

LVISSAA Jr Girls Volleyball League Format & Rules 2025

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1. Playdays

Div 1 teams will play on Thursdays

Div 2 & Gr 9 teams will play Mondays (and the occasional Wednesday (possibly Thursday* TBC)

When three teams are at one site on one court, the first-listed team on the schedule will play the first two matches, the second-listed will play the 2nd and 3rd matches, and the host will play the 1st and 3rd matches.

Games start at 4pm. Play 2 sets to 25 (no cap).

Warm up starts at 3:45. 10 minutes between matches

2. BCSS Registration

On-line Team Registration forms to BCSS by October 1st. Rosters due by October 15th.

Only eligible players may play EVEN DURING EXHIBITION, this includes appeals.

Consult LVISSAA/BCSS rules regarding eligibility and codes of conduct.

3. League Rules

Due to the number of teams entering, the Jr girls league will be divided into two divisions (Div 1 & Div 2). This is in hopes of allowing teams to play more evenly matched games and to avoid blowouts. Only 1 team per school will be eligible for the Gold (Div 1) Playoffs. If a school chooses to enter 2 teams in Div 1, the second team will not be eligible for the Gold Playoffs (see playoff format).

Jr Players may play up the Sr team during league play. Once a Jr player plays in a Sr playoff game, the jr athlete will be ineligible for any future Jr games.

The league follows Volleyball Canada rules, including

- receiving a serve with a volley is allowed.

The following are rule exceptions:

- net height is 2.20 for female

- 12-sub unlimited

- the ceiling is in play* (see below)

- After a TO players can go back onto the court without referee authorization. ie. no waiting.

*Playing off the Roof - Teams may play the ball off the ceiling (including other overhead obstructions) provided that the contact with the ceiling takes place above the floor within the perimeter of the team's own playing court and the ball does not cross into the opponents playing space immediately after contacting the ceiling or obstruction.

New 2024: All matches will use the 12 sub unlimited rule with 1 or 2 liberos

- o A team may designate different players as their liberos each set. The liberos do not serve.

TIE-BREAKER FORMAT

- A) Head-to-head competition
- B) Set differential between tied teams
- C) Point differential between tied teams
- D) Overall set differential
- E) Overall point differential

After a team is eliminated, the remaining tied teams start again at step A.

PLEASE REFER TO LVISSAA CONSTITUTION (in school) FOR OTHER GENERAL LEAGUE RULES.

4. Playoff Format

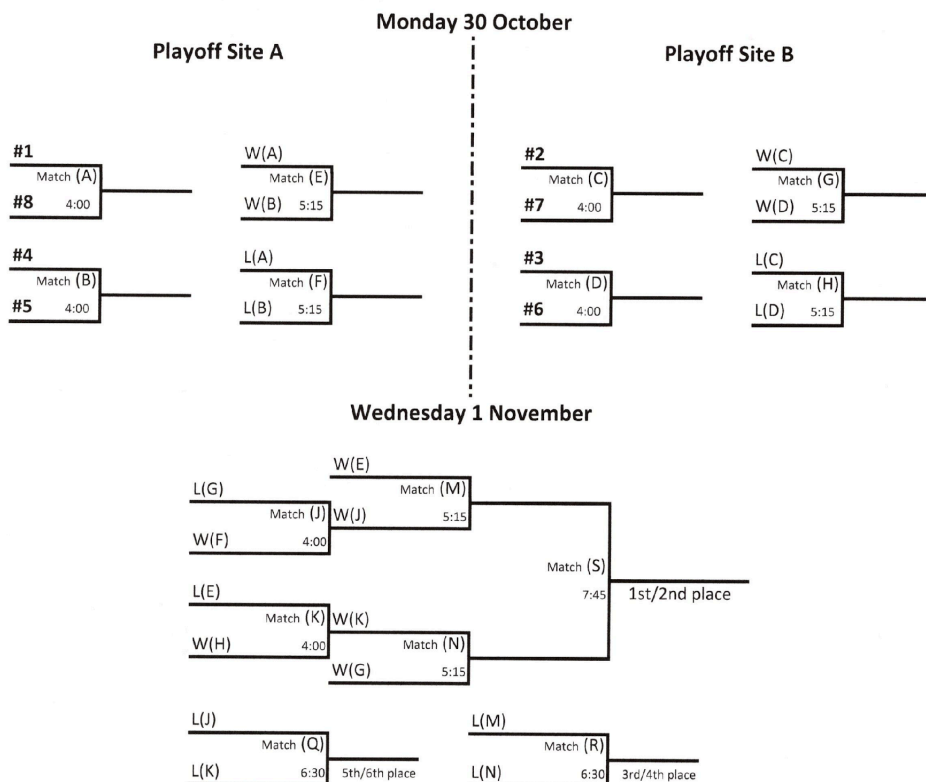
The top 8 teams in Div 1 will play in an 8 team playoff. Teams in the 1st division that finish outside the top 8 will compete in a consolation play-off. This consolation playoff will be a one day round robin (teams #9-12 in one pool; #13-15 in the other). All teams in division 2 will compete in a consolation playoff format as well. The Gr 9 teams will have their own playoff. Format to be determined after registration. All playoff games will be best of 2/3 format with CVA tie breaker. The top ranked schools in each division will be asked to host.

