



St. Paul Lutheran
Making Disciples of All Ages

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Philosophy, Purposes and Goals

The programs organized through the Kansas City Lutheran Athletic League offer all participants the opportunity to develop in many aspects. One obvious aspect is physical development. Our programs supplement and complement the PE programs in our schools. Our programs strive toward optimal physical growth through activities in a competitive atmosphere. Proper instruction in the skills and rules of each activity is fundamental to our programs.

However, the KCLAL is much more than a place to develop physical skills and abilities. We consider our most important function as providing an atmosphere in which to test and put into practice the Christian principles and attitudes we profess. These include responsibility, cooperation, honesty, fair play, hard work and all elements of Christian living. We emphasize not the mere knowledge of Christianity but rather the practice and application of it.

Through these programs we sincerely hope that students develop physically and learn the skills necessary to compete well. Our greatest hope, however, are that students develop spiritually and learn attitudes necessary for living their lives well.

Specific Goals of the KCLAL:

1. Teach the fundamentals and skills necessary to compete in each sport.
2. Develop Christian attitudes of good sportsmanship while winning or losing.
3. Create healthful and wholesome activities for students and parents.
4. Encourage fun in competition.
5. Offer the opportunity to develop friendships with students from other schools.
6. Give every player the opportunity to compete in Christian competition.

Intent of the KCLAL Handbook:

The intent of this athletic handbook is to set clear policy and procedures within the Kansas City Lutheran Athletic League so that consistency is set forth for schools, principals, and athletic directors now and in the future.

The guidelines listed within this handbook have been adopted by the athletic directors and principals and shall guide the decisions of the KCLAL. Any suggested changes will be worked through by the Athletic Directors, and presented to the principals for approval.

Member Schools & Guidelines for KCLAL Membership

The KCLAL (as of 2016) is currently made up of eleven member schools:

Bethany (Overland Park, KS)	Our Savior (Platte City, MO)
Calvary (KC, MO South)	St. Paul (Leavenworth, KS)
Christ (Overland Park, KS)	St. Paul (St. Joseph, MO)
Hope (Shawnee, KS)	Timothy (Blue Springs, MO)
Martin Luther Academy (KC, MO)	Trinity (Atchison, KS)
Messiah (Independence, MO)	

Eligibility - Schools

Other schools that would like to join the KCLAL must be Lutheran schools within 55 miles of downtown Kansas City, MO.

To be eligible to participate in any program organized and sponsored by this League a school must:

1. Submit a written request to the KCLAL Athletic Directors to join the league.
2. Agree to the policies and guidelines in this handbook.
3. Pay all fees (if applicable) established by the league for operating that program.
4. Agree to assist the League in the operation of the program.
5. Be represented at meetings set up by the League which relate to the operation of that program.
6. Be voted into the league by the athletic directors and be approved by the league principals.

Eligibility- Students

To be eligible to participate in activities organized and sponsored by this League a student must be a registered student in an eligible school and not be 16 before September 1st of the current school year. Any exceptions must be brought to the Athletic Directors for approval.

It is highly recommended by the league (but each school's decision) to have:

- Written permission for each student from their parents or guardian to participate in any league activity. This form should also include Health Insurance information (including policy number) which would cover any injuries while participating in our programs. A sample form is included.
- A signed statement from a doctor confirming the ability to participate in strenuous activity. A form is included in this handbook.
- Expectation that students maintain good grades and appropriate behavior at all times. Academics and exemplary behavior come first and the privilege of KCLAL activities can and should be taken away if necessary.

KCLAL School Mascots and Colors

<u>SCHOOL</u>	<u>COLORS</u>	<u>MASCOT</u>
Bethany (Overland Park, KS)	Maroon & Silver	Eagles
Calvary (KC, MO South)	Blue & White	Warriors
Christ (Overland Park, KS)	Navy Blue & Gold	Griffins
Hope (Shawnee, KS)	Red & Gold	Lions
Martin Luther Academy (KC, MO)	Purple, Black, & White	Eagles
Messiah (Independence, MO)	Green & White	Lancers
Our Savior Christian Academy (Platte City, MO)	Red, White & Blue	Knights
St. Paul (Leavenworth, KS)	Blue & White	Warriors
St. Paul (St. Joseph, MO)	Black and Gold	Panthers
Timothy (Blue Springs, MO)	Red, Blue & Silver	Rams
Trinity (Atchison, KS)	Blue & Gold	Falcons

Coaches

The league expects all coaches to adhere to the rules and guidelines established by the KCLAL. These guidelines include conducting themselves at all times in accordance with the basic philosophy of the League. We expect coaches to treat officials, opposing coaches and players, and spectators with the respect due them as fellow Christians.

