

ROPSSAA GIRLS VOLLEYBALL

PLAYING REGULATIONS

1. DATE

- (a) Games will not begin until the last week of November.
- (b) Starting times will reflect the needs of the competing schools. Suggested time: 3:30pm for all games. The suggested start time for the second game of the double header is 4:30pm. There will be a minimum of 15 minutes between the conclusion of the first game and the start of the second game.
- (c) Doubleheader games will be played back to back. In a doubleheader the senior game will be played first followed by the junior game for half the season. In the second half of the season the junior game will be played first followed by the senior game.

2. LOCATION

- (a) The junior and senior division one finals will be held on the same night at the school of the Convenor or at a facility designated by the Convenor before the start of the league schedule.
- (b) Hosts for the senior division one playoff games will be at the highest seeded school. Hosts for the junior and senior division two playoff games will be played at the school of the team which ranked higher in league standings at the end of the season. In the event two teams have the same league standing ranking, there will be a coin toss to determine the home team.

3. ELIGIBILITY

- (a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution.
- (b)
 - (i) Junior: Any girl who has not yet attained her 15th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2009 or later). In addition they must be in their 1st or 2nd year of high school.
 - (ii) Senior: Any girl who has not yet attained her 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2005 or later).
- (c) Team Eligibility
 - (i) Individuals are eligible for 1 level of competition only.
 - (ii) For team sports, individuals must have participated in at least 50% of their team's league games to be eligible for playoffs. Players missing games due to injury (INJ), or awaiting transfer approval (ATA), must appear so designated on a game sheet to maintain their eligibility. Games missed due to injury are subject to review of a doctor's note. Players under game or school suspension may not have their name included on a game sheet for participation percentages.

- (iii) All game sheets/rosters are to include the name of all those in the bench area (players, coaches, managers). In order to be in the bench area an individual's name must appear on the eligibility sheet. Players under game or school suspension may not sit in the bench area.
- (iv) Individuals are deemed to have played if their name appears on a game sheet. Individuals must be present at a game to be included on a game sheet.
- (v) A staff member must be present in the bench area from the start of the warm-up until the last competitor has left the area.

4. OPERATING STRUCTURE

- (a) There will be one tier of play at junior and three tiers of play at the senior level.

As per Article XI, Section IV,(b) of the ROPSSAA Constitution, the tiers offered at the senior level are defined as:

- (i) OFSAA Level - Teams agreeing to represent ROPSSAA at their OFSAA classification (A, AA, AAA) no later than the preseason meeting. Sport convenors will decide on the format of the season and teams will participate in OFSAA playdowns based on their classification (if necessary). Teams must abide by all ROPSSAA and OFSAA Transfer and Eligibility policies.
- (ii) Tier 1 - Teams are competitive but do not desire to declare their intention to compete for an OFSAA spot at the AAA level. Students must abide by the ROPSSAA Transfer and Eligibility policy. If there are no teams in the A or AA classification at a higher level and the team commits to OFSAA by the pre-season meeting, these teams may represent ROPSSAA at OFSAA but not participate in ROPSSAA playoffs. These teams must follow OFSAA Transfer and Eligibility policies and will participate in OFSAA playdowns (if necessary).
- (iii) Tier Two - Teams agree that participation and development is the purpose. Students must abide by the ROPSSAA Transfer and Eligibility policy. If there are no teams in the A or AA classification at a higher level and the team commits to OFSAA by the preseason meeting, these teams may represent ROPSSAA at OFSAA but not participate in the ROPSSAA playoffs. These teams must follow the OFSAA Transfer and Eligibility policies and will participate in OFSAA playdowns (if necessary).
- (iv) Teams making the quarter finals of the junior playoffs of the previous year must play in senior tier one or the OFSAA level. Any other school may choose to play either tier one or tier two.

Note: For 2024 – 2025, the following teams must play senior tier one or OFSAA: Applewood, David Suzuki, Humberview, John Fraser, Lorne Park, Robert Hall, St. Joan of Arc, St. Marcellinus.

