



# 2015 GIRLS VOLLEYBALL PREVIEW





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TO: CIF-SS GIRLS' VOLLEYBALL COACHES  
FROM: BRANDI STUART, ASSISTANT COMMISSIONER  
DATE: AUGUST, 2015  
RE: **2015 GIRLS' VOLLEYBALL SEASON**

You will find included in this preview very important and vital information for the 2015 season. **REVIEW THE INFORMATION THOROUGHLY**. If you should have any questions, please do not hesitate in contacting me personally at the CIF-SS Office. The following items are included:

3. CIFSSHOME Requirements
4. Advisory Committee/ Top ten poll
5. Dates for Volleyball 2015 Season
6. Playoff Groupings 2014-2016
10. CIF Regional and State Criteria Information
11. Ball Program
13. Blue Book Rules: General (See Rule #506 Practice Allowance)
18. **\*\*Sand Volleyball Participation\*\*Updated Information**
19. **\*\*Pre-Season Sanctioned Competition Form\*\*Updated Information**
22. Blue Book Rules: Volleyball (See Rule #2911 Outside Competition)
25. Blue Book Rules: Playoffs
29. Special Notice /Posting Scores
30. 2015 NFHS Volleyball Rules Changes  
2015-16 NFHS Uniform Information (www.cifss.org Girls Volleyball/Sports Page)
32. Sample line up sheet/Sanctioned Events
33. Top Ten Preview Questionnaire
36. Volleyball Record Up-Date
38. CIF Southern Section Business Partners

2015-2016 National Federation Volleyball Rules Book  
~mailed to each school on July 16, 2015~

## CIFSSHOME REQUIREMENTS GIRLS VOLLEYBALL

**SCHEDULES & SCORES** Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHome

([www.cifsshome.org](http://www.cifsshome.org)) as well as update the scores immediately following your contests.

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

-On the left panel, click on "Teams", select "Volleyball, Girls"

-To Add a game, click "Add Game" at the top right and fill out all of the required fields which are marked by a red (\*) to complete your schedule.

-To Submit your score, click on the "Teams", select "Volleyball, Girls" Scroll through your schedule and click on the green "Post Result" button.

-Make sure that your overall and team records are correct on your team page. To clarify: the only results that should be included in your overall record are from 2 out of 3 or 3 out of 5 matches that have been played. Please include results from single set matches in the NOTES section

provided when recording tournament results. **ALL set scores go into the "NOTES" for volleyball.**

*Check out the Help video under the Help button on the bottom left, "Be CIF Prepared!"*

**\*\*\*Please only include results for full matches (2 out of 3 or 3 out of 5) as wins or losses. Any single set matches (one set to 25 or 30, etc) that are played due to tournament format should be included in the notes section only and NOT as a single itemized match. Single set scores/results SHOULD NOT be included in your overall record. ALL results should include set scores in the NOTES section provided on the POST RESULTS page.**

**For example: when reporting tournament results, include the single set match in the notes section of the preceding match that was either won or lost.**

**VARSIITY TEAM INFORMATION (ROSTER) DUE no later than MONDAY, NOVEMBER 2, 2015**

Attention Athletic Directors/Coaches: It is very important that you enter your entire Girls Volleyball Varsity roster into CIFSSHome

([www.cifsshome.org](http://www.cifsshome.org)) no later than **MONDAY, NOVEMBER 2, 2015.**

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Click on the "Teams" tab, select "Volleyball, Girls"

-Here are the instructions for using the sample file.

- Download the sample file and delete the "contents only". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

Required Columns for Girls Volleyball are: First Name, Last Name, Birth date, Year, Number, Position, Height & Eligibility.

- Next - click Choose File, find your file, then click "Import Student".

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

*Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"*

**VARSIITY COACHES**

Attention Athletic Directors/Coaches: It is very important that you enter ALL your Volleyball coaches (Head & Assistants)

into CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **MONDAY, NOVEMBER 2, 2015.**

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-Click on the "Teams" tab on the left navigation bar. Click on the corresponding varsity team (Volleyball, Girls).

-Click on "Add/Edit Coaches", select the information to add both your HEAD & ASSISTANT coaches

*Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"*

**VARSIITY TEAM PHOTO DUE no later than MONDAY, NOVEMBER 2, 2015**

Attention Athletic Directors/Coaches: It is very important that your Girls Volleyball Varsity Team Photo is uploaded to CIFSSHome

([www.cifsshome.org](http://www.cifsshome.org)) no later than **MONDAY, NOVEMBER 2, 2015.**

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

on Home Campus

-On the left panel, click Teams" tab on the left navigation bar. Click on the corresponding varsity team (Volleyball, Girls).

- Under Team Picture, click Add/Edit picture, click Browse, find your file and click "Upload Picture" – Team Photo can be no larger than 672 pixels x 480 pixels (7"x5")

*Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"*

**AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER**

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Girls Volleyball.

The At Large Application is to be submitted by your school no later than **WEDNESDAY, NOVEMBER 4, 2015 @ 11:00 p.m.**

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, click on At Large Petition

-Select "Girls Volleyball" then click "Add"

Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.

*Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"*

# **\*2015 CIF-SS Girls' Volleyball Advisory Committee**

## **Division 1**

\*\*Bobbie Estes, Retired, [coachbobbie14@gmail.com](mailto:coachbobbie14@gmail.com)

Dillan Bennett, Dos Pueblos/Channel, [chargersgvb@gmail.com](mailto:chargersgvb@gmail.com)

George Hees, Oaks Christian/Tri-Valley, [mrhees@hotmail.com](mailto:mrhees@hotmail.com)

## **Division 2**

\*\*Steve Beerman, Pasadena Poly/Prep, [sbeerman@polytechnic.org](mailto:sbeerman@polytechnic.org)

Jeff Porter, Brentwood/Gold Coast, [jporter@bwscampus.com](mailto:jporter@bwscampus.com)

Patrick Casey, Oxnard/Pacific View, [patrick.casey@ouhsd.k12.ca.us](mailto:patrick.casey@ouhsd.k12.ca.us)

Charm Doyle, South Hills/Sierra, [coachie4vb@aol.com](mailto:coachie4vb@aol.com)

Margaret Neill, Paraclete/Gold Coast, [mneill@paracletehs.org](mailto:mneill@paracletehs.org)

Jennifer Ryan, At-large member, [jenmkunz@earthlink.net](mailto:jenmkunz@earthlink.net)

## **Division 3**

\*\*Susie Maga, St. Margaret's/Academy, [susie.maga@smes.org](mailto:susie.maga@smes.org)

Margaret Neill, Paraclete/Gold Coast, [mneill@paracletehs.org](mailto:mneill@paracletehs.org)

## **Division 4**

\*\*Jeff Divine, Gladstone/Montview, [jdivine66@me.com](mailto:jdivine66@me.com)

Cindy Gurney, Alta Loma/Mt. Baldy, [ybgurney@yahoo.com](mailto:ybgurney@yahoo.com)

Rene Nakao-Mauch, Nordhoff/Tri-Valley, [rnakaomauch@ojaiusd.org](mailto:rnakaomauch@ojaiusd.org)

Mary Starbuck, Katella/Orange, [bucky27hb@aol.com](mailto:bucky27hb@aol.com)

## **Division 5**

\*\*Darcy Brown, Santa Clarita Chr./Heritage [ibvbski@aol.com](mailto:ibvbski@aol.com)

\*\*Lynsey Mikhail, At-large member, [lynsey.mikhail@gmail.com](mailto:lynsey.mikhail@gmail.com)

Dennis Newcomb, At-large member, [dnewcomb@joshuasprings.org](mailto:dnewcomb@joshuasprings.org)

(Meet Manager: Twyla Thomas)

**TOP TEN POLL: \*\* Division Representative**

**It is imperative that you contact the Girls Volleyball Advisory Committee member in your division on a weekly basis regarding Top Ten Poll rankings if your team or a team in your league should be considered.**

**CIF SOUTHERN SECTION GIRLS VOLLEYBALL 2015  
CALENDAR AND PLAYOFF DATES**

**Date of First Contest ~~~~~ Monday, August 31, 2015**  
**If a school chooses to have a scrimmage it must be on or after August 31, 2015 and before their first contest.**

**Date of Last Contest ~~~~~ Wednesday, November 4, 2015**

**Playoff Dates ~~~~~November 7 (wildcard) 10, 12, 14, 17, 2015**  
**CIF Finals (All Divisions) ~~~~~November 20 & 21, 2015\* subject to change**  
**State Regional ~~~~~November 24, 28, Dec. 1, 2015**  
**State Championships ~~~~~ December 5, 2015**

**CIF REGIONAL and STATE VOLLEYBALL PLAYOFFS**

The 2015 CIF regional and state volleyball playoffs will be conducted in five divisions.

**2902. STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS**

Each Section will determine the divisional placement for its schools who qualify for the state volleyball championships and is required to submit the placement of schools into the five divisions to the State CIF Office by a pre-determined date. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five divisions based on the following guidelines:

Division I As determined by Section

Division II As determined by Section

Division III As determined by Section

Division IV As determined by Section

Division V As determined by Section, but enrollment may not exceed 600

2902.1 All volleyball matches in CIF Southern Section will be played under National Federation rules unless otherwise provided herein.

Playoffs for all divisions will be conducted on November 24th, 28th and December 1st to determine the State Southern Regional Champions. The State Finals will be played on Saturday, December 5, 2015.

**CIF Southern Section Champions will automatically qualify for the state volleyball playoffs. Runners-up, semi-finalists, and quarter-finalists will be considered for selection for additional openings in the draw to represent the Southern Section in the State Playoffs.**

A comprehensive bulletin will be available on the CIF-State website for all competing schools.

