



CATHOLIC ATHLETIC ASSOCIATION

2025 VOLLEYBALL PROGRAM

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

CHECKLIST

September 19, 2025

- SITE SCHEDULE -

Visiting teams should arrive ½ hour prior to start time. **If one (1) or two (2) matches are scheduled, all three (3) sets may be played.** When 3 or more matches are **scheduled at one site**, all **matches** shall be 2 out of 3 sets. If 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 a team reaches 15 points (cap at 17).

- REFEREE REMINDERS -

- * **Uniform:** **Black Pants**, Athletic-soled Shoes; **White CAA Logo Polo Shirt**
or a Plain White Short- or Long-Sleeve Polo Shirt
- * **Host Site Provides:** Adult Site Supervisor; warm-up balls; a match ball; and a scorekeeper(s)
- Referee is the **Official Scorekeeper for the match**
- * **Match ball** must be three-colored panels of blue/white/gray colors, e.g., Baden Perfection 15-0; **or**
an all-white, paneled, leather ball
- * **5th/6th grade teams use the Volley-Lite volleyball.** (A regulation volleyball may be used for a set/entire match **only** if both coaches and the referee all agree.)
- * **Prep League** uses the Volley-Lite ball exclusively for play and the **'Jamboree!'**)

- TEAM COMPOSITION -

Six (6) players **comprise a playing team on the court.** A team **competes in a "league."** 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.** 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.

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

The **CAA** does not use the libero position.



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- COACH MENTOR -

The **CAA's Board of Directors, Athletic Committee,** and **Director of Operations** are pleased to announce that the Volleyball Program will offer the **Coach Mentor Program** *for a third year!* **CAA** will offer **professional mentoring to our volleyball coaches and their teams in school-based practice sessions, which are in-demand, must be pre-arranged, and scheduled** on a first-come, first-serve basis. **New/Newer coaches will be given priority.**

To schedule your mentoring session or sport camp, please contact **Connie Kiedrowski** at conniekiedrowski@comcast.net or **612-991-1142.**