



Lakeshore Lutheran League



Sports Guidelines & Tournament Guidelines

September 2021

Lakeshore Lutheran League

Volleyball Regulations

1. Rules of the WIAA for volleyball shall be used. These follow the rules published by the National Federation of State High School Associations with minor exceptions.
2. The height of the net shall be 7' 4 1/4".
3. Use of at least one WIAA approved official is encouraged. Two officials are recommended for each match. One shall be on a stand at net height. The other shall be at side court opposite the official stand. Line judges may be used when two officials are not available. Each team is responsible for supplying a line judge.
4. The first two games will go to 25 points and be won by 2 points using rally scoring. The third game will go to 15 points and be won by 2 using rally scoring. A clock shall be used only for warm-ups, timeouts, and between games.
5. There shall be six players per team and the libero player will not be in use.
6. A match shall consist of a maximum of three games. The first team to win two games wins the match. Rally scoring will be used in all league matches. An extra game should be played unless by mutual agreement of the coaches.
7. The season shall be scheduled in September and early October. Schools shall play each other once. A tournament shall be held to conclude the season.
8. Matches not played should be rescheduled whenever possible.
9. Serves that hit the net (let serves) are legal as long as they do not contact the antenna or any part of the standard outside of the antenna. The ball must also land in the playing court.
10. The host team should send the scores into the League officer.

Lakeshore Lutheran League

Volleyball Tournament Regulations

1. All rules of the WIAA for volleyball shall be used. These follow the rules published by the National Federation of State High School Associations with minor exceptions as noted.
2. The host school (gym) shall obtain officials for all matches. A WIAA registered official is encouraged. Each Team is responsible for finding a line judge for each match.
3. The host schools shall be responsible for obtaining the keys to Lutheran High, game balls, and referees. The tournament shall be held at Manitowoc Lutheran High School.
4. Team trophies will be selected and paid for by the league. An entry fee of \$3 may be charged. Refs will be paid from the concession and gate money collected by the host school.
5. The tournament shall be held the weekend immediately following completion of the regular schedule.

6. Each school must have one adult line judge for each match. This adult must be knowledgeable with the rules of volleyball.

Lakeshore Lutheran League

Soccer Regulations

1. Schools that are members of the Lakeshore Lutheran League and play soccer will follow WIAA Soccer Rules.
2. This means that you may substitute players on these four situations:
 - a. Your team=s throw-in or if the other team subs on their throw in.
 - b. Your team=s corner kick
 - c. Any team=s goal kick
 - d. After a goal is scored
3. You may not substitute players on these four situations:
 - a. The other team=s throw-in, if they do not sub.
 - b. The other team=s corner kick
 - c. Any direct or indirect kick on the field of play
 - d. During a penalty kick
4. The host team must supply one registered referee. Each team must supply one line person.
5. League soccer games will be played on Monday and Wednesday afternoons. WIAA High School soccer is played on Tuesday and Thursday and referees are hard to find on those days.
6. The one exception to WIAA rules is the time of game. We will have 25 minute halves and five minutes in between.
7. The soccer ball sizes for each level is listed below:
 - K-2- Size 3
 - 3-4- Size 4
 - 5-8- Size 5

Lakeshore Lutheran League Soccer Tournament Regulations

1. There is not a tournament sponsored by the Lakeshore Lutheran League.
2. There are invitational tournaments in the area in which the schools of the Lakeshore Lutheran League participate.

