

# Volleyball Alberta Premier Leagues Competition Framework

March 5, 2021

## Update – Communication

After the recent adjustments to Step 2 of the Government of Alberta’s “[The Path Forward](#)”, Volleyball Alberta remains optimistic there will be a competitive season and anticipates a late April start for our Premier Leagues.

Recent feedback received from club presidents indicated concerns with hosting tryouts under the current restrictions and with limited access to facilities. Volleyball Alberta has made the decision to **move forward with allowing teams to sign players** as we have entered Step 2 of the Government of Alberta’s “[The Path Forward](#)”. Premier League framework was designed based on previous cohort guidelines and will be updated according to Step 3 guidelines.

Volleyball Alberta will continue to monitor the Government of Alberta’s guidelines and update important dates as necessary. Volleyball Alberta will readjust the dates considering the following situations:

- Current timeline remains intact
  - 4 weeks from the first day of tryout period to the first competition date
  - All dates will be shifted later
- Completion of the tryout period prior to the start of the leagues
- Allow physical preparation/team training prior to the start of the leagues
- Winter competition will be 12 matches as outlined
- Potential summer season to accommodate Volleyball Canada’s National Championships

Volleyball Alberta understands the concerns of our coaches, athletes & members during these unprecedented times and want to reassure our commitment to providing a competition season, provided team sport restrictions allow for our competitions to start.

**Once the Premier Leagues begin, the timelines below will be applied. Appropriate updates will be made to the timelines if restrictions are extended further. The Premier League framework below was designed on previous cohort and indoor sport guidelines, some components may be changed to reflect any revised standards within Steps 3 – 4 of The Path Forward.**

## Rationale

League structures allow Volleyball Alberta to align our competition structure with the Government of Alberta guidelines. Adjusting our Premier Tournament series into city or regional mini leagues also assists in minimizing travel and potentially expenses for teams. Volleyball Alberta feels it is important to create a competition model that is as safe and accessible as possible for our members. Currently, we have secured facilities for Premier Leagues in Edmonton & Calgary. We hope to include other leagues throughout the province where able. The Government of Alberta has permitted travel for league play for teams willing to participate in established leagues.

Note: The north/south division line is an approximation and Volleyball Alberta reserves the right to switch teams into the appropriate location based on registration numbers.

## Roster Formation

Teams will be limited to registering a maximum of 12 players per team to keep within the mini-cohort maximum of 50 participants. Teams can register more than two coaches for each team roster but only 2 coaches will be able to attend Premier League competition due to facility limitations.

## Schedule

During the first round, teams will play every two weeks with four weeks of competitions (12 matches). During the second round, teams will play every two weeks with three weeks of competitions (9 matches). The first round of competition runs from **April 24 – June 13**. Matches will be played through the Easter long weekend.

Schedules will be provided after the registration deadline.

There is potential for a summer indoor season to accommodate teams attending the Volleyball Canada National Championships.

## Structure

Example of a daily schedule for league format of 24 teams. Leagues containing 8, 12, 16 & 20 teams, respectively, will be adjusted accordingly.

Times	Court 1	Court 2	Times	Court 3	Court 4	Times	Court 5	Court 6
8:00	A2-A3	A1-A4	8:15	C2-C3	C1-C4	8:30	E2-E3	E1-E4
9:15	A2-A4	A1-A3	9:30	C2-C4	C1-C3	9:45	E2-E4	E1-E3
Rest Break			Rest Break			Rest Break		
11:00	A1-A2	A3-A4	11:15	C1-C2	C3-C4	11:30	E1-E2	E3-E4
Cleaning Break			Cleaning Break			Cleaning Break		
1:30	B2-B3	B1-B4	1:45	D2-D3	D1-D4	2:00	F2-F3	F1-F4
2:45	B2-B4	B1-B3	3:00	D2-D4	D1-D3	3:15	F2-F4	F1-F3
Rest Break			Rest Break			Rest Break		
4:30	B3-B4	B1-B2	4:45	D1-D2	D4-D3	5:00	F1-F2	F3-F34

Below is a competition structure for pools of three (3) if a team is unable to play. Matches will be played as best of 5's as long as time permits.

Saturday Times	Court 1	Court 2
8:00	A1 - A3	
9:30	A2 - A3	
11:15	A1-A2	
Cleaning Break		
1:30	B2-B3	B1 - B4
2:45	B2-B4	B1-B3
Rest Break		
4:30	B3-B4	B1-B2

## Spectators

Currently, spectators will not be able to attend mini league matches due to facility restrictions. AHS guidelines & facility restrictions will be monitored closely and updated if possible.

