



SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow the specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. **NEW** All school teams **MUST** register through the SSNL HUB process. All players must be registered prior to their FIRST GAME STARTING in order to be eligible to play in an SSNL Tournament. Failure to comply will result in default of the games in question and awarding of points to the opposing teams.
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL JV tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or are impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. SSNL has banned the use of **electronic and mechanical noise makers** (Air horns, mega phones) during SSNL events. SSNL will provide signage to all schools.
8. **Teacher Sponsor:** SSNL follows the Schools/District Policy regarding the requirements for a Teacher Sponsor, please ensure that your school is aware of requirements.

9. All members of the coaching staff for each team **MUST** complete the free coach.ca “Safe Sport Training” & “Rule of Two”; one member must complete the “Making Headway” concussion course in order for their school’s team to be eligible for SSNL tournaments.
10. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.
11. Team composition is at the discretion of the coach.
12. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
13. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. You CANNOT protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See “Protest, Disciplinary Infractions, and Appeals” section in the SSNL Varsity Manual for more details.
14. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infringing teams, potential school fines and sanctions, and/or the entire tournament being voided.
15. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
16. No cell phones or any person who is not a minor official are permitted at scorer’s tables.
17. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
18. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments. There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
19. Fines:
 - a. If a team pulls out of the tournament Wednesday 5pm of the registration week they will also be required to pay a \$150 fine and possible further sanctions.
 - b. Aside from the fines, teams will still be responsible for any expenses they incurred regarding the tournament (e.g. t-shirts, meals).
 - c. Any school that fails to pay the assessed fines by June 30 of the current year, will be suspended until the fine has been paid.
20. SSNL believes in a philosophy of fair play and sportsmanship; it is the coaches responsibility to ensure that fairplay is being practiced.

SSNL JUNIOR VARSITY VOLLEYBALL TECHNICAL STANDARDS

EVENTS

Unless there is a competition between at least three teams/individuals in any SSNL tournament, there will be no medals or banners awarded.

Regional champions will be declared in:

1. Boys and Girls (or Co-ed)

TOURNAMENT DATES

Tournament dates are set at the discretion of, and or, in conjunction with the Regional Contact; Host/Convenor and or the Junior Varsity Coordinator.

RULES

There are rules listed in the Volleyball Tech Standards that are specific to SSNL tournaments. **It is the responsibility of the tournament Convenor to make sure all Officials are aware of these rules.** SSNL will defer to Volleyball Canada Rules for all other rules not listed in these technical standards.

1. A ball that hits the ceiling or any hanging obstruction from the ceiling is out and a point is awarded to the other team.
2. Games are to start 10 minutes after each game ends except in back to back game situations (see scheduling section for B2B times). The 10 minutes starts as soon as the previous game ends.

TEAM COMPOSITION

1. A maximum of 15 players can be registered for SSNL tournaments. All 15 players may dress and be available to play given they appear on the game sheet. All 15 are subject to all conduct rules.
2. Teams must consist of a minimum of 9 players. (Contact the JV Coordinator to discuss options if minimum number cannot be reached)
3. For playing time rules please refer to the [NLVA Registration Booklet](#) sections 3.1.1.2; 3.1.1.3; 3.1.1.4; 3.1.1.5; and 3.1.1.5.1

"3.1 Fair Play Rule"

3.1.1 Applied to all Junior High Championships

3.1.1.1 A team must have a minimum of nine (9) players to play in the match.

3.1.1.2 A coach must "save" a minimum of three (3) players who do not play in the 1st set. In other words, at the end of the 1st set, a coach must have at least 3

players who in no way played in the 1st set. A player is considered to have played in the set if their number is entered on the scoresheet.

3.1.1.3 In the 2nd set, there must always be at least three (3) players on the court who did not play in the 1st set. Fair Play doesn't apply to age groups that can use Libero Any combination of players who played and did not play in the 1st set may start or be substituted into the 2nd set provided that there are always at least 3 players on the court who did not play in the 1st set.

3.1.1.4 In the 3rd set, the coach can use whichever players they want.

3.1.1.5 A team is allowed 12 limited substitutions per set.

3.1.1.5.1 Once you have a designated partner that is the only player for whom you may leave or re-enter that set. (This may change between sets.)"

4. *Please Note* SSNL believes in a philosophy of fair play and sportsmanship; it is the coaches responsibility to ensure that fairplay is being practiced. SSNL encourages coaches to provide opportunities for all members of their team throughout games & tournaments. This may be a deviation from the NLVA rules.
5. Only those in grades 7-9 are eligible; exceptions must be requested and approved by the process communicated by the JV Coordinator.

PLAYING FACILITY

1. It is recommended that there be a minimum of 2 usable courts.
2. Recommended to have regulation size court – 18m x 9m and free of all obstructions up to a height of 7m from the ground.
3. Recommended that the courts should have a minimum clearance of 2m around from all obstructions.

