

VOLLEYBALL

Additional information can be found on the Volleyball page of the SSNS website:

Volleyball	Start-up Date	September 4
	1 st Game	September 6
	Declaration Date	September 13
	JV Regionals completed by	November 16
	JV Provincial Championships	November 29/30
	JV Host Region	Capital
	Div 1-3 Regional Championships completed by	November 23
	Div 1-3 Qualifying events completed by	November 30
	Div 1-3 Provincial Championships	December 6/7
	Host Region Division 1	(Boys- Western) (Girls- Highland)
	Host Region Division 2	(Boys – Western) (Girls – Highland)
	Host Region Division 3	(Girls – Northumberland)

Volleyball Game Cap	22 Days of Competition
---------------------	------------------------

Coaching Requirement	Making Headway
----------------------	----------------

SSNS sanctioned competition in the sport of Volleyball shall follow the rules and regulations as defined by Volleyball Nova Scotia (www.volleyballnovascotia.ca) with SSNS specific regulations as follows:

29.1 Classification

As per rule 3 and Girls Junior Varsity

29.2 Student Eligibility

All eligible student athletes as defined by rule 2

29.3 Regional Representation

29.3.1 Regional Representation based on regional declaration numbers.

29.3.2 Play In Games may be used to determine final allocations to the Provincial Championship

29.4 Provincial Format (unless altered as per rule 5.5.2)

Two pools of play leading to semi final cross over play

29.5 Awards

Championship Banner to winning school.

SSNS Gold Medallions (16) to members of championship team and coach.

SSNS Silver Medallions (16) to members of runners-up team and coach.

SSNS Bronze Medallions (16) to members of third place team and coach.

29.6 General Rules of Play - Volleyball Canada Rules of Play

29.7 SSNS Specific Rules

29.7.1	Net Heights:	High School Boys	2.43m
		High School Girls	2.24m
		Junior High Boys	2.35m
		Junior High Girls	2.20m

29.7.2 Game rosters will consist of a minimum of eight (8) to a maximum of fifteen (15) for Provincial/Qualifying/Regional championship tournament play. Teams may play with a minimum of six (6) players for league or exhibition play.

29.7.3 Twelve (12) substitutions shall be permitted for all SSNS play.

29.7.4 If schools cannot agree on the game ball, the Mikasa V200W game ball is the preferred ball of the SSNS

29.7.5 Team members are not to change into game uniforms on the court/sidelines. They must change in a locker room.

29.8 For any SSNS sanctioned volleyball tournament, the schedule cannot schedule any team to play more than five (5) matches in one day.

29.8.1 Teams cannot be scheduled to play more than 2 matches (rounds) in a row.

Provincial Championship Facility Requirements

Minimum of two regulation volleyball courts.

SAFETY PROTOCOLS

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Poles must be safely stored when not in use.

Nets must have no frayed wires.

Protective padding must be placed around the poles (including cranks and supports, extending from the floor up to the bottom of the net) as well as referee stand and, where appropriate, scorer's table.

Antennae must be flush with the bottom of the net.

Clothing/Footwear

Appropriate clothing and footwear must be worn.

The wearing of jewellery during practices and competitions must meet the rules of Volleyball Nova Scotia.

Facilities

Determine that all facilities are safe for use.

Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and must provide safe footing and traction.

When volleyball poles are removed, floor plugs must be replaced.

Supervision

On-site supervision during initial instruction of skills.

In-the-area supervision after skills have been taught.

On-site supervision during equipment set up and take down.