PCAL SPORTS RULES
GIRLS VOLLEYBALL
(As Amended by PCAL Board of Managers Sept 2026)

1.1 Season of Sport

This sport shall be conducted in the Fall season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

1.2 Start Dates for Practices, Scrimmages and Contests

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.3 Contest Limits per Season

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.4 Divisions

League play in Girls Volleyball shall be conducted in four divisions formed according to league by-laws and policies concerning Division Placement (See Article 19 of the League By-Laws as well as the League's Division Placement Policy as published on the League website). Those five divisions shall be named as follows: PCAL-Gabilan; PCAL-Mission; PCAL-Cypress; and PCAL-Santa Lucia.

1.5 League Schedules

1.5.1 Round Robin

The league schedule for each Division shall be a double round robin schedule, as may be decided by the League Board of Managers from year to year.

1.5.2 Preparation and Approval of Schedules

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council shall then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule.

1.5.3 Obligation of Schools to Compete According to Schedule

See Article 19 in the League By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

1.6 Contests

The following provisions shall govern all regular season Girls Volleyball contests hosted by a League School. Tournaments or Invitational events may be conducted under differing rules not in conflict with the NFHS rule book for this sport.

1.6.1 Rules

Contests in this sport shall be governed by the rules of the National Federation of High Schools for this sport and in accordance with any additional rules set forth in this Section 1.6. Frosh & JV play 2 out of 3 with all games using side out scoring.

1.6.2 League Contest Start Times and Warmups

Start times for 3 levels of competition will be 4:00/5:00/6:00 and for 2 levels will be 5:00/6:00 or, whether 2 levels or 3, immediately after the 12 minute warmup period between matches (see below in this Section). Upon mutual

consent game times may be adjusted. It is understood that transportation schedules for travelling teams may interfere with starting times. The visiting team will notify the home team administration and/or Athletic Director upon any transportation difficulties. No teams will be penalized for transportation issues.

Warmups: All warmups will be conducted on one side only—no crossover or circling of the entire court. If two levels, there shall be a 12 minute Varsity warmup after the JV match. If three levels, there shall be a 12 minute JV warmup after the Frosh game, and a 12 minute Varsity warmup after the JV match. By mutual agreement, if two gyms available, the warmup times can be shortened.

1.6.3 Equipment

Official NFHS approved balls shall be used for all league contests .

1.6.4 Rules re Conduct of Contests

Host School Responsibilities include:

Providing to the visiting team one cart with 12 NFHS approved game balls, regulation courts, and proper nets of designated by Federation Rules; and

Providing official scoresheets, pencils, and one scorer and timer per team, per match; and

Providing a visible scoreboard with scoreboard operator; and

Providing a structure from which officials can view the game clearly; and

Providing two lines people.

Visiting School Responsibilities include:

providing a roster for the contest to the scorekeeper 10 minutes prior to the beginning of the match; and

providing their own minor first aid supplies and ice for their own players.

1.6.5 Priority of Teams and Team Classifications

There are three possible levels of competition: Varsity, JV, Frosh-Soph . Movement is allowed up and down at any time during the season with careful attention being paid to the maximum contest limit for each individual player.

1.7 League Championship Meet/Tournament

There shall be no League Championship tournament in Girls Volleyball.

1.8 League Championship Determination

Each of the four Divisions shall have a league champion, determined by the league round robin results. In the case of a first place tie between two teams, those teams shall be Co-Champions of the Division. In the case of a first place tie between three teams, those teams shall be Tri-Champions of the Division.

1.9 League Qualifiers to the CCS Playoffs

League qualifiers to the CCS playoffs shall be determined based on the final league standings after the double round robin league season is complete.

Currently, PCAL has been allotted seven automatic qualifiers to the CCS playoffs for Girls Volleyball. Those qualifier spots shall be allocated as follows: three (3) spots shall go to the

top three finishers in the PCAL-Gabilan league round robin schedule; two (2) spots shall go to the top two finishers in the PCAL-Mission league round robin schedule; one (1) spot shall go to the top finisher in the PCAL-Cypress league round robin schedule; and one (1) spot shall go to the top finisher in the PCAL-Santa Lucia league round robin schedule. Ties shall be broken in accordance with the PCAL Tie-Breaker rules set forth in the PCAL By- laws, Article 23.

1.10 All League Selections

Each Division shall have its own All-League selections, with those selections made by the coaches of that Division after the end of the League season. Those selections shall be made and announced in accordance with the provisions of PCAL By-Laws, Article 24.

End PCAL Girls Volleyball Sports Rules.

History

- Original Rules Adopted March 2018.
- Amended January 2019 (account for five divisions. Articles 1.4 and 1.9)
- Amended March 2020 (reallocation of CCS qualifier spots. Article 1.9)
- Amended January 2022 (Four divisions. 12 min warmup limit. Reallocation of CCS qualifier spots).
- Amended August 2022 (amended contest start times in Article 1.6.2)
- Amended September 2026 (clarifies in Article 1.6.2 that there is a 12 minute warmup between matches)