

CATHOLIC ATHLETIC ASSOCIATION (CAA)
2026 VOLLEYBALL RULES
***CLARIFICATIONS* PAGE**

SEPTEMBER 21: WEEK II OF COMPETITION
‘GOOD LUCK’ TEAMS!

COACHES/ASSISTANT COACHES, ATHLETIC DIRECTORS and REFEREES:

Answers to most Rules questions can be found on the CAA website's volleyball pages. Contact
Travelle Evan-Vann at tjev@Yahoo.com or C-651-246-4498) for further assistance,

PRE-MATCH & MATCH PROTOCOLS & PROCEDURES
Important Information!

COIN-FLIP PROTOCOL
CLARIFICATION

The home team always chooses their bench, or on which side of the court they will play. The visiting team *via* team captain and head coach, is always given the courtesy of calling the first coin-flip at the pre-match conference with the official and the home team's captain/s and head coach. This meeting determines which team will serve first in the match; **the protocol never changes**. Giving the home team both home bench and the option to call the first coin-flip is *doubly wrong* and is not legal.

TEAMS WILL NOT SWITCH SIDES
CLARIFICATION

Once the home team selects their bench/court, both teams shall remain on that side for the entire match. **The home team chooses their bench/side, so choosing a side by the visiting team is NOT an option.**

PRE-MATCH CONFERENCE MEETING
CLARIFICATION

At the pre-match conference, the visiting team's 'captain', one person only, although more than one 'captain' is permitted to attend the meeting, calls the coin-flip by verbalizing to the official either 'head' or 'tail' while the coin is flipping in the air. **The home team captain, one person only**, although more than one 'captain' is permitted to attend the meeting, *also verbalizes the choice made by the visiting captain*. This ensures that all parties have heard the same choice.

PRE-MATCH CONFERENCE MEETING

CLARIFICATION – continued

The official catches the coin, ensuring that they do not flip/turn over the coin in their hand/s. The official reveals the coin. If the visiting captain's choice matches the side of the coin shown, they win the option to choose either to serve or receive the serve. If their choice is incorrect, the home team wins the opportunity to choose either to serve or receive serve for their team.

If a deciding third set is needed, the home team's captain shall call the coin-flip at this 'captains' meeting, regardless of what happened at the pre-match conference meeting. For the third set, the options for the winner of the coin-flip continue to be 'serve' or 'receive serve'.

As the home team has already chosen their bench/court side, choosing a side for either team is not an option for either team during the match.

PRE-CONTEST NET GREETING ELIMINATED

CLARIFICATION

Due to the number of matches scheduled, teams will greet each other at the net only at the end of the match. Please see section **B.** of the **RULES: PRE-MATCH & MATCH PROTOCOLS & PROCEDURES** for the post-**Pledge** match start protocol.

HUDDLING

CLARIFICATION

Pre-match team "huddles" [e.g., player instruction, team prayer] must take place during the warm-up period BEFORE the CAA Sportsmanship Pledge is read aloud by a student. Match play should commence immediately after the **Pledge** has been read.

B. 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/verbally greet each other.** Then, the six starting players should immediately take their court positions [per Volleyball Line-Up Sheet *if required*]. **Non-starters/assistant coaches should proceed directly to their team bench and [must] be seated [during play].** Match play commences once the players/assistant coaches are seated.

C. NOTE: Players/Coaches will congratulate each other [at the net] at the end of the match. (Please see **CLARIFICATIONS Page Week I, SEPTEMBER 14, 2026, RULE I.**, for additional information.)

MATCH PLAY RULES

CLARIFICATION

Team Huddling during match play is a *delay of game* rule violation and may also be considered ‘Unsporting Conduct.’ Both violations are sanctionable actions.

Huddling briefly on the court is permitted **only** after an ‘**outstanding**’ or ‘**spectacular**’ play has occurred. A simple side-out by a team is neither an ‘outstanding,’ nor ‘spectacular’ play.

“Excessive Celebration”

CLARIFICATION

“Excessive” Celebration by players is also **NOT PERMITTED** and considered a *delay of game* rule violation, and possibly ‘Unsporting Conduct.’ Examples of ‘excessive celebration’ include: a team on the court cheers and then dances in circles individually or as group; seated players leaving the bench and dive-sliding onto floor near/onto court.

Seated players may stand to cheer briefly but are mandated to stay within approximately one foot in front of their bench. Seated players may leave bench if preparing to substitute or leave the bench area completely for other reasons.

If the referee believes a **team is huddling too often/celebrating excessively**, the referee may issue a *delay of game* or ‘Unsporting Conduct’ warning card [**Yellow Card**] or point-penalty card [**Red Card**] **to the coach**. The result would be a side-out for/point awarded to the opponent. If the opponent possesses the serve at the time of the sanction they would keep the serve and be awarded the additional point.

The “Excessive Celebration” Rule also pertains to anyone on the team bench. It is not permitted and is considered Unsporting Conduct. Players on the bench may stand briefly to celebrate a play or greet a player returning to the bench, *e.g.*, as substitute player. However, all bench members **MUST STAY NEAR THEIR BENCH** and be seated quickly thereafter.

Also, teams are not allowed to have any type of ‘PROP’ at their bench. A type of ‘PROP’ would be a pom-pom, hand-held signage of any type, or any other item held in the hand. A water bottle is not a PROP; however, if the referee believes it is being used as a ‘PROP,’ **the team coach may be sanctioned with either a Yellow Card or a Red Card.**

Overhand Serving Rule Trial (OSRT) Period

***Trial Period: Monday, September 14 thru Sunday, September 20**

Regular serving rules resume on Monday, September 21

CLARIFICATION

The **Overhand Serving Rule Trial** has ended for the season. **Please see the above notice.**

RULE 5. SUBSTITUTION
CLARIFICATIONS

- a. **8th Grade Teams** are **NOT** permitted to rotate on/off court during match play. **These teams either play with the same six players on the court for the entire set; or use the HS substitution method to switch a player/s on-court with a player/s seated on the bench** [player A-on-court and player B-on team bench]. Players A/B are paired together for the duration of set. A maximum total of 18 substitutions allowed per each set.
- b. **5th, 6th, and 7th Grade Teams** use **continuous rotation for play**. These teams are **NOT REQUIRED** to complete or submit a **VOLLEYBALL TEAM ROSTER AND LINE-UP** form to Referee. These teams may choose to use the high school substitution method for play. If so, the team coach must complete and submit a Line-up form to the Referee for that set and follow the protocol noted above in **RULE 5.**, Section **a**.

NOTE: No team is permitted to combine continuous rotation and substitution during a set. Coaches must choose *either* to rotate continuously *or* use substitutions for a set. Teams are permitted to switch methods for each new set but **cannot combine the two methods.**