

VOLLEYBALL

SEASON
PREVIEW



2024





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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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CALENDAR DATES – GIRLS VOLLEYBALL

FIRST CONTEST	SATURDAY, AUGUST 10, 2024 The initial date on which a school may schedule and conduct an interscholastic contest.
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	SATURDAY, 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	WEDNESDAY, OCTOBER 16, 2024 All competition (league / non-league) MUST end on or before this date.
MAXIMUM CONTACTS	<p>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</p> <p>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.</p> <p>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.</p>
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.
CIFSS FINALS SO. CAL REGIONALS STATE FINALS	NOVEMBER 8 – 9, 2024 NOVEMBER 12 – 19, 2024 NOVEMBER 22 – 23, 2024

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

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.

For this season the Massey Ratings System will be used to provide our overall team rankings. The Massey Rating System was selected because it "connects" two teams via an equation. As more games are played, eventually each team is connected to every other team through some chain of games. These final team rankings will then be used to create our 10 playoff divisions for girls' volleyball. All matches that are best 2 out of 3 or 3 out of 5 sets will be used to create a teams final overall rating. The overall team rating is a merit-based quantity, and it the result of applying a Bayesian win-loss correction to the power rantings.

Final power rankings, and divisional placements, will be determined and released at the end of the current regular season. Seeding for all playoff brackets in each division will follow the final power rankings in the division, regardless of league affiliation or league finish. For example, in the First Round, the #1 seed, determined by the final power rankings for that division, will play #32, the #2 seed will play #31, etc. in a 32-team bracket. The higher seeded team will host the First-Round contest and then CIF Southern Section Bylaw 3504, Host Team After the First Round, will be followed for all subsequent contests.

The size of the bracket will be determined at the end of the regular season.

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

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.

2024-2025 ADVISORY COMMITTEE MEMBERS

Mike Wadley	Lakewood / Moore	MWadley@lbschools.net
Dave Huber	Los Alamitos / Sunset	dhuber@losal.org
Ed Taitano	Vista Murrieta / Southwestern	etaitano@murrieta.k12.ca.us
Gus Culver	El Toro / Sea View	culverg@svusd.org
Courtney Krueger	Santiago / Big VIII	ckrueger@cnusd.k12.ca.us
Liane Sato	Santa Monica / Ocean	Lsato@smmusd.org
George Hees	Newbury Park / Marmonte	mrhees@hotmail.com
Patrick Casey	Oxnard / Channel	patrick.casey@oxnardunion.org
Bernie Wendling	At-Large Representative	b.wendvb@gmail.com
Cindy Gurney	At-Large Representative	ybgurney@yahoo.com
Margaret Neill	At-Large Representative	mneill@paracletehs.org
Dillan Bennett	Bishop Diego / Tri Valley Ath Assoc	dbennett@bishopdiego.org
Jeff Porter	SCVOA / Marymount HS	bionvbgyu@yahoo.com
Margaret Neill	At-Large Representative	mneill@paracletehs.org
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Rene Nakao-Mauch	Nordhoff / Citrus Coast	rnakaomauch@ojaiusd.org
Darcy Brown	Santa Clarita Chr. / Heritage	ibvbski@aol.com
Eric Graham	Portola / Pacific Hills	ericgraham@iusd.org
Frankie Perales	Garden Grove / Golden West	frankiep22c@aol.com
Cory Sumrall	San Jacinto / Mountain Pass	csumrall@sanjacinto.k12.ca.us
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Carlos Martinez	Avalon / Academy	CMartinez1@lbschools.net
Giselle De Moura	Samueli Academy / Academy	Giselledemoura4@gmail.com
Rudy Alvarez	Bassett / Miramonte	rudyalvarez79924@gmail.com
Lynsey Mikhail	At. Large Representative	lynsey.mikhail@gmail.com
Robert Gibbs	At-Large Representative / Southwestern Acad	robgibb12345@gmail.com
Leo Chrisman	Indian Springs / Mountain Valley	leo.chrisman@gmail.com

The CIF Southern Section is continuing to utilize the concept of coaches' advisory committees for all sports. The role of the advisory committee may or may not include the following:

- Meetings
- Recommendations for playoffs sites
- Recommendations for procedural changes
- Recommendations for rule changes
- Evaluation of sport season
- Assistance to coaches and/or officials' organizations
- Communications between coaches and the CIF-SS office
- Management/Supervision at Championship Events

The Coaches Advisory Committee is member coaches and an administrator from the CIFSS office staff. Coaches selected for the committee provide a cross-section of the organization and are based upon geographic, as well as competitive divisions. Should you have suggestions or questions regarding lacrosse competition, please make use of this excellent channel of communication. The committee will meet on a regular basis during the season and your items will become part of our agenda.



