

GNAC SPORTS REGULATIONS

VOLLEYBALL

Updated Aug. 2022



1. PARTICIPATION

- 1.1 Member institutions shall observe the NCAA starting date for pre-season practice.
- 1.2 All member institutions fielding teams in volleyball shall agree to participate for the championship.

2. SCHEDULE

- 2.1 Member institutions shall observe the NCAA starting date for pre-season practice.
- 2.2 All season schedules (including non-conference matches) shall be finalized by April 15 each year. Copies of the finalized schedules must be submitted in writing to the conference office. **(Revised 10/03; 05/08)**
- 2.3 Unless otherwise approved by Management Council, conference competition will be on a Thursday-Saturday schedule (travel-partner matches will be scheduled for Saturday). All Thursday matches shall start at 7 p.m. local time; Saturday matches must start between 1 p.m. and 7 p.m. local time and is at the discretion of the host institution. Any changes to the game schedule, including the Thursday standard 7 p.m. start time, may be made by filing a CHANGE OF SCHEDULE REQUEST with the conference office, signed by both participating athletic directors. Starting times for non-conference contests shall be determined by the host institution. **(Revised 5/04; 10/04)**

3. CONFERENCE CHAMPION AND NCAA AUTOMATIC QUALIFICATION

- 3.1 The conference champion will be the team with the best overall won-lost record (based on winning percentage) in conference play. The conference champion will earn the GNAC's automatic berth in the NCAA tournament.
- 3.2 If there is a tie for the conference championship, the tiebreaker procedure in [Appendix B](#) of the GNAC Volleyball Sports Regulations will be used to determine the conference's automatic berth in the NCAA Regionals.
- 3.3 If multiple teams finish with the best record in conference play, co-champions will be declared and tied teams will be awarded regular-season championship trophies.

4. CONDUCT OF PARTICIPANTS

- 4.1 See GNAC Bylaw Article 10 ([Appendix C](#)).

5. PLAYING RULES

- 5.1 All conference matches shall be governed by the current NCAA volleyball regulations.
- 5.2 The three-ball rotation system will be used for conference matches.

- 5.3 The host institution shall provide at least thirty-six (36) practice balls and three (3) containers for pre-game warm-up.
- 5.4 All matches will be the best three of five (3-of-5) sets.
- 5.5 Pre-match protocol for conference matches will follow NCAA format in the NCAA Rule Book (See Appendix D).

6. OFFICIALS

- 6.1 All GNAC officials must be registered with the Professional Association of Volleyball Officials (PAVO), attend at OTP clinic and pass the NCAA exam before officiating any GNAC matches. **(Revised 04/07)**
- 6.2 Officials' evaluation forms are available on Arbiter. Evaluations are due within 48 hours of the conclusion of the match or by Tuesday at noon. **(Revised 04/07)**
- 6.3 Line judges for conference matches will be assigned by the respective local assigning organization. It is recommended that all line judges be PAVO line judge certified, which includes attending a clinic, viewing a PAVO training video, passing a written exam and being observed. All officials will be required to be in an appropriate uniform. **(Revised 05/08)**
- 6.4 Preference for officials for conference competition shall be in order of certification level (i.e., National first, State next).

7. EQUIPMENT AND FACILITIES

- 7.1 The official volleyball for all GNAC matches shall be the conference-approved ball and fall within the NCAA regulations. A minimum of three quality game balls should be used for matches. **(Revised 05/08)**
 - 7.1.1 Use of special (e.g., "pink") volleyballs can be used in GNAC contests only by mutual agreement of the head coaches at least 48 hours in advance of the match.
- 7.2 An official playing court shall be used for all conference competition.
- 7.3 The host institution shall be responsible for providing the following for visiting teams at all conference competitions:
 - 7.3.1 Shower/locker room facility
 - 7.3.2 Towels
 - 7.3.3 Water with drinking containers
 - 7.3.4 Practice balls
 - 7.3.5 Trainer on site a minimum of two (2) hours prior to competition
 - 7.3.6 Meeting room for pre-match and break between games 2 and 3
 - 7.3.7 An electronic copy of the match video
 - 7.3.8 Court access for practice times, if requested
- 7.4 The home team will wear light jersey for Tuesday/Thursday GNAC matches and the visiting team will wear dark. Opposite jersey schedule will be used for Saturday GNAC matches. Exception will be made when SMU is home vs. WOU/SFU. In that case, SMU will wear black and the visiting team

will wear light. Teams should always travel with both jerseys. (Note: Numbers shall be worn during a conference-designated spring tournament). (Revised 05/08)

