

CIF SOUTHERN SECTION | BEACH VOLLEYBALL



# SEASON PREVIEW



2025 - 2026



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# GIRLS BEACH VOLLEYBALL SEASON PREVIEW

DATE: JANUARY 2026  
 TO: CIF SOUTHERN SECTION GIRLS BEACH VOLLEYBALL COACHES  
 FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER  
 CHELSEA OLSON, PROGRAM COORDINATOR  
 RE: **2025-2026 GIRLS BEACH VOLLEYBALL SEASON!**

## WELCOME TO THE 2025-2026 GIRLS BEACH VOLLEYBALL SEASON!

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

### TABLE OF CONTENTS

Calendar Dates / Championship Dates .....	4
In-Season Rankings.....	6
Sanctioned Events .....	6
CIFSSHOME.org Requirements .....	7
2025-2026 Advisory Committee Members.....	8
2025-2026 CIFSS Official Ball Program .....	9
Frequently Asked Questions .....	11
2025-2026 Blue Book Rules	
General.....	13
Beach Volleyball.....	14
2025-2026 Rules of Play .....	14
Schools by Leagues Affiliation .....	15
Beach Volleyball Officials Information .....	16
Guidelines for Warm Up Procedures (Pre-Match) .....	16
Individual Pairs Tournament.....	18
Volleyball Records Update.....	19
Health & Safety.....	21

## CALENDAR DATES – GIRLS BEACH VOLLEYBALL

<b>FIRST CONTEST</b>	<b>MONDAY, FEBRUARY 9, 2026</b> The initial date on which a school may schedule and conduct an interscholastic contest.
<b>SCRIMMAGES</b>	<b>MAXIMUM 1 SCRIMMAGE ALLOWED</b> Must be played on or after February 9, 2026, and before the first contest. Once the first official contest is played scrimmages are no longer allowed.
<b>SIT OUT PERIOD</b>	<b>THURSDAY, MARCH 12, 2026</b> *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 <a href="http://www.cifss.org">www.cifss.org</a> .
<b>LAST CONTEST</b>	<b>WEDNESDAY, APRIL 15, 2026</b> All team competition (league / non-league) MUST end on or before this date.
<b>MAXIMUM CONTACTS</b>	<p>The allowable number of contests is: <b>24</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 style="background-color: yellow;">Varsity matches are best 3 out of 5 pairs only. If a school, during the regular season, elects to play with only 3 pairs they elect to enter the match down 0 – 2.</p>
<b>PLAYOFF DATES</b>	<b>APRIL 21, 23, 28, 30</b> 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.
<b>CIFSS TEAM FINALS</b>	<b>MAY 2, 2026</b>
<b>INDIVIDUAL (PAIRS) FINALS</b>	<b>May 6<sup>th</sup> and May 7<sup>th</sup> (students need to check AP test dates)</b>

## **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 that 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.

Varsity matches are best 3 out of 5 pairs only. If a school, during the regular season, elects to play with only 3 pairs, they elect to enter the match down 0 – 2.

Teams that earn an automatic entry into the playoffs through league play must have a five (5) pairs team.

The current in-season power rankings will be posted at three (3) different times during the season. The posting dates are listed below and will appear on the public website at [www.cifss.org](http://www.cifss.org). Final records and rankings will then be available at the conclusion of the regular season to coincide with the release of the playoff brackets. If your team does not appear in the rankings when posted, contact the Southern Section office immediately. If your posted record does not match what the rankings show, email our office immediately, and we will provide you with instructions on how to reconcile.

Posting dates are:

- Thursday, March 5
- Thursday, March 19
- Thursday, April 2
- Friday, April 17 (Final Team Division Placement)

It is imperative that coaches and/or Athletic Directors enter the schedule and results correctly and in a timely fashion. Please pay close attention to the date of the contest, whether it is home, away, or neutral, and make sure you have entered the correct opponent and not a similar school name or even a middle school opponent.

Tournament opponents need to be updated once the result has been recorded. Do not leave a tournament with "TBA" information.

