

Season Preview

2021- 2022

GIRLS VOLLEYBALL

**CIF-SS GIRLS VOLLEYBALL
ASSISTANT COMMISSIONER:**
MIKE MIDDLEBROOK

PROGRAM COORDINATOR:
LISA MCINERNEY





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GIRLS' VOLLEYBALL SEASON PREVIEW

DATE: July 8, 2021
TO: CIF-SS GIRLS' VOLLEYBALL COACHES
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
RE: **2021-2022 GIRLS' VOLLEYBALL SEASON**

WELCOME TO THE 2021-2022 GIRLS' VOLLEYBALL SEASON!

The Girls' Volleyball Packet has been prepared to assist you in the organization of your school Girls' Volleyball program. The enclosed is important information for preparation of the upcoming season. Please share this information with your assistant coaches.

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2021-2022 ADVISORY COMMITTEE MEMBERS

Division 1/2

*Mike Wadley	Lakewood / Moore	MWadley@lbschools.net
Dave Huber	Los Alamitos / Sunset Conference	dhuber@losal.org
Courtney Krueger	Santiago / Big VIII	ckrueger@cnusd.k12.ca.us
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Division 3

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Cindy Gurney	Alta Loma / Palomares	vb-gurney@yahoo.com
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Division 4

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Bernie Wendling	At-Large Rep	b.wendvb@gmail.com
Joe Schnake	Chino Hills / Baseline	joeschnake@gmail.com

Division 5

*Jeff Porter	Brentwood / Gold Coast	bionvb-guy@yahoo.com
Joe Schnake	Chino Hills / Baseline	joeschnake@gmail.com
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Division 6

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Mary Starbuck	Katella / Orange	bucky27hb@aol.com
*Frankie Perales	Garden Grove / Golden West	frankiep22c@aol.com
Cory Sumrall	San Jacinto / Mountain Pass	csumrall@sanjacinto.k12.ca.us

Division 7

John Doles	Rancho Alamitos / Garden Grove	jdoles@ggusd.us
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Division 8

*Darcy Brown	Santa Clarita Chr. / Heritage	ibvb-ski@aol.com
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Division 9

*Lynsey Mikhail	At-large member	lynsey.mikhail@gmail.com
Robert Gibbs	Southwestern Academy / National	rgibbs@southwesternacademy.edu
Dennis Newcomb	At-large member	coachnewcomb@gmail.com

CIF Southern Section Championship Event Manager:

Twyla Thomas	SCVOA	twylajt@aol.com
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* Division Representative

TOP TEN POLLS

Although every effort is made to be as accurate as possible the weekly Top Ten Poll selections are published to create interest in the sport and is dependent upon coaches' input. It is understood that this is a coaches' poll and that no students or parents are involved with the poll.

It is **IMPERATIVE** that COACHES 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.

Polls will be published every Monday following the First Poll on cifss.org:

Watch List: Monday, August 16, 2021

First Poll: Tuesday, September 7, 2021

Final Poll: Monday, October 11, 2021

APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

click on *GOVERNANCE TAB*
click on *SANCTIONED EVENTS*
select *VOLLEYBALL, GIRLS*
click Search

This page will display the most up to date information on:

Girls Volleyball Approved Sanctioned Events

CALENDAR DATES

FIRST CONTEST:

The initial date on which a school may schedule and conduct an interscholastic contest:
SATURDAY, AUGUST 14, 2021.

SCRIMMAGES:

Maximum 2 scrimmages allowed.

Must be played on or after August 14, 2021 and before the first contest. Once the first official contest is played scrimmages are no longer allowed.

SIT OUT PERIOD (SOP) DATE:

September 14, 2021.

*Note this date could be adjusted or different for each individual due to the date of enrollment a student transferred to your school. Check the “transfer decision” date for accurate information at www.cifss.org

LAST CONTEST:

All league competition must end on or before **THURSDAY, OCTOBER 14, 2021.**
Schools may compete until October 16th for non-league contests only. See Bylaw 3008 for end of competition guidelines.

MAXIMUM CONTACTS:

The allowable number of contests is:	28
The allowable number of tournaments is:	3
1 Day Tournament counts as:	(2) contacts
2 Day Tournament counts as:	(3) contacts
3 Day Tournaments count as:	(4) contacts

CIF SOUTHERN SECTION FORD GIRLS' VOLLEYBALL CHAMPIONSHIP DATES:

PLAYOFF DATES:	Division 2 – 9 / October 19 (Wildcard), 21, 23, 27, 30 Division 1 / October 20 – 30 Dates subject to change due to bracket size
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CIF SS FINALS:	November 5-6, 2021
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SO. CAL REGIONALS:	November 9-16, 2021
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STATE FINALS:	November 19-20, 2021
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CIFSSHOMES REQUIREMENTS

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) as well as update the scores immediately following your contests.

