

2023 MHSAA Volleyball Rules Interpretations & Updates

2023 TOURNAMENT DATES	COMPETITION LIMITATIONS
Districts – Week of Oct. 30 – Nov. 4	18 days of competition
Regionals – Nov. 7 (Semis) and 9 (Finals)	Maximum of 21 sets per day
Quarterfinals – Nov. 14	ALL dual varsity must be 3/5
Semifinals – Nov. 16-17	ALL levels must use rally scoring
Finals – Nov. 18	

*A student shall not play for two or more teams on any level (varsity or sub varsity, scrimmage or contest) in the same sport on the same day.

PRE-MATCH PROTOCOL FOR POST-SEASON TOURNAMENT MATCHES

20 minutes should be on the clock and the clock should be running:

- 20 – 16 min. Shared time on the court, no volleyballs crossing the net.
- 16 – 12 min. Home team takes the court.
- 12 – 08 min. Visiting team takes the court.
- 08 – 04 min. Home team takes the court.
- 04 – 00 min. Visiting team takes the court.

Immediately after timed warm-ups, teams report to the appropriate end line.

Pre-match activities then begin:

- National Anthem
- Introduction of players

Players stay on or near end line – do not shake hands with opposing coach or referee.

After introductions and the National anthem, R1 whistles and motions (first) the captains and then the rest of the team, to the net. After the handshake, the non-players go to the team bench. The starters go to their floor position. Then the R2 moves to the sideline beside the court and checks the lineups for each team (from the lineup card). First set begins.

UNSPORTING CONDUCT

- a. Warning (yellow card) for first minor offenses.
- b. Unsporting penalty (red card) for first serious offense or second minor offense and loss of rally/point awarded to opponent.
- c. Disqualification (yellow and red card) for first flagrant offense, second serious offense; or third minor offense and loss of rally/point awarded to opponent. Offender is disqualified from further participation in match and may be removed from the vicinity of the team bench.
- d. Forfeit results when:
 - 1. Disqualified individual violates conduct rules following disqualification.
 - 2. Coach is disqualified and removed from premises and no other authorized school personnel is available to take the bench.
 - 3. Team refuses to play when directed to do so by the R1.

All cards carry over from set to set throughout the match.

23-24 MHSAA POINTS OF EMPHASIS

Ball – A (royal) blue/grey/white volleyball must be used at all high school level matches (regular season and post-season).

ART. 4...Flags shall be used by line judges for signals and should be red in color. Host school provides flags.

NOTE: ART. 1... Line judges shall be provided by the host school.

*[Best practices for Line Judges](#) should be studied in advance of the match.

Arm/Elbow Guards/Terry Cloth Wrist Bands – We allow a sleeve/guard with an elbow pad or “terry cloth” wristband as long as there is nothing hard or unyielding in the sleeve. Currently the NFHS says they should be the same color as the predominant color of the uniform but we will allow a solid white or black (similar to basketball). If more than one player wears such, they all have to wear the same color. In other words, whatever one wears (color-wise) all that choose to wear sleeves would have to be the same color.

LETTER OF PERMISSION REQUIRED FROM MHSAA

Coaches & officials are reminded that players with special equipment (artificial limb, hearing transmitter, heart monitor, insulin pump, helmet for concussion management, etc.) must have a letter of permission from the MHSAA. Coaches will be responsible to have this letter with them to present to officials at each contest. To receive letter from MHSAA: send request & description of device/how secured, name/grade/age of athlete, etc.

REMINDERS: DIFFERENCES BETWEEN NFHS & OTHER RULE CODES

1. Net fault occurs when:
A player contacts any part of the net, including the net cable or net antennas
Net fault = loss of rally/point
2. No Pursuit Rule
3. No Extended Intermission:
The time period between sets of a match shall be no more than 3 minutes. Host management may use the intermission between the 2nd and 3rd sets for a special promotion or recognition ONLY; if this option is exercised, the intermission shall not exceed 5 minutes.
4. Teams remain on the same team bench for the entire match, unless the R1 determines that one side of the court has a distinct disadvantage, in which case teams shall switch benches between each set.
5. Center line (more restrictive)
6. Only one libero may be designated per set.

23-24 NATIONAL FEDERATION RULES CHANGES

2-1-9 (NEW), 12-2-5: Creates a coaching zone defined by the libero replacement zone extending beyond the end line and sideline extended.

Rationale: Defines and clarifies the area in which coaches may stand.

4-1-7: Allows small, secured stud or post jewelry to be worn above the chin.

Rationale: Maintains consistency with current trends of other NFHS and volleyball rules codes.

4-2-4b: Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028.

Rationale: Clarifies legal numbers and eliminates confusion when signaling while aligning with other rules codes.

10-2-1: Allows requests for substitution by the head coach to be signaled or verbalized.

Rationale: Creates consistency by allowing either a verbal or non-verbal signal for as substitution.

12-2-6: Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations only.

Rationale: Allows an assistant coach to stand and coach during dead-ball situations in addition to the head coach. The assistant coach that stands may change throughout the match, but only one can stand at a time.

23-24 NFHS VOLLEYBALL MAJOR EDITORIAL CHANGES

2-1-1, 2-1-3, 2-1-4, 2-1-5, 2-1-6, 10-2-1

23-24 NFHS VOLLEYBALL POINTS OF EMPHASIS

1. Using the Lineup Card Effectively
2. Coaches Zone Privileges