## **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 BEACH**

click on **SEARCH**

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

**Girls Beach Volleyball Approved Sanctioned Events**

## **Open Beach Volleyball Events Opportunities**

4th Annual Early Season NDA High School Beach Volleyball Tournament on Saturday, Feb 21st.  
Details are as follows:

- Registration: [Volleyball Life Registration Link](#)
- Cost: \$40 (Volleyball Life will do all the team registration and receive payment for us)
- Date: Saturday, February 21, 2026
- Location: North Santa Monica Beach - Parking Lot #3 North @ 1150 Pacific Coast Highway (just north of the Santa Monica Pier)
- Coaches Team Check-in @ 8:00 am
- Team Meeting @ 8:45 am
- Tournament Start Time: 9:00 am
- Pool Play Format: Single Elimination Playoffs to Follow
- Levels: Varsity, JV, and Frosh/Soph
- Team Cap: We will have to cap the total # of teams at 15 (Var/JV/Frosh total) - so reserve your spots early!
- Waitlist: We will have a waitlist

# 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 **Beach 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 **Beach 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 Beach Volleyball, Girls coaches (Head & Assistants) into CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **Wednesday, April 23**.

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 Beach Volleyball, Girls team photo into CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **Wednesday, April 23**.


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 "Beach 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 Beach Volleyball, Girls Varsity roster into CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **Wednesday, April 23**.


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 "Beach 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 "Beach Volleyball, Girls" 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 "Beach Volleyball, Girls".

(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 Beach Volleyball, Girls 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 "Beach Volleyball, Girls". The At Large Application is to be submitted by your school no later than **WEDNESDAY, APRIL 16 @ 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 "Beach Volleyball, Girls" 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 High School	<a href="mailto:MWadley@lbschools.net">MWadley@lbschools.net</a>
Liane Sato	Santa Monica High School	<a href="mailto:LSato@smmusd.org">LSato@smmusd.org</a>
Dillan Bennett	Bishop Diego High School	<a href="mailto:dbennett@bishopdiego.org">dbennett@bishopdiego.org</a>
Casey Swenson	San Clemente High School	<a href="mailto:cswenson@capousd.org">cswenson@capousd.org</a>
Megan Hall	Harvard-Westlake	<a href="mailto:mhall@hw.com">mhall@hw.com</a>
Ed Ratledge	Volley OC	<a href="mailto:ratledge@gmail.com">ratledge@gmail.com</a>
Tony Giarla	Officials Rep.	<a href="mailto:tgiarla@yahoo.com">tgiarla@yahoo.com</a>
Todd Livdahl	Officials Assignor	<a href="mailto:todd@612ent.com">todd@612ent.com</a>



