

VOLLEYBALL – GIRLS’

1. SEASON OF PLAY

Girls = Winter

2. LEVELS OF COMPETITION

Junior Level Senior Level

3. CLASSIFICATION

The following classifications shall apply for Seniors Girls’ Basketball	
A	500 students and under
AA	501 – 950 students
AAA	951 students and over
The following classifications shall apply for Junior Girls’ Basketball	
A	700 students and under
AA	800 students and over
School classification is based on enrollment on October 31 st of the previous school as determined by OFSAA.	

Note: A team may opt to play at a higher classification if they declare their intention by the Declaration of Play deadlines.

4. ELIGIBILITY

a) Team/School Eligibility: To represent a school in any SOSSA/OFSAA bound sport coordinate by the Niagara Catholic Athletic Association, a school must:

- X. Conduct a ‘bona fide’ high school program consisting of thirteen (13) practices over an eight (8) week period during the current school year, under the supervision of a teacher as certified by the school principal.
- XI. Participate in the Niagara Catholic Athletic Association approved league if one is held.
- XII. Participate in the Niagara Catholic Athletic Association championship or qualifying event.
- XIII. Use only eligible athletes in any competition during the school year or the school forfeits the right to participate in SOSSA and/or OFSAA Championships.
- XIV. In accordance with Rowan’s Law, have all coaches and coaching personnel confirm, that they have reviewed the concussion awareness resource within the school year.

b) Individual Eligibility: To represent a school in any activity coordinated by the Federation a student must:

- I. Be eligible for competition under the Constitution, By-Laws, and Playing Regulations of the Niagara Catholic Athletic Association.
- II. Be certified as eligible by the principal of the school.
- III. Meet the following age requirements:
Eligibility for Senior Volleyball: The individual’s birth certificate indicates that she has not reached her 19th birthday by January 1st, prior to the start of the school year in which the competition is held.

5. ELIGIBILITY LISTS

Eligibility lists are to be entered in the OFSAA HUB at least 24 hours prior to the team's first game.

6. GAME TIME

The first game of a double-header will start at 3:00-3:30pm (no earlier without Convener's knowledge and both Principals' permission). The second part of the double-header will start 15 Minutes after the completion of the first match, unless a mutually agreeable start time is agreed upon by both teams' coaches and principals.

7. PAYMENT OF OFFICIALS

The home team is responsible for payment of officials for all league and playoff games. The amount will be announced prior to the first game of the season.

Should a game be moved by the home team to either a neutral location or the visiting team's gym, the location only will change on the schedule. The home and visiting team designate will remain unchanged, and the responsibilities (see below) of the home team will also remain unchanged.

If a gate is charged at an Niagara Catholic Athletic Association league or playoff game then all expenses will be paid from the gate (referees, minor officials, linesmen, security, score keepers, etc.) and the remainder of the gate will be divided equally between the home and visiting team.

8. REPORTING SCORES

The home team will input scores and score sheet on to the Niagara Catholic Athletic Association website, by noon the day after the game.

9. HOME SCHOOL RESPONSIBILITIES ON GAME DAY

Responsible for paying officials.

Set the net up in advance and at the correct height: Junior Girls 2.15m and Senior Girls 2.24m.

Referee "stand" must be secure and safe. Proper official stands should be used. This does not mean a box horse/chair/desk.

Provide two (2) competent line persons. Do not expect the visiting to provide a lines person;

Provide 1 (one) competent scorekeeper.

Warm-up Equipment: Schools are responsible for providing their own warm-up balls.

Use a ball mutually accepted by the two teams playing the game, OR the official OFSAA sponsored ball, OR a ball chosen by the official/referee for that game.

All schools should be using the Niagara Catholic Athletic Association score sheets.

Responsible for inputting the score and scoresheet on to the Niagara Catholic Athletic Association website by noon the day after the game.

10. UNIFORMS

Teams should wear identical jerseys and athletic shorts in the school colours. Uniforms shall be numbered on both the front and the back.

11. OFFICIALS

All officials must be certified and registered by the Niagara District of Volleyball Officials.

If a referee does not show, there will be an agreement between the two (2) head coaches to find the best qualified person present to referee and continue the match(es) if available.

12. RULE BOOK

The rules for volleyball will be according to Volleyball Canada (VC), the following exceptions are in place:

13. WARM UP

The warmup will consist of a 10-5-5 format.

