

New for 2019

Volleyball Alberta has released our 2019 Season Planner and Competition Regulations. To help our members understand the changes that have occurred since last season, we have compiled this abbreviated New for 2019 document. If you have any questions, please refer to our 2019 Season Planner before contacting us.

Eligibility for Club Volleyball

- [Age Categories for the 2019 Volleyball Canada Nationals](#). The expansion of age categories from 12 months to 16 months is due to the research provided in the LTAD 2.0 document published by the Canadian Sport for Life group. The paper lists the 10 Key Factors influencing Long Term Athlete Development, of which "Developmental Age" is listed as point #3. Pages 28-30 provides generic information about Developmental Age and demonstrates the flaws of lumping athletes into their birth year for participation in sports. In short, the large physical discrepancies that can occur between youth within the same birth year create significant disadvantages for late developing male athletes and to a lesser degree, early developing females. Therefore, increasing the range of months within a competitive division gives athletes greater flexibility to choose a level that best suits their needs. Some athletes born from Sept-Dec will benefit from choosing a younger division, while other athletes who play at an advanced level would benefit from the challenge of playing up an age category. Athletes, parents and coaches should consider the short-term and long-term benefits of playing up or down an age category. If playing up provides the needed challenge for improvement, and there exists no significant social/emotional drawbacks in the older age category, the benefits of playing up far outweigh the drawbacks.
 - 13U: Athletes born from September 1, 2005 to Dec 31, 2006 (16 months).
 - 14U: Athletes born from September 1, 2004 to Dec 31, 2005 (16 months).
 - 15U: Athletes born from September 1, 2003 to Dec 31, 2004 (16 months).
 - 16U: Athletes born from September 1, 2002 to Dec 31, 2003 (16 months).
 - 17U: Athletes born from September 1, 2001 to Dec 31, 2002 (16 months).
 - 18U: Athletes born from September 1, 2000 to Dec 31, 2001 (16 months).

*** Please note: Athletes born in 2000 who are outside this window but are in their FIRST YEAR of Grade 12 may APPLY for an [exemption](#).**
- Coaches/Team Staff need to be a minimum of 11 years of age.
- Athletes need to be a minimum of 10 years of age.

Volleyball Alberta Signing Policy

Volleyball Alberta (VA) has adopted an official Signing Policy using an offer & commitment process for the 2019 season. Please visit <http://www.volleyballalberta.ca/signingpolicy> to read all the details.

Volleyball Alberta Tryout Policy

Volleyball Alberta (VA) has updated our Tryout Period Policies for 2019. Please visit <http://www.volleyballalberta.ca/signingpolicy> to read all the details.

Membership Forms

Volleyball Alberta Membership Forms and Code of Conduct have been replaced with updated forms to comply with legal recommendations. Early-Signed Athletes and Team staff who have signed forms to date will need to complete updated forms.

Athlete Forms

Under Age of Majority

- * [Early Signing Forms](#)
- * [Tryout Signing Forms](#)

Over Age of Majority

- * [Early Signing Forms](#)
- * [Tryout Signing Forms](#)

Team Staff Forms

- * [Under Age of Majority Team Staff](#)
- * [Over Age of Majority Team Staff](#)

Membership Fees

Membership Fees: Membership fees include a Volleyball Alberta (VA) and Volleyball Canada (VC) component. VA fees have remained the same since 2011/2012. VC's full member fees have increased to \$29.00 (from \$28.00 in 2017-2018)

Coach Certification Standards

Head Coaches must follow the [NCCP certification requirements](#). Even certified coaches may not have some of the training required, so read through the policy carefully. The standards are posted at: <http://www.volleyballalberta.ca/coaches-general-info> and must be met by Friday April 5, 2019.

Screening Policy

Club Directors, Screening Designates, and Team Staff are responsible for ensuring they follow the [2018-2019 Screening Process](#):

- Volleyball Alberta REQUIRES Club Directors to submit their E-PIC and SDF directly to Volleyball Alberta via [Formstack](#) by December 1, 2018.
- Police information checks dated September 2018 onwards will only be accepted via Sterling Talent Solutions.