# Official Beach Volleyball

**Wilson.** Contact: Craig Kalb - [craig.kalb@wilson.com](mailto:craig.kalb@wilson.com)



OFFICIAL BALL  
NCAA OPTX  
Game Ball

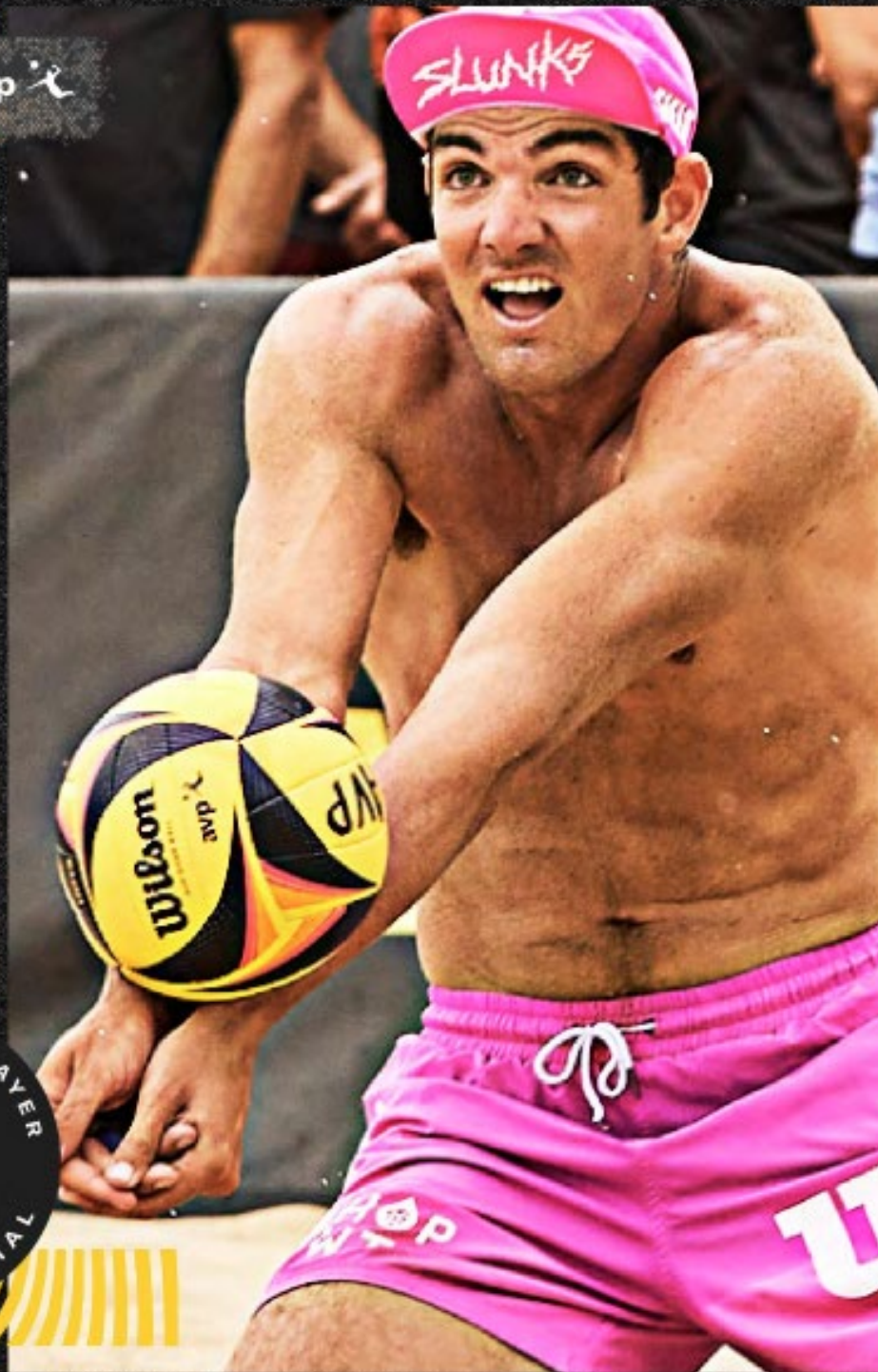
*\*This ball will be provided for the championship final game & Oslrs Tournament.*

*\*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.*

 Wavp 

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TO: CIF SOUTHERN SECTION PRINCIPALS  
CIF SOUTHERN SECTION ATHLETIC DIRECTORS

FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER

**SUBJECT: CIF SOUTHERN SECTION BEACH VOLLEYBALL**

DATE: January, 2026

Below are several of the frequently asked questions I have received, along with my responses, which I hope will be useful to you as you make your decisions on forming a program. If you have additional questions, please feel free to contact me, and I am happy to assist you.

