



## HIGH SCHOOL VOLLEYBALL

SISAC Volleyball Games will follow official (2021-24) FIVB rules,  
[https://www.fivb.com/en/volleyball/thegame\\_glossary/officialrulesofthegames](https://www.fivb.com/en/volleyball/thegame_glossary/officialrulesofthegames)  
except for the following amendments:

### ELIGIBILITY

- All players must be eligible for the competition as outlined in the SISAC Handbook

### TEAM COMPOSITION

- Squad sizes on match days for each set can be up to 12 but can be different for each set.
- Recommended minimum squad size is 8 for competition.

### LEAGUE RULES

- Matches are best of 3 sets. The first two will be played to 25 points and (if necessary) the third to 15 points. (A team must win by 2 points)
- If time permits, a 4-4-2 warm up system will be used for all matches.
- The Libero Rule will not be employed at Middle School level, but can be utilized at High School level
- Unlimited substitutions are permitted, but the same players must replace each other (E.g. 7 replaces 1. Then 1 replaces 7), meaning a maximum of 12 players can be used in each set. After each set, this is reset.

### UNIFORMS

- The team's uniforms must be clearly numbered, and every member must have matching top and shorts
- Libero players must wear a contrasting color and be numbered
- NO spectacles are allowed (sport goggles/contacts are permitted).

### EQUIPMENT

- Games will use the following heights: Boys will play on a net height of 2.43m, girls on a net height of 2.24m.

### TIE-BREAKING PROCEDURE

- If two or three teams are tied at the end of their respective season, the following will determine the order of standings:
  1. Head-to-Head
  2. The difference between the total sets won and lost between tied teams
  3. The difference between the total sets won and lost in all matches
  4. The difference between the total points scored and lost between tied teams
  5. The difference between the total points scored and lost in all matches
  6. Once a three or four way tie is resolved, then the process begins again from step 1 for the remaining teams.

### PROTESTS

- Protests from core sport games must be submitted to SISAC Exec within 48 hours of the incident/ game.

### DISCIPLINE

If a team is forced to forfeit a game, the score will be recorded as a 2-0 loss



## HIGH SCHOOL BASKETBALL

*SISAC Basketball Games will follow official (2022) FIBA rules,*  
<https://www.fiba.basketball/documents/official-basketball-rules/current.pdf>  
*except for the following amendments:*

### ELIGIBILITY

- All players must be eligible for the competition as outlined in the SISAC Handbook

### TEAM COMPOSITION

- Squad sizes on match days can be up to 12.
- Recommended minimum squad size is 7 for competition.

### LEAGUE RULES

- Games will be 4 x 7 minute quarters with stopped time
  - 30-second shot clock
- Overtime periods will be 3 minutes (stopped time) and will begin with a jump ball
- Possession Arrow: A jump ball will begin the game followed by alternating possessions for any subsequent jump ball situation.
- Unlimited substitutions are allowed on any whistle, but not between free throws.
- Teams are permitted 2 timeouts in the first half and 3 in the second. These will each last 1 minute.

### UNIFORMS

- The team's uniforms must be clearly numbered and every member must have matching top and shorts`
- NO spectacles are allowed (sport goggles/contacts are permitted).

### EQUIPMENT

- Girls will use a Size 6 ball; Boys will use a Size 7 ball

### TIE-BREAKING PROCEDURE

1. Head-to-Head result
2. Scored Point differential in games between tied teams
3. Points conceded in games between tied teams
4. Overall point differential in all games
5. Coin Toss

### PROTESTS

- Protests from core sport games must be submitted to SISAC Exec within 48 hours of the incident/ game.

### DISCIPLINE

- If a team is forced to forfeit a game, the score will be recorded as a 10-0 loss



## HIGH SCHOOL SOCCER

*SISAC Soccer Games will follow official FIFA rules,*

<https://downloads.theifab.com/downloads/laws-of-the-game-2022-23?l=en>

*except for the following amendments:*

### ELIGIBILITY

- All players must be eligible for the competition as outlined in the SISAC Handbook
- TEAM COMPOSITION
- Squad sizes on match days can be up to 12.
- Recommended minimum squad size of 9 players.

### LEAGUE RULES

- Games will be 7 v 7 (One Goalkeeper + 6 Outfield Players)
- Games will be 2 halves of 20 minutes, with a 5-minute half time
- There will be no offside rule applied. Unlimited rolling subs will be used
- Mercy Rule - if a team is up by 5 goals, coaches are encouraged to use their bench to balance the game while the 5-goal differential exists.

