

GIRLS 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 - Ten (10) Conference matches. Each meet will be on a dual basis. The schedule is drawn up two (2) years in advance.
- B. 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. Sophomore
- D. Freshman A
- E. Freshman B

SECTION IV. GAMES/CONTEST MANAGEMENT

- A. Procedures for conducting contests:
 - 1. IHSA
 - 2. Conference rules.
 - 3. Current National Federation rules
- B. Starting times and warm-up periods:
 - 1. Starting time: 4:30 PM unless mutually agreed upon.
 - 2. Warm-up procedures according to IHSA regulations (Varsity, Junior Varsity, Freshman A, Freshman B):
 - 5 minutes - both on court
 - 5 minutes - visitor on court
 - 5 minutes - home on court
 - 3 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
 - a. Varsity should have at least 10 balls
 - b. Lower Level should have at least 6 balls
- E. Order of events:
 - 1. Junior Varsity, Sophomore, and Freshman A will play first at the same time.
 - 2. Freshman B will play following Freshmen A.
 - 3. Varsity will play at the conclusion of the Sophomore /JV matches.

- F. General rules:
 1. All levels will play best of three (3) matches - 25 points each "Rally Scoring" varsity no caps, lower levels with caps.
- 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. DIVISIONAL DETERMINATION

None

SECTION VI. CONFERENCE CHAMPIONSHIP

- A. The Conference Championship will be determined by conducting a single round robin structure. Records will determine the Conference Champion.
- B. In the case of ties, Co-Champions shall be named.

SECTION VII. ALL-CONFERENCE TEAMS

- A. One (1) All-Conference Team consisting of 16 players
- B. One (1) Honorable Mention Team consisting of 16 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 season coaches' meeting.

UPSTATE EIGHT VOLLEYBALL ALL-CONFERENCE SELECTION

- I. Number to be selected for Volleyball All-Conference
 - A. An All-Conference Team of sixteen (16) athletes will be chosen at the post-season meeting.
 - B. An Honorable Mention Team of sixteen (16) 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 sixteen (16) athletes from the list of nominees. The All-Conference Team will consist of sixteen (16) athletes.
 - D. A coach cannot vote for their own player.
 - E. The sixteen (16) athletes receiving the most votes will be placed on the All-Conference Team. The next sixteen- (16) athletes receiving the most votes will be placed on the Honorable Mention Team.
 - F. Ties will be broken by having another ballot vote of players involved. 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.