***ATTENTION ATHLETIC DIRECTORS & COACHES: at the direction of the CIF-SS Executive Committee, all schools entered into the volleyball playoffs are required to charge admission at each home playoff contest. Additional information regarding this procedure will be on the website for the 2015 volleyball playoffs.***

## GIRLS VOLLEYBALL PLAYOFF GROUPINGS 2014-2016

### DIVISION 1-AA

Bay  
Del Rey  
Mission  
Moore  
Pacific Coast  
South Coast  
Southwestern  
Sunset  
Trinity

### DIVISION 1-A

Baseline  
Big VIII  
Channel  
Citrus Belt  
Crestview  
Foothill  
Marmonte  
Sea View

### DIVISION 2-AA

Coastal Canyon  
North Hills  
Olympic  
Orange Coast  
PAC 8  
Pioneer  
Prep  
Rio Hondo  
San Gabriel Vly

### DIVISION 2-A

Desert Valley  
Empire  
Freeway  
Gold Coast  
Hacienda  
Mojave River  
Pacific  
Pacific View  
Palomares  
Sunshine

### DIVISION 3-AA

Academy  
Del Rio  
Desert Sky  
Golden  
Inland Valley  
Ocean  
San Andreas  
Suburban  
Sunbelt

### DIVISION 3-A

Almont  
Ambassador  
Los Padres  
Mission Valley  
Mountain Pass  
Mountain Valley  
River Valley  
San Joaquin  
Valle Vista

### DIVISION 4-AA

Camino Real  
Condor  
Coastal  
De Anza  
Garden Grove  
Golden West  
Liberty  
Mt. Baldy  
Tri-Valley

### DIVISION 4-A

Desert Mountain  
Frontier  
Horizon  
Miramonte  
Montview  
Orange  
Santa Fe  
Sunkist

### DIVISION 5-AA

Arrowhead  
Coast Valley  
Heritage  
Independence  
South Valley  
Victory  
Westside

### DIVISION 5-A

Agape  
Cross Valley  
Express  
Harbor  
Hi-Lo  
International  
Majestic  
Mulholland  
Omega  
Warrior

## **Division 1AA**

### **Bay:**

Inglewood  
Mira Costa  
Morningside  
Palos Verdes  
Peninsula  
Redondo

### **Del Rey:**

Bishop Amat  
Bishop Montgomery  
La Salle  
Serra  
St Joseph/L

### **Mission:**

Flintridge Sac Hrt  
Harvard Westlake  
Marlborough  
Marymount  
Notre Dame/SO

### **Moore:**

Cabrillo/LB  
Compton  
Jordan  
Lakewood  
Millikan  
Poly/LB  
Wilson/LB

### **Pacific Coast:**

Beckman  
Corona del Mar  
Irvine  
Northwood  
University  
Woodbridge

### **South Coast:**

Capistrano Valley  
Dana Hills  
San Clemente  
San Juan Hills  
Tesoro

### **Southwestern:**

Chaparral  
Great Oak  
Murrieta Mesa  
Murrieta Vly  
Temecula Vly  
Vista Murrieta

### **Sunset:**

Edison  
Fountain Vly  
Huntington Bch  
Los Alamitos  
Marina  
Newport Harbor

### **Trinity:**

JSerra  
Mater Dei  
Orange Lutheran  
Rosary  
Santa Margarita

## **Division 1A**

### **Baseline:**

Chino Hills  
Etiwanda  
Los Osos  
Rancho Cucamonga  
St. Lucy's  
Upland

### **Big VIII:**

Centennial/Cor  
Corona  
King/ML  
Norco  
Roosevelt  
Santiago/C

### **Channel:**

Buena  
Dos Pueblos  
San Marcos  
Santa Barbara  
Ventura

### **Citrus Belt:**

Citrus Valley  
Cajon  
Carter  
Eisenhower  
Miller AB  
Redlands  
Redlands E Vly  
Yucaipa

### **Crestview:**

Canyon/Anaheim  
El Dorado  
Foothill  
Villa park

### **Foothill:**

Canyon/CC  
Golden Vly  
Hart  
Saugus  
Valencia/V  
West Ranch

### **Marmonte:**

Agoura  
Calabasas  
Newbury Park  
Oaks Christian  
Thousand Oaks  
Westlake

### **Sea View:**

Aliso Niguel  
El Toro  
Laguna Hills  
Mission Viejo  
Trabuco Hills

## **Division 2AA**

### **Coastal Canyon:**

Camarillo  
Moorpark  
Oak Park  
Royal  
Simi Valley

### **North Hills:**

Brea Olinda  
El Modena  
Esperanza  
Yorba Linda

### **Olympic:**

Heritage Christian  
Maranatha  
Valley Christian/C  
Village Christian  
Whittier Christian

### **Orange Coast:**

Calvary Chapel/SA  
Costa Mesa  
Estancia  
Godinez  
Laguna Beach  
Saddleback

### **PAC 8:**

Arroyo Grande  
Atascadero  
Mission College Prep  
Paso Robles  
Pioneer Vly  
Righetti  
San Luis Obispo  
St Joseph SM

### **Pioneer:**

Centennial/Comp  
North Torrance  
South Torrance  
Torrance  
West Torrance

### **Prep:**

Chadwick  
Firebaugh  
Flintridge Prep  
Mayfield  
Poly/Pasadena  
Rio Hondo Prep  
Westridge

### **Rio Hondo:**

Blair  
La Canada  
Monrovia  
San Marino  
South Pasadena  
Temple City

### **San Gabriel Valley:**

Dominguez  
Downey  
Gahr  
Lynwood  
Paramount  
Warren

## **Division 2A**

### **Desert Valley:**

Cathedral City  
Coachella Vly  
Indio  
La Quinta/LQ  
Palm Desert  
Palm Springs  
Xavier Prep

### **Empire:**

Cypress  
Kennedy  
Pacifica/GG  
Tustin  
Valencia/P  
Western

### **Freeway:**

Buena Park  
Fullerton  
La Habra  
Sonora  
Sunny Hills  
Troy

### **Gold Coast:**

Brentwood  
Campbell Hall  
Crossroads  
Paraclete  
Sierra Canyon  
Viewpoint  
Windward

### **Hacienda:**

Charter Oak  
Chino  
Diamond Ranch  
Los Altos  
Walnut  
West Covina

### **Mojave River:**

Apple Vly  
Burroughs/R  
Hesperia  
Oak Hills  
Serrano  
Sultana

### **Pacific:**

Arcadia  
Burbank  
Burroughs/B  
Crescenta Vly  
Glendale  
Hoover  
Muir  
Pasadena

### **Pacific View:**

Channel Islands  
Hueneme  
Oxnard  
Pacifica/Ox  
Rio Mesa

### **Palomares**

Ayala  
Bonita  
Claremont  
Diamond Bar  
Glendora  
South Hills

### **Sunshine:**

Aleman  
Chaminade  
Immaculate Hrt  
Louisville  
Notre Dame Acad

## Division 3AA

### Academy:

Brethren Christian  
Calvary Chapel/D  
Crean Lutheran  
Oxford Acad  
Sage Hill  
St Margaret's  
Whitney

### Del Rio:

California  
El Rancho  
La Serna  
Pioneer  
Santa Fe  
Whittier

### Desert Sky:

Adelanto  
Barstow  
Granite Hills  
Silverado  
Victor Vly

### Golden:

Antelope Vly  
Eastside  
Highland  
Knight  
Lancaster  
Littlerock  
Palmdale  
Quartz Hill

### Inland Valley:

Arlington  
Canyon Springs  
JW North  
Poly/Riv  
Rancho Verde  
Valley View

### Ocean:

Beverly Hills  
Culver City  
El Segundo  
Hawthorne  
Lawndale  
Santa Monica

### San Andreas:

Arroyo Vly  
Indian Springs  
Jurupa Hills  
Rialto  
Rim of the World  
San Gorgonio

### Suburban:

Artesia  
Bellflower  
Cerritos  
Glenn  
La Mirada  
Mayfair  
Norwalk  
Sunbelt:  
Elsinore  
Heritage  
Lakeside  
Paloma Vly  
Perris  
Temescal Canyon

## Division 3A

### Almont:

Alhambra  
Bell Gardens  
Mark Keppel  
Montebello  
San Gabriel  
Schurr

### Ambassador:

Aquinas  
Arrowhead Chr Acad  
Linfield Chr  
Loma Linda Acad  
Notre Dame/R  
Ontario Chr  
Western Chr  
Woodcrest Chr

### Los Padres:

Cabrillo/Lompoc  
Lompoc  
Morro Bay  
Nipomo  
Orcutt Academy  
Santa Maria  
Santa Ynez  
Templeton

### Mission Valley:

Arroyo  
El Monte  
Gabrielino  
Marshall Fundamental  
Mountain View  
Rosemead  
South El Monte

### Mountain Pass:

Beaumont  
Citrus Hill  
Hemet  
San Jacinto  
Tahquitz  
West Valley

### Mountain Valley:

Banning  
Moreno Valley  
Pacific  
Rubidoux  
San Bernardino  
Vista Del Lago

### River Valley:

Hillcrest  
Jurupa Valley  
La Sierra  
Notre Vista  
Patriot  
Ramona

### San Joaquin:

Capistrano Vly Chr  
Connelly  
Fairmont Prep  
Orangewood Academy  
Saddleback Vly Chr  
Webb

### Valle Vista:

Covina  
Nogales  
Northview  
Rowland  
San Dimas  
Wilson/HH

## Division 4AA

### Camino Real:

Cantwell Sac Hrt  
Pomona Catholic  
St Anthony  
St Monica Catholic  
St Paul

### Condor:

Besant Hills  
Dunn  
Garden Street Acad  
Laguna Blanca  
Midland  
Oak Grove  
Ojai Valley  
Providence SB

### Coastal:

CAMS  
Hawthorne MSA  
Lennox MST Acad  
New Roads  
Pacific Hills  
Rolling Hills Prep  
Vistamar  
Wildwood

### De Anza:

Big Bear  
Desert Hot Springs  
Desert Mirage  
Rancho Mirage  
Shadow Hills  
Twentynine Palms  
Yucca Vly

### Garden Grove:

Bolsa Grande  
Garden Grove  
La Quinta/W  
Los Amigos  
Rancho Alamitos  
Santiago/GG

### Golden West:

Loara  
Ocean View  
Orange  
Santa Ana  
Segerstrom  
Westminster

### Liberty:

Archer  
Holy Martyrs  
Milken Community  
Pacifica Christian/Santa Monica  
Providence/B

### Mt. Baldy:

Alta Loma  
Chaffey  
Colony  
Don Lugo  
Montclair  
Ontario

### Tri-Valley:

Bishop Diego  
Grace Brethren  
La Reina  
Malibu  
Nordhoff  
St Bonaventure  
Villanova Prep

