

VOLLEYBALL

SEASON
PREVIEW



2024





F-150



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GIRLS VOLLEYBALL SEASON PREVIEW

DATE: June 2024
 TO: CIF-SS GIRLS VOLLEYBALL COACHES
 FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
 RE: **2024-2025 GIRLS VOLLEYBALL SEASON**

WELCOME TO THE 2024-2025 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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2024-2025 ADVISORY COMMITTEE MEMBERS

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IN-SEASON RANKINGS

With the passage of the new competitive equity playoff system in January 2024 and changes to Bylaws 3519 and 3520 a weekly Top 10 poll will not be necessary. The playoff divisions will be created at the end of the regular season based on the current year's data.

It is ***IMPERATIVE*** that COACHES enter their full schedule and record results constantly throughout the season. Member schools who fail to accurately enter complete regular season results into the CIFSSHome system will not be placed into a playoff division and will be **INELIGIBLE** to participate in the Southern Section Championship playoffs.

One Set contests (contacts) should not be entered on your schedule. Those types of events are not official matches as defined by NFHS Rule 1, Section 2, Article 1.

Matches that are 2 (two) sets should be entered. Those are entered because in a best 2 of 3 sets we have a winner by the score of 2 – 0. If there is a tie at 1 set apiece a tie can be recorded.

At the half-way point of the season and then each week that follows until the end of the regular season on Wednesday, October 16th we will post in-season rankings of all Southern Section teams participating in girls' volleyball.

Posting dates are:

Tuesday, September 17
Tuesday, September 24
Tuesday, October 1
Tuesday, October 8
Tuesday, October 15

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 10, 2024.**

SCRIMMAGES:

Maximum 2 scrimmages allowed.

Must be played on or after August 10, 2024, and before the first contest. Once the first official contest is played scrimmages are no longer allowed.

SIT OUT PERIOD (SOP) DATE:

September 14, 2024.

*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 **WEDNESDAY, OCTOBER 16, 2024.**

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
4 Day Tournaments count as:	(5) contacts

One Set contests (contacts) should not be entered on your schedule. Those types of events are not official matches as defined by NFHS Rule 1, Section 2, Article 1.

Matches that are 2 (two) sets should be entered. Those are entered because in a best 2 of 3 sets we have a winner by the score of 2 – 0. If there is a tie at 1 set apiece a tie can be recorded.

CIF SOUTHERN SECTION FORD GIRLS' VOLLEYBALL **CHAMPIONSHIP DATES**

PLAYOFF DATES: October 23/24, 26, 30, November 2

Dates subject to change due to bracket size.
The size of the bracket for all Divisions (8, 16 or 32 team) will not be determined until the end of the regular season.

CIF SS FINALS: November 8-9, 2024

SO. CAL REGIONALS: November 12-19, 2024

STATE FINALS: November 22-23, 2024

CIFSSHOME 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:

To **Add a game:**

- On the left panel, click on "Events", select "Add Event", choose Game under "Event Type", choose date of game under "Event Date", choose **Volleyball, Girls** under "Sport", choose Varsity under "Level", type the opposing school name in "Add Opponent", choose the type of game under "Select Game Type", click on Home, Away or Neutral under "Location", choose "Start Time"
Click on "Save" to add one game or "Save & Duplicate" for multiple games.

- To **Submit your score:**


- On the left panel, click on "Teams", select "Teams Manager", scroll down to **Volleyball, Girls** and click on VR to add Varsity scores
Click on "Post Result" button, enter your team's score, enter the opponent's score, result should auto populate with either "W", "L" or "T" based on the correct match score entered. If the game was a forfeit, click on the Yes box, enter the set scores in "Notes".

Make sure that your overall and team records are correct on your team page

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 **Wednesday, October 23**.

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


- Click on the "Users" tab, click on "User Manager", click on the  in the upper right hand corner to add Coaches and Assistant Coaches.
Enter the information requested on the "Add School User" page. Choose "Active" to provide the coach with access to CIFSSHome or "Inactive" for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**.

Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (TEAM PHOTO)

Attention Athletic Directors/Coaches: It is very important that you enter your Girls Volleyball team photo into CIFSSHome (www.cifsshome.org) no later than **Wednesday, October 23**.


