

NIAA HANDBOOK – VOLLEYBALL REGULATIONS

NAC 386.749 Volleyball: Date for beginning practice; end of season; activities between seasons; interschool scrimmages; conduct of games and matches. (NRS 386.430)

1. The Board shall establish the date upon which a school may begin practicing for a volleyball season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for volleyball.

2. A school shall not, after completion of the state tournament for volleyball for that season, organize a volleyball team or conduct a practice for the team until the date established by the Board for the beginning of practice for the next volleyball season.

3. A team at a school that participates in volleyball as a sanctioned sport may participate in not more than two interschool volleyball scrimmages during the period beginning on or after the date established by the Board for the season in which the scrimmage is played and ending on the first day of that season. The team shall not participate in a volleyball scrimmage after it participates in the first volleyball game of that season. As used in this subsection, “scrimmage” means a practice volleyball game in which:

- (a) The score is not kept;
- (b) Unpaid sports officials are used;
- (c) The period of play is divided into a number of equal assignments with running time kept; and
- (d) Spectators are not encouraged to attend.

4. If a team specified in subsection 2 participates in:

(a) A match between the team and an alumni association for the school or a similarly organized group, the school shall include that match in the total number of matches or meets in which the team may participate pursuant to NAC 386.699; or

(b) A match between the team and any other team for a charitable purpose, the school shall include that match in the total number of matches or meets in which the team may participate pursuant to NAC 386.699.

5. Each volleyball game must be conducted in accordance with the rules of volleyball adopted by the National Federation of State High School Associations or its successor organization.

6. Before each volleyball match, the home team for the match shall select the bench where the home team will sit during the match. The sports official who is assigned to the match shall, by tossing a coin, determine the team that will serve first for the match. The captain of the visiting team for the match shall call the toss of the coin. If the captain wins the toss, he may choose whether his team will serve or receive. For the deciding game of the match, the captain of the home team shall call the toss of the coin. If the captain wins the toss, he may choose whether his team will serve or receive for that game. Any time-out that is taken during the match must not exceed 60 seconds if each team participating in the match is prepared to play during the time-out.

7. A pupil who participates in volleyball as a sanctioned sport shall not wear any jewelry during any volleyball match or warm-up activities for the match.

8. Before each volleyball match, each team that participates in the match may engage in:

- (a) Warm-up activities for the match for not more than 7 minutes; and
- (b) Shared serving for the match for not more than 2 minutes.

(Added to NAC by Nev. Interscholastic Activities Ass’n by R206-03, eff.

11-2-2004)

NAC 386.750 Volleyball: Format of games and matches; winner of match in which junior varsity or freshman team participates. (NRS 386.430)

1. The following format applies to each volleyball game or match:
 - (a) Except as otherwise provided in subsection 2, if a team wins three out of five games during a match, including any match that is conducted during a double-header, that team is the winner of the match;
 - (b) Each game conducted during a match must consist of 25 points and must be won by at least 2 points;
 - (c) Each deciding game of a match must consist of 15 points, which must be won by at least 2 points;
 - (d) Each game must allow for the commission of a let-serve; and
 - (e) Each team that participates in a game must be allowed not more than two time-outs during that game.
2. If a junior varsity or freshman team of a school participates in volleyball as a sanctioned sport, and if the team wins two out of three games during a volleyball match, that team is the winner of the match.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 1-2-2004)

NAC 386.751 Volleyball: Class 1A teams with fewer than 15 members. (NRS 386.430)

1. Except as otherwise provided in this section, a pupil who is enrolled at a Class 1A school and who participates in volleyball as a sanctioned sport at that school may, during the same day, participate in a volleyball game for junior varsity players and a volleyball game for varsity players. A coach of a volleyball team at such a school shall not allow a pupil who is:
 - (a) A member of the team to participate, during the same day, in a volleyball game for junior varsity players and a volleyball game for varsity players if the sole reason for allowing that participation is to win the game; or
 - (b) A varsity player on the team to participate in a volleyball game as a junior varsity player if the team has a sufficient number of junior varsity players to participate in the game.
2. If a pupil participates in a volleyball game for junior varsity players and a volleyball game for varsity players during the same day pursuant to this section, the school where the game is conducted shall ensure that the game for junior varsity players is conducted before the game for varsity players.
3. If a team of a Class 1A school participates in a volleyball game and the membership of that team consists of junior varsity players and varsity players for the game pursuant to this section, the coach for the team shall, at least 10 minutes before the game:
 - (a) Identify each junior varsity player and each varsity player on the team for the game; and
 - (b) Submit the name of each pupil identified pursuant to paragraph (a) to the scorekeeper for the game.
4. A pupil of a Class 1A school shall not participate in a volleyball game for junior varsity players and a volleyball game for varsity players during the same day pursuant to this section unless each school against whom the pupil competes during that day agrees to allow the pupil to participate in that manner.
5. If a pupil who is a junior varsity player participates in a volleyball game for varsity players pursuant to this section, he shall, during the period in which he participates in the game, wear a jersey that displays a number that is distinguishable from the numbers displayed on the jerseys of the varsity players who participate in the game.
6. The provisions of this section do not apply to a volleyball team that consists of 15 or more members.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

