

2026 CAA VOLLEYBALL PROGRAM

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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 not modified high school Rules is not mandatory; it is an option for teams not playing in the **Prep League**.

Most answers to **Rule Questions/Interpretations** can be found on the Volleyball pages on the CAA's website. If query is not answered, please contact our Director of Rules **Travelle Evans-Vann** at ttjev@Yahoo.com or **C-651-246-4498** for additional assistance. **Text Messages Not Accepted.**

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 begins immediately after the Pledge is 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 two side-lines facing-forward. Coaches/assistant coaches should proceed directly to their team bench; assistance coaches must be seated [during play]. The referee will whistle/signal for the teams to take a step onto the court, they wave to their opponents and verbally greet each other. The six starting players should immediately take their court positions [per Volleyball Line-Up Sheet *if required*]. Non-starters 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 **violation of the *delay of game* Rule**. Brief huddling is permitted. However, if the referee believes a team is huddling **too often/too long during play**, the referee may issue a ***delay of game* warning** [Yellow Card] or penalty [Red Card = 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 boy’s 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 with the next server serving.** 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.** **NOTE:** When the receiving team **serves for the first time’ in a matchatset, 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 studs 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 bracelet or a Medic bracelet **is not considered jewelry.**
- b. **Medic A Bracelet** may be visible; a religious medal must be taped onto body and worn under uniform top. **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 also be worn.

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 information about the Prep league. **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 are 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 not required for 5th/6th/7th grade teams. On-court player/s rotate-on/off court to bench. A seated player/s on the team bench then rotates onto the court replacing the exiting player. Two replacements may occur simultaneously during one rotation. One player enters or exits on both left & right sides of the court. Players enter court based on their place on bench. No player should be passed over, save for conditional situation, e.g., injured player.

Any team not participating in the **Prep League** has the option to use the high school (HS) Rules and rotation method for any set. **The head coach must notify the referee and submit a completed Volleyball Line Up form to the referee time 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/off the court.** Teams must use the HS Rule, where player rotation and player substitutions are used and monitored by the referee. The six players listed on the **Volleyball Line-Up Sheet** submitted by head coach to the referee are the starting six players. The CAA does not use the Libero position. Teams may still play “recreational” volleyball: **six players; rotate/serve in 1-6 position order without using substitutes or designated front-row/back-row positions.**
- b. Regardless of **offense/defense used**, **8th grade head coaches must: 1) verbally confirm their team’s method of play with the 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 for accuracy before play begins.

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.** All 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**.

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

One “Re-Serve” is permitted during a player’s **turn-at-service = occupying the serving position**. (*E.g., server tosses the ball, but does not attempt to strike the ball. The serve may let the ball drop to floor, catch the ball, or the ball may be touched, etc., by the server **without penalty**. The referee **must again** blow their whistle & give signal 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.**

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.

5th/6th grader players may also 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.)

PLEASE ALSO SEE **CLARIFICATIONS** PAGE for **SEPTEMBER 28: WEEK III OF COMPETITION: Underhand Serving Line for 5th/6th Grade Student-Athletes is Standardized CLARIFICATION** for additional information on Overhand Serving Rule.

6. CONTACTS: Legal contact is the touch of the ball by any part of the player’s body, including kicking the ball. Players are permitted to set a serve, but **not** block or attack a served ball.

a. **Multiple Contacts** [ball rebounds from one part of player’s body to another body part or parts, *e.g., arms-to-chest-to shoulder*] are permitted **only: 1)** on a team’s first hit; or **2)** 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 turns left and continues across to the left side-line. As opponents pass each other on opposite sides of the net, "*Good game!*", "*Congratulations!*", *etc.*, is exchanged between players. Coach/es and assistant coaches are always last in the line.