## Seeding

The Premier Leagues will be an open format utilizing the results from the previous year's Premier #1 Tournament (one age class younger) as a basic template to place teams into pools. North/South age class seeding committees will adjust the basic template (if necessary) based on current team rosters and preseason exhibition play. Any team mergers must be communicated to the League Managers prior to the league registration deadline so that tournament seeding can be done appropriately.

Two teams from the same club choosing to train together may request to be seeded in the same pool for the first competition day.

- If these teams remain in the same pool (both move up/down), they can maintain their training cohort heading into the next competition day.
- If these teams move into different pools based on their finish, they are required to break their training cohort and train separately. Consideration will be given to these teams at the beginning of the second round.

A power pool seeding system will be utilized to seed teams for competition. Please review appendix A.

## Movement

Following each competition day, the two (2) highest finishers in each division will move up a division. The bottom two (2) finishers will move into the lower division for the following each competition day.

All ties will be broken using the Volleyball Canada tie breaking procedures.

***In between league competition, teams are required to remain within their own 12 player cohort to abide by the AHS 14 day isolation requirements prior to changing cohorts. This means to maintain the safety of our sport and our athletes, teams in the Premier Leagues are not allowed to participate in alternative training/competitions/scrimmages with any team or athletes outside of the league competitions.***

**Teams found breaking their cohort may be removed from the league without refund and face additional consequences through our Discipline & Complaints policy.**

## Tie-Breaking Procedures

- **Two-way Tie:**
  - “Head-to-Head”: The team who won the match played between the tied teams will be ranked higher.
- **Three-way (or more) Tie:**
  - The results from **ALL TEAMS INVOLVED** in the tie are used for the **ENTIRE** process until **ALL** rankings are determined.
    - If there is a tie among teams X, Y and Z and criteria “b” can determine X as first, Y as second and Z as third, then no further criteria are to be used. The tie is broken.
    - However, if criteria “b” determines the seeding/ranking of any of the tied teams, then the remaining teams, which are still tied, will use criteria “c” and so on to determine their seeding/ranking. Do not start at “a” again. Continue through the sequence of criteria using the results of teams X, Y and Z for criteria “d”.
  - Criteria
    - a. **Matches won/lost between the Tied Teams**: The team having the best **ratio**<sup>1</sup> of won/lost matches will be ranked higher;
    - b. **Sets won/lost between the Tied Teams**: The team having the best **ratio**<sup>1</sup> of won/lost sets will be ranked higher;
    - c. **Sets won/lost considering all matches played**: The team having the best **ratio**<sup>1</sup> of won/lost sets will be ranked higher;
    - d. **Points for/against between all the originally Tied Teams**: The team having the best **ratio**<sup>2</sup> of points for/against will be ranked higher;
    - e. **Points for/against considering all matches played**: The team having the best **ratio**<sup>2</sup> of points, for/against will be ranked higher;
    - f. As determined by the Organizing Committee (e.g. extra set, toss of coin, etc.).

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<sup>1</sup> A Ratio is calculated as follows: Team A is  $3/2 = 1.5$ , Team B is  $2/2 = 1.0$ . Therefore, Team A is ranked higher.

<sup>2</sup> A Ratio is calculated as follows: Team A is  $160/137 = 1.17$ , Team B is  $135/125 = 1.08$ . Therefore, Team A is ranked higher.

**Note:** A plus/minus is **NOT** equivalent to a Ratio and should not be used.

Pool Play with 3 Teams: If a match has ended due to a time limit, only completed sets will be used for tie breaking procedures.

## **Registration Process - All dates will be adjusted when the New Tryout Period is announced.**

Initial registrations will be limited to manage capacity, but all teams should register on the wait list. Volleyball Alberta will make every effort to include all wait listed teams to fill the leagues. Teams on the waitlist will be accepted into the league in groups of 4 as per our competition structure/schedule.

Teams will require the following information when initially registering for the leagues:

- Team Name
- Team Contact
- Head Coach

### **Premier League: Registration Opens**

Monday, **March 30** @ 2:00pm for 14U-18U teams

**Monday, March 30 @ 2:00pm for 13U teams**

### **Premier League Deadline & Cancellation Date**

**Monday, April 5 @ 2:00pm**

**Monday, April 5 @ 2:00pm**

### **Rosters and League Fees: Deadline to Submit**

Monday, **April 5**

**Teams are required to complete the registration requirements by adding their remaining coaches & players to their roster by the deadline.**

A minimum number of teams will be required to run league play for each age class. If the minimum number of teams is not registered by the league deadline, those teams will be provided refunds.

## **Cost & Refund Policy**

Premier League Fee – \$1,550+gst/team – due by **April 5** (minus deposit)

Premier League Deposit: \$500+gst – **due at the time of registration**

Program fees, less a \$100 administrative fee (includes transaction fees), will be refunded for withdrawals PRIOR to the cancellation date. After the cancellation date, program fees are non-refundable.