Ten (10) minutes will be common time for on court warm up by both teams on their designated sides of the net, five (5) minutes for the serving team on the entire court; five (5) minutes for the receiving team on the entire court.

When one team has exclusive use of the court, the other team must be at its' team bench and out of the playing area. Warming up with balls at the team bench or behind the bench is not permitted.

14. HITTING WARM UP PROTOCOL

Athletes remain on one side of the net during their hitting warm up and team staff, volunteers or teammates retrieve balls on the opposite (receiving) side.

Athletes are not permitted to cross under the net into the receiving court after completing their attack into the direct path of the ball.

Athletes must remain on their side of the net immediately following an attack and must only move to the opposite side of the net from outside of the court to retrieve balls.

Retrieved balls must be returned along the sidelines of the court and through the receiving court at any time.

For teams that do not follow the warmup protocol, the referees will make a note on the score sheet of the non-compliance warm up protocol. The Niagara Catholic Athletic Association, SOSSA, OFSAA (depending on the event) will determine the appropriate sanction for not following the warmup protocol.

15. SCORING/SETS

All junior matches will be best two (2) out of three (3). If the third (3rd) game is not needed a third (3rd) game to 25 will be played.

Junior **playoff games** will be a best three (3) out of five (5) match.

All senior matches will be best three (3) out of five (5);

If a junior match tied at one (1-1) or a senior match is tied at two (2-2), the third (3rd) or fifth (5th) and deciding game is played to fifteen (15) points with a minimum lead of two (2) points.

All matches will use the rally point scoring system.

Each rally wins a point.

If the receiving team wins a rally, it gains the right to serve and a point, while the players rotate one position clockwise before their team serves.

A set is won by the team which scores twenty-five (25) points first with a minimum lead of two (2) points. If the game is tied at twenty-four (24-24), the game is continued until a two (2) point lead is achieved (e.g., 27-25 or 34-32 etc.).

16. SERVICE

On a serve the server is allowed only one (1) toss; if he/she tosses the ball and lets it fall to the floor, this is counted as a missed serve. That is, there is no longer a second (2nd) attempt to serve.

On service..... a ball TOUCHING THE NET ON SERVICE and dropping into the playing area is in play. (Re: OFSAA Bulletin, #3 June 2000 –page 21)

17. SUBSTITUTIONS

Each team is allowed twelve (12) substitutions in any one (1) set.

There is no limit to the number of times a player may leave or re-enter the set, as long as the maximum number of twelve (12) substitutions is adhered to and as long as they leave or re-enter for the same player.

Once you have a designated partner, that person is the only player that you may leave or re-enter the set for (this may change between sets).

These substitutions may occur at any point in the set.

All other substitution rules must be followed.

18. THE LIBERO PLAYER

Each team has the right to designate two (2) specialist defensive players: “Libero”, from their eligibility sheet.

All Liberos must be recorded on the scoresheet with the team roster.

The number of the Libero or Liberos is to be recorded on the line-up sheet/card for all sets.

Coach may re-designate Liberos each set.

Only one Libero may be on the court at any time.

The Libero CAN be either team captain or game captain at the same time as performing as a Libero.

The team captain cannot be the Libero for the first set of the match. a) If the Libero is redesignated after set 1 or subsequent sets, the redesignated Libero may be the player who is listed on the score sheet as the team captain.

If the above redesignation occurs, the coach must appoint a new team captain. This is to be recorded in the remarks section of the score sheet.

At the conclusion of the match, the original team captain is to sign the score sheet.

The Libero cannot be either team captain or game captain at the same time as performing as a Libero.

The Libero must wear a uniform whose jersey must contrast in color with that of the other members of the team. The Libero uniform may have a different design, but it must be numbered like the rest of the team members.

19. ACTIONS INVOLVING THE LIBERO

a) THE PLAYING ACTIONS:

The Libero is allowed to replace any player in a back row position.

He/she is restricted to perform as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact, the ball is entirely higher than the top of the net.

He/she may not serve, block, or attempt to block.

A player may not complete an attack hit from higher than the top of the net. If the ball is coming from an overhand finger pass (one (1) or two (2) hands) by a Libero in his/her front zone, the ball may be freely attacked if the Libero makes the same action from behind the front zone.

b) REPLACEMENT OF PLAYERS

Replacements involving the Libero are not counted as regular substitutions. They are unlimited, but there must be a rally between two Libero replacements. The Libero can only be replaced by the player whom he/she replaced.

