



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: January 18, 2018

1. Season

- 1.1 Girls Volleyball is a Fall Sport, as defined by NCS.
- 1.2 Starting dates for practice will be determined by NCS.

2. Contest Information

- 2.1 Matches will be played on Tuesdays and Thursdays.
- 2.2 Starting times: Frosh/Soph 4:00, Junior Varsity 5:00, and Varsity 6:30
 - 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 to 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, visiting team is first, followed by 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will be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.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 Division Champions

- 6.1 Division champions will be the winning team (from each division) of round robin play.
- 6.2 Tie records shall be Division Co-Champions.

7. DAL Division Tournaments

- 7.1 Currently, DAL Division Tournaments are not being played.
- 7.2 Should one of both divisions choose to conduct an end of the season tournament, these games will not count against the maximum games allowed.

8. North Coast Representation

- 8.1 The Automatic Representatives to the NCS Volleyball Championships will be the champions from each Division.
- 8.2 Tie breaking criteria will be:
 - 8.2.1 Head to head.
 - 8.2.2 Winner of the second round match.
- 8.3 In the event of a 3-way tie, criteria will be number of sets won vs lost between schools
- 8.4 Any other qualified team may apply for an NCS At-Large Berth in their respective NCS Division.

9. All League Selections

- 9.1 The All-League Teams from each of the DAL Divisions will be as follows: One (1) MVP (if a tie, there will be two MVP's, Seven (7) First Team Players, and Seven (7) Second Team Players.
- 9.2 At the post season meeting, coaches will select players to nominate for All-League selections.
- 9.3 Coaches may not vote for their own players.
- 9.4 Coaches will vote and select First Team and then Second Team.
- 9.5 At the conclusion of the voting, each coach will submit one Honorable Mention Player.
- 9.6 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.