1. **RULE BOOK**

Ontario Volleyball Association

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

b) **Serving:**
   - Jr./ Sr. Tier I/II: no second toss
   - U11/U14: second toss is allowed
   - U13/U14: any player serving 5 serves in a row will be asked to lay down the ball and the team will rotate to allow the next server to serve
   - U13: may take one step over the line on the serve
   - U11/U12: service line is 2m inside the regulation service line and the player may take one step over. Three serve maximum.

c) **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.

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

e) You may be aware that two 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 (U16) 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.

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

b. Junior:
   
   Junior Div. i and ii match = 2 out of 3. The 3rd game must be played but will not count if the first two games have been won by either team.
   Junior Div. iii match = best 3/5 games
   i. Rally point games to 25, must win by 2 points (no cap)
   ii. Div.iii 5th game is played to 15 rally points, must win by 2 points (no cap)
   iii. 1 serve only... no second toss
   iv. 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 plan to 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 - U20 Tachikara SV%W or Baden official game ball
      U12 - Tachikara SV-MNC Volley Lite

   b. Score keeper must have official score sheets

   c. Net height: Senior - 2.24m Junior – 2.15
      U13 & U14 - 2.10 U11 & u12 – 2.0 or less

   d. The net standards should have padding around them wherever possible.

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**

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
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
   For the championship tournament, all teams must have a minimum of nine players.

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 OFSSA REPRESENTATION**

If the CISAA needs to have an OFSSA qualifier to determine OFSSA berths, a tournament date will be set by the Athletic Directors.

**Senior Girls Div.i**

“A” schools:
A date will be scheduled at which the top 4 “A” schools from regular season final standings will play the following format.

1 vs 4 and 2 vs 3

Non-winners game and Winners game

The winning team will advance to OFSSA as the CISAA “A” school representative.

In the event that “AA”, “AAA” and/or “AAAA” schools in the league do not finish in the top 4 of the final league standings, the “A” OFSSA process will be used for those categories where an “A” school declared they were willing to attend. In the case where “A” schools did not declare any intent to participate at a particular level, then the “AA”, “AAA” and “AAAA” schools that indicated they would participate must fill the entry no matter how they did in the CISAA league

1st place team- 1st choice of “A” OFSSA or higher categories as declared
2nd place team- 2nd choice of “A” OFSSA or higher categories as declared
3rd place team- 3rd choice of “A” OFSSA or higher categories as declared
4th place team- 4th choice of “A” OFSSA or higher categories as declared