

SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
VOLLEYBALL
PLAYING REGULATIONS
(updated November 2025)

1. Season Format

Whereas possible, a double round robin schedule will take place. Normal starting times will be 4:00pm. 4:30pm (DFC) & 5:30pm.

Each match during the regular season will consist of three straight sets. If a team wins a match 2-0 in sets, then the third set will be played and reported but will not be counted for tiebreaking procedures.

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

Matches in the playoffs will be best of five sets.

In Junior and Senior, all teams qualify for the playoffs and will play a single elimination format.

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 three (3) minutes.

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

In junior, coaches must start the second set with three (3) new players. It is expected that these players will play at least half of the points in that particular game (no substitutions until one team reaches 13 points). The only exception to the rule are true front row/back row substitutions

that see players substitute normally throughout the set when that player reaches the front or back row. 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.

In recognition of the inherent risks associated with the hitting warm-up period, and in alignment with Volleyball Canada's commitment to participant safety and concussion prevention, the following warm-up regulations must be observed by all teams:

- During hitting warm-ups, athletes shall remain on their side of the net; those not actively hitting will retrieve balls from the opposite side.
- Under no circumstances shall athletes cross under the net and enter the receiving court immediately after executing an attack.
- Retrieved volleyballs must be returned along the court sidelines or periphery—not through or across the receiving court.
- When balls are introduced from the receiving side to the attacking side, they must be introduced from outside the court boundaries.

Each team is allowed to dress two liberos in uniform during the match. Only one libero can be designated to play in each set. Teams are not allowed to substitute liberos mid set, and must wait until between sets to change their active libero player.

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 OFSAA HUB one day prior to a school’s first game (including exhibition games). Additional student-athletes may be added to a team during the season by using the OFSAA HUB and by notifying SSSAA of the addition.

6. Results

Winning coaches must submit scores via the [SSSAA Score Submission form](#) by 9:00pm the day of the game. Failure to enter 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 senior & junior.

8. Official Ball

The official ball of SSSAA Volleyball is the Baden VCOR.