



CATHOLIC ATHLETIC ASSOCIATION

CATHOLIC ATHLETIC ASSOCIATION (CAA) 2025 VOLLEYBALL RULES' **CLARIFICATION** PAGE SEPTEMBER 15 - WEEK I

COACHES/ASSISTANT COACHES, ATHLETIC DIRECTORS, and REFEREES

Answers to other Volleyball Rules questions can be found in the material posted on the website at stpaulcaa.org. For additional Rule **CLARIFICATION** assistance, please contact **Travelle Evans-Vann, Volleyball Rules Director** at tjev@Yahoo.com or **651-246-4498**.

WEEK I TOPICS:

1. **MATCH PROTOCOLS & PROCEDURES: REMINDERS -- RULE I.**
2. **UNIFORMS -- RULE II.**
3. **SERVING -- RULE IV.**
4. **NEW CAA LEAGUE: INTRODUCTION TO VOLLEYBALL**
5. **TEAM COMPOSITONS CORRECION -- RULE I.**
(Green Text = New/Updated Rule/Procedure)

1. **RULE I.** **MATCH PROTOCOLS & PROCEDURES:**

CLARIFICATION To maximize playing time, pre-match team huddles [coach instruction/prayer] must take place before the CAA Sportsmanship Pledge (Pledge) is read.

The **Pledge** should be read as soon as possible after the conclusion of warm-up period for both teams. (The **Pledge** was originally written to be read aloud from 'center court'; volleyball has no center court.) The warm-up period is--**five (5) minutes total* for both teams**. Student-athletes/coaches must gather for the **Pledge** reading.

***Two Warm-up Examples:** two (2) minutes per team; one minute to serve together--teams serve to their opponent; or four (4) minutes to warm-up; one minute to serve together. Additional warm-up time is permitted when the referee deems there is time in the schedule. **The referee facilitates the warm-up periods and the Pledge.**

As directed by the referee, all who are able should stand facing forward on one designated Pledge line that runs parallel along both courts' sidelines. The line nearest to the bleachers/spectator seating should be used. The referee stands on/near the extended center line and quiets spectators. Coaches stand at end of the line. A reader from each team stands next to referee and reads aloud. Home site reads paragraph I, visitors read paragraph II.

After the **Pledge** is read, all team members--[no coaches]--should proceed directly to their court's end line and stand on it anywhere between the sidelines facing-forward. The referee will whistle/signal for the teams to wave to/verbally greet each other. The six starting players may then take their playing court positions [per **Volleyball Line-Up Sheet** if required]. Non-starters/assistant coaches should go directly to their team bench and [must] be seated [during play]. Match play commences once the players/assistant coaches are seated.

IMPORTANT NOTE: Players/Coaches will congratulate each other [at the net] ONLY at the end of the match.



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2. RULE II. UNIFORMS:

CLARIFICATION a. **Jewelry:** players are allowed to wear small, secure stud or post jewelry above the chin. **Small stud/s or post/s jewelry worn discreetly is legal. Players are prohibited from wearing hoop, charm, bar, cross, etc., earrings and any other jewelry below the chin. This includes all fiber and "permanent" "friendship" bracelets/anklets, etc.** Religious medals/fibers and 'Medic A' bracelets are not considered jewelry. Medic A bracelet may be visible; a religious medal must be taped onto body and worn under uniform. Religious fiber bracelets must be taped over. Rule infractions may result in a team penalty.

Large/prominent semi-to-precious stones are not considered small/discreet and are not permitted to be worn. The violation is: **illegal** [uniform/equipment]; offending player may be sanctioned via verbal warning to a penalty **Red Card**. See the **NFHS** chart below with examples to help explain the **JEWELRY RULE**.

