



CAAC Game Sheet

Volleyball (Girls)

(February 2022)

Start Times:

- Freshman and JV matches will begin at 5:00 p.m.; Varsity matches will begin following the conclusion of sub-varsity matches

Pre-Game Warm-up:

- The courts shall be available at least 30 minutes prior to the start of the sub-varsity match
 - Sub-varsity warm-up will be 4H-4V-4H-4V
- Varsity will have at least 20 minutes of on-court warm-up time
 - Varsity warm-up will be 4-4-4-4-4
 - The first 4 minutes will be shared time, followed by 4H-4V-4H-4V

Game Format:

- Sub-varsity matches will be best-of-three games with rally scoring
 - First 2 games to 25 – win by 2 with no cap; Game 3 to 15 – win by 2 with no cap
 - If a sub-varsity match is decided after the second game, a third game may be played if agreed upon by both teams; the third game would be played to 15 (or up to the one-hour time limit)
- Varsity matches will be best-of-five games with rally scoring
 - First 4 games to 25 – win by 2 with no cap; Game 5 to 15 – win by 2 with no cap
- Timeouts shall be 1:00 in length
- Time between games shall be 3:00 in length