

CATHOLIC ATHLETIC ASSOCIATION (CAA)
Office Telephone Number: **651-227-1741** Website: www.stpaulcaa.org

2021 VOLLEYBALL RULES
UPDATED - 10/11/2021^{ed}

CAA uses modified Minnesota State High School League Rules
Questions/RULE CLARIFICATIONS = CAA Website; Travelle (651-291-0668)
or **Katie (651-766-8062)**

- REMINDERS -

- Teams should arrive at site 30 minutes before their scheduled match
 - **Host Site/School Provides:** adult site supervisor, scorekeeper/s, line judges (if used); warm-up balls; and a match ball
- Match volleyballs must be three-colored panels of blue/white/gray colors *e.g.*, Baden – Perfection 15-0; OR an *all-white, paneled, leather ball*
- **ALL 5th and 6th Grade Teams MUST USE A VOLLEY LITE Volleyball** (5th and 6th Grade Teams **may use a regulation volleyball for set/entire match** *only* if both coaches & the referee agree)
- **Referee Uniform:** Black Pants, White, Collared, Short-/Long-Sleeved Polo Shirt, Black Athletic Shoes

1. **SITE SCHEDULE:** One (1)/Two (2) matches scheduled at site? All three (3) sets shall be played. Whenever 3 or more matches are scheduled, all contests shall be the best 2 sets out of 3. When teams split the first 2 sets, a 3rd set shall be played to determine the winning team. **Sets 1 & 2 are won when a team reaches 25 points (cap at 27); set 3 is won when team reaches 15 points (cap at 17).**
2. Visible undergarments worn under uniform (*e.g.*, t-shirt, tank top, compression shorts) shall be a single color similar to that of the predominant color of uniform top or bottom. Team Shorts: must be the same color; not necessarily identical. Playing team members should adhere to one option for uniform jersey/top: *hang loose* or *tucked-in shorts*.
 - a. From warm-up period to end-of-match, playing team members are prohibited from wearing jewelry, chewing gum, having candy, *etc.*, in their mouths. Religious medal/Medic Alert bracelet is not considered jewelry and may be visible. Medals must be taped onto body and worn under uniform. Rule infractions may result in team penalty.
 - b. Unadorned bobby pins, flat metal clips, barrettes no longer than 2 inches headbands and coverings [due to religious belief] no wider than 3 inches are legal.
3. **8th Grade Team Coaches:** Before each match, please complete the Roster portion of the VOLLEYBALL TEAM ROSTER AND PLAYER LINEUP form and submit it to Referee at the Captains' & Coaches' Meeting/coin toss. List [player's first-name](#) *only* and their [jersey number](#). The Referee will review/check your Rosters and return forms back to you to complete **PLAYER LINEUP** section [right side] of form. **Prior to the start of set play**, coach or coach's representative must submit a **PLAYER LINEUP** to Referee.

4. A team consists of six (6) players per side. Whenever a team has a “side-out” (or receives the serve *via* fault/penalty), that team must rotate forward. During set play when a vacant position rotates to server position #1 (right back), the opposing team is awarded the point & side-out. Any team having less than 6 players (*e.g.*, injury, illness, player ineligibility, disqualification) shall be immediately penalized with a loss of rally and the opposing team shall be awarded a point & side-out.
- a. The CAA does not use the *Libero* [back court specialist] position.

b. *Overhand Serving Trial Rule

- *Effective from Monday, September 20 through Sunday, September 26*
- **After trial period ends**, regular serving rules apply
- **NOTE: Trial Rule does not apply** to 8th Grade Teams

***Trial Rule: 5th through 7th grade players** allowed to “move-up” to a **maximum of 3 feet** from end line if serving overhand. Each basketball court should be marked with **two rectangular blocks, 12” wide x 8” deep** located at the base and outside of the basketball court’s Free Throw Lane line. The **bottom** of **rectangular blocks** 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 for a playing team member to stand/start serving motion outside of either side line previous to legally serving the ball within five (5) seconds.**) Legal Serve = ball is contacted by server from **anywhere behind the serving line and in between playing courts’ two side lines** before any part of server’s foot touches any line/ part of the playing court.)

- c. **7th grade & under** players may take one step into the court from serving line **only when underhand serving.**
- d. **6th grade & under** are allowed to serve from designated lines/areas **only when underhand serving.** Designated lines/areas must be predetermined by Referee & teams’ coaches before match play commences.
- e. **SUBSTITUTION:** 8th 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 6th, 7th grade and 6TH & 7TH 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.

- f. Players on both 6th grade, 6th grade-mixed, 7th grade and 7th grade-mixed teams may serve a maximum of 5 consecutive legal serves. When successfully achieved by a server, the serving team retains the serve and next player in the rotation serves with the same 5 consecutive serves opportunity.
6. **Team Huddling** is a *delay of game violation*. Abuse of this practice may result in a team penalty = loss of rally or serve and/or point awarded to opponent.
7. Play starts & ends with the Referee's whistle. Server has 5 seconds to serve ball after whistle. Failure to do so is a "**fault**" result is loss of serve for team; opponent is awarded the point. **Re-Serve** is called when server tosses the ball and does not attempt to **serve tossed ball**. No fault is called if server catches, drops, lets drop with/without touching it, or accidentally kicks the ball, *etc.*

NOTE: Players are permitted *one re-serve* for each turn-of-service.

- a. Players may set a serve. A serve may **NOT** be blocked or attacked/"spiked."
- b. 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 net serve crossing net legally that lands out-of-bounds results in side-out/point for opponent.
8. A legal contact is a touch of the ball by any part of the player's body.
 - 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-shoulder; or **3)** during one blocking attempt regardless of touches to ball. Multiple Contacts **on a second or third hit are not permitted**; this fault 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 three hits.**