



CATHOLIC ATHLETIC ASSOCIATION

2025 VOLLEYBALL PROGRAM

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

RULES*

*New Rule/Updated Procedure 9/19/26

The CAA uses the **2025-26 National Federation of State High School (NFHS) Associations** *modified*
Volleyball RULES

Most answers to rules questions can be found on the CAA website's Volleyball Page
Rule Questions/Interpretations, please contact **Travelle Evans-Vann, Rules Director** at
ttjev@Yahoo.com; or **651-246-4498**

I. 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.

TEAM COMPOSITION: Team **competes 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 (right back), **the team retains the serve/awarded point/match continues.** The **CAA** does not use the libero position.

- Players are prohibited from chewing gum, having candy, *etc.*, in their mouths.
- The **CAA** uses modified high school (HS) rules for league play. Use of the modified HS rules is not mandatory for play; it is an option for teams not playing in the **Prep** league.
- Play starts & ends with the referee's whistle & hand signal. **Failure to serve ball within five (5) seconds after whistle/hand signal is a "fault."** The result is a loss of serve and the opponent is given the side-out/awarded the point.
- Whenever a team is awarded a "side-out" (receives serve *via* point/penalty), that team must rotate **regardless of match play situation. NOTE: The receiving team MUST ROTATE when 'serving for the first time' in the set. Teams MUST always ROTATE whenever a 'side-out' is awarded.**

Very Important Information: Pre-match team "huddles" [e.g., **player instruction/team prayer**] **must take place BEFORE the CAA Sportsmanship Pledge (Pledge) is read.**

Also Note: Team Huddling during play is a **delay of game** violation. Abuse of the practice of **too often/too long huddling during play** may result in a team penalty = loss of rally or serve and/or point awarded to opponent.



CATHOLIC ATHLETIC ASSOCIATION

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. The six starting players should immediately take their court positions [per Volleyball Line-Up Sheet if required]. Non-starters/assistant coaches should go directly to their team bench and [must] be seated [during play]. Match play commences once the 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.)

II. 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.

- e. **Jewelry:** players are allowed to wear small, secured stud or post jewelry above the chin. Fiber "friendship" bracelets/anklets are **not allowed to be worn**. A religious medal/fiber or a Medic A bracelet are **not considered jewelry**.

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.

- f. 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. Headbands made of soft material and **no more than 3 inches wide** may be worn.

III. NEW CAA LEAGUE: INTRODUCTION TO VOLLEYBALL "Prep" League is New League Option for 5th Grade Players

The **CAA's Board of Directors, Athletic Committee,** and **Director of Operations** are proud to announce the formation of a new volleyball league for 5th grade volleyball teams. Teams now have the option to choose between two leagues!

A **Competitive** league structured similarly to our current leagues; or the new **Introduction to Volleyball** league. The 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 environment.

Basic Rules are as follows:

- 1) Volley-Lite ball is used exclusively.
- 2) Continuous Rotation only.
- 3) Scores are kept for set play, but not reported. No League standings are kept.
- 4) End-of-season '**Jamboree!**'

Please see **CLARIFICATIONS Page, Week I, Clarification 4.**, for additional **Prep** league information.



CATHOLIC ATHLETIC ASSOCIATION

5th/6th/7th Grade League Teams:

Continuous Rotation is used by all teams. Volleyball Line-Up Sheet is neither required, nor used for 5th/6th/7th grades' 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 on bench.

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

8th Grade Teams:

Continuous rotation is not permitted for match play. Players may not rotate on or off the court. Teams use the **HS** rules where server order, and/or player rotation, and/or player substitutions are monitored/sanctioned 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 front-row/back-row 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.
(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.** 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.



CATHOLIC ATHLETIC ASSOCIATION

IV. ***SERVING/SERVING LINES:**

***Overhand Serving Rule Trial (OSRT)** period effective from **Monday, September 15 through Sunday, September 21. OSRT: does not apply** to 8th grade players.

OSRT: does not apply to 8th grade teams. **8th grade teams always use modified Minnesota State High School (HS) League Rules.**

5th/6th/7th grade players serving overhand may to “move-up” to a maximum of **3 feet from the end line; serve at seven (7) feet from net.** Basketball courts usually have two rectangular blocks [12” wide x 8” deep] located at the base and outside the Free Throw Lane line. **The blocks are 3 feet inside the court from the end line.** (If the court is unmarked, visible markers should be placed on both side lines 3 feet from the [outside of] the end line.) Overhand servers are **NOT** permitted to contact the rectangular block. **Violation = foot fault. Result = side-out/point opponent.**

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

Post OSRT Period...

- b. **5th/6th grader players** may serve from designated lines/areas **in the court when serving underhand.** Designated lines/areas must be **pre-determined & confirmed** by referee & teams’ coaches before match play commences.
- c. **7th grader players** may take one step onto the court from the serving line **when serving underhand.**
- d. **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.

Anytime...

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



CATHOLIC ATHLETIC ASSOCIATION

V. CONTACTS:

1. Legal contact is the touch of the ball by any part of the player's body.
2. Players may set a serve.
3. A serve may **not** be blocked or attacked/"spiked.
4. **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."**
5. **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.**