

MIST Carolina Pilot Competitions

This Addendum lists Carolina-specific pilot competitions. Competitors who register for these competitions should be aware that **they are NOT offered at the National level**, and as such, **winners do NOT advance to MIST Nationals**. Pilots count towards overall individual rankings, but in the event of a tie, they will be considered lower ranked than those that are offered nationally.

Competitors should also be aware that category limits still apply to these competitions. Each student may only **choose ONE event within any given competition category**. For example, if you're registering to compete in Scrapbook, you cannot compete in any other Arts competitions. It should also be noted that competitors registering for e-sports and sports **MUST** also register for an academic MIST competition in category 1-5.

Event details, ballots, rules, and procedures for Carolina-specific competitions are NOT included in the [Official Competition Rulebook](#); these documents can ONLY be found in the 2026 Carolina Rulebook Addendum.

Bring forth your spirit, talent, and creativity! We eagerly await what you and your team bring to MIST Carolina 2026.

Sincerely,

MIST Carolina Competitions

****All rules listed are subject to change***

Sports: Soccer

The Soccer Competition is a team-based sports event. Each team must consist of seven (7) players per division per school.

Registration Guidelines:

1. A minimum of seven (7) and a maximum of fourteen (14) competitors can register for this competition per school.
 - a. Only one (1) Brothers' team is allowed for each school.

Procedure:

In addition to the regulations of high school soccer, the following rules/exceptions of MIST also apply:

1. Competitors must be enrolled in another competition (non-E-sport) in addition to a sports competition.
2. All MIST rules and regulations, including dress code, also apply.
3. Each team MUST have a competitor match in some way through what they wear. Some options include:
 - a. Jersey with numbers expanded to include 0-99.
 - b. The same colored shirts.
 - c. The color of other teams competing will be listed so as to prevent confusion.
 - d. There will be no "Shirts" vs "Skins"
4. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
5. Unsportsmanlike conduct will not be tolerated.
6. All referee decisions are final
7. In case of disputes regarding rules, the tournament director's decision is final.
8. In extreme cases (e.g., repeated misconduct), sportsmanship may be considered in determining disqualification.
9. Advancement through the bracket will be determined solely by match results (win-loss).

Note - soccer balls and jerseys will be provided by MIST. Competitors may NOT bring their own soccer balls or jerseys to ensure fairness. Competitors are responsible for handling equipment with care. Any mishandling and/or damage to equipment may lead to disqualification.

Game Duration:

Matches will be played in a best-of-three format.

1. Each game (set) will consist of 2 halves, each a duration of 25 minutes, with a 10-minute half-time. The total time of the competition will last one (1) hour 1.
2. The team with the highest score at the end of the hour period wins the game.
3. A match will last no longer than one hour, minutes total (three games maximum).

4. The match ends immediately once a team wins two games.
 - a. In the case of a tie or no score, 2 minutes will be given for overtime and the first team to score will win the game.
5. A 2-minute break is permitted between games.
6. Each team is allowed one 30-second timeout per game.

Rules:

1. Standard 7v7 high school soccer rules apply, with any local modifications announced before play.
2. The Offside rule is NOT enforced in 7v7
3. Slide Tackling: They are claimed to be illegal and will result in a direct free kick or a yellow card. Keepers are allowed to slide WITHIN the penalty area, provided no danger is present.

Playing the Game:

Goalkeeper play:

- Punting or drop-kicking the ball is not allowed; if said action is executed by the keeper, a corner kick OR indirect free kick is awarded for the opponent.
- Goalkeepers are not allowed to HANDLE the ball if intentionally passed from a teammate's foot (back-pass rule from FIFA)
- Goalkeeper has 8-10 seconds to release the ball from the beginning of the handling action (picking up the ball from the ground)

Restarts:

- Throw-ins are allowed to be replaced by kick-ins from the sideline
- Opponents must remain a specified distance (given from the ref, 5-10 yards) from the ball during free kicks and corner kicks