- b) (i) The junior league will be divided into eight divisions (where possible). The number of teams per division will be determined based upon the intent to participate information. Divisions will be made up to reflect the senior divisions. All divisions will have an equal number of games.
- (ii) Senior OFSAA and tier one will have 3 – 4 divisions (where possible) and play 8 – 10 games. Senior tier two will play a minimum of 6 games.
- (c) All league matches will be best 2 of 3 games. Games 1 and 2 will be played to 25 points with no cap. Game 3 will be played to 15 points with no cap. Teams to stay on the same side for game 3 if it is not the deciding game.
- (d) Playoff Format – Senior Girls

The number of teams advancing to the senior divisional playoffs should use the 50% rule.

- (i) Qualifying teams will be split into two brackets (Division 1 and Division 2)
- (ii) The top teams in the senior OFSAA division, in a multiple of 4 and a maximum of 16, will advance to the Divisions 1 playoffs. Any remaining teams will advance to the Division 2 playoffs.
- (iii) Division 1 teams will be seeded as per 4(f) of the playing regulations. OFSAA teams will have priority seeding in the playoff structures.
 - a) The top teams will be seeded, however, a lower placed team from one division may be seeded higher than a higher placed team from another division. Winning the division doesn't guarantee a top seed.
 - b) All eligible teams (coaches) will be asked to fill out a Google Form detailing their season information. This information will be used by the seed committee. Should a coach fail to fill this out by the deadline, only available knowledge will be used for seeding purposes. This will be based off the OFSAA model for ranking teams.
 - c) All senior Division 1 games will be best 3 of 5.
 - d) The senior Division 1 semifinals will have an up and a down official and two lines people. All other games will have one official.
- (iv) All senior tier one teams and the top two teams in the tier two division may have the opportunity to qualify for Division 2.
- (v) All Division 2 teams will be seeded using the seed formula in 4(g).
- (vi) All Division 2 games will be best 2 of 3 and will have one official.

(e) Playoff Format - Junior

The number of teams advancing to the junior playoffs will be 50%. Teams will be ranked by the seed committee. A lower placed team from one division may be seeded higher than a higher placed team from another division. Winning the division doesn't guarantee a top seed. Hosts for the junior playoffs will be played at the school of the team which is ranked higher in league standings at the end of the season. In the event two teams have the same record, there will be a coin toss to determine the home team. All playoff games will be best 2 of 3 and will have one official, with exception to the final, which will have an up and down official and two lines people.

(f) Division 1 seeding criteria may include:

- (i) Current season's results including tournaments results (i.e. head to head).
- (ii) Previous year's results (at both junior and senior where appropriate).
- (iii) Number of returning players.
- (iv) Common opponents.
- (v) The seeding process will be an open and transparent process where the input from all coaches will be considered.

(g) Division 2 playoff seeding:

For senior division two playoffs, teams will be seeded based on the following criteria:

- (i) Regular season tier
- (ii) Division standing
- (iii) League winning percentage (matches won: total matches played)
- (iv) Set winning percentage (sets won: total sets played)
- (v) Average points against (based on sets played)
- (vi) Average point differential (based on sets played)
- (vii) Average points for (based on sets played)
- (viii) Coin toss

Note: For Division 2, a lower place team cannot be seeded above a higher placed team. All of the first place teams will be seeded, then second, third etc., until all available playoff positions have been filled.

- (i) For the junior and division two semifinals and finals, all games will be best 2 of 3.
- (j) The 3 ball system may be used at the discretion of the host school.

- (k) There must be a minimum 10 minute warm-up time between matches. Each team will have 5 minutes on the court for warm-up unless a shorter time is agreed upon by the coaches. Teams are to use the 5 minutes as they wish.

- (l) Schedule Considerations

- (i) Where possible, there will be at least one school day between each playoff match unless a change is necessitated by inclement weather. The league season will be fit into the time preceding the playoff schedule.
- (ii) Should it be required, double headers may be scheduled to assist in the management of the completion of the schedule. The home team would play two matches back to back.

- (m) Ties in League Standings

- (i) Where a tie exists for playoff positions, the result of the match(es) between the teams during league play shall be the deciding factor. If the teams are still tied, OVA tie-breaking procedure will decide all positions amongst the tied teams for the playoffs (Appendix A).
- (ii) A division with an unbalance schedule, where a tie exists, proceeds straight to criteria (c) of the OVA tie-breaking procedures.