Those tournaments are held in: **Cancelled**

Manitowoc (MLHS) Hosted by First German, Manitowoc

Manitowoc (MLHS) Hosted by Bethany, Manitowoc

New Holstein Hosted by Trinity, Kiel

4. The dates for these tournaments vary from year to year.
5. Each tournament has its own set of guidelines.

Lakeshore Lutheran League

Basketball Regulations

1. WIAA rules shall be followed in all games except where noted on this page.
2. 20 games per school is the limit for the season. This is the WIAA rule. This total ends with the last game of the regular season. Any tournaments during the season count, but those before and after the season would not count towards the total of twenty games.
3. Schools shall use two WIAA registered officials.
4. There is no limit on the number of quarters that may be played on a given day. Coaches are encouraged to keep the health and well-being of the players in mind at all times.
5. Girls teams and boys B-teams shall use the 28.5 cm basketball. A-Team Boys will use the 29.5 basketball.
6. All games, both A & B, will have six minutes per quarter.
The order of games will be:
B-Team Girls B B-Team Boys B A-Team Girls B A-Team Boys
7. Overtime: If no decision is made during regulation time, there will be a 3 minute overtime until the contest is decided. Each team will also receive one timeout (no carry-overs). (addition: 12/20)
8. Free Throws: Division 2 B-Teams- Once the player has established which line (15' or 13') he or she shoots from, the player may not touch or go over that line. 5th-6th graders are to use the regulation (15') line. (revision 8/21)
9. The following grade levels will be eligible for the various teams:
A-Team = 8th grade and younger
B-Team = 6th grade and younger
10. The conference season shall begin in November and end in January. A consolation bracket tournament shall be held after the conclusion of the season.
11. Games not played due to inclement weather should be rescheduled whenever possible.
12. All league games that are played on a Saturday are recommended to begin at 12:00 P.M. This is the policy so the time does not conflict with the MLHS grade school band program.
13. The home team will report game results weekly to the secretary or the division recorder. All of this communication will be done via email.
14. In B Team play, defense must fall back to half court after a made basket or dead ball except for the last two minutes of the fourth quarter and throughout any overtime periods. **No pressing** is allowed by a team (A or B) that is leading by 15 points or more. Pressing is defined as any full court pressure after a made basket or dead ball in the back court. (revision 11/21)
15. If a scheduling problem arises between a non-league tourney/game and a league game, the league game must take first priority.
16. Coaches must be in contact with the bench, sitting or kneeling, during play. (addition: 12/20)
17. All B-Teams must play man-to-man defense. (addition 11/21)

Lakeshore Lutheran League C Team Rules

1. Man to man defense only
2. Defense has to start inside the 3 point line and can attack only after the first pass has been completed outside the three point line or if the player drives to the lane. If the point guard picks up his or her dribble the same holds true.
3. Free-throw line is moved up. Players are able to jump over the line.
4. No pressing even inside the lane.
5. 7 Minute running Quarters
6. 2 timeouts per half- Time stops
7. 5 Minute half time
8. No overtime
9. Scoring is kept for the games

Lakeshore Lutheran League Basketball Tournament Regulations

1. All rules of the Junior High WIAA for basketball will be followed.
2. Teams shall be ready to play 20 minutes before their designated game time.
3. The League will obtain WIAA approved officials for all games. The League will organize responsible adults that will work as timekeepers and score keepers.
4. Plaques are awarded for the Champion, 2nd, 3rd, and Consolation in all levels of competition. These plaques are kept by the school.
5. Individual medals are given to each player of the championship team at each level.
6. A traveling plaque is awarded to the champion of each level. This plaque is to be returned at the time of the tournament the following year.
7. All plaques and medals are ordered and paid for by the League.
8. The League will host both the B-Team and A-Team Tournaments. League officers are responsible for securing the dates with Lutheran High.
9. All profits from the tournament will be divided between all schools each year.

10. Free passes shall be given to all players on the tournament roster, cheerleaders, and coaches, pastors, and all faculty members.
11. Prices for admission shall be: high school age and older\$2.00, grade school\$1.00, under school age free. Three day tournament passes are \$5.00 for high school age and older and \$2.00 for grade school.
12. The tournaments shall be held following the completion of the regular schedule. Tournaments shall be seeded according to seasonal records and in conjunction with the league officers.
13. Girls teams and boys B teams shall use the smaller ball. (28.5 cm)
14. There will not be an entry fee, because each school will be sharing in the work of running the tournament and the awards are covered in the league dues.
15. The League philosophy statement and policy statement regarding awards shall be published in all basketball tournament booklets. This can be found on page five of the constitution.
16. The rest of the specifics in regards to the Lakeshore Lutheran League Basketball Tournaments is found in the pages that follow. (pages 7-11)

Basketball Tournaments Committee (Sept 2020)

<i>Duty</i>	<i>School Responsible</i>	<i>Contact Person</i>	<i>Notes</i>
Committee Chairman <i>(organize committee)</i>	League Officers	Aaron Krause/Dan Schulz/Carolyn Henzi	
Volunteer Coordinator <i>(organize & schedule)</i>	MLHS	Kevin Buch	
Trophies & Tickets <i>(Manitowoc Trophy)</i>	MLHS	Kevin Buch	
Financial Matters <i>(deposits & pay bills)</i>	League Officers	Kevin Buch or ?	
Referees	MLHS	Kevin Buch	

Lakeshore Lutheran League
Tournament Committee Information
Sheets

Updated on August 31, 2018

T-Shirt Sale

This sale is for the B-Team and A-Team Lakeshore Lutheran League Tournaments.