Note: If a team cannot participate for a particular round, no refunds will be offered. The competition format will be altered for the remaining teams to ensure they receive appropriate matches.

If the League is cancelled due to AHS regulations or facility shutdowns; we will go through the following process:

1. Consider whether the league may be rescheduled for later dates
2. Modify the schedule (Shorten the length of the league).
3. Refund the variable costs of the league onto the ORIGINAL METHOD OF PAYMENT\*. Fixed costs (transaction fees, equipment/cleaning supplies, facility costs, etc.) cannot be refunded. Volleyball Alberta will be forthcoming with all costs and will do our best to delay expenditures as long as possible to limit fixed costs.

COVID Isolation: Refunds are likely not possible if a mini-league cohort or individual team must miss matches due to COVID isolation. There are many fixed costs and variables associated with coordinating the league structure, in special situations, partial refunds may be considered but will be reviewed on an individual basis.

## Competition Regulations

The objective of the regulations is to ensure equitable treatment of all Volleyball Alberta (VA) members in competitions. Even though regulations are in place to govern competitions, every situation and circumstance cannot be foreseen. During this covid-19 season, Volleyball Alberta may adjust and implement changes during the season if new circumstances arise.

## Cohort Maintenance

Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the cohort. **These individuals are required to wear a mask and perform proper hand hygiene at all times when interacting with their sport cohort (training & competition).** Coaches and staff may need to temporarily interact with cohorting participants at a distance of less than 2 metres, however this can NOT be repetitive otherwise they will need to be counted within the 50 person cohort maximum (physical distancing should be maintained at all times). Volleyball Alberta's Premier League will schedule four teams in each competition day, therefore it's critical that coaches, staff and referees physically distance from the athletes at all times so we are not in violation of the 50 person cohort maximum. Club's should assign a responsible person/organizer to oversee and manage a team's cohort and ensure that all the guidelines are followed.

## COVID Best Practices

1. Change and use the toilet at home prior to attending the competition. Participants are encouraged to strictly follow all Public Health hygiene rules and general recommendations.
2. Participants should fill water bottles at home and bring their own hand sanitizer.
3. Sanitize hands before entering a facility, and before, during and conclusion of each set.
4. Avoid touching faces, and cough or sneeze into their elbow; tie long hair back to discourage face touching.
5. Prevent unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged, and where possible participants should maintain physical distancing of 2 meters.
6. Avoid using change rooms, washrooms, meeting rooms, and water fountains.
7. Avoid cheering/singing, these activities have a higher risk because infected people can transmit the virus through their saliva or respiratory droplets.
8. Do not share food or drinks.

## Individuals

- a. All clubs, players, coaches, and club staff must become members of Volleyball Alberta prior to participating in club tryouts or training. A step-by-step guide to the Volleyball Registration System (VRS) is found on our website at <http://www.volleyballalberta.ca/registration-how-to-register>. All the required fields of on-line registration must be completed in full, and each individual member must have a valid e-mail address.
- b. All athletes, club and team staff must fill in and sign the [VA Membership Consent Form Package](#) and return it to the club or team contact responsible for on-line registration. Clubs and teams will be required to keep all waiver forms on file in case Volleyball Alberta requests them. All athletes under the age of 18 will be required to have a parent or guardian sign the waiver form.
- c. Athletes playing in their current age class are eligible to play up on an older team within the same club; athletes would need to be registered on both rosters by the roster lock date to be eligible for Provincials & Nationals. Volleyball Alberta recognizes the benefits for some athletes to play up at a higher level of competition, but recommends the club and coaches read about LTAD and carefully plan their season to avoid athlete burnout and injury while meeting the appropriate Training to Competition ratios. An athlete may only play on one team during a VA tournament weekend.

- d. Athletes will be limited to registering a maximum of one age class higher than their chronological age. Exemptions to this rule may be requested from Jim Plakas (Volleyball Alberta's Technical Director) at [jplakas@volleyballalberta.ca](mailto:jplakas@volleyballalberta.ca).
- e. Volleyball Alberta strives to offer a safe and enjoyable environment for all event participants and spectators. If any players, team staff members, staff, referees or spectators feel unsafe or have witnessed a behavior that may be inappropriate, they are strongly encouraged to approach a VA Representative or they may contact the Canadian Sport Helpline.
- f. **Safe Sport Training:**
- As of April 1, 2020, anyone associated with a Sport Canada-funded organization must be trained on conduct to prevent and address maltreatment. This includes ALL coaches, referees, and club administrative staff, and must be completed prior to participating in any club activity. Creating a culture where everyone can thrive is a shared responsibility. Whether you have direct contact with athletes or work in the background, Safe Sport Training promotes physical, psychological, and social health, and meets Sport Canada requirements for Safe Sport education. The safe sport module is a FREE, 90-minute eLearning module that gives all participants the tools to recognize, address, and prevent maltreatment in sport.

