



CATHOLIC ATHLETIC ASSOCIATION

2026 CAA VOLLEYBALL PROGRAM

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

CHECKLISTS

- SITES -

- * **Host Site Provides:** Adult Site Supervisor; warm-up balls; a match ball; and a scorekeeper(s)

- REFEREES -

- * **Uniform:** *Black* Pants, Athletic-soled Shoes; *White CAA Logo Polo Shirt*
or a Plain White Short- or Long-Sleeve Polo Shirt
- Referee is the **Official Scorekeeper for the match**
- * **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 all agree.)
- * **Prep League** uses the Volley-Lite ball exclusively for play and the *'Jamboree!'*)

- TEAMS -

Visiting teams should arrive ½ hour prior to start time. **If one (1) or two (2) matches are scheduled, all three (3) sets may be played.** When 3 or more matches are **scheduled at one site**, all **matches** 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).

- TEAM COMPOSITION -

Six (6) players on the court **comprise a playing team.** A team **competes in a "league."** Girls' teams with boy players may have up to two (2) boys playing on the court at any time. Boys are not allowed to play next to each other; girls are not allowed to play on a boys' team. **Teams comprising five (5) eligible players may compete without any penalization.** When a team with 5 players sides-out and the vacant position rotates to the server position (right back), **the team retains the serve/awarded point/match continues.**

- LIBERO POSITION -

The **CAA** will not use the libero position this season. The libero position will be allowed for the 2027 season **only for teams using the high school rotation methods.** Instruction will be provided to coaches on how to correctly use this unique back-row position.



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- COACH MENTOR -

The **CAA's Coach Mentor Program** will again be available to our coaches for a third year beginning on **Monday, August 24** and ending on **Sunday, October 18, 2026**.

Mentoring Sessions will be facilitated by former college and high school varsity coach Connie Kiedrowski. The Sessions are **free of charge; scheduled by appointment only; and available on a first-contact basis**. Per the previous three season, these Sessions are popular, in-demand, and the schedule fills quickly. Interested head coaches should contact Connie as soon as possible to reserve your date and time, schedule permitting

New/Newer CAA coaches will be given priority.

To schedule your Mentoring Session, please contact Connie at **conniekiedrowski@comcast.net or 612-991-1142.**