

## WOMEN'S AND MEN'S VOLLEYBALL

### **14.00 GOVERNING RULES**

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

### **14.01 CONTACTS**

Contacts may not exceed 27 as determined by the CIF/Sac-Joaquin Section.

### **14.02 START DATE**

Starting/Ending date will be designated by the CIF/Sac-Joaquin Section.

### **14.03 START TIME**

Women: If one facility is used: freshmen start at 4:30 p.m.; frosh/soph. 20 minutes after the conclusion of the freshmen contest; varsity 20 minutes after the conclusion of the frosh/soph. contest.

If two facilities are used: freshmen and frosh/soph. start at 5:30 p.m.; varsity 20 minutes after the conclusion of the frosh/soph. contest.

Men: Frosh/Soph. 5:00 p.m.; varsity 20 minutes after the conclusion of the frosh/soph. contest.

### **14.04 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.

### **14.05 RULES OF THE SPORT**

- A. The host team is responsible for reporting the final results to the Sacramento Bee.
- B. The facility should be ready for warm-up thirty (30) minutes prior to the start of the match. The home team shall provide balls for the visiting team for warm-ups.
- C. There shall be two (2) officials for both the frosh/soph and varsity games and one official for the freshman game. 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 for the duration of the match, or until the other official arrives. If no officials show, the coaches can wait one hour and then postpone the match, or they may agree to use a player, teacher, or other person to be the official.
- D. An eighteen (18) paneled leather volleyball with the National Federation authentication mark will be the official game ball.
- E. Warm-up time before freshmen, frosh/soph, and varsity matches will be nineteen (19) minutes in length:
  1. 7 minutes, shared court, no hitting.  
5 minutes, visiting team hits.  
5 minutes, home team hits.  
2 minutes, shared court for serving.  
\*If the National Anthem is played, it will be done after the final 5 minute hitting warm-up and will be followed by the 2 minutes of shared serving.
  2. Home team will provide both lines people for the match.

#### **14.06 ALL-LEAGUE AWARDS AND SELECTION PROCESS**

Varsity coaches will submit the names of athletes they feel deserving of the honor at the halfway point of the league season to the league representative. Varsity coaches will then meet at the end of the league season to select the Coach of the Year and an All-League Team of twelve (12) players, which includes the Player of the Year. One individual per school shall be selected for the Sportsmanship Award (not a member of the all league).

#### **14.07 POST-SEASON QUALIFICATION PROCEDURE**

Qualification for Sac-Joaquin Section women's playoffs is determined by approved section power ratings. There are no section playoffs for men's volleyball.