

NORTH SUBURBAN CONFERENCE GUIDELINES

GIRLS' VOLLEYBALL

I. SEASON LIMITATIONS

Practice may begin Wednesday of week 6 of the I.H.S.A. standardized calendar. The first contest may be played no earlier than Monday of week 8. The season shall end no later than Saturday of week 19.

II. CONTEST LIMITATIONS

- A. Varsity/Soph/Frosh - 21 Matches and 0 Tournaments & IHSA Series (Varsity only)
 - 19 Matches and 1 Tournament
 - 18 Matches and 2 Tournaments
 - 16 Matches and 3 Tournaments
 - 15 Matches and 4 Tournaments

- B. The Girls' Volleyball schedule will be a direct flip-flop of home and away sites each year.

III. LEVELS OF COMPETITION

- A. There will be four (4) recognized levels of competition:

- 1. Varsity
- 2. Sophomore
- 3. Freshman A
- 4. Freshman B

- B. Refer to Article IX of the N.S.C. Constitution regarding eligibility. A player may participate against a single school at only one recognized level of competition on any given playing date/round.

IV. COACHES MEETING

Coaches will meet the Monday following Regional competition at the school of the Resource Athletic Director for the purposes of selecting an All-Conference team, reviewing the guidelines, and evaluating officials.

V. CHAMPIONSHIP

- A. Division Champions will be determined by a single round-robin within the Division. Crossover competition will not count in Division standings. In the event of ties, duplicate trophies will be awarded.
- B. The North Suburban Conference Championship trophy will be awarded to the winner of the Conference Championship match (scheduled for the final crossover round). The following is the criteria to break a three team tie in a Division to determine the representative to the Championship game:
 1. Head to head among tied teams
 2. Winning percentage of sets among tied teams
 3. Total number of points allowed among tied teams
 4. If a tie still exists, apply criterion #2 for the entire Division play
 5. If a tie still exists, apply criterion #3 for the entire Division play

If two teams are still tied, the team that has not been to the Championship game from that division for the longest period of time will be the representative.

Note: If only two teams remain tied after any criterion is applied, head to head competition between those teams will be the deciding factor. Ties which remain after all criteria have been applied will be broken by a coin flip conducted by the Resource Athletic Director.

VI. CONDUCT OF CONTESTS

A. Host School

1. The host school shall furnish a white 18-panel leather volleyball. The volleyball shall meet the specifications of the official ball used at the IHSA Volleyball Tournament.
2. The host school shall supply eight to ten volleyballs per level for the visiting team to use for the warm-up.
3. The host school shall furnish a visible scoreboard.
4. Both schools shall call the results of each match to the Resource Athletic Director within 24 hours.
5. All weekday (Monday through Friday) contests are scheduled to start at 5:00 p.m.
6. The host school shall provide an adult, official scorekeeper for Sophomore and Varsity contests.
7. The host school shall provide water for the players, coaches and officials near the bench area.

B. Visiting School

If the visiting school has a scorekeeper, the host school shall provide a place at the scoring table.

C. Games

1. All matches shall be played under current IHSA rules.
2. All schools shall be required to follow the schedule of matches for Varsity and Sophomore competition. If a school has only one team, that team shall compete at the Varsity level.
3. The Sophomore match shall precede the Varsity match.
4. Volleyball warm-up procedure shall follow the State Terms and Conditions.
5. The coin toss for the Varsity match will take place **4 minutes** following the end of the Sophomore match.
6. Only 2 levels of competition will be played consecutively.
7. The maximum warm-up time in case of travel delay should be no more than 20 minutes once the team enters the gym.
8. For a school playing Freshman B volleyball, the Freshman A and Freshman B level will be 2 out of 3. Freshman A plays first and warm-up between Freshman A and Freshman B games will be 4-4-4-4. If a school plays Freshman A only, the contest will be 3 sets.
9. Rally scoring will be used for all matches with the following scoring system. All sets at all levels of play will be rally scored 2 out of 3 games.
 - a. Varsity: 25 points/no cap
 - b. All lower level sets to 25, cap @ 27.
 - c. If a school plays Frosh A only, all 3 sets will be played regardless of outcome.

D. Introduction of Teams

The home team will determine the setup for the introduction of teams and the playing of the National Anthem.

VII. OFFICIALS

There shall be two (2) officials assigned to each Varsity and Sophomore match by the Conference Assignment Chairman and one (1) official shall be assigned to the Freshman match. The host Varsity coach will designate which of the two officials will be the R1. The host school is encouraged to supply trained line judges. Line judges will not be current members or parents of the competing teams.

VIII. AWARDS

- A. One team trophy will be awarded the championship team(s).
- B. The All-Conference team shall consist of 29 players.
 - 1. For every three (3) points from the totals of the Division and crossover records, a team will be guaranteed one player. Division and crossover points are listed below:

Division Record

- 6 - 0 = 7 points
- 5 - 1 = 6 points
- 4 - 2 = 5 points
- 3 - 3 = 4 points
- 2 - 4 = 3 points
- 1 - 5 = 2 points
- 0 - 6 = 1 point

Crossover Record

- 2 - 0 = 2 points
- 1 - 1 = 1 point
- 0 - 2 = 0 point

- 2. A total of 14 athletes will be named to the Honorable Mention team, with a representative from each team that does not have an All-Conference selection.

Selected Highlights from the NSC Constitution

From Article VIII: The Resource Athletic Director for each respective Varsity sport shall be responsible for compiling and distributing Conference Varsity standings and scores on a weekly basis. Each school shall be responsible for reporting Varsity scores to the Resource Athletic Director each week. The North Suburban Conference only recognizes championships at the Varsity level.

From Article IX: A player may participate at only one recognized level of competition on any given playing date or round of play against a Conference opponent, except where noted in individual sport Guidelines. In sports where there is a Conference tournament at the Varsity level, if a Conference school also hosts a Prairie-Lake (under-level) Invitational in that sport, an athlete is prohibited from competing at more than one level. Only freshmen may compete at the freshman level in any sport or contest. Member schools are required to field teams in recognized levels from the top down.

From Article X: It is agreed by all member schools that the use of video equipment for the purpose of scouting is allowed unless prohibited by individual NSC sport Guidelines or NFHS rules.

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