Wanting to win is an understandable objective of any coach. However, the KCLAL does not endorse or encourage a “win at all costs” attitude, nor a “run up the score” approach to competition on this level. Coaches should remember that their responsibility is to all students participating; not merely to their own team. Nothing is gained by humiliating an opposing team and much harm can result from this practice.

Our program is not intended to be patterned after programs of higher educational levels such as high school or college. The League does not view our programs as separate from other elements of Christian education but rather hopes to make athletics an integral part of the total educational process. Our purpose is to present a favorable climate for the physical, emotional and spiritual growth of the participating students. Good coaching involves the same attitudes and skills as good teaching. A coach’s value to our league depends more on an educational perspective than on a won-lost record.

Officials

The KCLAL values quality officiating. Good officiating is part of the instructional process and sometimes referees will need to explain their calls to the younger, more inexperienced children. Schools are responsible for hiring and paying their officials when hosting home games.

We make every effort to hire quality officials. Coaches, fans and players need to realize that we are an elementary school program and therefore might be in line behind local colleges and high schools for the top officials.

Officials for all contests must be certified and be 18 years of age or older. If officials for a contest are unavailable the two member schools shall agree to a substitute. Officials should not be from the two schools involved unless by mutual consent of the coaches.

Schools in our league hire one official for regular season volleyball matches, two officials for basketball games, and two officials for soccer games. The home team is responsible for hiring and paying the officials for volleyball and basketball games. The league has been responsible for hiring and paying soccer officials.

Executive Board

The Executive Board of the KCLAL consists of a representative from each member school. This representative, usually titled the Athletic Director, should be the person responsible for the athletic program at the school. This person has one vote on the board.

The Executive Board will meet once for each season. Any additional meetings may be called by the president for the good of the league.

Athletic Director Meetings

- August-to get ready for volleyball and soccer
- October-to prepare for the volleyball tournaments and prepare for basketball
- January-to prepare for the basketball tournaments and prepare for track

The Executive Board may at times feel the need to discuss conduct issues. Such a discussion should be done only with Christian professionalism. If such discussion leads to a necessary disciplinary action, it will be summarized and turned over to the league principals. This shall include, but not limited to, schools not following handbook rules and guidelines.

Executive Board Officers

The Executive Board has a president, a secretary and a treasurer. Election of officers occurs annually. Term of office is one year and officers are elected by majority vote.

Duties of Officers

President:

1. Provide an agenda and convene all meetings with Robert's Rules of Order.
2. Serve as the League's representative concerning athletic procedures of the league to local Boards of Education and the Principal's Conference on request.
4. Carry out the dictates of the Executive Board.
5. Convene special meetings when the need arises.
6. See that the league offices be transitioned appropriately with any officer change.

Secretary:

1. Compile the minutes of all meetings. Copies of the minutes should be sent to each member school and the league principals no later than two weeks after each meeting.
2. Update this handbook as needed and send current copies to all member schools.
3. Assume the role of president if needed.
4. Maintain a current file of minutes of all meetings.
5. Complete a final standings report for each sport every year.
6. Maintain, as part of the handbook, a current tournament hosting list.

Treasurer:

1. Maintain an accurate financial record of league business.
2. Disburse funds as approved by the Executive Board.
3. Present a statement of the league financial status at each Executive Board meeting.

Financial Policy for the KCLAL League Athletic Directors

Each league sport shall fund itself. It is the Athletic Director's responsibility to ensure this by charging gate fees and/or by charging league fees. Schools hosting tournaments shall pay the league 10% from the gate after paying referees and covering any trophy expenses. If necessary the KCLAL will subsidize tournament expenses.

KCLAL League Tournaments

League Tournaments are held at the end of the soccer, volleyball and basketball seasons. Opportunity to host a tournament is provided on a rotational basis and a schedule is included at the end of this handbook. Traveling trophies are awarded at all tournaments and must be returned the following year. If a school wins the same 1st place trophy three consecutive years they have the option of keeping it, thereby retiring that trophy. The League will then purchase a replacement.

Tournaments are operated by the host school following the league rotation schedule and are run as KCLAL League Tournaments.