8. GAME MANAGEMENT/CONDITIONS OF COMPETITION

- 8.1 Each institution's on-site game manager is required to greet the visiting coach and officials during pre-game warm-ups and to be present and readily available in the performance area of the competition venue throughout the match. (Revised 1/14)
- 8.2 During the pre-match warm-up, when one team has exclusive use of the court, the other team must be at their bench or out of the playing area (defined as "the gym"). If a team chooses not to use any portion of its exclusively allocated time on the court, the court shall remain unoccupied. If a space is provided outside of the gym, teams may warm-up there. (Revised 10/04; 10/05)
- 8.3 The host institution will notify the visitor prior to the beginning of the match of any time limits or special events between Sets 2 and 3. The break between Sets 2 and 3 in conference matches is three minutes (unless there is a promotion in which the break can be extended to five minutes. The final three minutes must be reserved for team warmup time.). (Revised 12/21)
- 8.4 It shall be the home team's responsibility to provide adequate game management and security of the officials and the visiting team.
- 8.5 The host institution will make every effort to provide the visiting team quality practice times on the day before and/or the day of the match. It is the visiting team's responsibility to contact the home team to make arrangements two weeks prior to the match. The length of the practice times should be a minimum of one hour on the day before and a half-hour on the day of the match. The host team will set up and take down practice equipment and supply an adequate number of practice balls.
- 8.6 The home team shall provide ice and emergency contact name, number and location of AED to visiting team for the visiting team's practice.
- 8.7 The host institution will provide a minimum of two ball shaggers.
- 8.8 At the 19-minute mark of the pre-match warmup period, the host institution will provide a minimum of two ball shaggers to assist with collecting volleyballs.

9. STATISTICAL INFORMATION

- 9.1 The official NCAA Volleyball Box Score Form shall be completed by the host institution after each match (using StatCrew or NCAA Live Stats software). The host institution will provide the visiting team a copy of the score sheet, NCAA Box Score and officials' evaluation form, before leaving the match site. Coaches will receive statistical information between sets.
- 9.2 The NCAA Live Stats match file should be e-mailed to the visiting institution SID and the conference office as soon as possible after the contest. (Revised 10/03)

10. VIDEO EXCHANGE & SCOUTING REPORT POLICY (see [Appendix A](#))

11. LIVE STREAMING

11.1 Member institutions shall not make conference matches available on any public forum other than the regular video portal used for live streaming purposes.

APPENDIX A

Video Exchange Procedures

10.1. The host institution is responsible for filming the contest and uploading it onto Volley Metrics as soon as possible following the contest. Videos from each contest will be available on Volley Metrics for download as soon as the upload is completed. *(Revised 8/2016)*

Video Upload Deadlines

First Two Weeks Of Season: All matches uploaded by 9 a.m. (Pacific time) on Monday.

Beginning With GNAC Play: Uploads of conference matches will be completed by no later than Midnight (Pacific time) the same day of the match.

NOTE: Teams not meeting deadlines will be automatically locked out of the Volley Metrics system (unable to see matches other than their own).

10.1.1. All uploads throughout the season must include scoresheets in a format acceptable to the Volley Metrics system. *(Revised 5/14)*

10.2. For film exchange purposes, when a team hosts a non-conference game against another Volley Metrics client, the uploaded film will automatically be posted to both the team's account and the account of the non-conference Volley Metrics client. Non-conference games against a team which is not a Volley Metrics client will be uploaded by the specified conference deadline. It is the responsibility of each team to ensure that each of their non-conference games is uploaded in a timely manner.

10.3. Raw video of all contests, conference and non-conference, are required to be shared. *(Revised 7/2017)*

10.4. The visiting school is not responsible for uploading the contest. NOTE: Teams will be locked out of the Volley Metrics system if video and scoresheets are not uploaded by the conference deadlines.

10.5. If the video uploaded by a team is not complete or otherwise not in compliance, the team that noticed the error will contact the conference office and the team not in compliance. The conference office will also notify the uploading team about the problem with their video. That team shall then be responsible to correct the problem to the extent possible by checking the original video for errors and re-uploading the video. It may be necessary to burn DVDs and overnight them to conference members, with priority placed on sending them to host and visiting school's opponents for the upcoming week. When overnighting DVDs, schools must ensure that they arrive the next day. Do not use campus mail.

10.6. The host institution is responsible for maintaining an archive of their contests.

10.7. Instructions should be provided by a contest management designee to video tape camera operators to make sure the following guidelines are followed:

10.7.1. Volume shall be "on." Camera operators shall not engage in conversation while filming.

10.7.2. Camera will be placed on the end line and focus the camera to be able to see the numbers on the players' uniforms. *(Revised 4/13)*

10.7.3. Leave the camera running until the teams have left the floor at the end of the contest.

10.7.4. Adjust the camera to eliminate any writing on the screen such as the date, record, time stamp, etc. Scoreboard overlays are acceptable and recommended.

