



VOLLEYBALL (Boys U13-U20)

Values; Integrity, Respect, Inclusion, Sportsmanship, Education

last updated September 13, 2025 (Tim White)

(refer to Article 1: Vision, Mission, and Values)

1. OFFICIAL RULE BOOK

[Volleyball Canada Rule Book](#)

[Scorekeeper Training](#)

[Playing Regulations | Ontario Federation of School Athletic Associations](#)

[Net Rule](#)

Volleyball (boys) will adopt the rules of Volleyball Canada and the Ontario Volleyball Association.

Senior leagues will follow the OFSAA rules first and the Volleyball Canada rules second in priority.

Ejection(s) of any participant from a CISAA game (player, coach, spectator) will be reported to the CISAA Director. Ejection from the game will result in a minimum suspension of ONE (1) league game (includes playoff and championship games). Further sanctions may apply if the circumstances require a review by the CISAA Director or the formation of an Investigations and Outcomes Committee.

Additionally:

- a) Receiving Serve
 - i. Volleyball Canada, 14U and younger competitions receiving serve with an overhand motion using the fingers (volleying/setting) is NOT permitted, regardless of the quality of the contact. The first referee will use the double-contact signal to indicate this infraction.

- b) Libero Rules

The Libero rule may be used by Junior and Senior teams.

[Libero Position Explanation](#)

At the Senior Level, the two libero rule will be adopted.

- i. Each team has the right to designate two liberos each set.
- ii. All liberos must be part of the CISAA Roster Sheet.
- iii. Team liberos must be included in order on the line-up sheet for each set.
- iv. Only one libero on the court at any time.
- v. Libero can be team captain or game captain while designated libero.
- vi. In order to change liberos during a set, a legal substitution must take place.

At the Junior Level we will adopt the libero rule in line with Volleyball Canada; Chapter 6, Section 19:

- i. Each team has the right to designate one libero each set.
- ii. The number of the libero must be on the line-up sheet for each set.
- iii. If the coach decides to re-designate the libero, it may be any player on the game sheet

At the Under 14 level *and below* will not use a libero.

c) Net heights are:

- i. Senior 2.43 m
- ii. Junior 2.35 m
- iii. Under 14 2.20m

(accommodations for equipment may require adjustments to U14 and U13 net heights)

- d) The 12 substitution rule will be used for all levels u13 – senior. A player may start the game and return to that same position in the rotation any number of times. A substitute player may enter the game in the same position in the rotation any number of times. A third player may not enter the game into that position. The maximum number of substitutions in the game for one team is 12.

Quick Substitution rule:

Substitution must be carried out within the substitution zone.

A substitution shall only last the time needed for recording the substitution on the score sheet, and allowing entry and exit of the players.

The actual request for substitution starts at the moment of the entrance of the substitute player(s) into the substitution zone, ready to play, during an interruption. The coach does not need to make a substitution hand signal except if the substitution is for injury or before the start of the set.

If the player is not ready, the substitution is not granted and the team is sanctioned for a delay.

The request for substitution is acknowledged and announced by the scorer or 2nd referee, by use of the buzzer or whistle

- e) At the Under 14 level, any player serving FIVE points in a row will be asked to lay down the ball and the team, while maintaining the serve, will rotate to allow the next server to serve.

f) Cards and Player Suspensions

(refer to Article 19: Discipline)

- i. Players receiving red or yellow cards are to be dealt with according to the rules of volleyball.

- ii. Athletes receiving a red card are removed from a set, however, this does not require a Board of Inquiry.
- iii. Athletes receiving a yellow/red card expulsion are removed from a match and are therefore referred to a Board of Inquiry.

2. OFFICIALS

All league matches will be officiated by qualified personnel from the Ontario Volleyball Association. The host school will be responsible for obtaining the officials, and payment for their services.

