

# **2018 Volleyball Canada Indoor Competition Guide**



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## Volleyball Canada Sponsors



Canada 



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# 2018 National Championships Overview

The 2018 VC National Championships will be held from May 16-22 2018 and will host both genders of all age categories (14U, 15U, 16U, 17U, 18U) under one roof in Edmonton, AB. Please visit our [website](#) for full details on this event.

## Tournament #1:

15U & 16U

Check-In - May 16th

Competition Days - May 17 - 19

## Tournament #2:

14U, 17U & 18U

Check-in - May 19th

Competition Days - May 20 – 22

## Eligibility & Registration

*This section deals with the registration, certification, and eligibility requirements for all Volleyball Canada Indoor Nationals. These requirements are in place to ensure an equal competitive structure.*

### 01

## Team Registration

**1.1 Team:** A group of athletes and personnel that are registered members of a club.

**1.2 Players:** A team in any age category must have between a minimum of 8 players and a maximum of 15 players registered on their official roster. A maximum of 15 players can be in uniform, participate in the warm-up, and sit on the bench. However, only 12 players are allowed to be on the score sheet for any given match. These 12 players listed on the score sheet (excluding those crossed out for the match) are the only ones eligible to participate in the match; the 12 listed players on the score sheet may vary from match to match. (see 4.1.1 of the Rulebook).

**1.3 Team Personnel:** These are the individuals responsible for the coaching and management of the team; all team personnel must have the appropriate Leader membership with Volleyball Canada. Only four (4) individuals are permitted to be on the score sheet and/or on the bench.

-The official roster for VC Nationals may include a maximum of four (4) individuals.

-Only those listed on the official roster are eligible to be on the score sheet and/or bench for any given match.

The following is a list of the athlete and team personnel roles that are recognized at VC Nationals:

- **Players:** In order to be eligible to participate in a VC Nationals, each athlete on the official roster must be registered as a Youth Competitive Player with their respective PTA and with VC.  
**New for 2018!** Players can only appear on one roster (one age category) during the 2018 VC Nationals.
- **Head Coach:** The person who is primarily responsible for coaching the team. This individual must be NCCP certified in accordance to the VC requirements (See Section 3). Each team must have one



(1) Head Coach listed on their official roster

**New for 2018!** Head Coaches can only appear on one roster within a tournament (i.e.: cannot be the Head Coach of 15U and a 16U team (both Tournament 1). However, a Head Coach can appear on the roster for a 16U and a 14U team (Tournament 1 and Tournament 2).

- **Assistant Coach:** The person(s) responsible for assisting in the coaching of the team. The assistant coach may only act in the role of Head Coach in extenuating circumstances and with prior approval of Volleyball Canada. Each team may have a maximum of three (3) assistant coaches on their official roster.
- **Medical Staff:** The person(s) responsible for assisting the team with any medical issues. Any person listed as Medical Staff must be a certified medical professional, for which proof may be requested. Each team can have a maximum of one (1) Medical Staff on their official roster, consisting of one (1) Team Therapist/Trainer or one (1) Medical Doctor.
- **Team Contact:** **New for 2018!** Any person responsible for ensuring communication between the team, their club, and VC. Each team must provide the name and contact information of one (1) Team Contact when registering their team. The Team Contact will not be provided with an accreditation unless they have a dual role as Head Coach or assistant coach and they are listed on the official roster.

**1.4 Annual Membership:** All participants (athletes and team personnel) must complete their membership registration process with their respective PTA. By registering with their PTA, these participants will automatically become registered members with VC. Only individuals that are properly registered and in good standing are eligible to take part in competitions sanctioned or hosted by a PTA or VC.

**1.5 Dual Registration:** A team must purchase their annual membership within the province/territory in which they reside. No team is allowed to register with a PTA outside their region of residence without the prior approval of Volleyball Canada and the two (2) PTAs involved.