- (n) Scheduled Games

- (i) Coaches are responsible for reviewing final league game schedules and playoff schedules as to locations, dates, and times to ensure their attendance.
- (ii) Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. The defaulting team will cover all cost associated with the game as determined by ROPSSAA Council.
- (iii) Failure to fulfill game requirements leading to the abandonment of a game will result in a loss for that team. An incident report must be completed and submitted to the ROPSSAA Athletic office by the abandoning team within 24 hours of the game. No scores shall be entered until after a Board of Inquiry. A team abandoning a game may be required to cover any costs incurred as determined by ROPSSAA Council.
- (iv)
 - a) Schools must bring their own warm-up equipment and first aid kit.
 - b)
 - i) Schools must endeavor to arrive no earlier than 60 minutes before game time. Teams arriving earlier than this must be supervised by the head coach in an area where students from the home school do not congregate. Schools with team members who do not travel with the head coach (in taxis, cars, on foot, etc.) must inform players that they must wait for their head coach and should ensure that the head coach is the first to arrive at the host school.

- ii) Schools arriving for an away game between 30 and 60 minutes before game time must accompany the head coach to the competition area and liaise with the host school. The visiting team will be provided a safe waiting area and change room during this time and the visiting head coach must provide supervision of his/her players. Visiting athletes must bring all belongings with them to the competition area.
- iii) Visiting schools are entitled access to the competition area at the same time as the host school, and no later than 30 minutes before the game time (pertains to the first game).
- iv) Visiting schools are entitled access to a safe waiting area and change room at the completion of the competition.

(o) Reporting of Scores

- (i) The WINNING team must report the score according to ROPSSAA requirements.
- (ii) Each team is responsible for uploading their game sheet and both team rosters to www.ropssaa.org by 12:00noon the day following the game. Failure to upload game sheets may result in teams being ineligible for playoffs. Game sheets submitted by fax or email will not be accepted.

5. ENTRIES

- (a) Eligibility lists must be submitted by the deadline announced at the preseason meeting. A \$25.00 fine will be assessed for each team that submits their eligibility list after the due date.
- (b) There shall be no restrictions on the number of players placed on the game sheet.

6. EXPENSES

- (a) During all league games, senior division one quarter finals and junior and division two semifinals, the host school will pay the official fee. The officials' expenses for the finals may be met by ROPSSAA.
- (b) For the senior division one semifinals, the home school will pay for the up and the down officials and the visiting school will pay for the lines people.

7. RULES AND OFFICIALS

- (a) Games shall be played according to the rules outlined in the Official Canadian Volleyball Association Rule Book with the following exceptions:
 - (i) Two Libero Rule
 - a) Each Team has the right to designate up to two (2) specialist defensive players: Liberos
 - b) All Liberos must be recorded on the score sheet with the team roster.

- c) The number of the Libero or Liberos is to be recorded on the lineup sheets for all sets
 - d) Coach may re-designate Liberos each set
 - e) Only one Libero may be on the court at anytime
 - f) The Libero CAN be either team captain or game captain at the same time as performing as a Libero.
- (b) Officials will have a minimum of an O.V.A. local rating.
- (c) The net height will be 2.20m for junior and 2.24m for senior.
- (d) Coaches shall use the official position sheets when submitting the team line up to the scorer's table, prior to each game.
- (e) The court is to be available 30 minutes prior to the start of the 1st game.
- (f) The 'quick sub' rule shall be in effect.
- (g) WARM-UP PROTOCOL

In an effort to reduce the incidence of injuries and concussions during match play, ROPSSAA will implement the following warm-up protocol. This protocol is to be followed by all teams during the hitting portion of the team warm-up:

- (i) Athletes are not permitted to cross under the net and into the receiving court after completing their attack.
- (ii) 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.
- (iii) Balls being entered to the attacking side of the net from the receiving side of the court must be entered from outside of the court at a minimum distance of six meters from the net.
- (iv) Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
- (v) It is highly advised that the team not hitting stand off the court behind the baseline and retrieve volleyballs for the hitting team.
- (vi) For teams that do not follow the warm-up protocol, the referees will note on the score sheet the non-compliance of the warm-up protocol. ROPSSAA will determine the appropriate sanction for not following the warm-up protocol.