Log in @ 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.

VARSITY TEAM INFORMATION (ROSTER) DUE no later than MONDAY, OCTOBER 25, 2021.

Attention Athletic Directors/Coaches: It is very important that you enter your entire Girls Volleyball Varsity roster into CIFSSHome (www.cifsshome.org) no later than **MONDAY, OCTOBER 25, 2021.**

Log in @ 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.

VARSITY COACHES

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

into CIFSSHome (www.cifsshome.org) no later than **MONDAY, OCTOBER 25, 2021.**

Log in @ 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

VARSITY TEAM PHOTO DUE no later than MONDAY, OCTOBER 25, 2021.

Attention Athletic Directors/Coaches: It is very important that your Girls Volleyball Varsity Team Photo is uploaded to CIFSSHome (www.cifsshome.org) no later than **MONDAY, OCTOBER 25, 2021.**

Log in @ 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")

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 **THURSDAY OCTOBER 14, 2021 @ 11:00 p.m.**

Log in @ 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!"



OFFICIAL BALL PROGRAM 2021-2022

Official Ball per sport:

Baseball:	Rawlings CIF-SS Rawlings RCIF-SS	Must be CIFSS/NOCSAE stamped ball; not an alternative Rawlings ball Must be CIFSS/NOCSAE stamped ball; not an alternative Rawlings ball
<i>*Boys Basketball:</i>	Wilson Evo NXT Game Basketball Size 7 (Used in CIF-SS Championship)	
<i>*Girls Basketball:</i>	Wilson Evo NXT Game Basketball Size 6 (Used in CIF-SS Championship)	
<i>*Football:</i>	Wilson GST NCAA 1003 Official Leather Football (Used in CIF-SS Championship)	
Lacrosse:	Champion Sports NOCSAE Balls	(White LBN/NOCSAE, Yellow LBN/NOCSAE, Orange LBO, Lime Green LBO)
<i>*Soccer:</i>	Wilson Forte Hybrid II NCAA Match Soccer Ball (Used in CIF-SS Championship)	
<i>*Softball:</i>	Rawlings FPCIF-SS (Used in CIF-SS Championship)	
Tennis:	Penn ATP World Tour (Used in CIF-SS Championship) Pro Penn Marathon	
<i>*Volleyball:</i>	Mikasa VQ2000 Series (will be used in the 2021-2022 Championship) Mikasa VFC1000 Series (will be used in the 2022-2026 Championship)	
Boys Water Polo:	KAP7 model 105 with NFHS stamp (Used in CIF-SS Championship)	
Girls Water Polo:	KAP7 model 104 with NFHS stamp (Used in CIF-SS Championship)	

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.

**There is a 1-year transition period for the following sports. The mandatory playoff use requirement goes into effect for these sports in the 2022-2023 season.*

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 will 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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Volleyball Rules Changes - 2021-22

By NFHS on February 04, 2021

4-1-6a, b (NEW): Allows players to wear head coverings for religious reasons that fit securely and are made of non-abrasive or soft materials while still requiring head coverings worn for medical reasons to be approved by the state association.

Rationale: Eliminates the need for authorization from the state association for the wearing of religious headwear without data to support an increased risk while maintaining the requirement for approval of head coverings worn for medical reasons – allowing the state association to review for the purposes of risk minimization.

5-3-1, 5-3-1 NOTES: Allows state associations to approve of gray and/or bright blue (cyan) in addition to the white short or long-sleeved polo-style shirts while maintaining that officials must dress in like colors. Simplifies the accommodations for varying climate conditions within the competition facility.

Rationale: Provides state associations with additional officials' uniform options while aligning with trends in the game.

7-1-4 PENALTIES, 9-9-1b (NEW): Eliminates the loss of rally/point penalty for failure to submit the lineup no later than two minutes prior to the end of the timed pre-match warmup and one minute prior to the end of the timed interval between sets. The penalty was changed to an unnecessary delay (administrative yellow card) with the escalation of a second unnecessary delay (administrative red card) if not submitted by the end of the timed pre-match warmup or interval.

