

**Washoe County School District**  
**High Desert League -Volleyball**  
**2022-2023**

**FINAL APRIL 26, 2022**

Pre Season Coaches Meeting will be Wed. DEC.21,2022 at your own school. MALC person will facilitate TRYOUTS begins MONDAY, JAN. 9TH, 2023

<b>Date and Time</b>	<b>Teams</b>	<b>7th grade site</b>	<b>8th grade site</b>
THURSDAY, JAN. 26 2:45 pm - A Team 3:45 pm - B Team	Sky Ranch v. Mendive Billinghurst v. SPARKS Swope v. Shaw Depoali v. Herz	Sky Ranch Billinghurst Swope Herz	Mendive SPARKS Shaw Depoali
MONDAY, JAN. 30 2:45 pm - A Team 3:45 pm - B Team	SPARKS v. Sky Ranch Depaoli v. Mendive Billinghurst v. Shaw Swope v. Herz	SPARKS Depoali Shaw Herz	Sky Ranch Mendive Billinghurst Swope
THURSDAY, FEB. 2 2:45 pm A Team 3:45 pm B Team	Sky Ranch v. Depoali SPARKS v. Shaw Swope v. Mendive Billinghurst v. Herz	Depoali Shaw Mendive Billinghurst	Sky Ranch SPARKS Swope Herz
MONDAY, FEB. 6 2:45 pm A Team 3:45 pm B Team	Depoali v. Swope Shaw v. Sky Ranch Mendive v. Billinghurst SPARKS v. Herz	Swope Sky Ranch Mendive SPARKS	Depoali Shaw Billinghurst Herz
THURSDAY, FEB. 9 2:45 pm B Team 3:45 pm A Team	Depoali v. Billinghurst Sky Ranch v. Swope SPARKS v. Mendive Shaw v. Herz	Depoali Sky Ranch SPARKS Herz	Billinghurst Swope Mendive Shaw
MONDAY, FEB. 13 2:45 pm B Team 3:45 pm A Team	Swope v. SPARKS Sky Ranch v. Billinghurst Shaw v. Depoali Mendive v. Herz	SPARKS Billinghurst Shaw Herz	Swope Sky Ranch Depoali Mendive
THURSDAY, FEB. 16 2:45 pm B Team 3:45 pm A Team	Swope v. Billinghurst Shaw v. Mendive Depoali v. SPARKS Sky Ranch v. Herz	Swope Mendive Depoali Sky Ranch	Billinghurst Shaw SPARKS Herz

Head Volleyball official - Ellen Townsend 742-9964

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**Volleyball Guidelines on Next page**

**2023 Volleyball Guidelines**

**Teams**

Each school will have two 7th grade teams (A and B)

Each school will have two 8th grade teams (A and B)

Match - Start time is 2:45

\*Play 3 sets to 25 (cap28)

\* 30 second timeout per coach/per game

\*1 minute between games

## **Rules**

\*Each school must set up.

\*5 minutes between matches. Four for warmups and one minute for serving.

\* Courts must have another service line 3 feet in the court to accommodate 7th grade serving.

\* 8th graders must serve behind end line.

\* Foot faults will be called.

\* No blocks or attacks on serve.

\*A player can only play in one match (ex - B player cannot play in both A and B matches)

\* No switching sides after games.

\* Unlimited Substitutions - The number of substitutes in a game will not be tracked with an official book. However, illegal substitutions will be called by officials. Any substitutions made must be legal and substitute in properly at the line by the referee stand. If you do not know how to legally substitute, please reference the rule book.

\* Libero's can be used.

## **Practice/Tryouts/Teams**

\* First day of tryouts will be Jan. 9, 2023

\* Tryouts should be a minimum of 3 days. Must use a RUBRIC and keep accurate records.

\* A minimum of 12 players per team. Final roster should be 48 or more.

\* Stress for equal playing time.

## **Uniforms**

\*All schools should have regulation uniforms.

## **Host Schools Responsibilities**

\* Volunteer Linesman - should have a vest or some different color on so officials can tell them apart from other players. No cheering while working the lines - must be neutral!

\* Volleyballs - 15 balls for visiting team should be provided by host school.

\* Standard equipment with safety pads

\* Score Keeper - it is not mandatory to keep an official book. Try and have an adult at score table.

\* Referee contact - Ellen Townsend 742-9964 or email etownsend15et@gmail.com