### UNIFORMS

- The team's uniforms must be clearly numbered and every member must have matching top and shorts
- NO spectacles are allowed (sport goggles/ contacts are permitted).
- ALL players MUST wear shin pads/guards and long socks.
- Goalkeepers are required to wear a different colored jersey to the outfield players

### EQUIPMENT

- Matches will use a Size 5 ball.
- Field sizes and goals will vary depending on the host school. The penalty spot should be roughly 9 meters from the goal line

### PLAYOFFS

- In play-offs where draws are not permitted (knock-out games), 2 x 5 minutes of extra time will be played. There will be no silver or golden goal rule. If there is still no winner, a penalty shootout will be held with 3 penalty takers from each team

### TIE-BREAKING PROCEDURE

- Head-to-Head result
- Goal differential in games between tied teams
- Overall goal differential in all games
- Most goals conceded in all games
- Coin Toss
- Once a three or four way tie is resolved, then the process begins again from step 1 for the remaining teams.

### PROTESTS

- Protests from core sport games must be submitted to SISAC Exec within 48 hours of the incident/ game.

### DISCIPLINE

- If a team is forced to forfeit a game, the score will be recorded as a 3-0 loss
- If a player receives a red-card, the SISAC Chair should be informed and the player will miss the next league/playoff game



## MIDDLE SCHOOL SOCCER

*SISAC Soccer Games will follow official FIFA rules,*

<https://downloads.theifab.com/downloads/laws-of-the-game-2022-23?l=en>

*except for the following amendments:*

### ELIGIBILITY

- All players must be eligible for the competition as outlined in the SISAC Handbook

### TEAM COMPOSITION

- Squad sizes on match days can be up to 12.
- Recommended minimum squad size of 9 players.

### LEAGUE RULES

- Games will be 7 v 7 (One Goalkeeper + 6 Outfield Players)
- Games will be 2 halves of 20 minutes, with a 5-minute half time
- There will be no offside rule applied. Unlimited rolling subs will be used
- Mercy Rule - if a team is up by 5 goals, coaches are encouraged to use their bench to balance the game while the 5-goal differential exists.

### UNIFORMS

- The team's uniforms must be clearly numbered and every member must have matching top and shorts
- NO spectacles are allowed (sport goggles/ contacts are permitted).
- ALL players MUST wear shin pads/guards and long socks.
- Goalkeepers are required to wear a different colored jersey to the outfield players

### EQUIPMENT

- Matches will use a Size 5 ball.
- Field sizes and goals will vary depending on the host school. The penalty spot should be roughly 9 meters from the goal line

### PLAYOFFS

- In play-offs where draws are not permitted (knock-out games), 2 x 5 minutes of extra time will be played. There will be no silver or golden goal rule. If there is still no winner, a penalty shootout will be held with 3 penalty takers from each team

### TIE-BREAKING PROCEDURE

- Head-to-Head result
- Goal differential in games between tied teams
- Overall goal differential in all games
- Most goals conceded in all games
- Coin Toss
- Once a three or four way tie is resolved, then the process begins again from step 1 for the remaining teams.

### PROTESTS

- Protests from core sport games must be submitted to SISAC Exec within 48 hours of the incident/ game.

### DISCIPLINE

- If a team is forced to forfeit a game, the score will be recorded as a 3-0 loss
- If a player receives a red-card, the SISAC Chair should be informed and the player will miss the next league/playoff game



## MIDDLE SCHOOL TOUCH RUGBY

*SISAC Touch Rugby Games will follow official FIT rules,*

<https://cdn.internationaltouch.org/public/FIT%205th%20Edition%20Rulebook.pdf>

*except for the following amendments:*

### ELIGIBILITY

- All players must be eligible for the competition as outlined in the SISAC Handbook

### TEAM COMPOSITION

- Maximum roster size shall be 12 players.
- Recommended minimum roster should be 8.

### LEAGUE RULES

- Match Length
  - Games will be played over 2 halves of 15 minutes each.
  - There shall be 5 minutes for half time.
- Matches shall be played 6 vs. 6 players
- Substitutions
  - An unlimited number of substitutions are permitted in each match.
  - Play does not stop for substitutions.
  - Substitutions shall be allowed at any time during the game.
- Drop off rule for all games. Games do not end in a draw.
  - \*Drop-off: The following procedure will be utilized to establish a single winner:
  - Drop off commences with a tap from halfway by the team that did not start the match with possession
  - Teams reduced to 4v4 for a 2-minute period. If still a draw, 3v3 sudden death.

### UNIFORMS

- The team's uniforms must be clearly numbered and every member must have matching top and shorts`
- NO spectacles are allowed (sport goggles/contacts are permitted).

### EQUIPMENT

- Matches will use a Size 5 ball.
- Field sizes and goals will vary depending on the host school. The penalty spot should be roughly 9 meters from the goal line

### PLAYOFFS

- In play-offs where draws are not permitted (knock-out games), 2 x 5 minutes of extra time will be played. There will be no silver or golden goal rule. If there is still no winner, a penalty shootout will be held with 3 penalty takers from each team

### TIE-BREAKING PROCEDURE

- Head-to-Head result
- Try differential in games between tied teams
- Tries conceded in games between tied teams
- Overall try differential in all games
- Coin Toss
- Once a three or four way tie is resolved, then the process begins again from step 1 for the remaining teams.

