

Article XII – Volleyball

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES (GIRLS) – No organized practice for seniors, juniors or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.
3. STARTING DATES (BOYS) – No organized practice for all levels may begin prior to a date established by the CCS – See page 11.
4. STARTING DATES FOR FRESHMEN (GIRLS) – Freshmen girls must not start practice until the Wednesday after the other levels start their practice.
5. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for volleyball is 6 for both boys and girls if each gender has Varsity, JV and Freshman levels. Each level of competition shall have a maximum of 2 coaches per level, per gender.
6. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for volleyball is 26 contacts plus two scrimmages for all teams.
 - B. An alumni contest shall not be included in the game limit of any sport.
 - C. Games shall not be played on Sundays and Christmas.
 - D. All games shall be played according to the National Federation Rules.
 - E. The match winner shall be determined by winning three out of five games for varsity and two out of three games for junior varsity and freshman.
 - F. The home school will provide balls and ball cart for the visiting team to warm up.
7. WARM-UP PROTOCOLS

Girls - Varsity warm-ups will be 28 minutes to coincide with CIF protocol (13 shared-6 serving team-6 receiving team-3 submit line-ups). JV and freshman warm-ups will be 20 minutes (8 shared-6 serving team-6 receiving team).

Boys - Varsity and JV warm-ups will be 28 minutes to coincide with CIF protocol (13 shared-6 serving team-6 receiving team-3 submit line-ups). JV and freshman warm-ups will be 20 minutes (8 shared-6 serving team-6 receiving team).
8. STARTING TIMES

Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture. These starting times apply regardless of the number of levels of the sport a school sponsors. Game times and/or locations can be changed by mutual agreement from each school’s Athletic Director and WCAL Commissioner approval.

	Varsity	JV	Frosh
Boys	6:00	4:30	NA
Girls	6:30	5:00	4:00

9. SCRIMMAGES
 - A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
 - B. A scrimmage shall not involve any costs whatsoever.
 - C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all

member schools and the League Office shall be notified within 24 hours.

- D. All scrimmages shall be included in the official game limit set for each team in each sport.
- E. Scrimmages may be scouted.

10. SCHEDULE

- A. Boys – A double round robin League schedule shall be played each year by the varsity and JV teams.
- B. Girls – A double round robin League schedule shall be played each year by the varsity and JV teams.

11. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves to the Varsity: Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.

12. SPORT-SPECIFIC RULES

- A. Levels of Competition
 - Boys – There shall be varsity and junior varsity competition.
 - Girls – There shall be varsity, junior varsity, and freshman competition.

13. ROUND ROBIN COMPETITION WINNERS

- A. The winner of the round robin competition shall be determined by a point system as follows:
 - 1. Two (2) points for a game won.
 - 2. Zero (0) points for a game lost.

14. VARSITY PLAYOFFS AND LEAGUE CHAMPIONSHIPS (DOUBLE ROUND ROBIN FORMAT)

- A. The winner of the round robin shall receive the #1 seed to CCS. The winner of the league playoffs shall receive the #2 seed to CCS. In the event of ties for the round robin championship the seeding to CCS will be determined by the bylaws stated in Section 19. E. on page 16 of this Handbook.
- B. There shall be no playoff to determine the JV or freshman championships. The winners of the round robin in the JV and freshman leagues shall be declared champions. Where a north-south format is used, Northern champions and Southern champions will be declared. In the case of ties for first place in any lower-level league, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
- C. For varsity only, in the event that two teams tie for the round robin championship and each team has defeated the other, both teams shall be declared co-champions. If one team has defeated the other team twice in round robin play, that team shall be designated the round robin champion, and shall receive all the benefits associated with being the round robin champion. In the event that a third team wins the playoffs, then all three teams shall be declared tri-champions.
- D. For varsity only, if three or more teams are tied for the round robin championship, the team with the greatest number of wins within the tie shall be designated the first place team and declared the round robin champion. This team shall receive all the benefits associated with winning the round robin championship.
- E. For varsity only, if a tie still exists after tiebreaker “D” above, the overall champion shall be determined by the team that wins the playoffs. Seeding for the playoff shall be determined by Section 15, “Method for Breaking Ties in League Standings and Entries into the CCS.”

15. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS
- A. Multiple ties in the standings shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
 - B. The following procedure shall be used to break ties in the order as listed:
 - 1. Head to head competition involves only contests played within league schedule.
 - 2. Greatest number of wins within the tie.
 - 3. Greatest number of wins above the tie.
 - 4. Greatest number of wins versus the highest-placed team above the tie.
 - 5. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
 - 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
 - C. Coin Flips or Drawings
 - 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified in writing 24 hours prior to the drawing.
 - 2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.
 - 3. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.
16. VARSITY PLAYOFF FORMAT (EIGHT TEAMS)
- A. The playoffs shall be organized and supervised by the Commissioner.
 - B. The playoffs shall normally be scheduled during the week following the end of the regular League season.
 - C. The playoffs shall operate in the following manner for an eight-team playoff:
 - First Round
 - 1st place team vs. 8th place team.
 - 2nd place team vs. 7th place team.
 - 3rd place team vs. 6th place team.
 - 4th place team vs. 5th place team.
 All games to be played at the sites of the higher seeds.
 - Semifinals
 - The lowest-seed winner of the first round shall play the highest-seed winner of the first round in one game, and the other two winners of the first round shall play each other in the second game.
 - Finals
 - The finals for the League championship shall be between the winners of the two semifinal games. If the first-place team loses in the playoffs, they shall be declared co-champions with the winner of the playoffs.
- 1. If two teams tied for first place and are co-champions, and the tie must be broken by a coin flip as described in Section 15, the loser of the coin flip is the #2 seed in the playoffs and will play the #7 seed in the first round. If the #2 seed wins this first-round game, they shall play the lowest seed remaining in the second round.

2. If three or more teams are tied for first place and the tie must be broken by a coin flip as described in Section 15, the winner of the tie shall be the #1 seed in the playoffs. Additional coin flips will be done to determine the remaining seeds. If the #2 seed wins in the first round, they shall play the lowest seed remaining in the semifinals. The #1 seed will play the other winner. If the #2 seed loses in the first round, then the #3 seed, if they win, shall play the lowest seed remaining in the semifinals. If the #3 seed defeats the #1 seed in the semifinals, they will be the home team in the championship game. If four teams tied for the round robin championship, then the coin flips would determine the seeds and the #4 seed would receive none of the above benefits. In this case, the winner of the playoffs would be designated the sole league champion.

D. Playoff Games Sites (Girls)

1. The first-round games shall be played at the site of the higher-seeded teams.
2. Whenever possible, the semifinal games shall be played at a neutral site. If a neutral site is not available, the games will be played at the site of the higher-seeded teams.
3. Whenever possible, the final championship game shall be played at a neutral site. If a neutral site is not available, the game will be played at the site of the higher-seeded team.

E. Playoff Games Sites (Boys)

All playoff games shall be played at the site of the higher-seeded teams.

17. VARSITY PLAYOFF FORMAT (SEVEN TEAMS)

- A. The playoffs shall be organized and supervised by the Commissioner.
- B. The playoffs shall normally be scheduled during the week following the end of the regular League season.
- C. The playoffs shall operate in the following manner for a seven-team playoff:

First Round 1st place team receives a bye.
 2nd place team vs. 7th place team.
 3rd place team vs. 6th place team.
 4th place team vs. 5th place team.
 All games to be played at the sites of the higher seeds.

Semifinals The lowest-seed winner of the first round shall play the 1st place team.
 The winners of the other two first-round matches play each other.

Finals The finals for the League championship shall be between the winners of the two semifinal games. If the first-place team loses in the playoffs, they shall be declared co-champions with the winner of the playoffs.

1. If two teams tied for first place and are co-champions, and the tie must be broken by a coin flip as described in Section 15, the loser of the coin flip is the #2 seed in the playoffs and will play the #7 seed in the first round. If the #2 seed wins this first-round game, they shall play the lowest seed remaining in the second round.
2. If three or more teams are tied for first place and the tie must be broken by a coin flip as described in Section 15, the winner of the tie shall be the #1 seed in the playoffs. Additional coin flips will be done to determine the remaining seeds. If the #2 seed wins in the first round, they shall play the lowest seed remaining in the semifinals. The #1 seed will play the other winner. If the #2 seed loses in the first round, then the #3 seed, if they win, shall play the lowest seed remaining in the semifinals. If the #3 seed defeats the #1 seed in the semifinals, they will be the home team in the championship game. If four teams tied for the round robin

championship, then the coin flips would determine the seeds and the #4 seed would receive none of the above benefits. In this case, the winner of the playoffs would be designated the sole league champion.

18. VARSITY PLAYOFF FORMAT (SIX TEAMS)

- A. The playoffs shall be organized and supervised by the Commissioner.
- B. The playoffs shall normally be scheduled during the week following the end of the regular League season.
- C. The playoffs shall operate in the following manner for a six-team playoff:

First Round 1st and 2nd place teams receive a bye.
3rd place team vs. 6th place team.
4th place team vs. 5th place team.
All games to be played at the sites of the higher seeds.

Semifinals The lowest-seed winner of the first round shall play the 1st place team.
The other winner of the first round shall play the 2nd place team.

