



CATHOLIC ATHLETIC ASSOCIATION

2026 CAA VOLLEYBALL PROGRAM

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

RULES*

*New Rule/Updated Procedure

The CAA uses modified **2026-27 National Federation of State High School Associations (NFHS) modified Volleyball RULES** for league play. Use of high school rules is not mandatory; it is an option for teams not playing in the **Prep League**.

Most answers to Rules questions are answered on the CAA website's Volleyball Page **Rule Questions/Interpretations**. For additional assistance, please contact our Rules Director **Travelle Evans-Vann** at ttjev@Yahoo.com; or **C-651-246-4498**.

PRE-MATCH & MATCH PROTOCOLS & PROCEDURES

Teams should arrive at the site 30 minutes prior to their scheduled match time.

TEAMS WILL NOT SWITCH SIDES. Once the home team selects their bench/court, teams will remain on their respective side for the entire match.

Important Information!

- A. 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. The match should begin immediately after the Pledge reading.
- 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.)
- D. **Team Huddling** during match play is a **delay of game rule violation**. Brief huddling is permitted. However, if the referee believes a team is huddling **too often/too long**



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during play, the referee may issue a **delay of game** penalty = loss of rally or serve and/or point awarded to the opponent.

1. TEAM COMPOSITION: Teams compete 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 players sides-out and the vacant position rotates to the server position, **the team retains the serve/awarded point/match continues.** The libero position is not used. Please see the **Checklist** on the CAA’s **Volleyball Page** regarding future use of the libero position.

2. PLAY: starts & ends with the referee’s whistle. **Failure to serve the ball within five (5) seconds after whistle/hand signal is a “fault,”** which results in a loss of serve and the opponent is given the side-out/awarded the point.

- a. Whenever a team is awarded a “side-out,” that team must rotate **regardless of match play situation.** All teams **MUST rotate when awarded a ‘side-out.’**
NOTE: When the receiving team **serves for the first time’ in a set, the team MUST ROTATE.**

3. UNIFORMS & EQUIPMENT: Visible undergarments worn under uniform (e.g., tank top, compression shorts) shall be of a single color like the predominant color of uniform top or bottom. Team shorts should be the same color; not necessarily identical. Players are prohibited from chewing gum, having candy, *etc.*, in their mouths.

- a. **Jewelry:** players are allowed to wear secured small stud or post jewelry above the chin **NOT to extend beyond the ear lobe.** Fiber “friendship” bracelets/anklets are **not allowed to be worn.** A religious medal/fiber or a Medic **A fiber bracelet is not considered jewelry.**
- b. **Medic A Bracelet** may be visible; a religious medal must be taped onto body and worn under uniform. **Religious fiber bracelet must be taped over.** Rule infractions may result in a team penalty.
- c. **Hair-Control Adornments** (e.g., **unadorned** bobby pins, flat metal clips, barrettes) that are securely fastened and do not present an increased risk to the player, teammates, or opponents are allowed. **Unadorned** headbands made of soft material and **no more than 3 inches wide** may be worn.



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4. **CAA 5th Grade “Prep” League Rules:** The CAA’s aptly-named “Prep” League is designed specifically for beginner players to learn volleyball & teamwork fundamentals, while building confidence in their skills in a low-pressure, encouraging, non-competitive environment. Please see **CLARIFICATIONS Page, Week I, Clarification 4.**, for additional Prep league information. **Basic Rules of League** are as follows:

Volley-Lite ball is used exclusively. Continuous Rotation only; no League standings. Scores are kept for set play but not reported. End-of-season ‘*Jamboree!*’ for all teams.

5th/6th/7th Grade Teams:

Continuous Rotation is used by all teams. Volleyball Line-Up Sheet is neither used, nor required for 5th/6th/7th grade teams. On-court player/s rotate-off court to bench. A seated player/s on the team bench then rotates onto the court, replacing the player exiting. Two replacements may occur simultaneously during one rotation. One player enters or exits the court on both left & right sides of the court. Players enter court based on place on bench. No player should be passed over, save for conditional situation, *e.g.*, non-playing injured player.

A team not participating in the **Prep League** has the option to use the high school (HS) rotation method for any set. **The head coach must notify the referee and submit a completed Volleyball Line Up form to the official before one minute (1:00) is indicated on the official clock.**

8th Grade Teams:

- a. **Continuous rotation is not permitted for match play. Players may not rotate on or off the court.** Teams must use the HS rules where player rotation and player substitutions are used and monitored/sanctioned by the 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: continuous rotation; substitutions; or front-row/back-row designated positions.** Teams may play [up to] six different players for each set. The CAA does not use the Libero position.
- b. Regardless of **offense/defense used, 8th grade 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.** (The **Volleyball Line-Up Sheet** can be downloaded or printed from the CAA’s website.) The referee will review the form before play begins.



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5. SUBSTITUTION: 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.**

- a. Each exchange counts toward the maximum number of substitutions permitted per set. Same pair/s or different pairing/s are permitted for each new set.

6. SERVING/SERVING LINES: Overhand Serving Rule Trial (OSRT) period effective from **Monday, September 14 through Sunday, September 20. OSRT does not apply to 8th grade league teams** as 8th grade teams **always use modified Minnesota State High School (HS) League Rules for their matches.**

The **OSRT** will be in effect during the first week of competition. **5th/6th/7th grade players serving overhand** may to "move-up" to a maximum of **three (3) feet from the serving line; serve at seven (7) feet from net/center line.**

The end line, also called the serving line, runs continuously from left to right sidelines. It is legal for a server to start serving motion/stand 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 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.

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 a penalty given.* The referee blows whistle/signals for the re-serve. **Only one re-serve is permitted during a player's turn-at-service.**

Post OSRT period...

7th grader players may take one step onto the court from the serving line **when serving underhand. Overhand servers must use the full court to serve.**



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5th/6th grader players may serve from designated lines/areas **on the court when serving underhand**. Designated lines/areas must be **pre-determined & confirmed** by referee & teams' coaches before match play commences. (See Rule 5a.)

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.

6. CONTACTS: Legal contact is the touch of the ball by any part of the player's body. Players are permitted to set a serve. A serve may **not** be blocked or attacked/"spiked.

- 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-chest-to shoulder; or **3)** during one blocking attempt regardless of touches to ball. **Multiple Contacts** on a **second/third hit are not permitted**; this is an **"illegal hit."**
- b. **Blocking Attempts:** If a player's body part (*e.g.*, fingers/hands) is above the height of the net attempting 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 3 hits**.

7. END-OF-MATCH SPORTSMANSHIP

Entire team bench lines-up on their respective end-lines. At the Referee's whistle/direction, team members jog up the *right* side line of their court to the net, then turn left and continue across to the left side-line. As opponents pass each other, **"Good game!", "Congratulations!", etc.**, is exchanged; coach/es always are last in line.