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

- Click on the "Teams" tab, click "Teams Manager", click on "Volleyball, Girls", click on the "Team Photo" tab,
Click on the  under "TEAM PICTURE", choose the file, click **Submit**.

VARSITY TEAM INFORMATION (ROSTERS)

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 **Wednesday, October 23**.


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

- Click on the "Teams" tab, click on "Teams Manager", click on "Volleyball, Girls", select 
You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Girls Volleyball is:

First Name, Last Name, Birth date, Year, Number, Position, Height & Eligibility

(1) To **ADD** roster players one by one:




- Click on  and complete fields required for Girls Volleyball.

(2) To **Import** a Roster using an Excel 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.
- Only an excel file (xls) can be uploaded 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

- Click on to find your file,  then click on 
- To confirm the roster has been uploaded, your players' names will be uploaded in the "Official Roster" section.
- Click on the  next to the player's name to view each player's information.

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 OCTOBER 16, 2024 @ 10:00 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 the "Forms" tab, select "At Large Petition"
- Select "Girls Volleyball" from the drop down menu 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.



OFFICIAL BALL PROGRAM 2023-2024

Official Ball per sport:

Baseball:	Rawlings RCIF-SS	Must be CIFSS/ NOCSAE stamped ball
Boys Basketball:	Wilson NCAA EVO NXT GAME BALL Size 7 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 7	
Girls Basketball:	Wilson NCAA EVO NXT GAME BALL Size 6 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 6	
Football:	Wilson GTS GAME BALL Wilson GST Prime GAME BALL	
Lacrosse:	Champion Sports NOCSAE Balls	(White LBWNOCSAE, Yellow LBYNOCSAE, Orange LBO, Lime Green LBG)
Soccer:	Wilson NCAA Vivido Match Ball (Used in CIF-SS Championship) Wilson NCAA Veza Match Ball Wilson Forte Fybrid II NCAA Match Soccer Ball (<i>discontinued</i>)	
Softball:	Rawlings FPCIF-SS (Used in CIF-SS Championship)	
Tennis:	Penn ATP World Tour (Used in CIF-SS Championship) Pro Penn Marathon	
Volleyball, Indoor:	Mikasa VFC1000 Series (Used in CIF-SS Championship) Mikasa VQ2000 Series	
Volleyball, Beach:	Wilson NCAA OPTX Game Ball (Used in CIF-SS 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.

***Items in red are used in the final game for the CIF-SS Championships. Any model listed is compliant in CIF-SS post season play.**

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, tennis and beach volleyball*.

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OFFICIAL PARTNERS:





Volleyball Rules Changes - 2024-25

4-2-3a, 7-1-1 NOTE: Allows a player to change uniform numbers without penalty when a uniform is damaged in addition to when a uniform has blood on it.

Rationale: Adds language to *Rule 4: Uniforms* regarding the proper procedure for a legal uniform number change and expands to include a damaged uniform as a legal reason for changing a uniform number. Aligns language in Rules 4 and 7.

5-4-3c(1): Allows all players on the roster, not just starting players, to stand on their respective end lines prior to the first set.

Rationale: Encourages the inclusion of all players in the pre-match announcements.

5-9-2b NOTE (NEW), State Association Adoption Chart: Requires line judges to switch sides of the court between sets when, by state association adoption, teams remain on the same benches throughout the match.

Rationale: Aligns with the original intent of the rule allowing line judges to alternate between each set to promote fair officiating.

11-4-1b: Allows teams to substitute during an injury time-out for the libero replacement if the libero is injured or ill.

Rationale: Allows for the immediate substitution of the libero replacement who may be playing out of position due to the injury to the libero.

2024-25 Volleyball Major Editorial Changes

Suggested Pre-match Protocol (NEW) - Provides guidance for establishing standardized pre-match protocols as well as timed warm-ups.

2024-25 Volleyball Editorial Changes

4-1-7a,b; 5-4-3c(5); 9-5-1a(2); 9-5-1a(4); 9-5-1b(1); 9-5-1b(4); 9-5-6b; 12 NOTES 1

BLUE BOOK RULES 2024-2025 – 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 2024-2025 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/?gotopage=55>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/?gotopage=86>

212. AMATEUR STATUS

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

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/?gotopage=92>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/?gotopage=98>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

<https://cifss.org/resources/blue-book/?gotopage=103>

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/?gotopage=103>

506. PRACTICE ALLOWANCE

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

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/?gotopage=120>

1227. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/?gotopage=148>

1228. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/?gotopage=148>

3500. PLAYOFFS

<https://cifss.org/resources/blue-book/?gotopage=215>

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 2024-2025 – 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 2024-2025 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas for volleyball.