Rationale: Aligns the penalty with the late roster and lessens the severity of the penalty for a late lineup.

2021-22 VOLLEYBALL MAJOR EDITORIAL CHANGES

State Association Adoption Chart (NEW): Clarifies and organizes all rules that allow for state association adoption.

2021-22 Volleyball Editorial Changes

5-4-3c(22), 5-5-3b(21), Unnecessary Delays Chart

2020-21 Volleyball Points of Emphasis

1. Line Judge Expectations
2. Coach and Official Communication
3. State Association Adoptions – Location of Team Bench
4. Addressing Uniform Concerns

2021-22 POINTS OF EMPHASIS

Line Judge Basics

One of the first referee's prematch duties is to instruct both line judges (5-4-1f, g). Most of the time, the local governance (school or officials' assignor) decides who works as a line judge. Line judges may be paid officials, paid adults (teachers/parents), unpaid volunteers – while many times, line judges are players who have already played or are waiting to play. Regardless, your crew members should work the entire match. Communicate this expectation with both coaches to eliminate any potential resistance as coaches may plan to have their players rotate through from set to set.

Unfortunately, lack of attention and preparedness by the school to adhere to match management protocol impacts everyone. Coaches and even officials can find themselves scrambling just before game time to find someone to be the line judge. Host management plays an important role in confirming that the essential personnel is designated for each match. This ensures that communication by the first referee can continue without delay.

Ideally, the first referee needs to:

- Meet with both line judges, with flags, in a safe area near the court, while teams warm up;
- Provide a friendly atmosphere with introductions and explain that they are now officials and not to engage in cheering for either team;
- Quickly assess the knowledge and experience level of each line judge by asking questions;
- Define and demonstrate the line judge's base position;
- Explain that they may need to move to get out of the way of a player(s) or ball;
- Encourage line judges to move when a server encroaches in their area – they will need to take a position parallel to the end line, about 4-5 feet from the corner, with the idea that they need to immediately return to their base position after the contact of serve or once the player(s) enters the court;
- Explain that a server cannot make contact with the end line while contacting the ball for the serve – demonstrate the signal;
- Define their two lines of responsibility – their end line and the sideline on their court and the other court;
- Remind them that a ball that lands on the line is in – demonstrate or ask them to show the signal for inbounds and out-of-bounds;
- Remind them that out also includes a ball contacting either antenna or if the entire ball goes outside either of the antenna (the antenna extends above the ceiling to infinity) – review the antenna signal;
- Briefly explain the touch signal and that it is only needed at the end of a play;
- Invite them to join you, at each attack line, near the referee's stand during time-outs;
- Encourage them to communicate if a coach or fan is being inappropriate toward them; and
- Remind the line judges that they are not ball retrievers.

Coach and Official Communication

Pre-Match

- It is preferable to have both referees walk into the assigned site together, arriving well in advance, no less than 30 minutes prior to the scheduled start time.
- Referees should introduce themselves to one another.

- After communicating with the home management, referees should introduce themselves to each coach at an appropriate time during their warm-ups.
- If assigned to multiple-level matches, it may not be possible to meet the varsity coaches upon arrival. Prior to that match, make the necessary introductions before the coin toss.
- The dialogue between any coach should prove that the officials can be cordial and have the ability to engage, without crossing the line causing a perception of familiarity.
- Spending too much time with one coach over another will be noticed.
- Take on the role of a facilitator rather than an enforcer.
- The degree of separation will come once the game begins, but if the officials establish a rapport of harmony rather than discord, it will bode well as the match proceeds.

During the Match

- Because the officials have established a good rapport with each coach during the pre-match, this environment should continue during the match.
- Regardless of previous history or familiarity, all coaches must be treated consistently and humanly.
- A good referee listens rather than reacts when a coach genuinely inquires about a non-judgment play. Simply listening, providing a quick response, then giving the game back to the first referee is much more productive, while keeping in mind that this interruption cannot be a ploy to delay the game.
- The second referee has the task to serve and protect and can certainly pre-empt or defuse potential unsporting conduct by a coach or another participant.

Post-Match

- After the second referee initials the scoresheet, the R2 gathers both referees' belongings and meets the first referee at a predetermined location to exit together.
- There is no need for any discussion between a referee and coach or a referee and a spectator.
- Protect each other and go to a location where a productive post-conference can be conducted.