## Division 4A

### Desert Mountain:

Boron  
Desert  
Desert Christian/L  
Lone Pine  
Mammoth  
Mojave  
Silver Valley  
Vasquez

### Frontier:

Carpinteria  
Cate  
Fillmore  
Foothill Technology  
Santa Clara  
Santa Paula  
Thacher

### Horizon:

Alverno  
Bishop-Conaty  
Holy Family  
Ramona Convent  
Sacred Heart of Jesus  
San Gabriel Mission

### Miramonte:

Bassett  
Edgewood  
Ganesha  
Garey

### La Puente:

Pomona

### Montview:

Azusa  
Baldwin Park  
Duarte  
Gladstone  
Sierra Vista  
Workman

### Orange:

Anaheim  
Century  
Katella  
Magnolia  
Santa Ana Vly  
Savanna

### Santa Fe:

Bell-Jeff  
Mary Star of the Sea  
St Bernard  
St Genevieve  
St Mary's Acad  
St Pius X- St Matthais

### Sunkist:

Bloomington  
Colton  
Fontana  
Grand Terrace  
Kaiser  
Summit



## **Division 5AA**

### **Arrowhead:**

Cal Lutheran  
CSDR  
Hamilton  
La Sierra Acad  
Riverside Christian  
Sherman Indian  
Upland Christian Acad

### **Coast Valley:**

Coast Union  
Coastal Christian  
Cuyama Valley  
Maricopa  
North County Chr  
Shandon  
Valley Christian/SM

### **Heritage:**

Faith Baptist  
Guidance Charter  
Lancaster Baptist  
Santa Clarita Chr  
Trinity Classical Acad

### **Independence:**

Buckley  
De Toledo  
Glendale Adventist  
Oakwood  
Yeshiva

### **South Valley:**

Cal Military Inst  
Calvary Murietta  
Nuvview Bridge  
Rancho Christian  
Santa Rosa Acad  
Temecula Prep

### **Victory:**

Bloomington Chr  
Cornerstone Chr/Hemet  
Desert Chapel  
Desert Christian Acad  
Joshua Springs  
Mesa Grande Acad  
Palm Valley  
Redlands Adventist

### **Westside:**

AGBU/Canoga Park  
AGBU/Pasadena  
Highland Hall  
Pilibos  
San Gabriel Acad  
Valley Torah

## **Division 5A**

### **Agape:**

Antelope Vly Chr  
Apple Valley Chr  
Bethel Chr-Lancaster  
Hesperia Christian  
Lucerne Valley  
Victor Valley Chr

### **Cross Valley:**

AAE  
ACE  
Excelsior Education Ctr  
Riverside Prep  
Summit Leadership  
University Prep

### **Express:**

Avalon  
Bethel Baptist  
Eastside Christian  
Liberty Christian  
Lutheran/LV  
Shepherds Grove  
Southlands Christian  
Tarbut V'Torah  
Trinity Christian

### **Harbor:**

Price  
Renaissance Academy  
Ribet Academy

### **Hi-Lo:**

Baker Valley  
Big Pine  
Immanuel Christian  
Lee Vining  
Trona

### **International:**

Averson Global  
Leadership Acad  
Calvary Baptist  
Judson International  
Le Lycee Francis de LA  
Mesrobian  
New Harvest Chr  
Southwestern Acad  
St Monica Acad  
Waverly  
Yeshiva Tech

### **Majestic:**

Bethel Christian/Riv  
Calvary Chapel MV  
Cornerstone Chr/W  
Crossroads Chr/C  
Grove  
Lake Arrowhead Chr  
Packinghouse Chr

## **Division 5A**

### **Mulholland:**

LA Adventist  
Environmental Charter  
Pacific Lutheran  
Shalhevet  
Summit View West

### **Omega:**

Calvary Christian  
Concordia/S  
Delphi Acad  
Einstein Acad  
Hillcrest Chr/TO  
Newbury Park Adv  
Pilgrim  
San Fernando Vly Acad  
Santa Clarita Vly  
International  
Summit View  
Westmark

### **Warrior:**

Jack Weaver  
Noli Indian  
Public Saftey Acad  
San Jacinto Vly Acad

## **Freelance 2015**

## SOUTHERN SECTION CRITERIA FOR ENTRY INTO CIF REGIONAL & STATE VOLLEYBALL CHAMPIONSHIPS

Each Southern Section entrant to the Regional and State CIF Volleyball Championships will be placed in the division which corresponds to its Southern Section Division, unless enrollment exceeds 600 in Division 5.

**CIF Southern Section Champions will automatically qualify for the state volleyball playoffs. Runners-up, semi-finalists, and quarter-finalists will be considered for selection for additional openings in the draw to represent the Southern Section in the State Playoffs.**

The remaining berths available to the Southern Section will be filled based on the following criteria with each area having no specific weight and/or order of preference.

### \* \* \* CRITERIA \* \* \*

- (a) Southern Section Divisional Placement i.e., Division I recognized as most difficult
- (b) Strength against common opponents
- (c) Head to head competition of teams under consideration
- (d) Success in tournaments
- (e) Strength against opponents outside the Southern Section
- (f) Strength of schedule
- (g) Overall win/loss record
- (h) Strength of League
- (i) State-wide and/or Southern Section rankings

The selection Committee will convene, in the evening, at the conclusion of the Southern Section Volleyball Championships. It will be comprised of the CIF-SS Assistant Commissioner for girls' volleyball and the CIF-SS Volleyball Coaches Advisory Committee\*.

\*Please note: In order to serve as a member of the Selection Committee an individual's school may not be under consideration for their division.



Updated 6/18/15  
**THIS LIST IS EFFECTIVE FOR 2015-16**

**RE: OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS**

Official Ball per sport:

- Baseball: **Rawlings CIF-SS** Must be CIFSS stamped ball, not an alternative Rawlings ball  
**Rawlings RCIF-SS** New option introduced for 2015 baseball season
- Boys Basketball: **Spalding TF1000 NFHS Classic NFHS**  
**Spalding TF1000 Legacy NFHS**
- Girls Basketball: **Spalding TF1000 NFHS Classic 28.5 NFHS**  
**Spalding TF1000 Legacy 28.5 NFHS**
- Football: **Spalding ball with NFHS**, any Spalding model with NFHS stamp
- Soccer: **Spalding TF-SC5 NFHS** for both boys and girls use. (New model # as of 2013-14)  
**Spalding TF-SC3 NFHS** for both boys and girls use. (New model # as of 2013-14)  
**Spalding TF5000 NFHS** for both boys and girls use. (New model # as of 2013-14)
- Softball: **Dudley CFP12Y NFHS**
- Tennis: **Wilson Tennis Ball**, NFHS stamp not required
- Volleyball: **Spalding with NFHS stamp: TF-VB5, TF-VB3** (New for 2013-14)  
**Spalding with NFHS stamp: TF5000, TF3000, TF1500**
- Boys Water Polo: **KAP7 model 105 with NFHS stamp**
- Girls Water Polo: **KAP7 model 104 with NFHS stamp**

All playoff ball adoptions agreements with the CIF Southern Section run through June 30, 2016 except for tennis.

Mandatory Playoff Use Requirement:

The mandatory “official” ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

Playoff Ball Use Rule Enforcement:

Should a school fail to provide the correct game ball, the game will always be played. Teams/schools failing to utilize the correct official ball in CIF-SS playoffs will be reported by officials to CIF-SS and will not be allowed to host their next available home playoff game. Penalty does carry over to the next season if not enforceable this season due to elimination.

**Note: NFHS stamp is required in all sports except in golf and tennis.**

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# **BLUE BOOK RULES: 2015-2016**

## **150 SOUTHERN SECTION - ATHLETIC CONTRACTS**

150. A contract is the mutual agreement of the parties concerned reduced to writing and signed by each of them (the signing of contracts for all non-league team contests is highly encouraged, with forms available from the CIF Southern Section Office). A league schedule duly adopted and recorded in the league's minutes will be regarded as a contract. Schools should anticipate religious holidays, mandated testing schedules, and finals schedules when constructing schedules and entering into contracts.

151. Where a written contract has been entered into, schools must carry out the provisions of the contract, subject to the following rules:

151.1 Where either school finds it impossible to meet a scheduled contest, it must notify the other school in writing and send a copy to the Commissioner of Athletics prior to the scheduled contest. In case the other school does not agree to the cancellation of by the contest, the Commissioner shall make the final decision.

151.2 Any expenses incurred by the offended school such as officials' fees, stadium rental, transportation, etc., shall be paid in full by the school breaching the contract.

151.3 When a school fails to engage in a contest agreed upon, without giving notice to the other school and securing an honorable release, it may be suspended from membership.

152. It is important that all schools confirm athletic contests in writing after they have been scheduled verbally by phone. This procedure will reduce the number of conflicts that seem to arise when contests are scheduled by phone. Appeals of athletic contests will carry added weight if the agreement for said contest is part of a written athletic contract.

153. Schools are responsible to fulfill their commitments made by previous school personnel. A change of administration, athletic director or coach, does not cancel out a scheduled contest made the previous school year.

## **220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION**

All CIF Southern Section eligibility rules apply in all games including non-league, league, tournament and playoff games. In order to compete in interscholastic athletics, a student must:

220.1 Be under nineteen years of age. (See Bylaw 203)

220.2 Meet the attendance requirements. (See Bylaw 204)

220.3 Be eligible scholastically. (See Bylaw 205)

220.4 Have met the residence requirements. (See Bylaw 206)

220.5 Meet citizenship requirements. (See Bylaw 217)

220.6 Not participate in any tryout for a professional or collegiate team. (See Bylaws 212 and 605)

220.7 Not compete with outside teams. (See Bylaw 600)

220.8 Be an amateur. (See Bylaw 212)

QUESTION: Will a student jeopardize his or her eligibility for high school athletics by participating in a rodeo or motorcycle race and accepting a cash prize or an award in excess of that permitted by CIF Southern Section regulations?

ANSWER: Neither a rodeo nor a motorcycle race is an approved interscholastic sport, so competing for, or the acceptance of a cash prize or an award in excess of CIF Southern Section limitations would have no bearing upon a student's eligibility for high school athletics.