The school that is in charge of the T-Shirt sale should do the following:

1. Contact any Screen Printing Company and have them come up with a design. The color of the shirts can be the same, but the designs should be different.
2. The T-Shirt school should contact the League President with the price and details of the shirts so that the proper information can be sent out with the tournament packets. This should be done before Christmas.
3. Once the numbers are sent in, the League President will contact the T-Shirt school and finalize the order. There should be a few extra shirts ordered for exchanges and sales in the food booth.
4. All money should be turned in to the League Officers.

Food Booth

One school does the B-Team Tourney and another does the A-Team Tourney.

Each school that is in charge of the food booth should do the following:

1. Order food for the tournament to which your school is assigned. Please consult the records from the previous year when placing your order.
2. Food left from the B-Team tournament may be used for the A-Team tourney. This is to be done only if it is feasible.
3. The food covered by this committee includes everything served at the tournament except for candy and beverages. All snacks, hot food, etc. are covered by this school.
4. The school should pay for any food purchased for the tournament. The school will be reimbursed after the tournament is done. All bills should be turned in to the League President.
5. The school in charge of the food booth does not need to provide the workers. Those duties are shared by all of the schools. Children should not work the cash box.
6. The cash box will be provided by the League. One of the League Officers will collect the big bills from the cash box a few times during the day.
7. The school in charge of the food booth should provide a few people at the end of each day to pack things away and clean up the food booth for the next day's use.

Candy & Beverages

The candy and beverages will be covered by one school for both the A & B Team tournaments.

The school that is in charge of candy & beverages should do the following:

1. Order all candy and beverages. Candy will be sold at a separate table. Beverages will be sold in the food booth. Please consult the records from the previous year when placing the order.
2. The school should pay for all candy and beverages purchased for the tournament. The school will be reimbursed after the tournament is done. All bills should be turned in to the League President.
3. On Friday of each tournament, a representative from this school should be on hand to set up the candy table and get it priced and organized. After that, the workers from each school will be in charge of selling the candy.

4. The cash box will be provided by the League. One of the League Officers will collect the big bills from the cash box a few times during the day.
5. Any candy or beverages left after the A-Team Tourney may be purchased by the school that is responsible for the candy and beverages. If they do not wish to do so, the League will buy any extra that there is.

Hall Monitors and Ticket Tables

One school is responsible for the Hall Monitors and Ticket Table workers for both weekends.

The school that is in charge of monitors and ticket tables should do the following:

1. The tickets for the tournament will be printed by the League President. The school in charge of the tables should make sure that all time slots are covered by the people that signed up for them.
2. The school in charge of this area should make sure that the Ticket Table workers know the various prices and where the hand stamps are located. The workers will be people from all of the schools assigned to one table or the other.
3. The cash boxes and hand stamps for this area will be provided by the League. One of the League Officers will collect the big bills from the cash box a few times during the day.
4. There will be two Ticket Tables (labeled A & B) because Lutheran High has two entrances into the gym. Programs will also be available at the Ticket Table at no cost.
5. There will be two hall monitor positions. It is the responsibility of this school to make sure that somebody is posted in each area. There will be a laminated list of duties to be handed from each monitor to the next. The monitors will be assigned from all of the schools in the L.L.L.
6. The first position is that of Commons Monitor. This person should keep watch over the commons area. It is also the duty of the Commons Monitor to remind students to clean up their tables. Any tables not picked up should be taken care of by the Commons Monitor. It is also the job of this person to empty the trash cans periodically throughout the shift.
7. The second position is that of Locker Room Area Monitor. The duties include making sure that the players that are in the ***locker room area*** are

either getting ready to play, or have just finished playing. The Locker Room Area Monitor should also remind players on the stage end of the gym not to cross to the other side while the game is in progress.

Clean-Up Committee

There is one school that is in charge of the clean up at the end of each day for both weekends. There are no workers from any of the other schools assigned to clean-up.

The school that is in charge of clean-up should do the following:

1. At the end of each day of the tournament, please provide between four and six workers to clean up the commons and gym.
2. The duties include basic pick up of garbage or clutter and sweeping as necessary. All garbage cans should be emptied and bags taken out to the dumpster. Empty bags are located in the bottom of the garbage can. They should be replaced and the can made ready for the next day.
3. On Sunday night, there is a little more clean-up involved. A general sweeping and garbage pick up as usual. Then, if necessary, wet mopping of the commons area and food booth should be done. We want to leave the facility as clean or cleaner than when we started.

Programs

There is one school that is in charge of the programs for both weekends.

The school that is in charge of the programs should do the following:

1. All player information forms will be sent back to the League President. When that information is collected, the President will forward that to the proper school.
2. The school is in charge of typing and printing up the programs. The cost is covered by each school as they take their turn in handling this committee.
3. The League President will use the names of the players and cheerleaders from the program as the basis for the drawings on each Sunday of the two tournaments.

