



HIGH SCHOOL EXTRAMURAL VOLLEYBALL RULES AND PROCEDURES

The 2025-2026 National Federation of High School (NFHS) Volleyball Rules will be the official rules. Local rules and procedures will supersede where applicable.

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.

I. FACILITIES & POLICIES

- A. Supervisors assigned by MSCR are responsible for the operation of program facilities.
- B. Policies
 - 1. The gym will be available to participants 15 minutes prior to the first scheduled match; participants will have access to locker rooms to change prior to that.
 - 2. Participants and spectators have 15 minutes to leave the building after completion of the last match.

II. PLAYER ELIGIBILITY

- A. All players must reside in or attend a Madison Metropolitan School District high school grades 9-12.
- B. If a player is a current member of a high school volleyball team or was a member for the full season, they are not eligible to participate in the MSCR High School Extramural Program.
- C. Each team must consist of a minimum of 6 players and a maximum of 12.
- D. Players may be added to a team's roster at any time. A new player must have a completed registration form on file with MSCR and pay any appropriate fees prior to participation in a league game. No verbal or telephone requests to add players will be accepted.
- E. Players who have registered to play for a team may be released from that team by the coach. All requests must be in writing. No verbal or telephone requests to release players will be accepted.

III. EQUIPMENT

- A. Uniforms
 - 1. Players must wear their MSCR shirt once it is available.
 - 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 if it cannot be removed.
 - 2. Small secured stud or post jewelry above the chin is allowed (2023-24)
 - 3. Barrettes are illegal. Elastic or soft material bands may be worn.
- 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.

IV. MATCH OFFICIALS

- A. Match officials are representatives of MSCR and are in charge of each match.
 1. Officials are empowered to eject players, coaches and fans from matches for flagrant rule violations and unsportsmanlike behavior.

V. COACHES & PLAYERS

- A. Teams must have five players dressed and ready to play when the official is ready to begin the match, or a forfeit is declared.
 1. 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.
 2. 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.
 3. If a player is ejected and it results in the team having fewer than five players, that team forfeits the rest of the match.
 4. When a team is playing with less than 6 players and is awarded a side-out, 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. Substitution/Rotation
 1. If a team has more than six players, they should rotate players into the game. Rotation should be only one position at a time.
 2. 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.
- C. Conduct
 1. Any player ejected from a game (includes pre and post game) is suspended from participating in the next TWO matches his/her team plays.
 2. A red/yellow card system will be used for unsportsmanlike conduct situations. Unsportsmanlike conduct consists of acts of deceit, disrespect or vulgarity. Officials will 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.
 - **Warning** Yellow Card (Y) for a first minor unsportsmanlike 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 the match plus the next two matches. The opponent is awarded the point.

VI. TIME FACTORS

- A. Games will begin at the scheduled or designated starting 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.
- B. Teams are guaranteed a five-minute warmup period before each match.
 1. If matches run long, teams for the next match are guaranteed a five-minute warmup period. Officials will inform managers of the exact starting time.

- C. A match will consist of **three 25-point games or one-hour time limit**, whichever comes first. Standings count total sets, not matches won.
 - 1. Time between games shall be 3 minutes maximum.
 - 2. After one hour, the game is ended if or when one team has a two-point advantage.
- D. Timeouts
 - 1. Each team is allowed two timeouts per set.
 - 2. Timeouts are 45 seconds in length.

VI. OTHER NOTABLE HS RULES

- A. 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.
- B. 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.

VII. LOCAL RULES FOR MSCR HS EXTRAMURALS

- A. Teams may choose to use a designated setter. In this case, the back middle player may contact the ball completely above the height of the net while in the attack zone without penalty. If there is no designated setter, rules 9-5.4 and 9-5.5 are in effect: All back-row players must leave the ground with both feet behind the attack line to attack the ball, or they must contact the ball below the height of the net if they are in front of the line.
- B. A coin toss with the official and managers will determine serve/receive or court-side selection. Teams will change serves and sides for subsequent sets.
- C. Dunking or hanging on basketball rims at any time will be penalized with a point or sideout. This includes before, during or after a match.

VOLLEYBALL RULES OVERVIEW

RALLY SCORING

Points are awarded on each play, regardless which team serves, as opposed to the former side-out system. Every time the ball is blown dead, a point is scored. Rally scoring eliminates long, non-scoring periods during a game. The term “side-out” has been replaced with the term “loss of rally.” MSCR will play three games to 25 points (must win by 2) or one hour time limit, whichever occurs first.

LET SERVE

The “let serve” is a served ball that hits the net (without touching the antenna) and continues across the net into the opponent’s court. The let serve is a playable live ball.

LIBERO PLAYER

A team may list one player called the libero on the roster for each game. The libero is intended to be a player who specializes in defense and serve reception. A different libero may be designated for each game. Teams do not have to use a libero.