The host school is responsible for scheduling the tournament with approved tournament brackets by the ADs. Suggested league brackets can be provided by the league.

The host school is also responsible for hiring and paying the referees and providing all necessary workers (gate, scorebook, clock, etc.)

Gate fees for volleyball tournaments (1 day) are \$4.00 for adults, \$3.00 for grades 1- 8, and \$14.00 for a family pass (parents/guardians and children). Gate fees for basketball tournaments (2 day or 3 day) are \$3.00 for adults, \$2.00 for grades 1-8, and \$10.00 for a family pass per day. A weekend pass (2 day or 3 day) should also be offered at \$5.00 for adults, \$3.00 for grades 1-8, and \$16.00 for a family pass. Athletic Directors should evaluate and change these fee amounts as needed to run effective athletics.

The host school is not to charge an entry fee from the teams entering the tournament unless the Athletic Directors feel this is the best way to fund an individual sport season.

Gate money is used to pay the officials hired by the host school and to pay for any trophy costs. After paying referees and trophy costs, 10% of the gate money goes to KCLAL. The remaining money goes to the school to recognize the work that the host school has done. If the gate does not cover refs and trophies, the league will compensate the host school. The host school may also operate their own concession stand and keep any money that they make.

Each volleyball tournament is to be played in pool play format. A tournament consisting of seven or fewer teams will be played as one pool. Eight or more teams will be two pools. Hire one referee for pool play rounds, as well as for bracket/trophy rounds.

Traveling trophies are given at the end of each sports season for volleyball, soccer, & basketball tournaments (both boys and girls).

IF a tie-break is needed in volleyball pool play...the following will be used to break the tie:

2-way	Win / Loss Record vs. each other (head to head)
	Point Differential vs. each other
	Point Differential during all of pool play
	Play-Off Game to 15 points, win by 2, cap at 17

3-way	Win / Loss record vs. teams involved
	Point Differential vs. teams involved
	Point Differential during all of pool play
	Draw from a hat

IF a tie-break is needed in seeding any tournament...the following will be used to break the tie:

2-way	Head to Head
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3-way	Draw names to seed the tournament.
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Regular Season Gate Fees (Volleyball and Basketball)

All schools should use the following rates at their home games:

Adults \$2.00

Grades 1-8 \$1.00

Family Pass \$ 6.00 (Parents/Guardians and their children.)

KCLAL Passes are honored for coaches, staff & pastors and their families.

Staff Passes

Included in this handbook (page 24) is a master copy to make KCLAL Passes. These passes are for school staff members and coaches along with their families and school pastors and their families as well. The pass should be shown at all league games and tournaments to avoid paying the admission fee. These passes are only honored at KCLAL sponsored events.

Protests and Complaints

When problems arise during any contest they are best handled right away, if possible. The first step should always be to talk to the offending party (coach, AD, official, etc) to try to resolve the conflict. If further action needs to be taken, the following steps should be followed:

1. If protesting the game, the protest must be declared and the officials and opposing coach notified that the game is being played under protest.
2. At the end of the game the official is to make written comment of his interpretation of the protested incident.
3. The league president should be contacted within 48 hours of the incident with information about the incident or protest. The AD and principal of each school involved should also be contacted within 48 hours.
4. If necessary, the league president may call a meeting of the Executive Board to handle the situation. The Executive Board's ruling will be communicated to the schools involved within 24 hours of the ruling.

If a written complaint is filed, that complaint should be brought to the individual school through the athletic director for the principal of that school to address in conjunction with the principals and Athletic Directors of all involved schools. If necessary, the issue may be escalated to all principals and Athletic Directors.

Playing above Grade Level

Players are expected to play on the team that is at their grade level. Special permission from the athletic directors may be sought before each season for players to play on a team above their grade level. This permission must be requested in writing and is approved on a season-by-season basis.

Schools requesting this permission may only do so if the number of players on a team (made up of students enrolled at the school) provides less than two substitutes.

- Volleyball teams may add players if consisting of 7 or fewer girls. With 8 or more girls, none should be added.
- Soccer teams may add players if consisting of 9 or fewer boys. With 13 or more boys, none should be added.
- Basketball teams may add players if consisting of 6 or fewer players. With 7 or more players, none should be added.

