

DIABLO FOOTHILL ATHLETIC LEAGUE

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BOYS & GIRLS VOLLEYBALL GUIDELINES

1. SEASON

1.1 Starting Dates:

- 1.1.1 Girls: Practice may begin on the Monday following Thursday fourteen weeks prior to Thanksgiving.
- 1.1.2 Boys: Practice may begin on the second Monday in February.

- 1.2 Maximum number of contests: Twenty four (24) allowed for Varsity, JV, and Frosh. Two (2) scrimmages are permitted.
- 1.3 Each day of a tournament counts as two (2) matches and is applied toward the maximum of 24 contests.

2. CONTEST INFORMATION

2.1 Starting Times:

- 2.1.1: Girls: Frosh: 4:00; JV: 5:00 to follow frosh; Varsity: 6:30 to follow JV, but not before 6:00.
- 2.1.1.1 If home team site does not have 2 courts for simultaneous play, Frosh game will begin at 4:00PM, with JV and Varsity to follow in that order.
- 2.1.2 Boys: JV – 5:00 PM, Varsity – 6:00 PM

2.2 Days of Play:

- 2.2.1: Girls: Tuesdays and Thursdays.
- 2.2.2: Boys: Wednesdays and Fridays

2.3: Contest Format:

- 2.3.1: Rally scoring will be used at all levels of boys and girls volleyball as per CIF/National Federation rules.
- 2.3.2: Warm-up time will begin immediately after the coin toss.
- 2.3.3: Games will be preceded by twenty (20) minute warm-up period
 - 2.3.3.1: **GIRLS:** Preliminary warm-up time will be 6-6-6-2: six minutes common time; six minutes court time for each team; two minutes of common time teams serving.
 - BOYS:** Preliminary warm-up time will be 9-9-2; Each team has the court for 9 minutes for pre game warm up, serving team is first, followed by 2 minutes of common usage by both teams
 - 2.3.3.2: Home team hits first in pre-game warm-ups.
- 2.3.4: **GIRLS:** Home Team will provide both line judges for all Freshmen games.

3. PREVAILING RULES

- 3.1: Official rules will be the current edition of The National Federation Volleyball Rule Book.
- 3.2: Eligibility:
 - 3.2.1: Any player may play Varsity or JV on any given day, but not both.
 - 3.2.2: Seniors are not allowed to play on JV team.
- 3.3: In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

4. DETERMINING CHAMPIONS

4.1: League Champion:

- 4.1.1: The league champion will be the winner of the regular season round robin.
- 4.1.2: Ties will be resolved, using the tie-breaking criteria. (See #6)

5. NORTH COAST SECTION QUALIFYING AND AT-LARGE BERTH

- 5.1: The automatic representative to the NCS will be the league Champion.
- 5.2: Any DFAL team that meets NCS qualifications may apply for any at-large berth.

6. TIE BREAKING CRITERIA

- 6.1: Priority to be used in resolving ties for boys and girls competition:
 - 6.1.1: Head to head competition
 - 6.1.2: Winner of the second round game

7. ALL LEAGUE SELECTION AND HONORABLE MENTION

- 7.1: All Diablo Foothill first and second teams, plus honorable mention, will be selected at the end of the regular season.
Those selected will be Varsity level only.
- 7.2: One (1) Most Valuable Player (MVP) will be selected.
- 7.3: All League selection will be based on ability only.
- 7.4: Voting will be done by teams—1st team then 2nd team.
- 7.5: Coaches may not vote for their own players.
- 7.6: League Commissioner will be responsible for distributing All League certificates.
- 7.7: Diablo Foothill All League Team will consist of:
 - 7.5.1: One MVP,
 - 7.5.2: Nine First Team All League players,
 - 7.5.3: Ten Second Team All League players,
 - 7.5.4: Seven Honorable Mention players, with at least one Honorable Mention player from each team.
- 7.8: All selected players for first and second teams plus honorable mention will receive DFAL certificates.