

Volleyball Guidelines

Start Times: All sub-varsity Conference matches will begin at 5:30, regardless of single or double net system. Varsity matches will commence after the conclusion of the sub-varsity match(es).

Warm-ups: Freshman and Junior Varsity teams will utilize the 4-4-4-4 warm-up format. Varsity teams will use the 4-4-4-4-4. Manager will determine when the clock starts.

Freshmen and Junior Varsity Matches: At the sub-varsity level, three games will be played no matter the outcome of the first two, regardless of single or double net system. The first two games will be played to 25 win by two, no cap; the third will be played to 15, win by two, no cap.

National Anthem: The National Anthem will be played prior to Varsity matches when the warm-up clock winds down to "0".

Varsity Team Member Recognition: After the National Anthem, the total team rosters for each team will be announced, beginning with the visiting team.

Varsity Matches: Varsity matches will be complete when one team wins three games out of five. The first four games will be played to 25 points, win by two, no cap. If a fifth game is needed, the game will be played to 15 points win by 2, no cap.

Admission: Admission for Conference matches is \$5.00.

All Conference Awards: There will be seven first team and seven second team all conference awards. The following nominating procedures will be used:

- a. All coaches will fax or e-mail their nominations by a designated day.
- b. A list of all nominations will be e-mailed/faxed to all athletic directors.
- c. Only those persons on the ballot may be considered for 1st or 2nd team selection.
- d. Commissioners for varsity conference sports will be determined at the August meeting. It is the commissioner's duty to supervise the all-conference selection.
- e. A school must have a representative present for All-Conference voting. If a school does not have a coach present, the nominees for that sport shall still be considered for All-Conference recognition; however, the coach shall be sanctioned by the conference under the provisions of the Constitution, Article IV, Section 6.
- f. A copy of each all-conference team will be provided to each member school by the appropriate commissioner.
- g. The commissioner is also responsible for sending the all-conference team list and conference finish to the appropriate media.

Honorable Mention: All players (not selected to first or second team) who received at least one (1) vote at the all-conference meeting are declared as "honorable mention." Each coach is allowed to recommend one other athlete at his/her discretion.