



MIST Nashville

Pilot Competitions Rulebook

Volleyball

Category VI – Sports

General Rules

MIST adheres to standard recreational volleyball regulations, which can be easily accessed online and are widely understood among volleyball enthusiasts. These rules encompass both offensive maneuvers (e.g., foot faults, hitting) and defensive strategies (e.g., blocking, net violations). Participants are expected to have a basic understanding of these rules before engaging in tournament activities. Resources such as tutorials and game familiarity are encouraged for those who require further education.

Each School's Volleyball team may register a maximum of eight (8) competitors. Volleyball requires a minimum of five (5) team members to form a team. 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").

In addition to the standard recreational volleyball regulations, MIST enforces specific rules:

1. Recreational rules govern gameplay, with exceptions outlined below.
2. All MIST rules and regulations, inclusive of dress code policies, are strictly enforced.
3. Failure to participate in at least one other MIST competition will result in immediate disqualification.

Game Regulations

Boundaries:

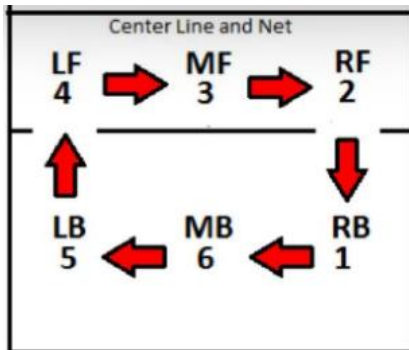
- The court boundaries are demarcated by the YELLOW and WHITE lines. A comprehensive discussion on boundary lines will be conducted on the day of the tournament.

Team Composition:

- Each team consists of six players on the court, with additional players on the bench. Teams may commence play with five players. There will be no forfeited games.

Equal Time Play:

- To uphold fairness, when teams exceed six players, a new player joins the game after each rotation. Players coming off the bench replace offensive players who have completed their serve. For instance, after a rotation, the player in position 1 moves to the bench, and their replacement enters the game in position 6. This rotation pattern ensures that players move from serving positions to the bench and back into the game consistently.



Position Transition:

- Following a serve, players may transition to different positions, such as designated setters or left-side hitters. After each gained point, players must revert to their original positions in preparation for the subsequent serve.

Uneven Teams:

- In the event that one team has fewer than six players, the opposing team is not obligated to match the lower number of players.

Service Order:

- The team to serve first in game 1 is determined by a coin toss involving the team captains. Subsequent games begin with the team that did not serve first in the previous game. Players must adhere to the service order.

Timeouts:

- Two 1-minute timeouts per game are permitted during the first two games of the match. In the third game, only one 1-minute timeout is allowed, if applicable.

Serve and Serve Faults:

- Players may serve using either an overhand or underhand technique.
- 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 include touching a player of the serving team, failure to clear the net, landing out of bounds, passing 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), or stepping on or past the service line during serve. Referees will rigorously enforce these rules.

Replay and Ceiling Hits:

- In instances of uncertainty regarding the outcome, the referee will declare a replay.
- When the ball hits the ceiling, standard rules are enforced.

Standard Rule:

- If the ball hits the ceiling and lands back on the hitting team's side of the net, it remains playable.
- If the ball hits the ceiling and falls on the opponent team's side of the net, it scores a point for the opponent.
- Disqualification may result from arguing with officials.

Three-Hit Limit and Blocks:

- Teams are allowed a maximum of three hits before returning the ball over the net.
- If the first touch occurs during a block, the team is granted three additional contacts to return the ball.
- Front players are prohibited from blocking serves.

Centerline Violation:

- Players must refrain from crossing the centerline, ensuring that their foot does not go completely over it, at any point during play.

Proper Ball Handling:

- The proper hitting of the ball is emphasized, prohibiting any momentary holding in the hands or arms, throwing, lifting, or carrying.

Body Contact with the Ball:

- Players are permitted to use any part of their body for ball contact, with simultaneous contact from multiple body parts being acceptable.

Double Contacts:

- With the exception of blocks or service receives, players are not allowed to make double contacts during play.
- Simultaneous contact by two players on the same team counts as two touches.
- The ball must pass over the legal portion of the net to be considered in play.