1. What will constitute a beach volleyball team?  
**A minimum of 5 pairs makes up a team. That will indicate to our office that your school has registered for Beach Volleyball this school year.**
2. What format of competition will be used for league and/or CIF postseason?  
**League competition will be up to individual leagues. The CIF Southern Section Beach Volleyball Team Championship Tournament will be conducted like other bracketed sports. The format will be played best 3 out of 5 matches wins the head-to-head competition. A school will need to field 5 pairs at the varsity level to participate in the team playoff competition.**
3. Will there be a CIF Southern Section playoff this year?  
**Yes. We plan to offer a team championship in three divisions and an individual pairs championship in two divisions.**
4. Does playing CIF beach volleyball take away the ability to play club beach volleyball?  
**No. Like Cross Country and Track & Field student-athletes, Beach Volleyball players will be allowed to compete for their high school and club at the same time, following CIF Bylaw 600.G (unattached competition). During the designated high school Beach Volleyball season, a student or pair who wishes to participate in a non-CIF Beach Volleyball event would need to do so as an unattached participant, meaning they could not represent their high school, club, or any other organization. For example, they would need to enter as “Sally Smith” and “Jenny Jones”.**
5. How many players can a school have on its beach volleyball team?

That is up to each school. More established schools may have several pairs of players and could have more than one level (Frosh, JV, Varsity).

6. What uniform will be required for beach volleyball?

Please refer to the CIF-Southern Section Beach Volleyball Rules document on our website at:

<https://cifss.org/sports/girls-beach-volleyball/>

7. Is there an official beach volleyball that must be used for high school competition at this time?

Yes. The CIF-Southern Section has partnered with Wilson, and we have adopted the AVP OPTX for use in all playoffs (team and individual).

8. Are there any new rules for the 2025-2026 season?

Yes. We have adopted the NCAA revision that allows for coaching to take place, including instruction, between rallies.

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

The 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=213>

Additional playoff information will be available in March in the Girls' Beach 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 – BEACH VOLLEYBALL**

See 2025-2026 CIF Southern Section Blue Book Bylaws 1700 – 1712 (pg.155-156).

Current playing rules have been adopted and posted to the team sport page on the website at:

<https://cifss.org/sports/girls-beach-volleyball/>

# 2025-2026 GIRLS BEACH VOLLEYBALL BY LEAGUE

updated: 1/30/2026

## ENT LEAGUE

- 3 ALMONT**  
Artesia  
Bell Gardens  
Montebello  
Pioneer  
Schurr
- 3 AMBASSADOR**  
Aquinas  
Arrowhead Christian  
Linfield Christian  
Loma Linda Academy  
Notre Dame/Riv  
Ontario Christian
- 3 BAY**  
Beverly Hills  
Mira Costa  
Palos Verdes  
Redondo Union  
Santa Monica
- 4 CHANNEL**  
Buena  
Dos Pueblos  
Oxnard  
Rio Mesa  
San Marcos  
Santa Barbara  
Ventura
- 3 COAST VALLEY**  
Coastal Christian  
Cuyama Valley  
Maricopa  
SLO Classical Acad  
Valley Christian/SM
- 2 COASTAL**  
New Roads  
Rolling Hills Prep  
Vistamar  
Wildwood
- 3 COASTAL CANYON**  
Camarillo  
Moorpark  
Oak Park  
Royal  
Simi Valley
- 3 CRESTVIEW**  
Canyon/Anaheim  
Crean Lutheran  
El Dorado  
Esperanza  
Yorba Linda

24

## ENT LEAGUE

- 4 DEL REY**  
Bishop Amat  
Bishop Conaty-Loretto  
Bishop Montgomery  
Paraclete  
Pomona Catholic  
St. Anthony  
St. Joseph  
St. Monica Prep
- 4 EMPIRE**  
Buena Park  
Calvary Chapel/SA  
Costa Mesa  
Estancia  
Laguna Hills  
Ocean View  
Westminster
- 2 FRONTIER**  
Del Sol  
Dunn  
Santa Clara  
Thacher
- 3 GATEWAY**  
Bellflower  
Downey  
Gahr  
Mayfair  
Warren  
Whittier
- 4 GOLD COAST**  
Brentwood  
Campbell Hall  
Crossroads  
The Archer School  
Viewpoint  
Village Christian  
Windward
- 4 IVY**  
Great Oak  
Hemet  
Hillcrest  
La Sierra  
Norco  
Palm Desert  
Temecula Valley
- 3 LIBERTY**  
Buckley  
EF Academy  
Le Lycee  
Milken Community  
Pacifica Christian/SM  
Providence/Burbank