Adding players can be done by allowing younger players to play on an older-grade team, or by adding church confirmation students (addressed in next section). If permission to add players is granted, these rules are to be followed if the players are playing on both the younger and older teams:

1. A lower-grade individual player may only enter two quarters of an upper-level basketball game, or one game of a volleyball match.
2. A younger player on an older team may not play ahead of any older players. The younger players should not start the game. All of the older team members should play before the younger players are subbed in. The younger players should only be used as substitutes when the older players need a break.
3. All rules apply to regular season, as well as KCLAL tournament play.
4. Extenuating circumstances could allow a school to be exempt from the above rules if requested in writing.

If the younger players are moved up permanently to the older team then these rules do not apply. This means the younger players will not play with their grade-level team, but will only play with the older team.

Players that are not enrolled students at the KCLAL school

Players on KCLAL school teams should be enrolled at the school for which they are participating. Schools with low numbers at certain grade levels and needing to add church confirmation students to make a team must seek the permission (in writing) of the Athletic Directors at the beginning of each season. The majority of the players should be enrolled at the school.

Sports offered by the KCLAL

Fall sports (August - October)

Volleyball for girls (5th/6th grade level, 7th/8th grade level)

Soccer for boys (One level 5th-8th grade)

4th graders may be used by schools to help make numbers as needed.

Winter sports (December - February)

Boys basketball (5th/6th grade level, 7th/8th grade level)

Girls basketball (5th/6th grade level, 7th/8th grade level)

Cheerleading

4th graders may be used by schools to help make numbers as needed.

Spring sports (March - May)

Track and Cross Country, both boys and girls (4th-8th grade level)

Teams that schools may enter

Schools may enter 2 teams into each grade level of the league if each of the teams are made up of only members from a single grade (i.e. an all 5th grade team and an all 6th grade team = 2 teams entering into the 5th / 6th league OR an all 7th grade team and an all 8th grade team = 2 teams entering into the 7th / 8th league).

If the teams are made up of combined grades, schools may enter only 1 team (i.e. a team made up of some 5th graders and some 6th graders = 1 team entering into the 5th / 6th league OR a team made up of some 7th graders and some 8th graders = 1 team entering into the 7th / 8th league).

Schools may not enter any other combination of teams other than the above stated guidelines (i.e. 1 combination 7th / 8th team AND 1 regular 8th grade team) without special permission requested in writing given by the Athletic Directors prior to the season beginning. Exceptions may come when a school is confronted with lopsided numbers of students in certain grade levels.

Changes to the KCLAL Handbook

Member schools may propose changes to this handbook. The proposed change should be passed by the Athletic Directors and then reviewed by the principals.

Kansas City Lutheran Athletic League Volleyball

Our league plays under the National Federation High School Association rules and guidelines. We maintain that good Christian sportsmanship is stressed during all games by players, coaches and parents. *Home team leads the prayer before each match.* The Athletic Directors of our league have also added the following rules and guidelines:

5/6 Girls Division

We play 2 out of 3 games to 21 points, rally scoring. The 3rd game, if necessary, is only played to 15 points. Must always win by 2.

Serving line is moved in 3 feet at this level.

Volleyball Lite (same size but lighter) is the ball that is used. All players must play a minimum of 25% in a match.

7/8 Girls Division

We play 2 out of 3 games to 21 points, rally scoring. The 3rd game, if necessary, is only played to 15 points. Must always win by 2.

It is up to the coach/school the amount of playing time each player gets although we recommend that all players get to participate in each match.

Both Divisions

- * A team may begin the game with 5 players if needed. There will be a ghost-server when the 6th player should be up to serve and a side-out will occur.
- * Ball may hit the net on a serve, as it also can during play.
- * Home team leads the prayer before the match. If two teams are playing at another team's gym, the home team is the team closest in mileage to the gym.
- * Visiting team calls the coin flip at the start of the match. They may choose to serve or receive. If a 3rd game is necessary, the home team calls the flip and may choose to serve, or may pick the side they want.
- * Home team decides the side of the court they want before warm-ups begin.
- * Teams have 2 time-outs per game AND 1 additional time-out after the score has reached 20-20 in games 1 & 2 or at 14-14 in game 3.
- * Multiple contacts are allowed on any first ball over the net as long as it is done with one continuous motion and a lift does not occur.
- * Net height is 7'4".
- * Coaches need to turn in a line-up before every game. It's recommended to bring many copies of your line-up form to fill in as games progress rather than trying to get your form back from the score table.
- * Each team provides one line judge, preferably an adult, for every match. Send the line judge to the referee before the match begins.
- * Uniform shirts should be tucked in.
- * No jewelry should be worn.
- * Unless signaling for a substitution or a time-out, coaches should remain seated.

