



CATHOLIC ATHLETIC ASSOCIATION

CATHOLIC ATHLETIC ASSOCIATION (CAA) 2025 VOLLEYBALL RULES' CLARIFICATION PAGE WEEK IV - OCTOBER 6

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. MATCH PROTOCOLS & PROCEDURES -- RULE I.
2. SERVING/SERVING LINES -- RULE IV.
3. LEAGUE PLAY

(Green and underlined texts = Updated Information)

1. RULE I. MATCH PROCEDURES & PROTOCOLS:

A. Huddling Rule Information – IMPORTANT!

CLARIFICATIONa. 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.

CLARIFICATIONb. 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.

CLARIFICATIONc. 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

CLARIFICATIONd. 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 [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. (Please see CLARIFICATIONS Page Week I, SEPTEMBER 15, 2025, RULE I., for additional information.)



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2. RULE IV. THE SERVING LINES and SERVING:

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^{a.}

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.

3. LEAGUE PLAY

CLARIFICATION^{a.} 5th/6th/7th Grade Teams:

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.



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CLARIFICATION b. 8th Grade Teams:

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.