**1.6 Official Roster:** All players participating at VC Nationals Championships MUST be the same as those listed on the roster for their PTA Championship.

**New for 2018!** All team rosters will be provided directly to VC via the PTA. Teams will not be required to upload their roster into GoalLine. Any players or team personnel not participating at the VC National Championships must be removed from the roster at check-in.

\*Roster changes after PTA Championships will only be considered under exceptional circumstances . All changes must be submitted via the online request form and will be subject to a \$50.00 change fee.

**1.7 Minimum Age:** All athletes, coaches and team personnel members that are on the official roster for a VC Championship must be a minimum of 11 years of age.

**1.8 Age Categories:** The age category of a team is defined by the age category that they play in at their PTA Championship (See Section 4 for more on age category).

### 1.9 Registration Information:

Please note the date that registration opens for each team's respective age category:

- 15U Tuesday, January 9<sup>th</sup>, 2018 at 12:00PM EST
- 16U Thursday, January 11<sup>th</sup>, 2018 at 12:00PM EST
- 17U Tuesday, January 16<sup>th</sup>, 2018 at 12:00PM EST
- 18U Wednesday, January 17<sup>th</sup>, 2018 at 12:00PM EST
- 14U Thursday, January 18<sup>th</sup>, 2018 at 12:00PM EST



Registration is on a first come, first serve basis. The registration closing date is **April 4<sup>th</sup> 2018 at 11:59pm EST**. Registration is not unlimited therefore teams are encouraged to register early.

**1.10 Waitlist:** If an age/gender category for a VC Nationals is full at the time of registration, it is strongly encouraged that you register your team onto the waitlist. If additional spots become available in that age/gender category or if a team cancels, waitlisted teams will be notified based on their position on the waitlist. Only those on the waitlist will have an opportunity to participate in the event.

There is no cost to register onto the waitlist for an event. You will only be charged once you accept your invitation to join the event.

**1.11 Withdrawal Policy:** If a team withdraws from the event prior to the registration deadline they will be refunded the registration fee less a \$350 administration fee. If a team withdraws after this date and VC does not have a team on the waitlist willing to take their place they will not receive a refund. If a team withdraws and can be replaced by another team, they will be refunded the registration fee less the \$350 administration fee.

**1.12 Participation Restrictions:** For VC Nationals, only club teams are permitted to register. Provincial/territorial teams or foreign teams must be approved by the National Indoor Committee in order to participate.

## 2.0

# Foreign Participation

**2.1 Participation Restrictions:** A foreign team that wants to participate in VC Nationals must receive approval from their National Federation in order to participate. Each foreign team must provide Volleyball Canada with an official letter from their National Federation that states that the team is registered and in good standing. Each Foreign Team's participants must purchase health and travel insurance and comply with Volleyball Canada's registration protocols.

**2.2. Registration:** Foreign teams will be required to register for the event in which they wish to participate via the Volleyball Canada website. The registration process will only be complete once Volleyball Canada provides final confirmation of the foreign team's acceptance into the event. Confirmation will be provided in writing within thirty (30) days of registration.

*\*Volleyball Canada reserves the right to deny the registration of a foreign team based on the registration capacity of the competition.*

For further information regarding provincial registration for foreign teams please consult the [Foreign Team and Foreign Player guide](#).

**2.3 Seeding:** All foreign teams are encouraged to play in a Provincial or Territorial event the same year that they plan to participate in a VC Nationals in order to assist with the seeding process. Final results will be used to seed the foreign team in order to ensure meaningful matches for all teams participating in the VC Nationals.



### 3.0

## Coach Certification Policy

All staff sitting on the bench at Provincial/National Championships must have submitted a criminal record check through their respective Provincial/Territorial Volleyball Association (PTA).

All HEAD COACHES must meet the standards below by the deadline date assigned by your PTA (contact your PTA for details). In a situation where the head coach must be replaced at Nationals, the replacement must have a criminal record check, MED Online Evaluation and Making Head Way, at a minimum.