### PROTESTS

- Protests from core sport games must be submitted to SISAC Exec within 48 hours of the incident/ game.

### DISCIPLINE

- If a team is forced to forfeit a game, the score will be recorded as a 5-0 loss
- (A maximum point differential of 10 points will be used for calculations.)



## MIDDLE SCHOOL VOLLEYBALL

SISAC Volleyball Games will follow official (2017-20) FIVB rules,  
[https://www.fivb.com/en/volleyball/thegame\\_glossary/officialrulesofthegames](https://www.fivb.com/en/volleyball/thegame_glossary/officialrulesofthegames)  
except for the following amendments:

### ELIGIBILITY

- All players must be eligible for the competition as outlined in the SISAC Handbook

### TEAM COMPOSITION

- Squad sizes on match days for each set can be up to 12 but can be different for each set.
- Recommended minimum squad size is 8 for competition.

### LEAGUE RULES

- Mercy rule will be applied anytime a server scores 7 points in a row. The serving team will rotate to the next server to continue the game.
- Matches are best of 3 sets. The first two will be played to 25 points and (if necessary) the third to 15 points. (A team must win by 2 points)
- If time permits, a 4-4-2 warm up system will be used for all matches.
- The Libero Rule will not be employed at Middle School level, but can be utilized at High School level.
- Unlimited substitutions are permitted, but the same players must replace each other (E.g. 7 replaces 1. Then 1 replaces 7), meaning a maximum of 12 players can be used in each set. After each set, this is reset.

### UNIFORMS

- The team's uniforms must be clearly numbered and every member must have matching top and shorts
- Libero players must wear a contrasting colour and be numbered
- NO spectacles are allowed (sport goggles/contacts are permitted).

### EQUIPMENT

- Games will use the following heights: Boys will play on a net height of 2.24m, girls on a net height of 2.15m.

### TIE-BREAKING PROCEDURE

- If two or three teams are tied at the end of their respective season, the following will determine the order of standings:
- Head-to-Head
- The difference between the total sets won and lost between tied teams
- The difference between the total sets won and lost in all matches
- The difference between the total points scored and lost between tied teams
- The difference between the total points scored and lost in all matches
- Once a three or four way tie is resolved, then the process begins again from step 1 for the remaining teams.

### PROTESTS

- Protests from core sport games must be submitted to SISAC Exec within 48 hours of the incident/ game.

### DISCIPLINE

- If a team is forced to forfeit a game, the score will be recorded as a 2-0 loss



## MIDDLE SCHOOL BASKETBALL

*SISAC Basketball Games will follow official (2022) FIBA rules,*  
<https://www.fiba.basketball/documents/official-basketball-rules/current.pdf>  
*except for the following amendments:*

### ELIGIBILITY

- All players must be eligible for the competition as outlined in the SISAC Handbook

### TEAM COMPOSITION

- Squad sizes on match days can be up to 12.
- Recommended minimum squad size is 7 for competition.

### LEAGUE RULES

- Games will be 4 x 6 minute quarters with stopped
- No shot clock
- Overtime periods will be 3 minutes (stopped time) and will begin with a jump ball
- Possession Arrow: A jump ball will begin the game followed by alternating possessions for any subsequent jump ball situation.
- Unlimited substitutions are allowed on any whistle, but not between free throws.
- Teams are permitted 2 timeouts in the first half and 3 in the second. These will each last 1 minute.
- If a team is up by more than 10 points, they cannot full-court press\*
- Once possession has clearly been established by a dead ball or made basket, then the opposing team must drop back over half court into their defensive half. If this does not occur, the official shall call a violation and the ball shall go to the team in possession who will inbound in their backcourt.
- Teams should only play 1-on-1 defense (traditionally called man-to-man)
- The team fouls shooting bonus rule will only apply in the 4<sup>th</sup> quarter.

### UNIFORMS

- The team's uniforms must be clearly numbered, and every member must have matching top and shorts`
- NO spectacles are allowed (sport goggles/contacts are permitted).

### EQUIPMENT

- Girls will use a Size 6 ball; Boys will use a Size 7 ball

### TIE-BREAKING PROCEDURE

- Head-to-Head result
- Scored Point differential in games between tied teams
- Points conceded in games between tied teams
- Overall point differential in all games
- Coin Toss
- Once a three or four way tie is resolved, then the process begins again from step 1 for the remaining teams.

### PROTESTS

- Protests from core sport games must be submitted to SISAC Exec within 48 hours of the incident/ game.

### DISCIPLINE

- If a team is forced to forfeit a game, the score will be recorded as a 10-0 loss