State Association Adoptions – Team Benches

The NFHS Volleyball Rules Book, like many other NFHS rules books, includes specific rule modifications that are allowed by state level adoption. These specific rules are found throughout the rules book and address match format, forfeit protocol, uniform and equipment accommodations, line judge flags, electronic devices and even bench rotation. These adoptions allow for decisions to be made at a local level regarding rules that have local implications or have no impact on play. For example, states with more rural competition – long bus rides – might opt to have their schools play best two-of-three sets to allow for shorter competition times.

One accommodation of note is the ability for a state association to authorize permission for teams to remain on the same benches throughout the match. A rules consideration for the 2020-21 season due to the spread of COVID-19 – the elimination of rotating benches between sets – was universally well received. The 2021 Volleyball Rules Committee is making the communication of this state association adoption a point of emphasis for the 2021-22 season.

A chart listing all rules that allow for state association adoption can now be found on page 72. This chart is meant to simplify and organize the options that states have when it comes to administering the sport of volleyball. The adoption of these rules accommodations is the sole decision of the governing state association.

Addressing Uniform Concerns

Uniform rules have evolved over time – with many changes occurring in recent years. These rules are in place to create consistency and balance the needs of officials and coaches to easily identify players while providing room for players to creatively demonstrate school pride without sacrificing style in the process. No official wants to penalize a player or notify the state association for individual or team violations of the uniform rules. To avoid penalties related to uniforms, the committee would like to emphasize the following rules regarding uniform requirements:

1. **Manufacturer's Logo Restriction:** Logos cannot exceed 2.25 square inches and only one logo is permitted on each piece of the uniform. This includes the waistband.
2. **Numbers:** When ordering new uniforms, refer to Rule 4-2-4 for number size and location requirements. Beginning in the 2023 season, the body of the number must clearly contrast from the body of the uniform regardless of trim.
3. **Style of Uniform Bottoms:** Multiple styles of uniform bottoms [shorts, spandex, pants (leggings) or skirt] are allowed by rule. A combination of like-colored bottoms may be worn within a team. Coaches should communicate these options to players and parents that are supplying the uniform bottoms to accommodate for different levels of comfort with the current trends in style.
4. **Process of Notification:** If there are uniform violations that cannot be fixed on a given night, the appropriate process of notification shall be followed in communicating those uniform concerns. The official shall first notify the coach about the illegal uniform(s). If the coach cannot fix the problem for the match and therefore does not have six players wearing legal uniforms, a loss of rally/point shall be awarded to the opponent at the beginning of the match and the state association shall be notified. The goal is to allow teams to compete provided there are no safety concerns and allow the state office to work with the school to correct the issue(s).

For all the uniform rules and penalties associated with uniform violations see Rule 4-2.

Volleyball Rules Interpretations - 2020-21

By NFHS on July 22, 2020

[volleyball](#)

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2020

SITUATION 1: Team A is playing with only seven players on its roster. One player is designated as the libero. An injury occurs to one of the position players on Team A and he/she cannot continue in the match. The coach for Team A cannot locate the extra team uniform and sends the libero into the set as the exceptional substitute in his/her current libero uniform. The set continues without further delay. **RULING:** Incorrect procedure. **COMMENT:** Team A should do everything it can to locate a team uniform. This includes assisting the injured player away from the playing area to switch jerseys with the libero/exceptional substitute. If the injured player cannot remove his/her jersey and a team jersey cannot be located, a loss of rally/point shall be awarded to the opponent for an illegal uniform, and the state association shall be notified. Play resumes with the libero as the exceptional substitute. (4-2 PENALTIES 3, 10-3-6c, 10-4-3b)

SITUATION 2: A player on Team B's bench is questioning the line judge's judgment, influencing his/her decision on an in/out call in the first set. The first referee issues a yellow conduct card to the head coach as a warning to control his/her bench personnel. The card is recorded on the scoresheet and the head coach is allowed to continue to stand and coach his/her players. During the third set, the first referee issues a red conduct card to the head coach as the team's second offense for bench conduct. The card is recorded on the scoresheet, a loss of rally/point is awarded to the opponent and the head coach is required to remain seated throughout the rest of the match. **RULING:** Correct procedure. **COMMENT:** Cards for unsporting conduct carry over from set to set. A yellow conduct card issued to the head coach for actions by the head coach, assistant coach(es) or team bench in Set 1 does not require the head coach to remain seated. A second unsporting conduct card issued to the coach for inappropriate actions by the head coach, assistant coach(es) or team bench does require the head coach to remain seated for the remainder of the match. (12-2-6, 12-2-8, 12-2 PENALTIES, 12-2 NOTES 2)