- a) Senior Division I and DIB: semi-final and final matches must have two officials with PROVINCIAL (OVA) qualifications.
- b) All other Senior leagues: playoff games require two officials and at least one of those officials must have PROVINCIAL (OVA) qualifications. If a provincial referee cannot be hired locally, the travel costs will be shared by all teams participating in the finals.

3. LENGTH OF GAME

Multiple games in one day require a rest period between games of;

Under 13 10 minutes (not including warm up time for the next game)

Under 14 10 minutes (not including warm up time for the next game)

High School (Junior) 10 minutes (not including warm up time for the next game)
Playoffs require a minimum 30 minute break before the warm up can begin for the next game.

High School (Senior) Age group currently does not play more than one game in a day during the regular season. Playoffs require a minimum 30 minute break before the warm up can begin for the next game.

- a) Senior

Match details:

Best 3/5 games for single games

Best 2/3 in any multi-game format (quad, tri-meet competitions etc.)

- i. Rally point games to 25, must win by 2 points (no cap)
- ii. 5th game is played to 15 rally points, must win by 2 points (no cap)
- iii. In any multi-game format, the 3rd game if required is to 25 points (no cap)
The third game is only required if needed to declare a match winner.

Coaches may agree to play the third game if there is sufficient time. This applies to single matches and multi-game scheduled matches.

- iv. 1 serve only... no second toss
- v. Libero rule may be used

b) Junior

Match Details:

Best 3/5 games for single match

Best 2/3 in any multi-game format (quad, tri-meet competitions etc.)

- i. Rally point games to 25, must win by 2 points (no cap)
- ii. 5th game is played to 15 rally points, must win by 2 points (no cap)
- iii. In any multi-game format, the 3rd game if required is to 25 points (no cap)
The third game is only required if needed to declare a match winner.
Coaches may agree to play the third game if there is sufficient time. This applies to single matches and multi-game scheduled matches.
- vi. 1 serve only... no second toss
- vii. Libero rule may be used

c) U13/U14

Match Details:

Best 3/5 games for single match

Best 2/3 in any multi-game format (quad, tri-meet competitions etc.)

- i. Rally point games to 25, must win by 2 points (no cap)
- ii. 5th game is played to 15 rally points, must win by 2 points (no cap)
- iii. In any multi-game format, the 3rd game if required is to 25 points (no cap)
- iv. In a multi-game format, if the match winner has been determined after 2 games, coaches must play a third friendly game to maximize playing time for all players, even if a double header is scheduled.
- v. Match should last an hour therefore if games are over quickly teams are encouraged to play more games
- vi. Second toss is allowed for serve

e) Warm-up (5 common time - 5 minutes for one team - 5 minutes for other team)

In an effort to reduce the incidence of injuries and concussions during warm-up, Volleyball Canada has developed the following warm-up protocol. This protocol is to be followed by all teams during the designated on court warm-up time:

[Safe Warm Up](#)

- i. Athletes must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside of the court. Athletes are not permitted into the receiving court.
- ii. Any ball from the receiving side of the court, entered to the attacking side,

- must be entered from outside of the court.
- iii. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
- iv. If the team is using both sides of the court, i.e. full court game type activity – only one ball can be in play at any given time.
- v. Opposing teams are not permitted to use volleyballs in the free zone during the other team's allocated court time. It is recommended for the opposing team to support the retrieval of volleyballs for the team on the court

4. **STANDINGS & TIE BREAKERS**

(refer to Article 17: CISAA Tie Breakers)

(refer to Article 15: Forfeits and Cancellations)

- a) League standings will be calculated using 1 point for the winning team. This will apply to all age groups.
- b) Ties in the league standings will be broken as follows;
 - i. result(s) of head to head competition between the tied teams

If two or more teams are tied at the end of the regular season, the following criteria will be applied, in order:
 - ii. The team having the best ratio of won/lost matches, considering the matches between the tied teams, will be ranked higher.
 - iii. The team having the best ratio of won/lost sets, considering matches played between the tied teams will be ranked higher.
 - iv. The team having the best ratio of points for/against considering sets played between the tied teams will be ranked higher.
 - v. The team having the best ratio of won/loss sets, considering all matches of the season will be ranked higher.
 - vi. The teams having the best ratio of points for/against considering all sets played during the season, will be ranked higher.

