

GIRLS AND BOYS VOLLEYBALL

11.0 GOVERNING RULES

The National Federation rules shall govern all play except whereas modified by CIF or Sac-Joaquin Section.

11.01 CONTACTS

The CIF Sac-Joaquin Section will determine the number of maximum allowable contacts.

11.02 START DATE

Girls: Starting date will be designated by CIF Sac-Joaquin section. Matches may be scheduled after 10 days of practice.

Boys: Starting date will be designated by CIF Sac-Joaquin section. Matches may be scheduled after 10 days of practice.

11.03 START TIME

Game time will be 5:00 pm if freshman and JV compete at the same time in a different gym. If freshman compete in the same gym as JV and Varsity the game is 4:00 pm.

11.04 PLAYER CLASSIFICATION

An athlete may, during practice games, move from one athletic classification to another but may not compete in more than one classification in one day. In league and section playoff games, the athlete shall only compete at the higher classification where he/she will remain for the duration of the season.

11.05 RULES OF THE SPORT

- A. The home team is responsible for reporting the final results to the Sacramento Bee.
- B. The facility should be ready for warm-up (30) minutes prior to the start of the match.
- C. All games will be played on Tuesdays and Thursdays.
- D. All game balls must bear the National Federation authenticating mark.
- E. There shall be two officials for both the JV and Varsity game and one official for the Freshman match. If one official fails to show, the coaches must agree to:
 - 1) Play with one official
 - 2) Use a player, teacher, or other person to be the second official.
- F. Warm-up time before each league game will be (19) minutes in length:
 - 1) A. 7 minutes, shared court, no hitting
 - B. 5 minutes, visiting team hits
 - C. 5 minutes, home team hits.
 - D. 2 minutes, shared court for serving.
 - 2) Home team will provide both lines for the match.

11.06 ALL LEAGUE AWARDS AND SELECTION PROCESS

Coaches are to meet during the week following the last league game to select the All-Conference team and the Coach of the Year with procedures to be developed by the coaches at the first meeting of the year. Eleven (11) All Conference players will be selected, which includes player of the year.

11.07 POST-SEASON QUALIFICATION PROCEDURE

Qualifications for Sac-Joaquin section playoffs is determined by approved section power ratings.