SPORT GUIDELINES
GIRLS VOLLEYBALL

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,
Mt. Diablo, Northgate, Ygnacio Valley

Approved: November 14, 2024

1. SEASON

1.1 Girls Volleyball is a Fall Sport, as defined by NCS.
1.2 Starting date for practice is determined by NCS.

2. CONTEST INFORMATION

2.1 Matches will be played on Tuesdays and Thursdays.
2.2 Starting times: Frosh 4:30, Junior Varsity 5:30, Varsity 6:30 with a minimum of a 20 minute warmup before the start of the Varsity game.
  2.2.1 Home Team provides 10-12 balls and a ball cart for the Visiting Team
2.3 Per NCS By-Laws: Maximum number of contests: 24
  2.3.1 A contest is defined as a game where teams are in uniform, the score is kept, and there are paid officials
2.4 Per NCS By-Laws: Maximum number of scrimmages: 2.
  2.4.1 A scrimmage is defined as: No score is kept, teams are not in uniform, and officials are not paid unless there are special agreements with the officials
2.5 League games will not be played when school is not in session, unless agreed upon by AD's and Principals of both schools.
2.6 League games take precedence over any tournament or pre-season postponed games.
2.7 Rally scoring will be used at all levels of girls volleyball as per CIF/National Federation rules.
2.8 Number of sets in a match: Freshman and Junior Varsity matches will consist of the best two out of three sets with the third set being 15 pts.
2.9 Varsity matches will consist of three out of five games with the fifth game being to 15 pts.
2.10 Warm–up time will begin immediately after the coin toss.
2.11 Frosh and Junior Varsity preliminary warm-up time will be 7-7. Each team has the court for 7 minutes for pre-game warmup, the visiting team is first, followed by the home team. Varsity preliminary warm-up time will be 10-10. Each team has the court for 10 minutes for pre-game warmup, the visiting team is first, followed by the home team

3. RULES

3.1 Matches will be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.
3.2 Coaches have the option of moving eligible players up and or down between the JV and Varsity levels but not on the same day.
3.3 Seniors are not allowed to play in JV games, unless approved by a vote of the Principals and/or AD's.
3.4 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

4. EQUIPMENT AND UNIFORMS

4.1 All uniforms and game balls will meet all National Federation of State High School Athletic Association rules and guidelines.

5. OFFICIALS

5.1 The official's association under contract with the DAL shall be used exclusively for all DAL games.

6. DETERMINATION OF LEAGUE OR DIVISION CHAMPIONS

6.1 League or Division Champion:
  6.1.2 The League or Division Champion will be the team with the best overall record over the course of the league or division schedule.
  6.1.3 If there is a tie for first place, the tied teams will be Co-Champions.
  6.1.4 Ties, for the purposes of NCS qualification and DAL Tournament Seeding (If Applicable), will be resolved using the tie-breaking criteria. (See 6.2)

6.2 Criteria used to break ties:
1. Head to Head.
2. Ladder Finish. Which is defined as comparing each team's record against the other teams in the league based on the league schedule, starting with the highest ranked team and continuing down the ladder until the tie is broken.
3. In a 3 way tie (or more) once the initial tie is broken, it will revert back to the 1st tiebreaker with the remaining schools.
4. Lottery. If the coach or designee is not present at the pre-season coaches meeting, that school will receive the last number. If there are more than one coach or designee absent, the commissioner will draw numbers for the absentees after the initial lottery.

7. NCS QUALIFYING AND AT LARGE REPRESENTATION
7.1 The automatic representative to NCS will be the League/Division Champion or the winner of the tiebreaker.
7.2 Any other qualified team may apply for an NCS At-Large Berth.

8. DAL END OF SEASON TOURNAMENT
8.1 Currently, DAL End of Season Tournaments are not being played.
8.2 Should one of both divisions choose to conduct an end of the season tournament, these games will not count against the maximum games allowed.

9. MVP AND ALL LEAGUE SELECTION PROCESS
9.1. There will be 1 MVP selected from each division.
9.1.1. The MVP vote will be done first.
9.1.2. Coaches CAN nominate their own player for MVP. Each coach will receive an opportunity to explain their nomination.
9.1.3 Coaches CAN vote for their own players for MVP.
9.1.4. If there is a tie in MVP voting, the tie is attempted to be broken once. If then still a tie, Co-MVPs will be named. If there are Co-MVPS, one spot will be taken away from the 1st Team All-League.
9.1.5. MVP is SEPARATE from 1st Team All-League, the MVP(s) will not be on the 1st Team All-League list.
9.2. Coaches will receive a number of All-League Nominations based upon their finish in league play.Ties in order of finish will result in that amount of nominations being split between the tied teams.
9.2.1. 1st Place = 6 Nominations
2nd Place = 5 Nominations
3rd Place = 4 Nominations
4th-5th Place = 3 Nominations
6th-7th Place = 2 Nominations
9.3. Nominations must be submitted digitally BEFORE the postseason meeting.
9.4. Each All-League team will consist of 7 players total. The teams will be composed of the top players in the league as voted on by the coaches, regardless of position. The voting process for the teams will take place as follows:
9.4.1. Coaches will receive 7 votes for each All-League Team. Coaches CANNOT vote for their own players. Coaches MUST use all of their votes.
9.4.2. Coaches will vote for 1st Team All-League, this will be done by a secret ballot process. Once the results are tabulated, the 7 athletes who receive the most votes will be taken off of the nomination list and be placed on 1st Team All-League. Coaches will then conduct a new vote for 2nd Team All-League based on the remaining names, none of the votes from the first round of voting will carry over towards the second round.
9.4.3. If there is a two-way tie for the last spot of an All-League Team, an additional selection will be added to that team. If there is a three-way or more tie for the last spot, the coaches will revote between those tied players for the last spot.
9.4.4. If an athlete receives at least one vote throughout this process, they will be placed on the Honorable Mention List.
9.4.5. After the voting process has been completed, If they choose to, each coach can also add one more athlete to the Honorable Mention List. The Honorable Mention List is not published by the DAL.
9.4.6. If a school is not represented at the postseason meeting, their nominations will be taken off of the list for voting. However, the present schools can have a roundtable discussion BEFORE the voting process begins and elect any member of that school's nominations to an All DAL team. This is up to the discretion of the schools present and would require a majority vote. These elections are NOT in addition to the maximum number for each All-League Team, they would be taking a spot that could have been given to another athlete from a school that is present at the meeting.

9.5. Any athlete who cannot finish the season because they are deemed academically or behaviorally ineligible at their school will not be eligible for All-League consideration.