

**UOVHSAA
VOLLEYBALL PLAYING
REGULATIONS**

Revised November 2025

Sport Advisory Committee:

UOVHSAA Girls & Boys
Volleyball Coaches
UOVHSAA Athletic Directors

UOVHSAA VOLLEYBALL PLAYING REGULATIONS

(Revised November 2025)

1. DATES:

The boy's volleyball schedule may not begin until the third week of school.

The girl's volleyball schedule may start the last week of November.

The UOVHSAA volleyball play-offs will be held the week prior to the EOSSAA Championship except when extraordinary circumstances dictate a change.

2. ELIGIBILITY:

To represent a school in volleyball a student must:

- a) Be eligible for competition under the Constitution and By-Laws or UOVHSAA.
- b) Students who have fewer than twenty-two (22) credits must be registered in a minimum of three (3) full day school credit courses in the semester in which he/she participates.
- c) Be eligible for no more than five (5) consecutive years from the date of entry into grade nine (9).
- d) Be certified by the Principal and the Athletic Director and listed on the OFSAA Hub.
- e) Meet the following age requirements:
Junior - The individual has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.
Senior – The individual has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.
- f) Transfers – Any student transferring to your school who has been registered in another school, as per EOSSAA/OFSAA policy, **is ineligible** to play until a transfer form has been submitted and approved by the UOVHSAA transfer committee.

- g) Any student who registers and attends one term at a post secondary institution and then returns to any high school is ineligible for UOVHSAA competition for the remainder of his/her high school career.
- h) OFSAA Hub eligibility forms must be uploaded to the OFSAA Hub and sent to the UOVHSAA Athletic Convenor, prior to the first game in which the players listed thereon participates.
- i) Additions to the OFSAA Hub list may be submitted during the season. The OFSAA Hub must reflect the complete team and must be re-signed by the Principal and Athletic Director. The UOVHSAA Athletic Convenor must be informed (via email) before the individual can play.
- j) The student must be registered in the school for at least 10 days before the first match in which he/she competes.
- k) A junior player may compete in one contest at the senior level, or minimum be on the bench and be listed on the score sheet without being permanently attached to the senior team. A second game would result in that player forfeiting their junior eligibility.
- l) A junior player may compete in senior playoffs if he/she has played in at least one senior match during the regular league play (or been present and listed on the score sheet); however, he/she is then ineligible for further junior play.
- m) A player may play in only one play-off category.
- n) Any student in an UOVHSAA member school who has participated in an official UOVHSAA competition and then registers in another UOVHSAA member school shall be ineligible to compete in that same sport in the same season.
- o) Eligibility violations will result in the following penalties:
 - i) Ineligible player(s) – if a team plays an ineligible player, all matches played with the ineligible player will be forfeited. The score for the forfeiting team will be zero (0). If the non-forfeiting team won, they will count the actual points scored. If the non-forfeiting team lost the contest, then the official score will be 3-0 for that team.

3. CLASSIFICATIONS

There are three classifications “A”, “AA”, “AAA” for both junior and senior volleyball as per OFSAA classifications.

Any team choosing to compete at a higher classification must notify the UOVHSAA Athletic Convenor in writing by September 30 (boys) or December 30 (girls) of the school year. Such team is ineligible for competition in the lower classification in volleyball for the remainder of that season. EOSSAA must also be notified if a team declares up to AAA by the declaration date deadlines above.

UOVHSAA 'A' Schools: Valour JK to 12 School
Centre Scholaire Catholique Jeanne Lajoie
Mackenzie Community School
Ecole secondaire publique L'Equinoxe
Madawaska Valley District High School
Opeongo High School
Renfrew Collegiate Institute

UOVHSAA 'AA' Schools: Bishop Smith Catholic High School
Arnprior District High School
Fellowes High School
St. Joseph's Catholic High School

4. RULES AND OFFICIALS

All UOVHSAA matches will be played following the latest version of the [FIVB Official Volleyball Rules](#) as authorized by [Volleyball Canada](#) (including the [2024-2025 rule book changes](#)). Any exceptions or amendments to the official rules are included within these Regulations.

- a) The current EOSSAA Volleyball Playing Regulations shall govern play, with the following exceptions;
 - i) Junior Teams are allowed 3 one-minute time-outs per set
 - ii) Senior Teams are allowed 2 one-minute time-outs per set
- b) Each team is allowed 12 substitutions per set.

For UOVHSAA competition, teams are allowed a maximum of 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.
- c) Warm-up will consist of a 5-5-5 format. Five minutes will be a common time for on court warm-up; five minutes for team serving first at the net, five minutes for team receiving first at net. Service is to be included in the five minutes. During tournament play warm-up time may be reduced at the agreement of both coaches and the official.