Decorations

Each school is responsible for making their own wall decorations.

The locations of the decorations will be as follows:

1. East wall - Wayside, First German, Newtonburg, Brillion
2. West wall - Immanuel, Bethany, Algoma, Sturgeon Bay
3. Each school gets the space between two beams on their given wall.

Cheerleading/Dance Routines

The following rules apply to both the B-Team and A-Team Tournaments.

Each cheerleading/dance team will be allowed to perform their routine once during the tourney:

1. Dance teams are welcome to perform during their team's first game.
2. In the cases of two dance teams during a half, the coaches should agree upon who is going first. Please discuss this with the tournament director.

Lakeshore Lutheran League Track Regulations

(revision 4/19)

At present, there is one track meet for both divisions. This track meet is run by MLHS at Municipal Track and Field in Manitowoc.

○ **Shot put weights: girls (6 lb) & boys (8 lb)**

○ **Hurdle Height: 30 inches**

○ **Discus Weight: 1 kg for boys and girls**

Timers

- For events that are run in lanes (50, 100, 200 and 400), each timer will pick a lane and time the individual in that lane.
- For the 800 and 1600 meter runs, time the runners in order of finish. Determine before the race who will time the first place finisher and so on. The starter is responsible for helping identify the athletes place.
- To time the athlete:
- Watch the gun. When you see smoke or fire, start the watch. (Do not wait for the

sound)

- When the athlete's chest crosses the finish line, stop the clock.
- Note the position of that runner as she/he crosses the start finish line.
- Go to the athlete and get their name and school.
- Do not give the athlete their time. You can give them their place if it's clearly known.
- Report the time. As a group, make sure the times correspond with the order of finish. This is why the time is not immediately given to the runner.
- If there is a discrepancy (i.e. the 3rd place finisher has a slower recorded time than the 4th place finisher) determine the proper times. Often the 4th place time is used for the 4th place finisher and a time better is used for the 3rd place finisher.

Relay Exchange Monitors

- If the relay is 400M, the exchange zone uses Yellow Triangles. There are 3 exchange zones around the track.
- If the relay is 800M, the exchange zones for 800m relays are as follows:
 - Runner #1 passes to #2 = Red Triangles
 - Runner #2 passes to #3 = Red Triangles
 - Runner #3 passes to #4 = Yellow Triangles
- Athletes can start anywhere between the correctly colored dot and the second triangle. Most athletes begin between the dot and the first triangle. Their starting position is their choice.
- They are allowed to put down a piece of tape indicating the position that they should take off.
- When all runners are ready raise your hand or the white flag indicating that all is OK.
- The receiving runner **MUST** have the baton by the end of the second triangle. Failure to do so will result in that team's disqualification
- Neither runner can leave their lane for more than 1 step until the exchange area

is clear. Failure to do so results in that team's disqualification.

- If there are white and yellow flags, raise the white flag to signal a good exchange. Raise the yellow flag to signal a disqualification.
- If there is a disqualification, go over to the starter and report the lane and reason for the disqualification.

Long Jump or Triple Jump

- Each athlete gets three jumps.
- There will NOT be finals for any jumping events.
- If a pylon is available put the pylon by the board that the athletes will be jumping from.
- The athlete must jump before the end of the "board".
- If any part of their foot crosses over the white stripe, the jump is considered a scratch. Put a dash in that jump.
- To measure the jump:
 - The length of the jump is from the end of the white stripe to the nearest point in the sand that the athlete made contact with.
 - One person takes the beginning of the tape and puts it on the closest mark in the sand to the board. Normally this is the heel of the shoe. Note: one heel is generally closer than the other. If they fell backward, it could be a hand or the body.
 - A second person put's the other end of the tape at the end of the white stripe.
 - Instruct the athletes to exit the pit out the back. If an athlete exits the pit at a point closer than where they jumped, technically that is supposed to be the point that gets measured.

High Jump

- Each athlete is eliminated after three misses at a given height.
- Athletes are instructed to exit out of the back of the pit.
- When setting the bar, please measure it from the middle of the bar. Don't

assume that the markings on the standards are correct.

○ Starting Heights are as follows:

§ 5th & 6th Grade Girls 3'2"

§ 7th & 8th Grade Girls 3'6"

§ 5th & 6th Grade Boys 3'6"

§ 7th & 8th Grade Boys 3'10"

○ The height will go up by two inches per round until there are *three* competitors left.

○ Once there are three jumpers, the height will go up one by one inch.

○ A legal jump must be off one foot. Two footed jumps are not allowed.

○ If an athlete wishes to skip a height, they may do so if the register that with the person running the high jump event.