

Article XI - Volleyball

1100. Practice

"The WBAL will reflect the CCS By-Laws (Article V, Section 3, F-Practices) regarding practices."

- a) Interscholastic practice during the school year is defined as:
 - i. 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
 - ii. Any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - iii. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - iv. 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, and no more than 18 hours in a week. Double days shall not be held on consecutive days.
- c) There shall be a minimum of 3 hours between any two practice sessions in a single day.
- d) Double day practices shall not be held on consecutive days.
- e) 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. Games

- a) All games shall be played according to the rules and regulations as stated in the current National Federation Volleyball Rulebook.
- b) All varsity matches shall be best three out of five games, non varsity 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 at 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 TF-VB5 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.
- e) Pre-game warm-up time for varsity is 14 minutes shared, 6 minutes each team separate. (6-6-2). A total time of 28 minutes. Pre-game warm-up time for JV and Freshman is 6 minutes shared, 6 minutes each team separate. (6-6-2). A total time of 20 minutes.
- f) Two line judges will be provided by the home team.
- g) 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.
- h) Only trained and experienced people may act as scorekeeper.
- i) The home team selects home court. The winner of the toss may elect to serve or receive.
- j) In rally scoring, a point is awarded upon the completion of every play.
- k) The let 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.

- l) Substitutions shall be limited to 18 per game.
- m) Each team is limited to two time-outs per game.
- n) Teams may elect to utilize the libero player.
- o) 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
 - iii. waiver will be granted for league not meeting the two above criteria.
- c) WBAL automatic qualifiers
 - i. 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):
 - i. Head to Head competition (versus tied teams only)
 - ii. Games won vs game lost – differential (versus tied teams only)
 - iii. Points won vs points lost – differential (versus tied teams only)
 - iv. Coin toss

1103. General

- a) 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.

1105. All League Selections

- a) Each coach can nominate (put on the board) their team members who they believe have earned all league consideration. Depending on round robin league finish, each team will be able to nominate up to the following maximum for all league consideration:
 - i. If there are seven teams in the division: 1st place (5); 2nd place (4); 3rd place (4); 4th place (3); 5th place (2); 6th place (2); 7th place (2).
 - ii. If there are six teams in the division: 1st place (5); 2nd place (4); 3rd place (4); 4th place (3); 5th place (2); 6th place (2).
 - iii. If there is a tie in any placement, go to the highest maximum (as an example, if there is a tie for second, both teams would have 4 nominations).
 - iv. Coaches are not required to nominate the maximum.
- b. Each coach will take a few minutes and discuss the merit of their respective nominations. If schools are not represented at the meeting, other league coaches can propose players from that missing school. Only statistics pertaining to league contests will be discussed.
- c. It is strongly suggested/encouraged that the league MVP come from the round robin champion team.

- d. A silent (written and submitted) vote will take place and coaches will vote for fifteen nominated players. They will weight those votes as follows: 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1. The fifteen points would go to who you consider to be the best player in the league. Coaches can vote for their own players.
- e. Player earning the most points will be league MVP ... next seven players receiving the most points will be first team all league recipients ... next seven players receiving the most points will be second team all league.
- f. In case of a two way tie for the last spot on the 1st team all-league team, both players will receive 1st team recognition. If there is a three way tie for the last spot, there will be a silent vote off (1 vote for each player, coach can vote for his own player) to determine who is a first team selection. If this vote results in a two way tie, both players will receive 1st team recognition. If there is still a three way tie, another vote off will take place until there is a maximum of two players selected. The same process will take place to break ties for 2nd team all-league as well.
- g. If there is an additional member selected to the 1st team due to a tie, it will reduce the amount of 2nd team all-league selections by one (meaning if there are eight first team all-league selections made due to a tie for the last spot, there will be six second team all-league recipients selected instead of seven).
- h. Those players on the board but not selected as a first or second team all-league recipient will make up the honorable mention list. No additional HM recipients will be considered.