Warm-Up Protocol (OFSAA, October 19, 2019)

- d)
 - i. In an effort to reduce the incidence of injuries and concussions during match play, Volleyball Canada has developed the following warm-up protocol. This protocol is to be followed by all teams during the hitting portion of the team warm-up:
 - ii. Athletes are not permitted to cross under the net and into the receiving court after completing their attack.
 - iii. Athletes must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside of the court.
 - iv. Balls being entered to the attacking side of the net from the receiving side of the court must be entered from outside of the court at a minimum distance of six meters from the net.
 - v. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
 - vi. For teams that do not follow the warm-up protocol, the referees will note on the score sheet the non-compliance of the warm-up protocol. The league, PTA, or Volleyball Canada (depending on the event), will determine the appropriate sanction for not following the warm-up protocol.
- e) UOVHSAA roster is unlimited. All persons on the bench are considered a part of the team and are liable for any sanctions applicable.

NET HEIGHT

Junior Girls: 2.15 m

Senior Girls 2.24 m

Junior Boys 2.35 m

Senior Boys 2.43 m

- i) **Antenna** – shall be provided by the host school
- ii) **Service Receive Rule** – receiving a serve overhand with the fingers is legal for both junior and senior competitions. The quality of the pass is still up to the discretion of the first official and will be called accordingly.
- iii) **Centre Line** – any part of the body above the feet may contact the opponents' court provided it does not interfere with the opponent's play. (Part of foot must still be on or above the centre line.)

- iv) **Net Contact** – any contact with the net by a player between the antennas' during the action of playing the ball or attempting to play the ball is a fault.

UNIFORMS AND EQUIPMENT

- a) All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logo. No sport club insignia on uniform or equipment shall be permitted in the competitive area. Sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition is single or multi sport programs. Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in the OFSAA playing regulations.
- b) Team members shall be required to wear identical jerseys in school colours with legal-size numbers on front and back. Shorts must be identical or similar in nature.
- c) Game balls must be the same balls as the "OFSAA Official Game Ball"

STARTING TIME

The starting time for single match days will be 3:00 pm except for extenuating circumstances or by mutual consent of the schools involved.

REGULAR SEASON PLAY

- a) Any school wishing to enter the UOVHSAA volleyball league must do so by filling out the intent to compete form provided by the UOVHSAA athletic convenor and returning it to the convenor by the convenors deadline. There will be a \$50 penalty to any school that drops out of the league after their first league game.
- b) The regular season will consist of a best 3/5 round robin, with each team playing every other team in their age division.
- c) The scoring for each match will be rally point to 25 points, no cap in the first four sets and rally point to 15 points, no cap in the fifth set. Sets are won by 2 point spread.
- d) The league will consist of a combination of single games and anything up to and including tournaments.
- e) If tri-meets are used the home team will play the first and the last matches. The visiting team that travels the furthest will play the first and the second matches.
- f) The UOVHSAA athletic convenor will publish a schedule for league play and post on the UOVHSAA website.

TIE-BREAKING RULES

If two or more teams are tied at the end of the regular season, the following tie breaking procedures shall be followed:

- a) The matches among the tied teams will be considered and the winner ranked higher.
- b) If there is still a tie among three or more teams, the team having the best ratio of won/lost games among the tied teams will be ranked higher.
- c) If there is still a tie, the team having the best ratio of points for and against among the tied teams will be ranked higher.
- d) If there is still a tie, the team having the best ratio of games won/lost in the entire season round robin will be ranked higher.
- e) If the teams are still tied, the team having the best ratio of points for and against in the entire regular season round robin will be ranked higher.

PLAYOFF FORMAT

- a) The top six teams from league play qualify for the playoffs. If one of the two divisions 'A' or 'AA' is not represented then the highest placing team will represent A or AA at EOSSAA.
- b) The six teams will be broken down into two pools. Pool A has teams ranked #1, 3 and 6. Pool B has teams ranked #2, 4 and 5. **Playoff pool play will occur at the 1st and 2nd place school in a one-day tri-meet format.**
- c) Each team will play the other teams in their pool in round robin 3/5 game matches. The round robin format will be as follows:

At 1 st 1 vs 6	At 2 nd 2 vs 5
3 vs 6	4 vs 5
1 vs 3	2 vs 4
- d) The top two teams in each pool shall move on and play a crossover playoff format, first in A plays 2nd from B and 2nd from A plays 1st from B. The games will be played at the highest ranking remaining school from the regular season. These games will be 3/5 game matches with the winners moving on to play in the finals. All matches will be 3/5 game matches. **A match between the losers of the semi finals will be played only if necessary to determine an EOSSAA representative.**
- e) The senior and the junior UOVHSAA Championships will be played in the week preceding the EOSSAA championship.