10.8. Conference members may not provide videos to an external group or individuals except for an officially recognized film exchange with a non-conference opponent (i.e. as required by the NCAA during post-season competition).

10.9. No in-person scouting of conference opponents (by any institutional representative) is allowed, except when teams are competing at the same location (i.e., tournament), unless expressly approved by the conference commissioner. In addition, no verbal or written scouting reports on other conference teams may be exchanged between conference teams. Dissemination of scouting information on member institutions to non-conference institutions is not permitted by any means (e.g., tape, phone, e-mail, written materials).

10.10. All coaches are responsible to report any situation (i.e., game control, officiating) they wish to have reviewed to the conference office by 4 p.m. on the Monday immediately following the contest. Only situations from the previous week's contests will be accepted. The official's supervisor should also be provided with information regarding the nature of the situation and the time at which it occurred in the contest in order to review the situation on the video from Volley Metrics. Submissions of this information will be limited to email only.

10.11. The conference commissioner has the authority to issue appropriate disciplinary action (including fines) for violation of this policy.

Revised July 23, 2019

APPENDIX B

Tiebreakers for AQ Determination

If Two Teams are Tied

1. Head-to-head win-loss record between the tied teams
2. Win-loss record against each team in the final regular-season standings, beginning by comparing records against the lowest team in the standings and working up to the top team in the standings one at a time until an advantage is gained
 - a. If there is another group of tied teams, use each team's record against the collective tied teams as a group (prior to their own tiebreaking procedures), rather than the performance against the individual tied teams.
3. Overall conference set percentage (sets won divided by total sets played in all GNAC matches)
4. Set winning percentage in matches between the tied teams (example: if Team A beats Team B 3-1 in the first meeting, and Team B beats Team A 3-0 in the second meeting, Team B wins this tiebreaker by a 4-3 advantage in set differential)
5. Total points in head-to-head matches between the tied teams
6. Winner of the most recent meeting between the tied teams

If Three or More Teams are Tied*

1. Combined head-to-head record among the tied teams (e.g. in a three-way tie, if Team A was 3-1, Team B was 2-2 and Team C was 1-3, they would be seeded in that order)
2. Win-loss record against each team in the final regular-season standings, beginning by comparing records against the lowest team in the standings and working up to the top team in the standings one at a time until an advantage is gained
 - a. If there is another group of tied teams, use each team's record against the collective tied teams as a group (prior to their own tiebreaking procedures), rather than the performance against the individual tied teams.
3. Overall conference set percentage (sets won divided by total sets played in all GNAC games).
4. Combined set winning percentage in all head-to-head matches played between any two of the tied teams (rank order by best set winning percentage)
5. Total points in all head-to-head matches played between any two of the tied teams
6. Random draw

**If during any of the tiebreakers involving three or more teams, there is a separation of one or more teams, but three or more teams remain tied, then reapply the tiebreaker process from the first step to the teams that remain tied. If two teams remain tied, then use the two-team tiebreaker process to determine the seeding of those two teams.*

APPENDIX C

ARTICLE 10 CONDUCT AND SANCTIONS

Section 10.1. Sportsmanlike Conduct.

10.1.1. GNAC Code of Behavior

In upholding and acting upon the principles, traditions and responsibilities enunciated in the Great Northwest Athletic Conference Statement of Philosophy, the Conference expects, and will insist upon, maintenance of commendably respectable standards of decorum and personal deportment of all players, coaches, officials and spectators at Conference contests. In this regard, Referees are recognized as fully in charge of such events, with full and undeniable authority to sustain such standards and take whatever enforcement or disciplinary actions, including declaration of game forfeiture, as are necessary and appropriate. Specifically; threatening, disruptive, unsportsmanlike, disrespectful, violent, harassing, and/or seriously distracting behavior will not be tolerated. In implementing this policy, the senior game official should, at the beginning of each game, clearly outline with the team captains and coaches the standards of behavior and decorum that will be upheld and enforced.

As a matter of Conference policy, all Referees have the full support of the Conference Commissioner's authority, as authorized by the Management Council and the CEO Board.

The Great Northwest Athletic Conference wishes to exemplify behavior of a kind that will deserve and command the respect and support of the public and campus communities which they represent and with which they relate, as well as the NCAA at large.

10.1.2. It shall be the responsibility of each institution to ensure that all individuals employed by or directly associated with the athletic programs of that institution conduct themselves in a sportsmanlike manner when representing their institution, especially at intercollegiate athletic contests.

10.1.3. Unsportsmanlike conduct shall subject the individual to disciplinary action. The institution with which the offending individual is associated may also be subject to disciplinary action if it is found that the institution's policies, action, or failure to act substantially contributed to the individual's misconduct.

