

2024 VOLLEYBALL PROGRAM

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

RULES - Updated September 14

Modified Minnesota State High School League Rules

National Federation of State High School Associations (NFHS)

Volleyball RULES BOOK 2023-24

Most answers to Rules questions can be found by visiting the website's Volleyball Page

Rule Questions/Interpretations: Travelle, Director of Rules & Head Referee

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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 sides for the entire match.

After the CAA Sportsmanship Pledge is read aloud by one student-athlete from each team, all players should proceed directly to their respective endline. Players should stand on the line anywhere in between the two courts' sidelines. The referee will then whistle and signal for teams to greet each other at the net; match play usually begins. However, the CAA allows for a brief grace period for team prayers at benches.

Post-prayers, players **starting in set** should proceed to their court positions per Line-Up form. **Non-starters** and all assistant coaches must be seated in their respective bench areas. The Head Coach may stand during play; **one assistant coach may also stand during a dead/down ball.**

During play, on-court players are discouraged from huddling together too often/too long. Doing so is a **delay of game** Rule violation. Abuse of this practice may result in a team penalty = loss of rally or serve and/or point awarded to opponent.

II. UNIFORMS & EQUIPMENT:

Visible undergarments worn under uniform (*e.g.*, t-shirt, tank top, compression shorts) shall be of a single color like the predominant color of uniform top or bottom. Team shorts must be the same color; not necessarily identical.

- a. **Jewelry:** players are allowed to wear small, secured stud or post jewelry above the chin. "Friendship" *fiber* 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; 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.

- b. **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.
- c. Players are prohibited from having chewing gum, candy, lozenge, *etc.*, in their mouths.

III. PLAY:

Play starts & ends with the Referee's whistle & arm signal to serve. **Failure to serve ball within five (5) seconds after whistle/signal is a "fault."** The result is a loss of serve and the opponent is awarded the side-out/point.

- a. When a team is awarded a "side-out" (receives serve *via* fault/penalty) that team rotates.

8th Grade Teams:

- b. **All teams use modified high school Rules, where designated positions and substitutions can be used by teams; this is optional/not a requirement to play/compete.**

8th grade players are not allowed to rotate -off/-on to court. The six players listed on the Line-Up form by the Head Coach: stay on the court for the entire set [players cannot be substituted-out or replaced by continuous rotation = this is illegal]; and maintain rotation/serving order for the set. Head Coaches must: verbally confirm their teams' method of play for set with Referee before set play.

- c. **Regardless of team's method of play, Head Coaches must submit a completed written Line-Up to the Referee prior to each set play. The Referee will review form/confirm positions before play commences.**

- d. **SUBSTITUTION (and Libero Replacement; Libero not used in CAA). Per (NFHS) Volleyball RULES BOOK 2023-24, Rule 10: All players must be listed on the team Roster. 18 substitutions maximum per set. A *legal substitute* = off-court player replaces on-court player. Player-A exchanged for Player-B; paired for entire set. Each pair counts toward the maximum amount. Same pair/s or different pairing/s allowed for each new set.**

5th/6th/7th Grade Teams:

- e. **Continuous Rotation is used by all teams. Roster and Line-Up forms are neither required, nor used for 5th/6th/7th grades' teams.** On-court player/s rotate-off court to bench. Simultaneously, a seated player/s from team's bench rotates-on to court replacing exiting player. One duo or multiple sets of players may be simultaneously rotated -off/-on to court from both left and/or right sides during one rotation. Players enter court based on place occupied on bench and **player rotation always moves clockwise**. No player should be skipped over, save for conditional situation, e.g., non-playing injured player on bench.

f. Teams are also allowed to try/use the high school substitution method for any set. The Head Coach must notify the referee and submit a completed PLAYER Roster and LINE-UP form to the official before play occurs.

IV. ***SERVING:**

***Overhand Serving Rule Trial (OSRT)** period effective from **Monday, September 16 through Sunday, September 22. OSRT: does not apply** to 8th graders.

5th/6th/7th graders serving overhand are allowed to “move-up” to a maximum of **3 feet from the end line**. Basketball courts 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 rectangular blocks are placed 3 feet inside the court from the end line.** (If the court is not marked, visible markers should be placed on both side lines 3 feet from the [outside of] the end line.) Overhand servers are **NOT** allowed to contact any part of the rectangular block. **Violation = foot fault. Result = side-out/point opponent.**

The *serving line*, also the *end line*, runs continuously across court from left to right sidelines. **It is legal for 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 playing court’s 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 net serve crossing net legally that lands out-of-bounds results in side-out/point for opponent.

b. **5th/6th grader players** are allowed to serve from designated lines/areas **when serving underhand**. Designated lines/areas must be predetermined 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. **All 5th/6th/7th grade players** may serve up to five (5) legal serves consecutively. When a player reaches the serve maximum, the serving team retains the serve **and** the next player in the rotation serves.

e. **Re-Serve** is called when a server in a first serving attempt, regardless of when during their turn-at-service, tosses the ball in the air, but does not attempt to contact [strike/serve] the tossed ball. No fault is called regardless of whether player touches/mishandles ball or lets ball drop to floor.

e.1 **One re-serve is allowed for each turn-at-service.**

V. CONTACTS:

- a. Legal contact is the touch of the ball by any part of the player's body.
- b. Players may set a serve. A serve may **not** be blocked or attacked/"spiked."
- c. **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 or third hit are not permitted;** this fault is called an **"illegal hit."**
- d. 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.**