To get started, log in to your [Locker Account](#) with the Coaching Association of Canada, click on the [eLearning tab](#) and select [Safe Sport Training](#). If you don't have a Locker account, it's EASY to register:

- Go to [The Locker](#) and click "Don't have an NCCP#? Create one now!"
- Review and agree to the terms and conditions and privacy policy.
- Click the "I want to create a Locker account box, fill in the required fields and click "Register".
- Follow the instructions in the verification email you receive.

Please note that the [Respect in Sport Group's Activity Leader Program](#) is also a recognized equivalent, and meets the Safe Sport training requirements should you already have it.

- g. The Sport Helpline is an anonymous, confidential, independent, and bilingual service which allows individuals to share and validate their concerns, obtain guidance on required next steps, and be referred to other appropriate resources for follow up.



## Teams

- a. A Club Director/Contact must [register the club](#) prior to a Team Contact registering the team roster (players). A Club Director/Contact can also register as a Team Contact. The VA registrar must be notified in writing [info@volleyballalberta.ca](mailto:info@volleyballalberta.ca) if there is a change of Club Director/Contact.
- b. Clubs and teams will be required to keep all [VA Membership Consent Form Package](#) forms on file for all athletes, coaches, parents and team staff in case Volleyball Alberta requests them. All athletes under the age of 18 will be required to have a parent or guardian sign the waiver form.
- c. Teams should register in the **most appropriate age class for their development level**. Team composition should be primarily of athletes within the same age class (consult Volleyball Alberta's Technical Director for further information). Teams can only select one age class to compete in. Once an age class has been selected, teams must compete in the same age class for the entire season (including Nationals).
- d. **Roster Locks:** All rosters lock on the registration deadline for each round of competition.
- e. **Roster Lock Requests:** Changes made to official Volleyball Alberta rosters will only be considered under exceptional circumstances. All changes must be submitted via email to the Program Manager.
  - All team personnel must have a cleared Police Information Check and Screening Disclosure Form; coaches must fall within the guidelines of the [Volleyball Canada 2021 Coaching Requirements](#).
- f. Coaches will need Official Rosters from Venue Coordinators prior to their first match on each competition day. Only athletes & team staff who appear on the Official Roster will be allowed to compete.
- g. Teams/Clubs are responsible for ensuring that team and league registration is completed by the deadline(s).
- h. Teams must be registered on-line prior to the tournament deadline to be included in the draw for that event. Draws will be posted online only and it's the coach or team contacts responsibility to ensure they have the up to date tournament schedule.

## Coaches

- a. Club Directors, Screening Designates, and Team Staff are responsible for ensuring they follow the [2020-2021 Screening Process & Policy](#)
- b. 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 2021 club season will have until the end of the 2021 season to meet certification requirements to avoid sanctions for the next season.

Please review the [Volleyball Canada 2021 Coaching Requirements](#) with all your coaches.

## Competition Rules (All Age Classes)

- a. The rules listed in the current edition of the Volleyball Canada Rule Book are in effect unless otherwise noted. It is the duty and responsibility of all players and coaches to know the rules of the game and abide by them. The Volleyball Canada 2020-2021 Official Volleyball Rules can be found at: <http://www.volleyball.ca/en/development/referee/rules-amp-guidelines>.
- b. For a match in which a team is participating, they will be responsible for the provision of one (1) Line Judge.
  - This individual must be a team player not registered as a starting member of the line-up,
  - This individual must be a team player not registered as the acting Libero (if applicable),
  - If a team does not have enough athletes to provide a Line Judge, the referee shall:



- i. Inquire to the opposition coach if they are willing to provide two (2) athletes to act as Line Judges.
    - ii. Inquire to the opposition coach if they would prefer the match to commence with no Line Judges and the sole discretion of the First Referee.
  - c. A First Referee will be used for all matches.
  - d. Volleyball Alberta recognizes that concussions are a significant public health issue and have developed our [Concussion Protocol](#). Of specific note are the expectations surrounding the team warm-up process to help prevent concussions.
  - e. 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.). Note: 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
- [2020-2021 Volleyball Canada warm-up protocol](#)
- Please note warm-up recommendation #6 should not be utilized during COVID-19, only team members of the hitting team should retrieve their balls.
- f. We recommend that teams use discretion when changing from warm-up shirts to uniforms in ALL Volleyball Alberta Premier events.
  - g. End of match protocol: After the match, teams must immediately go to their respective end line, clap to the other team & official(s) PRIOR to moving off court for team meetings/debriefs. Teams will not greet one another before or after the match nor will they shake the referee(s) hand post-match. Teams may acknowledge the opposition and referee(s) by facing them and clapping prior to leaving the bench.
  - h. Personal lunches and snacks that are contained within sports bags will be the only food allowed in any of the venues. No coolers, large containers, or appliances. No food preparation.
  - i. Music may only be played for personal use with [headphones](#) during our events. Our venues are family friendly and the content of music may be inappropriate or distracting to our members and other patrons.
  - j. **Video Cameras**
    - Video cameras in the warm-up area are not permitted (for athletes, parents, or spectators).
    - If handheld, a video camera may be operated by a team member sitting on the bench.
    - Attaching video cameras to the post, scorer table, referee stand, etc. will not be allowed.
    - If there is a vacant court next to the playing court that is not being utilized as a designated warm-up court or competition court for the event, cameras and tripods may be set-up in that space provided:
      - i. There is no infringement on the participants of the playing court,
      - ii. Cameras and spectators are not encroaching on the team bench, warm-up area, scorer's table, referee location, etc.,
    - For facilities with 5+ meters of space behind the service zone (Genesis Centre in Calgary), cameras will be permitted on the playing surface behind the court, provided they are against the facility wall.

k. **Uniforms**

- Each registered team shall be dressed for competition as per the Volleyball Canada rulebook. **Clubs are highly recommended to [Request Uniform Approval](#) from Volleyball Canada 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.**
  - i. Uniform guidelines can be found on our website at: <http://www.volleyballalberta.ca/referees-forms-and-resources>.

l. Volleyball Alberta reserves the right to control all merchandise and services for sale during Volleyball Alberta Premier leagues. 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 [info@volleyballalberta.ca](mailto:info@volleyballalberta.ca)

m. **Refuse & Responsibility Policy**

- All bottles, garbage, and personal items must be removed from the team bench after each game. It is the coach's responsibility to ensure this is completed after every match. The referee will remind coaches at the end of the match to ensure their bench is clean. If not, the referee will make note on the game sheet and a \$50 fine will be applied to each offense. Repeat offenders will not be permitted to participate in future Volleyball Alberta tournaments.

### 13U Age Class - Athletes born from September 1, 2006 to Dec 31, 2007 (or later)

13U is the youngest age class that VA runs. It is designed with a focus on skill development and having lots of fun. Long Term Athlete Development guidelines in the Train to Train stage suggest 70% of time is spent training and 30% in competition. For more information, please visit: <http://www.volleyballalberta.ca/coaches-resources>.

**In addition to the Competitions Rules**, the following rules apply:

- Registered teams can compete in one (1) or both rounds of competition. 13U teams are not eligible to participate in 14U, 15U, 16U, 17U and/or 18U leagues.
- The 13U category will employ a [tripleball format](#) for the VA Premier Leagues. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun. Please see the Process & Policies section for the tripleball format and rules.
  - The following tripleball adaptations will need to be applied for the 2020-21 season:
    1. One of the coaches will need to be assigned as the tosser for their team.
    2. Each team will need to provide an athlete as a ball retriever on their side.
- A minimum of four (4) registered teams will be required before Volleyball Alberta can run a separate league for the 13U category. If four (4) teams are not registered by the tournament deadline date, those teams will be offered the option to either: a) Combined with the 14U league (employing all 14U rules), or b) Receive a refund of their registration fee.
- The Mikasa MVALITE will be the [official competition ball](#). The only exception will be in the case of insufficient entries to run a tournament. In this case the 13U teams will be combined with 14U teams, and the Mikasa VQ2000 ball will be used.
- Net heights for 13U: Girls- 2.15 m, Boys- 2.20 m. Note: when 13U boys are combined with 14U boys, 2.24 m will be used.
- Time-Outs: Coaches will be allowed to call **3** time-outs in sets 1 and 2 as there are no substitutions permitted. The option of a 3<sup>rd</sup> time-out may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.

## 14U Age Class - Athletes born from September 1, 2005 to December 31, 2006 (or later)

14U is designed with a focus on skill development and having lots of fun. Long Term Athlete Development guidelines for the Train to Train stage suggest 70% of time is spent training and 30% in competition. For more information, please visit: <http://www.volleyballalberta.ca/coaches-resources>.

