



CATHOLIC ATHLETIC ASSOCIATION

CATHOLIC ATHLETIC ASSOCIATION (CAA) 2025 VOLLEYBALL RULES' **CLARIFICATION** PAGE WEEK VI - OCTOBER 20

COACHES/ASSISTANT COACHES, ATHLETIC DIRECTORS, and REFEREES:
Rule answers, **CLARIFICATIONS**, and match procedures are posted on the Volleyball pages of the CAA's website: <https://stpaulcaa.org/>. Please contact **Director of Volleyball Rules** **Travelle Evans-Vann** for additional assistance. Email: tjev@Yahoo.com; **C-651-246-4498**.

TOPICS:

1. **LEAGUE PLAY & PLAYOFFS**
 2. **MATCH PROTOCOLS & PROCEDURES -- RULE I.**
 3. **SERVING/SERVING LINES -- RULE IV.**
- (**Green** and underlined texts = **Updated Information**)

1. **LEAGUE PLAY**

5th/6th/7th Grade Teams **CLARIFICATION**^a.

All 5th/6th/7th grade teams use **Continuous Rotation** for play. A Volleyball Line-Up Sheet **is not used or needed** for continuous rotation play.

8th Grade Teams **CLARIFICATION**^b.

Continuous rotation is not permitted for match play. Players may not rotate on/off the court. Teams **must** use the **HS** rules where server order, and/or player rotation, and/or player substitutions, are monitored by a referee. The six players listed on the Volleyball Line-Up Sheet submitted by head coach are the starting players. **Teams may still play "recreational" volleyball: six players; rotate/serve in 1-6 position order; no: substitutions; continuous rotation; or designated positions.** All teams may play [up to] six different players in a new set.

- a. **Regardless of offense/defense used**, head coaches **must: 1) verbally confirm their team's method of play with referee before set play begins; and 2) complete & submit a written Volleyball Line-Up Sheet to the referee prior to each set if necessary.** (The **Volleyball Line-Up Sheet** can be downloaded or printed from the **CAA's** website.) The referee will review the form before play begins. The **CAA** does not use the Libero position.
- b. **SUBSTITUTION. High School Rules.** All players must be listed on the Roster form. Maximum substitutions per set: **18**. A *substitute* = off-court player legally replaces an on-court player. On-court player 'A' *exchanged for* off-court/seated team member 'B.' The two: **are paired together for the set; and may only replace the other as substitutes for that set.**
- c. Each exchange counts toward the maximum number of substitutions permitted per set. Same pair/s or different pairing/s allowed for each new set.

& PLAYOFFS



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- a. All regular season rules apply for the playoffs.
- b. League rules and additional rule clarification information is posted under "General Info", Volleyball [league rules](#). [Control+Click to follow link]

Coaches, Assistant Coaches (Parents): please take a few moments to familiarize yourselves -and your players- with the basic Rules that govern your League's play. The Rules will be enforced/applied during the playoffs & championships. The head coach is responsible for knowing the Rules and informing their players/team members of the Rules. The referee is responsible for knowing the Rules and enforcing them correctly during play.

The [CAA](#) recommends that prior to a team's first playoff match, all coaches, assistant coaches, and team members visit the website to review both the Rules for their league play and the **CLARIFICATION PAGES** published weekly during the season. Rules questions may be directed to Travelle; contact information listed above.

2. MATCH PROCEDURES & PROTOCOLS - RULE I.

A. Huddling Rule Information – IMPORTANT!

CLARIFICATION a. Pre-match team "huddles" [including player instructions, team prayer] must take place BEFORE the CAA Sportsmanship Pledge (Pledge) is read. Play starts after Pledge is read.

CLARIFICATION b. Team Huddling during match
Brief team huddling has been/is permitted if the action does not delay the game. Team Huddling is permitted after "a 'spectacular' play" has taken place by player/team, e.g, an "ace" served or a long rally has been won. Regular side-out play is not considered, 'spectacular.'

Huddling too often/too long during play could be a team violation and the action could be sanctioned as a team delay of game = loss of serve or rally and side-out/point awarded to opponent.

CLARIFICATION c. Bench celebrations. All may stand, however, no farther than 18 inches from the bench. Bench celebrations or benched players are not permitted on the court [until post-match, possibly].

B. Match Start Procedures

CLARIFICATION d. After the Pledge is read, all players should proceed directly to their court's end line. Coaches/Assistant Coaches proceed to their respective benches.

Players should stand face-forward on line anywhere between the sidelines. The referee will whistle/hand signal teams onto the court; all players step onto court, wave briefly at opponent & greet verbally. The starting players should immediately take their court positions



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[per Volleyball Line-Up Sheet if required]. **Non-starters** should go directly to their team bench and [must] be seated [during play]. Match play starts once players/assistant coaches are seated.

NOTE: Players/Coaches will congratulate each other [at the net] at the end of the match. (See **CLARIFICATIONS PAGE Week I, SEPTEMBER 15, 2025, RULE I.**, for additional information.)

3. THE SERVING LINES/SERVING - RULE IV.

A. THE SERVING LINE CLARIFICATION^a.

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

B. SERVING LINES CLARIFICATION^b.

Currently, and consistent with the **CAA's** long-standing serving Rules...

- b. **5th/6th grade underhand servers** may serve from behind any line(s), area, or mark denoted on the court. The mark/line must be pre-approved by both teams' head coaches & referee before match play starts.
- c. **7th grade players** may take one step onto the court from the serving line when serving underhand.

All 8th grade teams use modified Minnesota State High School (HS) League Rules for match play. Underhand/Overhand Serving are permitted.

C. SERVERS

CLARIFICATION^a. Overhand Servers

Overhand servers may **NOT** contact the serving line before legally serving the ball. **Violation** = **foot fault**. Result = side-out/point opponent.

CLARIFICATION^b. Re-Serve

One re-serve attempt is given to all servers when they have a turn-at-service/occupy the serving position.

Re-Serve example: server tosses ball but does not like the toss; server never attempts to strike ball. Server may either: catch ball or let it drop to floor with or without touching it. **No penalty assessed either way.** Server must wait for referee to whistle/signal their re-serve.