EOSSAA REPRESENTATIVE

For each age division and school classification, a representative shall be decided in the following order:

- a) The team advancing furthest in the playoffs
- b) If the two finalists are from the two different classifications, A or AA, they will represent UOVHSAA at EOSSAA.
- c) If only one school from any classification makes the playoffs, that school will represent UOVHSAA at EOSSAA.
- d) If two schools from the same classification are in the play-offs and neither makes the next round, a playoff game will be held during the week of the UOVHSAA Championship to decide the UOVHSAA representative to EOSSAA. The game will be played at the home of the highest ranking team at the end of league play.
- e) If no team from a classification makes the playoffs, the highest ranking team from the regular season will have the opportunity to advance to EOSSAA.

HOST SCHOOL RESPONSIBILITIES

- a) Provide game balls
- b) Assume total cost of officials. The UOVHSAA Convenor will bill this fee to the school
- c) Provide visual scoreboards.
- d) Provide score sheets, one copy to each coach, the original to be sent to the UOVHSAA athletic convenor the next school day at the latest. It is the host school's responsibility to enter scores on the UOVHSAA website by filing the game report, (this includes tournaments and playoffs.)
- e) Provide trained scorers
- f) Each team that is involved in the match must provide one linesperson.
- g) Inform the UOVHSAA athletic convenor of any match cancellations.

PROTESTS

- a) All protests shall be lodged in writing with the UOVHSAA athletic convenor who will report to the Chairperson of the Board of Review.
- b) All protests shall be lodged within **48 hours** of the conclusion of the disputed game.
- c) All protests arising out of an ineligible player may be lodged at any time upon the request of the UOVHSAA athletic convenor or anyone from the school concerned.
- d) If the age of a student participating in a game is questioned by a member of UOVHSAA, the onus for proof of age shall lie with the school which the student represents.

UOVHSAA ATHLETIC CONVENOR DUTIES

- a) The UOVHSAA athletic convenor shall send each school an "Intent to Compete" form no later than two weeks before the beginning of the season.
- b) The convenor shall request that the Head Official send a copy of the assigned officials to each school.

- c) When the schedule is being formed the convenor shall attempt to schedule an equal distribution of home and away games. The schedule should flip each year if possible.
- d) The convenor shall submit a final report to UOVHSAA by the UOVHSAA meeting that follows the end of the season. This report should include final league and playoff standings and suggestions for changes to the playing regulations.
- e) The UOVHSAA athletic convenor shall be responsible for reporting all matters regarding player or team ineligibility to the Chairperson of the Board of Review.
- f) The UOVHSAA athletic convenor shall be responsible for reporting all matters of misconduct to the UOVHSAA executive.
- g) The UOVHSAA athletic convenor shall be responsible for reporting to the UOVHSAA executive all matters arising out of forfeited games.
- h) The UOVHSAA athletic convenor will list current year's champions. The convenor will contact the athletic director at each school to request that any trophies in possession at that school be brought to the upcoming UOVHSAA executive meeting.

AWARDS

The school winning each age division championship shall receive the UOVHSAA trophy for that age division.

These trophies are loaned to the winning school. It is the responsibility of that school to ensure that the trophy is at the UOVHSAA meeting prior to the beginning of the sport season.

DEPORTMENT

- a) A team is defined as "All participants representing the same school at an UOVHSAA event".
- b) A participant is defined as "anyone who has been granted proper authorization to enter a restricted area". "Restricted area" includes those areas occupied by athletes and to which access by the general public is restricted or prohibited.
- c) All participants are expected to abide by the OFSAA ["Rules of Behaviour for Participants"](#) at all UOVHSAA events.
- d) The **teacher coach or teacher supervisor** is responsible for the behaviour of participants at all UOVHSAA events.
- e) All coaches are expected to adhere to the ["Code of Ethics for Coaches"](#) as outlined by EOSSAA.
- f) All schools entering an UOVHSAA event shall acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.

REVISIONS / AMENDMENTS

- a) These playing regulations may be amended / revised at a UOVHSAA meeting by a majority vote of the member schools.
- b) Proposed amendments / revisions must be presented in writing, and circulated by movers to all member schools at least 14 days prior to when the vote is taken.
- c) Approved amendments / revisions are effective for the next playing season.
- d) A UOVHSAA volleyball sport advisory committee should meet and update the playing regulations at least every five years. When this is done the revised playing regulations will be presented to the coaches at the June coaches meeting.

INCLEMENT WEATHER

- a) In case of bad weather that develops throughout the day, regular season games may be rescheduled to another date. The Athletic Directors of the schools involved must contact each other and the UOVHSAA athletic convenor before noon to cancel. The Athletic Directors of the schools involved and the UOVHSAA athletic convenor will determine when the game will be rescheduled.
- b) If bus transportation is cancelled for the day to the visiting school, the game will be rescheduled. The same protocol listed above will be implemented.