

VOLLEYBALL

(GIRLS AND MIXED SIX • ALL CLASSIFICATIONS)

A. SEASON 2010-11

1. 3A and 4A Classifications
First day of Season: August 9, 2010
Last Regular Season Contest Date: November 6, 2010
2. 1A, 2A and Mixed Six Classifications
First day of Season: September 27, 2010
Last Regular Season Contest Date: December 4, 2010

B. PRESEASON

No restrictions on students.

C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

D. MATCH LIMITATIONS

A maximum of twenty-two (22) matches exclusive of conference playoff games and state tournament games. Mini-matches that are limited to 1, 2 or 3 games are not considered full matches and do not count against the 22-match limit. During regular season tournaments, each day of a tournament involving mini-matches (pool play) shall count as one full match.

E. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school volleyball teams while they are members of a school volleyball team.

F. RULES

National Federation Rules will apply with the following exceptions:

Varsity level competition will be three (3) out of five (5) games per match. Schools are encouraged to play 3/5 at the C and JV levels as well, in order to afford more playing time to athletes.

Note: Region 2 plays only best 2 out of 3 during the conference season due to travel restrictions.

G. JAMBOREE REGULATIONS

1. Two games maximum against each team.
2. All players must have ten (10) separate days of practice prior to the day of the jamboree.
3. Each team may play in no more than one jamboree each season. Jamboree matches do not count against the twenty-two (22) match limit.

H. STATE CHAMPIONSHIPS

1. DATES & SITES
 - a. 3A & 4A Classifications
Dates: November 11-12-13, 2010
Site: Curtis Menard Sports Complex (Wasilla)
 - b. 1A/2A Mixed Six Classifications
Dates: December 9-10-11, 2010
Site: Dimond High School

2. STATE TOURNAMENT STRUCTURE

- a. Number of Teams
 - All Tournaments are eight (8) teams.

- b. Formats

Each Tournament will be single elimination with first day winners competing in the "winners bracket" and the first day losing teams competing in the "consolation bracket." Second day losing teams in the "consolation bracket" are eliminated and do not play for 7th and 8th place.

3. TOURNAMENT BERTHS & SEEDING

1A and 2A Tournament

There are four conferences (see list of schools at back of handbook).

BERTHS FOR STATE

Aurora Conference = 2 berths
Borealis Conference = 2 berths
Southeast Conference = 2 berths
Great Alaska Conference = 2 berths

SEEDING FOR 2010-11

Southeast #1 vs. Great Alaska #2
Aurora #1 vs. Borealis #2
Great Alaska #1 vs. Southeast #2
Borealis #1 vs. Aurora #2

SEEDING FOR 2011-12

Great Alaska #1 vs. Borealis #2
Southeast #1 vs. Aurora #2
Borealis #1 vs. Great Alaska #2
Aurora #1 vs. Southeast #2

SEEDING FOR 2012-13

Aurora #1 vs. Great Alaska #2
Borealis #1 vs. Southeast #2
Southeast #1 vs. Borealis #2
Great Alaska #1 vs. Aurora #2

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Mixed Six Tournament

There are six (6) Conferences (see list of schools at back of handbook):

BERTHS FOR ALL YEARS

Arctic Conference = 2 berths
Western Interior Conference = 2 berths
Yukon River Conference = 2 berths
Kuskokwim Conference = 1 berth
Southwest Conference = 1 berth

SEEDING FOR 2010-2011

Arctic #1 vs. Yukon River #2
Western Interior #1 vs. Southwest
Kuskokwim vs. Western Interior #2
Yukon River #1 vs. Arctic #2

SEEDING FOR 2011-12

Western Interior #1 vs. Yukon River #2
Southwest vs. Arctic #2
Yukon River #1 vs. Kuskokwim
Arctic #1 vs. Western Interior #2

SEEDING FOR 2012-13

Yukon River #1 vs. Western Interior #2
Arctic #1 vs. Kuskokwim
Western Interior #1 vs. Yukon River #2
Southwest vs. Arctic #2

SEEDING FOR 2013-14

Western Interior #1 vs. Arctic #2
Kuskokwim vs. Yukon River #2
Arctic #1 vs. Western Interior #2
Yukon River #1 vs. Southwest

3A Tournament

There are three (3) Conferences (see list of schools at back of handbook):

BERTHS FOR STATE

Aurora Conference = 2 berths
Southcentral Conference = 2 berths
Southeast Conference = 2 berths
Western Conference = 2 berths