Scoring

- Each volleyball match consists of three games, with rally scoring employed to determine the winner. In rally scoring, points are awarded on every serve, regardless of which team served. The first team to reach 15 points wins each game.
- If one team wins the first two games, a third game will not be played, and the winning team is declared the overall match winner. However, if each team wins one game each, a tie breaking game will be played to determine the match winner.
- Unsportsmanlike conduct will NOT be tolerated. Cursing or insulting officials, supervisors, or opposing players will result in a technical foul and the possibility of a game suspension. Participating in a fight result in **AUTOMATIC EJECTION**.

Tiebreaking:

- During tie-breaking games, the first team to reach a set number of points (usually 15) and leading by a margin of at least two points is declared the winner. If necessary, additional tie-breaking games may be played until one team achieves victory by the designated margin.

Attire and Coaching

- All players **MUST** wear matching, numbered jerseys during the competition. Your team will forfeit if it fails to have the proper jersey at game time. (STRICTLY ENFORCED)
- Proper attire, including no short shorts, sleeveless shirts, or crop tops, etc. is required for all participants.
- Each team is allowed one coach and one assistant coach on the team bench, both of whom must be at least 21 years old.

Soccer

Category VI - Sports

The Soccer competition offers a great team-building activity in the form of a fun, athletic competition. This competition is organized in a bracket format, and winning teams advance to the next round. Standard soccer rules and regulations are employed, and competitors must compete in at least one competition from another category in order to qualify as a Soccer competitor. This competition does not count towards points; however, awards will be presented to the winning teams.

Each team may register a maximum of fourteen (14) members and a minimum of six (6) members. If your school cannot register at least 6 players for a team, your school may collaborate with another school and compete together for this competition (with approval).

The Soccer competition is a team effort. There will be a separate competition for brothers and for sisters, so each school will have the opportunity to bring a sisters' soccer team as well as a brothers' soccer team.

All soccer rules will govern play with the addition of the following:

- 1) All MIST rules and regulations, including dress code, apply.
- 2) Failure to participate in MIST competitions will result in immediate disqualification.
- 3) Teams must wear matching colors (i.e. matching socks, shorts, and jerseys).
- 4) All players MUST wear shin guards.
- 5) Players are NOT allowed to wear cleats with metal studs.
- 6) Shorts MUST reach the knees. No short shorts are allowed.
- 7) Each team will consist of 6 players on the field (no goalie). With 3x2 goal.
- 8) Players are not allowed to stand directly in front of the goal for extended periods of time to goal tend. Players seen goal tending will be asked to step away from the goal. After multiple warnings the player may be ejected from the game. This is up to the discretion of the referee.
- 9) Players who purposely foul other players will be immediately ejected.
- 10) Stoppage time will not be added in all rounds. Rounds will be 6 minutes per half, 2-minute halftime (subject to change per Sports Director discretion).
- 11) If a game is tied in the preliminary round, it will be counted as a tie (no extra time or penalties). In the playoffs, there will be an extra five-minute period. Finally, if the teams remain tied there will be penalties on regular sized goals.
- 12) Teams that move on to the playoffs will be determined by the point system. A win is worth three points, ties are worth one point for each team, and a loss is awarded no points.

- 13) There are unlimited substitutions. They must be done at the center line at any time. The player coming off the field must be off first before the new player may come on. Standard soccer substitution rules apply.
- 14) All free kicks are two touch (indirect). Any shot resulting in a goal from a direct free kick will be waved off.
- 15) If the ball goes out of bounds, the opposite team will play the ball in using a ground pass (no throw-ins).
- 16) There will be a “10 goal mercy rule” in the second half.
- 17) Unsportsmanlike conduct will not be tolerated. The following offenses will result in a yellow card or red card:
 - a. Cursing at supervisor, official, or opposing player
 - b. Insulting supervisor, official, or opposing player.
 - c. Participating in a fight (AUTOMATIC EJECTION)
 - d. Cursing out of anger or impulse should be avoided and a yellow card will be awarded to those who excessively curse at referee’s discretion.
- 18) No brother, whether he is a part of the audience or is a player (as mentioned above) will be allowed to attend a sister’s game or vice versa.