

## CATEGORY VI: SPORTS

### Volleyball

MIST follows standard recreational (middle-school) volleyball rules which are readily available online and are commonly known among those who play volleyball. Standard rules for offense (e.g. foot fault, hitting, etc.) and defense (e.g. blocking, net, etc.) will apply.

#### **Each player must present their current high school ID at time of check in.**

Only one team is allowed for each school.

A maximum of twelve (12) competitors can register for the School's Volleyball team. Volleyball requires a minimum of (5) team members. If your school cannot register at least 5 players for a team, your school may collaborate with another school and compete together for this competition (with approval). All points and awards for this competition would be shared equally between collaborating schools (termed "coalitions"). Please check with your Regional Competitions Headquarters for more information.

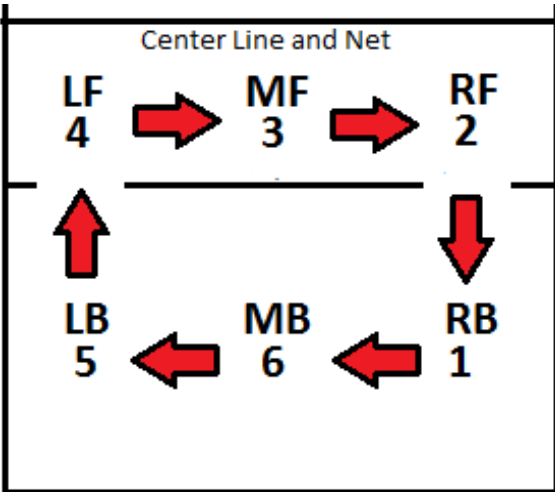
In addition to the regulations of recreational volleyball, the following rules of MIST also apply:

1. All MIST rules and regulations, including dress code, apply.
2. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
3. All recreational rules will govern play with exception of the following:

Rules/Scoring: MIST Volleyball will adopt recreational (middle-school) volleyball rules, the exception will be equal play for all players. A set rotation, as explained below, will be followed.

4. Boundaries – the Court Boundaries are the YELLOW and WHITE Lines. (Will be discussed day of tournament)
5. Teams will consist of 6 on the court and the remaining players on the bench. Teams may start with 5 players. There will be no forfeited games.
6. For equal time play, when teams have more than six players, a new player shall enter the game after each rotation. Players coming off the bench shall take the place of the offensive player that has completed their serve.

For example:



After serving and a rotation, the player in position 1 (server position that has already had an opportunity to serve) will go to the bench and their replacement shall enter the game in position 6. This sequence will occur on all rotations, allowing players to move from Position 1 to the bench, and re-enter the game in position 6.

7. After the serve has been made, players may transition to a different position (e.g. designated setters, left side hitters, etc). Upon completion of a point, players must return to their original position for next serve.

8. In the exception that one team has less than 6 players; the opposing team is not forced to play with an equal number of players.

9. The first serve of game 1 will be decided by a coin toss with team captains (one player from each team); games 2 and 3 will be started with a serve by the team that did not serve first in the previous game. Players must follow the service order.

10. Two timeouts (per game) will be allowed during the first 2 games of the match. During the 3rd game (if applicable) of the match you are allowed one 1 minute timeout only.

11. A player is allowed one service tossing error (letting the ball bounce without hitting it after tossing it up for a serve) per serve. Serve faults happen when:

- Touches a player of the serving team
- Fails to pass over the net
- Lands out of bounds
- Passes over a screen. A screen occurs when one or more players waves arms, jumps or moves sideways, hiding the server as the ball is being served.
- Server steps on or past the service line during serve. Referees will strongly enforce this rule!

12. Serves touching the net and continuing to the opponent's side, and landing inbounds, is considered good.

13. If there is any doubt as to the possible outcome, the referee shall declare a replay. Any time the ball hits the roof, standard rules apply.

• The Standard Rule is as follows:

- If ball hits ceiling and falls back on the hitting teams side of the net it is a playable ball
- If the ball hits the ceiling and falls on the opponent team's side of the net, it is a point to the opponent.
- Arguing with an official may result in disqualification.

14. Competitors are allowed to serve either overhand or underhand.

15. A maximum of three hits are allowed before the ball goes back over the net. If the first touch is on a block, the team may have three additional contacts to return the ball.

16. Players may not cross the centerline (foot go completely over) at any time.

17. Balls must be properly hit – not held (momentarily in the hands or arms), thrown, lifted or carried.

18. The ball may contact any part of the body and any number of body parts as long as it does so simultaneously.

19. Double contacts by one player – except in the case of a block or a service receive – are not allowed.

20. If two players on the same team contact the ball simultaneously, this is considered two contacts for that team.

21. Serves may not be blocked by front players.

22. The ball must pass from one side of the net to the other over the legal portion of the net.

23. A player may not touch the net during play except for insignificant contact by a player not in the act of playing the ball.

• Scoring: Scoring will be kept by volunteers.

Scorekeepers also assist as linesmen

• Three games will be played with rally scoring to 15.

• Three games shall be played. If one team wins the first two matches, a third game will not be played.

Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a technical foul and

the possibility of a game suspension:

- a. Cursing at the officials, supervisors, or opposing players.

- b. Insulting the officials, supervisors, or opposing players.
- c. Participating in a fight (AUTOMATIC EJECTION).

24. Each team MUST have matching, numbered jerseys for every player. Legal numbers are expanded to include 0-99. A non-numbered jersey will not be allowed as a "00". Your team captain will specify your team's color at the time of registration. The colors of other teams in your league will also be listed. There will be no "Shirts vs. Skins" or taped-on numbers. Your team will forfeit if it fails to have the proper jersey at game time.

25. Only one coach and assistant coach per team are permitted on the team bench.