QUESTION: What is defined as an interscholastic scrimmage?

ANSWER: An interscholastic scrimmage is defined as a training session in which students from more than one school participate, any aspect of play is exercised and no score is kept. Only students regularly enrolled in public and private CIF member schools, grades 9-12, shall be permitted to participate in a scrimmage. Alumni shall not be permitted to take part other than the one allowable contest where noted in specific sports. It should also be noted that only students enrolled in grades 9-12 at each specific school may take part in regular practice sessions.

## **503.C GRADE LEVEL RESTRICTIONS**

Only 9th grade through 12th grade students may practice with or compete on a high school team. Ninth grade students of a junior high school which is located on the same campus and is under the supervision of the same principal as the senior high school may practice with and compete on the high school team. For a multi-school situation, see Bylaw 303.

## **503.E SUPERVISION REQUIREMENT**

No CIF team shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Education Code 49032 (Bylaw 503.F).

# 503.G PHYSICAL EXAMINATION

## G. Physical Examination

As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes a health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Sports Medicine and the American Osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

(Revised March 2004 Executive Committee)

## <>H. Concussion Protocol

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to completed a graduated return-to-play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition. (Approved May 2010 Federated Council/Revised May 2012 Federated Council/Revised January 2015 Federated Council)

Q: *What is meant by "licensed health care provider?"*

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

I. Steroid Prohibition As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

<>J. Sudden Cardiac Arrest Protocol A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition.

Q: *What is meant by "licensed health care provider?"*

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

(January 2015 Federated Council)As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes a health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Sports Medicine and the American Osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms. (Revised March 2004 Executive Committee)

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A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition. (Approved May 2010 Federated Council/Revised May 2012 Federated Council)

Q: What is meant by "licensed health care provider?"

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

#### I. Steroid Prohibition

As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

## 504. M SUNDAY RESTRICTIONS

In order to provide at least one day of respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday.

Exception: Those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown may practice or play on Sundays. Schools must register each year by August 1 for the following year with their Section office and indicate either Friday or Saturday as their alternate day of respite.

NOTE: Declaration of Alternate Day of Respite form is available through your local Section Office.

(1) Violation of Bylaw 504. M. will result in the following sanctions:

a. Practice: For every practice conducted on a declared day of respite, the violating school will be prohibited from conducting twice as many regularly scheduled practices (2 for 1);

b. Game: A game played on a declared day of respite will result in forfeiture of the game.

(2) In addition to the above sanctions, the Section may impose any of the following additional sanctions:

a. The final season record will be reduced by at least one win at the conclusion of the season;

b. The school will be placed on probation;

c. The team/individual will be ineligible to advance to or in Section, Regional or State Championships;

d. Reduction of maximum number of contests allowed for the following year in that sport;

e. Repeated violation may result in suspension of membership in the CIF.

(May 2000 Federated Council/Revised May 2004 Federated Council)

## 506. PRACTICE ALLOWANCE

**For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the** auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.

(1) Multiple Practice Sessions:

a. Double day practices shall not be held on consecutive days.

b. Must include a minimum of three (3) hours rest between practices.

(2) Golf Only

a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]

B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.

C. Definition of Practice

(1) Any school team or individual activity organized by the coach that is intended to maintain or improve a studentathlete's skill proficiency in a sport; AND/OR

(2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR

(3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR

(4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.

D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.

E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.

## F. Penalties

Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

<>NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.

Frequently Asked Questions - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

*Q: Our football coach conducts a one-hour (1) before school weight lifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?*

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players then YES it is considered to be practice and counted in the daily limit.

*Q: Our football coach conducts a one-hour (1) before school zero period weight lifting activity in the weight room for football players. Does this count in the daily practice limitation?*

A: If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

*Q: We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?*

A: (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a nonfootball hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the

boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

*Q: A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?*

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

*Q: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?*

A: Yes, this would be considered an activity under C.(2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach it would not count towards practice duration limitations.

*Q: The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period; Does this count towards the practice duration limitations for that day?*

A: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations.

*Q: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?*

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

*Q: A student plays baseball and tennis in the same season of sport. If they have competitions on the same day for both sports how would those hours be counted?*

A: The total number of hours would be three(3) regardless of the total time of both contests (see Bylaw 506.B.)

(Approved May 2014 Federated Council)



## 600. COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. (See Bylaw 511) The following exceptions apply:

A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball — outside team competition prohibited; two on two volleyball — outside team competition permitted.

QUESTION: May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?

ANSWER: No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport.

\*See exception in above paragraph.

QUESTION: Does this rule apply to a student/athlete who starts the season, plays in a game and then becomes ineligible?

ANSWER: Yes. Once the student is eligible and plays in a game, he/she may not play on an outside team and retain their eligibility for that season.

## 601. PENALTIES FOR VIOLATION OF BYLAW 600

A. Individual

(1) First Offense in High School Career in Any Sport

The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.

(2) Any Subsequent Offense in High School Career in Any Sport

The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

(3) Appeals

Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

B. Team

(1) Games Forfeited

Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited.

(2) Appeals

Sections may establish rules and procedures to consider requests for waivers of game forfeitures.

(Revised May 2004 Federated Council)



**TO: Athletic Directors and Boys Volleyball Coaches**  
**FROM: Brandi Stuart, Assistant Commissioner**  
**DATE: July 2016**  
**RE: SAND VOLLEYBALL PARTICIPATION**

As a reminder, student-athlete participation in Sand Volleyball (traditionally 2 v. 2 and including 3 v. 3 competitions) during the season of sport is permitted as Sand Volleyball in its traditional format is not considered the same sport as Indoor Volleyball. Participation in any outside volleyball events (sand, indoor or otherwise) where the teams are 4 v. 4 or more during the CIF high school season of sport (Fall: August 31<sup>st</sup>, 2015/Spring: February 27<sup>th</sup>, 2016), would result in a violation of CIF Bylaw 600; competition on an “outside” team during the high school season of sport. Any student-athlete violating Bylaw 600 will be subject to the penalties outlined in Bylaw 601. I have also included Bylaw 2911 which specifically addresses outside competition in the sport of volleyball for your records.

**600. COMPETITION ON AN OUTSIDE TEAM**

A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team, in the same sport, during the student’s high school season of sport. (See Bylaw 511) The following exceptions apply:

A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball — outside team competition prohibited; two on two volleyball — outside team competition permitted.

**601. PENALTIES FOR VIOLATION OF BYLAW 600**

**A. Individual**

**(1) First Offense in High School Career in Any Sport**

The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.

**(2) Any Subsequent Offense in High School Career in Any Sport**

The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

**(3) Appeals**

Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

**2911. OUTSIDE COMPETITION BY AN INDIVIDUAL**

*During Individual’s Season of Sport* - A member of a high school volleyball team may not, during his or her season of sport, *compete* for an outside team in the sport of volleyball. This shall include any form of tryouts or player evaluations, occurring during the high school season of sport with a team, program, club, or any other outside organization other than the student-athlete’s high school team. Any such event is considered a violation of this Bylaw. A student shall become ineligible for CIF competition *in the sport of volleyball* if he/she participates in any tryout *or player evaluation* for a team, program, club, or any other outside organization. A season of sport (See Bylaw 511) is defined as that period which begins with a student’s first interscholastic competition (non-league, tournament or league game) and ends with that student’s last interscholastic contest (non-league, tournament, league or CIF Southern Section playoff).

**QUESTION:** Can a member of a volleyball team participate in organized “two player” volleyball competition during his or her high school season of sport?

**ANSWER:** Yes - Any volleyball player who participates in organized “two player” volleyball competition during his or her high school season of sport would not be in violation of the “outside competition” Bylaw 600.

Thank you in advance for your compliance with this issue. Good luck this season!

*Brandi Stuart*

Brandi Stuart

CIF-SS Assistant Commissioner, Volleyball



10932 Pine Street, Los Alamitos CA 90720-2428  
(562) 493-9500 • Fax: (562) 493-6266

**TO: Athletic Directors and GVB Coaches**  
**FROM: Brandi Stuart, Assistant Commissioner**  
**DATE: April 2015**  
**RE: Pre-Season Competition: Out of State Sanctioned Events**

**C.I.F. SOUTHERN SECTION GIRLS VOLLEYBALL INFORMATION FORM FOR “PRE-SEASON/SANCTIONED” COMPETITION**

SCHOOL: \_\_\_\_\_  
(Print)

NAME: \_\_\_\_\_ TITLE: \_\_\_\_\_  
(Print) (Print)

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

DATE OF FIRST CONTEST IN SANCTIONED TOURNAMENT: \_\_\_\_\_

NAME/LOCATION OF SANCTIONED TOURNAMENT: \_\_\_\_\_

You are permitted a maximum of 20 contests during the regular season. By participating in the aforementioned pre-season sanctioned tournament prior to the official start CIF Southern Section start date, you are agreeing to the following;

- Your designated dead period dates have been completed and it has ended prior to your participation in this event
- The tournament contests will count against your overall record and will be included in your 20 regular season contests (Per Bylaw 2906.2: up to seven 2 out of 3 matches (21 total sets) to count as 2 contests on your schedule)
- By participating in a tournament prior to the start of the season, you will forfeit the opportunity to have any interscholastic scrimmages after the first contest has been played
- Once your team has participated in its first contest, the 18-Hour Practice Rule (Bylaw 506) and Sunday Contact Rule (Bylaw 504 M.) will be in effect until the end of the season of sport

DATES OF SUMMER DEAD PERIOD: \_\_\_\_\_

(Must be 21 consecutive days, from the close of school or the first Friday in June, whichever comes first, and the last Monday in August. Reminder, all levels: Varsity, Junior Varsity and Freshmen must have the same Summer Dead Period).

