



# 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; Revised Sept 2022**

### 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will be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.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:
  - 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 7<sup>th</sup> All League selection there will be allowed an 8<sup>th</sup> First Team selection. If there is a three-way tie for the 7<sup>th</sup> 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 7<sup>th</sup> All League selection there will be allowed a 8<sup>th</sup> Second Team selection. If there is a three-way tie for the 7<sup>th</sup> 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 1<sup>st</sup> or 2<sup>nd</sup> 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. 1<sup>st</sup> place team will get six (6) nominations; 2<sup>nd</sup> place team will get five (5) nominations; 3<sup>rd</sup> place team will get four (4) nominations; 4<sup>th</sup> place team three (3) nominations; 5<sup>th</sup> thru 7<sup>th</sup> 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 1<sup>st</sup> Team All-League selection: All CIF-certified coaches in attendance will have seven (7) votes for 1<sup>st</sup> 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 1<sup>st</sup> Team All-League selection. In case of a tie for the 7<sup>th</sup> All-League selection, refer to guideline 9.1.2.
  - 9.3.3 2<sup>nd</sup> Team All-League selection. All players elected to the 1<sup>st</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> Team All-League selection. In case of a tie for the 2<sup>nd</sup> Team All-League selection, refer to guideline 9.1.3.
  - 9.3.4 Honorable Mention All-League selection. Any player not elected to 1<sup>st</sup> or 2<sup>nd</sup> 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.