

CATHOLIC ATHLETIC ASSOCIATION (CAA)

2026 VOLLEYBALL RULES

***CLARIFICATIONS* PAGE**

OCTOBER 5: WEEK IV OF COMPETITION

‘GOOD LUCK’ TEAMS!

**COACHES/ASSISTANT COACHES, ATHLETIC DIRECTORS
and REFEREES:**

Answers to most Rules questions can be found on the Volleyball pages
of the CAA website: caastpaul.org

For further assistance, please contact **Travelle Evans-Vann** at
ttjev@Yahoo.com or by telephone at **C-651-246-4498**.

[Text messages not accepted]

Important Information

**Underhand Serving Line for 5th/6th Grade Student-Athletes is
Standardized.**

CLARIFICATION

In most gymnasiums, **it is the second hash mark in/up from the
end/serving line**. If marked on the basketball court, these hash marks
are located outside the lane line.

However, some of these 5th/6th grade players are being taught/learning to
serve overhand.

Before the match commences, upon agreement with the both head coaches and the official, players at this age group/level only who are learning/developing this skill can be given the grace and opportunity to serve overhand from the moderated or moved-up serving line. Even at the moderated/moved-up serving line, **most players in this age group/level have not successfully mastered the skill of overhand serving the ball over the net successfully.** Their efforts often result in a side-out for their opponent, which gives neither the server, nor their team an advantage.

NOTE: Judging their first serve, if the referee deems that a server in this age group/level has demonstrated proficiency at serving overhand successfully from the moderated line [*e.g., server serves fast, low-trajectory ball over the net that is difficult for opposing team to see clearly or play, or server serves ball deep into the back court area of opposing team*], the referee has the authority to move back that server incrementally [5/6 inches] toward the regulation serving line to continue their turn-/all future turns-at-serve at the new demarcation.

The referee also has the authority to **ask that same server to move back even farther/incrementally** if the referee deems their serves still warrant that server to move farther back to a new demarcation even closer to the full court serving line to continue their turn-/all future turns-at-serve.

Can 7th Grade Players on an 8th Grade Team Move-Up to Overhand Serve?

No.

CLARIFICATION

All players on 8th grade teams, **regardless of their grade level**, must use the full court to serve. Any player on an 8th grade team "moving-up" beyond the serving line would be committing a **"foot fault"** Rule violation. This will result in a loss of serve for the serving team and a side-out and point awarded for the opposing team.

Roster and Line-Up Form Completion: 8th Grade Teams and All Teams Using Substitutions *aka* "High School" Rules.

CLARIFICATION

ROSTER: All 8th grade teams and teams using substitutes during set play **must complete a Roster and Line Up form**. All players' names must be listed on the Roster/left side of the form. Players names are usually listed by jersey number in consecutive order starting with the lowest number first. **For data privacy reasons, only players' first names and their last name initial are listed.** When more than one player has the same first name/last name initial, additional notation is required to distinguish the two players. One example, two 'Mary Smiths': **Mary S. #3** and **Mary Sm. #9**. Their different jersey numbers also distinguish which 'Mary' and/or if both Mary's are on the court or the team bench. **Yes. The two 'Mary's' are permitted to be on the court/bench at the same time.**

The LINE-UP: This section on the right side of the **Roster and Line Up** form has sections of six lined space marked 1-6 or I-VI. This section **must be completed by the head coach before each set is played**. The numbers refer specifically and only to a team's **serving order**.

Whether your team is serving first or receiving serve first in a set, the head coach should always list the team's starting six players in their serving order. This Rule/protocol never changes for high school volleyball. The six starting players are always listed in the order they are to serve **whether your team wins/loses a coin toss** [to serve or receive serve]. The completed line-up must be submitted to the referee before set play begins.

The referee uses the line-up to check the accuracy of players' numbers & their placements on the court. The referee is also responsible for ensuring that the receiving team's *first server* [and the entire team] is rotated back one position when a set begins. This means that **the *first server* of the receiving team always starts in position 2/right front**. When the serving team earns its first side-out of the set, the *first server* will rotate into the serving position and becomes the team's first server.

Again, for each set played: **both head coaches must list their six starting players in the 1-6/I-VI serving order desired; the referee will place the receiving team's '*first server*' in position 2/right front to start each set.**

Substitutions.

CLARIFICATION

Substitutions may be requested during any dead ball, or in between sets. Substitution requests made *after the referee has whistled for serve* **are not permitted.**