Process

- i. In the event that two or more teams are tied, and the process is able to successfully rank the teams and no teams remained tied, this ranking will be used to seed the teams for playoff purposes.
- ii. If the process is only able to reduce the number of tied teams by one or more and a tie still exists;
 - * the teams that are no longer tied will assume their new ranking
 - * the process involving the remaining tied teams shall commence again from the beginning with 'b) i.'

5. **ELIGIBILITY**

(refer to Article 13: Eligibility for CISAA Participation)

(refer to Appendix 2: OFSAA Participation)

- a) Eligibility Rosters must be sent in to the league convenor for all Senior DI teams that declared their intent for OFSAA participation before the first CISAA league game.

6. **UNIFORMS**

- a) Must be numbered on the front and back of the jersey. Refer to OVA Rule Book 4.3.3
- b) The libero will have a different coloured uniform (but still school colours) than his teammates as per OVA rules.

7. **EQUIPMENT and SAFETY**

(refer to Appendix 12: Emergency Action Plan)

(refer to section 11 in this document; OPHEA Safety Guidelines)

- a) The net standards must have padding around the poles/standards, including the cranks, from the floor up to the bottom of the net. Proper referee stands, with padding will be used.
- b) Vertical Antennas must be used for all matches.
- c) Game Balls
 - i. Junior and Senior Levels: Baden VCOR(Official OFSAA Ball).
 - ii. U14 Level: Baden Lexum or Tachikara – 5WSC Composite Leather Volleyball.

8. **PLAYOFFS, CHAMPIONSHIPS & END OF SEASON EVENTS**

(refer to Article 18: Playoffs and Championships for general details)

9. **CONVENOR, COACH & HOST RESPONSIBILITIES**

(refer to Article 3: Code of Conduct)

(refer to Appendix 5: Sport & League Convenor Responsibilities)

(refer to Article 19: CISRR)

- a) All game results must be reported to the Convenor by the coaches. League game results must be reported on the following school day. U12 scores could be reported on Friday mornings of each week.
- b) Any postponed or rescheduled game must be reported to the Convenor and

updated on the website immediately. This is the responsibility of the team that initiated the change.

- c) Coaches must check the website to confirm that schedules are correct.
- d) Game Management

In games where the score is lop-sided, coaches are encouraged to take the following steps in an effort to keep the point difference to a minimum.

- i. First, the coach must recognize the strength of his/her team in comparison to the opposition, and plan to employ strategies as early as possible.
- ii. The coach will be expected to bench the better players and play substitute players more.
- iii. The coach is encouraged to play players in a different position to gain experience and develop skills they may not have acquired yet.

10. **AWARDS**

(refer to Appendix 18: CISAA Awards)

- a) CISAA Plaques (or trophies)
A CISAA plaque will be awarded to the champion at each level. Where a trophy has been introduced, no CISAA plaque is required.
- b) CISAA Medals
 - SR and JR Individuals on the championship and finalist teams will receive CISAA gold and silver medals.
 - U13 / U14 Individuals on the championship, finalist, and third place teams will receive CISAA gold, silver, and bronze medals.

11. **OPHEA SAFETY GUIDELINES**

All CISAA member schools are required to meet the safety standards set out by OPHEA as a minimum for participation in inter-school sport. The CISAA may, at its discretion, require additional safety standards.

See the OPHEA safety guidelines for VOLLEYBALL at the following link:

<https://safety.ophea.net/secondary/interschool/volleyball>
<https://safety.ophea.net/elementary/interschool/volleyball>