



LOSSA

Lake Ontario Secondary School Athletics

LOSSA GIRLS A - AA VOLLEYBALL PLAYING REGULATIONS 2023 – 2024

Official Rules:

1. OFSAA rules are to be used, unless indicated otherwise.
2. OVA or CVA International score sheets will be used. 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, CVA 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 any reason (including adverse weather, bus cancellation/breakdown, school tragedy) it is the school's 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. Eligibility sheets that are NOT received prior to the first league set 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 playoffs. 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. Commence in late November, early December.
2. The league structure will be determined by the convenor each year based upon the number of teams declared. A and AA will play in their own league. All sets will count in the standings.

3. Teams will play round robin style, multiple teams per location, multiple matches each, and if needed single headers to complete the season.
4. 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 at the beginning of the season. Referee assignors are willing to come and hold training clinics.
5. League matches are rally point, two straight games, to 25. There are no caps on any games.
6. Standings: Set winner receives 1 point per set. For example in a 2-0 match, the winner receives 2 points, the loser none. In a tie match i.e. 1-1, each team receives 1 point.
7. In the event of a tie the following procedure shall be used:
 - i) if two teams tied, winner head to head
 - ii) if three teams tied, team with the best ratio sets won to sets lost considering only those matches played between the three tied teams
 - iii) the team having the best ratio of points for to points against considering the games played between the tied teams only.
 - iv) coin toss
8. There will be a 5-5 warm-up schedule for the first match only, every other match 3-3 warm up, unless both coaches decide upon another format. This will commence prior to scheduled match time.
9. 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 and emailed to the convenor, not faxed.

Playoff Structure:

General Rules

1. League will be divided into levels A and AA. League standings will determine the top teams in A and AA.
2. Matches - Best 2 out of 3 for quarter and semi-finals. First two games 25 rally point, third game 15 rally point. No caps on any games.
3. Host Sites: Top team in each division will host unless otherwise determined by the convenor.
4. All teams make playoffs and the format is decided by the convenor based on the number of teams for that given year.

Finals:

- a) Senior: Best of 3 of 5. First four games to 25 rally point, fifth game to 15. No caps. The LOSSA champion will compete at OFSAA.
- b) Junior: Best 2 of 3. First two games to 25 rally point, third game to 15. Winner is LOSSA Champion.
- c) The final for A/AA Junior, Senior will be held in the evening at a neutral site or to be determined by the convenor. The finals are to have 4 OVA officials, 2 referees and 2 lines people.