

CATHOLIC ATHLETIC ASSOCIATION (CAA)
Office Telephone Number: **651-587-9922** Website: www.stpaulcaa.org

2022 GIRLS' & BOYS' VOLLEYBALL RULES
August 27, 2022

CAA uses modified Minnesota State High School League Rules
Questions/RULE CLARIFICATIONS on CAA Website; **Katie (651-766-8062)**
or **Travelle (651-291-0668)**

- REMINDERS -

- Teams should arrive at site 30 minutes before their scheduled match
- **Host Site/School** provides an adult site supervisor; scorekeeper/s; warm-up balls and a match ball
- Match volleyballs must be three-colored panels of blue/white/gray colors *e.g.*, Baden – Perfection 15-0; OR an *all-white, paneled, leather ball*
- **ALL 5th & 6th Grade Teams MUST USE A VOLLEY LITE Volleyball**
These teams may use a regulation volleyball for a set or the entire match if both coaches & the referee agree
- **Referee Uniform:** Black Pants; White, Collared, Short-/Long-Sleeved Polo Shirt; and Black Athletic Shoes

1. **SITE SCHEDULE:** If one (1) or two (2) matches are scheduled at site--all three (3) sets shall be played. Whenever 3 or more matches are scheduled, matches shall be 2 out of 3 sets. When 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, win by two points with a cap at 27 points; set 3 is when team reaches 15 points, win by two points with a cap at 17.**
2. Visible undergarments worn under uniform (t-shirt, tank top, compression shorts) shall be a single color of the predominant color of uniform top or bottom. Playing team members should adhere to one option for uniform jersey/top: *hang loose* or *tucked-in shorts*.
Team Shorts: all same color; team shorts do not need to be identical.
 - a. From warm-up period to end-of-match, team members are prohibited from wearing jewelry, chewing gum, having candy, *etc.*, in their mouths. Religious medal/Medic Alert bracelet is not considered jewelry. Medals must be taped onto body and worn under uniform. Rule infractions may result in team penalty.
 - b. Any type of *soft, pliable* material and *unadorned* bobby pins, flat metal clips, barrettes, and headbands used to control hair are legal. Head coverings due to religious belief are legal.
3. **A-Squad/8th Grade Team Coaches: Complete the Roster portion** of the VOLLEYBALL TEAM ROSTER AND PLAYER LINEUP form **before each match**. Submit form to Referee upon arrival at contest site. List **player's first name** *only* and their **jersey number**. The Referee will review/check your Rosters and return forms back to you to complete **PLAYER LINEUP** section [right side] of form. **Prior to set play**, coach or coach's representative must submit a **PLAYER LINEUP** to Referee.

4. A team consists of six (6) players per side. **Girls' teams with boy players may have up to two boys on playing court at any time; boys are NOT allowed to play next to each other. Girls are NOT allowed to play on a boy's team.** (See **RULE 4 CLARIFICATION** on CAA website.) The CAA does not use the libero [back court specialist] position. Whenever a team has a "side-out" (receives the serve *via* fault/penalty), that team must rotate. Any team having less than 6 players (injury, illness, player ineligibility, disqualification) may be penalized with a loss of rally [side-out and point to opponent] when that vacant position is to serve (right back).

League is the grouping of same-aged teams [**squads**] scheduled to compete against each other.

5. **PROTOCOLS FOR BEGINNING & ENDING MATCH**

TEAMS WILL NOT SWITCH SIDES THIS YEAR.

Once a team selects their bench/court, they will remain on that side for the entire match.

After the CAA's Sportsmanship Pledge is read aloud by students...

- a. Players in the first set should take their positions on the court; other team members and coaches should proceed directly to their bench.
- b. At end of match, the entire team may line-up at/on the end-line. At the direction of the official, team members jog up the right side-line of court to the **TEN FOOT LINE**, turn left, and follow line across to the left side-line. "**Good game!**", "**Congratulations!**", *etc.*, is exchanged between opposing team members. Coach/es should be last person/s in line.

6. ***Overhand Serving Trial Rule**

- *Effective from **Monday, September 19** through **Sunday, September 25***
- **After trial period ends, regular serving rules apply**
- NOTE: *Trial Rule **does not apply** to A-Squad/8th Grade Teams

***Trial Rule:** B-Squad [7th Grade] & C-Squad [5th & 6th Grades] Teams are allowed to "move-up" to a maximum of **3 feet from end-line if serving overhand**. Each basketball court 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 bottom of rectangular blocks is placed 3 feet from outside of the end-line. Overhand servers may **NOT** contact any part of the rectangular block. **Violation** is a **Foot Fault**; result is a side-out/point opponent. If court is unmarked place a 'serving line' mark 3 feet from the back of end-lines.

*Effective on **Monday, September 26***

- a. **B-Squad/7th Grade players may take one step into the court from serving line only when underhand serving.**
- b. **C-Squad/5th & 6th Grades' & under** players are allowed to serve from a designated line or area **only when serving underhand**. Designated lines/areas must be predetermined by Referee & both teams' coaches before match play commences.
- c. **B-Squad and C-Squad Team players** may serve up to a maximum of five (5) consecutive legal serves. When successfully achieved by a server, the serving team retains the serve and next player in the rotation can serve a maximum of 5 consecutive serves.

(Reminder: serving line runs continuously from left to right side-lines; it is legal for a playing team member to stand outside of either side-line *before* legally serving the ball.) **Legal Serve:** ball is contacted by server **behind the serving line and in between the court's two side-lines** before any part of server's foot touches any line or part of the playing court. **Server has 5 seconds to serve ball after whistle/arm signal.**

7. SUBSTITUTION

- a. **A-Squad/8th Grade Teams** use the 18 substitutions maximum per set rule. These teams are not allowed to use the continuous rotation method.
- b. **B-Squad [7th Grade] & C-Squad [5th & 6th Grades'] Teams** use the **continuous rotation method** 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). These teams may use the 18 substitutions maximum per set rule for any set should they choose. **Coach/es must complete & submit a PLAYER LINE-UP** [on **VOLLEYBALL TEAM ROSTER AND LINE-UP** form] to Referee before play begins. A completed line-up is how substitutions are tracked during a set.

NOTE: Mixing substitution methods during a set is **NOT** allowed. Teams may switch method in a new set. If the Referee deems a substitution method delays the set *or* gains an unfair advantage, the Referee shall determine the substitution method for set and/or match.

8. Play starts & ends with the Referee's whistle/arm signal. Failure to do so is a **"fault."** This results in a loss of serve for team and opponent is awarded serve and a side-out/point. **Re-Serve** is called when server tosses the ball and **does not attempt to serve tossed ball.** No fault is called if server catches, drops, lets drop with/without touching it, or accidentally kicks the ball, *etc.* Players are permitted *one re-serve* attempt for each turn-of-service.
 - a. Players may set a serve. A serve may **NOT** be blocked or attacked ("spiked").
 - b. A net serve (*legally served ball hits the top of net in between the antennae and crosses over into the opponent's court*) is a live ball. A net serve landing out-of-bounds is "out of play" and results in side-out/point for opponent.
9. A legal contact is a touch of the ball by any part of the player's body.
 - a. **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-shoulder; or **3)** during one blocking attempt regardless of touches to ball. Multiple Contacts **on a second or third hit are not permitted;** this is an **"illegal hit."**
 - b. **Blocking Attempts:** When a player's body part (*e.g.*, fingers/hands/arms) is above the height of the net and attempts 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.**
10. **Team Huddling** is a **delay of game violation.** Abuse of this practice may result in a team penalty = loss of rally/side-out and point to opponent; or point awarded to serving team.