**In addition to the Competitions Rules**, the following rules apply for the 14U Age Class:

- Registered teams can compete in one (1) or both rounds of competition. 14U teams are not eligible to participate in VA 15U, 16U, 17U and/or 18U leagues.
- Tripleball
  - i. Tripleball has traditionally been used at Premier #1 for the Volleyball Alberta Indoor Season. Volleyball Alberta has made several competition adjustments due to COVID-19 for the upcoming season, the 14U age class will utilize the standard volleyball format for the duration of the 2020-21 season.
  - ii. Volleyball Alberta strongly feels that tripleball is a developmentally appropriate competition format for the early part of the 14U season and will re-introduce tripleball for Premier 1 when we return to our Premier Tournament Series in the future.
- 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.
  - iv. Coaches will be allowed to call **3** time-outs in sets 1 and 2 as there are no substitutions, the option of a 3<sup>rd</sup> timeout may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.
  - v. 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. Sanctions will follow the Volleyball Alberta Discipline policy, and may include written warning, fine, probation, or suspension from Volleyball Alberta.
- Teams must use offensive systems that utilize multiple setters (NO 5-1 systems). Teams using 4-2, 6-3, or 6-2 offensive systems encourage greater skill development of all players. Please note: this does not apply at Nationals).
- The Mikasa VQ2000 will be the [official competition ball](#).
- Net heights for 14U: Girls- 2.15 m, Boys- 2.24 m (Please note: the net height at Volleyball Canada Nationals will remain at 2.20m).

## 15U Age Class - Athletes born from September 1, 2004 to December 31, 2005 (or later)

15U is the first level in Alberta's elite development system. This category of play also leads to the Team Alberta Program for outstanding individual athletes. The Long-Term Athlete Development guidelines for the Train to Train stage suggest 70% of time is spent training and 30% in competition. For more information, please visit:

<http://www.volleyballalberta.ca/coaches-resources>.

**In addition to the Competitions Rules**, the following rules apply for the 15U Age Class:

- 15U teams are not eligible to participate in VA 16U, 17U and/or 18U leagues.
- 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.
  - iv. **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. Sanctions will follow the Volleyball Alberta Discipline policy, and may include written warning, fine, probation, or suspension from Volleyball Alberta.

**Note:** The Developmental Substitution rules do not apply at Nationals.

- The 15U age class is permitted to receive serve with an overhand motion using the fingers.
- The Mikasa VQ2000 will be the [official competition ball](#).
- Teams are strongly encouraged to use offensive systems that utilize multiple setters (not 5-1 systems). 5-1 systems do not train enough setters, and we need to ensure clubs and coaches address this gap in our system.
- Net heights for 15U: Girls- 2.20 m, Boys- 2.35 m.

### **16U Age Class - Athletes born from September 1, 2003 to December 31, 2004 (or later)**

16U is the second level in Alberta's elite development system. This category of play also leads to the Team Alberta Program for outstanding individual athletes. **16U Girls:** Long Term Athlete Development guidelines for the Learn to Compete stage suggest 60% of time is spent training and 40% in competition. For more information, please visit: <http://www.volleyballalberta.ca/coaches-resources>. **16U Boys:** Long Term Athlete Development guidelines for the Train to Train stage suggest 70% of time is spent training and 30% in competition. For more information, please visit: <http://www.volleyballalberta.ca/coaches-resources>.

