

2023 Volleyball Canada Senior Indoor Nationals Competition Guide



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2023 Senior National Championships

In 2023, we will be hosting the Senior Nationals at the Centre Sportif de Gatineau located in the city of Gatineau, Quebec.

Date	City	Categories	Facility
March 31-April 2	Gatineau, Quebec	Open Men & Open Women	Centre Sportif de Gatineau

Senior Nationals COVID-19 Considerations

VC will continue to follow Governmental and Public Health guidelines regarding covid-19 precautions and mandates. Changes to event protocols may be required leading up to the 2023 Nationals to ensure the health and safety of all participants; any changes will be noted on the event webpage at that time.

Eligibility & Registration

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

1.0

Team Registration

1.1 Players: A team in any age category must have 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 and may participate in any given match.; the 12 listed players on the score sheet may vary from match to match. (see 4.1.1 of the Rulebook).

In order to be eligible to participate in a Nationals, each athlete on the official roster must be registered as a Member with their respective PTA and with VC. **Important!** Players can only appear on one roster (one age category) per event.

1.2 Team Personnel/Person in Authority: These are the individuals responsible for the coaching and management of the team; all team personnel must have the appropriate Leader membership with VC.

Please note the following guidelines for the official roster for Nationals:

- A maximum of four (4) team personnel
- A minimum of one (1) individual who must be the Head Coach
- 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 team personnel roles that are recognized at Nationals and who may be listed on the Official Roster:



- **Head Coach:** The person who is primarily responsible for coaching the team. This individual must meet all eligibility requirements in accordance with the VC Coach Certification Policy (See Section 3). Each team must have one (1) Head Coach listed on their official roster.

Important Reminder! An individual is not permitted to be designated as Head Coach for two teams in the same tournament. The same individual may be designated as a Head Coach for one team and a different team personnel role for another in the same tournament.

- **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 VC. Each team may have a maximum of three (3) assistant coaches on their official roster.
- **Team Trainer:** The person(s) responsible for assisting the team with any medical issues.
- **Team Manager:** The person(s) responsible for pre-event and on-site administrative duties for the team and who acts as a liaison between the team and other parties (ex. VC, hotels, restaurants, etc).

1.3 Team Contact: Each team must list a team contact during the registration process. This person will be responsible for ensuring communication between the team, their club, and VC. The Team Contact will not be listed on the Official Roster unless they have a dual role as a member of the team personnel 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 Province/Territory of Residence: A player/team must purchase their annual membership(s) within the province/territory in which they reside. No player/team is allowed to register with a PTA outside their province of residence without the prior approval of VC and the two (2) PTAs involved. In addition, no player/team is permitted to register with more than one PTA at the same time; players who wish to change PTAs mid-season must receive approval from VC and the PTAs involved.

1.6 Official Roster: Teams will be required to submit their roster into their VRS Nationals profile by the registration close date, March 3rd, 2023. After this time, all Nationals rosters will be locked and verified by VC. Please note that changes or additions cannot be made during Coach Check-in, all changes must be made pre-event via the Roster Exemption Request form, see section 1.7 for more details.

1.7 Minimum Age: All athletes, coaches and team personnel members that are on the official roster for Nationals must be a minimum of 19 years of age.

1.8 Registration Dates:

Age Category	City	Registration Date	Registration Time
Open Men's & Women's	Gatineau	January 5th, 2023	12:00pm EST (noon)

Registration is on a first come, first serve basis. The registration closing date is March 3rd, 2023 at 11:59pm EST. Registration is limited therefore teams are encouraged to register early.

