



## **CAAC Game Sheet**

### **Volleyball (Girls)**

(Established: February 2022)

(Updated: September 2025)

#### **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 4-4-4-4-4
    - The first 4 minutes will be shared time, followed by 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



## CAAC Event Management Policies & Procedures

### Volleyball (Girls)

(Established: February 2022)

(Updated: September 2025)

#### General Procedures:

- When a host school conducts a special activity that will interrupt pregame or the match, they shall be required to notify the visiting AD and/or coach no later than upon arrival
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels on the court
- **Playing Rules**
  - All MHSAA and National Federation rules will be followed
  - The only legal ball for regular season play is the (Royal) Blue/Grey/White ball and must have the NFHS authenticating mark; any manufacturer is fine
- **Officials**
  - Four officials will be assigned for all varsity games; freshman match officials will remain to call lines
    - The host school will provide line judges for the freshman and JV matches
  - Two officials will be assigned for sub-varsity games; the host school will provide line judges
- **Make-Up Dates**
  - Postponed games will be made up on the next available date as determined by participating school ADs & coaches with every attempt made to make up prior to the All-League meeting
  - Division games will take precedence over non-division games
- **Media**
  - Bona fide media shall be provided access to the facility and press areas
  - Photography restrictions will be established by the host school consistent with similar indoor events
- **Results**
  - Host school will report results to local media and/or post on social media
- **Host School Expectations**
  - Provide game balls (and ball personnel for the varsity match if possible)
  - Provide practice balls for both teams
  - Towel at each net
  - Water and ice for both teams
  - Restroom facilities for the visiting team
  - Changing area for officials (if possible and upon request)
  - Certified athletic trainer or doctor (if possible)
  - Host school trainers will tape the visiting team (if asked), and as a courtesy, the visiting team should bring taping supplies
  - Have Emergency Action Plans (EAPs) in place for participating team(s) & officials

- **Weather Policies & Suspensions**

- If a game is to be cancelled in advance due to inclement weather the visiting team shall be notified prior to 2:00 p.m.
- Once a game begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
  - Play shall resume from the point of suspension
- Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 90 minutes
  - Delays on nights not followed by school from all the competing teams may be longer by mutual agreement of participating schools

## **Division Championship Determination**

- Division Championship will be determined by overall division record after completion of a single round-robin schedule; a win is worth 2 points in the standings, a tie 1 point, and a loss 0 points
- The team with the highest point total will be declared the champion (if 2 or more teams earn the same final number of points, they will be named co-champions)

## **All-Conference Selection Format**

- Each division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- When athletes are voted to an All-Conference Team, it shall be primarily based on their performance in divisional games and contests; overall season performance may also be considered
- On a rotating basis, each school will host the All-Conference selection meeting; in most cases, the host Athletic Director will chair the meeting
  - All Conference medals and certificates will be provided by the CAAC and distributed to each school; each school shall distribute medals and certificates to the athletes
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

## **Team sports (voted by division coaches)**

- Volleyball: 12 players + 2 Libero
- All-Conference athletes will receive gold medals plus a certificate
- All-Conference Honorable Mention athletes will receive a certificate

## All-Conference Meeting

- Host school will distribute nomination forms to division ADs
  - Coaches shall submit a ranked list of All-Conference nominees from their respective teams to their Athletic Director for approval; the Athletic Director or designee of each school shall submit nominees to the host school
  - Nominees should be only those players worthy of All-Conference consideration; coaches should not include honorable mention athletes in their nominations
  - All nominations will be kept in confidence and should not be shared publicly
- Coaches will meet at a predetermined site to select All-Conference Teams; a coach or a school representative must be present in order to vote for All-Conference Teams
- The host athletic director will prepare the official ballot and chair the selection meeting
- Coaches will determine the make-up of the All-Conference Team, by position, before the vote is taken; the positional make-up of the All-Conference Team may change from year to year by consensus of the coaches
- Each coach must vote a complete ballot and may not vote for his or her team members
- Coaches will vote a secret ballot; the host athletic director will tabulate the votes and announce the results (Coaches will not be allowed to assist with tabulations)
- In case of a tie, a second ballot will be prepared for coaches who are not involved in the tie; if the tie remains after a second ballot, the players involved will be placed on the All-Conference Team and additional medals will be awarded
- Honorable Mention will be awarded to those who receive at least one vote

## All-Conference Meeting Format

The athletic director in charge of the division will:

- Review policy as stated in the CAAC Constitution
- Each coach will present the athletes from their school in order of those most deserving
- Pass out prepared ballots
- Review voting policy:
  - Vote full ballot
  - There can be no additions to the original ballot once the voting starts
- Check that all coaches have voted a full ballot
- Any athlete receiving a vote who does not earn All-Conference will receive Honorable Mention
- Announce All-Conference and Honorable Mention honorees
- Confidentiality is essential
  - All nominations and discussions must remain in confidence and not shared in public; this is done to protect the integrity of the process
- Before adjourning the meeting, coaches will discuss any recommendations coaches may want to make to the athletic directors for future consideration
- Distribute medals
- Pass out championship trophy (if possible)
- Coaches may reveal their All-Conference selections only; all other All-Conference selections will not be released publicly until after the MHSAA State Tournament concludes
- Save paperwork until July 1
- Send information to CAAC Commissioner

## Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

## MHSAA Handbook Regulations

- A student or team shall participate in no more than 18 sets (games) per day (p. 69)
- A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 days of competition in a season, exclusive of the MHSAA tournament (See Interpretation 216) (p. 69)
- A contestant in any sport shall not participate on two different teams on the same date in the same sport, except baseball, bowling and wrestling; students can participate on two different teams in sports that allow a “fifth quarter” of participation on a day (basketball, field hockey, boys lacrosse, girls lacrosse, soccer) or in a week (football); for fifth quarter purposes, overtime is considered an extension of the fourth quarter (p. 70)
- The fourth or fifth set of a match may be played even after one team has won its third set (p. 121)
- Modification of match format is permitted for competition other than varsity dual matches (p. 121)
- All varsity dual matches must be played as best three-of-five sets; in varsity tri and quad matches that use a best two-of-three format, all sets must be played to 25 points (p. 121)
- The gray, white and royal blue ball will be required for regular season and all MHSAA Tournament Rounds (p. 121)