

VOLLEYBALL

1. **FORMAT OF COMPETITION**

The league shall be divided into two divisions Bay and Ocean. The divisions shall be determined by strength of program, recommended by the coaches and approved by the Board of Managers. The determination of league placement shall be reviewed annually.

2. **RULES**

2.1 The current National Federation of State High School Associations Volleyball Rules will be used exclusively.

2.2 Official PAL volleyball warm-ups will be a total of 22 minutes as follows:

2.2.1 First 15 minutes - both teams on court.

2.2.2 Next 6 minutes - serving team has sole use of court.

2.2.3 Next 6 minutes - receiving team has sole use of court.

3. **NUMBER OF CONTESTS**

A team shall be limited to a total of 26 matches including tournaments, but not including post season tournaments.

3.1 Any 2 out of 3 contests played in a tournament shall count as ½ of a contest. In pool play, if 2 contests are played, but a third would not be played regardless of the outcome, those contests do not count toward the maximum number

4. **STARTING DATES**

4.1 Starting practice dates for each sports season shall be determined by the CCS.

5. **DEFINITION OF PRACTICE/SCRIMMAGE**

5.1 See PAL Bylaws, Article IV, Section 2 and Section 3.

6. **STARTING TIME FOR CONTESTS**

6.1 Contest start times shall follow this order: JV's play at 4:00 PM followed by the Varsity at 5:15 PM. If a Frosh game is included times will then be Frosh at 4:00 PM, JV at 5:00 PM and Varsity at 6:15 PM.

6.2 By mutual consent of principals, place or time of playing games may be changed.

6.2.1 If the principals involved can reach no mutual agreement on the changing of game times and/or sites the schedule stands as approved.

6.3 The host coach will begin the official warm-ups so that they are concluded one minute prior to the official starting time.

7. **REQUIRED SCORING AND/OR TIMING PERSONNEL**

7.1 Each home team will provide two pretrained linespersons.(Four by mutual consent of coaches)

7.2 The home team will provide a pretrained "official" scorer and a pretrained libero trainer as well.

8. CHAMPIONSHIPS AWARDED IN DIVISION

For the purposes of CCS playoff team representation, the PAL will have three teams from the Bay Division and one team from the Ocean Division.

8.1 Varsity - The division champions shall be determined according to the result of the round-robin play.

8.1.1 In the event of a tie for first place, a co-championship shall be declared and the tie-breaking system will only be used for CCS representation.

8.1.2 For CCS representation in the Bay division, ties for second and third place will also need to be broken. The tie breaking system will be in place.

8.2 JV's - the champion will be determined on the basis of round-robin standings.

Ties will not be broken.

9. TIE LEAGUE STANDINGS

The tie-breaking system is only used to determine CCS automatic representation. The Bay Division will be represented by the top three (3) teams, and the Ocean Division will be represented by the division champion.

9.1 League finish is determined by totals league matches won.

9.2 If automatic CCS berth (s) are available for some (but not all) tied teams, the berth (s) will be awarded based on:

9.2.1 Match record in head-to-head matches between tied teams.

9.2.2 If still tied, set percentage (sets won divided by total sets played) in head-to-head matches between tied teams.

9.2.3 If still tied, point percentage (points won divided by total points played) in head-to-head matches between tied teams.

9.2.4 If still tied, set percentage in all league matches.

9.2.5 If still tied, point percentage in all league matches.

9.2.6 If still tied, coin-flip.

9.2.7 If there are three or more tied teams, and one step of the tiebreaker separates one (or more) – but not all – teams, the one (or more) teams will be given their places, and the teams that remain tied will return to 9.2.1.

10. POST SEASON TOURNAMENTS

10.1 Neither pre or post season games shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers.

10.1.1 These games also need CCS/CIF approval.

11. VARSITY ALL-LEAGUE SELECTION PROCEDURE

All-league selection will be made by the coaches at the regular meeting held at the conclusion of the season.

11.1 First team selection: 1st - 4th places get 2 selections, 5th – 8th get 1 selection. Second teamselections: 1st – 5th places get 2 selections, 6th – 8th get 1 selection. Honorable mention: all places get 2 selections. The Varsity MVP's are decided by coaches ballot.

11.2 Ties are not to be broken for determining all league selections.

12. AWARDS

Authorized Peninsula League awards include:

12.1 Certificates recognizing "all-league selections," to be made available by the Peninsula

Athletic League Commissioner's office, and perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception.

13. SPECIAL RULINGS

- 13.1 The Peninsula Athletic League is an “open roster” league. Athletes may move between rosters throughout the season of sport. Athletes may not exceed the CCS match limit of 26. Athletes may not participate in two levels of play on the same day. Athletes may not exceed the scheduled league game limits versus league opponents.
- 13.2 Length of contests:
 - 13.2.1 All Varsity matches shall be three (3) out of five (5) games, JV and Freshman matches shall be two (2) out of three (3) games.
- 13.3 One (1) certified referee and one (1) certified umpire shall be hired for all Varsity, JV and Freshman matches. (This includes all pre season matches.)
- 13.4 Required equipment:
 - 13.4.1 All equipment including courts, nets and match balls shall meet the minimum specifications according to the official adopted rules.
 - 13.4.2 The match ball shall be a leather, 18-panel, Tachikara SV5W volleyball or the ball endorsed and used by CCS for their championships, the Spalding TF-VB5.

14. SPORTS CHAIRPERSONS

- 14.1 The volleyball chairpersons shall serve for a minimum of two (2) years when another election shall be held
- 14.2 The volleyball chairpersons shall be selected or appointed from each division.
- 14.3 The duties of the chairpersons:
 - 14.3.1 Shall notify the commissioner of all sport committee meetings.
 - 14.3.2 Shall call a meeting of all the league volleyball coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season. This meeting shall include all coaches from both divisions.
 - 14.3.3 Shall call a meeting of all league volleyball coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.
 - 14.3.4 Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner.
 - 14.3.5 Shall represent their division on the CCS Volleyball Committee.

