1. **RULE BOOK** – The CISAA will adopt guidelines provided by OFSAA and Volleyball Canada.

   a) **Net height:**
   - Senior: 2.24m
   - Junior: 2.15m
   - U13 & U14: 2.10m
   - U11/U12: 2.0 m or lower

   a) **Serving:**
   - Senior and Junior – ALL Levels – no second toss on serve
   - Senior – All Levels – no maximum for serves per player
   - Junior Di – no maximum for serves per player
   - Junior Dii and Diii – 7 serve maximum per player
   - U11/U14: second toss is allowed
   - U13/U14: 5 serve maximum per player
   - U13: may take one step over the line on the serve
   - U12: 3 serve maximum per player
     - service line is 2m inside the regulation service line and the player may take one step over the line
   - U11: service line is dead center of the court. Server must be behind the line (see u11 modifications)

   b) **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

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

Updated Information (new for 2019 – 2020) re: the Libero Rule for Senior Division only

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

d) new Volleyball Canada rules have been implemented starting Sept. 2010.

1. Service Reception Rule
At U14 and below competitions, receiving a serve with an overhand motion using the fingers IS NOT permitted, regardless of the quality of contact. This applies to the 1st contact off a serve only.

At Junior (16) and Senior receiving a serve with an overhand motion using the fingers IS allowed depending on the quality of contact. This applies to any and all contacts not just serve receptions.

2. Centre Line. Applies to all ages
It is now permitted to totally cross the centre line with any part of the body (except the feet) provided that this does not interfere with the opponents' play.

It remains legal to touch the opponent's court with a foot (feet) as long as some part of the penetrating foot (feet) remains either in contact with or directly above the centre line.

e) Net Rule – Contact with the Net

Girls Volleyball 2019-20
Contact with the net by a player between the antennae, during the action of playing the ball is a fault. The action of playing the ball includes take-off, hit (or attempt) and landing.

Net Rule – Player’s faults at the Net

A player interferes with play by:

- touching the net between the antennae or the antenna itself during his/her action of playing the ball,
- using the net between the antennae as a support or stabilizing aid,
- catching/holding on to the net,
- players close to the ball as it is played, or who are trying to play it, are considered in the action so playing the ball, even if no contact is made with the ball. However, touching the net outside the antennae is not to be considered a fault.

U12 and below levels will use Tripleball Rules. The only modification is that in each rotation, a new player comes in at Position #6 rather than the substitution described in tripleball.

2. **SCHEDULING**

a. **League Play**
   
   i. A league exists at all of the Senior, Junior, U-14 and U-13 levels. Therefore, each participating school must meet the League requirement for scheduled games.
   
   ii. The League schedules are determined by the Athletic Directors based on the number of teams participating within each league.
   
   iii. The last day for league play must be the Tuesday before a Saturday playoff and the Friday before a Wednesday playoff.
   
   iv. Any change in schedule must be reported to the League Convenor and Referee Convenor (for Toronto area games) immediately. In this way, officials may be re-arranged. Coaches must check their schedule for conflicts. Changes must be updated on the CISAA web site by the host school.

b. **Non-league Play (U11/U12) and Single Day Tournament Championships**
   
   i. The individual schools will reach their own agreements regarding game fixtures.
   
   ii. Schools must schedule a minimum of 5 games with 5 different opponents to be eligible for the Championship Tournament.
   
   iii. Single Day Tournament.
The Convenor will seed all of the teams based on regular season results. As many teams as possible should be included. If space is limited, teams having played the most games will be given priority.
* Consult Appendix for appropriate tournament draw format

c. Season-Ending Playoff or Championship Tournaments
   i. These Tournament Formats are determined by the Athletic Directors based on determined the number of entries in each age group.
   ii. Saturday tournaments should begin between 9:30 and 11:00.
   iii. Mid-week Tournaments will be determined by the host school and convenor, and must avoid as much lost class time as possible. 3:30 starts are recommended. (*see Constitution, Article XVIII*)

d. Match Scheduling
   At a double or tripleheader match, the younger age group always plays first unless rearranged ahead of time and both coaches agree

   Any change in schedule must be reported immediately to the Volleyball Convenor, the Results Convenor and the Toronto Area Referee convenor (when applicable), immediately so that officials may be re-arranged. In addition, the website must be updated.