1.9 Registration fee: \$800 (taxes are not charged on registration fee).



1.10 Waitlist: If an age/gender category for Senior 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:

Teams who withdraw from Senior Nationals will be eligible for a refund as per the following timelines:

Date	Refund
Prior to registration closing date	Registration fee less \$100 admin fee
Post registration closing date – team is replaced by a waitlisted team	Registration fee less \$100 admin fee
Post registration closing date – team is NOT replaced by a waitlisted team	No refund
Within 2 weeks of event	No refund

1.12 Participation Eligibility: All teams (including each individual on the official roster) must meet the following minimum criteria in order to be eligible to attend Senior Nationals:

- Be a registered member, and in good standing, with their respective PTA and with VC.
- Any foreign team looking to participate in an event must be registered and in good standing with their own National Federation (See Section 2).
- Meet all additional registration requirements of their PTA and VC.

2.0

Foreign Participation

2.1 Participation Restrictions: A foreign team that wants to participate in Senior 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 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](#).



3.0

Coach Certification Policy

Volleyball Canada's Senior National Championships Coach Eligibility Requirements are to ensure that all coaches participating in Senior Nationals have the knowledge and training necessary to provide every athlete with a safe, inclusive and responsible sport experience.

Guiding Principles:

All athletes have the right to a NCCP Certified coach.

All coaches have the responsibility to:

- Have the required training to provide an environment that is physically, mentally, emotionally and socially safe for all athletes and participants.
- Ensure that all training is current and updated as required, to be able to provide a safe and responsible sport experience for all.

Mandatory Eligibility Requirements for Head Coaches in 2023:

All Coaches listed on a Senior Nationals roster must complete the requirements in Section A (below) to be eligible to participate. These requirements are mandatory for all Coaches regardless of certification status. PTA's will verify requirements for all Coaches through their registration system.

DEADLINE: Senior Nationals registration deadline.

SANCTIONS: Coaches who are missing any or all the requirements in *Section A* will be ineligible to participate with their team in a Coach capacity at Senior Nationals for that year and will not be listed on the final team roster.

A	Canadian Record Check (CRC)	Cost varies	CPC completed within the last 3 years Screening Process completed annually
	<u>Coaches Association of Canada (CAC) Safe Sport Training</u>	Free	Credit will also be given for equivalent programs recognized by Sport Canada, i.e. Respect in Sport, Activity Leader.
	<u>Making Head Way in Sport eLearning</u>	Free	The Making Head Way eLearning provides coaches with the latest information specific to Concussion Management

4.0

Age Categories

4.1 Competitions will be offered for both Male and Female participants. Age will be recognized as of December 31, 2022.

4.2 Open Division: All participants in the open division must be at least 19 years of age. There is no max age in this division. NCAA, CCAA and U-Sport athletes are eligible to play in this division.



Competition Regulations

This section outlines the rules and regulations which govern Senior Nationals beyond the Indoor Rulebook. In addition, general information and guidelines for participants and spectators is covered here.

5.0

Hosting Guidelines

5.1 A minimum of 4 teams per category is required to run the Senior National Championships. Volleyball Canada reserves the right to create Masters divisions if there are enough teams to meet the minimum requirement. VC will notify teams prior to any changes being made.

5.2 Round robin matches will be officiated by 2 referees. Playoff matches will be officiated by 2 referees.

5.3 Consumption of alcohol is strictly prohibited in the building by any participant listed on the roster during competition. Consumption of alcohol will be met with disciplinary action.

5.4 Coolers are not permitted inside the facility during competition.

6.0

Rules of the Game

Please consult the [2022-2023 Indoor Rulebook](#) for a complete list of rules or the 2022-2023 Indoor Rules & Policies Updates document for a list of this year's major rule changes/updates.

6.1 Warm-Up Protocol:

a) Team warm-ups will be conducted using the 2-4-4 format, which is as follows:

- 2 minutes for players to warm-up on their respective side of the court,
- 4 minutes to use the full court (traditionally used for spiking and serving practice), and
- 4 minutes for on or off the court preparations (use the space behind the opposite baseline, retrieve balls for the hitting team, etc). See item 'c' below for warm up recommendations.

b) In an effort to reduce the incidence of injuries and concussions during warm-up, Volleyball Canada has developed the following warm-up protocol. This protocol is to be followed by all teams during the designated-on court warm-up time;

1. 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 of the court. Athletes are not permitted into the receiving court.
2. Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court.
3. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
4. If the team is using both sides of the court, i.e. full court game type activity - only one ball can be in play at any given time.
5. Opposing teams are not permitted to use volleyballs in the free zone during the other teams allocated court time. It is recommended for the opposing team to support the retrieval of volleyballs for the team on the court.



