

**CATHOLIC ATHLETIC ASSOCIATION (CAA)
2023 VOLLEYBALL PROGRAM**

Office Telephone Number: **651-321-1013**; website: www.stpaulcaa.org

RULES (10/2 Update)

- Modified Minnesota State High School League Rules
- Many answers to Rules' questions can be found on website's *Volleyball pages*
Volleyball Rules: Travelle (ttjev@Yahoo.com; C-651-246-4498)

SITE SCHEDULE

Visiting teams should arrive ½ hour prior to start time.

If one (1) or two (2) matches are scheduled, all three (3) sets shall be played. Whenever 3 or more matches are scheduled, all contests shall be 2 out of 3 sets. If teams split the first 2 sets, a 3rd set shall be played to determine the winning team. Sets 1 & 2 are won when a team reaches 25 points (cap at 27); Set 3 is won when a team reaches 15 points (cap at 17).

REFEREE REMINDERS

- **Uniform: Black Pants, Athletic Shoes; White Polo Shirt, Short-/Long-Sleeved**
 - **Host Site/School Provides:** adult site supervisor; scorekeeper/s; warm-up balls; and a match ball
 - Match ball must be three-colored panels of blue/white/gray colors, e.g., Baden – Perfection 15-0; OR an *all-white, paneled, leather ball*
 - **5th/6th grade teams use a volley lite volleyball***
- (*A regulation volleyball may be used for a set/entire match **only** if both coaches and the referee agree to change.)

Referees' Mentor, also Volleyball Rules: **Katie** (kattomy@comcast.net; H-651-766-8062)

TEAM COMPOSITION

A team consists of six (6) players per side. Girls' teams with boy players may have up to two boys playing on court at any time. Boys are not allowed to play next to each other; girls are not allowed to play on a boys' team. The CAA does not use the libero position. **Teams starting match with less than 6 players (injury, illness, player ineligibility, disqualification, etc.) may be penalized with a loss of rally [side-out] and point awarded to opponent when vacant position rotates to server position (right back).** Teams [squads] compete in "leagues."

New Coaches' Mentor: Connie (conniekiedrowski@comcast.net; C-612-991-1142)

I. MATCH PROTOCOLS & PROCEDURES:

Teams should arrive at site 30 minutes prior to their scheduled match time.

TEAMS WILL NOT SWITCH SIDES. Once the home team selects their bench/court, teams will remain on their respective sides for the entire match.

- a. ***After the CAA Sportsmanship Pledge (PLEDGE) is read aloud by one student-athlete from each team, players on Line-Up to start first set--and any player starting in a set—must proceed directly to their court positions.***

Referee will confirm court positions prior to set play. Other teammates and coaches must proceed directly to their benches. The Head Coach may stand during play; assistant coaches and players must be seated. (Please see Week II for CLARIFICATION on: **RULE II.a MATCH PROTOCOLS & PROCEDURES**): who must be seated during match play.

- b. **During play, on-court players are prohibited from huddling together.** Doing so is a **delay of game** Rule violation. Abuse of this practice may result in a team penalty = loss of rally or serve and/or point awarded to opponent.

II. **UNIFORMS:**

Visible undergarments worn under uniform (*e.g.*, t-shirt, tank top, compression shorts) shall be a single color similar to the predominant color of uniform top or bottom. Team Shorts must be the same color; not necessarily identical.

- a. **Jewelry:** players are allowed to wear small, secured stud or post jewelry above the chin. **“Friendship” fiber bracelets/anklets are still not allowed to be worn.** A religious medal/fiber or/and a Medic A bracelet are not considered jewelry. Medic A bracelet may be visible; religious medal must be taped onto body and worn under uniform. Religious fiber bracelet must be taped over. Rule infractions may result in a team penalty.
- b. Players are prohibited from having chewing gum, candy, lozenge, *etc.*, in their mouths.
- c. Any type of soft, pliable material and unadorned bobby pins, flat metal clips, barrettes no longer than 2 inches headbands and coverings [due to religious belief] no wider than 3 inches are legal.

III. **PLAY:**

Play starts & ends with the Referee’s whistle/arm signal to serve. **Failure of server to serve the ball within five (5) seconds after signal is a “fault.”** The result is a loss of serve and opponent is awarded a side-out/point.