City Championships - October 30-31 at one site: The top 8 teams from Div 1 qualify and are divided into 2 pools. Teams in the Gold Playoffs will compete for berth(s) to the Island Championships. All city playoff games will be best 2/3. The total number of berths the south receives will depend on the quotient determined by VISSAA.

City Championship Format

Pool A: 1st, 4th, 5th, 8th

Pool B: 2nd, 3rd, 6th, 7th



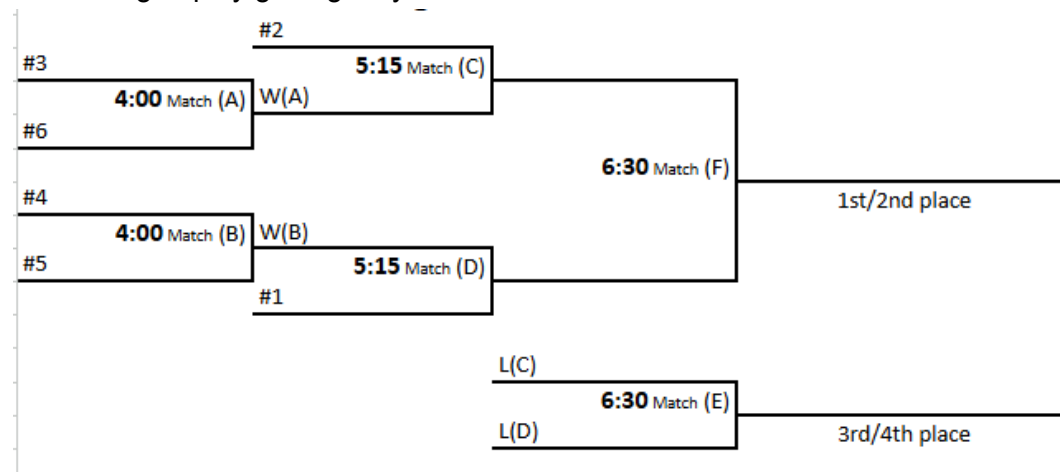
Round Robin Formats for remaining teams in Div 1 & All Div 2 teams

All games 2 sets only with no cap

4 Teams	CRT 1	CRT2
04:00	1st vs 4th	2nd vs 3rd
05:15	3rd vs 1st	2nd vs 4th
06:30	1st vs 2nd	3rd vs 4th

3 Teams	CRT 1
04:00	1st vs 3rd
05:15	3rd vs 2nd
06:30	1st vs 2nd

Gr 9 City Championships - teams will play a 1 day playoff with teams finishing 1st and 2nd in league play getting a bye into the semi finals. Games will be best 2/3



Playoff Dates:

City Championships - Thurs/Fri Oct 30-31 @ Esquimalt

Div 1 (9th-15th) - Thurs Oct 30

Div 2 - Mon Oct 27

Gr 9 - Mon Oct 27

5. Reporting Scores

The host school is responsible to report scores for **ALL** games on the evening of game day to the commissioner. Please email the scores in the following format:

School A vs School B (25-13; 25-21)

Don't forget to specify which team (A or B), if a school has two teams playing in the league.

6. Officials

Bill Sood/Mark Lindal will be allocating officials.

Please let the Commissioner know if officials don't show up and leave the name of the person who filled in (if appropriate).

7. Island Championships

Gr 9 Girls: Thurs/Fri Nov 7-8 @ North Wellington or NDSS

Jr Girls: Weds/Thurs Nov 12-13 @ Central Brentwood

The south will receive 3 berths for each tournament

Note the Islands will be an 8 team tournament

VOLLEYBALL RULES

GAME CHARACTERISTICS

1. Volleyball is a team sport played by two teams on a playing court divided by a net. The ball is played by hitting it with hands, arms, feet and head.
2. A team is allowed to hit the ball three times, in addition to the block contact, to return it to the opponent's court.
3. The rally continues until the ball touches the ground, goes out or a team fails to return it properly. In volleyball, both the serving and receiving teams can score points. In other words, serve possession does not affect your scoring chances.
4. A team wins a set by scoring twenty-five (25) points with a two (2) point lead. Each match will consist of 2 games.