3200. RALLY SCORING

<https://cifss.org/resources/blue-book/?gotopage=201>

3201. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/?gotopage=201>

3204. SCRIMMAGES

<https://cifss.org/resources/blue-book/?gotopage=201>

3205. TOURNAMENTS

<https://cifss.org/resources/blue-book/?gotopage=201>

3206. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

<https://cifss.org/resources/blue-book/?gotopage=202>

3208. END OF COMPETITION

<https://cifss.org/resources/blue-book/?gotopage=202>

3209. OUTSIDE COMPETITION BY AN INDIVIDUAL

<https://cifss.org/resources/blue-book/?gotopage=202>

1227. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/?gotopage=148>

503.M PLAYER CONDUCT

<https://cifss.org/resources/blue-book/?gotopage=105>

503.M COACH EJECTION

<https://cifss.org/resources/blue-book/?gotopage=106>

3500. PLAYOFFS

<https://cifss.org/resources/blue-book/?gotopage=215>

2024-2025 GIRLS VOLLEYBALL LEAGUES

Updated: 06/25/2024

ENT LEAGUE

3 605

Artesia
Cerritos
Glenn
Oxford Academy
Pioneer
Whitney

3 ACADEMY

AcaciaWood Acad
Avalon
Fairmont Prep
Samueli Academy
Webb

4 AGAPE

Apple Valley Chr Acad
Hesperia Christian
Lucerne Valley
PAL Charter Acad
Silver Valley
Summit Leadership
Univ Careers & Expl.
Victor Valley Chr

3 ALMONT

Alhambra
Bell Gardens
Mark Keppel
Montebello
San Gabriel
Schurr

3 AMBASSADOR

Aquinas
Arrowhead Christian
Linfield Christian
Ontario Christian
Woodcrest Chr

2 ANGELUS

Flintridge Sacred Hrt
Immaculate Heart
Louisville
Marlborough

3 ARROWHEAD

California Lutheran
Calif School/Deaf
La Sierra Academy
Sherman Indian
United Chr Acad

ENT LEAGUE

3 BASELINE

Chino Hills
Etiwanda
Los Osos
Rancho Cucamonga
St. Lucys
Upland

3 BAY

El Segundo
Mira Costa
Palos Verdes
Redondo Union
Torrance

3 BIG VIII

Centennial/Corona
Corona
King, Martin Luther
Norco
Roosevelt, Eleanor
Santiago/Corona

4 CAMINO REAL

Cantwell-Sacred Hrt
La Salle
Paraclete
St. Anthony
St. Genevieve
St. Marys Academy
St. Monica Prep

CHANNEL

Has not reported

3 CITRUS BELT

Beaumont
Cajon
Citrus Valley
Redlands
Redlands East Vly
Yucaipa

4 CITRUS COAST

Carpinteria
Channel Islands
Fillmore
Hueneme
Malibu
Nordhoff
Santa Paula

ENT LEAGUE

COAST

Has not reported

COAST VALLEY

Has not reported

COASTAL

Has not reported

3 COASTAL CANYON

Camarillo
Moorpark
Oak Park
Royal
Simi Valley

2 CONDOR

Besant Hill
Midland
Oak Grove
Providence/SB

3 CRESTVIEW

Canyon/Anaheim
Crean Lutheran
El Dorado
Foothill/Santa Ana
Sunny Hills

4 CROSS VALLEY

Acad Careers/Exp
Academy/Acad Excel
Big Bear
Cobalt Institute
Excelsior Charter
Riverside Prep
University Prep

3 DEL REY

Bishop Amat
Bishop Montgomery
Mary Star of the Sea
Sacred Heart/LA
St. Joseph/Lakewood

ENT LEAGUE

3 DEL RIO

California
El Rancho
La Serna
Santa Fe
Whittier

3 DESERT EMPIRE

La Quinta/La Quinta
Palm Desert
Palm Springs
Rancho Mirage
Shadow Hills
Xavier Prep