Head Coaches of 16U, 15U, 14U Teams

Appearance	Requirements
1st year	<ul style="list-style-type: none"><li>• Volleyball eLearning</li><li>• Make Ethical Decisions Online Evaluation</li><li>• Making Head Way (Generic)</li></ul>
2nd year	<ul style="list-style-type: none"><li>• All items above</li><li>• Development Coach Volleyball Workshop or Technical 1</li></ul>
3rd year and thereafter	<ul style="list-style-type: none"><li>• All items above</li><li>• Multi Sport Modules: Planning a Practice, Nutrition or Theory 1</li><li>• Development Coach Evaluation or Practical 1</li></ul>

Head Coaches of 18U, 17U Teams

Appearance	Requirements
1st year	<ul style="list-style-type: none"><li>• Volleyball eLearning</li><li>• Make Ethical Decisions Online Evaluation</li><li>• Making Head Way (Generic)</li><li>• Development Coach Volleyball Workshop or Technical 1</li></ul>
2nd year	<ul style="list-style-type: none"><li>• All items above</li><li>• Multi Sport Modules: Planning a Practice, Nutrition or Theory 1</li><li>• Advanced Development Volleyball Workshop or Technical 2</li></ul>
3rd year and thereafter	<ul style="list-style-type: none"><li>• All items above</li><li>• Multi Sport Modules: Design a Basic Sport Program, Basic Mental Skills or Theory 2</li><li>• Advanced Development Coach Evaluation or Practical 2</li></ul>

Note: Coaches moving from 14/15/16U to 17/18U are considered a first year coach in that age group.  
Coaches moving from 17/18U to 14/15/16U are considered a first year coach in that age group.



## 4.0

# Age Categories for Nationals

Volleyball Canada recognizes the following age categories for competitions in the 2017-2018 season:

	18U	17U	16U	15U	14U
<b>Sept</b>	1999	2000	2001	2002	2003
<b>Oct</b>	1999	2000	2001	2002	2003
<b>Nov</b>	1999	2000	2001	2002	2003
<b>Dec</b>	1999	2000	2001	2002	2003
<b>Jan</b>	2000	2001	2002	2003	2004
<b>Feb</b>	2000	2001	2002	2003	2004
<b>Mar</b>	2000	2001	2002	2003	2004
<b>Apr</b>	2000	2001	2002	2003	2004
<b>May</b>	2000	2001	2002	2003	2004
<b>June</b>	2000	2001	2002	2003	2004
<b>July</b>	2000	2001	2002	2003	2004
<b>Aug</b>	2000	2001	2002	2003	2004
<b>Sept</b>	2000	2001	2002	2003	2004
<b>Oct</b>	2000	2001	2002	2003	2004
<b>Nov</b>	2000	2001	2002	2003	2004
<b>Dec</b>	2000	2001	2002	2003	2004

18U: Athletes born from September 1, 1999 to Dec 31 2000 (16 months)

17U: Athletes born from September 1, 2000 to Dec 31 2001 (16 months)

16U: Athletes born from September 1, 2001 to Dec 31 2002 (16 months)

15U: Athletes born from September 1, 2002 to Dec 31 2003 (16 months)

14U: Athletes born from September 1, 2003 to Dec 31 2004 (16 months)

Rationale and recommendations:

The expansion of age categories from 12 months to 16 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. Page 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. Volleyball Canada recommends that if playing up provides the needed challenge for improvement, and there exists no significant social/emotional drawbacks in the older age category, athletes should play up.