FACILITIES AND EQUIPMENT

1. The playing surface must be flat, horizontal and uniform.
2. The playing surface must not present a danger to the players.
3. The service zone is a 9m wide area behind the end line. The server is always exempted from the positional fault at the moment of the service hit.
4. The height of the net shall be: for Jr. Boys 2.35, Jr. Girls 2.20 , Sr. Boys 2.43 and Sr. Girls 2.24 meters.

TEAMS

1. A team is made up of a maximum of twelve players.
2. Only the players indicated on the score sheet may take part in the game.
3. Each team shall designate a team captain on the score sheet.
4. The players' equipment consists of a jersey, shorts and sports shoes.
5. Players' uniforms shall be numbered from one to eighteen and the numbers must be clear on the front and back of the uniform.
6. Teams should know the volleyball rules and abide by them.

POINT, SET AND MATCH WINNER (SCORING SYSTEM)

1. All matches will consist of two games.
2. To win a game a team must score twenty-five points with a minimum lead of two points (mentioned above).
3. The rally point system is used in all sets to accelerate play. This system is more commonly known as ping-pong. If the serving team scores a point, they keep serving and also keep possession of their serve. If the receiving team wins the rally, they score a point and gain the right to serve. In other words, a point is scored on every rally regardless of who had the serve.

POSITIONS

1. At the moment the ball is hit by the server, each team must be within its own court except the server, in two rows of three players.
2. The three players along the net are front row players, the other three are back row players. Each player in the front row must be nearer the center line or net than the player immediately behind. A player on the right hand side of the court must have the player on his left on his left and nowhere else.
3. If a team is not in the proper position at the moment of the serve, they are committing a positional fault. A positional fault leads to a loss of rally and the players are returned to their position.
4. A rotation fault is committed when the service is not made in the proper rotation order. This also leads to loss of rally and a proper repositioning of the players.

SUBSTITUTIONS

1. Six (6) substitutions are the maximum permitted per set. A player of the starting line up is allowed to leave and return to the play during the set but only to return to his previous position.
2. A substitute player may enter the play only once in the set and can only be replaced by the same player.
3. An injured player who cannot continue playing should be legally substituted. If this is not possible, an exceptional substitution can be made.

PLAYING ACTIONS

1. The ball is in play as soon as the ball has been hit by the server. Nevertheless, the referee must have blown his whistle to allow the server to proceed.
2. The rally ends with the referee's whistle. However, if it results from a fault made in play, the ball is out of play from the moment the fault was committed.
3. The ball is "in" when it touches the floor of the court inside the boundary lines and including the boundary lines.
4. The ball is "out" when the part of the ball which contacts the floor is completely outside the boundary lines. The ball is also out when it touches an object outside the court (ceiling, person, or basket).

FAULTS IN PLAYING THE BALL

1. A team hitting the ball four (4) times consecutively commits a foul and loses the rally.
2. If a player takes support from a teammate or object in order to hit the ball he/she is committing a fault. This is also sanctioned by a loss of rally. Nevertheless, a player can be held by a teammate if he/she is about to touch the net or touch the center line.
3. A ball driven into the net can be picked up within the three touch limit without any penalty. If the ball rips the mesh of the net or tears it down, the play shall be cancelled and replayed.

BLOCKING

1. While blocking, the player is allowed to touch the ball on the opposite side of the net, provided that he does not interfere before or during the other players attempt to hit the ball.
2. A player's hand is allowed to cross the net after the moment of contact with the ball. Obviously, contact with the ball must have been made on his respective side of the net.
3. Physical contact with the net is a fault that leads to loss of rally. It is not a fault when a player not attempting to play the ball accidentally touches the net.

SERVICE

1. The first service is done by the team that won the coin toss. The other sets will be started by a serve of the team that lost the coin toss.
2. The server must hit the ball all within eight (8) seconds of the referee's whistle. Failure to do so will result in loss of rally.

ATTACK-HITS AND BLOCKING

1. All actions which consist of directing the ball towards the opponents' court are considered attack-hits. Serving and blocking are not.
2. An attack is completed when the ball completely crosses the plane of the net or is touched by an opponent.
3. Front row players are allowed to attack at any moment.
4. Back row players are not allowed to attack inside the three meter line of the court. They can nevertheless attack from the back row. To do so, the player must jump from behind the three meter line without touching the line with his feet. He is permitted to land inside the three meter line.
5. A back row player is allowed to complete an attack from the front row only if the ball is lower than the top of the net.

TIE-BREAKER FORMAT

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