

**ARTICLE 24**  
**Volleyball**

**24.1 GENERAL INFORMATION**

**24.1.1** The CAA shall adopt the current edition of the National Federation of State High School Association (NFHS) Volleyball Rules and Regulations. These rules shall govern unless noted below.

**24.1.2** Any discrepancies will be ruled upon by the league director and/or the Competition Committee.

**24.2 COACHING**

**24.2.1** Coaches who are not certified, the team will forfeit all games coached.

**24.3 HOME TEAM RESPONSIBILITIES**

**24.3.1** The home team is responsible for providing the following for ALL home games:

**24.3.1.1** Line Judges – Should the home team not be able to provide qualified Line Judges, the visiting team may provide 1 or both line judges.

**24.3.1.1.1** Recommended that line judges are adults

**24.3.1.2** Scoreboard Operator.

**24.3.1.3** Scorebook keeper and a Libero tracker.

**24.3.1.3.1** The Scoreboard Operator and Scorekeeper are recommended to be an adult, over eighteen. However, having a qualified score table is the most important consideration.

**24.3.1.3.2** Any home team that cannot provide qualified individuals to perform these activities must allow the away team to be the official book or, per the agreement of both teams, allow acceptable individuals to perform these activities.

**24.3.2** Enter forfeit results as 3-0 for best out of five matches, or 2-0 for best out of three matches (25-0 score for each set). Per NFHS forfeit rules.

## **24.4 EQUIPMENT, FIELD, AND UNIFORM GUIDELINES**

**24.4.1 OFFICIAL BALL.** Wilson is the official game ball and should be used at every match for all state playoffs and state championship indoor matches (Wilson Nova and Optx Volleyball).

**24.4.2 UNIFORMS** – Refer to NFHS Rule 4, section 2. Per article 7, when a team cannot begin the match with 6 players in a legal uniform, a loss of rally/point shall be awarded to the opponent at the beginning of the match, and the CAA shall be notified to determine if further action or penalty is warranted. When a player is wearing an illegal uniform, unnecessary delay (yellow or red) shall be assessed AND the player will be removed until their equipment is made legal.

**24.4.2.1** Jerseys may include the school name or mascot. Libero must wear a different color jersey

**24.4.2.2** Jerseys must have numbers on the FRONT and BACK.

**24.4.2.3** Shorts need to match color but not style (shorts or spandex)

### **24.4.3 VOLLEYBALL NET**

**24.4.3.1** High School Boys - 7 feet 11 5/8 inches

**24.4.3.2** High School Girls - 7 feet 4 1/8 inches

**24.4.3.3** Junior High Boys - 7 feet 4 1/8 inches

**24.4.3.4** Junior High /Elementary Girls - 7 feet 4 1/8 inches

## **24.5 SCORING/GAMES**

### **24.5.1 SCORING**

**24.5.1.1** Varsity-level volleyball matches will adhere to the following rules for the regular season.

**24.5.1.1.1** Best out of 5 format - Sets 1-4, play to 25, win by 2, cap 28, Set 5: Play to 15, no cap.

**24.5.1.2** JV level volleyball matches will adhere to the following rules for the regular season

**24.5.1.2.1** Best out of 3 formats - Sets 1 and 2: Play to 25, win by 2, cap 28. Set 3: Play to 15, win by 2 - no cap.

**24.5.1.3** Junior High volleyball will adhere to the following rules for the regular season.

**24.5.1.3.1** Best out of 3 formats - Sets 1 and 2: Play to 25, win by 2, cap 28. Set 3: Play to 15, win by 2 -no cap.

#### **24.5.2 GAME TIME AND LATE ARRIVAL**

**24.5.2.1** Warm-up time - Mandatory 10-minute warm-up time. If one team is running late, per

**24.5.2.2** the official shall request the other team to complete their individual 6 minutes first, to avoid further delay.

**24.5.2.2 10-minute** grace period from posted game time

**24.5.2.2.1** Communication between member schools who may be late should begin no later than 30 minutes from the posted game time. Failure to communicate may lead to penalties under Article 10.

#### **24.6 SPORTSMANSHIP AND EJECTION: Refer to Article 12**

#### **24.7 Elementary Division**

**24.7.1** Three sets to 15 - each set wins by 2, hard cap at 18.

**24.7.2** Service zone flex - between the 10 ft attack line and out-of-bounds line if needed.

**24.7.3** Games may be played outside.

**24.7.4** Volley-lite Ball is allowed

**24.7.5** Net height - same as Junior High (see above)

#### **24.8 CAA / NFHS VOLLEYBALL PRE-GAME WARM-UP PROTOCOL**

The pre-game court warm-up will be the standard 15 minutes.

3 MINUTES = each team will occupy ½ court for general warm-up and ball handling.

6 MINUTES = Visiting Team for full-court warm-up, hitting, and serving.

6 MINUTES = Home Team for full-court warm-up, hitting, and serving.

## **24.9 CAA GAME PROCEDURES**

**24.9.1** Prematch conference. Captain(s) and Head Coach. If the head coach is not present, they forfeit their right to stand during the match

**24.9.2** The home team determines its bench side.

**24.9.3** The Visiting team calls the coin toss

**24.9.3.1** The winner of the coin toss will choose to serve or receive

**24.9.4** Neither team will change courts after each set. The teams will return to their team benches at the end of each set. This includes non-deciding sets and the deciding set, if necessary.

**24.9.5** During the Junior High matches, and High School JV matches:

**24.9.5.1** The serving team alternates each set until the 3rd set.

**24.9.5.2** The deciding set coin toss occurs before the 3rd set.

**24.9.5.2.1** The home team calls the coin toss.

**24.9.5.2.2** The winner of the coin toss will choose to serve or receive.

**24.9.6** During the High School Varsity match:

**24.9.6.1** The serving team alternates each set until the 5th set.

**24.9.6.2** The deciding set coin toss occurs before the 5th set.

**24.9.6.3** The home team calls the coin toss.

**24.9.6.4** The winner of the coin toss will choose to serve or receive

**24.9.7** If there is a clear and significant disadvantage on one side of a court due to, but not limited to, glare from the sunlight through a window, a significantly smaller playable area, significantly more overhead obstructions, etc, then switching sides is allowed after the first set throughout the match.

**24.9.7.1** The deciding set coin toss winner will choose to serve, receive, or switch sides.

## **24.10 POSTSEASON INFORMATION**

**24.10.1** Tournament brackets will be created according to standings from the DKC power rankings.

**24.10.2** Game time is forfeit time.

**24.10.3** Wilson is the official league game ball and will be used for all CAA tournament games.

**24.10.4** CAA Varsity State Tournament games will follow the following scoring rules.

**24.10.4.1** Junior High - Best 2 out of 3 format - Sets **1 and 2**: Play to 25, win by 2, no cap. Set **3**: Play to 15, win by 2 -no cap.

**24.10.4.2** Varsity - Best 3 out of 5 format - NFHS scoring rules apply