**Please return this form prior to the start of your Summer Dead Period to:**

**Kim Willeman**  
[kimw@cifss.org](mailto:kimw@cifss.org)  
Fax: 562-493-6266

# GATORADE® HIGH SCHOOL PERFORMANCE PACKAGE ORDER FORM

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### OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews (96 servings)
- (2) Cases of Gatorade® Thirst Quencher Powder (yields 168 gallons total)
- (8) Cases of Gatorade Recover® Protein Shakes  
OR Gatorade Recover® Whey Protein Bars (96 servings)

### Choose 3 of the below Premiums

- 7-gallon cooler
- 10-gallon cooler
- 60-quart ice chest on wheels
- 10 Gatorade® towels
- 24 Gatorade® squeeze bottles
- 4 Gatorade® squeeze bottle carriers
- 1 case of 7 oz. cups (2,000/case)

## Create Your Own G Series: \$145

(Up to \$840 retail value)



### CHOOSE TWO OF THE BELOW OPTIONS\*:

- OPTION #1 – 10 Cases of Gatorade Prime® Energy Chews (160 servings)
- OPTION #2 – 1 Case of Gatorade® Thirst Quencher Powder and 1 Case of 7 oz. cups (yields 84 gallons total)
- OPTION #3 – 10 Cases of Gatorade Recover® Protein Shakes (120 servings)
- OPTION #4 – 10 Cases of Gatorade Recover® Whey Protein Bars (120 servings)

\*Create Your Own G Series must consist of 2 different options.

## Refuel and Restore: \$70

(\$185 retail value)



### IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Thirst Quencher Powder (yields 84 gallons total)
- (1) Case of 7 oz. cups (2,000/case) OR 24 Gatorade® squeeze bottles

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# GATORADE CALIFORNIA MARKET REPRESENTATIVES

## Southern California

**Kari Mills**

828-399-0717

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North Orange County / North & West  
Inland Empire

# ARTICLE 290

## VOLLEYBALL 2015-2016

### 2900. RALLY SCORING

A. Rally scoring shall be utilized for all rounds of the State Volleyball Championship. All sets shall be played to 25 points and the fifth and deciding set shall be played to 15 points.

B. Rally scoring shall be utilized for all volleyball matches at the varsity level for all CIF Sections. All sets shall be played to 25 points and the fifth and deciding set shall be played to 15 points.

C. Rally scoring shall be utilized for all sub-varsity volleyball matches for all CIF Sections. All sets shall be played to 25 points with the deciding set played to 15 points.

(Adopted May 2003 Federated Council)

### 2901. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo (Revised to include lacrosse November 2000 Federated Council.)

### <>2902. STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools that qualify for the state girls volleyball championships. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the six divisions based on the following guidelines:

Division I As determined by Section

Division II As determined by Section

Division III As determined by Section

Division IV As determined by Section

Division V As determined by Section, but enrollment may not exceed 600

Division VI As determined by Section, but enrollment may not exceed 200

NOTE: The State Championships will include Divisions I-V above. Division VI Regional Championships will be in NorCal only.

(Approved May 2001 Federated Council/ Revised June 2002 Executive Committee/ Revised May 2005 Executive Committee/ Revised May 2008 Federated Council/Revised May 2014 Federated Council)

NOTE: As passed by Federated Council May 2015, brackets will expand from eight (8) to 16 teams per Divisions I-V and will also include an eight (8) team Open Division for both the North and South beginning the 2016 school year.

*\*Pending the outcome of the vote at the October 2015 Federated Council Meeting on the proposed "Two-Year Pilot Program – So. California Tournament Entries" the Bylaw above could change. Please view the most current CIF Bylaws via the [www.cifstate.org](http://www.cifstate.org) website.*

2902.1 All volleyball matches in CIF Southern Section will be played under National Federation rules unless otherwise provided herein.

### 2903. SOCAL REGIONAL CHAMPIONSHIP ADOPTED

A Southern California boys volleyball championship (three divisions) will be held following the completion of Section playoffs for the Central, Los Angeles, San Diego and Southern Sections.

(Approved May 2008 Federated Council)

### 2904. NORCAL REGIONAL CHAMPIONSHIP ADOPTED

A Northern California boys volleyball championship (two divisions) will be held following the completion of Section playoffs for the Central Coast, North Coast, Sac-Joaquin and San Francisco Sections.

(Approved May 2012 Federated Council)

### <>2905. SCRIMMAGES

An interscholastic scrimmage is a training session between a minimum of two and a maximum of three schools where no score is kept, free substitution and time-outs are permitted, spectators are not urged to attend, and officials are not paid. (See Q & A following Bylaw 220.8 for definition.) All allowable interscholastic scrimmages must be conducted prior to a team's first interscholastic contest (non-league, tournament or league).

<>2905.1 *Girls Teams* - Schools are permitted one interscholastic scrimmage which may not be held prior to August 31 and must be held prior to team's first interscholastic contest (non-league, tournament or league).

<>2905.2 *Boys Teams* - Schools are permitted one interscholastic scrimmage which may not be held prior to February 27 and must be held prior to team's first interscholastic contest (non-league, tournament or league).

### 2906. TOURNAMENTS

A team may not be entered in more than three tournaments.

2906.1 For each tournament, a team will be charged two matches toward the allowable maximum number of contests.

QUESTION: Can a school enter two teams in the same tournament at the same level (i.e. varsity "A" and varsity "B")?

ANSWER: If a school chooses to split a single team into two teams in the same tournament at the same level they will be charged one allotted tournament for each team entered. If a school enters a varsity "A" and a varsity "B" team, they will be charged for two (2) of the allowable three (3) tournaments for the season.

2906.2 All tournaments, regardless of the number of teams participating, are allowed a maximum of 5 games while still counting as 2 of your allowable contests.

NOTE: In the sport of Volleyball the maximum number of matches allowed any team in a tournament, whether participating in the championship or consolation bracket, shall not exceed five 3 out of 5 matches (25 total sets).

2906.3 *Pool Play* - Round robin pool tournaments with culminating elimination style playoff rounds will count as two of the maximum number of allowable contests.

2905.3.1 The maximum number of sets allowed teams will not exceed 20 total sets in an 8-team tournament, 20 total sets in a 16-team tournament or 25 total sets in a 32-team tournament .

2906.4 Tournament managers are responsible for notifying participating schools of the number of sets and/or teams participating in the tournament.

NOTE: Two matches could be played in the SAME TOURNAMENT only, but not two matches in two different tournaments. (See Bylaw 2913). All interscholastic matches are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day. (See Bylaw 2912.)

EXCEPTION: The maximum number of matches allowable in any one day may exceed 2 matches but may not exceed 10 total sets on a school day and 12 total sets on a Saturday.

#### **<>2907. STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

<>*Girls Teams* - No interscholastic matches (non-league, tournament, or league) may be scheduled prior to August 31.

<>*Boys Teams* - No interscholastic matches (non-league, tournament, or league) may be scheduled prior to February 27.

#### **2908. MAXIMUM TEAM CONTESTS**

A volleyball team will be permitted to play no more than 20 matches during the season, including tournaments or jamborees, but excluding CIF Southern Section playoffs.

#2908.1 FACULTY: Each team will be permitted to play one faculty match, which will not be charged against the maximum number of allowable contest.

#2908.2 ALUMNI: Each team will be permitted to play one alumni match, which will not count as one of the maximum number of allowable contests .

#### **<>2909. END OF COMPETITION**

All league competition for entries must end on or before the Wednesday prior to the first playoff date. For girls teams and Boys Fall Volleyball, November 4 and for boys teams May 4. Schools may compete until Saturday in non-league contests. For the girls teams November 7 and for boys teams May 7.

#### **2910. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS**

910.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

2910.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

\* High school students and individuals from the general community can attend.

\* The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.

\* The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.

\* The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.

\* Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

2910.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

#### **<>2911. OUTSIDE COMPETITION BY AN INDIVIDUAL**

*During Individual's Season of Sport* - A member of a high school volleyball team may not, during his or her season of sport, compete for an outside team in the sport of volleyball. This shall include any form of tryouts or player evaluations, occurring during the high school season of sport with a team, program, club, or any other outside organization other than the student-athlete's high school team. Any such event is considered a violation of this Bylaw. A student shall become ineligible for CIF competition in the sport of volleyball if he/she participates in any tryout or player evaluation for a team, program, club, or any other outside organization. A season of sport (See Bylaw 511) is defined as that period which begins with a student's

first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (nonleague, tournament, league or CIF Southern Section playoff).

QUESTION: Can a member of a volleyball team participate in organized "two player" volleyball competition during his or her high school season of sport?

ANSWER: Yes - Any volleyball player who participates in organized "two player" volleyball competition during his or her high school season of sport would not be in violation of the "outside competition" Bylaw 600.

#### **2912. LEVEL OF COMPETITION**

No student shall participate in more than one level of competition in the same sport in the same day.

#### **2913. MAXIMUM ATHLETIC CONTESTS IN ONE DAY**

All interscholastic matches are to be arranged in such a way that no student shall take part in more than two athletic matches in any one day. #2913.1 See Rule 2906 (NOTE) for tournament exception.

#### **2914. SCHOOL ATTENDANCE**

Standards for school attendance are determined by local school governing boards.

#### **2915. TIME BETWEEN MATCHES**

The time element between varsity and junior varsity matches shall not be more than 20 minutes. The time of 20 minutes to start consecutive matches will begin when the coaches/captains meeting is completed.

#### **2916. MARKING THE COURT**

It is *recommended* that a volleyball court be parallel with a basketball court and clearly marked.

#### **2917. NUMBER OF SETS IN MATCH**

The varsity match will consist of the best 3 out of 5 sets to 25 points with the fifth set to 15 points. The junior varsity will consist of the best 2 out of 3 sets to 25 points with the third set to 15 points. (Refer to Rule 2900 B and C.)

QUESTION: May leagues, and schools by mutual agreement in non-league or league matches, conduct the varsity match as an optional best two out of three sets?

ANSWER: Yes - Leagues and/or schools by mutual agreement for non-league or league matches have the option of playing the best two out of three sets at the varsity level as per CIF Southern Section Council action. However, all playoff matches will be conducted as the best three out of five sets.

#### **2918. SUNDAY RESTRICTION**

A school may not play a volleyball match nor conduct a scrimmage or volleyball practice of any type on Sunday during the season of sport.

QUESTION: May a team be assembled on Sunday for a "skill session" or review a game film?

ANSWER: Neither of these activities would be permitted.