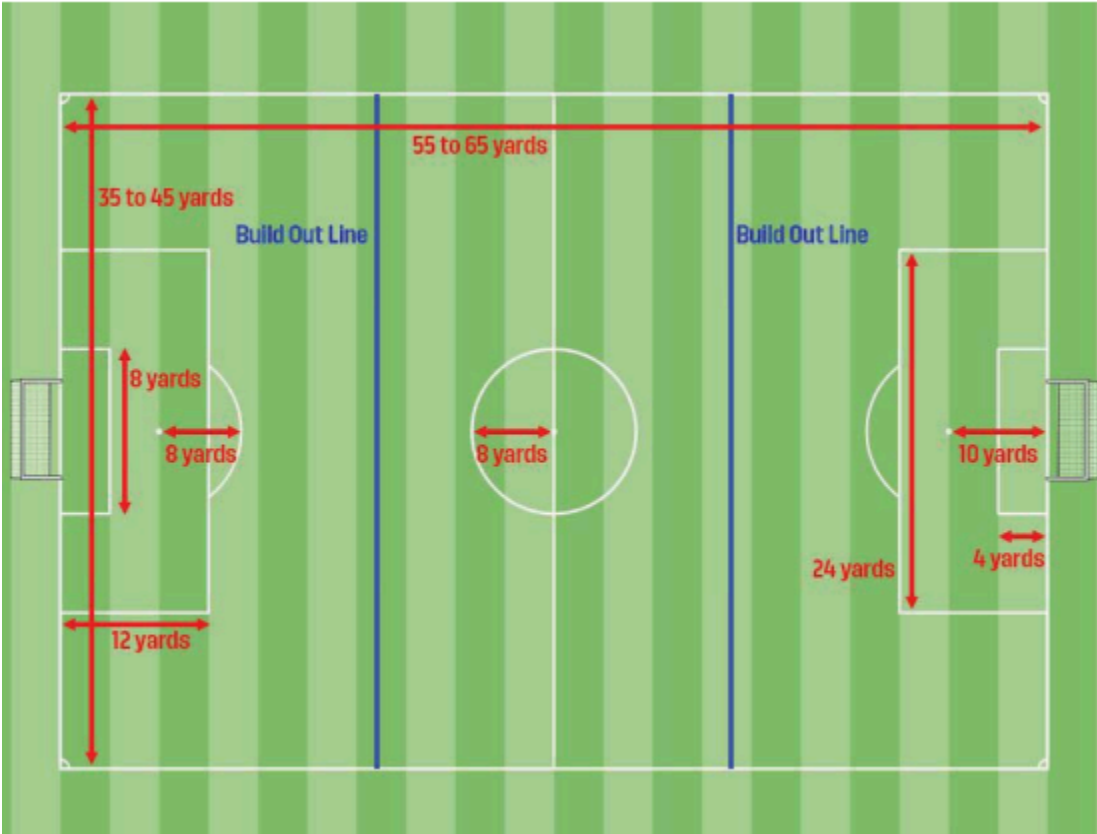
Substitutions: Unlimited subs, mostly on the fly (without stopping the play) or allowed at any point where the play is stopped

Cards and Misconduct:

- Yellow cards result in the player leaving the field for a sin-bin period (where the player will sit outside the field for 2 or 5 minutes), forcing the team to play a man down.
- Red cards result in ejection from the game and potential suspension from future games (if a regional team were to be able to compete in nationals, they will not be allowed if they were awarded a red card, or not be able to play the next year's regionals)

Mercy Rule: if the game is 7-0 by the first half it will be a game done.

Diagram of field size:



Sports: Volleyball

MIST follows standard high school volleyball rules which are readily available online. Standard rules for offense and defense will apply.

Please note that teamwork and camaraderie are an important aspect of sports. Arguing with other teams or referees will result in point deduction or disqualification.