Replacements must only take place while the ball is out of play and before the whistle for service. At the start of each set, the Libero cannot enter the court until the referee has checked the starting line-up.

A replacement made after the whistle for service but before the service hit should not be rejected but must be the object of a verbal warning after the end of the rally. Subsequent late replacements must be subject to delay sanction.

The Libero and the replacing player may only enter or leave the court by the sideline in front of their team bench between the attack line and end line.

c) RE-DESIGNATION OF NEW LIBERO(S):

For OFSAA, and therefore for Niagara Catholic Athletic Association competition, a team may re-designate the Libero player(s) at the beginning of each set. (As per OVA youth competition rules).

In case to an injury to the designated Libero and with the previous approval of the first referee, the coach can re-designate as a new Libero, one of the players not on the court at the moment of the re-designation. The injured Libero may not enter to play for the remainder of the match.

NOTE: In OFSAA and ZONE competition, where you can re-designate at the beginning of each set, the injured Libero could recover and be re-designated for the beginning of the next set.

20. LEAGUE AND PLAYOFF FORMAT FOR BOYS' VOLLEYBALL

The Niagara Catholic Athletic Association will have junior and senior league and playoff structures.

The following playoff structure will be implemented for all Niagara Catholic Athletic Association playoffs. The highest seeded regular season team will be home.

Four team playoff will consist of 1 vs 4 and 2 vs 3. The winner of both games will compete for the Niagara Catholic Athletic Association Championship.

Three team playoff consists of 1st place receiving a bye and 2nd place playing 3rd place. The winner of 2nd vs 3rd will play 1st place for the Niagara Catholic Athletic Association Championship.

Two team playoff will consist of 1st vs 2nd for the Niagara Catholic Athletic Association Championship.

8 Team Leagues- Every team plays each other once, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.

7 Team Leagues- Every team plays each other once, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.

6 Team Leagues- Every team plays each other once, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.

5 Team Leagues- Every team plays a home and home, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.

4 Team Leagues- Every team plays a home and home, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.

3 Team Leagues- Every team plays a home and home, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.

2 Team Leagues- League home and home will be played, before AAA teams separate into playoff bracket and AA teams separate into playoff bracket.

1 Team League- Exhibition games will be played. The team moves on to SOSSA.

Leagues with unique circumstances may have the structure changed in order to accommodate due to weather, travel, safety (ex. Slow Pitch, Baseball, Football).

21.FORFEITING GAMES/MATCHES

If a team is not present at the scheduled start time, the first (1st) set is forfeited. After fifteen (15) minutes, the second (2nd) set is forfeited. After an additional fifteen (15) minutes the third (3rd) set and consequently the match is forfeited. This will be followed if the team does not have a justifiable reason.

If a coach is removed from a volleyball game, and there is no coach on the bench to finish the match, the match will be forfeit.

The following policies are in place for game forfeitures:

- I. Should a team forfeit a game with less than forty-eight (48) hours' notice, all costs associated with the game shall be charged to the forfeiting school.
- II. Should a team forfeit a game, the forfeiting team will be given a loss because of the forfeit.
- III. Should a team forfeit two (2) games during regular season play, the team shall be removed from the league and all points earned in games played against that team shall be removed from league standings.
- IV. A team that forfeits a game during the regular season loses all rights with regards to tie breaking procedures. (ex. if the team is tied for third (3rd), the team will be relegated to fourth (4th) place).
- V. A team that forfeits a playoff game shall also forfeit the right to play any further playoff games at the current or subsequent level of playoffs (i.e. when two (2) teams qualify for SOSSA).

22.LEAGUE STANDINGS- TIE BREAKING PROCEDURES

These procedures shall be used when determining a playoff position when a league schedule leads to playoffs:

7. Record between tied teams.
8. Record against teams higher in the standings (1 above, then 2 above, etc.).

9. Record against teams lower in the standings (1 below, then 2 below, etc.).
10. Other sport specific rules agreed to by Program Chairs.
11. Coin flip to determine playoff position only. The convenor will perform the coin flip. The school that is alphabetically highest will have heads in the coin flip. The convenor will notify schools of the results.
12. Playoff on a neutral field/court or a coin toss for home field if both coaches agree, if it is to determine the final playoff position.
13. In the event of a four-way tie, the convenor in consultation with the Niagara Catholic Athletic Association Executive and the schools involved will determine a tie-breaking procedure.

23.ADVANCING TO SOSSA

The Niagara Catholic Athletic Association championship team will advance to SOSSA.