OFFICIAL BALL PROGRAM 2024-2025

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 GST – WTF1003 Wilson Omega – WF1005301IDOF Wilson GST Prime – WTF1103 (discontinued)	
Lacrosse:	PEARL X (Used in CIF-SS Championship) PEARL LT	
Soccer:	Wilson NCAA Vivido Match Ball (Used in CIF-SS Championship) Wilson NCAA Veza Match Ball Wilson Forte Hybrid II NCAA Match Soccer Ball (discontinued)	
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 approved for play 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.

MIKASA



OFFICIAL INDOOR VOLLEYBALL OF THE



VFC1000 COLOR OPTIONS



VFC1000



VFC1000-RGW



VFC1000-RSW



VFC1000-CAN

800.854.6927

mikasasports.com

CONTACT: sales@mikasasports.com

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

NFHS / VOLLEYBALL RULES

Points of Emphasis:

Rule 2, Article 4 – A continuous center line, two (2) inches wide, parallel to and equidistant from the end lines, shall separate the court into two playing areas.

Note: A solid or shadow-bordered 2-inch-wide center line is permissible. Border lines that are the natural color of the court are permissible.

Rule 2, Article 9 – The coaching zone is the area defined as the libero replacement zone and the area beyond the end line and sideline extended.

Rule 3, Article 3 – The standards, first referee's platform and floor/wall cables must be padded.

Penalty: When the host school does not pad the standards, floor/wall cables and first referee's platform according to the Rule 3-1-3, the match shall not be played.

Rule 3, Article 6 – A safe, stable platform, which elevates the first referee's head to between 2 and 3 feet above the top of the net is required.

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=53>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/?gotopage=82>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/?gotopage=84>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/?gotopage=87>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/?gotopage=94>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

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

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

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

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/?gotopage=107>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/?gotopage=114>

1227. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/?gotopage=141>

1228. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/?gotopage=141>

3500. PLAYOFFS

<https://cifss.org/resources/blue-book/?gotopage=209>

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=195>

3201. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/?gotopage=195>

3204. SCRIMMAGES

<https://cifss.org/resources/blue-book/?gotopage=195>

3205. TOURNAMENTS

<https://cifss.org/resources/blue-book/?gotopage=195>

3206. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

<https://cifss.org/resources/blue-book/?gotopage=196>

3208. END OF COMPETITION

<https://cifss.org/resources/blue-book/?gotopage=196>

3209. OUTSIDE COMPETITION BY AN INDIVIDUAL

<https://cifss.org/resources/blue-book/?gotopage=196>

1227. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/?gotopage=141>

503.M PLAYER CONDUCT

<https://cifss.org/resources/blue-book/?gotopage=101>

503.M COACH EJECTION

<https://cifss.org/resources/blue-book/?gotopage=102>

3500. PLAYOFFS

<https://cifss.org/resources/blue-book/?gotopage=209>

2024-2025 GIRLS VOLLEYBALL LEAGUES

Updated: 09/11/2024

ENT LEAGUE

3 605

Artesia
Cerritos
Glenn
Oxford Academy
Pioneer
Whitney

3 ACADEMY

Acaciawood Acad
Avalon
Fairmont Prep
Samueli Academy
Webb

3 AGAPE

Lucerne Valley
PAL Charter Acad
Silver Valley
Summit Leadership
Univ Career & Sports
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

3 ANGELUS

Flintridge Sacred Hrt
Immaculate Heart
Louisville
Marlborough
Notre Dame/SO

3 ARROWHEAD

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

3 BASELINE

Chino Hills
Etiwanda
Los Osos
Rancho Cucamonga
St. Lucys
Upland

ENT LEAGUE

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

4 CHANNEL

Buena
Dos Pueblos
Oxnard
Pacifica/Oxnard
Rio Mesa
San Marcos
Santa Barbara
Ventura

3 CITRUS BELT

Beaumont
Cajon
Citrus Valley
Redlands
Redlands East Vly
Yucaipa

4 CITRUS COAST

Carpinteria
Channel Islands
Fillmore
Hueneme
Malibu
Nordhoff
Santa Paula

3 COAST

Bolsa Grande
Estancia
La Quinta/Westminster
Orange
Saddleback

ENT LEAGUE

4 COAST VALLEY

Coast Union
Coastal Christian
Cuyama Valley
Maricopa
SLO Classical Acad
Shandon
Valley Christian/SM

