

## **BOYS VOLLEYBALL GUIDELINES**

### **SECTION I. SEASON LIMITATIONS**

- A. Opening dates - same as IHSA guidelines.
- B. Length of season - ending with state finals.

### **SECTION II. SCHEDULE**

- A. Number of contests - each meet will be on a dual basis The schedule is drawn up two (2) years in advance.
- B. Each Conference school will play member schools once.
- C. Make-up procedure:
  - 1. In case of cancellation, the opponent will be called by 2:00 p.m., or as soon as possible with an acceptable reason to both parties
  - 2. Contests must be made up before the end of the season.

### **SECTION III. LEVELS OF COMPETITION**

- A. Varsity
- B. Junior Varsity
- C. Freshman - May be scheduled school by school

### **SECTION IV. GAMES/CONTEST MANAGEMENT**

- A. Procedures for conduction contests:
  - 1. IHSA
  - 2. Conference rules.
  - 3. Current National Federation rules
- B. Starting times and warm-up periods:
  - 1. Stating time: 4:30 p.m. unless mutually agreed upon
  - 2. Warm-up procedures according to IHSA regulations (Varsity, Junior Varsity): Coin toss for varsity match will take place five (5) minutes after the completion of the JV match.
    - 5 minutes - both on court
    - 5 minutes - visitor on court
    - 5 minutes - home on court
    - 3 minutes - both serve
  - 3. Freshman warm-up:
    - 3 minutes - both on court
    - 3 minutes - visitor on court
    - 3 minutes - home on court
    - 2 minutes - both serve
- C. Uniforms - appropriate attire as stated in rulebook
- D. Approved equipment:
  - 1. Host school will provide the approved game volleyball
  - 2. Host school will provide warm-up volleyballs for all levels (at least six per level).
- E. Order of events:
  - 1. Junior Varsity and Freshman will play first at the same time.

- 2. Varsity will play last
- F. General rules:
  - 1. The Varsity, Junior Varsity, and Freshman matches will be two (2) out of three (3) - 25 point games using "Rally Scoring".
- G. Coaching - permitted as long as the coach is seated on the bench.
- H. Dressing facilities:
  - 1. The host school will provide dressing facilities
  - 2. Visitors shall provide their own locks and towels.

#### **SECTION V. CHAMPIONSHIP DETERMINATION**

- A. Conference championships will be determined by the number of victories. In case of ties, head-to-head competition will determine Champion.

#### **SECTION VI. CONFERENCE TOURNAMENT**

None

#### **SECTION VII. ALL-CONFERENCE TEAMS**

- A. One (1) All-Conference Team consisting of 12 players
- B. One (1) Honorable Mention Team consisting of 12 players
- C. All-Conference guideline will be followed.

#### **SECTION VIII. COACHES' MEETING**

- A. Two (2) mandatory coaches' meetings:
  - 1. Pre-season - to go over season schedules and answer questions. New rule revision will be clarified.
  - 2. Post-season - to review season and update the guideline for next season. Pick All-Conference Team.

#### **SECTION IX. SPECTATOR CONTROL**

Responsibility of host school.

#### **SECTION X. REPORTING SCORES**

- A. Host School coaches will report scores each week to the athletic director in charge of volleyball (Elgin).
- B. Bring your win/loss record of all levels to the Post seasons coaches' meeting.

### **UPSTATE EIGHT VOLLEYBALL ALL-CONFERENCE SELECTION**

- I. Number to be selected for Volleyball All-Conference
  - A. An All-Conference Team of twelve (12) athletes will be chosen at the post-season meeting.
  - B. An Honorable Mention Team of twelve (12) athletes will be chosen.
- II. Nomination Process
  - A. One week prior to post-season meeting, each varsity coach will submit to the sport-coordinator those players who should be placed on the All-Conference voting list (up to Six (6))

- III. Voting Guidelines
  - A. Before voting, each coach will have the opportunity to elaborate on the accomplishments of their nominations. Each coach should bring pictures of their athletes.
  - B. Additional nominations for opposing team players will be accepted at the post-season meeting. No coach may add a player from his or her own squad.
  - C. Each school will select twelve (12) athletes from the list of nominees. The All-Conference Team will consist of twelve (12) athletes.
  - D. A coach cannot vote for their own player.
  - E. The twelve (12) athletes receiving the most votes will be placed on the All-Conference Team. The next twelve- (12) athletes receiving the most votes will be placed on the Honorable Mention Team.
  - F. Having another ballot vote of players involved will break Ties. Coaches will be allowed to elaborate on the performance of their athlete. The chairperson shall tally all votes.
  - G. Those players receiving a unanimous vote will be recognized.
- IV. If the coach or representative is not present they WILL NOT be allowed a proxy vote.
- V. Honorable Mention shall follow the same format as stated in All-Conference.
- VI. Each coach shall be responsible for releasing the All-Conference Team to his or her hometown press
  - A. A date for press release will be voted on at the end of the post-season meeting.