Finals The finals for the League championship shall be between the winners of the two semifinal games. If the first-place team loses in the playoffs, they shall be declared co-champions with the winner of the playoffs.

1. If two teams tied for first place and are co-champions, and the tie must be broken by a coin flip as described in Section 15, the loser of the coin flip is the #2 seed in the playoffs and will play the #7 seed in the first round. If the #2 seed wins this first-round game, they shall play the lowest seed remaining in the second round.
2. If three or more teams are tied for first place and the tie must be broken by a coin flip as described in Section 15, the winner of the tie shall be the #1 seed in the playoffs. Additional coin flips will be done to determine the remaining seeds. If the #2 seed wins in the first round, they shall play the lowest seed remaining in the semifinals. The #1 seed will play the other winner. If the #2 seed loses in the first round, then the #3 seed, if they win, shall play the lowest seed remaining in the semifinals. If the #3 seed defeats the #1 seed in the semifinals, they will be the home team in the championship game. If four teams tied for the round robin championship, then the coin flips would determine the seeds and the #4 seed would receive none of the above benefits. In this case, the winner of the playoffs would be designated the sole league champion.

19. CENTRAL COAST SECTION PLAYOFFS

- A. The winner of the round robin shall be designated the #1 seed to the CCS.
- B. The winner of the league playoffs shall be designated the #2 seed to the CCS.
- C. In the event of ties within the round robin championship the seeding for CCS shall be determined by rules under Section 19. E. on page 19 of this Handbook.
- D. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS entry points to qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.

20. OFFICIALS

- A. Officials for all varsity, junior varsity, and freshman League games shall be obtained by the host school.
- B. The number of officials shall be four for varsity and two for lower levels.
- C. The officials must be members of an association approved by the Central Coast Section. D. If the Required Number of Officials Are Not Present

1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required number of officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
- E. For further details, refer to General By-Laws Article IV – Special Rulings “Forfeitures” and “Postponements.”

21. GAME CONDUCT

- A. Coach Ejections - While sitting out, the coach may not communicate during a game in any way, including all digital formats, with his/her coaching staff or players.

22. ALL-LEAGUE TEAM

- A. An All-League team for varsity only shall be selected by the coaches.
1. The numbers of the varsity All-League team shall be as follows:
 - a. First Team – The eight players who receive the highest number of points as voted upon by the coaches.
 - b. Second Team – The eight players who receive the next highest number of points after the First Team is selected.
 - c. Honorable Mention – Any of the other players who receive points, but were not selected to either the First or Second Teams.
 2. The procedure for selecting the All-League team shall be as follows:
 - a. For the Girls All-League – At the end of the League Season coaches can submit their nominations for All-League to the league representative. The league representative will then present the complete list of all players nominated to all the coaches.
 - b. Coaches will then vote for All-League. The eight players with the most votes will receive First Team All-League. The next eight players who have received votes, but not enough for first team, will constitute the Second Team All-League. Any players not having enough votes for either First nor Second Team recognition shall be Honorable Mention.
 - c. The player with the highest number point total of votes shall be named the Player of the Year, and receive the Player of the Year Plaque.
 - d. For the Boys All-League – Coaches shall meet the Monday following the last regular season game before the playoffs begin. The Sport Chairman shall pick the site and time for the meeting that is convenient to most coaches.
 - e. Each coach shall be allowed to nominate a number of players based upon how his/her team finished in the round robin standings. For example, the last-place team shall be allowed one nomination; the next to last place team two nominations, etc. All teams who finish above the next to last place team shall be allocated a number of nominations based upon their finish in the League round robin, e.g., third place from last place three nominations, fourth place from last place, four nominations. Those teams with equal League records shall receive the same number of nominations. Tiebreakers shall not be used to decide the number of nominations.
 - f. All nominated players shall be written on a blackboard and discussed by the coaches.

- g. First Team players are voted for by each coach as follows: Each coach shall vote for eight players, under the following point system: First choice shall receive eight points, second choice shall receive seven points, etc. Coaches may not vote for their own players. After all coaches have voted, the points shall be counted. The eight players who receive the highest number of points shall be selected to the First Team All-League, and their names shall be removed from the list of nominated players listed on the blackboard.
- h. The Second Team All-League shall be selected the same way as the First team. The eight players who receive the highest number of points in the second vote shall be named to the Second Team All-League.
- i. Players who receive points, but do not have enough points to be selected to either the First Team or Second Team, shall be designated as Honorable Mention.
- j. The player with the highest point total shall be named the Player of the Year. If two players tie for the highest point total they shall be named Co-Players of the Year. No Player of the Year Award will be given if more than two players tie for the highest point total.