See reverse side for tie-break rules during tournament pool play.

IF a tie-break is needed for Tournament Pool Play...the following will be used to break the tie:

- 2-way
 - Win / Loss Record vs. each other (head to head)
 - Point Differential vs. each other
 - Point Differential during all of pool play
 - Play-Off Game to 15 points, win by 2, cap at 17

- 3-way
 - Win / Loss record vs. teams involved
 - Point Differential vs. teams involved
 - Point Differential during all of pool play Draw from a hat

Kansas City Lutheran Athletic League Basketball

Our league plays under the National Federation High School Association rules and guidelines. We maintain that good Christian sportsmanship is stressed during all games by players, coaches, and parents. Home team leads the prayer before each game. The following rules and guidelines have been added by the Athletic Directors:

5/6 Boys and Girls Division

- 5 minute stop-clock quarters are played with the clock stopping at every whistle.
- 3 Full and 2 30-second time-outs per game.
- 5 minute halftime.
- 2 minute overtime period if needed. (One additional full time-out will be added)

No pressing is allowed for the first 3 periods of play. Once possession is established, the other team must fall back past half-court, with all 5 defensive players within the 3-point line until the ball crosses half-court.

Full-court pressing is allowed in the 4th quarter by both teams until the leading team is ahead by 15 points. Once leading by 15, the leading team must follow the no-pressing rules in effect for the first three quarters. If the lead falls below 15 points, they can once again press.

Each player must play at least one quarter (total, doesn't need to be consecutive minutes). Both boys and girls division use the 28.5" basketball.

7/8 Boys and Girls Division

- 6 minute stop-clock quarters are played with the clock stopping at every whistle.
- 3 Full and 2 30-second time-outs per game.
- 5 minute halftime.
- 3 minute overtime period if needed. (One additional full time-out will be added)

Full-court pressing is allowed the entire game, unless the leading team is ahead by 15 points. Then the team ahead by 15 points must pull off the press and fall back to half-court once possession is established. Once the lead is below 15 points, they can once again press.

Girls division uses the 28.5" basketball. Boys division uses the 29.5" basketball.

Both divisions

Beginning in the 4th quarter, if the point differential is 30 points or more, the game clock shall run continuously for the remainder of the game except for an official's time-out, a charged time-out, or the administration of free-throws (clock stops when the official signals the type of free-throws to be administered: 1 and 1, 2 shots, 3 shots). If the lead falls back below 30 points, the clock is then stopped at every whistle.

Uniform shirts should be tucked in. No jewelry should be worn. T-Shirts worn under uniforms must match the main color of the uniform jersey. Shooting sleeves may not be worn. Solid color compression pants are allowed if they are white, black, beige, or the main color of the uniform jersey.

For Coaches: As much as possible, coaches should remain seated during games. Coaches involved in lopsided/blow-out type games need to use good judgment in handling their team. (For instance, **restrict your half-court defense**, keep one foot in the lane at all times, try to keep from stealing the ball. Offensively, let the non-starters play, only allow certain kids to shoot the ball, etc).

Kansas City Lutheran Athletic League

8 on 8 Boys' Soccer

Our league plays under the National Federation High School Association rules and guidelines. www.nfhs.org. We maintain that good Christian sportsmanship is stressed during all games by players, coaches and parents. *Home team* leads the prayer before each game.

The following rules and guidelines have been added by the Athletic Directors:

5th - 8th Grade Division

- * 2 Twenty-Five minute halves are played with a 5 minute halftime.
- * A number 5 size soccer ball is used.
- * The KCLAL determines the field(s) to be used and also handles the hiring and payment of officials. School participating in soccer may be charged a fee (if necessary) to help cover these payments. Gate fees are not collected at soccer games.
- * A regular season game cannot end in a tie. With ties at the end of regulation games, a shootout should be used to break the tie. The 5 shooters are picked from the players on the field at the end of regulation. If the game is still not decided after the 5th player, the game goes into sudden death. Each team may choose any other player on the field to kick. This will continue until everyone has kicked at least once (then it will start over from the 1st kicker and in order from the previous round) or until a winner is decided.
- * Season standings are determined by a point system.
(1 point for a Win - 0 points for a Loss)
- * There are no time-outs in soccer.
- * All players must wear shin guards and soccer shoes. No metal cleats allowed.
- * Eight players are needed for an official soccer match. The KCLAL can make exceptions to this rule. A game may begin and be played with less than 8 players for any one team on a given game day.
- * All players must have matching uniforms (shirt/shorts) with numbers on the jersey. Socks worn must cover the shin guards. The referee will check before the game that each player has shin guards.
- * A coin-flip by the referee before the game will determine who gets possession of the ball or choice of field direction.
- * Substitutions will be allowed on your team's throw-in or either team's goal kick or when a goal is scored. No substitutions can be made on corner kicks.
- * A Yellow-card can be issued on a hard foul or use of foul language or unsportsmanlike conduct. The referee has the option of automatically issuing a Red-card if warranted. You must substitute a player if they receive a Yellow-card.
- * Two Yellow-cards in one game equals a Red-card. Any player or coach receiving a Red-card is ejected from the game and must leave the premises. If a player receives the Red-card that team does not replace that spot on the field with another player. That team must play short one player for the rest of the game. A player or coach receiving a Red-card also will not be able to play in their next scheduled league game. All Red-card offenses should be reported to the KCLAL board for review.

KCLAL Tournament Play

- * Same rules apply from league play with the exception that a tie game will go to a 10- minute overtime extension (two – 5 minute halves, switch sides at half). If the game is still tied after sudden death there will be a 5- player shootout. The shootout will be done by 5 players that are on the field at the end of the overtime. Players will alternate with the opposing team until all 10 kicks have been taken. If the game is still not decided after the 5th player, the game goes into sudden death. Each team may choose any other player on the field to kick. This will continue until everyone has kicked at least once (then it will start over from the 1st kicker and in order from the previous round) or until a winner is decided.

Cheerleading

Cheerleading is a 7th/8th grade sport in our league. Schools are allowed to use children in younger grade levels if they choose. The children usually cheer during the 7th/8th grade boys basketball games but may cheer at other games also.

During full time-outs (1 minute in length) squads should alternate opportunities to perform/lead a brief cheer out on the basketball floor. There's usually only time for one squad to cheer during each full time-out.

During 30-second time-outs cheerleaders should remain on their sideline to cheer.

The cheerleading squad can also perform a drill team routine during half-time of the 7th/8th boy's basketball games. Some schools have drill team as a separate team from the cheerleaders and use different girls (for example, 6th graders are on drill team, 7th/8th on the cheerleading squad). Most schools use the same group of girls for both cheerleading and drill team.

When in question, it is a school's decision whether a spotter is provided, and whether or not that spotter is a coach or a squad member. See additional rules on pages 18 and 19 of this handbook.

CHEERLEADING RULES REGULATIONS FOLLOWED:

<https://www.aacca.org> – 2014-15 AACCA School Cheer Safety Rules

<https://www.nhiaa.org> – 2014-15 NFHS Spirit Rules / Revisions

Track and Cross Country

Track is a 4th-8th grade sport in our league. It is open to both boys and girls. Track meets are hosted by Trinity Lutheran School (Alma, MO), Hope Lutheran School (Shawnee) and Lutheran High School of KC. The Trinity and Hope meets have 5th-8th grade divisions. The Lutheran High meet has 4th-8th grade divisions. Cross country meets are held by various schools in April and/or May, and at times in the fall as well.

Cheerleading Rules/Regulations Defined/Highlighted

Cheerleading squads should be placed under the direction of a qualified and knowledgeable coach (B. General Rules #2, 2014-15 *AACCA School Cheer Safety Rules*)

What is a qualified and knowledgeable: Coaches' Responsibility & Education – Coaches have a professional responsibility to read and fully comprehend the entire NFHS Spirit Rules Book. It is vital that coaches fully understand all rules in order to correctly teach the appropriate skills to their athletes. It is also the coaches' responsibility to educate their student-athletes so they are aware of the rule changes. In addition, coaches are expected to be advocates for and models of good sportsmanship and follow all rules as written. (pg 66, 2014-15 Point of Emphasis, *NFHS Spirit Rule Revision*)

Coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected. (B. General Rules #4, 2014-15 *AACCA School Cheer Safety Rules*)

All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids, and jumps). (B. General Rules #5, 2014-15 *AACCA School Cheer Safety Rules*)