QUESTION: Does a meeting on Sunday of a single student with a coach constitute a violation of Bylaw 2917?

ANSWER: Yes, the intent of Bylaw 2917 is to allow no contact with student athletes on Sundays.

QUESTION: What constitutes a scrimmage or practice on Sunday?

ANSWER: Any preparation of an upcoming volleyball match in which a player or players meet with the coach(es) on a Sunday is prohibited.

#### **<-2919. PLAYER CONDUCT**

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest and may not attend. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form (post-ejection return to competition form) indicating the completion of the conference must be uploaded to the CIFSSHome misconduct manager for that specific misconduct. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct. A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct. In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

QUESTION: What must be submitted to the Section office before a student can be cleared to rejoin his/her team?

ANSWER: The Section office will provide a form on their website that must be uploaded to CIFSSHome or directly emailed to the CIF Office. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

QUESTION: What is meant by attendance at a contest?



ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.

#### **2920. COACH EJECTION**

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

QUESTION: What is meant by attendance at a match?

ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.

QUESTION: How does the Accountability Rule affect a coach who coaches more than one level of a particular sport?

ANSWER: A coach who has been ejected from a contest may not be in attendance at ANY contest prior to serving his/her mandatory suspension at the level in which the coach was ejected. (i.e.: An ejected JV coach who is also a varsity assistant may NOT be in attendance at any contest until his/her mandatory JV suspension has been completed.)

#### **2921. NOISEMAKERS PROHIBITED**

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

#### **2922. PLAYOFFS**

Refer to Article 320 (Playoffs) for details regarding playoff information. (Specific information will be contained in playoff information bulletins.)

#2922.1 The Commissioner has the sole authority to determine the sites of all volleyball playoff contest. For any playoff contest, the Commissioner may direct that such a contest be played on an alternate court if the home court does not meet CIF Southern Section standards.

## **ARTICLE 320**

### **PLAYOFFS 2015-2016**

#### **3200. ALL PLAYOFFS MANAGED BY COMMISSIONER**

All playoffs of the CIF Southern Section shall be under the management of the Commissioner of Athletics, who will have final authority and responsibility for their conduct.

3200.1 Enrollment based divisions will be used in the sports of boys and girls cross country, boys and girls basketball, and boys and girls track and field. By action of the Southern Section Council, once the divisions are established for the playoff, no school shall be allowed to move up to a larger enrollment division. Schools will participate based upon their CBED enrollment figures.

Consideration will be given to geography after league placement has been recognized.

3200.1.1 In the sport of basketball, schools will be adjusted up or down in half or whole division increments, based on competitive equity.

3200.2 By action taken at the September 30, 2005 Southern Section Council meeting, in the sport of girls volleyball, playoff divisions will be determined by competitive equity of leagues.

3200.3 No playoffs will be conducted by the CIF Southern Section Office when less than 20% of the membership field teams in that sport.

3200.4 See 54.8 (Emergency Powers).

#### **3201. REPORT OF PLAYOFFS**

At the close of the season for each sport, the Commissioner of Athletics shall compile a report of the playoffs in the "CIF Southern Section Bulletin."

#### **3202. IDENTIFYING LEAGUE REPRESENTATIVES INTO THE PLAYOFFS**

Under the playoff format - in all sports - leagues have the responsibility of developing and identifying the priority for their representatives into the playoffs. This will include the league's priority with regard to any at-large consideration.

Thus, the league through its CIF Council Representative, **MUST** notify the CIF Southern Section Office prior to the playoff draw, the No. 1 representative, the No. 2 representative, the No. 3 representative, and the league's priority team for consideration to any at-large berth. If, for example, a league would have a "co-champion" in football, the league - by the method outlined in its Constitution and Bylaws - **MUST** specify which team is its No. 1 representative and its No. 2 representative. This principle would hold true for any combination, such as a tie for third place in the standings or a "four-way tie" for first place, etc.

QUESTION: For recognition purposes, how many schools constitute a league?

ANSWER: A minimum of four schools or teams make up a league for recognition for guaranteed playoff entry, less than four teams or schools are not recognized for entry into playoffs.

### **3203. FIRST ROUND PLAYOFFS**

In the first round of the playoffs in all sports, the arrangement shall be as follows:

The Commissioner shall match the teams for first-round playoff contests, and the host school for these games shall be predetermined by the Commissioner. Schools must fulfill their playoff obligation once entered by the league unless excused in an emergency by the Commissioner and/or replaced as an entry by the league prior to completion of the opening round.

In cases where a first representative team meets a second team representative in an opening-round game, the first team representative will be designated as the host team. Where two first or two second-team representatives meet in the opening round, the Commissioner will flip a coin prior to the publishing of the draw to determine the host school. Leagues are responsible for developing the priority for their representatives and the finish of a team in league play will have no bearing unless it is reflected in the league's priority. For example, if a co-champion had a league priority of a second team representative it would have no special consideration as compared to a second place finisher from another league who had a second team priority and a flip would be made.

3203.1 A "wild card game" for entry into the full field will have no bearing on priority for host contests in the first and/or subsequent rounds.

3203.2 All freelance entries will be considered as the equivalency of a No. 3 representative with regard to determining host and/or away contests unless they are one of the four seeded teams in which case they will be the host team.

3203.3 If schools falling into the category of California Youth Authority and probationary schools would qualify for the post-season playoffs, the contest will be played at an alternate site other than the facility where the school is located.

### **3204. HOST TEAM AFTER THE FIRST ROUND**

To decide who shall be the host team after the first round of competition in any sport will be the sole responsibility of the Commissioner. In cases where two teams are paired after the first round of the playoffs, the team having the fewest number of host games in playoff competition shall be designated as the host team. When both teams have had an equal number of host playoff contests, the Commissioner shall toss a coin to decide the host team. When a school has been designated as the host school for a playoff contest it shall (1) act in that capacity unless excused by the Commissioner, (2) be considered the host team regardless of where the game is being played, and (3) a "bye" designation shall not count as a host contest for the team drawing the "bye" following the first round and throughout the remainder of the tournament.

3204.1 Teams receiving a bye in the first round shall be the host team in the next round of the playoffs.

### **3205. COMMISSIONER DETERMINES PLAYOFF SITES**

The Commissioner shall have sole authority in determining sites for playoff competition in all sports and for all rounds.

### **3206. ALTERNATE SITE DEFINITION**

An alternate court or field has been defined as one on which a team has not conducted practice sessions. A team may have played some of its league games and even a playoff contest on a particular court or field, and it could still be classified as an alternate court or field.

### **3207. HOST SCHOOL ACCOUNTS FOR ALL GAME REVENUE**

In football, basketball and volleyball playoff games, the host school will account for all the revenue from the game, pay all expenses for the game, and compile the financial report, sending a copy to the visiting school and the CIF Southern Section. Please refer to Bylaw 144 for detailed information concerning the distribution of receipts from playoff contests in basketball, football, and volleyball.

### **3208. TEAM EXPENSES**

The Commissioner shall set the team expenses to be allowed the traveling team in any playoff contest.

### **3209. BROADCAST OR TELECAST FEES**

The CommissionerIn the first round of the playoffs in all sports, the arrangement shall be as follows:

The Commissioner shall match the teams for first-round playoff contests, and the host school for these games shall be predetermined by the Commissioner. Schools must fulfill their playoff obligation once entered by the league unless excused in an emergency by the Commissioner and/or replaced as an entry by the league prior to completion of the opening round. In cases where a first representative team meets a second team representative in an opening-round game, the first team representative will be designated as the host team. Where two first or two second-team representatives meet in the opening round, the Commissioner will flip a coin prior to the publishing of the draw to determine the host school. Leagues are responsible for developing the priority for their representatives and the finish of a team in league play will have no bearing unless it is reflected in the league's priority. For example, if a co-champion had a league priority of a second team representative it would have no special consideration as compared to a second place finisher from another league who had a second team priority and a flip would be made.

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3203.2 All freelance entries will be considered as the equivalency of a No. 3 representative with regard to determining host and/or away contests unless they are one of the four seeded teams in which case they will be the host team.

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### **3204. HOST TEAM AFTER THE FIRST ROUND**

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### **3208. TEAM EXPENSES**

The Commissioner shall set the team expenses to be allowed the traveling team in any playoff contest.

### **3209. BROADCAST OR TELECAST FEES**

The Commissioner shall set the fee to be charged for the right to broadcast or telecast any playoff contest.

### **3210. FREE LANCE PLAYOFF ENTRY QUALIFICATION**

If a school does not have membership in a league or the school belongs to a league which does not offer students in a given sport an opportunity to qualify into CIF Southern Section championships, special conditions exist which must be followed in order to qualify for possible entry into a CIF Southern Section playoff activity.

3210.1 *Team Sports* - All freelance schools desiring entry into the playoffs must submit schedules to the Commissioner for evaluation and approval of conditions under which the team may qualify. Schedules must be submitted prior to the start of each season for evaluation.

3210.2 *Individual Sports* - Schools meeting the criteria outlined in 3210.1 above may petition individual athletes for possible entry into CIF Southern Section individual playoff competition. Petitions for such athletes must include a complete data sheet for each individual showing best marks, scores or rankings from any competition held during the current school year. All such petitions must be submitted two calendar weeks prior to the first scheduled date of CIF Southern Section playoff competition.

QUESTION: How can a freelance team qualify for CIF playoff consideration?

ANSWER: A school must schedule 80% of allowable contests per sport and they must be at the varsity level. In order to be considered for the playoffs, the school must have a .500 or better record in all contests played and there must be openings in the bracket. Additionally, teams that win 80% of their contests played will be guaranteed entry. (Except football.)

QUESTION: How can an individual qualify for consideration for freelance competition?

ANSWER: To be eligible for free lance individual competition, an individual must participate in at least one-half of the number of allowable varsity contests permitted in a particular sport.

### **3211. PLAYOFF ELIGIBILITY**

An ineligible player is one who is in violation of any State CIF or Section scholastic residence, transfer, age, semesters of attendance, or other eligibility rules.

A. Games in which the student participated, after the occurrence of the violation shall be forfeited (See Bylaw 500.2)

B. From the time the CIF Southern Section Office receives the entries from the league, violations discovered will be assessed only against the individual(s) and will not affect the advancement of a team into the playoffs.

