



MS KAIAC Volleyball

Rules of Emphasis for Coaches and Referees

The Middle School Volleyball program has been established with an emphasis on participation, skill development, and the opportunity to play in an environment where all students, regardless of ability, are able to be active contributors to their team. As a matter of safety, the KAIAC Constitution states that eyeglasses may not be worn at jamborees. Players must wear sports goggles or contact lenses or nothing at all. With these principles in mind all coaches shall:

1. Divide teams in such a way that ability and grade levels are mixed to create as much parity between teams as possible.
2. Provide for equal playing time for all student participants and seek to maintain equal ability level representation on the court during the course of a game.
3. Seek to build the students self-esteem through the game of volleyball and to help increase their interest in and ability to play volleyball.
4. Exemplify and promote good sportsmanship with their team and provide their students with the fundamental skills to be successful contributors on a volleyball team.
5. Teach their team according to the rules which MS KAIAC has chosen to emphasize in the game of volleyball.

Volleyball Jamboree Format

- A. Volleyball is a mixed-gender sport.
- B. Teams must be composed of a mixture of grade levels with a minimum of two girls on the court at any given time. Teams are not required to have boys.

- C. If a team only has two boys, they may stay in and avoid substitutions to keep the match close.
- D. Nets will be set at female H.S. height of 2.24 meters (7' 4 5/8").
- E. Games will be 22 minutes with a minimum of 5 minutes between games.
- F. Ensure all game balls meet official game requirements
- G. Opening possession will be determined using rock-paper-scissors
- H. Sets to 25 points, win by 2 points; teams will start a new set if time remains

I. **Rules of Emphasis**

- I.1. No obvious carries: hand open behind the head when moving the ball forward (looks like a throw)
- I.2. No obvious lifts (catch and throw)
- I.3. No double hits
- I.4. No touching the net
- I.5. No stepping over line under net
- I.6. After 5 consecutive serves by one server, serving team must rotate to continue the serve
- I.7. No back row spiking in front of the 10 ft line (estimate on half court)
- I.8. Servers must wait for the whistle and stay behind the end line (some discretion on half courts)
- I.9. Smaller players may cross the end line or start 1-2 meters in front of it to match their ability
- I.10. Enforce foot faults on players demonstrating the ability to serve from behind the serving line
- I.11. Rotation violations will result in a side-out
- I.12. In cases of overhead interference, play can continue if the side that hit the ball has hits remaining; walls will always be called out