3 DESERT SKY

Adelanto
Barstow
Granite Hills
Silverado
Victor Valley

2 DESERT VALLEY

Coachella Valley
Indio
Twentynine Palms
Yucca Valley

3 EMPIRE

Calvary Chapel/SA
Kennedy/La Palma
Laguna Hills
Tustin
Valencia/Placentia

3 EXPRESS

Calvary Chapel/D
Liberty Christian
Newport Chr
Orange County Chr
San Gabriel Acad

4 FOOTHILL

Canyon/CC
Castaic
Golden Valley
Hart
Saugus
Valencia/Valencia
West Ranch

3 FREEWAY

Cypress
Esperanza
La Habra
Villa Park
Yorba Linda

ENT LEAGUE**3 FRONTIER**

Dunn
Grace
Laguna Blanca
Santa Clara
Thacher

Bolsa Grande
La Quinta/W

Los Amigos
Rancho Alamitos
Santiago/GG

3 GATEWAY

Downey
Gahr
La Mirada
Paramount
Warren

3 GOLD COAST

Brentwood
Campbell Hall
Crossroads
The Archer School
Viewpoint
Windward

4 GOLDEN

Antelope Valley
Eastside
Highland
Knight, Pete
Lancaster
Littlerock
Palmdale
Quartz Hill

3 GOLDEN WEST

Costa Mesa
Fullerton
Ocean View
Segerstrom
Westminster

3 HACIENDA

Alta Loma
Colony
Los Altos/HH
San Dimas
South Hills

4 HERITAGE

Desert Chr/Lancaster
Faith Baptist
Lancaster Baptist
Palmdale Aerospace
Santa Clarita Chr
St. Monica Academy
Trinity Classical Acad
Vasquez

ENT LEAGUE**2 INDEPENDENCE**

AGBU/Canoga Park
Buckley
Intl School of LA
Le Lycee
Oakwood
YULA (Yeshiva)

3 INLAND VALLEY

Canyon Springs
Citrus Hill
North, J.W.
Perris
Rancho Verde
Vista Del Lago/MV

3 INTERNATIONAL

Mesrobian
New Covenant Acad
New Harvest Chr
Sequoyah
Southwestern Acad
Waverly

3 IVY

Hemet
Hillcrest
Paloma Valley
Poly/Riverside
Rancho Christian
Valley View

3 LIBERTY

de Toledo
Holy Martyrs
Milken Community
Pacifica Chr/SM
Pilibos

4 MAJESTIC

Bethel Chr/Riverside
Calvary Baptist
Cornerstone Chr/W
Crossroads Chr
Grove
Norton S/L Acad
Packinghouse Chr

3 MARMONTE

Agoura
Calabasas
Newbury Park
Oaks Christian
Thousand Oaks
Westlake

3 MID-CITIES

Bellflower
Dominguez
Firebaugh
Lynwood
Mayfair
Norwalk

ENT LEAGUE**3 MIRAMONTE**

Bassett
Edgewood
Ganesha
La Puente
Pomona
Workman

3 MISSION

Alemany
Chaminade
Harvard-Westlake
Marymount
Notre Dame Acad
Sierra Canyon

4 MISSION VALLEY

Arroyo
El Monte
Gabrielino
Marshall
Mountain View
Rosemead
South El Monte

3 MOJAVE RIVER

Apple Valley
Burroughs/Ridgecrest
Hesperia
Oak Hills
Serrano
Sultana

3 MONTVIEW

Azusa
Baldwin Park
Duarte
Garey
Nogales
Sierra Vista

4 MOORE

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

3 MOUNTAIN PASS

Elsinore
San Jacinto
Tahquitz
Temescal Canyon
West Valley

2 MOUNTAIN VALLEY

Indian Springs
Miller, A.B.
Pacific
San Bernardino

ENT LEAGUE**3 MT. BALDY**

Chaffey
Chino
Diamond Ranch
Don Lugo
Montclair
Ontario

4 MULHOLLAND

Ambassador Chr
Animo Leadership
Compton Early Clg
Environmental Char
Pacific Lutheran
Price
Shalhevet
Summit View West

3 NORTH HILLS

Brea Olinda
El Modena
Pacifica/GG
Sonora
Troy

5 OCEAN

Beverly Hills
Centennial/Comp
Culver City
Hawthorne
Inglewood
Lawndale
Leuzinger
Morningside
Santa Monica