4 COASTAL

Calif Acad Math/Sci
Geffen Academy
Hawthorne MSA
New Roads
Rolling Hills Prep
Vistamar
Wildwood

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
Hesperia Christian
Riverside Prep
University Prep

3 DEL REY

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

3 DEL RIO

California
El Rancho
La Serna
Santa Fe
Whittier

ENT LEAGUE

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

3 FRONTIER

Dunn
Grace
Laguna Blanca
Santa Clara
Thacher

ENT LEAGUE**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 GROVE

Loara
Los Amigos
Rancho Alamitos
Santa Ana Valley
Santiago/GG

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

2 INDEPENDENCE

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

ENT LEAGUE**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

3 MIRAMONTE

Bassett
Edgewood
Ganesha
La Puente
Pomona
Workman

ENT LEAGUE**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

3 MT. BALDY

Chaffey
Chino
Diamond Ranch
Don Lugo
Montclair
Ontario

ENT LEAGUE**5 MULHOLLAND**

Ambassador Chr
Animo City of Champs
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/Compton
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
Highland Hall
Hillcrest Chr/TO
Lighthouse Chr
Newbury Park Adv
Ojai Valley
Pilgrim
San Fernando Vly Acad
Summit View
Westmark

3 ORANGE

Anaheim
Century
Magnolia
Savanna
Western

3 ORANGE COAST

Buena Park
Garden Grove
Godinez
Katella

ENT LEAGUE**4 PACIFIC**

Arcadia
Burbank
Burroughs/Burbank
Crescenta Valley
Glendale
Hoover
Muir
Pasadena

3 PACIFIC COAST

Irvine
Laguna Beach
Northwood
Rosary Academy
St. Margarets

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

3 RIO HONDO

Blair
La Canada
Monrovia
San Marino
South Pasadena
Temple City

ENT LEAGUE**3 RIVER VALLEY**

Jurupa Valley
La Sierra
Norte Vista
Patriot
Ramona
Rubidoux

3 SAN ANDREAS

Carter
Eisenhower
Jurupa Hills
Notre Dame/Riverside
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

3 SOUTH COAST

Aliso Niguel
Dana Hills
San Clemente
San Juan Hills
Trabuco Hills

ENT LEAGUE**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

4 TRI-COUNTY PREMIER

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

ENT LEAGUE**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

Entrepreneur/F-probation
Entrepreneur/H
First Baptist/LB
Gorman LC/AV-probation
Legacy Chr Acad-probation
Lifeline Ed Charter
Palmdale Acad Chrtr
The Seed School/LA

DOES NOT FIELD

Anacapa
Apple Valley Chr Acad
Joshua Springs Chr
Orangewood Acad
Santa Clarita Vly Int

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)



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.



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.

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.

CIF-SS HISTORY RECORD BOOK

The CIF-SS Record Book is updated on a yearly basis and can be found here.

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

The CIF-SS Communications Office will automatically update information on championship teams, scores, and Players of the Year. Should your team, an athlete on your team, or a coach, meet a milestone record, then please complete this form.

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

Please note we only record the top 10 in each category.

When pain gets in the way of doing what you love ...

Trust the experts at Hoag & Hoag Orthopedic Institute
Sports Medicine to get you back on the field.

Hoag & Hoag Orthopedic Institute Sports Medicine are proud
to be the Official Orthopedic & Sports Medicine Partner of the
CIF Southern Section.

**Hoag
Orthopedic
Institute.**

SPORTS MEDICINE



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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).

EXTREME HEAT AND AIR QUALITY POLICY **FOR THE CALIFORNIA INTERSCHOLASTIC FEDERATION**

As per **CA State Law AB 1653** and CIF Bylaw 503 K. Heat Illness and Air Quality Index Protocols, **all CIF member schools must adhere to the CIF Heat Illness Prevention and Heat Acclimatization Policies as outlined below.**

Extreme Heat Procedures:

The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the Heat Index, which takes into consideration temperature and humidity and is calculated for shady areas. The WBGT is especially valuable in environments where people are physically active, such as sports, as it provides a better assessment of the risk of heat-related conditions during physical exertion. The CIF requires that schools use the WBGT for the most accurate measurement.

