

# **WEST SUBURBAN CONFERENCE: Girls' Volleyball: Sport Guidelines**

Revised: 12/15/2008

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## **I. Season Limitations**

- A. Practice may begin on Wednesday, August 12, 2009.
- B. First contest may be held on Monday, August 31, 2009.
- C. Season ends on Saturday, November 14, 2009.

## **II. Contest Limitations (Exclusive of the IHSA State Series)**

- A. Varsity, Sophomore, Freshman "A" and Freshman "B" levels:
  - 1. 21 contests and 0 tournaments or
  - 2. 19 + 1 or
  - 3. 18 + 2 or
  - 4. 16 + 3 or
  - 5. 15 + 4
  - 6. No more than five (5) matches in any single tournament.

## **III. Levels of Competition**

- A. Varsity, Sophomore, Freshman A and B

## **IV. Coaches Meeting**

- A. Pre-season meeting will be held on Monday, August 17, 2009 Downers Grove North, Alumni Room, at 6:30 P.M.
- B. Post season meeting will be held on Monday, October 26, 2009 Downers Grove North, Alumni Room, at 6:30 P.M.

## **V. Championships and Awards**

- A. Division Standings
  - 1. A championship plaque shall be awarded to the winner at the Varsity level only of each Division.
  - 2. The Division championship will be based on Division won/loss record.
- B. Individual Awards
  - 1. The All-Conference Team is to consist of fourteen (14) players from each Division. The selection system will be as follows:
    - a. 1st Place team will receive three (3) selections to the All-Conference Team.
    - b. 2nd Place - three (3) selections
    - c. 3rd Place - two (2) selections
    - d. 4th Place - two (2) selections
    - e. 5th Place - one (1) selection
    - f. 6th Place - one (1) selection
    - g. 7th Place - one (1) selection
    - h. Plus one (1) At-Large selection

2. All Conference nominations will be voted on by the coaches at the post-season meeting.
3. The WSC All-Academic Team shall be recognized composed of senior award winners from each Conference school who have received a Grade Point Average of "B" or above in grades accumulated at the conclusion of the sixth (6th) semester.

## **VI. Conduct of Contests**

### **A. Host School Responsibilities**

1. Courts and equipment shall be in accordance with National Federation Rules.
2. A visible scoreboard shall be provided.
3. Game ball shall meet National Federation Rules.
4. The host school shall provide all practice balls.
5. Ground rules, such as ceiling obstructions, etc., shall be explained to the officials and visiting school prior to the contest.
6. Provide locker room facilities.
7. Line judges are optional and, by mutual agreement, may be used on Varsity matches.

### **B. Visiting School Responsibilities**

1. Provide own locks and towels.
2. Coach is responsible for supervision of the locker room assigned to them.

### **C. No lower level matches may be played once the IHSA State Series begins.**

### **D. Game procedures**

1. All regular season contests shall follow IHSA Guidelines using rally scoring.
  - a. Games shall be played to twenty-five (25) points (no cap).
  - b. The let serve shall be allowed.
2. Sophomore and Freshman "A" matches will be played first, followed by Varsity and Freshman "B" matches. Where possible, all levels may be played concurrently.
3. If a practice is in session at a game site, the court should be made available at least 1/2 hour before the start of the match.
4. Time between the Sophomore and Varsity game shall be in accordance with National Federation Warm-Up Rules.
5. At the conclusion of the Sophomore match, when the court is cleared and the floor made ready, the official shall begin warm-up.
6. At the Freshman level, three (3) games will always be played, even though the match winner has been determined after two (2) games (except when a "B" game is scheduled).

### **E. Starting times shall be 5:00 PM, Monday through Friday.**

## **VII. Officials**

### **A. Officials shall be hired as follows:**

1. Varsity - two (2)
2. Sophomore - two (2)
3. Freshman "A" and "B" - one (1)

## **VIII. Reporting Results**

- A. The Resource Athletic Director shall request the results of all league contests and compile the official standing for league records.

## **IX. Miscellaneous Information**

- A. Playing Sites
  - 1. Leyden - East Campus
  - 2. Lyons Twp. - South Campus
  - 3. Morton - East Campus