**In addition to the Competitions Rules**, the following rules apply for the 16U Age Class:

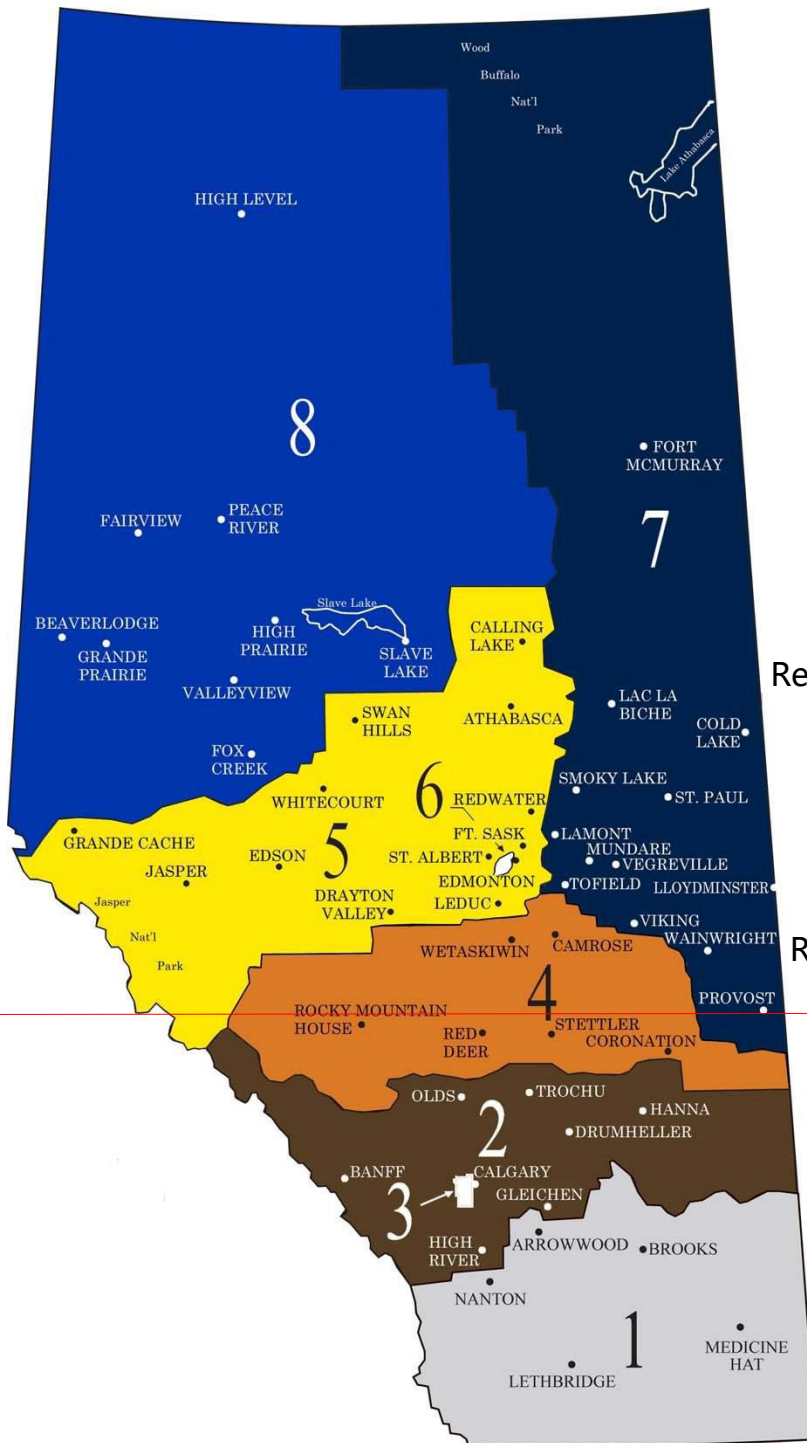
- 16U teams are not eligible to participate in VA 17U and/or 18U leagues.
- Use of only 1 libero is permitted and 6 limited substitutions will be used.
- 16U boys are permitted a libero position and 6 limited substitutions will be used.
- Teams are strongly encouraged to continue to use Developmental Substitution principles for the entire season as it is important for all athletes in the age class to get an opportunity to apply their skills and tactics in a competition environment.
- Teams are strongly encouraged to use offensive systems that train multiple setters in these age classes (not 5-1 systems). 5-1 systems do not train enough setters, and we need to ensure clubs and coaches address this gap in our system.
- The Mikasa VQ2000 will be the [official competition ball](#).
- Net heights for 16U: Girls- 2.24 m, Boys- 2.35 m.
- For Volleyball Alberta & Volleyball Canada **16U** competitions: Athletes ARE PERMITTED to receive serve with an overhand motion using the fingers (volleying/setting the serve).

### **17U Age Class - Athletes born from September 1, 2002 to December 31, 2003 (or later) AND 18U Age Class - Athletes born from September 1, 2001 to December 31, 2002 (or later)**

17U is the third level in Alberta's elite development system. 18U is the fourth level in Alberta's elite development system. The 17U category of play also leads to the Team Alberta Program for outstanding individual athletes. Long Term Athlete Development guidelines for the Learn to Compete stage suggest 60% of time is spent training and 40% in competition. For more information, please visit: <http://www.volleyballalberta.ca/coaches-resources>

**In addition to the Competition Regulations**, the following rules apply for the 17U/18U Age Class:

- Use of only 1 libero is permitted and 6 limited substitutions will be used.
- The Mikasa MVA200 will be the [official competition ball](#).
- Net heights for 17/18U: Women- 2.24 m, Men- 2.43 m.
- The 17U category will combine with the 18U category for every Premier tournament. There will be separate 17U and 18U Provincials provided there are sufficient teams entered in each category.