3. **OFFICIALS**

   a. The Convenor or Toronto Area Referee Assigner arranges for all referees required for Toronto games, based on the schedule provided at the pre-season AD meeting. Schools outside of Metro Toronto must arrange for their own referees.
   b. The HOME school pays the cost of the referees, unless it is a tournament or mini meet, when the home school will bill the other schools for their portion of the referees.
   c. The Convenor requires 3 days notice of a game change or cancellation (agreed upon by both AD’s/coaches), otherwise the referee must be paid by the team requiring the change.
   d. If a referee arrives at a school for a game that was changed but the Convenor was not given notice/sufficient notice of, the school(s) involved must pay the referee costs.
   e. In case of a no-show official, the game will be played as a league game only upon mutual consent of both coaches prior to the start of the game.
   f. Playoffs: For the Junior & Senior Div.i championship tournament Finals, two referees will be employed for each of the 4 matches, instead of using student lines people.
   g. Each team should attempt to supply a linesman for their games.
h. Official score sheets must be used for all games. A copy should be made available to the visiting school.

4. LENGTH OF MATCH

a. Senior:
   Match - best 3/5 games for single games
   best 2/3 in any multi-team meet 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. 3rd game if required in any multi-meet format is to 25 points (no cap) –
   The third game is only required if needed to declare a match winner. Coaches may agree to play at 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: All Levels

Match – best 3/5 games for single match
   Best 2/3 in any multi-team meet 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)
   vi. 3rd game is to 25 points (no cap) - 3rd game if required in any multi-meet format is to 25 points (no cap) – The third game is only required if needed to declare a match winner. Coaches may agree to play at third game if there is sufficient time. This applies to single matches and multi-game scheduled matches.
   v. Libero rule may be used

c. U11/U12/U13/U14:
   match = best 2/3 games
   i. Rally point games to 25, must win by 2 points (no cap)
   ii. Deciding game in match (for 3rd game) flip a coin to decide serve and switch sides at 13 points. Play 3rd game to 25, win by 2, (no cap)
   iii. second toss allowed for serve
   iv. 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.

d. Warm-up
   5-5-5 warm-up format will be employed at all levels
5. **SCORING**
   
a. For divisional play and non-divisional play above the Under 12 level, the age group winner will be the playoff tournament champion.
   
b. POINTS (to calculate regular season standings):
   
   
   2 for winning the match
   0 points for not winning the match.
   
c. At the Junior level, the school that wins 3 games in the match, will receive 2 points for the win. The school winning 1 or 0 games will receive no points.

6. **ELIGIBILITY** - See Constitutional Articles XIII

7. **LEAGUE STRUCTURE**
   
a. The format of the leagues will be determined by the number of entries in each age group and division. (see Current Format Summary, Appendix 1)
   
b. Last day for league play prior to Playoffs/Finals is Wednesday prior to a Saturday tournament and the Saturday prior to a Wednesday tournament.

8. **EQUIPMENT REQUIREMENTS**
   
a. Game ball:
   
   U13 – U14 Tachikara SV%W or Baden official game ball
   U12 - Tachikara SV-MNC Volley Lite
   
   Senior and Junior: The OFSAA Ball for 2018 – 19 is the Baden VCOR (updated as of November 21st, 2018)
   
b. Score keeper must have official score sheets
   
c. Net height: Senior - 2.24m Junior – 2.15m
   
   U13 & U14 - 2.10m U10/U11/U12 – 2.0m or less
   
d. 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.
   
e. Under 12 and below will use Tripleball Rules. The only modification is that in each rotation, a new player comes in at Position #6 rather than the substitution described in the Tripleball Rules.
   
f. Clarification of Tripleball Rules – Coaches and referees are to encourage their players to use 2 or 3 hits to return the ball. If a ball is returned in 1 hit, the referee will give a
reminder about the rules and will call a re-toss. (U11 and U12) At the U10 level, coaches and referees are to encourage their players to return the ball in 2 or 3 hits however, re-toss will not be required.

g. Court Size for U10 only – the back court line shall be brought in at least 2 meters from the regulation volleyball lines. This can be identified with another line of the gym court or with tape. Coaches/schools have the option to use badminton courts for games should they wish to modify them to smaller courts.

9. **PLAYOFFS — see CISAA Constitution Article XVIII**

a. Third Place Game
For all Final Four Tournaments, the AD of the host school can poll the other 4 AD’s in the Saturday Finals to determine if all 4 participating schools are interested in playing the 3rd Place Game. If all 4 AD’s agree to cancel the 3rd Place Game, then it will not be played. Otherwise, it will be played.

b. Lunches
Tournament hosts may provide an optional lunch for participants, not to exceed $5.00. Notification of such an option is to be made by the host in advance of the tournament and participating ADs may decline the option at that time.

c. Single Day Tournaments
i. Convenors will seed the tournament and the host school will organize the tournament based on regular season results taking into consideration results from teams that have competed on an exhibition basis. Tournament format will vary depending upon the number of teams entered. The structure of the draw should maximize participation within a safe time frame and include a break (lunch) to recoup.*Consult the Constitution Article XVIII.

ii. To be eligible for these tournaments, teams/athletes must have played in at least 5 matches against 5 different CISAA Girls’ member schools prior to the tournament. If space is limited, the host convenor will make every effort to secure a bigger location and include as many teams as possible. If they still cannot accommodate all interested schools, places at the tournament will be granted to teams that have participated in greater number of games. Exhibition teams may receive the extra spots by random draw by the host. The sport convenor and host Athletic Director will be responsible for making the final decision.

