NSSSAA Volleyball Playing Regulations ~ June 2026

1. All participating schools must be members of NSSSAA and subsequently NWOSSAA. All participants must meet the eligibility rules for their league.

2. The current CVA rule book will be followed. However, any touch of ceiling is out of play (2026).

3. CVA/OFSAA score sheets will be used in all NSSSAA volleyball matches.

4. The height of the net shall be set to meet CVA guidelines.

    - Junior Girls net shall be 2.15 m high
    - Senior Girls net shall be 2.24 m high
    - Junior Boys net shall be 2.35 m high (Motion 11 2008)
    - Senior Boys net shall be 2.43 m high

5. The NSSSAA Volleyball League is to be divided into two divisions as follows:

East	West
Chapleau High School	Chateau Jeunesse
E.S. L'Oree des Bois	Geraldton Composite High School
E.S.C. Saint Joseph	Lake Superior High School
E.S.C. Trillium	Manitouwadge High School
Hornepayne High School	Marathon High School/ E.S. Cite-Superieure
Michipicoten High School	Migizi Miigwanan
	Nipigon Red Rock District High School

6. All regular season matches will be best 3/5 for seniors. All Junior matches will be best 2/3 in regular season. (See #11 for instructions for finals) **(2026**). The 3rd game for the juniors and the 5th game for the seniors will be a 15 point game with a two point advantage for the winner.(May 2024) A junior team winning two games first and a senior team winning 3 games first will be declared the winner.(May 2024) The league scoring will be one point per game and one point for winning the match. A team winning only one of the first two games, exclusive of the mandatory third game, will be awarded one point.

7. If the third game is for exhibition purposes only, this score is not to be recorded on the score sheet. (2016) Once a match is won in regular season an additional game is played for exhibition purposes. Should a match go to 3 in junior or 5 in senior, it is NOT mandatory that an exhibition game be played. **(May 2024)**

8. Regular Season volleyball tie breaking procedure:
    a. Record between tied teams.
    b. Games (sets) won versus games lost between tied teams.
    c. Games (sets) won versus games lost in the division.
    d. A deciding match (***two out of three games for juniors and 3/5 for seniors) between the two tied teams shall occur. (*****May 2024**) The venue of this game shall be decided by a coin toss. The mechanics of the above game will be decided upon by the coaches and the athletic directors in question. The coin toss will be done by the president and the secretary/treasurer. A two-way tie between 1st and 2nd can be settled with a coin toss if both teams in questions are in agreement. (2017)
    e. Should a three-way tie occur, the three teams involved shall travel to a location determined by a paper draw. A negative bye draw will be randomly determined with the winner of the second match as division champion. (Motion 28 2011)
    f. Should a four-way tie occur, the four teams involved shall travel to a location determined by a paper draw. The two semi-finals be set randomly and the winner of each advances to a final to determine division champion. (Motion 28 2011)
    g. The travel costs will be divided between the schools involved. (Motion 18 2011)

9. At the NSSSAA Volleyball Championships, both junior and senior will play a crossover tournament with the first-place team from the East playing the second-place team from the West and the first-place team from the West playing the second-place team from the East with the Consolation and then Championship matches to follow. (Motion 3, 2025).

10. Schedules for Finals competition must be arranged using a fixed template (Motion 4, 2025):

For finals in the West:

Game 1	Junior West 1st	vs	Junior East 2nd	Warm up starts at 8:30am
Game 2	Junior West 2nd	vs	Junior East 1st	9:50am
Game 3	Senior West 1st	vs	Senior East 2nd	11:10am
Game 4	Senior West 2nd	vs	Senior East 1st	12:30am
Game 5	Junior Consolation Loser game 1 vs Loser game 2			1:50pm
Game 6	Senior Consolation Loser game 3 vs Loser game 4			3:10pm
Game 7	Junior Championship Winner game 1 vs Winner game 2			4:30pm
Game 8	Senior Championship Winner game 3 vs Winner game 4			5:50pm

For finals in the EAST:

Game 1	Junior East 1st	vs	Junior West 2nd	Warm up starts at 8:30am
Game 2	Junior East 2nd	vs	Junior West 1st	9:50am
Game 3	Senior East 1st	vs	Senior West 2nd	11:10am
Game 4	Senior East 2nd	vs	Senior West 1st	12:30am
Game 5	Junior Consolation Loser game 1 vs Loser game 2			1:50pm
Game 6	Senior Consolation Loser game 3 vs Loser game 4			3:10pm
Game 7	Junior Championship Winner game 1 vs Winner game 2			4:30pm
Game 8	Senior Championship Winner game 3 vs Winner game 4			5:50pm

11. NSSSAA Senior volleyball gold medal matches be played to the best of 5 with the fourth and fifth sets being played only if necessary to declare a winner. All other matches (junior and senior) be played to the best out of 3. No exhibition games shall be played. (2026)
~~All NSSSAA Finals matches for senior volleyball will be played 3/5. All NSSSAA Final matches for junior volleyball will be played to 2/3.~~ **~~(May 2024)~~** ~~The third set of the senior consolation match and the junior final match and consolation match will only be played if necessary to declare a winner. (updated 2019)~~

~~Host schools should try to accommodate visiting teams during regular season play with regards to playing times. (2026)~~

12. Warmup will be 5(common) and 5 and 5 for each team for all regular season and playoffs (**May 2024**). During hitting practice, the team is allowed to hit from one side of the net only. At this time the other team can warm-up in the back court area from the hitting side if the warm-up doesn't interfere with the hitting team. The coach of the hitting team can request the warm-up of the back court team be stopped if unacceptable interference occurs. This request would be made to the convenor. (Motion #8 2009) If a games day is a double header or championship tournament, the teams shall have no common warm-up time for any matches following the first match of the day, but each team will still receive a 5-minute individual team warm-up at the net. (Motion # 10, 2015)

13. There is no limit set to the number of players who can be dressed to play during the regular scheduled games or during the NSSSAA finals. This applies to junior and senior volleyball teams.

14. The convenor or his/her designate has full authority to eject a participant for contravention of the Code of Behaviour for Participants.

15. Should qualified officials fail to fulfill their prior commitment for volleyball championships, and the convenor exhausts all possibilities to obtain other qualified officials, the convenor will be able to substitute an experienced official with the consent of both coaches, or the game shall be played with the one official.

16. Kicking is a legitimate play. The ref has the power to make judgements regarding sportsmanship/behaviour to address deliberate kicking that is not in the spirit of the competition or appropriate play. (May 2024)