

CIF SOUTHERN SECTION | GIRLS VOLLEYBALL



# SEASON PREVIEW





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# GIRLS VOLLEYBALL SEASON PREVIEW

DATE: June 2025  
TO: CIF-SS GIRLS VOLLEYBALL COACHES  
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER  
RE: **2025-2026 GIRLS VOLLEYBALL SEASON**

## WELCOME TO THE 2025-2026 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**

<b>FIRST CONTEST</b>	<p style="text-align: center;"><b>SATURDAY, AUGUST 9, 2025</b></p> <p>The initial date on which a school may schedule and conduct an interscholastic contest under all CIF bylaws.</p>
<b>SCRIMMAGES</b>	<p style="text-align: center;"><b>MAXIMUM 2 SCRIMMAGES ALLOWED</b></p> <p>Must be played on or after August 9, 2025, and before the first contest. Once the first official contest is played scrimmages are no longer allowed.</p>
<b>SIT OUT PERIOD</b>	<p style="text-align: center;"><b>SATURDAY, SEPTEMBER 13, 2025</b></p> <p>*Note this date could be adjusted or different for each individual due to the date of enrollment at the new school. Check the “transfer decision” date for accurate information at <a href="http://www.cifss.org">www.cifss.org</a>.</p>
<b>LAST CONTEST</b>	<p style="text-align: center;"><b>WEDNESDAY, OCTOBER 15, 2025</b></p> <p>All competition (league / non-league) MUST end on or before this date.</p>
<b>MAXIMUM CONTACTS</b>	<p>The allowable number of contests is: <b>28</b>  The allowable number of tournaments is: <b>3</b>  1 Day Tournament counts as: <b>(2) contacts</b>  2 Day Tournament counts as: <b>(3) contacts</b>  3 Day Tournaments count as: <b>(4) contacts</b>  4 Day Tournaments count as: <b>(5) contacts</b></p> <p><b>One Set contests (contacts) <u>should not be entered</u> on your schedule. Those types of events are not official matches as defined by NFHS Rule 1, Section 2, Article 1.</b></p> <p><b>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.</b></p>
<b>PLAYOFF DATES</b>	<p style="text-align: center;"> <b>October 21, 1<sup>st</sup> Round (Divisions 2,4,6,8,10)</b>  <b>October 22, 1<sup>st</sup> Round (Divisions 1,3,5,7,9)</b>  <b>October 23, 2<sup>nd</sup> Round (Divisions 2,4,6,8,10)</b>  <b>October 25, 2<sup>nd</sup> Round (Divisions 1,3,5,7,9)</b>  <b>October 29, Quarterfinals (All Divisions)</b>  <b>November 1, Semifinals (All Divisions)</b> </p> <p>Dates subject to change due to bracket size.</p> <p>The size of the bracket for all Divisions (8, 16 or 32 team) will not be determined until the end of the regular season.</p>



<b>CIFSS FINALS</b> <b>SO. CAL REGIONALS</b> <b>STATE FINALS</b>	NOVEMBER 6 - 8, 2025 NOVEMBER 11 - 18, 2025 NOVEMBER 21 – 22, 2025
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## **APPROVED SANCTIONED EVENTS**

Please refer to the CIF Southern Section website ([www.cifss.org](http://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 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” multiple 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 team’s 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 ratings.

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 16<sup>th</sup> we will post in-season rankings of all Southern Section teams participating in girls' volleyball.

Posting dates are:

- Tuesday, September 9
- Tuesday, September 16
- Tuesday, September 23
- Tuesday, September 30
- Tuesday, October 7

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

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

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](http://www.cifsshome.org)) no later than **Wednesday, October 15.**

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


- 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](http://www.cifsshome.org)) no later than **Wednesday, October 15.**


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

- 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](http://www.cifsshome.org)) no later than **Wednesday, October 15.**

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

- 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:


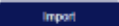

- Click on  and complete fields required for Girls Volleyball.

(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 15, 2025 @ 10:00 P.M.**

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

Once you are logged in:

- On the left panel, click on 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.