# Competition Regulations

*This section deals with the rules and regulations to help govern VC National Championships. The National Indoor Committee (NIC) is the primary body responsible for maintaining the consistency and quality of our competitive structures so that they reflect the needs of the participants.*

## 5.0

## Nationals Regulations

5.1 Eligibility: All teams must meet the following minimum criteria in order to be eligible to attend a VC Nationals:

- Be a registered member, and in good standing, with their respective PTA and with Volleyball Canada.
- Any foreign team looking to participate in an event must be registered and in good standing with their own National Federation (See Section 2).
- Participate in a Provincial/Territorial Championship.
- Comply with the “Stay to Play” housing policy; all team hotel bookings must be completed through each event’s hotel provider(s) and not directly with the hotel.
- Meet all additional registration requirements of their PTA and Volleyball Canada.

5.2 For a national event to be recognized as a VC Nationals, Volleyball Canada requires the participation from a minimum of 3 PTAs and 8 teams.

5.3 If an event does not meet the format event criteria listed above, Volleyball Canada reserves the right to cancel the event.

5.4. Each team will be required to provide two (2) volunteers per match to act in the role of line judge and score keeper. Each team will be provided with one additional accreditation at coach check-in to support this requirement.

5.5 **New for 2018!** All age categories will be officiated by two referees

## Rules of the Game

Please consult the [2017-2018 Indoor Rulebook](#) for a complete list of rules or the [2017-2018 Indoor Rules & Policies Updates](#) document for a list of this year’s major rule changes/updates.

### Warm-Up Protocol:

a) Team warm-ups will be conducted using the 5-5-5- format, which is as follows:

- 5 minutes for players to warm-up on their respective side of the court, 5 minutes to use the full court (traditionally used for spiking and serving practice), 5 minutes to use the space behind the opposite baseline (traditionally used for passing practice).



**b) New for 2018!** In an effort to reduce the incidence of injuries and concussions during National Championships, Volleyball Canada will be implementing a warm-up protocol which will take effect during the 2018 Nationals in Edmonton, AB. Coaches are recommended to adopt this new protocol however it will not be required in 2018.

The following guidelines summarize the protocol which is recommended to be followed by all teams during the hitting portion of the team warm up:

1. Athletes hitting are not permitted to cross under the net after completing their attack.
2. Athletes should step out of the way after completing their attack.
3. If coaches are tossing from the receiving side of the court, they are encouraged to do so from outside of the court or from directly at the net.
4. Teams are responsible for ensuring that there are ball retrievers.
5. The ball retrievers should return the balls along the sidelines of the court, they must not roll balls under the net.

Teams who do not follow the protocol will have a note added to their game sheet by the referee.

### **Sport Court Rule:**

a) Venues where the sport court has been laid to have a temporary court:

During a rally, the last point of contact prior to playing the ball must be the Sport Court.

Example:

- one foot on sport court, one foot on the cement = play is whistled dead
- jump in the air and play the ball prior to coming in contact with the cement = play continues
- leave the playing surface and step on a chair and play the ball = play is whistled dead

Any service action must be initiated with at least one foot in contact with the Sport Court.

b) Venues where the sport court is permanent and connected:

A no play zone will be defined by the referees at the event.

## **6.0**

# **Equipment & Materials**

### **6.1 Official Game Ball**

The Tachikara SIX.VC will be the competition ball for all age categories at VC Nationals.

### **6.2 Net Heights**

#### **Girls/Women**

14U: 2.15m

15: 2.20m

16, 17, 18U, Senior: 2.24m

#### **Boys/Men**

14U: 2.20m

15 and 16U: 2.35m

17, 18U, Senior: 2.43m

### **6.3 Athlete Uniforms**

(section 4.3 and 19.2 of the Indoor Rulebook)



- A player's equipment consists of a jersey and shorts.
- The colour and the design for the jerseys and shorts must be uniform for the team (except for the Libero). The Libero player(s) must wear a uniform which clearly contrast with the rest of the team. (Please refer to the [Uniform Guidelines](#)).
- All jerseys must be uniquely numbered (1 to 99).
- The captain must have a stripe of 8 x 2 cm underlining the number on the chest of the jersey.
- Shoes must be non-marking.
- Teams are encouraged to email Volleyball Canada ([nationals@volleyball.ca](mailto:nationals@volleyball.ca)) for verification if they are unsure as to whether or not they meet the above mentioned regulations.