10. **TIE BREAK FORMATS FOR LEAGUE STANDINGS**

Girls Volleyball 2019-20
a. Format and criteria
   i. most matches won in head to head competition between tied teams
   ii. if still tied, most games won in head to head competition between tied teams unless there is an unequal match format used in games played by tied teams. Then you must use the winning percentage calculated by games won divided by total games played using matches between tied teams only.
   iii. if still tied, point differential in head to head competition between tied teams
   iv. if still tied, fewest points against in head to head competition between tied teams
   v. if still tied, most games won in all league matches in that season
   vi. if still tied, point differential in all league matches in the season

b. Process
   i. In the event that two or more teams are tied and the process is able to successfully rank the teams and no ties now exist, this ranking will be used to seed the teams.
   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 ‘a. i.’

c. Forfeitures

Please refer to the Forfeitures section (Article 15) of the Constitution

11. ADDITIONAL PLAYING RULES

1. Under 11 Exhibition League Modifications

   will adopt the rules of u12exhibition league play. One exception will be the service line distance & location which will be at dead center middle of the court and indicated with a taped dot. The server must be behind the dot when serving.

2. Under 12 Exhibition League Modifications

   a. Court
      Net Height: 2:00m; lowest level on volleyball standard.
b. Serving
   i. Service line moved in 2m from the regulation volleyball service line.
   ii. Players may start with 2 feet behind the line and take one step over this line to serve.
   iii. Any player serving three serves in a row will be asked to lay down the ball and the team will rotate to allow the next server to serve in a row will be three.
   iv. Overhand serves are allowed.

c. Length of games
   i. Matches consist of best 2/3 games
   ii. Match should last an hour therefore if games are over quickly teams are encouraged to play more games.
   iii. Rally point games to 25, must win by 2 points, no cap.
   iv. 3rd game of the match is played to 15 rally points, must win by 2 points, (no cap).

d. Substitutions
   i. Substitution will occur on every rotation. The last person to serve on the team will come off the court and the next player “in line“ on the bench will rotate into the middle back position.
   ii. The coach may start a new game with whichever players they wish on the court.

e. Officials
   i. The host school must supply referees who should be a “certified” senior student or a staff member.
   ii. Referees should be lenient on “lifts” and “double hits” that occur during play.
   iii. Linesmen are encouraged to be used at each game.

f. Eligibility
   i. Students in grades 4, 5 & 6.
   ii. Any student participating on the U13 girl’s volleyball team is ineligible for participation on this team.
   iii. To be eligible for these tournaments, teams/athletes must have played in at least 5 matches against 5 different CISAA Girls’ member schools prior to the tournament.

g. League Structure
   i. This is an exhibition league for students in grades 5 &/or 6.
   ii. Schedules are arranged and confirmed by Athletic Directors at the Pre-season AD meeting.
iii. An effort should be made to set up a home and home schedule with each school.
iv. Scores must be reported directly to the convenor.

h. **Number of Players**
   *Schools are encouraged to keep a maximum number of players on the roster. In the spirit of ‘maximum participation’, it is ‘recommended’ that nine be the minimum number, where ever possible.*

12. **CONVENOR RESPONSIBILITIES**

See CISAA Constitution Appendix 6

13. **SPORTSMANSHIP AND DISCIPLINE**

See CISAA Constitution, Article XIX Discipline

14. **COACHES RESPONSIBILITIES & HOST SCHOOL**

a. All game results must be reported to the Convenor by the coaches. League game results must be reported on the following school day and u12 level could be reported on Friday mornings of each week.

b. Eligibility Rosters must be sent in for all Senior Div 1 OFSSA bound teams to the convenor before the first C.I.S.A.A. league game.

c. 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.

d. Coaches must check the website to confirm that schedules are correct.

15. **TROPHIES/AWARDS**

a. Where there are playoffs, each age group plaque will be awarded based on the playoffs results. The plaque and medals/ribbons should be awarded to the league champion at the Championship game in a formal ceremony.
b. CISAA medals will be awarded to CISAA-G champions and runners-up at the Senior and Junior levels.

c. The plaque or pennant and ribbons should be awarded at the under 14, under 13 and Single Day tournaments. Ribbons are awarded to the Championship team.

