



CAAC Game Sheet

Volleyball (Girls)

(Established: February 2022)

(Updated: August 2024)

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



CAAC Event Management Policies & Procedures

Volleyball (Girls)

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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
 - Home teams shall wear dark uniforms; Visitor shall wear white uniforms
- **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

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 confident 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 21 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 wrestling, and those sports that allow a “fifth quarter” of participation (basketball, bowling, football, boys lacrosse, girls lacrosse, soccer) (p. 69)
- The fourth or fifth set of a match may be played even after one team has won its third set (p. 119)
- Modification of match format is permitted for competition other than varsity dual matches (p. 119)
- The gray, white and royal blue ball will be required for regular season and all MHSAA Tournament Rounds (p. 119)

MHSAA Handbook Regulations (continued)

- Volleyball Recommendations (p. 126)
 - A school should compete in no more than six invitational meets during a season, preferring member school-sponsored meets over those conducted by colleges and other organizations which might be less familiar with the standards and practices of member schools
 - No meet should exceed 10 hours in length or extend beyond 10 p.m.
 - Before school administrators agree to allow a team to compete in an individual tournament, they are encouraged to review the tournament information and determine how many schools will compete and how many courts will be used, as well as how many sets (games) a team is guaranteed; such an evaluation of the tournament will assist administrators in determining whether the stay at the site, as well as travel time, is too lengthy and not worthy of a team's participation
 - To assist in MHSAA approving member school and non-school invitational tournaments, the following policies should be forwarded to the hosts:
 - MHSAA registered officials must be contracted to work as referees
 - Timed sets (games are discouraged)
 - Two-set (game) matches are approved for pool-play