



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: April 13, 2023

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/Soph 4:30, Junior Varsity 5:30, Varsity 6:30 with a minimum of a 20 minute warmup before the start of the next 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 Games will be preceded by twenty (20) minute warm-up period
 - 2.11.1 Preliminary warm-up time will be: **(10-10)** Each team has the court for **(10)** minutes for pre-game warm-up, 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will be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.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. ALL LEAGUE SELECTIONS

- 9.1 The All-League Teams from each of the DAL Divisions will be as follows:
 - 9.1.1 One (1) MVP. If voting results in a two-way tie, there will be Co-MVPs. If voting results in a three-way tie, coaches will revote on the three tied players.
 - 9.1.2 Seven (7) First Team players. If there is a two-way tie for the 7th All League selection there will be allowed an 8th First Team selection. If there is a three-way tie for the 7th All-League selection, the coaches will revote on the three players.
 - 9.1.3 Seven (7) Second Team players. If there is a two-way tie for the 7th All League selection there will be allowed a 8th Second Team selection. If there is a three-way tie for the 7th All-League selection, the coaches will revote on the three players.
 - 9.1.4 Number of Honorable Mention players will be determined by coaches' vote (Must receive at least one coach's vote for 1st or 2nd team).
 - 9.1.5 If a team is not represented on the All League Team after the coaches' vote, that coach may put forth one player, that player will be an Honorable Mention Player.
- 9.2 All League nomination process.
 - 9.2.1 All coaches will nominate All League consideration players based on order of finish in league. 1st place team will get six (6) nominations; 2nd place team will get five (5) nominations; 3rd place team will get four (4) nominations; 4th place team three (3) nominations; 5th thru 7th place teams will receive two (2) nominations each. Coaches may nominate fewer players than their finish allows.
 - 9.2.2 If a CIF certified Head or Assistant Coach is not in attendance, he/she cannot nominate any players.
- 9.3 All League Voting process.
 - 9.3.1 All coaches can nominate a player for MVP. Each nominating coach will get 2 minutes to discuss the reason for nominating the player.
 - 9.3.1.1 All CIF-certified coaches in attendance will get one (1) vote for MVP. **The vote will be secret and written down on a ballot paper.** Coaches **may** vote for their own player.
 - 9.3.2 All coaches who nominate a First Team All-League consideration player will have 2 minutes to discuss the reason the player is nominated.
 - 9.3.2.1 1st Team All-League selection: All CIF-certified coaches in attendance will have seven (7) votes for 1st Team All-League players. **The vote will be secret and written down on a ballot paper.** Coaches **may not** vote for their own player. The top seven (7) players with votes are the 1st Team All-League selection. In case of a tie for the 7th All-League selection, refer to guideline 9.1.2.
 - 9.3.3 2nd Team All-League selection. All players elected to the 1st team will be removed from the list. All votes for first-team selection will be erased. All CIF-certified coaches in attendance will have seven (7) votes for 2nd Team All-League players. **The vote will be secret and written down on a ballot paper.** Coaches **may not** vote for their own players. The top seven (7) players with votes are the 2nd Team All-League selection. In case of a tie for the 2nd Team All-League selection, refer to guideline 9.1.3.
 - 9.3.4 Honorable Mention All-League selection. Any player not elected to 1st or 2nd team All-league and has received at least one vote from a coach will be placed on the Honorable Mention Team. If a team is not represented on any of the All-League Teams, the coach may put forth one player to be on the Honorable Mention Team.
 - 9.3.5 If a team is not in attendance at the meeting, their coach may submit one player after the meeting is over, that player will be on the Honorable Mention Team.

- 9.4 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.