

# VOLLEYBALL

11/12/2014

## I. General Information

- A. Pre-season conference meeting will be held to confirm matches, freshman team status, and upcoming tournament procedures. Each school must send a coach or valid representative.
- B. Matches will be played on Tuesday and Thursday nights with the JV match beginning at 5:00 pm, unless otherwise agreed upon. Varsity match will follow after the conclusion of the JV match.
- C. NAC athletic directors will determine the conference schedule.
- D. The regular season schedule will consist of a single round robin.

## II. Levels of Play

- A. JV: open to freshman, sophomores, juniors, or seniors.
  - a. Because of low numbers, there could possibly be occasions when some less skilled juniors and seniors could be participating.
- B. Player limitations
  - a. Per IHSA rules; there is no limit on a single night, however there is a season individual limitation; IHSA handbook, page 78, by-law 5.293. See explanation below.
- C. Varsity: open to all athletes.
  - a. If numbers are low, the coaches will let one another know before the match that the use of players from the underclass game is a possibility.

## III. Match Play

- A. No other team may practice during a match.
- B. A (4-4-4-4) warm-up period will be used. This follows the IHSA rules.
- C. There will be a break between the JV and Varsity match. This will be used for warm-ups. The visiting team uses the first 4 minutes; see (B) above.
- D. All JV and Varsity matches will be officiated by two registered officials.
- E. All timers and scorers should be faculty members or responsible adults/students. There must be a visible scoreboard for each match.

## IV. Tournament Procedure

- A. The tournament will take place on one day, Saturday.
- B. For the NAC Tournament teams will be seeded with the conference season records to be used as guidelines. In case of tie, head to head competition will determine ranking.
- C. Tournament format:
  - a. To be determined

V. All-Conference Team Selection

- A. Coaches are to note exceptional players throughout the season.
- B. At the NAC tournament the NAC All-Conference team will be selected.
- C. Use the selection process as determined by the NAC Athletic Directors

Explanation of Player Limitations for Volleyball Season:

- Students who participate on a school squad in Girls Volleyball may participate in:
  - Seventy-two (72) games and no tournaments, exclusive of the IHSA series; or
  - Sixty-six (66) games plus one (1) tournament, exclusive of the IHSA series; or
  - Sixty-three (63) games plus two (2) tournaments, exclusive of the IHSA series; or
  - Fifty-seven (57) games plus (3) tournaments, exclusive of the IHSA series; or
  - Fifty-four (54) games plus (4) tournaments, exclusive of the IHSA series.

Note: Participation in a game or tournament shall mean that a student actually competes (regardless of the length of time) in the contest.