8. AWARDS

- (a) ROPSSAA gold medallions will be presented to the winning junior and senior division one teams (maximum 20 per team).
- (b) ROPSSAA silver medallions will be presented to the runner up junior and senior division one teams (maximum 20 per team).
- (c) Trophies are awarded to the junior and senior ROPSSAA Championship teams.

Note: Should there be fewer than 6 participating schools or individuals in a sport gold medallions only will be distributed (ROPSSAA Constitution Article IX).

9. UNIFORMS

- (a) (i) All team members must wear similar jerseys, each one bearing a different number. All team members should wear similar coloured shorts and style. Cut off shorts are not acceptable.
- (ii) Numbers must be visible on the front and back. The size of the number on the front is approximately 4 inches and 6 inches for the numbers on the back.
- (b) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports athletes must move to the designated locker room or change area to change their clothing.

10. SCORING

- (a) Visual score cards, posted on the scorer's table opposite the referees stand, must be used.
- (b) The home school must provide 2 trained lines people for each match and 2 scorekeepers.

11. EQUIPMENT

- (a) The host school will be responsible for having available all necessary equipment: game ball, whistles, time clocks, score sheets, and practice balls; if requested.
- (b) The host school will provide a proper volleyball referee stand with padding.
- (c) All ROPSSAA league and playoff games are to be played with the Baden VCOR volleyball (which is used at all OFSAA competitions).

12. DEPORTMENT

- (a) Competitors and all coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (b) The name of a player who has been yellow or red carded must appear on the game sheet.

- (c) A player ejection from a game results in the automatic suspension from the next league or playoff match.
- (d) At the time of the ejection the referee will:
 - (i) Call a time out.
 - (ii) Record the name(s) on the game sheet.
 - (iii) Inform both benches.
- (e) Ejection of any head coach/staff sponsor results in forfeiture of the game and/or match if there is only one school staff member eligible to coach as per Article X of the ROPSSAA Constitution. If there is more than one eligible staff member on the bench at the time of ejection, the game will be allowed to continue, and the ejected individual must leave the competition area (i.e. gymnasium/field).

13. JURY OF APPEAL

- (a) A Jury of Appeal constructed at the pre-season coaches meeting will make rulings on sport specific questions concerning issues not covered in the playing regulations and not pertaining to eligibility or the misconduct of coaches or players.

14. MEDICAL PERSONNEL

- (a) The Convenor shall make adequate arrangements for medical coverage at the finals.

15. CHAMPIONSHIP AND OFSAA REPRESENTATION

- (a) The junior and senior division one championship will occur no later than the Friday preceding the OFSAA deadline and will begin no earlier than 6:00pm.
- (b) The winner of the A, AA, and AAA finals will advance to OFSAA.
- (c) The senior division two championship will be played at 3:30 at the highest remaining school.

OVA TIE BREAKING PROCEDURES

If two or more teams are tied the following criteria will be applied, in order:

- a) The team having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher;
- b) The team having the best ratio of won/lost games considering matches played between the tied teams will be ranked higher;
- c) The team having the best ratio of won/lost games, considering all matches of the round, will be ranked higher;
- d) The team having the best ratio of points for/against, considering games played between the tied teams will be ranked higher;
- e) The team having the best ratio of points for/against, considering all games played during the round will be ranked higher;

When you apply this rule to break a tie you should follow this sequence;

- 1) When two teams are tied, the tie-breaking criteria are applied one after the other until the tie has been broken.
- 2) When three or more teams are tied, the tie-breaker criteria are applied one after the other until all the tied teams have been ranked.

Note: This means that if there is a tie among teams X, Y, and Z and criteria 'b' is able to determine X as first, Y as second and Z as third, then no further criteria are to be used. The tie is broken.

However, if criteria "b" determines X as first and there is still a tie between Y and Z, then the ranking of the remaining teams will be determined by proceeding to criteria "c" and so on, if necessary. Do not start at (a) again. Continue through the sequence of criteria.