



LOSSA

Lake Ontario Secondary School Athletics

LOSSA GIRLS AAA VOLLEYBALL - PLAYING REGULATIONS 2025 – 2026

Classification: Junior, Senior

Official Rules:

1. OFSAA rules are to be used, unless indicated otherwise.
2. All league and playoff matches will use a LOSSA volleyball game sheet. The home team provides score sheets.
3. Score sheets will not be limited to 12 names.
4. All officials will be arranged by the convenor, OVA trained officials shall be used.
5. Members of each team must wear an identical jersey and shorts/long pants of the same colour. The libero will wear a contrasting jersey.
6. Student-athletes must remain fully clothed in the appropriate team uniform in the competition area, AND use the designated change area to change to and from competition attire. Incidents of non-compliance will be forwarded to the LOSSA executive.
7. If a team misses a league match for a valid reason (inclement weather, bus cancellation/breakdown, school tragedy) it is the schools responsibility to notify the convenor as soon as possible. The convenor will reschedule the match at an appropriate time during the season, if possible. Schools that do not show up for league/playoff matches will be held responsible for covering the cost(s) of transportation for schools that arrive to play.
8. Net Heights: Senior Girls 224 cm Junior Girls 220 cm
9. Signed and completed eligibility sheets that are NOT received prior to the first league game will result in a forfeit for that team. A team will continue to forfeit until the eligibility sheet has been submitted to the convenor.
10. League fees are to be paid to the convenor prior to the end of the regular season. Schools that have not paid by the last league match will forfeit their playoff position. Host schools will provide game balls that are the same as the current OFSAA official ball, a Baden VCOR microfibre volleyball.

Competition Format:

1. The league structure will be determined by the convenor each year based upon the number of teams declared.
2. Teams will play round robin style, multiple teams per location, multiple matches each, and if needed single headers to complete the schedule.
3. Match start times for league play will be approved by LOSSA. Host teams are responsible for ensuring that equipment is set up ready for teams to warm-up a minimum of 30 minutes prior to game time. The host team will supply the game ball, scorers, lines people, score sheets, clock/cards and coach line-up sheets. It is recommended that scorers are trained prior to the beginning of the season.
4. **All league matches will be best 2 out of 3 sets. First two sets to 25 rally points, third set to 15 rally points.** There are no caps on any games.
5. Standings: Match winner receives 1 point, the loser receives none.
6. In the event of a tie the following procedure shall be used: Statistics versus the schools involved in the tie within their respective tier only.
 - i) if two teams tied, winner head to head
 - ii) if three teams tied:
 - a. team with the best ratio sets won and lost considering only those matches played between the three tied teams
 - b. the team having the best ratio of points for and against considering the games played between the tied teams only.
 - c. the team with the best ratio sets won and lost considering all matches played
 - d. the team with the best ratio of points for and against considering all matches played

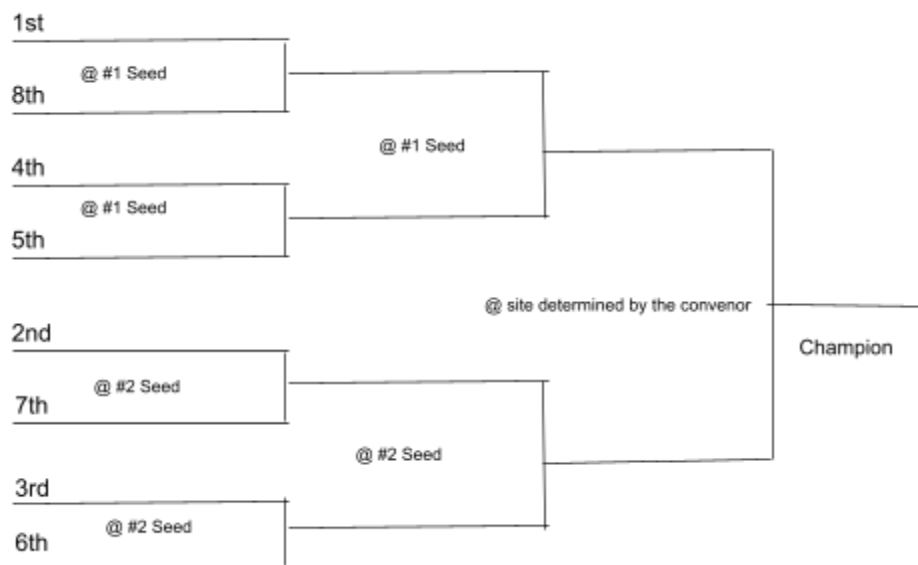
7. There will be a 5-5 warm-up schedule for the first match only, every other match 2-2-1, unless both coaches decide upon another format. This will commence prior to scheduled match time. Officials have no say in eliminating warm-ups prior to any league or playoff match.
8. The home teams are responsible for reporting the scores to the convenor within 24 hours of the competition of the match. Score sheets must be couriered to the convenor, not faxed.

Playoff Structure:

General Rules

1. League standings will determine the top 8 teams.
2. Junior Matches - Best 2 out of 3 sets. First two sets to 25 rally points, third set to 15 rally points. No caps on any games.
3. **Senior Tier 1 Matches - Best 3 out of 5 sets. First four sets to 25 rally points, fifth set to 15 rally points. No caps on any games. Each playoff round will be held on separate days.**
4. Senior Tier 2 matches will be best 2 out of 3 sets.
5. All LOSSA Championship playoff matches will have 2 officials (1 up official and 1 down official).
6. The final for Junior and Senior will be held in the evening at a site determined by the convenor. The finals are to have 4 OVA officials, 2 referees and 2 line people.

JUNIOR/TIER 2 PLAYOFF FORMAT



SENIOR PLAYOFF FORMAT (TIER 1 ONLY)

