



# 2010 VOLLEYBALL LOCAL RULES AND PROCEDURES

The 2010-11 National Federation Volleyball Rules (high school rules) will be the official rules.  
Local rules and procedures will supersede where applicable.

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## 2010-11 RULE CHANGES

*National Federation* – no changes to rules affect MSCR

*Local Rule Change for 2010* – Rule VII-B.-1. Setting action is allowed on the first hit, but must be a legal contact.

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### I. FACILITIES & POLICIES

- A. Supervisors assigned by MSCR are responsible for the operation of program facilities.
- B. Policies
  - 1. No smoking or alcoholic beverages are allowed on school district property.
  - 2. The gym will be available to participants 10 minutes prior to the first scheduled match; participants will have prior access to locker rooms.
  - 3. Participants and spectators have 15 minutes to leave the building after completion of the last match.

### II. EQUIPMENT

- A. Uniforms
  - 1. Players must wear tops. They need not be uniform in color, numbered, or be tucked in
  - 2. A court-type shoe must be worn. No black soled shoes that mark the floor are permitted.
  - 3. Hats or visors are not allowed; headbands or scarves may be worn.
- B. Jewelry
  - 1. All jewelry must be removed or covered with tape.
  - 2. Elastic or soft material bands, flat clips, or bobbi pins may be worn. Barrettes and combs are illegal.
- C. Ball
  - 1. MSCR will furnish a game ball. Teams can agree to use a legal alternative ball.
  - 2. Teams must supply their own practice balls.
  - 3. Teams must return the ball to the opponent by rolling it under the net.

### III. MATCH OFFICIALS

- A. Match officials are representatives of MSCR and are in charge of each match.
  - 1. They will discuss rule interpretation with team managers only.
  - 2. Officials may eject players, managers, coaches, and fans from matches for flagrant rule violations and unsporting behavior.

### IV. MANAGERS & PLAYERS

- A. Managers must list last names and first initials of those players present and eligible to play and indicate the libero (if used) on the scoresheet before the match starts. Starting positions are not required. At the completion of the match, managers must verify the accuracy of the scores and sign the scoresheet.
- B. Teams must have five players dressed and ready to play when the official is ready to begin the match, or a forfeit is declared. (See local rule V.A.2)
  - 1. Teams with six eligible and able-bodied players present must play with six players.
  - 2. If a team begins with five and a sixth player arrives, that player must enter the game at the first legal opportunity once they are warmed up, at any position.
  - 3. Teams may continue with less than five after a match begins if a player is injured or must leave for a valid reason and there is no substitute. An injured player may re-enter the game as soon as they are physically able.
  - 4. If a player is ejected and it results in the team having fewer than five players, that team forfeits the rest of the match.





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### IV. MANAGERS & PLAYERS (continued)

5. When a team is playing with less than 6 players:
  - a) and win a point, that team will rotate to the next available position to serve. The vacant position(s) will not be penalized when they come up to serve.
  - b) they will tell the official if they are using a 2 or 3 person front row, to determine overlap.

#### C. Conduct

1. Any player, manager, or coach ejected from a match (includes pre and post) is suspended from participating in the next TWO matches his/her team plays.
2. A red and yellow card system will be used for unsporting conduct. Unsporting conduct consists of acts of deceit, disrespect, or vulgarity. Officials will ask the manager for the offending player's name and record a Y (yellow), R (red) or DQ (disqualified) on the scoresheet. Cards can be given to individuals or to teams. All cards carry over from set to set during the match.
  - **Warning** - Yellow Card (Y)  
for a first minor unsporting conduct offense - no penalty is assessed.
  - **Penalty** - Red Card (R)  
for a second minor offense or a single serious offense - point is awarded the opponent
  - **Disqualification** - Yellow & Red Card (DQ)  
for third minor or second serious offense, or a single, flagrant offense - the player is ineligible for the remainder of that match plus the next two matches. The opponent is awarded point.

### V. TIME FACTORS

- A. Matches will begin at the scheduled or designated time as determined by game officials.
  1. There will be no grace period or exceptions.
  2. If a team has fewer than five players on the court at the start of a match, said team will forfeit the first game at the starting time and the second and third games 15 minutes after that. A team may wait the full 15 minutes for all their players and do not have to start when their sixth player arrives. The score of a forfeit is 2-0. If neither team has 5 players at game time, it is a double forfeit and the score is 0-0.
- B. Teams are guaranteed a five-minute warm-up period before each match.
  1. A match may start ahead of schedule if both managers agree.
  2. If matches run long, teams for the next match are guaranteed a five-minute warm-up period. Officials will inform managers of the exact starting time.
  3. If a match finishes early, those teams are entitled to the court until 10 minutes before the next match is scheduled to start, except when it is the last game of the night. Upon completion of this game, teams will immediately leave the court (unless it is a forfeit: see VI.F.1.).
- C. A match will consist of **three 25-point sets or one-hour time limit**, whichever comes first. Standings count total sets, not matches, won.
  1. After one hour, the game is ended if or when one team has a two-point advantage
  2. Time between games shall be 3 minutes maximum.
- D. Time-outs
  1. Time-outs are 45 seconds in length. No time-outs may be called during the last minute of the match.

### VI. LOCAL RULES

- A. Two teams or managers may not agree to alter any rules.
- B. A coin toss with the official(s) and managers will determine serve/receive or court-side selection. Teams will change serves and playing areas for subsequent sets.
- C. Teams have the option of either substituting or rotating players into and out of the set. Managers are to inform the official of their method before each set begins and must use that method for the entire set. Teams may switch methods between sets.





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### VI. LOCAL RULES (continued)

1. If a team decides to rotate players into the set:
  - a. They may rotate into or out of no more than two positions at one time.
  - b. No substitutions will be allowed if you decide to rotate (except for an injured player who may not reenter once they leave for an injury; substitute someone waiting to rotate in).
  - c. Once you begin a set with a minimum of 6 players, late arriving players may not rotate in; they must substitute for the set in progress. You may rotate for the next set(s).
2. Teams that substitute must follow the National Federation Rule.
- D. Honor calls on net fouls and boundary line violations are not required but will be accepted if both teams agree and the team making the call does not gain an advantage.
- E. Dunking or hanging on basketball rims at anytime will be penalized with a point or side-out. This includes before, during, or after a set.
- F. Forfeits
  1. If the match is a forfeit, teams may use the gym for 50 minutes. Only participants under contract may participate.
  2. Teams are dropped from the program if they forfeit two complete matches.

### VII. BALL HANDLING RULES

- A. POWER DIVISION - All ball handling rules are strictly enforced.
- B. INTERMEDIATE DIVISION
  1. **Rule Change for 2010** - Setting action is allowed on the first hit, but must be a legal contact.
  2. Rules are somewhat relaxed on sets if players are exhibiting the proper technique but the hit does not conform exactly to the rules.
  3. Spiking must conform to the rules (i.e. it must be hit, not thrown.)
  4. No underhand, open handed hits.

### VIII. COED LOCAL RULES

- A. The net height shall be 7'11 5/8".
- B. A team:
  1. Consists of six players: three men and three women.
  2. There can never be more than three of one gender on the court at any time.
  3. A team may play with only five players but there must be three men and two women or three women and two men. If at least three men and three women are present, they must all play.
- C. Teams must substitute or rotate players on a man for man or woman for woman basis.  
*For instance, if you have seven players present (four men and three women), three men and three women must be on the court. All three women must remain in the game (except in case of injury) and the men may rotate into the game from a designated position.*

