

SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
VOLLEYBALL
PLAYING REGULATIONS
(updated September 2016)

1. Season Format

A double round robin schedule will take place. Normal starting times will be 4:00pm & 5:30pm.

Each match during the regular season will consist of three straight sets. In Varsity and Junior Varsity each Match will be counted and the standings set by winning percentage. Additionally if a team wins a match 2-0 then the third set will not be counted for “sets” tiebreaking procedures but should be reported as the match is being played.

Any changes to the schedule must be submitted and granted at least one (1) week prior to the proposed change. It is the responsibility of the coach proposing the change to fill out the SSSAA Game Change Form and receive a verbal commitment from the opposing coach.

2. Playoff Format

In Varsity, the top (6) of 8 teams qualify for the playoffs and will play a double elimination format. A picture of the bracket will be supplied to coaches for reference.

In Junior Varsity, all teams qualify for the playoffs. A pool qualifier will be played in the first round, with seeding being determined using regular season standings. The top 2 teams in each pool will then play crossover elimination semi-finals. The semi-finals winners will then play in the final.

3. Rules of Play

The Volleyball Canada rule book will govern play with the exception/addition of the following rules:

Net heights: Senior Girls (2.24m); Junior Girls (2.15m); Senior Boys (2.43m); Junior Boys (2.35m)

The twelve (12) substitution rule will be in effect. Teams are allowed a maximum of twelve (12) substitutions in any one set. There is no limit to the number of times a player may leave or re-enter a set as long as the maximum number of substitutions is adhered to and they leave or re-enter for the same player. Once a player has a designated substitution partner in a set, that is the only player that they may leave or re-enter that set for. For example, player A for player B - player C may not enter into this rotation.

The break between games shall be two minutes.

Teams are allowed to carry an unlimited number of players on their rosters.

In junior varsity, coaches must substitute three (3) new players to begin the second game. It is expected that these players will play at least half of the points in that particular game. (For boys- no substitutions until one teams reaches 13 points). Teams that do not have enough players to substitute three (3) new players in the second game are expected to rotate players in starting lineup so as to allow for all players to have a chance to develop. This rule will not be in effect for the playoffs.

The coach, through his/her captain may request an interpretation of an official’s decision and the captain is allowed to return to the bench to discuss this with the coach.

Uniforms must conform to the Volleyball Canada rule book. The jerseys and shorts must be uniform, clean and the same colour. Black shorts may be substituted for team colours, but must be consistent throughout the team. The numbers must be on the front as well as the back of the jerseys.

4. Tie Breaking Format

The tie breaking procedure in the Volleyball Canada rule book will be used to settle ties involving playoff teams.

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

- a) The team having the best ratio of won/lost matches, considering matches between tied teams, will be ranked higher;
- b) The team having the best ratio of won/lost sets, considering matches played between the tied teams, will be ranked higher;
- c) The team having the best ratio of won/lost sets, considering all matches of the round, will be ranked higher;
- d) The team having the best ratio of points for/against, considering sets played between the tied teams, will be ranked higher;
- e) The team having the best ratio of points for/against, considering all sets played during the round, will be ranked higher;
- f) As determined by the Executive Council (e.g. extra set, toss of coin, etc.)

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-breaking 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 the seeding/ranking of any of the tied teams, then the remaining teams which are still tied will use criteria ‘c’ and so on to determine their seeding/ranking. Do not start at ‘a’ again. Continue through the sequence of criteria using the results of teams x, y, and z for criteria ‘d.’

5. Roster & Eligibility Forms

Eligibility must be submitted through the AELS system and emailed to David Pineau at dpineau@lakeheadschoools.ca one day prior to a school’s first game. Additional student-athletes may be added to a team during the season by using the AELS system and by notifying SSSAA of the addition.

6. Results

Winning coaches must phone in scores by 9pm on the day of the game to the SSSAA Scores Hotline at 625-5268. Failure to phone in scores will result in a warning the first time and forfeiture of points for each time thereafter.

7. Awards

The SSSAA Championship trophy will be awarded to the winning teams in both varsity & junior varsity.

8. Official Ball

The official ball of SSSAA Volleyball is the Baden Lexum 15-0C.