10.1.4. Acts of Unsportsmanlike Conduct and Individual Penalties.

10.1.4.1. Acts of unsportsmanlike conduct shall include, but not be limited to: any person who strikes or physically abuses an official, opposing coach, player, or spectator. This person may be ejected from the contest and may be suspended for additional contests, as the Commissioner deems appropriate.

10.1.4.2. The following actions shall be subject to a public reprimand for the first offense and a suspension for one contest for an additional offense (a flagrant offense is subject to suspension on the first offense):

- a) Intentionally inciting participants or spectators to violent or abusive action.
- b) Using obscene gestures or profane or unduly provocative language or action toward officials, opponents, or spectators.

- c) Publicly criticizing any game official, Conference personnel, another institution or its personnel.
- d) Acts of unsportsmanlike conduct not specifically described herein.

10.1.4.3. Any person who engages in negative recruiting by making statements to a prospective student-athlete, his/her parents, high school coach, or other persons interested in the prospective athlete which are derogatory of another member institution, its personnel, or its athletic program shall be subject to a public reprimand for the first offense, and to the suspension of the privilege of recruiting for one season for an additional offense.

10.1.5. Penalty Imposition and Appeal Procedures.

10.1.5.1. Whenever the Commissioner concludes that there has been a violation of this regulation, he/she shall impose the penalty prescribed above or, where he/she is given discretion as to penalty, he/she shall impose a penalty that he/she deems appropriate.

10.1.5.2. Whenever the Commissioner decides to impose a penalty, he/she shall first give notice of the decision to the individual and the institution involved. **(Revised 10/06)**

10.1.5.3. In the event that the individual or the institution feels that the penalty is inappropriate because the violation did not occur or because the penalty is excessive, there shall be the right to appeal the matter to the Appeals Committee. An intent to appeal must be filed in writing to the Commissioner's office within one working day of receipt of notice of the penalty imposed. Once notice of intent to appeal has been filed, the official, written appeal documents and supporting information must be received in writing by the Commissioner's office within two working days of receipt of notice of the penalty imposed. **[Revised 5/13]**

10.1.5.4. The Appeals Committee shall conduct a prompt hearing, giving the individual or institution opportunity to be heard. The Committee may reaffirm, set aside, or increase the penalty as is deemed appropriate, giving the individual or institution written notice of its decision and its reasons.

10.1.5.5. The Appeals Committee shall stay the penalty imposed by the Commissioner pending the decision. No public announcement of the penalty shall be made until the individual or institution fails to give notice of the desire to appeal within the time period specified in 10.1.5.3.

10.1.5.6. Whenever a penalty of suspension is imposed at or near the end of a season of competition, the penalty may be carried over into the next season of competition.

10.1.5.7. Definition of terms used in this bylaw.

- a) Suspension in the case of a player means that the player cannot participate in the designated number of contests but may practice.
- b) In the case of a coach, suspension means that the coach cannot be present in the playing arena for the designated number of contests but may conduct practice sessions.

APPENDIX D

GNAC Volleyball Regular Season Pre-Game Protocol

Note: timing sheet example is based on a 7 p.m. match. Adjust accordingly for matches that start at different times.

Time Allotted	Actual Time	Visible Clock	Protocol
:41	6:00-6:41	:60-:19	Court available for shared warm-up
	6:30	:30	Coin toss
:04	6:41-6:45	:19-:15	Visiting team court
:04	6:45-6:49	:15-:11	Home team court
:05	6:49-6:54	:11-:06	Visiting team court
:05	6:54-6:59	:06-:01	Home team court
	6:57	:03	Lineups due, may be changed until :01
:01	6:59-7:00	:01-:00	Team huddles/announcements
	7:00	:00	Match begins with national anthem(s)* and introductions

*At U.S. venues, Canadian anthem is first**

*At Canadian venues, U.S. anthem is first**

Intermission Between Sets

Following sets 1, 3 and 4: 3 minutes each

Following set 2: 5 minutes, promotional items can take place in the first 2 minutes of intermission; if promotional time is not used, then the intermission is three minutes.

Team Timeouts: Each team is entitled to a maximum of two timeouts per set. Timeout length is 75 seconds, but may end earlier if both teams are ready for play.

Media Timeouts: In GNAC volleyball matches where television or streaming media is involved that requires time for paid commercials, media timeouts will be utilized. Media timeouts will be taken each set when the first team has scored 15 points (eight points in the deciding set), unless a team has requested a timeout prior to that point. A team timeout kills the media timeout. Media timeouts are 75 seconds in length.

*For matches involving Simon Fraser, both the U.S. and Canadian national anthems are to be played.

7/29/22