

## **SSNL GENERAL TECH STANDARD RULES AND REGULATIONS**

The following regulations will apply to ALL qualification and provincial tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow for 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. All schools **MUST** register their school online for all tournaments and in the case of the Provincials, their entire roster as well. Teams participating in Qualification, Junior Varsity, and Foundation tournaments can register their roster directly with the convenor. All players must be registered in the format above prior to their **FIRST GAME STARTING** in order to be eligible to play in an SSNL Tournament. Failure to comply will result in the defaulting 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 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 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. Teacher-sponsors must be on the bench at all times. Games do not start without the teacher-sponsor present. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
8. 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.
9. Team composition is at the discretion of the coach and can change from the Qualifier to the Provincial Tournament. SSNL does encourage, however, that coaches consider rewarding those players that helped win a Provincial berth with a place on the team for that tournament as well.

10. 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.
11. 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. The SSNL Rep may be used to help with the ruling. 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 of this Convenor Manual for more details.
12. 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 infracting teams, potential school fines and sanctions, and/or the entire tournament being voided.
13. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
14. No cell phones or any person who is not a minor official are permitted at scorer's tables.
15. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
16. At least one member of the coaching staff for each team **MUST** complete the free coach.ca "Making Headway" concussion course in order for their school's team to be eligible for SSNL tournaments.
17. 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-Start Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
18. Schools who have qualified (through winning their Qualifier or a receiving a bye) for a Provincial tournament and who **AFTER REGISTERING** their team do not attend the tournament, will be fined \$300 if the reason for pulling out is not deemed valid by the Varsity Council. If said team pulls out of the Provincials after Wednesday 5pm of the registration week they will also be required to pay the full Provincial Tournament registration. Schools may also be banned from Provincial competition in that gender and sport for 1 year.

## 2019-20 VOLLEYBALL TECHNICAL STANDARDS

### EVENTS

Provincial champions will be declared in:

1. Boys and Girls A
2. Boys and Girls 2A
3. Boys and Girls 3A
4. Boys and Girls 4A

### 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 defers to Volleyball Canada Rules for all other rules not listed in these technical standards.

1. ★ **[NEW]** 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. ★ **[NEW]** 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 games ends.

### TEAM COMPOSITION

1. A maximum of 15 players can be registered for SSNL tournaments, however a maximum of 12 will be permitted to play each match.
2. All 15 players are permitted to sit on the bench, but only the 12 playing that game go on the game sheet. All 15 are subject to all conduct rules as well.

### 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. The Official Ball (Mikasa MVA 200) must be used for all SSNL Tournaments.
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 net shall be 1m in height and 9.5m long. 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 upper canvas and the lower edge of the net.
2. The net height for boys is 2.43m. Girls is 2.24m.
3. 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.
4. Convenors should ensure that referees have a suitable, comfortable platform to work from.
5. 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. Libero rule will be in effect.
3. Libero substitutions are unlimited.

## ★ [NEW] WARM-UP GUIDELINES

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

1. 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.

## COACHING

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 Handbook 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**

If 2 teams are tied, the team that won the match between the tied teams will advance.

3-way tie:

1. The team having the best ratio of won/lost sets from the games played by the tied teams against each other only, advances (Ratio = sets won divided by sets lost. Highest number wins). If only one team is eliminated at this step then the tie-breaker reverts back to the 2-way tie-breaker listed above.
2. In the event all 3 teams are still tied after step #1 is applied, the team having the best ratio of points for and against counted only from the games played between the tied teams against each other, advances (Ratio = Points for divided by points against. Higher number wins). If only one team is eliminated at this step then the tie-breaker reverts back to the 2-way tie-breaker listed above.
3. In the event a 3-way tie remains after step #2, the team having the best ratio of won/lost sets from games played against ALL teams in the round robin will advance (Ratio = sets won divided by sets lost. Higher number wins). If only one team is eliminated at this step then the tie-breaker reverts back to the 2-way tie-breaker listed above.
4. In the event a 3-way tie remains after step #3, the team having the best ratio of points for and against from games played against ALL the teams in the round robin, will advance (Ratio = points for divided by points against. Highest numbers wins). If only one team is eliminated at this step then the tie-breaker reverts back to the 2-way tie-breaker listed above.
5. If after all steps 3-teams are still tied, the Convenor (or SSNL Rep in cases where Convenor is any part of coaching staff or is the teacher-sponsor) will decide between playing an extra set (points required to win can be modified for scheduling concerns) and a coin toss.

## ★ [NEW] SCHEDULING

1. Schedules should be made known to all teams 1 week prior to their 1<sup>st</sup> match.
2. All matches will be best 2 out of 3 sets, including all playoff games.
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
Latest a game can be scheduled	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 classification, the following awards are provided:

### Qualifiers

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 for entire Tournament)
3. Individual MVP Award (1 for entire Tournament)
4. Qualification Championship Banner

### Provincials

1. Gold and Silver Medals
2. Individual Sportsmanship Award (1 per team)
3. Individual MVP Award (1 per team)
4. Team Sportsmanship Banner
5. Provincial Championship Banner.

## REGISTRATION FEES

A maximum of \$150 per team.

Participation fee of \$3 per athlete for provincial tournaments and \$2 for qualification tournaments.