



## **SPORT GUIDELINES for VOLLEYBALL**

### ***ARTICLE I: Season of Competition Information***

#### **NAIA 24 Week Rule with KCAC Modifications:**

- Per NAIA guidelines, Volleyball shall have a maximum 24-week practice and competition season as established by each member institution. For the KCAC, frequency of play, practice and scheduling policies shall be restricted to the following period of time: beginning on Monday of the week in which August 15 falls and ceasing no later than May 15 per NAIA guidelines.
  1. Frequency of play, practice, and scheduling outside of this period (beginning the Monday of the week in which August 15 falls until May 15 each year) is governed by each member institution and will not be regulated by the NAIA.
  2. Member institutions may be engaged in conditioning activities beginning on August 1 in preparation for the fall season of competition. However, no practice or outside competition is allowed between August 1 and the start of the practice and competition season, which begins on Monday of the week in which August 15 falls.
  3. There shall be no more than three break periods during the 24 weeks. NAIA approved postseason participation shall not be counted as part of the 24-week period. A week is defined as Sunday (12:01 a.m.) through Saturday (11:59 p.m.). Any practice or competition during this period shall constitute one of the 24 weeks permitted.

#### **Specific Rules on Contact:**

- Athletic-related contact , which includes practice, conditioning, and/or competition activities, will be limited to 20 hours per week once classes have begun for the fall semester at the specific KCAC institution.
  - Prior to classes beginning for the fall semester, specific to each KCAC institution, the 20 hour contact rule will not apply.

- Each contest, which includes games, exhibitions, and scrimmages, will be counted as 2 hours within the 20 hours of contact during the week.
- For all KCAC teams, there will be one day per week with no athletic-related activities, which includes practice, conditioning, or competition.

***ARTICLE II: Sport-Specific Rules for KCAC Volleyball***

**NAIA Coaching Manuals:**

- **WEBLINK:** [NAIA Volleyball Coaches' Manual](#)

**Sport-Specific Rules for the KCAC:**

- The official edition of the NCAA Volleyball Rules from the NAIA Volleyball coaches' handbook shall be applied to KCAC conference games.
- The starting date for conference matches shall be no earlier than the Wednesday of the second week of September.
  - The scheduling of conference matches shall be the responsibility of the coach or school representative and shall be finalized in the spring semester prior to the fall season.
  - The school that initiates a change in the KCAC schedule must notify their Athletic Director after both volleyball coaches have agreed on a date and time. The Athletic Director will notify the Executive Council for approval.
- Conference matches are scheduled for 7:00 pm on weekdays and 2:00 pm on Saturdays. Junior varsity matches (when played) begin at 5:30 pm on weekdays and 12:30 pm on Saturdays.
  - Matches will begin no earlier than their scheduled time.
  - When junior varsity matches are played, varsity matches will begin 30 minutes after the conclusion of the junior varsity match.
  - A team may elect to schedule non-conference junior varsity matches prior to a conference varsity match when the scheduled conference opponent does not have a junior varsity program.
    - However, these junior varsity matches must be scheduled in such a way that the match concludes 30 minutes prior to the scheduled varsity match starting time, allowing the conference varsity match to start at the scheduled time.
- There will be a break lasting four minutes in length after the second and third games of all conference matches. Matches that are won or lost in the first three games of the match will not have a break. Teams are required to stay in the gym during this break and must be prepared to resume play at the end of the four-minute break.

- A three-ball rotational system is mandatory for all conference matches. The host school must have three game balls and two ball retrievers available for all home matches.
- Each host conference school needs to film for the visiting school. Each host school needs to provide two new tapes before the match. The copy will be provided to the visiting team before the visiting team departs.
- The official ball for conference play will be the NAIA-scarlet, white, and navy Tachikara SV-5W.

### ***ARTICLE III: Championship Event Information***

#### **Automatic Qualifier to NAIA National Tournament:**

- Procedure to Determine Qualifiers for the NAIA National Tournament:
  - The winner of the conference tournament will be the KCAC automatic qualifier to the NAIA Volleyball National Championship Tournament.
- A post-season KCAC Conference Tournament will be held to determine the KCAC automatic qualifier to the NAIA National Tournament. The conference tournament will begin on Saturday – one week prior to the NAIA Volleyball Qualification deadline. The tournament will then continue the following Tuesday, Friday, and Saturday. All ten KCAC schools will compete in the post season tournament. The play-in round and quarterfinal round matches will be held at the home site of the higher seed. The semifinals and final will be played at the home site of the highest advancing seed from the quarterfinal matches in the tournament.

#### **Regular Season Champion:**

- The final standing of the Kansas Collegiate Athletic Conference double round-robin match play shall determine the regular season conference champion. In the event of a tie, co-champions will be named.

#### **Seeding:**

- Seeding into the tournament will be determined by the regular season conference finish.

#### **Tie Breaker Procedure:**

- The tiebreaker format for seeding the KCAC Conference Tournament will be as follows:
  1. Head to head competition.
  2. Percentage of sets won of those played among tied teams. (Total sets won/total sets played.)
  3. Percentage of points won in matches played among tied teams. (Total points won/total points played.)
  4. Percentage of total sets won in conference play.
  5. Percentage of total points won in conference play.

6. Coin flip.

Note: Once any tie has been broken, this procedure will repeat from Step 1 to begin breaking any other ties.