#### 6.4 Coaches and Team Staff Attire

Updated for 2018

All coaches and team staff should follow the dress guideline below during all of their matches.

- Must be dressed in coaching attire as to represent their team in a professional manner.
- Secure shoes are required.
- Hats are not permitted.

These guidelines are strongly recommended for anyone acting as a line judge or score keeper during VC Nationals.

## 7.0

# Divisional Play & Seeding

#### 7.1 Division Size:

- The minimum size for a division is 8 teams.
  - The maximum size for a division is 48 teams.
- Division Requests: Teams may request to be placed in a lower division than their determined seeding, in which case, VC will make a final decision on whether the request will be allowed. Requests must be made prior to May 4<sup>th</sup>. In this situation, it may be necessary to move additional teams up one division to accommodate the request.

#### 7.2 Seeding

The seeding for the 2018 VC Nationals will be based on the results at provincial and territorial championships.

Please see the [2018 VC Nationals Divisional Play and Seeding document](#) for full details regarding seeding for each age category.

## 8.0

# Draw Principles



Each VC Nationals varies based on location, age category, venues, and number of courts. These variables may affect how the tournament will be organized. Volleyball Canada has developed a set of principles for governing how the draws will be structured.

VC strives to provide a minimum of 7 matches at VC National Championships. Due to unforeseen circumstances, VC may not always be able to provide 7 matches per team.

- All matches are best-of-three.
- Maximum number of four matches per day.
- Maximum of two back-to-back matches.

## 9.0

# Coach Check-In

9.1. The Coach Check-In process will take place the day before the matches are scheduled to start.

Tournament #1: May 16th 2018

Tournament #2: May 19th 2018

9.2 All teams must check-in during this time. Late Check-in should be requested prior to Friday, May 11th and fine of \$50 is to be paid in cash on-site.

9.3 Only individuals on the official team roster can check-in their team (Example: Head Coach, Assistant Coach, etc). The players themselves are not required at check-in. If a member of team staff is not able to attend Coach Check-In, another team representative may do so in their place however they must provide written consent from the team's coaching staff.

9.4 Only four (4) team personnel are allowed to be on the score sheet and/or on the bench. These four (4) will be the only individuals who receive team personnel accreditation.

9.5 The Head Coach/Team representative completing check-in will be required to perform the following duties at check-in:

- Show proof of age of all athletes at check-in, via government issued ID (birth certificate, driver's license, health card, passport, etc). Originals are not required, copies are recommended.
- Provide the Head Coach's NCCP Card or NCCP Number
- Remove all team personnel and players from the official roster who are not participating in the event.
- Sign off on the roster confirming its accuracy for the duration of the competition

**-New for 2018!** Provide written acknowledgement that the team understands and must compete at Nationals as per the following:

- 2018 VC Indoor Competition Guide
- 2017/2018 VC Rule Book
- VC Code of Conduct

9.6 **New for 2018!** The Head Coach/Team representative will receive an approved roster upon the completion of check-in. The Head Coach must carry this at all times for verification by tournament officials.



## 10.0

# Sanctions

10.1 A team may be sanctioned, including fines, if any of the following infractions occur while the team is participating at a VC Nationals:

- The accommodation facilities or tournament facilities are deliberately damaged by a member of their team.
- The tournament equipment is deliberately damaged by any member of their team.
- The [Volleyball Canada Code of Conduct](#) is violated in any way.
- The [2017-2018 Volleyball Canada Indoor Rulebook](#) is violated in any way.

- A team does not fulfill its competitive obligations to an event. If for some reason your team is unable to attend an event that they have registered for or is unable to attend a game that they are scheduled for, it is your responsibility to notify a VC representative as soon as possible.

