gym.

Usually play to 15 and then two new teams come in from both schools.

They will try to play as many sets as possible within the time frame.

COACHES MEETING:

Call the coaches over prior to the start of the match and discuss the rules and their expectations of what you should or should not call. Ask them if they have questions or if there are any special rules they want you to be aware of.

Ref with an attitude of "go with the flow".

The goal is to encourage participation and skill development with an emphasis on having fun.

BALL HANDLING:

If a player makes a blatantly ugly play where they catch and throw the ball then you need to call it.

Other than that most everything should be allowed. Again, you can verify this approach with the coaches in the pre-match meeting.

SERVICE AREA:

Be flexible regarding the service line. Although lines are clearly marked the intent is to find a spot where they can serve the ball over the net leading to a rally. Allow them to step over the line to accomplish this. If a player is really struggling, talk to the coach about letting her start with both feet inside the court. This approach will give the player confidence and help her develop the skill.

SUBSTITUTIONS:

There is no limit to how many they use. You will see six players sub in on some occasions. This is not an issue.

SCOREKEEPING & LINE JUDGING:

Either an adult or players from the JV team will usually work the scoreboard.

Players will work as the line judges.

Because a new team rotates in every new set no scorebook is kept.

They will simply keep score on the scoreboard.