SITUATION 3: The head coach of Team A is issued a yellow conduct card for disrespectfully addressing an official. The card is recorded on the scoresheet and the match proceeds without further penalty. The coach continues to stand and coach his/her team in the appropriate area. In the same set, a player on the court for Team A is issued a yellow conduct card for using profanity. Since this is the second conduct card given in the match to Team A, a red card is issued to the coach, a loss of rally/point is awarded to the opponent and the coach is notified that he/she must stay seated for the remainder of the match. **RULING:** Incorrect

procedure. **COMMENT:** The head coach assumes responsibility for the team bench. Any conduct card issued for behavior by a head coach, substitute, assistant coach(es) or team attendant is assessed to the head coach. Conduct cards assessed to players on the court are assessed to the player committing the violation. The head coach only loses his/her ability to stand when a red conduct card for first serious offense or second minor offense is issued to bench personnel. (12-2-6, 12-2-9, 12-2 PENALTIES)

BLUE BOOK RULES 2021-2022 – GENERAL

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2021-2022 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

201. STANDARDS OF ELIGIBILITY

<https://cifss.org/resources/blue-book/59/>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/88/>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/90/>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/93/>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/99/>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

<https://cifss.org/resources/blue-book/104/>

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/104/>

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/110/>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/108/>

1229. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/137/>

1230. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/137/>

3400. PLAYOFFS

<https://cifss.org/resources/blue-book/197/>

Additional playoff information will be available in late September in the Girls' Volleyball Playoff Bulletin. This bulletin will contain details on when the draws will be available, financial regulations, reporting of match results, game time and date change protocol, etc.

BLUE BOOK RULES 2021-2022 – VOLLEYBALL

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2021-2022 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas for volleyball.

3100. RALLY SCORING

<https://cifss.org/resources/blue-book/185/>

3101. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/185/>

3104. SCRIMMAGES

<https://cifss.org/resources/blue-book/185/>

3105. TOURNAMENTS

<https://cifss.org/resources/blue-book/185/>

3106. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

<https://cifss.org/resources/blue-book/186/>

3108. END OF COMPETITION

<https://cifss.org/resources/blue-book/186/>

3110. OUTSIDE COMPETITION BY AN INDIVIDUAL

<https://cifss.org/resources/blue-book/186/>

1229. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/137/>

1224. PLAYER CONDUCT

<https://cifss.org/resources/blue-book/134/>

1225. COACH EJECTION

<https://cifss.org/resources/blue-book/136/>

3400. PLAYOFFS

<https://cifss.org/resources/blue-book/197/>

GVB By League/School/Division – page 1 (COMING SOON)

GVB By League/School/Division – page 2 (COMING SOON)

GVB By League/School/Division – page 3 (COMING SOON)

GVB By League/School/Division – page 4 (COMING SOON)

Volleyball Sample Line Up Sheet:

Team Centerville HS Comets Game 1
Libero: 2 (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>

Volleyball Score Sheet:

Download from the CIF-Southern Section website at
www.cifss.org or click here (<https://cifss.org/sport-news/volleyball-score-sheet/>)

Volleyball Scorekeeping 101:

Download from the CIF-Southern Section website at
www.cifss.org or click here (<https://cifss.org/sport-news/volleyball-scoring-presentation/>)

For Sanctioned Events go to www.cifss.org

1. Click on Governance
2. Click Sanctioned Events
3. Select Volleyball, Girls
4. Click Search
5. To find a specific event, enter information in Keywords
6. Click Search

2021-2022 GIRLS VOLLEYBALL TOP TEN PREVIEW QUESTIONNAIRE

SCHOOL _____ LOCATION (CITY) _____

LEAGUE _____ DIVISION _____

HEAD COACH _____ YRS. AS HEAD COACH AT SCHOOL _____

HEAD COACH E-MAIL _____

2020-21 VARSITY RESULTS:

OVERALL RECORD _____ LEAGUE RECORD _____ LEAGUE PLACE _____

OF RETURNING VAR. PLAYERS: _____ # OF RETURNING VAR. STARTERS _____

TOP RETURNEES:

NAME	POS.	HT.	YR.	HONORS
------	------	-----	-----	--------

_____	_____	_____	_____	_____
-------	-------	-------	-------	-------

_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____
-------	-------	-------	-------	-------

