

Article XI - Volleyball

1100: Practice

- a) Interscholastic practice during the school year is defined as:
 - a. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - b. any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - c. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - d. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 2 hours between any two practice sessions in a single day.
- d) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

1101: Game

- a) All games shall be played according to the rules and regulations as stated in the current National Federation Volleyball Rule Book.
- b) All varsity matches shall be best three out of five games, nonvarsity matches are best two out of three. Games shall be played to 25 points, and the winning team must win by two points. A team which has scored 25 points and has a least a two point advantage is the winner. If the leading team does not have a two point advantage, play shall continue until one team has a two point advantage. The fifth and deciding game shall be played to 15 points, and the winning team must win by two points with no cap on play.
- c) The official game ball for league play shall be any of the balls approved by the National Federation. The WBAL volleyball committee recommends the Spalding TF4000 volleyball for use in league play.
- d) There shall be a minimum of 28 minutes between the junior varsity and varsity matches. Time will not start until after the captains/coaches coin toss. Matches cannot begin before their scheduled time. There should be no more than an hour and fifteen minutes between scheduled start of JV game and varsity game. Suggested start times- Freshman 3:30, Junior Varsity 4:30,

Varsity 5:45.

- a) Pre-game warm-ups for varsity shall be 16 min shared, 6 min. each team separate. Pregame warm ups for JV and Frosh shall be 6 minutes shared, 6 minutes each team separate.
- b) Two line judges will be provided by the home team.
- c) Home team will provide 12 warm up balls and a cart for the visiting team. If the home team has less than 24 balls, then the visiting team still gets 12 and the home team gets the remaining.
- d) Only trained and experienced people may act as scorekeeper.
- e) The home team selects home court. The winner of the toss may elect to serve or receive.
- f) In rally scoring, a point is awarded upon the completion of every play.
- g) The net serve shall be incorporated. If the ball is served, makes contact with the net and lands on the serving team's side, the receiving team receives a point and the serve. If the ball is served, makes contact with the net and lands on the receiving team's side, the ball is in play.
- h) Substitutions shall be limited to 18 per game.
- i) Each team is limited to two time-outs per game. Additional time-out shall not be permitted when each team has scored 24 points during a 25-point game, or 14 points during a 15-point game.
- j) Teams may elect to utilize the libero player.
- k) During the fifth game of the match at the varsity level, or the third game of the match at the JV or freshman level, a coin toss between the captains and the coaches of each team shall be conducted. The visiting captain shall call the toss. The winner of the toss shall choose either to serve/receive or the playing area. The loser of the toss shall be given the remaining choice.

1102: CCS Advancement – (from CCS Volleyball bylaws)

- a) The five (5) Division Tournament brackets shall be comprised of the following:
 - i) League Champion from each league
 - ii) plus one (1) additional Automatic Qualifier from every League
 - iii) plus, selected At-Large entries
 - iv) plus, At-Large “floater” teams (No division's brackets may exceed a total of 16 teams.)
- b) At Large Entries – League may designate teams to apply for At-Large consideration if they meet one of the following criteria:
 - i) have a league record of at least .500
 - ii) have an out of League record of at least .500
 - a. waiver will be granted for league not meeting the two above criteria.
- c) WBAL automatic qualifiers

- a. Top three places from Foothill Division and winner of Skyline Division will receive CCS berths.
- d) Method for breaking ties in League standings (For CCS Advancement only):
 - a. Head to Head competition (versus tied teams only)
 - b. games won vs game lost – differential (versus tied teams only)
 - c. points won vs points lost – differential (versus tied teams only)
 - d. Coin toss

1103: General

Where facilities or net equipment do not meet the rule requirements, matches may be conducted by prior mutual consent of competing schools. If consent is not obtained, the school violating these rules shall forfeit the match or reschedule at the convenience of the other team.

1104: Crowd control

- a) The home school has every right to ask someone from the home or visiting school to leave due to inappropriate behavior.
- b) If an incident does occur, fill out the CCS incident form and send it to the league commissioner.