3 OLYMPIC

Heritage Christian
Maranatha
Valley Chr/Cerritos
Village Christian
Whittier Christian

5 OMEGA

Beacon Hill
Delphi Academy
Glendale Adventist
Gorman Learn Ctr/SC
Hillcrest Chr/TO
Lighthouse Chr
Newbury Park Adv
Ojai Valley
Pilgrim
San Fernando Vly Acad
Santa Clarita Vly Int
Summit View
Westmark

ORANGE

Has not reported

ENT LEAGUE**3 ORANGE COAST**

Buena Park
Garden Grove
Godinez
Katella
Santa Ana

4 PACIFIC

Arcadia
Burbank
Burrroughs/Burbank
Crescenta Valley
Glendale
Hoover
Muir
Pasadena

3 PACIFIC COAST

Irvine
Laguna Beach
Northwood
Rosary Academy
St. Margarets Episc

2 PACIFIC HILLS

Portola
Sage Hill
University
Woodbridge

3 PALOMARES

Ayala, Ruben
Bonita
Claremont
Diamond Bar
Glendora
Walnut

3 PIONEER

North Torrance
Peninsula
South Torrance
West Torrance
Wiseburn Da Vinci

4 PREP

Chadwick
EF Academy
Flintridge Prep
Mayfield
Poly/Pasadena
Providence/Burbank
Rio Hondo Prep
Westridge

ENT LEAGUE**3 RIO HONDO**

La Canada
Monrovia
San Marino
South Pasadena
Temple City

3 RIVER VALLEY

Jurupa Valley
La Sierra
Norte Vista
Patriot
Ramona
Rubidoux

3 SAN ANDREAS

Carter
Eisenhower
Jurupa Hills
Notre Dame/Riv
Rialto

3 SAN JOAQUIN

Capistrano Vly Chr
Pacifica Chr/OC
Southlands Chr
Tarbut V Torah
Western Christian

4 SANTA FE

Bishop Conaty-Loretto
Pomona Catholic
Ramona Convent
San Gabriel Mission
Serra
St. Bernard
St. Paul
St Pius X-St Matthias

3 SEA VIEW

Beckman
Capistrano Valley
El Toro
Mission Viejo
Tesoro

2 SKYLINE

Arroyo Valley
Bloomington
Colton
San Gorgonio

ENT LEAGUE**3 SOUTH COAST**

Aliso Niguel
Dana Hills
San Clemente
San Juan Hills

5 SOUTH VALLEY

California Military
Desert Chr Acad
Hamilton
Nuview Bridge
San Jacinto Leadership
San Jacinto Vly Acad
Santa Rosa Academy
St. Jeanne De Lestonnac
Temecula Prep

3 SOUTHWESTERN

Chaparral
Great Oak
Murrieta Mesa
Murrieta Valley
Temecula Valley
Vista Murrieta

2 SUN VALLEY

Banning
Cathedral City
Desert Hot Springs
Desert Mirage

3 SUNBELT

Arlington
Heritage
Lakeside/Lk Elsinore
Liberty/Winchester
Moreno Valley
Orange Vista

3 SUNKIST

Fontana
Grand Terrace
Kaiser
Rim of the World
Summit

4 SUNSET

Corona Del Mar
Edison
Fountain Valley
Huntington Beach
Los Alamitos
Marina
Newport Harbor

ENT LEAGUE**4 TRI-COUNTY PREMIER**

Loma Linda Acad
Mesa Grande Acad
Public Safety Acad
Redlands Adventist
River Springs/Hemet
River Springs/Tem
River Springs Mag

2 TRINITY

JSerra Catholic
Lutheran/Orange
Mater Dei
Santa Margarita

3 TRI-VALLEY

Bishop Diego
Cate
Foothill Tech
St. Bonaventure
Villanova Prep

3 VALLE VISTA

Charter Oaks
Covina
Northview
Rowland
West Covina
Wilson/HH

2 VICTORY

Desert Chapel
Noli Indian
Palm Valley
Weaver

4 WESTERN

Bethel Baptist
Eastside Christian
Legacy College Prep
Magnolia Science Ac
NOVA Acad EC
Vista Meridian
Waldorf/OC

Freelance

Animo City of Champ
Entrepreneur/F
Entrepreneur/H
Gorman LC/AV-probation
Palmdale Acad Chrtr
The Seed School/LA