## **2025-2026 ADVISORY COMMITTEE MEMBERS**

Mike Wadley	Lakewood / Moore	<a href="mailto:MWadley@lbschools.net">MWadley@lbschools.net</a>
Dave Huber	Los Alamitos / Sunset	<a href="mailto:dhuber@losal.org">dhuber@losal.org</a>
Ed Taitano	Vista Murrieta / Southwestern	<a href="mailto:etaitano@murrieta.k12.ca.us">etaitano@murrieta.k12.ca.us</a>
Gus Culver	El Toro / Sea View	<a href="mailto:culverg@svusd.org">culverg@svusd.org</a>
Courtney Krueger	Santiago / Big VIII	<a href="mailto:ckrueger@cnusd.k12.ca.us">ckrueger@cnusd.k12.ca.us</a>
Liane Sato	Santa Monica / Ocean	<a href="mailto:Lsato@smmusd.org">Lsato@smmusd.org</a>
George Hees	Newbury Park / Marmonte	<a href="mailto:mrhees@hotmail.com">mrhees@hotmail.com</a>
Patrick Casey	Oxnard / Channel	<a href="mailto:patrick.casey@oxnardunion.org">patrick.casey@oxnardunion.org</a>
Bernie Wendling	At-Large Representative	<a href="mailto:b.wendvb@gmail.com">b.wendvb@gmail.com</a>
Cindy Gurney	At-Large Representative	<a href="mailto:vbgurney@yahoo.com">vbgurney@yahoo.com</a>
Margaret Neill	At-Large Representative	<a href="mailto:mneill@paracleths.org">mneill@paracleths.org</a>
Dillan Bennett	Bishop Diego / Tri Valley Ath Assoc	<a href="mailto:dbennett@bishopdiego.org">dbennett@bishopdiego.org</a>
Jeff Porter	SCVOA / Marymount HS	<a href="mailto:bionvbguy@yahoo.com">bionvbguy@yahoo.com</a>
Joe Schnake	Centennial/Corona / Big VIII	<a href="mailto:joeschnake@gmail.com">joeschnake@gmail.com</a>
Rene Nakao-Mauch	Nordhoff / Citrus Coast	<a href="mailto:rnakaomauch@ojaiusd.org">rnakaomauch@ojaiusd.org</a>
Darcy Brown	Santa Clarita Chr. / Heritage	<a href="mailto:ibvbski@aol.com">ibvbski@aol.com</a>
Eric Graham	Portola / Pacific Hills	<a href="mailto:ericgraham@iusd.org">ericgraham@iusd.org</a>
Frankie Perales	Garden Grove / Golden West	<a href="mailto:frankiep22c@aol.com">frankiep22c@aol.com</a>
Cory Sumrall	San Jacinto / Mountain Pass	<a href="mailto:csumrall@sanjacinto.k12.ca.us">csumrall@sanjacinto.k12.ca.us</a>
Mary Starbuck	Katella / Orange Coast	<a href="mailto:bucky27hb@aol.com">bucky27hb@aol.com</a>
Carlos Martinez	Avalon / Academy	<a href="mailto:CMartinez1@lbschools.net">CMartinez1@lbschools.net</a>
Giselle De Moura	Samueli Academy / Academy	<a href="mailto:Giselledemoura4@gmail.com">Giselledemoura4@gmail.com</a>
Rudy Alvarez	Bassett / Miramonte	<a href="mailto:rudyalvarez79924@gmail.com">rudyalvarez79924@gmail.com</a>
Lynsey Mikhail	At-Large Representative	<a href="mailto:lynsey.mikhail@gmail.com">lynsey.mikhail@gmail.com</a>
Robert Gibbs	At-Large Representative	<a href="mailto:robgibb12345@gmail.com">robgibb12345@gmail.com</a>
Leo Chrisman	Indian Springs / Mountain Valley	<a href="mailto:leo.chrisman@gmail.com">leo.chrisman@gmail.com</a>

The CIF Southern Section is continuing to utilize the concept of coaches' advisory committees for all sports. The role of the advisory committee will 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 volleyball 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.



# CIFSS OFFICIAL BALL PROGRAM



## Official Indoor Volleyball

<b>Mikasa</b>	Dan Cowart <a href="mailto:dan@mikasasports.com">dan@mikasasports.com</a> 501-515-8700	Nick England <a href="mailto:nengland@mikasasports.com">nengland@mikasasports.com</a> 951-818-5822
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**OFFICIAL BALL**  
Mikasa  
VFC1000 Series  
*\*This ball will be provided for the championship final game*



**APPROVED FOR PLAY**  
Mikasa  
VQ2000 Series

*\*The official ball rule is mandatory for all CIF-SS playoff rounds.* Contracted through: June 30, 2026

Official Ball Rule:

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.

