

2025-2026 HCAL Volleyball Sports Plan

Volleyball Dates:

Date	Event	Location-Address
11/08	Houston Regional Championship	TBD
11/08	Austin Regional Championship (Varsity)	Southwestern University – Georgetown, TX
Week of 11/10	Austin Regional Championship (MS)	TBD
11/14	HCAL State Championship	Southwestern University – Georgetown, TX

**tentative*

Rules/Deadlines/District Alignments/Schedules & Standings:

- Please review all the key information directly from our [HCAL Website](#)
- The *NFHS Volleyball Officials Manual* will govern all rules not stated in this sport plan.

Rosters

- The maximum number of players allowed on the final playoff rosters is 15.
- Teams can have more than 15 players during district play but may not have more than 15 players listed for playoffs.
- 8th graders are allowed to play at the HS level but must submit [MS Request HS Eligibility Form](#). Once approved, they must remain on the high school team and cannot play at the MS level.

Game Day Logistics:

- Game Time
 - Review the official game schedule published on the [HCAL Website](#).
 - Any requests for game time changes must be approved and communicated by only the HCAL Director.
 - A 15-minute grace period will be allowed before a game is called a forfeit. (if prior communication is not sent to the home team or/and HCAL Director)
 - If communication is provided by the away team, then there will be no forfeit, and adjustments will be made by officials to ensure games stay on time. (warmup will be limited and no more than a 30-minute grace period will be allowed)
 - Arrival more than 30 minutes with communication will be considered a forfeit.
- Game Play
 - HS Varsity will follow NFHS Guidelines - Matches will be best out of 5 sets
 - Sets 1-4 will be played up to 25 pts. (win by 2) and capped at 30 pts.
 - Set 5 will be played up to 15 pts. (win by 2) and will not have a cap
 - MS & JV Games -Matches will be best out of 3 sets
 - Sets 1-2 will be played up to 25 pts (win by 2) and capped at 30 points.
 - Set 3 will be played to 15 pts. (win by 2) and will not have a cap

- Uniforms Expectations
 - Individual Jersey Numbers must be on the front and the back of all the players' jerseys.
 - Libero Position – must follow the NFHS Standards by wearing a uniform of a different color to differentiate themselves from the rest of the team.
- Administrator on Duty
 - The home team must provide an administrator
 - Teachers, School Admin, Athletic Director/Coordinators, Counselors, or Coaches could all be the Administrator on Duty – Individual must not be directly involved in the game.
 - They present themselves prior to the start of the game.
 - Admin should support officials with safety concerns/logistics and should NOT interact with officials about calls or game management.
 - Admin should announce that there will be zero tolerance policy for behavior that doesn't provide a positive and safe environment.
 - Failure to do so will incur in an infraction and possible forfeiture
- Net Height Requirements
 - Women's Division – 7 ft., 4 1/8 inches
 - Men's Division – 7 ft., 11 5/8 inches
 - Coaches may ask the official to measure the net height prior to the start of the game.
 - All adjustments must be made by the home team and agreed upon by both coaches prior to the start of the game (improper net height or conditions does not merit an automatic forfeit)
 - Officials have the final decision
- Warm-Up
 - MS: 3-3-2 Time Format (Visiting Team taking the net first)
 - HS: 4-4-2 Time Format (Visiting Team taking the net first)
 - HCAL Officials will conduct a coin flip at the start of every match to determine service.
- Bench Expectations
 - Teams will not switch between sets unless the officials determine one side has an unfair advantage.
 - Only coaches, athletic staff, and players listed on the HCAL roster will be allowed to be on the bench.
 - Review HCAL rosters and deadlines in calendar of events and manual.
 - During live play, only the 1 coach may stand on the sidelines. During dead play, any coach can stand.
 - Players can stand on the sidelines during play if there is not enough seating on the bench (must be behind the bench) If there is enough seating, players must be seated.
- Line Judges
 - Each team is responsible for providing a trained line judge for all games.
 - If one of the teams cannot provide one, the opposing team has the discretion to choose a line judge.
 - Line changes will switch after every set and should not interact with teams, fans, or coaches
 - Be engaged with proper footwear (athletic shoes)
 - No cell phone use during play
 - Officials have the authority to remove any line judge who is not meeting the expectations, and that said team must replace them in timely manner.
 - Failure to meet the requirement will result in an unnecessary delay penalty (yellow card)
 - HCAL will provide the official line judges for all playoffs/championship games
- Officials
 - Officials will be assigned/provided by HCAL for all district and playoff games.
 - Two HCAL certified officials will be used for both HS and MS.
 - HCAL is responsible for officials' payments for district and any playoff games
 - Each school is responsible for referee payments for any additional non-district games.

