

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

Warm-ups: 5 total minutes (3 minutes shared court, 2 minutes serving)

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

Warm-ups: 6 total minutes (4 minutes shared court, 2 minutes serving)

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.
- * 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:

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| 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 |