# MIKASA



## OFFICIAL INDOOR VOLLEYBALL OF THE



### VFC1000 COLOR OPTIONS



VFC1000



VFC1000-RGW



VFC1000-RSW



VFC1000-CAN

800.854.6927

[mikasasports.com](http://mikasasports.com)

CONTACT: [sales@mikasasports.com](mailto:sales@mikasasports.com)

OFFICIAL PARTNERS:







## 2025-26 VOLLEYBALL RULES CHANGES

**3-2-1 NOTE (NEW):** Beginning with the 2026-27 school year, state associations may adopt the use of a non-smooth or textured volleyball.

**Rationale:** Allows either boys or girls to adopt a textured volleyball with no restrictions on color or shape of panels to be inclusive of all current textured volleyballs on the market.

**4-2-1h(3), 4-2-1i(2):** Team members may wear black, white or gray undergarments in addition to undergarments that match the predominant color of the uniform top/bottom under the uniform top and/or bottom. All team members, other than the libero, wearing an undergarment must wear the same color.

**Rationale:** Aligns with other NFHS rules codes allowing athletes to wear more commonly found colors of undergarments.

**4-2-4d, f:** Beginning July 1, 2029, the number on the front of the uniform must be centered on the upper half of the uniform top eliminating the measurement requirements from the shoulder seam and neckline.

**Rationale:** Removes officials from the position of measuring uniforms to verify the legal distance of the number from the shoulder or neckline, creates consistency in number placement, and allows for number placement variances due to player body types.

**5-3-2b, 5-5-3b(9):** Eliminates the requirement for the second referee to carry and use a lineup card to check the starting lineups.

**Rationale:** Allows veteran officials to use each coach's submitted lineup sheet to check the starting lineup while allowing the use of the lineup card as a training tool for newer officials to assist with tracking rotations during the match.

**9-4-8c (NEW):** Eliminates the judgment call of a multiple contact fault in a single attempt to play the ball on the second team hit if the ball is next contacted by a teammate.

**Rationale:** Allows for play to continue when multiple contacts on the second contact does not create an advantage for the offending team.

**10-4 PENALTIES 1:** Changes the penalty administration for an illegal libero replacement to an unnecessary delay if identified before contact of serve and an illegal alignment if identified after contact for serve.

**Rationale:** Aligns the penalty for an illegal libero replacement with the definition of illegal alignment which occurs on contact of serve.

#### **2025-26 Volleyball Editorial Changes**

4-1 & 4-2 PENALTIES; 4-2-4c; 7-2a; 7-4; 7-1-4 PENALTIES 1 & 2; Signal 1

#### **2025-26 Volleyball Points of Emphasis**

1. Lineup Card
2. Ball Handling
3. First Referee Assigning Line Judges
4. Uniforms - Contrasting Colors



## **BLUE BOOK RULES 2025-2026 – 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 2025-2026 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 2025-2026 – 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 2025-2026 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>

# **GIRLS VOLLEYBALL LEAGUES – 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](http://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](http://www.cifss.org) or click here ( <https://cifss.org/sport-news/volleyball-scoring-presentation/> )

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

## **2025-2026 GIRLS VOLLEYBALL PREVIEW QUESTIONNAIRE**

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

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

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

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

### **2025-26 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. _____
----------	----------	----------	----------

### **TOURNAMENTS (entered for the 2025-26 season):**

\_\_\_\_\_

**RETURN IMMEDIATELY TO:**

**2025-26 GIRLS VOLLEYBALL ADVISORY DIVISIONAL REPRESENTATIVE (PG. 8)**



## **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 using this Google Doc link:

<https://forms.gle/R4Lj8NrNrCWLYvvV9>

Any additional pertinent information may be sent to one of the committee members listed below.

**Form MUST be returned no later than Monday, November 10, 2025.**

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

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: 2025-2026 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 2<sup>nd</sup> or 3<sup>rd</sup> 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, 2<sup>nd</sup> and 3<sup>rd</sup> 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.

## **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.

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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 2025-2026 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](http://www.cifss.org) and click on the “Sports Medicine” tab on the blue toolbar.

Additional resources can be found at [www.cifstate.org](http://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).

# **2025-2026 CIFSS APPROVED PASS GATE CARDS – COMING SOON**





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