C. Violations discovered after the first round of any playoff will result in disqualification of the ineligible player's team from the playoffs and forfeiture of its last playoff competition. In such cases, the losing team will advance provided the date of the next scheduled contest has not elapsed.

D. Freelance schools will submit eligibility rosters prior to their second contest of the season to the CIF Southern Section Office.

Any additions to the freelance school eligibility roster will be made directly to the CIF Southern Section Office within five (5) school days of each occurrence

### **3212. CIF-SS TROPHIES**

Appropriate trophies shall be awarded by the CIF Southern Section to team champions and runner-up in all official sports. The winning or runnerup team has the option of awarding more than the prescribed number of medals or patches at its own expense.

### **3213. PLAYOFF ENTRIES TENTATIVE**

All entries into the playoffs are tentative until the first round is completed. Updated results or new information may make changes in any draw necessary. No change in entries will be permitted after the first round (or "wild card" game if it applies to a league entry) has been played.

### **3214. NUMBER OF TEAM ENTRIES INTO PLAYOFFS**

In the sport of football only, the team entry formula for each league into the playoffs is as follows:

4 & 5 team leagues = 2 entries

6-8 team leagues = 3 entries

9 or more team leagues = 4 entries

In all sports other than football, the team entry formula for each league into the playoffs is as follows:

4 team leagues = 2 entries

5 and 6 team leagues = 3 entries

7 and 8 team leagues = 4 entries

9 or more team league = 5 entries

3214.1 In all team sports other than basketball and wrestling, additional entries beyond a league's guaranteed number of entries will only be permitted to enter the playoffs to fill any byes which exist in the opening round. Wildcard contests will be for situations where the number of teams that are guaranteed entries from their leagues necessitate that additional contests be played to reduce the number of teams entered to the required number of the original draw. (For example, when there are 37 teams entered as guaranteed entries from their leagues into a particular playoff draw, there must be 5 wildcard contests played to

reduce the number of teams from 37 to 32, the required number of the original draw.) At-large teams, teams meeting the at-large criteria (.500 or better overall record), can only be accepted into the playoffs if there are openings in the original draw after all of the league's guaranteed entries are submitted. (For example, when there are 30 teams entered as guaranteed entries from their leagues into a 32-team draw, there would be 2 byes in the bracket and those byes could be filled by teams who were not guaranteed entries from their leagues who submitted at-large application forms for that particular sport and have an overall record of .500 or better in all games played during the regular season.) In the sport of football, a .500 or better record is not required for at-large submission/selection. In any playoff grouping other than basketball, at-large selections will be considered from the next place beyond the guarantee that are .500 or better. After all those schools have been taken and there are still positions available, the next place teams that are .500 or better will then be considered. An example would be in football, some divisions allow two (2) entries per league. All 3rd place teams would be taken before any 4th place teams would be considered. (A tie will count as half a win and half a loss for a .500 record or better.) For specific information on the at-large selection process, see the respective Playoff Bulletin for each particular sport.

3214.2 In the sport of football, those divisions that have more than 5 leagues in a 16-team draw will be guaranteed only two (2) entries.

QUESTION: How will the CIF Southern Section Office determine additional entries into the playoff draw to fill byes after each league has submitted their three guaranteed entries?

ANSWER: As provided for under Bylaw 3202, a playoff committee will select the additional entries to fill the draw from the league's priority team entry that has been submitted for consideration as an at-large berth to fill any bye which may exist.

### **3215. NOISEMAKERS PROHIBITED**

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

### **3216. EQUAL FACILITIES**

The visiting school in dual team playoff contests is entitled to equal facilities, including one-half of the seating, locker rooms, phone lines, spotting facilities, etc.

### **3217. WILD CARD TEAMS**

Where the number of teams exceeds the number of openings in the draw, the Commissioner may order a special playoff contest ("Wild Card System") to determine the draw for the playoffs. Insofar as host team designation in the regular playoff draw, this "Wild Card Contest" will have no bearing when such a procedure is used. The Commissioner, or his representative, will draw the contending 4th, 3rd team representative (and 2<sup>nd</sup> team representatives if required by the number of leagues in a division and the number of teams in the draw) or freelance teams by lot and conduct a coin flip between same for the purpose of designating the host team in such a "Wild Card" contest. For all enrollment based playoffs, please refer to specific sport bulletins.

### **3218. ADDITIONAL CONTESTS TO DETERMINE ENTRY ONLY**

Leagues may not conduct additional contests beyond the prescribed limits unless said contests are to determine ENTRY and not representative priority.

3218.1 Please note, leagues **MAY NOT** conduct additional contests beyond the prescribed limits unless said contests are to determine ENTRY and not representative priority. Additionally, leagues must have this as part of their Constitution and must secure permission from the CIF Southern Section Office before conducting such playoffs for entry. If a league covers such Conditions in its constitution, it is still obligated to stage said contest on or before the last specified allowable playing date.

An example of the above application would be that two teams finish in a tie for the last guaranteed entry in the final league standings and the league also has it stipulated in its Constitution that the deadlock may be broken by a special playoff game. As long as that contest is played on or before the last specified date, the two teams would be permitted to play as a process in determining ENTRY into the playoffs. However, should there be an outright league champion and the two teams deadlocking for second place, a special playoff game would **NOT** be permitted, as both teams already have guaranteed entry into the playoffs. In this latter example, the league would then refer to the next segment of its Constitution to see which team would be declared the No. 2 representative, the other becoming the No. 3 representative.

3218.2 If time does not permit a playoff for entry, the league must again resort to the next item in its Constitution to determine its designation.

3218.3 In the sport of football, the 25-yard tie breaker system may be used to determine ENTRY, provided it meets all other guidelines noted above, including the last specified playing date.

### **3219. PLAYOFF GROUPINGS**

The following procedures for conducting the business of playoff groupings will be in effect.

3219.1 Playoff Groupings will be conducted in two year cycles during even years (i.e 2014-16, 2016-18).

3219.2 The Commissioner's Office, in early October, will send out the yearly attendance survey of our member schools.

NOTE # 2: In non-enrollment based sports, competitive equity will be used primarily when formulating playoff divisions.

3219.3 In January of the year preceding the cycle, the Commissioner's Office will survey the different league representatives on their recommendations for playoff groupings for the next cycle.

3219.4 In February/March of the year preceding the cycle, the Commissioner's Office will develop a recommendation to be sent to all leagues and schools for their perusal.

3219.5 In April of the year preceding the cycle, the Playoff Groupings Committee will meet. Those leagues who RECOMMENDED CHANGES in response to the Commissioner's January correspondence which were not included, or HAVE BEEN CHANGED from their present status and are dissatisfied, may form written appeals to the Committee, who will review same at this meeting.

QUESTION: What is the procedure for appealing a divisional placement?

ANSWER: Within the prescribed timeline, a request for appeal must be forwarded to the Commissioner's office with the signatures of all

league principals. Once an appeal date has been established, only a league officer or administrator may appear before the hearing panel. Those appeals MUST be represented in person. Written representation on the hearing date, without prior approval from the Commissioner's office, will not be considered.

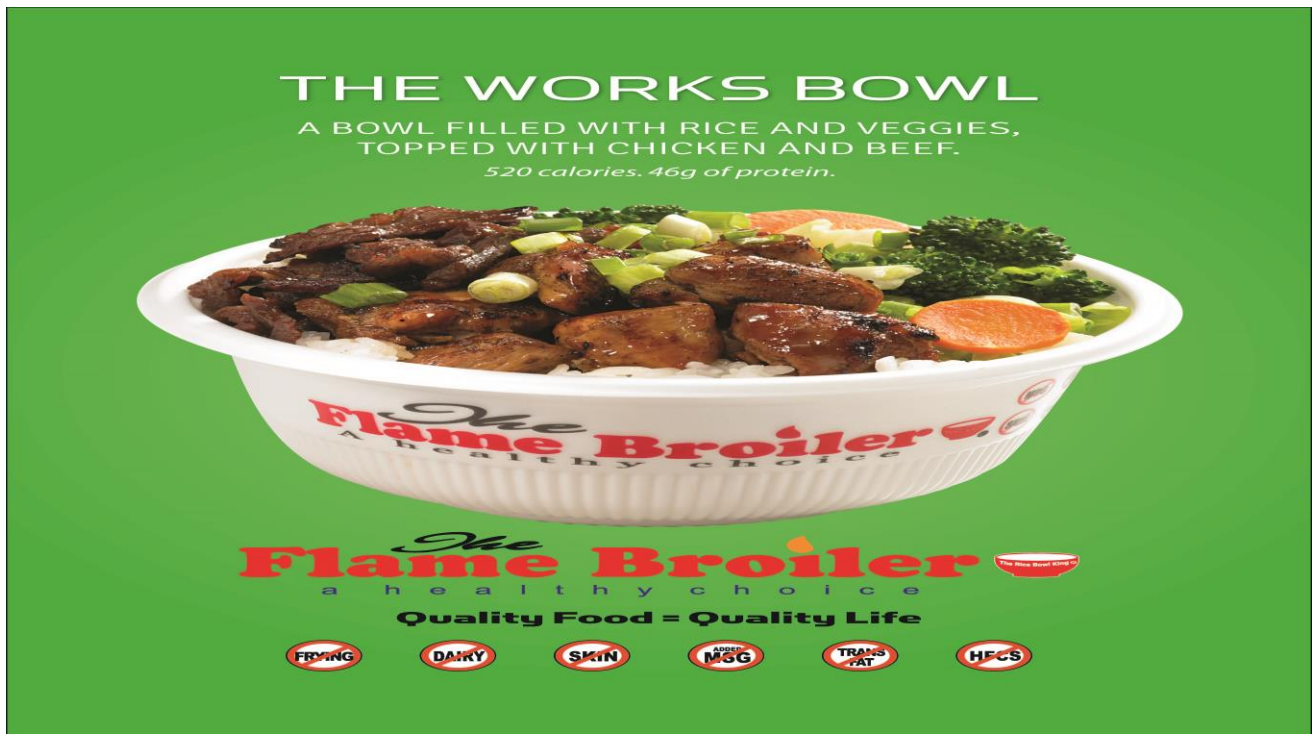
3219.6 The final recommendation of the Playoff Groupings Committee will be mailed to all league representatives and schools.