**Format:**

- The format for KCAC Post Season play will consist of all ten conference schools being seeded into a single-elimination tournament. All matches will follow a best-of-five-games format.
- In the first-round or “play-in round” of the tournament, all matches will be played at the home site of the higher seed. Seed #7 will host seed #10 and seed #8 will host seed #9 in with matches played at 7:00 p.m. on the first Saturday of the tournament.
- Seeds 1-6 will draw byes until the quarterfinal matches to be held on Tuesday night. The #1 seed will host the winner of match between #8 and #9. Seed #2 will host the winner of match between #7 and #10. Seed #3 will host the #6 seed while seed #4 will host the #5 seed.
- Upon completion of the quarterfinal matches, the tournament will be re-seeded to ensure the highest remaining seed will play the lowest remaining seed. The other semifinal will pair the other two remaining seeds. The semifinals will be played at 6:00 and 8:00 p.m. on Friday and championship final will be played on Saturday at 7:00 p.m. All three of these matches will be played at the home site of the highest remaining seed advancing out of the quarterfinals.
- The tournament winner claims the KCAC automatic bid to the NAIA National Tournament.
- A conference JV tournament may also be held when coaches desire. In the event that such a tournament is held, the site will be determined by participating coaches. A JV team electing to participate in the tournament must have played every other participating JV team at least once. Furthermore, any individual player participating in the JV conference tournament must have played in at least half of the regular season JV matches against conference opponents.

**ARTICLE IV: Awards**

**Team Awards:**

- Plaques will be awarded to the Regular Season Champion Team, the Conference Tournament Champion Team, and the Conference Tournament Runner-Up Team

### **Selection of All Conference Teams and Other Individual Awards:**

- KCAC Volleyball coaches will select a first team All-KCAC consisting of 12 members. A second team All-KCAC or honorable mention team will be selected.
  - Nominations must be made on the appropriate nomination form (the same form used for All-American nominations found in the NAIA Volleyball Coaches Handbook) and must be accompanied by a 3X5 black and white photo for forwarding on for All-American consideration.
  
- Post-season honors will be determined as follows:
  - Nominations accepted for first team only by each coach or representative of the institution in person.
  - Vote for first team from 12 down to 1 with 12 being the top vote getter and determined rankings of first team athletes based upon overall points. All unanimous are athletes listed on each ballot.
  - A coach cannot vote for his/her own player for any awards. A coach cannot vote for himself/herself for Coach of the Year.
  - Player of the year will be voted on. The top 5 point getters are then voted on for player of the year.
  - Remove all names for first team and leave all others nominated for Honorable Mention. Then add additional nominations from all coaches and re-vote for Honorable Mention selections
  - If a defensive specialist/libero is not listed on the first team or honorable mention team, then a separate vote to add a defensive specialist of the year to the first team honors will be added.
  - Freshman of the Year is nominated and voted separately.
  - Coach of the Year is voted on.

### ***ARTICLE V: Statistical Procedures***

- All team scores for member schools should be entered on KCACsports.com immediately following the completion of the competition.
  
- Statistics and reporting of game results:
  - The host school is responsible for providing the visiting school with game statistics and reporting game results to the media.
  
- All Ejections must be recorded after each game on the ***DakStats*** Statistical Online Report.

### ***ARTICLE VI: Duties of the Sport Chair***

- The duties of the KCAC Volleyball Chair are as follows:
  - Help determine the proper policies and procedures at the conference level.
  - Serve under the direction of the KCAC Commissioner:
    - Assist the KCAC Commissioner when requested
    - Represent the KCAC coaches to the KCAC Commissioner
    - Keep the KCAC Commissioner informed and updated of proposals and concerns

- Send a copy of the KCAC Volleyball Guidelines to each conference coach prior to the start of the season.
- Chair the meetings of the KCAC Volleyball coaches.
- Serve on the Games Committee at the KCAC Volleyball Championships.
- Inform the KCAC Volleyball Championship Tournament Director of all procedures and guidelines.

**ARTICLE VIII: Miscellaneous**

- **Pre-Match Protocol:**

- The mandatory procedure to be followed for pre-game protocol at the start of each conference match shall be:

**Varsity Match preceded by a Junior Varsity match:**

TIME		ACTION
6:00 p.m.	41 min.	warm-up available on court*/officials report
6:30		coin toss with captains
6:41	4 min.	visiting team court
6:45	4 min.	home team court
6:49	5 min.	visiting team court
6:54	5 min.	home team court
6:59	1 min.	team huddle/announcements
7:00		match begins with national anthem and introductions

**Junior Varsity Match:**

TIME		ACTION
5:00 p.m.	11 min.	warm-up available on court*/officials report
5:10		coin toss with captains
5:11	4 min.	visiting team court
5:15	4 min.	home team court
5:19	5 min.	visiting team court
5:24	5 min.	home team court
5:29	1 min.	team huddle/announcements
5:30		match begins

**Note: Times are adjustable for different starting times. For example, when a JV match with the same conference opponent delays the start of the varsity match.**

**Varsity Match not preceded by a Junior Varsity match:**

TIME		ACTION
* Court must be available at 5:30 for 7 p.m. start time		
6:00		Shared Court
6:30		Captains Coin Toss
6:41		4 minutes, Visiting Team Court
6:45		4 minutes, Home Team Court
6:49		5 minutes, Visiting Team Court
6:54		5 minutes, Home Team Court
6:59		1 minute, Team Huddle & Starting Lineups

**\*Note: the NAIA recommends a minimum of 15 minutes private time available to visitors on the competition court prior to match protocol.**

**NAIA Conference Raters:**

- One coach will be selected by vote of the conference coaches to be a member of the NAIA rating committee for Volleyball. The conference rater will be confirmed each summer at the KCAC Sport Management Conference and reported to the conference commissioner and the NAIA.