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. _____
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TOURNAMENTS (entered for the 2021-22 season):

RETURN IMMEDIATELY TO:

2021-22 GIRLS VOLLEYBALL ADVISORY DIVISIONAL REPRESENTATIVE (PG. 4)



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

<u>Mark</u>	<u>Category (Season/Game)</u>	<u>Year/Opponent</u>
-------------	-------------------------------	----------------------

INDIVIDUAL RECORDS

<u>Mark</u>	<u>Category (Career/Season/Game)</u>	<u>Player</u>	<u>Year/Opponent</u>
-------------	--------------------------------------	---------------	----------------------

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:** _____

ALL CIF-SS 2021-2022 NOMINATION FORM

ATTENTION: GIRLS' VOLLEYBALL COACH

REFERENCE: ALL-CIF 2021-2022 SOUTHERN SECTION SELECTIONS

This flyer is to select the "All-CIF Southern Section Girls' 2021-2022 Volleyball Team"

A nomination form for the selection of the "All-CIF Southern Section Girls' Volleyball Team" is attached. The selection will be conducted by the coaches of the Advisory Committee.

All coaches are asked to send or pass along their nominations and any additional pertinent information to one of the committee members listed below.

Please **RETURN** the questionnaire **NO LATER THAN THURSDAY, October 28, 2021**

Division	Division Representative	E-Mail
Div. 1-2	Mike Wadley	mwadley@lbschools.net
Div. 3	George Hees	mrhees@hotmail.com
Div. 4	Pat Casey	patrick.casey@oxnardunion.org
Div. 5	Jeff Porter	bionvbguy@yahoo.com
Div. 6	Frankie Perales	Frankiep22c@aol.com
Div. 7		
Div. 8	Darcy Brown	ibvbski@aol.com
Div. 9	Lynsey Mikhail	Lynsey.mikhail@gmail.com

THANK YOU FOR YOUR TIME IN ADVANCE

If you have any questions or concerns, please do not hesitate to call the
CIF Southern Section Office: 562-493-9500.



ALL-CIF SOUTHERN SECTION GIRLS' VOLLEYBALL 2021-22 NOMINATION FORM

Dear Coach: We would appreciate your prompt cooperation in returning your nomination form to us, noting your: Team Selections, outstanding performers' from your team, League Selections, outstanding performers' from your League, and outstanding performers outside your division. As well as your Division Player and Coach of the Year. **Forward your All League First Team List if available.**

Please return this Nomination Form to us NO LATER THAN THURSDAY, October 28, 2021

Your input is very valuable. All coaches are asked to fill out all or part of this form and return by the deadline. Participating in the playoffs is not a requirement to be selected ALL-CIF.

Your High School _____	Division _____	League _____	win _____ lost _____
Head Coach _____	Team Record: _____		
Head Coach Cell # _____	League Finish: _____		

RECOMMENDED PLAYERS FROM YOUR TEAM. IN ORDER OF ABILITY

	PLAYERS' NAME	NUMBER	GRADE	POSITION	AWARDS
1	_____				
2	_____				
3	_____				
4	_____				

RECOMMENDED PLAYERS FROM YOUR DIVISION ONLY. IN ORDER OF ABILITY

	PLAYERS' NAME	NUMBER	GRADE	POSITION	SCHOOL
1	_____				
2	_____				
3	_____				
4	_____				
5	_____				
6	_____				

YOUR LEAGUE PLAYER OF THE YEAR _____

School _____

If selected by due date, please send First Team All League Information with this form.

RECOMMENDED PLAYERS FROM OUTSIDE YOUR DIVISION. IN ORDER OF ABILITY

	PLAYERS' NAME	NUMBER	GRADE	POSITION	SCHOOL	DIVISION
1	_____					
2	_____					
3	_____					
4	_____					

RECOMMENDED DIVISION PLAYER OF THE YEAR _____

School _____

RECOMMENDED DIVISION COACH OF THE YEAR _____

School _____

If your form is not turned in, your players may not be recognized.

E-mail the completed form to your division representative on or before Thursday, October 28, 2021.

HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2021-2022 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the "Sports Medicine" tab on the white toolbar

PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation 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.

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 the 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 complete 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/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

Question: What is meant by “licensed health care provider?”

Answer: 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).

STERIOD PROHIBITION

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)

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/guardian/caregiver before the athlete's initial practice or competition.

Question: What is meant by “licensed health care provider?”

Answer: 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).



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