

**Washoe County School District
High Sierra League - VOLLEYBALL
2024-2025
7th and 8th grade**

FINAL May 1, 2024

Pre Season Coaches Meeting will be Wed. Dec 18 at your own school.

Zoom with Ellen Townsend

TRYOUTS begins Tuesday, Jan. 7, 2025

Date and Time	Teams	7th grade site	8th grade site
Thursday, Jan 23 2:45 pm - A Team 3:45 pm - B Team	Traner v. Dilworth Vaughn v. Pine Clayton v. Desert Skies Sparks v. Cold Springs	Dilworth Pine Clayton Cold Springs	Traner Vaughn Desert Skies Sparks
Tuesday, Jan 28 2:45 pm - A Team 3:45 pm - B Team	Traner v. Pine Dilworth v Desert Skies Vaughn v Cold Springs Clayton v. Sparks	Traner Desert Skies Vaughn Sparks	Pine Dilworth Cold Springs Clayton
Thursday, Jan 30 2:45 pm A Team 3:45 pm B Team	Traner vs Desert Skies Pine v Cold Springs Dilworth v. Sparks Vaugh v Clayton	Desert Skies Pine Dilworth Clayton	Traner Cold Springs Sparks Vaughn
Tuesday, Feb 4 2:45 pm A Team 3:45 pm B Team	Traner v. Cold Springs Desert Skies v. Sparks Pine v. Clayton Dilworth v. Vaughn	Cold Springs Sparks Pine Vaughn	Traner Desert Skies Clayton Dilworth
Thursday, Feb 6 2:45 pm B Team 3:45 pm A Team	Traner v. Sparks Cold Springs v. Clayton Desert Skies v. Vaughn Pine v. Dilworth	Traner Clayton Desert Skies Dilworth	Sparks Cold Springs Vaughn Pine
Tuesday, Feb 11 2:45 pm B Team 3:45 pm A Team	Traner v. Clayton Sparks v. Vaughn Cold Springs v. Dilworth Desert Skies v. Pine	Traner Sparks Cold Springs Desert Skies	Clayton Vaughn Dilworth Pine
Thursday Feb 13 2:45 pm B Team 3:45 pm A Team	Traner v. Vaughn Clayton v. Dilworth Sparks v. Pine Cold Springs v. Desert Skies	Vaughn Dilworth Pine Cold Springs	Traner Clayton Sparks Desert Skies

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 HOOPS

* 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 letter**

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