Depending on your Category Region (see map below), it is mandated for the benefit of the health and safety of our student-athletes that practice/games be canceled, or delayed until cooler when WBGT exceeds these levels:

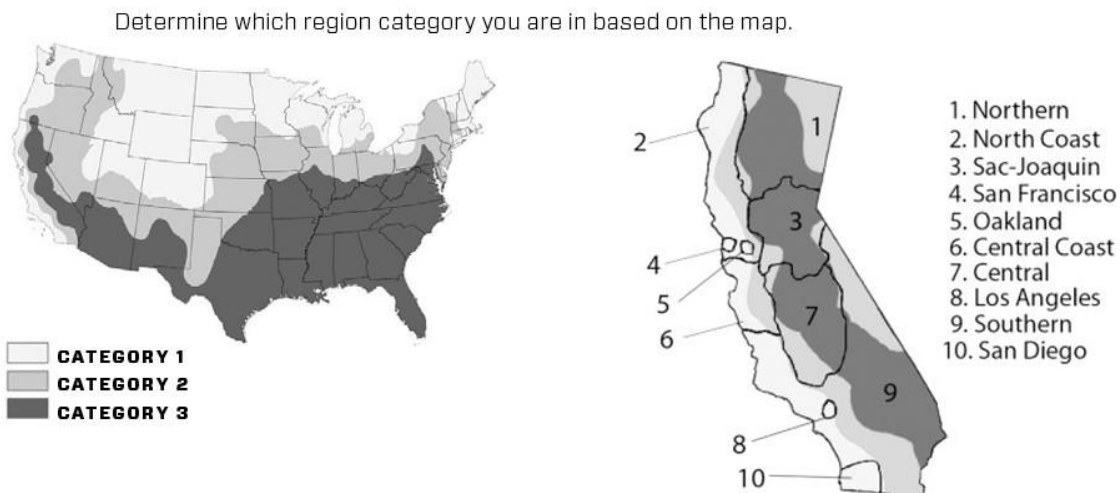
- Region Category 1 >86.2°F
- Region Category 2 >89.9°F
- Region Category 3 >92.0°F

STEP 1

Find your Region Category

Based on the following map, schools should select the category that best fits their region to follow the required guidelines shown below.

The majority of states fall under just one category or two at the most. However, due to its diverse climate across the state, California encompasses all three categories: light gray - Category 1 / medium gray - Category 2 / dark gray - Category 3. (See image below).



STEP 2

WBGT Readings (Note: Temperatures listed in the chart below are calculated using a WBGT and are **not** basic air temperatures) Please see Step 3 below for samples of WBGT readings.

Cat 3	Cat 2	Cat 1	Outdoor Activity Guidelines
<82.0°F <27.8°C	<79.7°F <26.5°C	<76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9 - 30.5°C	79.9 - 84.6°F 26.6 - 29.2°C	76.3 - 81.0°F 24.6 - 27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6 - 32.2°C	84.7 - 87.6°F 29.3 - 30.9°C	81.1 - 84.0°F 27.3 - 28.9°C	Maximum outdoor practice time is 2 h. Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. <u>For Football/Field Hockey:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing full pads without changing to shorts.
90.1 - 91.9°F 32.2 - 33.3°C	87.8 - 89.6°F 31.0 - 32.0°C	84.2 - 86.0°F 29.0 - 30.0°C	Contests are permitted with additional hydration breaks. Maximum outdoor practice time is 1 h. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1°F ≥33.4°C	≥89.8°F ≥32.1°C	≥86.2°F ≥30.1°C	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached.

STEP 3

Schools without a WBGT should use the link below from the NOAA for a WBGT reading

<https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTTFTT®ion=0&element=8&mxmz=true&barbs=false&subl=TTTTTT&units=english&wunits=nautical&coords=latlon&tunits=localt>

EXAMPLE @2:30 PM

AUGUST 31, 2023

CATEGORY 1 SCHOOL

Outside Air Temp 87° F

WBGT Reading =80

AUGUST 31, 2023

CATEGORY 2 SCHOOL

Outside Air Temp 97° F

WBGT Reading =82

AUGUST 31, 2023

CATEGORY 3 SCHOOL

Outside Air Temp 92° F

WBGT Reading =81

CIF Fall Outdoor Sports Acclimatization Policy

Given the extreme heat issues typically experienced at the start of the Fall sports season, heat acclimatization is crucial for high school athletes to help them adapt to hot weather conditions and reduce the risk of heat-related illnesses. The following is a four-step plan for heat acclimatization in outdoor high school sports:

- 1. Gradual Increase in Activity:**
 - Start with light workouts in cooler conditions to prepare athletes for increased heat exposure.
 - Gradually increase the intensity and duration of practice sessions over 10-14 days.
- 2. Hydration Education:**
 - Teach athletes the importance of staying hydrated and recognizing signs of dehydration.
 - Encourage regular water breaks during practice and games and always provide access to water.
- 3. Modify Practice Schedules:**
 - Schedule outdoor practices during cooler times, like early morning or late evening.
 - Allow frequent breaks and shade to help athletes cool down and recover.
- 4. Monitor Athlete Health:**
 - Educate coaches, trainers, and athletes on the signs of heat-related illnesses (heat exhaustion and heat stroke).
 - The school will have available a method to institute whole-body cooling to treat a student-athlete with exertional heat illness, especially heat stroke (e.g., ice tub, "taco tarp", ice towels) which is easily accessible at all practice and contest venues.

Safety should always be the top priority when acclimating high school athletes to hot weather conditions. This plan helps athletes adapt while minimizing the risk of heat-related issues.

For All Outdoor Fall Sports

Five-Day Acclimatization Period. Preseason practice shall begin with a five-day acclimatization period for all Fall student-athletes. All student-athletes, including those who arrive at preseason practice after the first day of practice, are required to undergo a five-day acclimatization period. The five-day acclimatization period shall be conducted as follows:

- (a) Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than two hours.

For Football Only

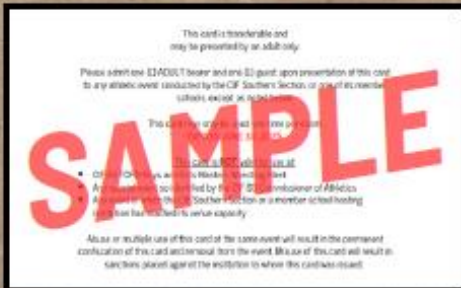
- (b) During the first three days of practice or testing activity, helmets shall be the only protective equipment student-athletes may wear. During the next two days of practice or testing activity, helmets, and shoulder pads shall be the only protective equipment student-athletes may wear. Student-athletes may practice in full pads on the sixth day of practice or testing activity.

2024-2025

CIF-SS APPROVED PASS GATE CARDS

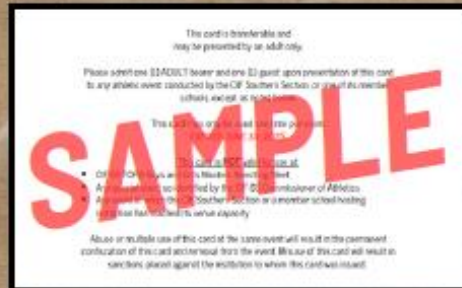
COURTESY CARD

GOOD FOR BEARER +1



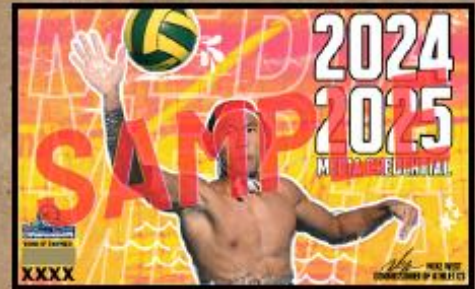
CORPORATE PARTNER

GOOD FOR BEARER +1



MEDIA CREDENTIAL

GOOD FOR BEARER ONLY



CIF-SS EMPLOYEE

GOOD FOR CIF-SS STAFF ONLY



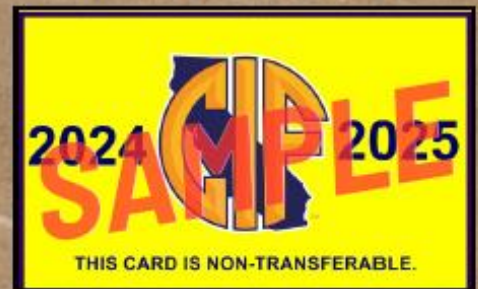
GOLD LIFE PASS

GOOD FOR BEARER +1



STATE COURTESY CARD

GOOD FOR BEARER +1



MVP AD

GOOD FOR BEARER +1



California Interscholastic Federation 2024-2025 COURTESY CARD





**THE
BEST
USE
THE
BEST**

GATORADE

