

MSSP COED VOLLEYBALL RULES

Note: High School rules will be followed with these exceptions

1. League:

Spirit of the Game: MSSP stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to rules, and the basic joy of play.

2. Schools:

a) Participants/players are NOT permitted in the schools, locker rooms or outside the gym without a coach or parent supervision. Failure to comply with this rule could result in team suspension from the league. Teams are encouraged to change before leaving for away games.

3. Teams:

a) Teams can play with 4, without forfeiting.

b) Teams are to remain grade specific, any deviation from this rule must be announced prior to the match.

c) Players may play up in grade due to participation numbers, but can never play down.

d) **Coed rule: Males and females must alternate positions on the court if there are 2 or more males on the team.**

4. Substitutions:

a) Substitutions should be made after each side out. They should be made from middle back.

b) The 6 on the court at the end of the game must start the next game in the same position, and keep same rotation order.

5. Side-outs:

a) **Teams must rotate every side-out, even on the first side-out when a team has not yet served.**

b) Mandatory side-out after a 5-point run of the score. No point will be awarded for a mandatory side-out.

6. Length of Games:

a) All games will be rally scoring, played to 25 points and must be won by a two point margin, max to 27 (Game can end 27-26). The final game will be to 25 if time permits, otherwise it will be to 15 points (must be determined prior to start of final game).

b) 4 games to 25 will be played for a single opponent match (no 5th game). Double headers will consist of both teams playing both opposing school teams, 2 games to 25 (no third game). Double teams will play simultaneously and switch once the 2 games have concluded, to play the other team.

c) Each team should have played a total of 4 games after matches are completed.

7. Matches:

a) 1 – 30 second time-outs allowed per team, per game.

b) 2 minutes between games.

c) A coin toss or rock, paper, scissors will determine which team serves first, then alternate serves after the first game.

8. Service:

a) Let serves allowed. A Let Serve is a serve that touches the net while crossing into the opponents' court and remaining inside the boundaries of the court.

b) Underhand serves are legal and release of the ball is unnecessary. If participants struggle to get a serve over the net due to size or strength, they are allowed to move 3-5ft forward but it must be done prior to the service attempt.

c) All overhand serves must be done from behind the end line. A foot fault will be called after a warning has been given only if the player is touching or over the end line at contact.

d) It is legal to set the serve, however, we do NOT encourage it. *Carries will be called when a player walks with the ball, and/or holds the ball longer than 1 second.*

e) **A serve cannot be attacked by the receiving team in front of, or behind the attack line, if the ball is entirely above the top of the net.**

9. Players contact of equipment:

a) A point or side out will be called on players touching the net and/or fully crossing over the centerline.

10. Passing:

a) A bump pass is considered when both hands are kept together. Includes an over-the-head hit.

b) Players are encouraged to pass twice before hitting the ball over the net.

11. Setting:

a) All players must learn how to set. Setting violations will be enforced at the discretion of the officials.

12. Blocking:

a) Blocking is allowed. It is not considered one of the three hits or touches allowed on each side as long as the contact is made above the top of the net.

b) The serve may not be blocked.

13. Replays:

a) Balls may be played off the ceiling on the SAME side as team that hit the ball, as long as the team still has a contact left. If ball hits ceiling and goes to the opponent's side, it is out.

b) Obstructions are a replay if it is a playable ball and a player is making a move to play the ball. Obstructions may include basketball hoops, ropes in the gym, etc. (Bleachers excluded)

14. Conduct:

- a) Cell phone usage not permitted during practice or game times.
- b) A card system for handling unsportsmanlike conduct violations will be enforced as follows:

1st offense - yellow card - removal from remainder of the game.

Any player, coach, fan or parent displaying unsportsmanlike conduct shall be removed for the remainder of the game.

2nd offense - red card - ejection from the match.

Any player, coach, fan or parent may be ejected from the match after the first yellow card has been given. Should there only be one coach, the game will be forfeited. The opposing team shall be awarded a point or side-out.

15. Uniforms:

- a) Participants cannot play without an MSSP t-shirt. Shirts cannot be altered in any way.
- b) Shirts are recommended to be tucked in and cannot be tied with a knot in back.
- c) **No gum or jewelry.** Jewelry is never allowed in any form unless it is a religious medallion taped to the chest of the player or a medical alert bracelet. Hair clips, bobby pins and headbands less than 2" in width are allowed.

16. Officials

- a) The home team is responsible for officiating; however a coach or representative from the opposing team is encouraged to assist however, they may not demand they be the head official.
- b) Each team is required to provide one line-judge (line-judges can be players/parents). Please make sure all games have line judges.
- c) Prior to each match, officials will meet with coaches to outline gymnasium ground rules, i.e. interference, ceiling hits, boundaries.