



2025 MSCR MIDDLE SCHOOL VOLLEYBALL

MS VOLLEYBALL RULES

For the regular season matches, coaches may need to help officiate. MSCR Volleyball Officials will be provided for most matches, and the season-ending tournament.

ROSTER

This is an all-gender program. Six players will constitute a full team on the court. A team may start with 5 players, if a 6th player arrives they must enter the game at the first legal opportunity.

NET HEIGHT

Nets are set to Women's Height - 7'4 1/8". Depending on the equipment at each site, it may not be able to be adjusted to the exact height, but it should be within a few inches.

MATCH LENGTH

A match is three sets or one hour, whichever comes first. The first two sets are to 25, the third set is to 15.

SCORING

- "Rally Scoring" will be used for all play. Rally scoring means a point is awarded following each serve. The point is awarded to the team that "won" the point.
- The first two sets will play to 25 points with a cap of 30 points. *This means you must win by 2 points up to 30, after that you may win by 1 point.*
- The third set will play to 15 points with no cap. *You must win this game by 2 points*
- Scores for regular season matches will not be tracked, only for the season-ending tournament.

SUBSTITUTIONS

- Teams should rotate all players into and out of the game so equal playing time is ensured.
- Teams may rotate into only one position at one time. No substitutions are allowed (except to replace an injured player who may not re-enter during that game once they leave for an injury; substitute someone waiting to rotate in.)
- Teams are asked to help keep track of their own substitutions and compliance with the 5-serve rule (see *Service Rules*).

SERVICE RULES

- The visiting team should have the first serve. It will alternate for the subsequent sets.
- All serves must be from the baseline. The server must remain behind the end line until after they have struck the ball. **NOTE:** If there is not 8 ft clearance behind the baseline for serving, the server is allowed one step into the court during service. If there is only 2 ft clearance or less, two steps into the court are allowed.

- A 5-serve maximum rule per player will be used but in keeping with the true spirit of rally scoring we will not penalize a team with a side-out. If a player serves 5 consecutive times, the serving team will keep the serve but be required to rotate to the next server.
- Either an overhand or underhand serving will be allowed.
 - If an underhand serve is used, only one attempt will be allowed.
 - Re-Serve: If an overhand serve is used, one reserve, or “do-over” will be allowed if:
 - o the ball is thrown in the air and the server catches or drops it or
 - o the ball does not clear the net or
 - o the ball does not go between the antennae (or where antennae would be).
 - o the ball goes between the antennae and then out of bounds on the sideline

The re-serve may be either overhand or underhand.

NOTE: the re-serve is only allowed on the first point served.
- 8-1.6: A re-serve shall be called when the server releases the ball for service, then catches it or it drops to the floor. The referee shall cancel the serve and direct a second and last attempt at the serve.

OTHER RULES REGARDING PLAY

- **Defensive Specialist or “Libero”** – It is the belief of MSCR that at our level, participating student athletes should have the chance to play all positions, and we will not institute the use of a Libero or Defensive Specialist.
- Players must play a minimum of 25% of each match.
- Each team may be asked to supply a line judge at the opposite end of the court.
- No hats or watches. Small, secured stud jewelry above the chin is permitted. No hoop or dangling earrings.
- Each team is allowed one time out per set.
- Teams may switch sides every set OR stay on the same side if both coaches agree to not switch.
- Players and coaches should shake hands at the end of the match.

High School (NFHS) rules are the basis for our playing rules.

- **Let Serve** is allowed. *A Let Serve is when the ball hits the net, continues over and is to be played by the receiving team.*
- **NFHS Rule 9-5.7:** A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
- **NFHS Rule 9-6.7a:** A net fault occurs while the ball is in play and A player contacts any part of the net including net cables or antennas. It is not a fault when a player’s loose hair touches the net, or the force of a ball hit by an appointment pushes the net or net cables into a player.
- **NFHS Rule 9-4.8c (NEW):** Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only: on the second team hit if the ball is next contacted by a teammate. Rationale: This eliminates the judgment call of a multiple contact fault and allows for play to continue when multiple contacts on the second contact does not create an advantage for the offending team.

Questions? Please contact Michelle Borkovec at mborkovec@madison.k12.wi.us or (608) 204-3019.