

# DIABLO FOOTHILL ATHLETIC LEAGUE

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REVISED MAY, 2010

## 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.

### 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—1<sup>st</sup> team then 2<sup>nd</sup> 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.