Minimizing Risk: Risk minimization for participants must be the primary objective for all spirit coaches. Protecting the head, neck and shoulders of participants during stunting must be a top priority. Cheerleaders should be placed under the direction of a qualified and knowledgeable coach who can recognize a squad's particular ability level and limit their activities accordingly. "Ability level" refers to the squad's talents as a whole. Programs should qualify cheerleaders according to generally accepted teaching progressions. The NFHS skills and techniques of stunts appropriate for the abilities of the cheerleaders must be perfected before advancing to the next level. Only those skills mastered in practice and consistently executed correctly should be performed in public. Additionally, coaches should ensure that cheerleaders are thoroughly trained in proper spotting techniques and receive appropriate training before attempting any form of cheerleading stunting and tumbling. (pg. 67, 2014-15 Point of Emphasis, *NFHS Spirit Rule Revision*)

Noted Stunting Rules:

Partner stunts (free-standing or as part of a pyramid) higher than shoulder stand level must have a separate, continuous spotter for each person over shoulder stand level. (C. Partner Stunts Rule #1, *AACCA School Cheer Safety Rules 2014-15*)

The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface. (C. Partner Stunts Rule #2, *AACCA School Cheer Safety Rules 2014-15*)

Bases may not: (a). Hold any objects in a hand that is supporting the top person. (b.) Assume a backbend, handstand or headstand position. (C. Partner Stunts Rule #3, *AACCA School Cheer Safety Rules 2014-15*)

A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (C. Partner Stunts Rule #4, *AACCA School Cheer Safety Rules 2014-15*)

In stunts requiring a spotter, a spotter: (a.) Cannot provide primary support for a top person. Primary support means the majority of the top person's weight. (b.) Must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts this is behind or beside the top person. (c.) Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.

(d.) May not have their hands behind their back.(e.) May not support under the heel or sole of the top person's foot in a single based extended stunt. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof. (f.) May not hold any objects in their hands. (C. Partner Stunts Rule #5, *AACCA School Cheer Safety Rules 2014-15*)

Basket tosses, elevator tosses, and similar multi-based tosses are prohibited. (I. Additional Restrictions for Elementary, Middle and Junior High School, *AACCA School Cheer Safety Rules 2014-15*)

A base who is holding poms in one hand while (a) supporting a top person in a prep is illegal; (b) holding a top person's hitched foot with his/her hand is legal. (pg. 44, 2014-15 Point of Emphasis, Situation *2.4.1 Situation B, *NFHS Spirit Rule Revision*)

A spotter who is standing slightly behind an extension and: (a) stays visually focused on the head and shoulders of the top person is legal; (b) glances away for a moment to check other stunts is legal; (c) hands a sign to the top person is illegal. (pg. 44, 2014-15 Point of Emphasis, Situation *2.4.5 Situation A, *NFHS Spirit Rule Revision*)

Spotting rules do not apply to stunts that don't require a spotter (pg.45, 2014-15 Point of Emphasis, Situation *2.4.5 Situation B, *NFHS Spirit Rule Revision*)

All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible. (B. General Rules #11, *AACCA School Cheer Safety Rules 2014-15*)

Long, unsecured hair is not appropriate for extended partner stunts/lifts and airborne tumbling (pg. 60, 2014-15 Point of Emphasis, *NFHS Spirit Rule Revision*)

Squad members must wear athletic shoes (no gymnastic slippers). (B General Rules #13, *AACCA School Cheer Safety Rules 2014-15*)

Prior to performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting, and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions. (B. General Rules # 9, 2014-15 *AACCA School Cheer Safety Rules*)

Performance Surfaces and Areas: The rules specify that "Performance surfaces and areas must be suitable for spirit activities and reasonably free from objects and/or impediments." Further, the rules state that "When discarding props that are made of hard material or have corners or sharp edges, team members must gently toss or place the props." In some situations, discarded props and signs could increase the risk of injury should team members step on them. This is true for both competitive and noncompetitive spirit activities. In competitive spirit activities, state associations or local competition administrators can provide information on deductions that may be taken for stepping on objects on the performance surface. (pg 71, 2014-15 Point of Emphasis, *NFHS Spirit Rule Revision*)

Specific Surface Restrictions. The following skills are only allowed on a mat, grass or rubberized track surface: (1) Basket tosses, elevator/sponge tosses and other similar multi-based tosses. (2) Partner stunts in which the base uses only one arm to support the top person. (3) Twisting tumbling skills (Arabians, full twisting layouts, etc.). The exception to this rule is the following: Cartwheels, roundoffs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track. ***NOTE (1) is prohibited for elementary, middle school, and junior high.** (H. Specific Surface Restrictions, 2014-15 *AACCA School Cheer Safety Rules*)

League Tournaments Hosting Order

*Schools that host a tournament move to the bottom of the list.