DOES NOT FIELD

Oranewood Acad

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

2024-2025 GIRLS VOLLEYBALL PREVIEW QUESTIONNAIRE

SCHOOL _____ LOCATION (CITY) _____

LEAGUE _____ DIVISION _____

HEAD COACH _____ YRS. AS HEAD COACH AT SCHOOL _____

HEAD COACH E-MAIL _____

2024-24 VARSITY RESULTS:

OVERALL RECORD _____ LEAGUE RECORD _____ LEAGUE PLACE _____

OF RETURNING VAR. PLAYERS: _____ # OF 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. _____

TOURNAMENTS (entered for the 2024-25 season):

RETURN IMMEDIATELY TO:

2024-25 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 online 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

If a school administrator would like to submit a records update request, please use the link below to complete online.

<https://cifss.org/record-book-request/>

ALL CIF Southern Section Nomination Information

The ALL-CIF Southern Section Girls Volleyball Team will be selected by the advisory committee based on the returned nomination forms submitted by the deadline. Late nominations will not be considered.

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

Form **MUST** be returned no later than Tuesday, November 5, 2024.

<u>Division</u>	<u>Division Representative</u>	<u>Email Contact</u>
1	Mike Wadley	mwadley@lbschools.net
2	Gus Culver	culverg@svusd.org
3	Pat Casey	Patrick.Casey@oxnardunion.org
4	Dillian Bennett	dbennett@bishopdiego.org
5	Jeff Porter	bionvbguy@yahoo.com
6	Rene Nakao-Mauch	rnakaomauch@ojaiunion.org
7	Frankie Perales	Frankiep22c@aol.com
8	Carlos Martinez	Cmartinez1@lbschools.net
9	Giselle De Moura	Giselledemoura4@gmail.com
10	Lynsey Mikhail	Lynsey.Mikhail@gmail.com

If you have any questions, please contact our office or any one of the advisory members listed in the preview.

Thank you in advance for your assistance in completing this process.



ALL CIF NOMINATION FORM

Click the link below to access the ALL-CIF Southern Section Girls Volleyball Nomination information and form.

<https://cifss.org/wp-content/uploads/2018/09/2024-GVB-All-CIF-Nomination-Entry-Page.pdf>

Complete the form and submit a copy to your division reps found on page 20.

DUE ON TUESDAY, November 5, 2024.



MEMORANDUM

TO: All-CIF-SS SELECTION COORDINATORS AND CIF-SS STAFF
FROM: THOM SIMMONS, ASSISTANT COMMISSIONER
DATE: JUNE 10, 2024
RE: 2024-2025 ALL-CIF SOUTHERN SECTION TEAMS

Per the previous directive regarding the selection of All-CIF-SS and after consultation with CIF-SS Staff, the following are the mandatory maximums as it regards team selections in all sports. The office will no longer provide certificates beyond the first team in any sport and each sport will be allotted the following number of player selections for each division represented in that sport:

Girl's Volleyball 12 position players, 1 Libero, **1 MVP***, 1 Coach of the Year (13 w/ Libero; 12 w/o)

*** In each sport the MVP must be included in the list of position players**

Each sport may alter their lists, except those as designated, as they see fit (i.e. select Co-MVP's) however the total number of players may not exceed the total number of allowable selections.

- Each sport may continue to select and honor a 2nd or 3rd team. However, the CIF Southern Section will not pay for those certificates, nor will the CIF-SS office release those teams to the media. Additionally, 2nd and 3rd teams cannot include the use of "CIF" or any variation of our name in the titling. Thank you for your understanding and please feel free to contact me should you have any questions on this issue.
- Unless an individual school has co-head coaches on their staff we will not accept "Co-Coaches of the Year".
- Any sport that does not conform to these guidelines will be asked to resubmit.

Thank you for your cooperation and understanding.

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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 2024-2025 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).

STEROID 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

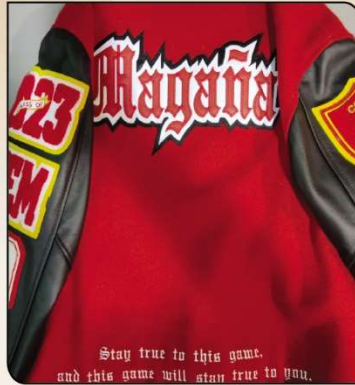
A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for 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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