

## New for 2020

Volleyball Alberta has released our 2020 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 2020 document. If you have any questions, please refer to our 2020 Season Planner before contacting us.

### Eligibility for Club Volleyball

- [Age Categories for the 2020 Volleyball Canada Nationals](#)
  - 13U: Athletes born from September 1, 2006 to Dec 31, 2007 (16 months).
  - 14U: Athletes born from September 1, 2005 to Dec 31, 2006 (16 months).
  - 15U: Athletes born from September 1, 2004 to Dec 31, 2005 (16 months).
  - 16U: Athletes born from September 1, 2003 to Dec 31, 2004 (16 months).
  - 17U: Athletes born from September 1, 2002 to Dec 31, 2003 (16 months).
  - 18U: Athletes born from September 1, 2001 to Dec 31, 2002 (16 months).

**\* Please note: Athletes born in 2001 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 2020 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 2020. 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 14U fees have increased to \$50.40 with the addition of Premier #3. VC's competitive member fees have increased to \$30.00 (from \$29.00 in 2018-2019). VC's recreational member fees have increased to \$5 (from \$3 in 2018-2019).

Tournament Fees: The 2020 VA indoor tournament entry fees (VA Premiers and Provincials) have increased to: \$625 +GST (\$656.25 per entry).

## Coach Certification Standards

In an effort to provide the best opportunity for athletes to have a positive, safe and rewarding volleyball experience; Volleyball Alberta has developed an updated coaching certification policy for all Premier tournaments and Provincial Championships. This policy is aligned with Volleyball Canada's recently updated coaching certification policy for National Championships.

Please note that there have been some significant changes to the coaching requirements from previous years. Certified coaches may not have some of the training required, so read through the policy carefully. Coaches who are in their 3rd year of head coaching in the 2020 club season will have until the end of the 2020 season to meet certification requirements to avoid sanctions for the next season.

Please review the Volleyball Alberta [2020 Coaching Requirements](#) with all your coaches.

## Respect in Sport Program

Volleyball Alberta is proud to announce that they have partnered with the Respect Group to provide interactive, online training courses to empower people to recognize and prevent bullying, abuse, harassment and discrimination in volleyball.

The Respect Group and their Respect in Sport programs have already been implemented by many national and provincial sport organizations across Canada, including but not limited to Ontario Volleyball, Sask Volleyball and Volleyball Manitoba. They have RESPECT Certified over 1 million Canadians to date and their training courses currently meet the Sport Canada training requirements under the Safe Sport mandate.

For the 2019 - 2020 season, participation in the Respect in Sport training provided by Volleyball Alberta will be optional for all clubs; however, Volleyball Alberta strongly encourages people to complete the training and education. From recent discussions at the national level around Sport Canada's Safe Sport mandate, the expectation is that this type of training will be mandatory for all sports, organizations and clubs for the 2020 - 2021 season.

More information will be released later in October 2019 to all registered clubs.

For more information on the Respect Group, please visit [www.respectgroupinc.com](http://www.respectgroupinc.com) or email [ihalliday@volleyballalberta.ca](mailto:ihalliday@volleyballalberta.ca)

## Screening Policy

Club Directors, Screening Designates, and Team Staff are responsible for ensuring they follow the [2019-2020 Screening Process](#):

- Volleyball Alberta REQUIRES Club Directors to submit their E-PIC and SDF directly to Volleyball Alberta via [Formstack](#) by December 1, 2019.
- Police information checks will only be accepted via Sterling Talent Solutions.

## Competition Rules (All Age Classes)

- a. 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](#). Please see the Volleyball Canada warmup protocol below to help prevent concussion related injuries.
- b. **Volleyball Canada – The new warm-up protocol can be found in the Age Class Variations on page 44 of the 2019 – 2020 Indoor Volleyball Rulebook.**
  - In an effort to reduce the incidence of injuries and concussions during match play, Volleyball Canada has developed the following warm-up protocol. This protocol is to be followed by all teams during the hitting portion of the team warm-up.
    - i. Athletes are not permitted to cross under the net and into the receiving court after completing their attack.
    - ii. Athletes must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside the court.