EQUIPMENT

1. There is no Official Ball for Junior Varsity but the ball used in the tournament must be the same brand/size used for all games in the tournament. National standards are as follows: 14U – 16U: Mikasa VQ200w-CAN (If available) and is expected to be used for all SSNL Tournaments, however, when an official ball is changed the previous approved ball(s) are permitted to be used for any tournament.
2. Each court used by the convenor shall need a game ball. Teams are asked to bring their own practice balls to tournaments.
3. Score sheets
4. Line-up cards
5. Linesmen flags
6. Score table and chair. (Only Major and Minor Officials and the Convenor are permitted to be at the score table and no cell phones are permitted in use at scorer's table).
7. Extra whistles
8. Stop-watch (for time-outs)
9. Yellow and red cards

NETS

1. The height of the net will be 2.35m for male and 2.2m for female (consistent with NLVA U15 standards). It shall be made of 10cm square mesh. Double thickness of white canvas 5cm in height shall be seen along the full length of the net. A flexible cable shall be stretched through to the upper canvas and the lower edge of the net.
2. Net supports: the post supporting the net must be at least 50cm from the sidelines and shall not interfere with the duties of the officials. It is highly recommended that the post be covered with some type of padding or gym mats to prevent injury.
3. Convenors should ensure that referees have a suitable, comfortable platform to work from.
4. The convenor should ensure that a set of antennae is available for all venues.

SUBSTITUTIONS & LIBERO

1. Maximum number of substitutions per set is 12.
2. The libero rule WILL NOT be in effect.

WARM-UP GUIDELINES

It is expected that all teams follow the new Volleyball Canada warm-up guidelines to help reduce instances of concussions.

1. Officials must ensure that both teams follow the same warm-up procedure. Volleyball Canada's warm-up procedure below is in place to help reduce instances of concussions.
2. 10 minute warm up:
 - a. 2 minutes of rallying on each side
 - b. whistle blows designating which team "hits" first*
 - c. The first team to "hit" has 4 minutes to warm up (this includes the serving time).
 - d. A team can choose to serve for the first 1 minute or the last 1 minute. The team will use the whole court to serve while the other team stays on the sidelines for the serving section.
 - e. Hitting portion (opposing team can rally behind the hitters in each and every Variation):
 - i. Variation 1: One position hits at a time while the other positions are on the receiving side catching the balls. The hitters never cross under the net. In this case, each position hits for 1 minute each.
 - ii. Variation 2: Libero and alternate setter can go on the other side and catch. The hitters never cross under the net. In this case, all positions are continuously hitting.
 - iii. Variation 3: Designate half of your players to the "hitting" side, and half to the receiving side. Switch half way through. The hitters never cross under the net. In this case, all positions are continuously hitting.
 - f. *Whistle blows designating the teams to switch* (same 4-minute warm up as above)

OFFICIALS

1. It is the responsibility of the convenor to obtain major and minor officials. The convenor should try to obtain rated officials from the NLVA and a list of Officials will be listed on the SSNL web site on the sport page in question.
2. Students from the host school are not permitted to umpire games played by their own school no matter their rating of Official.
3. Volleyball officials will be instructed that in SSNL, coaches/teacher-sponsors are permitted to speak with the umpire during time-outs.

PROTESTS, DISCIPLINARY INFRACTIONS & APPEALS

See the SSNL Junoir Varsity Manual or General Tech Standards section at the beginning of the document for policy and procedures on all protests, disciplinary infractions, and appeals.

TIE-BREAKING PROCEDURE

The tie breaker rule will now be the same as Volleyball Canada (available on page 96 of Volleyball Canada Official Volleyball Rules:

<https://volleyball.ca/en/development/referee/rules-amp-guidelines#referee-guidelines>

SCHEDULING

1. Schedules should be made known to all teams 1 week prior to their 1st match.
2. All matches will be best 2 out of 3 sets, including all playoff games. There is no cap on the final score.
3. **Tournaments with 8 or more teams will not include quarterfinal matches.**

Type of tournament allowed:	Round Robin, Double Round Robin, 2 div., or 4 div.
Maximum # of teams in round robin:	8
Maximum # of teams in one venue:	10
Number of matches per day allowed:	5
Games scheduled to start:	10 minutes after previous games ends except in back to back situations.
Back-to-back games permitted:	1 per tournament
Earliest a game should be scheduled:	Starts at 9am
Latest a game CAN be scheduled:	Starts at 9pm
Time between back-to-back round robin games or last round robin game and first playoff game if back-to-back.	20 minutes (this is a 10 minute break and 10 minutes to warm-up)

Time between last round robin game that leads straight to a final (if back to back)	40 minutes (this is a 30 minute break and 10 minutes to warm-up)
Time between back-to-back playoff games	40 minutes (this is a 30 minute break and 10 minutes to warm-up)

AWARDS

For each tournament, the following awards are provided:

Junior Varsity

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 per tournament)
3. Individual MVP Award (1 per tournament)
4. Junior Varsity Championship Banner.

NOTE: **No Player of the Game” / “All-Star” or other individual awards are permitted. Failure to comply can result in a \$100 fine for the host school.*

REGISTRATION FEE

- All JV events are based on a cost recovery model. Officials, game balls and venue cleaning are eligible expenses to base your registration fees on. Contact your SSNL JV Rep or the JV Coordinator for approval of registration fee total.
- Maximum registration for Volleyball is \$175.00 per team.
- Host teams must also pay the full set registration fee.

PARTICIPATION FEE

Junior Varsity SSNL Participation Fee - \$5 per athlete. If playing an individual event only, then \$5 maximum. The host is required to submit the tournament remittance form to SSNL as part of the post tournament process.

****Hosts will no longer be responsible for collecting fees, SSNL will invoice participating schools every 2 months for total fees owed based on the records from remittance forms.**

(This fee is in addition to set maximum registration fee, you may adjust your registration accordingly)