Registration Guidelines:

1. A minimum of six (6) and a maximum of twelve (12) competitors can register for this competition per school, each for Brothers' volleyball and Sisters' volleyball respectively.
 - a. Only one (1) Brothers' team and one (1) Sisters' team is allowed for each school.
 - b. Your school may collaborate with another school and compete together for this competition to form a coalition.
 - i. All points and awards for this competition would be shared equally between collaborating schools (termed "coalition")
 - ii. Check with your Regional Headquarters for more information.

Procedure:

In addition to the regulations of high school volleyball, the following rules/exceptions of MIST also apply:

1. Competitors must be enrolled in another competition in addition to a sports competition.
2. All MIST rules and regulations, including dress code, also apply.
3. Each team MUST have competitors match in some way through what they wear. Some options include:
 - a. Jersey with numbers expanded to include 0-99.
 - b. The same colored shirts/hijabs.
 - c. The color of other teams competing will be listed so as to prevent confusion.
 - d. There will be no "Shirts" vs "Skins" or taped-on numbers.
4. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
5. Unsportsmanlike conduct will not be tolerated.

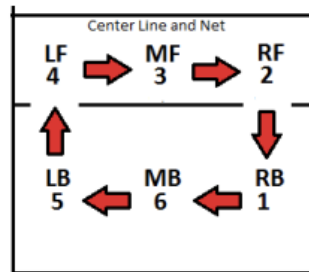
Game Duration:

1. Games are "best-of-3" and will consist of 3 sets ranging from 7-10 minutes each, with the first two sets played to 13 points and the third to 11 points. The first team to win 2 sets is the winner of the match.
2. Each team may be required to have one person sitting at the scorer's table to operate the clock and keep score.
3. Only one coach and assistant coach per team are permitted on the team bench.
4. Each team is permitted two (2) 30 second time-out per set that can be taken at any time between plays.

5. Substitutes must be reported to the score table and beckoned in by the officials. A team is allowed a maximum of 18 substitutions (3 per player) per set.

Rotation:

1. Competitors will rotate in a clockwise manner each time their team scores a point. (see diagram below). Rotation is *required*.
2. The team awarded the point will serve.



The Serve:

1. The first game serve is determined by a coin toss.
2. Server must serve from behind the end line until after contact.
3. Teams are allowed to have one designated server.
4. Ball may be served overhand with ball in motion, underhand with ball in motion, or underhand with ball in a non-motion position. If you are serving from a non-motion position, your contact serving hand must be with a closed fist.
5. Ball must be clearly visible to opponents before serving.
6. Served ball may graze the net and drop to the other side for a point.
7. Serve must be returned by a bump or set only, no attacking/spiking a serve.

Playing the Game:

1. There is a maximum of three (3) hits per side. Players may not hit the ball once in succession (a block or body hit is considered a hit).
2. If two or more players contact the ball simultaneously, it is considered one play and any player may make the next contact (provided the next contact isn't the team's 4th hit).
3. A player may not block a serve.
4. A legal hit is contact with the ball by a player above and including the waist which does not allow the ball to visibly come to a rest.
5. The ball may be played off the net during a volley and on serve.
6. Committing a volleyball rule violation results in a point for the opponent. This includes but not limited to:
 - a. Stepping on or across the service line when serving while making contact with the ball.
 - b. Failure to serve the ball over the net successfully.
 - c. Double touching, lifting, carrying, holding, or throwing the ball.
 - d. Serving out of rotation or out of order.
 - e. Touching the net with any part of the body while the ball is in play.

- f. When blocking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if BOTH:
 - i. Your opponent hasn't used 3 contacts AND
 - ii. They have a player there to make a play on the ball
- g. When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net.
- h. Crossing the court centerline with any part of your body, with the exception of a hand or foot. It is only considered a violation if the entire hand or entire foot crosses the court centerline.
 - i. The ball coming into contact with any part of a player's body.
 - j. Touching the net with any part of the body while the ball is in play.
- 6. A ball hitting the boundary line is "in."
- 7. A ball is "out" if it hits:
 - a. An antennae
 - b. The floor completely outside the court
 - c. Any of the net or cables outside the antennae
 - d. The referee stand/pole
 - e. The ceiling above a non-playable area