

Washoe County School District
6th grade
High Sierra League -Volleyball
2024-2025

FINAL MAY 1, 2024

Pre Season Coaches Meeting will be Wed. Feb. 12 at your own school.
MALC person will facilitate meeting
TRYOUTS begins Tuesday, Feb. 18

Date and Time	Teams	Location
Thursday, March 6	Traner v. Dilworth Vaughn v. Pine Clayton v. Desert Skies Sparks v. Cold Springs	Dilworth Pine Clayton Sparks
Tuesday, March 11	Traner v. Pine Dilworth v Desert Skies Vaughn v Cold Springs Clayton v. Sparks	Traner Desert Skies Vaughn Sparks
Thursday, March 13	Traner vs Desert Skies Pine v Cold Springs Dilworth v. Sparks Vaughn v Clayton	Desert Skies Cold Springs Dilworth Clayton
Thursday, April 3	Traner v. Cold Springs Desert Skies v. Sparks Pine v. Clayton Dilworth v. Vaughn	Cold Springs Sparks Pine Vaughn
Tuesday, April 8	Traner v. Sparks Cold Springs v. Clayton Desert Skies v. Vaughn Pine v. Dilworth	Traner Clayton Desert Skies Pine

NFHS Volleyball (not all White)
One Team

2024 -2025 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)

Each school will have one 6th grade team

Match - Start time is 2:45

*Play 3 sets - first and second set to 25 (cap 28) third set to 15 (cap to 18)

* 30 second timeout per coach/per game

*1 minute between games

Rules

*Each host school must set up.

* **Official scorekeeping - Ellen is willing to do an "official scorekeeping" training for those interested.**

*Coaches must turn in a lineup.

*Warmups - each team gets a 4-minute warmup which includes serving. No sharing the net during warmups

*Visiting team will go first for warmups

*Clock will start at 2:35 so that the game begins at 2:45

* 8th graders must serve behind end line.

* 8 seconds to serve.

* 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.

* Libero's can be used.

- * Substitution - limited to 18
- * Jewelry - post/studs are now ok for anything above the chin. Lips, nose, tongue or ears are ok. NO HC
- * 7th grade service line 3 feet in
- * 6TH GRADE SERVICE AND BASELINE WILL BE IN 3 FEET

Practice/Tryouts/Team

- * First day of tryouts for 7/8 will be Jan. 7, 2025 6th grade tryouts will be Feb. 18th.
- * 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.
- * Picking Teams - top 12 on A Team next 12 on B Team
- * Stress for equal playing time.

Uniforms

- *All schools should have regulation uniforms/or same color with numbers

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 - must use official sheet
- * Referee contact - Ellen Townsend 742-9964 or email etownsend15et@gmail.com

***Complaints regarding officials**

1. Wait 24 hours
2. Coach can type up the complaint
3. Notify Adm, AD, Ellen Rollins and Teri

***Complaints from parents - include this protocol in your parent let**

1. Wait 24 hours before parent contacts coach
2. If parent is not satisfied with the coach talk to MALC member
3. If parent is still not satisfied they contact admin
4. cc: Rollins and Teri

rested.

ups.

DOPS

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