16. **GUIDELINES for OFSAA REPRESENTATION**

**ONLY Division I teams may declare for OFSAA competition.**

Only OFSAA eligible players may play in a challenge game.

A) Schools must play in Division 1 in the CISAA to be eligible to represent the CISAA at OFSAA Championships, OFSAA Provincial Championships and OFSAA Festivals.

B) Schools playing in Division 1 leagues will follow the selection process outlined below for advancing to an OFSAA Championship.

i) The Division 1 team declaring for OFSAA must lay only OFSAA eligible athletes in every game through the season. This includes league and exhibition matches.

ii) Prior to the first league game, the teams that have declared for OFSAA must send in an AELS roster to the league convenor showing that all players are OFSAA eligible.

iii) As per the chart below, unless the CISAA playoff dates are after the OFSAA entry deadline, the CISAA playoff results will be the first criteria employed to determine the OFSAA representative for each level.

iv) If both teams were eliminated in the same round of the playoffs, the league standings will determine the CISAA representative at OFSAA.

v) If the teams were tied at the conclusion of the season, the CISAA tie-breaking criteria will decide the representative.

vi) If teams were in different divisions (east and west) and playoffs cannot determine the higher seed, head to head results in the regular season will be used to determine the winner.

vii) If teams were in different divisions (east and west) and playoffs cannot determine the higher seed, and the teams do not play in the regular season, (GD1) an OFSAA qualifying game will be played.

### 2019-2020 OFSAA Qualifying Format / OFSAA Entry

<table>
<thead>
<tr>
<th>Event</th>
<th>OFSAA Play Date</th>
<th>OFSAA Entry Date</th>
<th>CISAA Playoff</th>
<th>Season or Playoff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls’ Basketball</td>
<td>Nov. 21-23</td>
<td>Sat. Nov. 16</td>
<td>Nov. 5</td>
<td>Playoffs</td>
</tr>
</tbody>
</table>

Girls Volleyball 2019-20
Boys’ Volleyball  Nov. 21-23  Sat. Nov. 16  Nov. 6  Playoffs
Boys’ Football  Nov. 26-28  Wed. Nov. 20  Nov. 6  Playoffs
Girls’ Volleyball  March 9-11  Tues. Mar. 3  Feb. 28  Playoffs
Boys’ Basketball  March 9-11  Tues. Mar. 3  Feb. 28  Playoffs
Boys’ Hockey  March 25-27  Thurs. March 12  Mar. 1  Playoffs
Boys Curling  March 25-28  Thurs. March 12  Feb. 28  Playoffs
Boys’ Baseball  June 3-4 & 10  Thurs. May 28  May 20  Playoffs
Girls’ Soccer  June 4-6  Sat. May 30  May 23  Playoffs
Boys’ Soccer  June 4-6  Sat. May 30  Nov. 6  Playoffs
Boys’ Rugby  June 4-6  Sat. May 30  May 23  Playoffs
Boys’ A/AA  June 1-2  Tues. May 26  May 23  Playoffs
Lacrosse
Boys AAA  June 2-4  Wed. May 27  May 23  Playoffs
Lacrosse

17. **SAFETY GUIDELINES**

**Equipment**
A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Poles must be safely stored when not in use.

Nets must have no frayed wires.

Protective padding must be places around the poles including cranks and support from the floor up to the bottom of the net.

Antennae must be flush with the bottom of the net.

**Clothing/Footwear**
Appropriate clothing and footwear must be worn.
No jewelry.

**Facilities**
Determine that all facilities are safe for use.

Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and must provide sufficient traction.

When volleyball poles are removed, floor plugs must be replaced.

Girls Volleyball 2019-20
**Special Rules/Instructions**
Skills must be taught in proper progression.
Games must be based on skills that are taught.

Parents/guardians must be made aware of any off-campus activity and the means of transportation used.

Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic device) may affect participation.

A student athlete’s fitness level must be commensurate with the level of competition.
Drills must be organized so as to minimize the risk of being hit with an errant ball.

Athletes must be instructed in the safe and correct method of setting up, adjusting and taking down nets (e.g., standing on a chair).

Fitness development appropriate to level of competition must be addressed.
When facilities do not allow for safe play, (e.g., poles on sidelines, lines adjacent to walls) modify rules appropriately.

Interschool competitions must follow the regulations and rules of the local governing body (CISAA, OFSAA) and/or Provincial Sport Organization for the activity.

Link to the Provincial Sport Organization for this activity is: [www.ontariovolleyball.org](http://www.ontariovolleyball.org)

**Supervision**
On-site supervision during initial instruction of skills.
In-the-area supervision after skills have been taught.
On-site supervision during equipment set up and take down.