10.2 Any other infraction that the National Indoor Committee deem to be detrimental to the event and/or its participants.

10.3 In addition to performance bond related sanctions listed above, Volleyball Canada also has the following sanctions/payments in place for all VC Nationals:

- \$50.00 for Late Check-In (must be requested by May 11th)
- \$350.00 for Withdrawal prior to Roster Lock Date; no refund after Roster Lock Date
- \$100.00 cash for assembling the Competition Jury to assess an official protest
- Roster change request fee of \$50 per submission (multiple changes may be requested on one submission)

10.4 A team or club that is sanctioned in any way because of an infraction related to a VC Nationals will be placed in bad standing with VC and their respective PTA. The team or club will remain in bad standing until the sanction has been paid in full to Volleyball Canada. While a team or club is in bad standing they will not be able to register for any events sanctioned by their PTA or VC.

## 11.0

# Protest & Appeal Process

11.1 Any protest or appeal at a VC Nationals will be overseen by a Competition Jury, composed of the following:

- A member of the NIC or an approved designate.
- A representative of the Host Committee.
- A member of the Referee Development Team or approved designate.
- A Competition Jury member or an approved designate will be present at all venues.

11.2 The Competition Jury has the highest level of authority at VC Nationals and its decisions take precedence and cannot be appealed. They are in place to evaluate complaints and render decisions



regarding issues that arise about the event organization and all technical matters. The Competition Jury may be called upon to make decisions on, but not limited to, any of the following matters:

- Competition Protests
- Player Eligibility
- Uniforms
- Spectators
- Playing surface/area
- Schedules and Draws

11.3 The following types of issues can be protested or appealed:

- An improper decision by the referee who did not apply the rules or regulations.
- An improper decision of the scorer who made a mistake on the rotational order or on the score.
- Please note that judgement calls cannot be protested. A referee's decision regarding a playing action (ie. ball handling or misconduct) cannot be protested.
- The protest will be accepted or rejected prior to the resumption of play by the tournament jury.

11.4 To officially protest or appeal a decision, the captain must launch the protest immediately to the first referee who will then indicate to the scorekeeper that a protest has been lodged.

A fee of \$100 must be provided in cash immediately in order to assemble the Competition Jury to assess the protest. The funds will be returned if the protest is upheld; however, if it is overturned, the funds will go towards referee development.

11.5 In case of an incident during a match, the protest has to be requested at the moment the incident occurs, before play resumes. Please remember that NO match will be replayed, as protests have to be placed at the moment of the incident. For further explanation, please refer to Protest Procedures in Section IV of the [Indoor Rulebook](#).

In the event of a protest, the following will occur:

- The referee will notify both teams that there is a protest
- The coach of the protesting team will be asked to record the protest.
- Both teams will be asked to stay in the gym until the final decision is rendered.
- The chairperson of jury will convene the jury.
- The jury will interview the coach of the protesting team.
- The jury will interview all involved parties, as they see fit (e.g.: opposing coach, officials, captains, athletes, etc.)
- The jury will deliberate and render a decision.
- The chairperson of the jury will inform all parties involved of the decision made.

## **12.0**



## Scouting & Recruiting

Volleyball Canada requires that recruiters attending VC Nationals purchase an event pass designated for recruiters at the on-site ticketing booth. It is important to note that Volleyball Canada does not police recruiters onsite and that it is expected that recruiters will abide by the regulations set out by [USport](#), CCAA, or any other University or Collegiate organization. Volleyball Canada bears the right to ask a recruiter to leave the facility if the recruiting policies are not respected.

### 13.0

## Code of Conduct & Discipline

The [2017-18 Volleyball Canada Indoor Rulebook](#) details the Code of Ethics for Referees, the Code of Conduct for all participants, Anti-Doping Policy and Disciplinary Action. Any breach of these policies are subject to fines and/or sanctions as outlined on in the [Volleyball Canada Code of Conduct](#).