- a. **Whenever a team has a “side-out”** (receives the serve *via* fault/penalty), **that team must rotate.**

IV. ***SERVING:**

***Overhand Serving Rule Trial (OSRT)** period effective *from* **Monday, September 18 through Sunday, September 24.** **OSRT:** does **NOT** apply to 8th grade teams.

5th/6th/7th grades’ players **serving overhand** are allowed to “move-up” to a maximum of **3 feet from the end line.** Basketball courts should be marked with two rectangular blocks [12” wide x 8” deep] located at the base and outside of the basketball court’s Free Throw Lane line. **The rectangular blocks are placed 3 feet inside the court from the end line.** (If court is not marked, visible markers should be placed on both side lines 3 feet from the [outside of] the end line.) Overhand servers are **NOT** allowed to contact any part of rectangular block. **Violation = foot fault;** result = side-out/point opponent.

The *serving line*, also known as *the end line*, runs continuously across court from left to right sidelines. It is **legal for a server to start serving motion/stand outside of either sideline previous to legally serving the ball**. Legal Serve = ball legally contacted anywhere from behind the serving line *and* in between playing court's two sidelines before any part of server's foot/feet touches any part of playing court.

- a. A net serve (*legally served ball hits the top of net in between the antennas and crosses over into the opponent's court*) is a live ball and should be played by the opposing team. A net serve crossing net legally that lands out-of-bounds results in side-out/point for opponent.
- b. **5th/6th grades & under** are allowed to serve from designated lines/areas **only when serving underhand**. Designated lines/areas must be predetermined by Referee & teams' coaches before match play commences.
- c. **7th grade** players may take one step into the court from serving line **only when serving underhand**.
- d. 5th/6th/7th grade players may serve up to a maximum of five (5) consecutive legal serves. If player serves the maximum serves, the serving team retains the serve. The next player in the rotation serves.
- e. **Re-Serve** is called when server tosses the ball and does not attempt to serve tossed ball. **No fault is called if during a re-serve attempt, server catches ball or lets ball drop with or without touching/catching/kicking, etc., the ball.**
- e.1 **One re-serve is allowed for each turn-of-service.**

V. **CONTACTS:**

- a. A legal contact is a touch of the ball by any part of the player's body.
- b. Players may set a serve. A serve may **NOT** be blocked or attacked/"spiked."
- c. **Multiple Contacts** are permitted **only: 1)** on a team's first hit; **2)** when ball rebounds from one part of player's body to another body part or parts, *e.g.*, arms-to-chest-to shoulder; or **3)** during one blocking attempt regardless of touches to ball. Multiple Contacts **on a second or third hit are not permitted**; this fault is an **"illegal hit."**
- d. **Blocking Attempts:** If a player's body part (*e.g.*, fingers/hands) is above the height of the net attempting to block opponent's ball, and the ball *"touches"* a blocker's body part, this *"touch"* **does not count as one of a team's three hits.**

VI. **SUBSTITUTION:**

8th Grade Teams use the high school Rule of 18 substitution maximum per set rule. **Player-A for Player-B substitutes must remain paired together for entire set**; the same pair/s or different pairing/s are allowed in a new set.] Teams are not allowed to use the continuous rotation method.

- a. **5th/6th/7th Grade Teams** use **continuous rotation**. This is where an on-court player rotates off to bench while simultaneously, a seated player rotates onto court replacing the exiting player. (Equal number of players rotate off/onto court). Teams may also use high school substitution rules for any set they choose.

Coach/es must complete & submit a **VOLLEYBALL TEAM ROSTER AND PLAYER LINE-UP** to Referee before play begins using high school substitution Rules. A **player line-up** is how the referee/s keep track of a team's substitutions during a set.

- b. Teams are allowed to alternate substitution methods during the match, **but not during a set**. Change occurs only in a new set. If the referee deems a substitution method delays the set or there is gain of an unfair advantage by a team, the referee shall determine the substitution method for set and/or match.

VII. END-OF-MATCH SPORTSMANSHIP:

Entire team bench lines-up on their respective end lines; coach/es should be last in line. At the official's whistle/direction, **team members: jog up the right sideline** of their court *to the* **TEN FOOT LINE**; turn left; and follow line across to the left sideline. As two teams pass by each other, ***"Good game!", "Congratulations!", etc.***, are exchanged.