- Serving
 - Varsity Level- To increase the competitive level, under handing serving **will not** be allowed at the varsity level.
 - You will be allowed to re-serve on the first underhand serve and will be redirected to serve overhand on the next attempt by the official.
 - Serving underhand on the second attempt will be an automatic side out.
 - Underhand serving is allowed at the JV and MS levels.
- Jewelry
 - You can wear small, secure studs or post jewelry **above the chin**. No dangling jewelry including loops or chains.
 - Bracelets and necklaces are prohibited.
- Official Ball
 - Any NFHS Certified ball will be used for district play (colored ball is acceptable)
 - **Varsity Boys (optional)** – (if both teams agree) A size 4, Molten NCAA® FLISTATEC Volleyball can be used. This is the official ball at the collegiate level. **We will transition to this ball for 26-27 season.**
 - If both teams do not agree, the NFHS certified ball will be used.
 - Home Team is responsible for providing the official game ball.
 - Both teams are responsible for bringing their own warm-up balls.
- Official Scorekeeper and Clock Operator
 - Must be trained student managers or adults – provided by the home team for all district games.
 - Game Personnel should always be professional – refrain from cheering during game play.
 - Game Personnel are part of the officiating crew and should act accordingly
 - Officials can remove game personnel who are not meeting expectations.
 - The home team will be responsible for providing an adequate replacement or the game could potentially be a forfeit.
 - Only the official scorekeeper and clock operator are allowed at the scoring table – unless mutually agreed upon by both teams and officials
 - If a suitable scorekeeper/clock operator is not provided – this could lead to a potential forfeit
 - [Bookkeeping Training](#)
 - [HCAL Volleyball Lineup Sheet](#)
 - [HCAL Volleyball Scoresheet](#)
 - [HCAL Libero Tracker](#)
 - However – if both teams agreed to start regardless of the official personnel at the table – then the game will not be allowed to be protested.
 - HCAL will provide the official scorekeeper & clock managers for all playoff & championship games
- Game Scores and Protests
 - The home team is responsible for entering the official scores into the HCAL website by noon of the next business day
 - Failure to do so will incur an infraction.
 - Protests and/or disagreements should be brought to the attention of both the Regional Liaison and HCAL Executive Director.
 - **Game Scores** – It is the responsibility of the visiting team to review within that 24-hour period
 - and inform the Director of any discrepancies
 - [HCAL Appeal and Protest Form](#)

- Only eligibility or compliance will be considered for protests – Officials' calls/rulings are not allowed to be protested.

Game Day Operations:

- Admission Prices/Concessions
 - Host Schools will be allowed to charge admissions and have concessions for home games during district play.
 - Admission and concessions prices should be messaged in advance to the opponents. (at least 48 hours)
- Expenses
 - The home team is responsible for the payment of athletic trainer/facility costs/security for home games during district play – highly recommended for all league games if possible
 - HCAL will provide these vendors for all Regional Championship games only
 - Facilities – for teams without a home facility – games will be scheduled to be played away with approval of the opposing team
 - Said Team will still be designated as the home team and must coordinate with opposing team about admin on duty and game management personnel.
 - If the opponent does not have a home facility – it will be the responsibility of the scheduled home team to secure a facility.
 - HCAL will provide the venues for all Championship Event.
- **Spectators are not allowed to use noisemakers during game play and only positive language should be used by all stakeholders to cheer on their team. (Spectators should be in the stands and not on the sidelines)**
- **Cheer teams/mascots should always be positioned on the side of their team and should be using positive language.**

Playoff Format:

- The First Round of the playoffs
 - Will be hosted by the winner of each district
 - Host School is responsible for providing Athletic Trainers/Security
 - HCAL will provide the officials, line judges, and official book/clock personnel
 - First Round Revenue is received by the host school (entry/concessions)
- The Second Round/Regional Championship
 - Will be determined by HCAL Director
- The State Championship Games
 - Will be TBD and messaged out as soon as it has been finalized.
- HS Varsity Girls (Houston Region), HS Boys (Austin Region)
 - Top 2- Teams from each district according to the district record
 - District Champs will host the 1st Round of the playoffs
 - Cross-District Format – Ex: (D1 vs. D3) (D2 vs. D4)
 - Single Elimination
 - Winner of the Regional Championship will play in the State Championship
- HS Varsity Girls (Austin Region), HS Varsity Boys (Houston), MS Girls (Austin)
 - Top 4 teams from each district according to the district record will advance to the playoffs.
 - District Champs and Runner Up will host the 1st Round of the playoffs
 - Cross-District Format – Ex: (D1 vs. D2)
 - Single Elimination
 - Winner of the Regional Championship will play in the State Championship. (Varsity Only)
- MS Girls/MS Boys (Regional Championship Only – Houston)
 - Top 2- Teams from each district according to the district record
 - Cross-District Format – Ex: (D1 vs. D3) (D2 vs. D4)
 - Single Elimination

- Tiebreaker Policy – Playoff Qualifiers
 - Head- to – Head Results
 - Forfeitures
 - Head-to-Head Set Differentials
 - Point Differentials
 - Coin Flip – Live Recording

HCAL Honors & Awards

- *Team Honors*
 - District Champions
 - Regional Champions
 - State Champions (HS Varsity Division Only)
- *Individual Player (All-District)*
 - *District Champs*- Receives 3 Nominations
 - *2nd Place*- Receive 2 nominations
 - All Other Teams- Receive 1 Nomination
- *Individual Player (All-Region)*
 - Regional Champs – Receives 3 Nominations
 - Runner – Up Team – Receives 2 nominations
 - All other Playoff Teams – Receive 1 nomination
- *Individual Player (All-State)*
 - State Champs – Receives 3 Nominations
 - Runner – Up Team – Receives 2 nominations
- *All-Academic Team*
 - Any athlete with a 3.75 GPA or higher during the season
- *Coach of the Year Award*
 - Awarded to the Head Coach of the State Championship Team
- All Star Game (Varsity Only)
 - Will be scheduled to be played this year. (Regionally) North vs. South
 - Coaches from the Regional Championship teams will be the designated coaches for each region.
 - More details to come

***15 total medals will be awarded- this includes all coaches and athletic staff**

Professional Dress – Coaches/Administrators/Athletic Staff:

- Business casual – school polos and nice khakis shorts
- Jeans, hoodies, T-shirts, cargo pants/shorts, tights, hats, or athletic shorts are **NOT Acceptable**
- **All athletic staff should be in professional dress. This includes assistant coaches, managers, and trainers who are on the sidelines with the team. (must be on the HCAL roster)**
- Thank you all for always representing your school and the HCAL brand in a positive manner.