- iii. Balls being entered to the attacking side of the net from the receiving side of the court must be entered from outside of the court at a minimum distance of six meters from the net.
  - iv. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
  - v. For teams that do not follow the warm-up protocol, the referees will note on the score sheet the non-compliance of the warm-up protocol. The league, PTA, or Volleyball Canada (depending on the event), will determine the appropriate sanction for not following the warm-up protocol.
- c. The timing of the official warm-up protocol will be 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. Each registered club team must be dressed for competition as per the Volleyball Canada rulebook; Volleyball Alberta **STRONGLY** recommends clubs complete the Uniform Approval Request PRIOR to ordering uniforms by submitting proofs ([Uniform Guidelines](#)). Once approval is granted, clubs would be sheltered from any potential costs associated with bringing uniforms up to standards during the club season. Teams and clubs will be able to submit their uniform proofs and photos via [formstack](#). Jersey submissions that meet the standards of the Rules of the Game will be approved and an associated letter of approval will be provided to the team.
- **Uniform approval is mandatory for teams planning on registering and attending the 2020 Volleyball Canada National Championships** and must be completed **no later than January 31, 2020**.

### 13U – 18U Age Class

- a. **Roster Locks:** Volleyball Alberta's roster lock dates are set 8 days before each Premier tournament and April 6, 2020 for Provincials. All roster edits after the tournament roster lock date, prior to April 6, 2020, including on-site at tournament check-ins, require a fee of \$35. The fee(s) must be paid prior to the roster edit being completed.
- b. **Roster Exemption Requests:** Changes made to official Volleyball Alberta rosters between April 6, 2020 & the completion of your respective Provincials will only be considered under exceptional circumstances. All changes must be submitted via the online [Roster Exemption Request Form](#) and will be subject to the following fees:
- \$35 per change

All team personnel must have a cleared Police Information Check and Screening Disclosure Form; coaches must fall within the guidelines of the VA [2020 Coaching Requirements](#).

Player changes should fall within the following guidelines:

- Teams must have 7 or fewer players remaining for their Provincials roster
- Incoming player(s) must have played the current season with the same club
- Priority will be given to incoming player(s) coming from a younger team within the same club versus an age eligible athlete coming from an older team

### 13U Age Class

- a. The 13U Girls age class has split into North & South tournaments based on feedback reviewed from a survey of clubs, teams & coaches. The results of the feedback & survey included an 80% vote to split 13U Girls into North/South for Premier #1.

- b. 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.**
- c. 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).
  - i. Teams/Clubs running exhibition tournaments are encouraged to send the full results to the Program Director responsible for the age class.

### 14U Age Class

Premier #3 has been added for the 14U age class based on feedback reviewed from a survey of clubs, teams & coaches. The results of the feedback & survey included a 77% vote to add a 3rd premier tournament to the 14U age class.

### 15U Age Class

14U and younger competitions, receiving serve with an overhand motion using the fingers (volleying/setting the serve) is not permitted, regardless of the quality of the contact. The 15U age class is permitted to receive serve with an overhead motion using the fingers for the 2019/20 season.

### 16U Boys

16U boys are permitted to use a libero for the 2019/20 season.

### Competition Ball

Volleyball Alberta will continue to use the same indoor balls for the 2020 club season.

- 13U - [Mikasa MVALITE](#)
- 14U, 15U, 16U - [Mikasa VQ2000](#)
- 17U, 18U - [Mikasa MVA200](#)

The MVA200 will eventually be discontinued and replaced by [Mikasa's newly developed V200W](#). The balls have identical inner core and exterior cover construction, the only difference is the V200W's new 18 panel design. Both versions of the ball will feel and play the same, Volleyball Alberta does not recommend purchasing the new series unless damaged or lost balls need to be replaced.

### Volleyball Canada Nationals Competition Ball

Volleyball Canada will use the following indoor balls for the 2020 Nationals:

- 14U, 15U – VQ2000w
- 16U, 17U, 18U – MVA200