



FLINT HILLS SUMMER VOLLEYBALL LEAGUE RULES - 2021



The Flint Hills Summer Volleyball League will be conducted under the rules of the National Federation of State High School Association (NFHS) volleyball rules, with the following adaptations.

1. ELIGIBILITY

- a. Young women who will be enrolled in the 7th, 8th, 9th, 10th, 11th and 12th grades in area high schools in the Fall of 2021 are eligible.
- b. The program will consist of three divisions: Middle School, JV, and Varsity. At the discretion of the FHSVBL Coordinator, teams may be placed into appropriate divisions.
- c. Head coaches are responsible for submitting a complete team roster prior to the start of the season. Requests to switch teams must be made in writing to and approved by the FHSVBL Coordinator.

2. TEAM COMPOSITION

- a. Each team must have a designated adult head coach. The coach will be responsible for the supervision of the team. Each team will also have a designated captain for each match. Coaches are volunteers and are not paid for their commitment.
- b. A team must have four players to start a match. A five-minute forfeit period from the scheduled match starting time will be allowed; if a team does not have four players, the first set will be forfeited. If a team does not have four players within 15 minutes of the scheduled match starting time, the entire match (three sets) will be forfeited. The 5 and 15 minute periods will be governed by cellular time on the phones of the gym supervisor, or the head referee on the court.
- c. If a team has five or less players from its original roster available to start a match, a player or players from another team (referred to as “extra players” for the purpose of this rule) may be used under the following conditions:
 - i. The “extra player(s)” must attend the same school as the majority of the players on the team that is short-handed.
 - ii. The “extra player(s)” cannot “play down” from their original 2021 FHSVBL team level, nor can an “extra player” participate on another team in the same division as her original team. For instance, a player originally listed on a varsity roster cannot participate as an “extra player” on a jayvee team, nor another varsity team. A player originally listed as a jayvee player cannot participate as an “extra player” on another jayvee team, nor a middle school team. “Extra players” can only be used when they are playing above the level that their original team is competing in.
 - iii. If a team begins a match with only four players, and one of them is unable to continue playing, an “extra player” may be added so that the match can continue. A five-minute grace period – timed by the referee – will be allowed in this situation.
 - iv. A team may utilize “extra players” only for regular season matches. “Extra players” will not be allowed during tournament play.
- d. When a team plays with less than six players, the vacant spot in the serving order will not result in a loss of rally.
- e. Use of the libero is allowed in FHSVBL play. The libero must wear a shirt that in some way clearly differentiates her from her other teammates.
 - i. The t-shirt worn by the libero must be short-sleeved, and unaltered (see # 5-c below).

3. PRE-MATCH PROTOCOL

- a. The pre-match protocol will be that used by KSHSAA during the Fall 2020 season.
- b. There will be three whistles from the R1
 - 1st whistle – starting players will line up on their sideline, in front of the team bench
 - 2nd whistle – starting players will move to the end line
 - 3rd whistle – starting players will take their positions on the court.
- c. Players will not shake hands at the net prior to the start of the first set, nor after the match.
- d. **TEAMS WILL NOT SWITCH SIDES AFTER EACH SET.**

4. THE GAME

- a. Each exhibition and regular season match will consist of three sets, unless otherwise indicated on the league schedule. Rally scoring will be used. League standings are based on total sets won and lost.
- b. Scoring: All sets will be played to 21, win by two, cap of 23 points. If the score of a set reaches 22-22, the team that wins the next rally will win that set.
- c. Each match has a 55-minute time limit, timed by the scorekeeper.
 - At the end of the time limit, the team that is ahead will be declared the winner of the third set. If there is not a two-point margin, the set will continue until one team achieves a two-point margin. If the score of the third set reaches 22-22, the team that wins the next rally will win that set.
 - The R2 will notify coaches when there are 5, 3 and 1 minute(s) left in the time limit.
 - During the final 5 minutes, any abnormal stoppage of play (timeout, injury, ball stuck in rafter, etc) will “freeze” the time limit. The scorekeeper will stop the clock, and restart when the abnormal situation is taken care of.
- d. Unlimited substitution will be allowed. A player may enter the lineup any number of times in a set, but may occupy only one position in the serving order. Substitutions are made through the R2. The substitution request is made during a dead ball. The R2 will allow entrance into the set after the players’ names are recorded on the score sheet.
- e. Coin Toss – the coin toss will be conducted according to NFHS regulations.
- f. Each team is limited to one 30-second timeout per set.
- g. A limit of two minutes will be given between sets.
- h. The official scorebook shall prevail in the case of any dispute.

5. UNIFORMS

- a. Only rubber-soled court shoes will be allowed for league play.
- b. Each player will be provided a team shirt, which must be worn at all matches. Players who do not have their team jersey will not be allowed to participate.
- c. Team t-shirts cannot be altered in any way. This includes cutting off sleeves or necklines. Players who alter their team t-shirt will not be allowed to participate until a proper (unaltered) team t-shirt shirt is worn.
- d. Players must provide all other personal equipment and uniform, and are responsible for all of their belongings.

6. BRACKET PLAY

- a. All teams will be entered into post-season tournament bracket play. Bracket seeds will be based on final regular season standings.
- b. All bracket matches will be “best two out of three” sets. All sets will be played to 21. The winning team must have a two-point margin. There is no scoring cap in tournament sets.
- c. There will be no time limit for bracket matches.

7. OTHERS

- a. Game balls and warm-up balls are furnished by the league.
- b. The FHSVBL Coordinator reserves the right to make the final judgment on situations in question.
- c. Any participant displaying any form of unsportsmanlike conduct or committing a flagrant rule violation will be ejected immediately and referred to the FHSVBL Coordinator for any possible further discipline.