Volleyball
Sport Information

Regular Season Information

In-Season Activities

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

	Begin	End
Fall Season	Monday, Aug 3, 2026	Saturday, October 31, 2026

Game Limits

Volleyball	24 playing dates

Out of Season Activities

- Out of season activities are allowed, but are subject to the following:
  - Dead Periods:
    - Only apply to sports not in season.
    - Out-of-Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Oct. 26 through Nov. 22, 2026
Spring	Feb. 8 through Mar. 8, 2027
May	May 1 through May 15, 2027

Sport Rules:

- National Federation of High Schools Rules (NFHS)-
  - The NCISAA is an affiliate member of the NFHS.
  - National High School Federation rules apply when NCISAA rules do not cover a particular application.
  - Visit www.nfhs.org to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are also available for online purchase on the NFHS website.
- Rules
  - Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception.
  - Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA State Office.
- Regular season tournament matches may be counted for playoff seeding purposes.
  - They may be 2 out of 3 sets or 3 out of 5 sets.
  - The regulation sets should be played to 25 but the tie breaking set may end at 15 or 25.
  - These sets must start at zero.

- Each team should use the MaxPreps definitions for universal statistics keeping. These are posted on the VOLLEYBALL sport page on the NCISAA website.

Postseason Information

Seeding Information:

1. Opt Out Date- September 18, 2026
2. Seeding Meeting Dates:
    a. October 17, 2026
3. For state playoff seeding purposes, all conference games/matches must be completed prior to the seeding meetings.
4. All schools are considered for state playoffs unless they have opted out.
5. A team must have at least two wins against a varsity opponent recognized by MaxPreps to qualify for the postseason.
6. Schools must play 2 contests against 2 separate schools within their classification/division.
7. In all playoff games, the higher seed will be the home team.
8. Brackets will be posted on the NCISAA website after seeding for each classification has been established. The athletic administrators of participating teams should then be in communication with their opponent to arrange contest details. (See NCISAA Handbook/Postseason Rules & Regulations for Host Site rules and details.)

All-State Voting:

1. Meeting Date: November 2, 2026
2. Meeting Site: The format of the 2026 All-State selection meeting will be a virtual meeting held on the Monday following the State Championship..
3. Each Head Coach (or their designee) will be invited to the all-state meeting and will have **three (3)** minutes to talk about all their school's all-state candidates.
4. Statistical information must be submitted for each student-athlete being considered using the form provided by the State Office. Failure to submit information prior to the established deadline will render the student-athlete ineligible for all-state consideration.
5. There will be no all-conference list submitted to the State Office in advance of the meeting. There will be no predetermined all-state committee.
6. Voting will be done by each head coach (or their designee) who attended the all-state meeting. Voting forms will be sent out to coaches following the meeting.
7. The NCISAA State Office will mail/deliver the All-State medals to the athletic director of the All-State recipient's school.

Postseason Definitions:

1. Championships - Each sport season will conclude with a final event - State Championships. Some sports have a 1 or 2 date Championship while others have a playoff period prior to a Championship.
2. Playoff Period - The two week period of time preceding the Championships will be considered "playoffs".
3. Playoff Dates **-** Within the playoff period, each classification/division will compete on 3-6 dates, depending on how many teams are competing. After opt-outs have been established, the playoff dates and brackets will be posted on the NCISAA website. See BRACKETS tab for sport related bracket layout.
   EXAMPLE:

- Week 1 - Playoffs may be played on Tuesday, Thursday and Saturday OR Tuesday and Friday.
- Week 2 - Playoffs may be played on Tuesday, Friday and/or Saturday.

4. Playoff Times - Weekday contests will start at 5:30pm (1pm on Saturdays) unless an alternate time is agreed upon by competing schools.
5. Each round will be determined after the opt out date and posted on the BRACKETS page on the NCISAA website.
    a. Championship Date-

Volleyball	Finals will be on the last Saturday of October.

Semifinal Site - October 30, 2026

1A/4A at Greensboro Day School
2A/3A at Wesleyan Christian Academy

Championship Site - October 31, 2026

@ Forsyth Country Day School:
1A - 10:00 am
2A - 12:00 pm
3A - 2:00 pm
4A - 4:00 pm

Sport Rules

1. Unless otherwise specified, National High School Federation rules will be followed.
2. Each match will be 3 out of 5 sets to twenty-five. The fifth and deciding set will be to fifteen.
3. Warm-up before any NCISAA match will be twelve minutes.
    a. The format will be 4 minutes, 4 minutes, 2 minutes, and 2 minutes.
4. Each team should use the MaxPreps stat sheet for universal statistics.

Officials

1. Each playoff match should be staffed by 4 approved officials (R1, R2 and 2 Line Judges).
2. For playoff rounds, the host site is responsible for securing officials.
3. For state championships at the higher seed, host schools will work with the NCISAA State Office in securing officials.
4. When the championship is being played at a neutral site, host schools will work with the NCISAA State Office in securing officials.

Medical Coverage

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

Reporting Playoff Scores

Both school administrators are responsible for reporting scores to the NCISAA State Office and posting results in MaxPreps immediately after the conclusion of the contest.

Game Balls

The official volleyball for playoffs and championships is Wilson

Admission

Postseason	All Rounds
Adults	$10.00
Children (8 and under)	Free

***Students in grades 9-12 of participating schools only are admitted free.**

Awards

TEAM	1A	2A	3A	4A
Championship Trophy	1	1	1	1
Runner-Up Trophy	1	1	1	1
Individual Gold Medals to Championship Team	15	15	15	15
Individual Silver Medals to Runner-Up Team	15	15	15	15

INDIVIDUAL	1A	2A	3A	4A
All-State Awards	12	12	12	12