*Schools that pass on a tournament retain their spot on the list.

*Schools should only host one tournament per school year unless all other schools pass.

*New schools that enter the league will be placed into the rotation by the Athletic Directors.

*The league secretary is responsible for keeping this list current. It needs to be updated after each season.

Tournament Hosting Order

	5/6 Volleyball	7/8 Volleyball	5/6 Basketball	7/8 Basketball
2015-2016	Messiah	Trinity	MLA	Bethany
2016-2017	Trinity	Bethany	Timothy	Calvary
2017-2018	Bethany	Messiah	Trinity	MLA
2018-2019	St. Paul (St. J)	MLA	Hope	Timothy
2019-2020	Hope	Calvary	Bethany	Trinity
2020-2021	Calvary	Timothy	St. Paul (St. J)	Hope
2021-2022	Timothy	Hope	Calvary	Messiah
2022-2023	MLA	St. Paul (St. J)	Messiah	Bethany
2023-2024	Messiah	Trinity	MLA	St. Paul (St. J)

NOTES: St. Paul/Leavenworth is not currently participating in our league. Christ and Our Savior do not currently have facilities for hosting. If their situations change, they will be placed at the top of the list and given the opportunity to host the next available tournament.

AD Meeting Hosting List:

Bethany
Calvary
Christ
Hope
MLA
Messiah
Our Savior
St. Paul/St. Joe
Timothy
Trinity

***Kansas City Lutheran Athletic League
Roster Form***

Student Name _____ Date _____

Address _____ Grade _____
(include city, state and zip)

Home Phone _____ Mom Cell # _____

Dad Cell # _____

Father's Name _____

Place of Employment _____ Work Phone _____

Mother's Name _____

Place of Employment _____ Work Phone _____

If you live with someone other than a parent, complete the following:

Name of person(s) with whom you live _____ Is
this person legally responsible for you? Yes _____ No _____

Place of Employment _____ Work Phone _____
Cell Phone _____

Name of Student's Physician _____

Address _____ Phone _____

Hospital Preference _____

Is your physician listed above permitted to practice in this hospital? Yes _____ No _____

Parent/Guardian Permission

I hereby give consent for the above student to represent his/her school in interscholastic activities. I give my consent for him/her to accompany the team on its out-of-town trips and will not hold the school responsible in case of an accident or injury. In the event of an emergency, an effort will be made to contact a parent or guardian. If this is not possible, I also give my consent and authorize the school to obtain, through a physician of its own choice, such medical care as is reasonably necessary for the welfare of the student, including first aid treatment, hospitalization, injections, anesthesia or surgery.

Parent/Guardian Signature

Date

OVER

The Kansas City Lutheran Athletic League strongly recommends that every student be covered by insurance. Please provide the following information:

Insurance Company_____ Policy Number_____

If you do not have insurance, you must sign the following waiver:

I acknowledge that I do not have adequate health insurance to cover injuries to my child and will assume responsibility for all medical expenses if an injury should occur as a result of school athletics. I will not hold the KCLAL, my child's school, its administration and employed teachers and officials (employed by the KCLAL and/or my child's school) responsible for the injury.

Parent or Guardian Signature
(only need to sign if you do not have insurance)

Date

(this form to be completed by a doctor)

***Kansas City Lutheran Athletic League
Physical Examination Record***

Name of Student (Please print) _____ Date of Birth _____

Significant past illnesses or injuries: _____

Eyes, ears, nose, throat _____	Resting Heart Rate _____
Lungs _____	Blood Pressure _____
Abdomen _____	Height _____
Genitalia _____	Weight _____
Muscular-skeletal _____	Date of last immunization:
Reflexes _____	Polio _____
Urinalysis _____	Tetanus _____
Hernia _____	Other _____
Heart _____	

Blood count or x-ray (only if indicated) to be filed in school office.

I certify that I have examined the above student. I have noted any participation restrictions on the lines below.

Basketball _____	Track _____
Cheerleading _____	Volleyball _____
Soccer _____	Other _____

Date of Examination _____ Examining Physician _____

KCLAL



SPORTS PASS

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