**Association/Zone/Region**

Region 1 – Sunny South

Region 2 – Big Country  
(Surrounding Calgary)

Region 3 – Calgary

Region 4- Parkland

Region 5 – Black Gold/Yellowhead  
(surrounding Edmonton)

Region 6 – Edmonton

Region 7 – North Eastern Alberta

Region 8 – Peace Country

**NORTH: LACOMBE, PROVOST, SYLVAN LAKE**

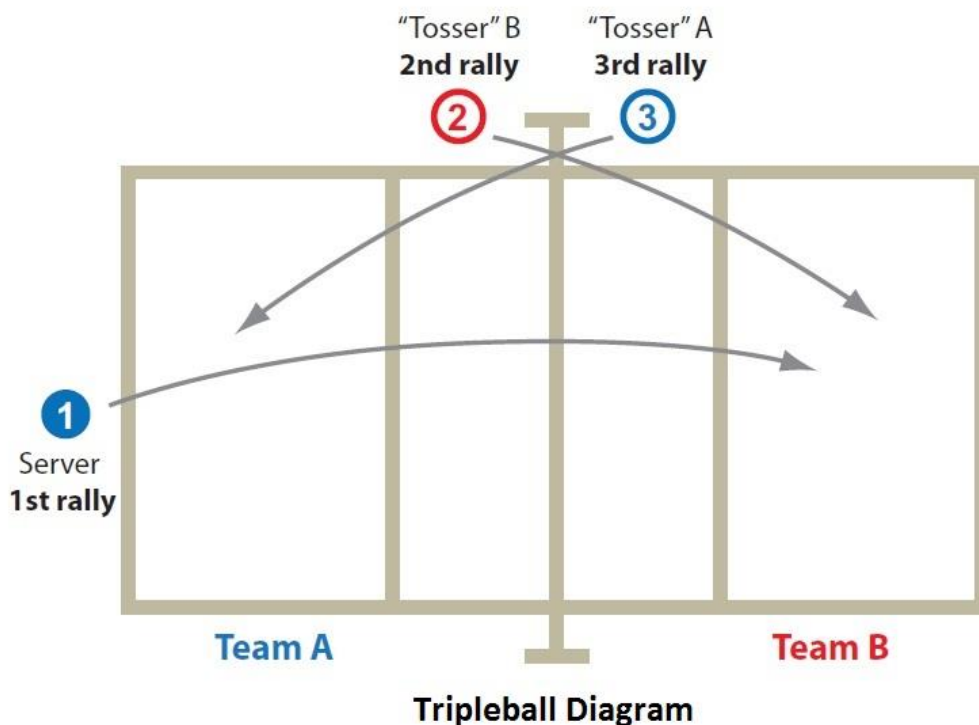
**SOUTH: RED DEER, STETTLER, CASTOR, CONSORT, ROCKY MOUNTAIN HOUSE**

Tripleball is the official competition format for Canadian regions offering 13U age competitions. The goal of Tripleball is to promote better skill development, participation, meaningful competition, and fun.

**Overview of the Tripleball Sequence:**

- a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).
  - \* 1<sup>st</sup> rally – introduced by the server,
  - \* 2<sup>nd</sup> rally – tossed ball given to the receiving team,
  - \* 3<sup>rd</sup> rally – tossed ball given to the serving team.
- b) The service rotates between teams after each three-ball sequence.
- c) A team must rotate and introduce a new server when it is their turn to serve.
- d) Every ball introduced is worth one point.

**Ball Retriever A**



**Tripleball Diagram**

**Ball Retriever B**



### 13U Tripleball Rules:

- a) No player specialization; each rotation will have a different setter. The player in position #3 or #2 will be the designated setter for that rotation. The setting position will be noted on the score sheet by the coach prior to each set. Switching positions is NOT ALLOWED.
- b) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- c) The following developmental playing rules applies:
  - v. All players listed on the score sheet must start the first or second set.
  - vi. Substitutions are not permitted in the first or second set. In case of an injury, an exceptional substitution may be made. The injured player may not return to play in the same set but may return in subsequent sets.
  - vii. 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. Substitution requests can only occur between a three-ball sequences.
- d) Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence, then the switch will be made after the sequence is complete
- e) Time-outs cannot occur during a three-ball sequence. **Three time-outs are available for sets 1 & 2.** In the third set, only two time-outs are available.
- f) All three sets in POOL PLAY MATCHES will be played. This will not apply for teams placed in a pool of 5. Note: Third set results will only be included in tie-breaking procedures when the third set was necessary (different teams won the first two sets of the match).
- g) All PLAYOFF MATCHES are best 2 of 3.
- h) All other standard volleyball rules not listed above continue to apply.

To improve the flow of the game, each team must provide a ball retriever who collects the balls from athletes at the end of a rally. Please remain a safe distance from the court during play.

### Guidelines for Ball Tossers:

- a) The Head Coach, Assistant Coach or a competent volunteer may be the Ball Tosser and introduce balls to their own team.
- b) Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.
- c) The Ball Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
- d) The free ball must be introduced directly to the athlete in the centre-back position (rotationally position 6), otherwise a replay will occur.
- e) The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling "Free Ball". Ball Tossers must encourage a fast-paced transition between the end of a rally and the next toss.

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 Development Plan form](#). Sanctions will follow the Volleyball Alberta Discipline policy, and may include written warning, fine, probation, or suspension from Volleyball Alberta.