Competition Rules (All Age Classes)

- a. Volleyball Alberta reserves the right to control all merchandise and services for sale during Volleyball Alberta Premier tournaments and Provincials. Food and beverage concessions are also under the control of Volleyball Alberta in facilities that do not offer these services as part of their facility offerings. Requests of any kind to sell or advertise any products or services must be applied for in writing 30 days in advance of the event. All requests may be directed to krath@volleyballalberta.ca
- b. Volleyball Alberta recognizes that concussions are a significant public health issue because of their potential for both short and long-term consequences. Volleyball Alberta therefore enacts their own [Concussion Protocol](#). Of specific note are the expectations surrounding the team warm-up process to help prevent concussions.
- c. For the 2018 – 19 season of play, the timing of the official warm-up protocol will be adjusted to a 2–4–4 model.
 - 2 minutes of shared court time for ball warm-up (E.g. dig-set, setter warm-up, etc.)
 - The timing of the 2 minutes of shared court time will start when the court is available to both teams
 - 4 minutes official warm-up at the net – Serving Team
 - 4 minutes official warm-up at the net – Receiving Team
- d. **Uniforms**- Each registered team shall be dressed for competition as per the Volleyball Canada rulebook. **Clubs are highly recommended to [Request Uniform Approval](#) PRIOR to ordering uniforms by submitting proofs. Once approval is granted, clubs would be sheltered from any potential costs associated with bringing uniforms up to standards during the club season.**
 - Uniform guidelines can be found on our website at:
<http://www.volleyballalberta.ca/referees-forms-and-resources>.

14U-18U Age Class

- a. Premier #1 (female categories only)- Teams from north of Red Deer will register in Premier #1 North while teams from Red Deer and south will register for Premier #1 South (Please refer to the [Division Map](#) for further clarification). **Please note: this division line is an approximation & Volleyball Alberta reserves the right to switch teams into the appropriate location based on registration numbers.**
- b. The Premier 1 tournament will be an open format utilizing the results from the previous year's Provincials (one age class younger) as a basic template to place teams into pools. An age class seeding committee will adjust the basic template (if necessary) based on current team rosters and preseason exhibition play. Any team mergers must be communicated to the Tournament Director prior to the Premier #1 tournament deadline so that tournament seeding can be done appropriately. A serpentine seeding system will be utilized in the preliminary round (Please see Process & Policies section for a serpentine seeding example and playoff draw).
 - o For 17U & 18U Age Categories: Premier 1 will use a ratio of 2:1 to place the 18U and 17U teams into the serpentine. Please note: The Program Director has the right to adjust this pattern based on the overall makeup of the pool.
 - o Teams/Clubs running exhibition tournaments are encouraged to send the full results to the Program Director responsible for the age class.

13U-18U Age Class

Following Premier #1, the three highest finishers in the Blue playoff bracket will switch ranking with the bottom three finishers in the Black playoff bracket.

13U Age Class

- a. The results from Premier #1 will be used to seed teams for Premier #2. Those teams that did not participate in Premier #1 will be seeded afterwards (in the lowest division) based on the results from the previous year's 13U Provincials.
- b. Following Premier #2, the three highest finishers in each division will move up a division. The bottom three finishers will move into the lower division for the following tournament (Provincials).
- c. Due to increasing registration numbers, for Premier #2, and Provincials:
 - If there are 23 teams or less: all teams will compete in Division 1.
 - If there are 24-39 teams: Division 1 will be comprised of the top 16 teams, with Division 2 containing the remainder.

- If there are 40-55 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, and Division 3 will contain the remainder.
- If there are 56-71 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, Division 3 will contain teams 33- 48, and Division 4 will contain the remainder.
- If there are 72-87 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, Division 3 will contain teams 33- 48, and Division 4 will contain 49-64, Division 5 will contain the remainder.

14U Boys

14U Boys: The net height has been moved to 2.24m. Please note: the net height at Volleyball Canada Nationals will remain at 2.20m

Competition Ball

We have extended our Mikasa contract for one-year while Volleyball Canada determines the competition ball they will use for the 2019 Nationals and future competitions.