

Volleyball Alberta Developmental Substitution Rules

13U Age Class

The following Developmental playing rules applies:

- i. All players listed on the score sheet must start the first or second set.
- ii. Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
- iii. Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.

14U Age Class

14U will utilize the 12 LIMITED substitutions rule with no libero. However, the following Developmental Substitution rules will apply (changed to align with Volleyball Canada Nationals):

- i. All players listed on the score sheet must start the first or second set.
- ii. Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
- iii. Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.

15U Age Class

15U will utilize the 12 LIMITED substitutions rule with no libero. However, the following Developmental Substitution rules will apply:

- i. All players listed on the score sheet must start the first or second set.
- ii. In the first two sets no substitutions may take place before one team has scored 15 points. An athlete may be substituted out of a set due to injury.
- iii. If a third set is necessary, any line up can be used.

Note: Coaches that do not roster athletes on the score sheet, or misrepresent an athlete's playing status to avoid compliance with the Developmental Substitution rule, will be subject to sanctions. Injured athletes must be noted in the remarks area prior to the coach signing the score sheet. Teams that have more than twelve players at a tournament must submit the [Extended Roster Form](#). Sanctions will follow the Volleyball Alberta Discipline policy, and may include written warning, fine, probation, or suspension from Volleyball Alberta.