24

## ENT LEAGUE

- 3 MARMONTE**  
Agoura  
Calabasas  
Newbury Park  
Oaks Christian  
Thousand Oaks  
Westlake
- 4 MISSION**  
Chaminade  
Harvard-Westlake  
Immaculate Heart  
Louisville  
Marlborough  
Marymount  
Notre Dame Academy  
Notre Dame/SO
- 3 MOORE**  
Jordan  
Lakewood  
Millikan  
Poly/Long Beach  
Wilson/Long Beach
- 3 PACIFIC COAST**  
Irvine  
Laguna Beach  
Rosary Academy  
Sage Hill  
St. Margarets Episcopal
- 3 PIONEER**  
El Segundo  
Peninsula  
South Torrance  
Torrance  
West Torrance  
Wiseburn Da Vinci
- 3 SAN JOAQUIN**  
Capistrano Valley Chr  
NOVA Acad Early College  
Pacifica Christian/OC  
Tarbut V Torah  
Waldorf OC  
Western Christian
- 2 SEA VIEW**  
Aliso Niguel  
Capistrano Valley  
El Toro  
Mission Viejo

21

## ENT LEAGUE

- 3 SOUTH COAST**  
Dana Hills  
San Clemente  
San Juan Hills  
Tesoro  
Trabuco Hills
- 4 SUNSET**  
Corona Del Mar  
Edison  
Fountain Valley  
Huntington Beach  
Los Alamitos  
Marina  
Newport Harbor
- 2 TRINITY**  
JSerra Catholic  
Lutheran/Orange  
Mater Dei  
Santa Margarita
- 3 TRI-VALLEY**  
Bishop Diego  
Foothill Technology  
Laguna Blanca  
Providence/SB  
St. Bonaventure
- FREELANCE**  
Ambassador Christian  
Calvary Baptist  
Hueneme  
Lifeline Educaton Charter  
Santa Fe  
Xavier Prep
- DOES NOT FIELD**  
Corona  
Foothill/SA  
Monrovia  
Northwood  
Pacifica/Oxnard  
Portola  
San Gabriel  
University  
Woodbridge  
Yucaipa

12

Total Entries = 81

# CIF SOUTHERN SECTION GIRLS BEACH VOLLEYBALL OFFICIALS INFORMATION

1. Are officials available and required?

Currently officials are available, and more are being trained to officiate beach volleyball. Depending on the request of the school your local assignor will work with the Southern California Volleyball Officials Association to provide you with either a “monitor” or a true R1 and R2 for head-to-head contests. Currently officials are not required but strongly encouraged to officiate beach competition. A “monitor” for a beach competition either head-to-head or tournament will be used similar to a high school tennis competition.

2. How much does an official beach monitor cost?

- |   |                        |
|---|------------------------|
| A. Varsity Dual Head to Head Match (1 Monitor) -----    | Minimum 2 hours - \$74 |
| a. Each additional 1/2 hour -----                       | \$19                   |
| B. Non-Varsity Dual Head to Head Match (1 Monitor)----- | Minimum 2 hours - \$74 |
| a. Each additional 1/2 hour -----                       | \$19                   |

C. TOURNAMENT FEES

- Sets to 25 points: Pool Play \$21 – Playoffs \$23
- Sets to 21 points: Pool Play \$20 – Playoffs \$22
- Sets to 15 points: Pool Play \$19 – Playoffs \$21

- |                                      |                        |
|--------------------------------------|------------------------|
| D. CIF-SS PLAYOFFS (1 Monitor) ----- | Minimum 2 hours - \$80 |
| a. Each additional 1/2 hour -----    | \$20                   |

## GUIDELINES FOR WARM-UP PROCEDURES (PRE-MATCH)

Playing Area - Referee (50 minutes)