SEEDING FOR 2010-11

Southeast #1 vs. Western #2
Aurora #1 vs. Southcentral #2
Western #1 vs. Southeast #2
Southcentral #1 vs. Aurora #2

SEEDING FOR 2011-12

Western #1 vs. Southcentral #2
Southeast #1 vs. Aurora #2
Southcentral #1 vs. Western #2
Aurora #1 vs. Southeast #2

SEEDING FOR 2012-13

Aurora #1 vs. Western #2
Southcentral #1 vs. Southeast #2
Southeast #1 vs. Southcentral #2
Western #1 vs. Aurora #2

4A Tournament

There are four (4) Conferences (see list of schools at back of handbook):

BERTHS FOR ALL YEARS

Northern Lights 3 berths
Cook Inlet 3 berths
Southeast 1 berth
Mid Alaska 1 berth

SEEDING FOR 2010-11

Northern Lights #1 vs. Cook Inlet #2
Southeast #1 vs. Cook Inlet #3
Mid Alaska #1 vs. Northern Lights #3
Cook Inlet #1 vs. Northern Lights #2

SEEDING FOR 2011-12

Southeast #1 vs. Cook Inlet #2
Mid Alaska #1 vs. Northern Lights #2
Cook Inlet #1 vs. Northern Lights #3
Northern Lights #1 vs. Cook Inlet #3

SEEDING FOR 2012-13

Southeast #1 vs. Northern Lights #3
Cook Inlet #1 vs. Northern Lights #2
Mid Alaska #1 vs. Cook Inlet #3
Northern Lights #1 vs. Cook Inlet #2

SEEDING FOR 2013-14

Mid Alaska #1 vs. Cook Inlet #2
Northern Lights #1 vs. Cook Inlet #3
Cook Inlet #1 vs. Northern Lights #3
Southeast #1 vs. Northern Lights #2

4. AWARDS

- a. First and second place team trophies in each tournament.
- b. Twelve (12) individual medallions for each of first and second place team members in each classification. One (1) medallion each for a team manager and the head coach.
- c. ACADEMIC AWARD for highest GPA in each tournament.
- d. SPORTSMANSHIP AWARD in each tournament.
- e. GOOD SPORT TEAM — Two (2) selections from each team in the playoffs are recognized for

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outstanding citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each team member.

- f. ALL TOURNAMENT TEAM —Twelve (12) selections for each tournament. For Mixed-Six, there must be at least four (4) of each gender on the All-Tournament team.
- g. OUTSTANDING PERFORMANCES—coaches will vote on players for the categories of Best Hitter, Best Server, and Best Defensive Person who will receive awards.

MIXED SIX RULES

The National Federation Rules in general shall govern play for females and males on the same team with the following exceptions:

1. Mixed-Six volleyball is intended to be played with three males and three females on the court at all times. The serving order and positions on the floor shall alternate. If a male position is the first server, the positions shall be male, female, male, female, male, female. If a female position is the first server, the positions shall be female, male, female, male, female, male.
 - a. In the event that three male players are not available (not on the roster, not at the playing site, not academically eligible, or not able to play because of injury or illness), then a female may fill a male position. A female shall never replace an available male player because of skill level or performance.
 - b. A male may never fill a female position.
 - c. No more than three males may be on the court at any time.
 - d. There must be at least one male on the court to begin a match.
2. The height of the net for mixed-six play shall be 2.43 meters (7' 11-5/8").
3. When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute a play on the ball under this rule. There is no requirement for a male player to contact the ball, regardless of the number of plays by a team.
4. Uniforms of players shall be identical within the following provisions:
 - a. All females shall be attired in identical jerseys and shorts or one-piece uniform.
 - b. All males shall be attired in identical jerseys and shorts or one-piece uniform.
5. When only one male player position is in the front row at service, one male back-row player position may be forward of the attack line for the purpose of blocking. The remaining back-row male player must be behind the attack line until the ball has been contacted by the block or has been hit in such a manner that no block is possible. If a male back-row player is not forward of the attack line for the purpose of blocking, there is no restriction on both back-row male players being forward of the attack line.
 - a. Male back-row players when playing the ball in other than blocking actions shall be governed by provisions of the National Federation Rule 9, Section 5, Art 5b which states:

"a back-row player shall not attack a ball which is completely above the height of the net while positioned:

 - 1) On or in front of the attack line or its out-of-bounds extension.
 - 2) In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
 - b. No female back-row player may participate in a block.
6. The Libero Player will not be used in Mixed Six matches.