

CISAA VOLLEYBALL (Girls U13-U20)

Values; Integrity, Respect, Inclusion, Sportsmanship, Education

last updated November 21, 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](#)

Volleyball (girls) will adopt the rules of Volleyball Canada

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;

Triple Ball for Under 13

- a) Net heights are;
 - i. Senior 2.24m
 - ii. Junior 2.20m
 - iii. U13 & U14 2.15m

- b) Serving:
 - i. Senior and Junior – ALL Levels – no second toss on serve
Senior – All Levels – no maximum for serves per player
 - ii. Junior Di – no maximum for serves per player
Junior Dii and Diii – 7 serve maximum per player
 - iii. U14
 - second toss is allowed (server may catch the first toss)
 - 5 serve maximum per player (after initiation of the serve, no substitution can be made)
 - iv. U13
 - may take one step over the line on the serve
 - Triple ball rules apply to the serving process (serve, toss, toss)
 - Team A player only serves once, then Team A coach make a toss for freeball # 1, then Team B coach makes the toss for freeball # 2

- Serve now moves to Team B, players serves once, and the freeball toss process is repeated
- Fair Play rules mean that after serve, the player is not substituted off but continues to play the full set. No substitutions except for injury are allowed.

c) The 12 substitution rule will be used for all junior and senior age groups.

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

d) Substitution Rules for Under 13 and Under 14

Fair Play guidelines for substitutions are to be followed.

Fair Play	3 SET matches: substitutions are not permitted in the first or second set- all players play a full set in set 1 or set 2
3 set match	3rd SET: players that do not play in sets 1 or 2 must play the full 3rd set. Then a coach may fill the 3rd set lineup with any player

- For those teams with greater than 12 players, players that do not play in sets 1 or 2 must play the full 3rd set. Then a coach may fill the 3rd set lineup with any player.
- For those teams who have less than 12 players (10, 11): No player can play a 3rd set until all have played 2 sets.

Fair Play	5 SET matches: substitutions are not permitted in the first or second set- all players play a full set in set 1 or set 2.
5 set match	Any player on the starting scoresheet who does not start the first set must start the second set .
	3rd SET: players that do not play in sets 1 or 2 must play the full 3rd set. Then a coach may fill the 3rd set lineup with any player
	4th se:- no player may play in the 4th set before all players have played in 2 full sets
	5th SET: coaches choice- any player is eligible for the 5th set

d) 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.

e) Receiving Serve

- i. *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.
- ii. 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.

- f) Center Line
Applies to all ages
- i. 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.
 - ii. 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.
- g) Net Rule – Contact with the Net
[Net Rule](#)
- i. 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.
 - ii. 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.

2. OFFICIALS

- a) 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.
- 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) 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.
- d) Playoffs: For the Junior & Senior Div. I championship tournament Finals, two referees will be employed for each of the 4 matches.
- e) Each team should attempt to supply a linesman for their games.
- f) Official score sheets must be used for all games. A copy should be made available to the visiting school.

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 sets for a single match in the regular season

Best 2/3 sets in any regular season multi-game format (quads, tri-meets, etc.)

Post-season- single matches are best 3 of 5 sets

- 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.

b) Junior

Match Details:

Best 3/5 sets for a single match in the regular season

Best 2/3 sets in any regular season multi-game format (quad, tri-meets, etc.)

Post-season- Final 4's all matches are best 3 of 5 sets

- 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.

c) U13/U14

Match Details:

Best 3/5 sets for a single match in the regular season

Best 2/3 sets in any regular season multi-game format (quad, tri-meets, etc.)

Post-season- Final 4's all matches are best 2 of 3 sets

- 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

d) 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;

2 for winning the match
0 points for not winning the match

- b) Ties in league standings will be broken as follows;
- i. result(s) of head to head competition between tied teams
 - ii. if still tied, most sets 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

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 '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) Game ball:
 - i. Senior and Junior:
The OFSAA Ball for 2018 – 19 is the Baden VCOR (as of Nov 21, 2018)
 - ii. U13 – U14 Tachikara SV%W or Baden official game ball
- b) Score keeper must have official score sheets
- c) 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.

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

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

Match formats for playoff and championships:

Senior age group: Post Season matches are best 3 of 5 sets

Junior age group Post Season matches are best 3 of 5 sets in Final 4's

U13 / U14 age group Post Season matches are best 2 of 3 sets in Final 4's

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 games must be reported to the Convenor and Officials Assignor 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>