OPEN DISCUSSION: JEWELRY (4-1-7)

ART. 7 . . . All jewelry shall be removed, except small, secured jewelry (stud or post). No jewelry shall be permitted below the chin. String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted. Taping over jewelry is not permitted.



www.nfhs.org

Paint/Glitter on a player's face/uniform/corps is **strictly prohibited!** Even the smallest amount of glitter on a polished wooden floor dramatically increases the surface's slippery quality and potential for slips/falls/injuries. **A player whose face is painted and/or decorated with glitter should never be allowed onto the bench or court.**



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3. RULE IV. *SERVING/SERVING LINES:

CLARIFICATION *Overhand Serving Rule Trial (OSRT) period in effect from **Monday, September 15 through Sunday, September 21.**

OSRT: does not apply to 8th grade teams. **8th grade teams always use modified Minnesota State High School (HS) League Rules.**

5th/6th/7th grade players serving overhand may to “move-up” to a maximum of **3 feet from the end line; serve at seven (7) feet from net.** Basketball courts usually have two rectangular blocks [12” wide x 8” deep] located at the base and outside the Free Throw Lane line. **The blocks are 3 feet inside the court from the end line.** (If the court is unmarked, visible markers should be placed on both side lines 3 feet from the [outside of] the end line.) Overhand servers are **NOT** permitted to contact the rectangular block. **Violation = foot fault. Result = side-out/point opponent.**

The serving line, also the end line, runs continuously from left to right sidelines. It is legal for a server to start serving motion/standing outside of either sideline before legally serving the ball. Legal Serve = ball legally contacted anywhere from behind the serving line and in between the 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 legal net serve, which lands out-of-bound results in side-out/point for opponent.

Post OSRT Period...

- b. **5th/6th grader players** may serve from designated lines/areas **in the court when serving underhand.** Designated lines/areas must be **pre-determined & confirmed** by referee & teams' coaches before match play commences.
- c. **7th grader players** may take one step onto the court from the serving line **when serving underhand.**
- d. **5th/6th/7th grade players** may serve up to a maximum of five (5) consecutive legal serves. When a player successfully serves five consecutive points, the serving team retains the serve and the next player in the rotation serves.

Anytime...

Re-Serve: permitted during any player's **turn-at-service = occupying the serving position.** (E.g., server tosses the ball but does not attempt to **strike** the ball. The ball may drop to floor, be caught, or touched, etc., by server **without penalty assessment.** The referee blows whistle/signals for the re-serve. **Only one re-serve is permitted during a player's turn-at-service.**



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4. NEW CAA LEAGUE: INTRODUCTION TO VOLLEYBALL 5th Grade Volleyball League Options

5th grade volleyball teams will now have the option to choose between two leagues! A **Competitive** league structured similarly to the 6th/7th/8th grade leagues; or the new **Introduction to Volleyball** league.

- **Competitive** league – structured similarly to our current 6th/7th/8th grade leagues.
- **Introduction to Volleyball “Prep”** league newly-designed specifically for beginners.

How does this new league differ from the other **CAA** league?

The aptly-named league is designed specifically for beginner players preparing to learn volleyball & teamwork fundamentals, while building confidence in their skills in a low-pressure encouraging environment.

The **Basic Rules** are as follows:

- 1) **Volley-Lite ball is used exclusively.**
- 2) **Continuous rotation only.**
- 3) **No: game scores; or league standings reported.**
- 4) **End-of-season ‘Jamboree!’**

Connie Kiedrowski, CAA’s Coach Mentor, will serve as the league’s advisor & coordinator. Coaches, players, and teams will now be able to benefit from her assistance in real-time in a match environment. Connie will be present at various match sites throughout the season as time permits. She will observe play and informally offer guidance and support as needed to coaches. She will also play a key role in facilitating the end-of-season **Prep** league’s celebration **‘Jamboree!’**

5. **RULE I. MATCH PROTOCOLS & PROCEDURES: TEAM COMPOSITIONS**

CLARIFICATION Team **competes in “leagues.”** Six (6) players **comprise a team on the court.** 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. The ‘Ghost Rule’ is not used.** When a team with 5 eligible players sides-out and the vacant position rotates to the server position (right back), **the team retains the serve/awarded point/match continues.** The **CAA** does not use the libero position.