

VOLLEYBALL RULES 2010 SEASON
(Updated August 2010)

CAA uses modified Minnesota State High School League Rules; “*” = *rule change*

***CAA Rules & MSHSL Board of Directors Policy**

Volleyballs for all matches must be **three-colored panels of blue/white/grey colors** (e.g., Baden – Perfection 15-0); CAA permits use of *all-white ball* as alternative.

1. Teams shall consist of six players on a side; **Libero** position is **NOT** used.
 - a. A “**Match**” is the best of three “**Sets**”, previously called “games.” Points are awarded by rally scoring; sets are won when a team reaches 25, or 15 points in the tie-breaking set. All sets will have a cap of 27 points, or 17 points in the tie-breaking set, respectively.
 - b. If two or more matches are scheduled at a site, all matches shall be the best of three sets. When teams split the first two sets, the third set shall be played to determine the winning team. When one match is scheduled, all three sets will be played; when two or matches are schedule, contests shall be the best of three sets.
2. “**A**” **Squad** Coaches must submit a completed **VOLLEYBALL TEAM ROSTER AND PLAYER LINEUP** form to referee **prior to each match**--fill-in *player number & first name only*. **PLAYER LINEUP** must be submitted to referee prior to each set (located on right side of **VOLLEYBALL TEAM ROSTER AND LINEUP** form). Substitutions are allowed on a player-for-player basis only; maximum of 18 substitutions per set.
 - a. “**B**” **Squad** players (7th grade & under) may take one step into the court when serving underhand; **overhand servers may not step into the court**. Player may **serve up to five consecutive points only**; the next player in the rotation shall then serve for team (the five serves rule *always applies to server*). Rules for “**B**” **Squad** substitution are identical to “**A**” **Squad**; however, “**B**” **Squad** teams may rotate-in players, but are **NOT** allowed to mix substitution methods during a set.
 - b. **At the referee’s discretion**: “**C**” **Squad** players (6th grade & under) may move up to the net as far as necessary to underhand serve over net. Overhand servers may not step into the court. Player may **serve up to five consecutive points only**; the next player in the rotation shall then serve for team (the five serves rule *always applies to server*). Rules for “**B**” **Squad** substitution are identical to “**A**” **Squad**; however, “**B**” **Squad** teams may rotate-in players, but are **NOT** allowed to mix substitution methods during a set.
 - c. If referee deems the “**A**” **Squad** substitution method delays the set or is used to gain an unfair advantage, referee may determine substitution option.
3. When a team “**Side-Out**”s/receives the serve, that team must rotate.

- a. Play starts & ends with the referee's whistle; server has five seconds to serve the ball after referee whistles. A player failing to serve within five seconds forfeits their turn-of-service; side-out for opponent.
 - b. **One re-serve is allowed per each player's turn-of-service.**
 - c. Players may set a serve; however, a serve may **NOT** be *blocked* or *attacked*/"*spiked*."
 - d. A "Net Serve" (*served ball that hits the top of net between antennas and crosses over into the opponent's court*) is legal and the ball is "live"/playable by the opposing team. A net serve legally crossing net, but landing out-of-bounds, results in side-out for opponent.
- 4.** A legal contact is a touch of the ball by any part of the player's body.
- a. "Multiple Contacts" (i.e., shoulder to arm) are permitted only: a) When the ball rebounds from one part of player's body to one or more other parts **in one block attempt**; b) On **any team first hit**, whether or not the ball is touched by the block. A ball may simultaneously contact two body parts at the same time and be considered a legal play.
 - b. Blocking and/or Blocking Attempts do not count as one of a team's three hits.
 - c. **Teams should arrive thirty minutes before their match is scheduled to begin.**
 - d. The home team should provide: a qualified scorekeeper; warm-up balls; a game ball; and an adult/s to serve as site manager/supervisor the gymnasium. **This is not the function or role of the referee.**
- 5.** Referee's attire is black pants and long or short-sleeve, white, collared shirt.
- a. Referees & Coaches: **please familiarize yourself** with the **OFFICIAL VOLLEYBALL SIGNALS** (*page 55, National Federation of State High School Associations Volleyball Rules Book 2009-10*).
 - b. **From warm-up through end of match play**, players are prohibited from wearing jewelry or chewing gum (lozenges, mints, hard candy, etc., in mouth). Medic Alert & religious medals are not considered jewelry. Medic Alert Bracelet may be visible; medals must be taped to the body & worn under uniform. Referees should address jewelry issues with the coach; the coach shall inform their players. Infractions of these rules may result in a side-out.
 - *c. Unadorned bobby pins, **flat metal clips** or **barrettes** no longer than 2 inches wide may be worn to control hair.

Rules questions? Please call **Travelle (651-291-0668)** or **Katie (651-766-8062)**; voice-messages are AOK; calls returned ASAP.