



VOLLEYBALL

REVISED 10/01/07

RULES AND REGULATIONS FOR GIRLS VOLLEYBALL

I. COMPETITION

- A. It is recommended that two registered officials be hired to work both the varsity and junior varsity games.
- B. In all MAC Fresh & JV competitions, the winner will be the team that wins two out of three games that add to 25 points. Varsity matches will be 3 of 5 to 25 points (5th game to 15 points).
- C. Warm-up times should last no longer than twenty minutes after the captains' meeting. This should be divided into (5) 4 minutes sessions.
- D. In accordance with MAC Athletic By-Laws, Article XI, Letter E., seniors may not participate on a JV team unless previously approved by a vote of all member schools.
- E. Parents' and other "special nights" activities should last no more than ten minutes.
- F. Home teams provide volleyballs for warm-ups
- G. Adult line judges used for varsity contests if possible.

II. SCHEDULING

- A. Home-and home contest will be scheduled with each division opponent. The number of contests will be determined by number of teams in each division. Dates will be available for scheduling invitational, traditional rivals and non-conference opponents.
- B. The first divisional dates should be scheduled the week following Labor Day, if possible,
- C. It is recommended that contests will be scheduled on Tuesdays and Thursdays, with the junior varsity games starting at 5:00 p.m., and the varsity game following at 6:00 pm. If a school wishes to schedule a freshman, junior varsity and varsity contest on the same day, the freshman contest should begin at 4:00 p.m. If this is not possible, the freshman contest should be scheduled on another day and time.

III. AWARDS

- A. A plaque will be awarded to the championship team in each division.
- B. A certificate for championship team. Certificates are available electronically from website.
- C. A most valuable player will be selected in each division, and will receive a medal. This person must be member of all-conference team.
- D. All-conference medals will be awarded in each division as follows:



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- i. Number of starting positions (7 for volleyball) x .25 x number of teams in division.
 - a. Example: 13 for 7 team division
 1. 11 for 6 team division

E. Tie breakers for all league selection

- Head to head competition
- Total points
- Coaches vote
- Coin flip

Refer to the Athletic Commission By-laws for clarification regarding the following:

- 1) Pre and Post-season meeting
- 2) Division Alignments
- 3) Awards