3219.7 In April of the year preceding the cycle, the Playoff Groupings Committee's recommendation will be presented to the Council for final disposition. Those leagues who appealed their status to the Playoff Groupings Committee and are still dissatisfied, may form written appeals directly to the Commissioner's Office asking to be placed on the Council Agenda regarding this matter.

NOTE: Appeals must address the placement of the appellants league only. Appellant may not appeal the recent placement of other leagues within the division.

### 3220. PLAYOFF FINANCIAL REPORTS

After a reasonable request from the Commissioner's office, schools that continue to be delinquent with financial reports will not be allowed to host a game during the playoffs in all sports for a period of one year.



## SPECIAL NOTICE

Please review the following information:

- Go to [CIFSSHOME.ORG](http://CIFSSHOME.ORG) , post your set scores, set scores must go into the notes area on [CIFSSHOME.ORG](http://CIFSSHOME.ORG)
- Please call in your set scores to your local newspaper throughout the season and playoffs

- Contact the Volleyball Advisory Committee during the season regarding Top Ten Polls. All CIF-SS nomination form can be found on the [ww.cifss.org](http://ww.cifss.org) under Volleyball.

**Review CIF-SS 2015-2016 playoff groupings.**

**Reminder the Preview, Playoff Bulletins and Brackets will not be mailed out of this office. Complete brackets may be obtained via the internet on the CIF-SS web site at [www.cifss.org](http://www.cifss.org)**



TOP TEN POLL: It is imperative that you contact the Girls Volleyball Advisory Committee member in your division on a weekly basis regarding Top Ten Poll rankings if you or someone in your league should be considered.

# Volleyball Rules Changes - 2015

By NFHS on March 24, 2015

## volleyball

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**7-1- New 5, 6:** Allows team to correct a lineup error by way of a legal substitution when a number is listed that no player is wearing and if a number is listed twice. The team must still submit an accurate roster.

**Rationale:** Maintains consistency within the rules by allowing a substitution to correct a lineup issue that otherwise does not affect the match.

**9-9-1, 4-2-2, 5-4-3c(20), 5-5-3b(21), 5-6-3(h), 10-2-7 Penalties, 10-3 Penalties, 10-4 Penalties, 11-2 Penalties, 12-2-6 NOTE 2:** The penalty system for an unnecessary delay now consists of an administrative yellow card warning for the first delay and an administrative red card for subsequent delay(s) in the same set, resulting in a loss of rally point. Repeated unnecessary delay violations in multiple sets may be considered and penalized as unsporting conduct. All rules with the unnecessary delay penalty and administrative requirements are adjusted to the new system. The unnecessary delay signal (#22) is replaced with a new signal.

**Rationale:** The penalty of a loss of time-out or loss of rally point for the first unnecessary delay is significantly more severe than the violation. Issuing a single team warning (administrative yellow card) during a set before issuing a penalty of loss of rally/point for a subsequent delay is more appropriate.

**10-2-5, 10-2-6c:** Substitutions occurring during a time-out shall now enter the set at the end of the time-out and follow normal exchange procedures.

**Rationale:** Improves the communication between the second and first referees, coaches and fans when a substitution occurs at a time-out.

**11-5-New 1, 2:** Provides that a two minute intermission may be used between sets two and three in

addition to the regular three minute interval for a total of five minutes.

**Rationale:** Provides consistency and guidelines for schools conducting promotional or special recognition activities between sets.

## **2015-16 VOLLEYBALL MAJOR EDITORIAL CHANGES**

**4-2-1g:** Clarifies that an American flag, with a size restriction, may be placed on the uniform and a commemorative or memorial patch requires state association approval before placed on the uniform.

## **2015-16 VOLLEYBALL EDITORIAL CHANGES**

1-2-3a, 5-5-3b7, 12-2-7, 8 PENALTIES

## **2015-16 VOLLEYBALL POINTS OF EMPHASIS**

1. Unnecessary Delay and the Use of Administrative Cards
2. Solid Colored Uniform Top Review
3. Resuming Play After Intermission
4. Preventive Officiating
5. Annual Review of Equipment and Facilities



# Volleyball Sample Line up sheet

Team Centerville HS Comets  
Libero: 2

Game 1  
(Check one) Serve \_\_\_\_\_ Receive \_\_\_\_\_

Serve Order	Player Number
<u>I</u>	<u>4</u>
<u>II</u>	<u>6</u>
<u>III</u>	<u>8 C</u>
<u>IV</u>	<u>3</u>
<u>V</u>	<u>5</u>
<u>VI</u>	<u>7</u>

**Download on the website [cifss.org](http://cifss.org), under Girls volleyball/news and events: Libero Tracking Sheet/ Volleyball Lineup and Roster Sheets/Volleyball Score Sheet**

**For Sanctioned Events go to [www.cifss.org](http://www.cifss.org)**

1. Click on Governance
2. Click Approvals
3. Click Sanctioned Events
4. Select Girls Volleyball: Go

**2015-2016 GIRLS VOLLEYBALL TOP TEN PREVIEW QUESTIONNAIRE**

SCHOOL \_\_\_\_\_ LOCATION (CITY) \_\_\_\_\_

LEAGUE \_\_\_\_\_ DIVISION \_\_\_\_\_

HEAD COACH \_\_\_\_\_ YRS. AS HEAD COACH AT SCHOOL \_\_\_\_\_

HEAD COACH E-MAIL \_\_\_\_\_

**2014 RESULTS:** VAR. OVERALL RECORD \_\_\_\_\_ LEAG. RECORD \_\_\_\_\_ LEAG. PLACE \_\_\_\_\_

JV LEAG. PLACE \_\_\_\_\_

NUMBER RETURNING VAR. LETTERMEN: \_\_\_\_\_ NUMBER RETURNING VAR. STARTERS \_\_\_\_\_

**TOP RETURNEES:**

NAME POS. HT. YR. HONORS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TOP NEWCOMERS:**

NAME POS. HT. YR. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**\*IMPORTANT\* PREDICTED FINISH OF TEAMS IN YOUR LEAGUE (INCLUDE YOUR TEAM):**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

**2013 TOURNAMENT ENTRY**

\_\_\_\_\_

\_\_\_\_\_

**RETURN IMMEDIATELY TO:**

2015 GIRLS VOLLEYBALL ADVISORY DIVISIONAL REPRESENTATIVE

DIV. 1 BOBBIE ESTES; [coachbobbie14@gmail.com](mailto:coachbobbie14@gmail.com)

DIV. 2 STEVE BEERMAN; [sbeerman@polytechnic.org](mailto:sbeerman@polytechnic.org)

DIV. 3 SUSIE MAGA; [Susie.maga@smes.org](mailto:Susie.maga@smes.org)

DIV. 4 JEFF DIVINE; [jdivine66@me.com](mailto:jdivine66@me.com)

DIV. 5 DARCY BROWN; [ibvbski@aol.com](mailto:ibvbski@aol.com)

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TO: CIF-SS GIRLS' VARSITY VOLLEYBALL COACHES  
 FROM: THOM SIMMONS, DIRECTOR OF SPORTS INFORMATION  
 RE: VOLLEYBALL RECORD UPDATE

In an effort to update the CIF Southern Section volleyball records, the CIF-SS Publicity Department is asking for your assistance.

Listed below are minimum standards for established record categories. If your team has met or exceeded any of the following standards, or if any of your PAST teams qualify, please submit the information on the attached form. Be sure to include all pertinent information (noted in parenthesis) for each record submitted.

**Records MUST be submitted on the official form provided. Records submitted on any other form will not be accepted. They must also be TYPED, SIGNED, and submitted with proper DOCUMENTATION (See attached form). Playoff contests will count toward cumulative statistical totals.**

**TEAM RECORDS**

Most Kills – Season (Year).....	n/r
Most Kills – Game (Opponent, Year) .....	n/r
Most Blocks – Season (Year).....	n/r
Most Blocks – Game (Opponent, Year) .....	n/r
Most Digs – Season (Year).....	n/r
Most Digs – Game (Opponent, Year).....	n/r
Longest Winning Streak (Years) .....	22 matches
Longest League Winning Streak (Years) .....	68 matches
Consecutive League Championships (Years, League).....	11
Consecutive CIF-SS Championships (Year, League).....	3

**INDIVIDUAL RECORDS**

Most Kills – Career (Years).....	n/r
Most Kills – Season (Year).....	n/r
Most Kills – Game (Opponent, Year) .....	n/r
Most Blocks – Career (Years) .....	n/r
Most Blocks – Season (Year).....	n/r
Most Blocks – Game (Opponent, Year) .....	n/r
Most Digs – Career (Years) .....	n/r
Most Digs – Season (Years) .....	n/r
Most Digs –Game (Opponent, Years).....	n/r

**PLEASE NOTICE:** Individual career records should not be reported until the student has completed high school eligibility in this sport. Thank you.

n/r = new record

2/2006

**RETURN TO:**

**Media Dept.  
 10932 Pine Street  
 Los Alamitos, CA 90720**

**PRESS GUIDE & RECORD BOOK REPORTING FORM**  
**MUST BE TYPEWRITTEN**

SPORT \_\_\_\_\_ SCHOOL \_\_\_\_\_  
RECORD(S) SUBMITTED BY \_\_\_\_\_

TITLE OF PERSON SUBMITTING \_\_\_\_\_

TEAM RECORDS

Mark \_\_\_\_\_ Category (Season/Game) \_\_\_\_\_ Year/Opponent \_\_\_\_\_

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INDIVIDUAL RECORDS

Mark \_\_\_\_\_ Category (Career/Season/Game) \_\_\_\_\_ Player \_\_\_\_\_ Year/Opponent \_\_\_\_\_

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**Records must be submitted with documentation.** Schools are required to submit one of the following two items in addition to the completion of all information on this form for consideration.

1. A newspaper account of the record-breaking performance. Clipping must contain date and name of newspaper.
2. A letter from the school's principal indicating the record, the date of the event and signed by a witness who observed the record-breaking performance.

**SIGNATURE OF APPLICANT \_\_\_\_\_ DATE \_\_\_\_\_**



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