

New For 2025

All Age Classes

- [2025 Tournament Schedule](#)
- [2025 Sanctions & Fines](#)
- [2024-25 Official Game Balls](#)
- [2025 Age Categories](#)
 - 18U Overage & Post-secondary athlete eligibility has been updated.
- [2025 Season Planner & Competition Regulations](#)
 - Protest Policy – Updated
 - The season roster lock deadline is the Premier #2 roster lock for each age class.
 - Premier #1 tournaments: If there are more than 116 teams registered to participate in Premier #1 for an age class, Premier #1 will have four regional tournaments (two in the North, two in the South).
- [2025 Volleyball Alberta Coaching Requirements](#)
 - Development Coach OR Advanced Development Coach Training is accepted for first- or second-year head coaches for all age classes (14U-18U).
 - Development Coach OR Advanced Development Coach Certification is accepted for third+ year head coaches for all age classes (14U-18U).
 - Team Staff must select their team role at the time of rostering in Sportlomo.
- The serpentine draw format has been updated to further decrease the likelihood of same-pool matchups in the first and second round of playoffs. New seed swaps are between seeds 5 and 7, 6 and 8, 9 and 12, 10 and 11.

New from Volleyball Canada

- 2025 Uniform Guidelines & Uniform Approval Request Form– coming soon!
- 2024-25 Volleyball Canada Rulebook – coming soon!
- 2024-25 Volleyball Canada Rule Change Summary – coming soon!
- [2025 Volleyball Canada Nationals Coach Requirements](#)
 - All Coaches listed on any Nationals roster must now complete Making Head Way in Sport, Foundations of Volleyball, and Making Ethical Decisions Evaluation to be eligible to participate.

12U Age Class

- The MVALITE ball has been discontinued. The Mikasa VUL500 will be used for the 2025 season. This ball is very similar to the old MVALITE and would only need to be purchased to replace lost or damaged balls.

13U Age Class

- 13U Girls Premier #2 and Provincials will have division sizes of 24 teams.

14U Age Class

14U Girls:

- Premier #2 will have division sizes of 24 teams.
- Premier #3 will have one Province-wide Division 1/2 of 32 teams. The remaining teams will continue in their respective North or South event with divisions of 24 teams. The Province-wide Division will play a Black/Blue playoff.

15U/16U Age Class

15U/16U Girls:

- A serpentine draw format will be used for all Divisions at Premier #2 and Divisions 3+ at Premier #3 and Provincials.
- A modified power pool draw format will be used for Divisions 1 and 2 at Premier #3 and Provincials.
- Premier #2 will have one Province-wide Division 1/2 of 32 teams. The remaining teams will continue their respective North or South event. The Province-wide Division will play a Black/Blue playoff.
- In Premier #3, the top 16 teams from Division 1/2 will play in Division 1. The next 16 teams will play in Division 2. The remaining teams will continue in their respective North or South event. The Province-wide Divisions 1 and 2 will play a modified power pool playoff.
- For Premier #2 and Premier #3, regional divisions will have 24 teams.

15U/16U Boys:

- Division 1 for 15U and 16U Boys age classes will increase to 16 teams. (Division 2 or more will remain at 12 teams.)
- A serpentine draw format will be used for Divisions 2+ at Premier #2, Premier #3 and Provincials.
- A modified power pool draw format will be used for Divisions 1 at Premier #2, Premier #3 and Provincials.

17U/18U Age Class

- Due to the size of each age class, all 17U and 18U teams will play a regional Premier #1 in their respective events.

17U/18U Girls:

- Division 1 and Division 2 will be combined for Premier #2 as a division of 24 teams. Divisions 3+ will use division sizes of 24 teams for Premier #2, Premier #3, and Provincials.
- A Black/Blue playoff will be used for Divisions 3+ at Premier #2, Premier #3, and Provincials.
- For Premier #3, Division 1 and Division 2 will separate and comprise to 16 teams each. (See competition regulations for movement specifics).
- A modified power pool draw format will be used for Divisions 1 and 2 at Premier #3 and Provincials.

17U/18U Boys:

- For Premier #2 and Premier #3, Division 1 and Division 2 have 16 teams each. Divisions 3+ will use division sizes of 24 teams for Premier #2 and Premier #3.
- A modified power pool draw format will be used for Divisions 1 and 2 at Premier #2, Premier #3 and Provincials.