

**CATHOLIC ATHLETIC ASSOCIATION (CAA)  
VOLLEYBALL RULES**

**CLARIFICATION PAGE  
- WEEKLY UPDATE -  
10/11/2021<sup>ed</sup>**

The Substitution Rule has been edited for clarification and been changed in the Rules to reflect the wording below:

- e. **SUBSTITUTION:** 8<sup>th</sup> Grade Teams use high school Rule [18 substitutions maximum per set; **Player-A for Player-B substitutes must remain paired together for entire set;** the same pair/s or different pairing/s are legal in a new set.]

Substitution rules for all other grades/teams: **continuous rotation of all players.** Each time a team is awarded a new side-out, a new player/s is simultaneously rotated onto the court as the same number of teammate/s rotate-off court for bench seating. All 6<sup>th</sup>, 7<sup>th</sup> grade and 6<sup>TH</sup> & 7<sup>TH</sup> mixed-grade teams may use the high school substitution method for any set. The requesting coach/es must complete and submit a **VOLLEYBALL TEAM ROSTER AND PLAYER LINEUP** form to Referee before play begins. Teams are allowed to mix substitution methods during the match, **but not during a set.** Teams may alternate substitution methods each set per above Rule.

If the Referee deems a substitution method delays the set *or* gains an unfair advantage, the Referee shall determine the substitution method for set and/or match.

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## PREVIOUS UPDATES

### Previous Update 10/04/21

#### **Match Start/End Procedures**

**(This pertains to all matches played regardless of grade, class, color-designed team, etc.)**

**CLARIFICATION:** *Start of Match.* **Playing team members only listed on Roster** should: line-up with other playing team members\* along the end line/serving line; from left to right side-lines of playing court [evenly] spaced apart. All face the net.

Once both sides are lined-up; referee blows whistle [once] and simultaneously signals to both teams [**as a group**] to jog up to and stop at the 10-foot line [*also* called a ‘back-row attack’ or ‘three-meter’] where **opposing team players are @ 20 feet apart from each other at their respective lines.** Teams verbalize a ‘good luck’, ‘play well’, etc., greeting to opponent; then quickly gather with coaching staff [**maximum of 30 seconds**] before the six starting players take their positions on the court for set play.

The referee will signal for serve when all are ready.

**\*NOTE:** Coach/es, assistant coach/es, other team personnel are **not permitted** to stand on the end line/serving line with playing team members = *not members of the playing team.*  
**Coaches/assistant coaches participate in post-match activity described below.**

**CLARIFICATION:** *End of Match.* Same procedures as *Start of Match*, save for minor differences. Verbalizations given post-competition by student-athletes to opponents are variations of ‘nice match’, ‘well-played’, etc. Coaches, assistant coaches, other team personnel usually participate in post-match activity often verbalizing to their counter-parts similar messages used by their respective playing team members to opponents.

### Previous Update 09/28/21

#### **\*Overhand Serving Trial Rule**

**CLARIFICATION:** **\*Overhand Serving Trial Rule** period explained in 9/21/21  
**UPDATE** has ended as of **September 27**. Regular serving Rules now apply. **All overhand servers, regardless of age or grade, must stay completely behind the serving/end line** before serving the ball. **Overhand server’s foot/feet are not allowed/never permitted to contact serving line before serving/striking ball.** A foot fault is committed by player if foot/feet contacts serving line before serving/striking the ball.

## RULES for CLASS or DIVISION

**CLARIFICATION:** The Rules apply to **grade levels**; not league. For example: All 8<sup>th</sup> grade teams, regardless of location/division/color, use the CAA's *modified* state high school rules. [lower-level player on 8<sup>th</sup> grade team = treated as 8<sup>th</sup> grade player]

### Previous Update

09/21/21

#### **\*Overhand Serving Trial Rule**

- Effective from **Monday, September 20** through **Sunday, September 26** only
- After trial period ends, regular serving rules apply
- **NOTE: Trial Rule does not apply** to 8<sup>th</sup> grade teams

**\*Trial Rule:** 5<sup>th</sup> through 7<sup>th</sup> grade players are allowed to “move-up” to a **maximum of three (3) feet** from end line if serving overhand. Each court should be marked with **two parallel-placed rectangular blocks, 12” wide x 8” deep**, located at base of and outside the basketball Free Throw Lane. **BOTTOM** of block is placed **3-feet** inside the end line. Therefore, overhand servers may **NOT CONTACT any part of rectangular blocks. Violation = Foot Fault;** result is side-out/point opponent. If court is unmarked, **place a ‘Serving Line’ 3-feet inside end line.**

(Reminder: Serving Line runs continuously across court from left to right side lines; **it is legal to serve from anywhere along serving line while in between the court’s side lines.**)

**Volley Lite Volleyball:** Applies to 5<sup>th</sup> and 6<sup>th</sup> grade teams only. 7<sup>th</sup> grade and 8<sup>th</sup> grade teams use a regulation ball (three-color panels of blue/white/gray colors *e.g.*, Baden – Perfection 15-0; OR an *all-white, paneled leather ball*).

**CLARIFICATION 1:** All 6<sup>th</sup> grade teams shall use **Volley Lite volleyballs for their matches.** Rule was implemented in 2017. If no available *suitable-for-play* Volley Lite volleyball [determined by official], a regulation ball (see above) should be used.

**CLARIFICATION 2:** The option to use regulation volleyball is permitted **only** if before set play commences, both teams’ coaches **and the official agree.** [5<sup>th</sup> grade and 6<sup>th</sup> grade is the CAA’s learning/instructional level.] To accommodate teams’ skill progression, **alternating between a Volley Lite and a regulation ball from one set to another set is permitted.** Regardless of ball type used for play, teams must use that ball type for the entire set. **Changing ball types during a set is not permitted.**

**Time-Out:** All teams receive two (2) time-outs per set. Time-outs are maximum of 60 seconds.