1. One hour before the competition, the official, with the assistance of the home team, must confirm that the dimensions as well as the quality and safety of the boundary lines and all other sports equipment meet the requirements.
2. Before the start of the match Referee must check that the net is perpendicular to the court and that the dimensions of the boundary lines and free zone are accurate.
  - a. Note: In a square court (8m x 8m for one side), the length of the short diagonals (11.31 meters) must be equal.
3. The playing area, sand condition, and sports equipment are safe for the players and officials.
  - a. Note: Boundary lines must be properly secured and present no danger to players. Exposed hooks, metal fastening devices, or spikes to hold the lines in place are not acceptable.
4. Prior to each match officiated, before the warmup time, inspect the court and free zone area, checking its symmetry, safety, and general condition.

- a. Note: Before/during the match, the Referee must pay attention to the fact that the free zone must always be free from any obstacle which can cause an injury to a team member (drinking bottles, TV camera tripods, sand rakes, etc.).
5. The playing court is maintained by the sand rakes who are responsible for raking it before, during the game, between sets, and between matches.
  - a. Note: The referee is responsible for checking that this is done properly, together with the host school, and they should continuously monitor during the match the condition of the lines and the playing court, ensuring that both courts are in equal condition.

Net & Post - Referee must check:

6. The height of the net must be as per Rule.
  - a. Note: Before each match, after the sand has been raked, the referee must check the height of the net before the coin toss.
7. The net, posts, and referee's stand are properly padded so that a player is not at risk of injury from exposed hard or sharp surfaces.
  - a. Notes: Before/during the game (and especially at the beginning of each set), must check whether the side bands are exactly perpendicular to the playing surface and placed directly above each sideline and whether the antennae are just at the outer edge of each side band. If this is not the case, they should be readjusted immediately.

Balls – Referee must check that:

8. The referee takes possession of the match balls before the match and checks that all of them have identical characteristics (color, circumference, weight, and pressure).

Scoresheet – Referee must check that:

9. Educating and training players on the proper completion of AVP scoresheets.
10. Correct scoresheet and results entry errors (working with the players to do so).

Formal Warm-Up Protocol: (10 minutes)

11. Ten minutes are allowed for warm-up. Formally, this period includes one minute to conduct the coin toss with a player representative from each competing pair's team and eight minutes of formal timed warm-up.
  - 10 Coin toss
  - 9 Start eight-minute formal timed warm-up (coaches must leave the playing court)
  - 1 End warm-up, teams to pre-determined team area, referee(s) to designated location
  - 0 Teams to end-lines (respective to team area)

## **Individual Pair's Championship**

The pair's event will take place on Wednesday, May 6, and Thursday, May 7, 2026.

All individual league qualifying events must be completed by April 24, 2026, and submitted by 12:00 noon via a Google Doc (provided to League Coordinators).

Each league may submit two pairs plus one alternate pair. The league's top two pairs are guaranteed entry into the individual championship tournament. The alternate pair may be selected if needed to fill an open pool position, or an automatic league qualifier is not able to participate. The alternate pair(s) will be selected by the girls' beach volleyball advisory committee.

Leagues following the guidelines of their league constitution shall host an individual pairs tournament to identify their top two representatives plus one alternate pair. If the league does not run a league finals event, it is up to the league to determine who will represent the league during the championship tournament.

This year, we will have a Division 1 and Division 2 individual championship event. More information on the format will be provided in the Individual Championship Playoff Bulletin posted to the website in March.



TO: CIF-SS GIRLS' BEACH VARSITY VOLLEYBALL COACHES  
 FROM: THOM SIMMONS, ASSISTANT COMMISSIONER  
 RE: VOLLEYBALL RECORD UPDATE

In an effort to update the CIF Southern Section Girls Beach Volleyball records, the CIF-SS Publicity Department is asking for your assistance. Listed below are minimum standards for established record categories. If you team has met or exceeded any of the following standards, or if any of your PAST teams qualify, please submit the information on the attached form. Be sure to include all pertinent information (noted in parenthesis) for each record submitted.

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

**TEAM RECORDS**

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

**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

**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/>**

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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).

## **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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