

**Dallas Independent School District  
Department of Athletics  
Middle School Volleyball Plan**

**DIVISIONS:** Each school will have two teams for District play. There will be an A team and B team. The B teams will play at 5:30 and the A teams will follow at 6:30. A and B teams may consist of 7<sup>th</sup> or 8<sup>th</sup> graders. No player can play on both teams on the same night or same week.

OBJECTIVE

To strengthen a sense of community as well as to encourage players to participate at the next level, it is imperative that your program patterns itself after your feeder high schools. Volleyball team members should be encouraged to learn the game and perform an overhand serve.

SEASON

Volleyball will begin according to the Dallas I.S.D. calendar.

MATCHES

Both A and B Middle School teams will follow the rules for junior highs suggested by U.I.L. Matches will follow the rally-scoring format. Matches will consist of the best 2 out of 3 games to 25 points (cap at 30). If a third game is needed, it will go to 15 points. Win by two. (cap at 20).

No team or girl shall compete in more than 12 matches and two tournaments. A scrimmage counts as one of the twelve matches.

One match may be played per calendar week. A tournament may be played in the same calendar week of a match.

TOURNAMENTS

No team may play more than three tournament matches per calendar day, except teams may play in four matches per calendar day in a one-day tournament scheduled on a Saturday.

TIE-BREAKER RULE

At the end of district play, if teams are tied, the rules are as follows:

- (A) Two teams with the same district record – The team that defeated the other in head to head competition will be declared the winner and the other the runner-up. Both would be considered “Co-Champions” and both teams will receive trophies, but only the winner will play in the Bi-District playoffs.
- (B) Three teams tied – Teams will flip coins, “odd man in”. This will be done by the Department of Athletics, with head coaches and/or campus athletic coordinators involved. All teams will be declared “Tri-Champions” and will receive trophies, but only the winner will play in the Bi-District playoffs.

WARM-UP

Twelve minutes prior to match start time: 3 min. passing, 3 minutes attacking (visitors first), 3 min. attacking (home team), 3 min. serving (share net).

TWO-HIT RULE

The two-hit rule applies when a ball is hit over the net. **EXCEPTION:** A spike, dink, or block in front of the 10-foot line will be accepted as legal play.