Teams who do not follow the protocol will be notified by the referee that they must follow the above stated regulation. Teams must adjust their warm-up accordingly or may choose not to continue their hitting warm-up. Time for the hitting warm-up will not stop during the notification and adjustment period. The referee will note on the scoresheet any teams who do not follow the warm-up protocol. Teams may be eligible for further review and / or disciplinary action if multiple infractions are noted on the scoresheet.

c) Warm Up recommendations:

- Hitting should be directed away from courts with active games and from spectator seating areas whenever possible.

6.2 Playing Area

The playing area includes the playing court and the free zone. Each team must play within its designated playing area. See Rule 1 - Playing Area, in the Volleyball Canada Rule Book, for further details.

Sport Court:

The area beyond the edge of the sport court is designated as a non-playing zone. Therefore, the last point of contact prior to contact with the ball must be on the sport court and the player must always play the ball on the sport court.

Examples:

- One foot on the sport court, one foot on the cement while playing the ball = play is whistled dead;
- Jump in the air off the sport court, play the ball, and land fully off the sport court = play is whistled dead;
- Leave the playing area and step on a chair and play the ball = play is whistled dead
- Play the ball on the sport court, momentum of athlete carries them off the court = play continues;

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

Non-Sport Court (ie - gymnasium):

A player may not enter any other court space or interfere with play in another game to play a ball. A player may not step on any equipment outside of the playing area to play the ball.

6.3 Cameras and Tripods

Teams are permitted to record matches throughout the Senior Nationals tournament however please note:

- Tripods are not permitted on the sport court
- Cameras on tripods cannot be left unattended
- VC is not responsible for any damage to the camera or related equipment
- VC reserves the right to restrict/deny the filming of any matches for safety and/or other reasons

6.4 Line Judge and Score Keeper

Each team will be required to provide 4 volunteers for line judge and scoring. Teams will be assigned these responsibilities via the competition schedule. Assigned matches will be either directly before or directly after a team's own match.



7.0

Team Check-In

7.1. The Team Check-In process will take place prior to the first match for each team.

7.2 Only individuals on the official team roster can check-in their team; preferably the Team Captain or Coach.

7.3 The individual completing check-in will be required to perform the following duties:

- 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.
- Provide written acknowledgement that the participants understand the following:
 - 2023 VC Senior Indoor Nationals Competition Guide
 - 2022-2023 VC Rule Book
 - VC Code of Conduct
 - VC Concussion Guidelines
 - VC Nationals warm-up protocol
 - Safe Sport training requirements

7.4 The individual completing check-in will receive an approved roster upon the completion of check-in. The Head Coach/team captain must carry this at all times for verification by tournament officials. If this roster is lost, a new roster sheet will be provided at a cost of \$20.00.

8.0

Competition Ball & Uniforms

8.1 Official Game Ball

The official supplier for the Nationals game ball is Mikasa. All teams will use the Mikasa V200W.

8.2 Net Heights

Women

Senior: 2.24m

Men

Senior: 2.43m

8.3 Athlete Uniforms

- 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 contrasts with the rest of the team. (Please refer to the Uniform Guidelines).
- All jerseys must be uniquely numbered (1 to 99) and must be on the front and back.
- 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.



- For more information on athlete uniforms please review section 4.3 and 19.2 of the Indoor Rulebook and the Uniform Guidelines.

8.4 Coaches and Team Staff Attire

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

- Must be dressed 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.

9.0

Competition Management

All competition schedules and results will be available on AES at www.advancedeventsystems.com.

All matches will be scored via paper scoresheets.

10.0

Schedules & Seeding

10.1 Draw

VC strives to provide a minimum of 4 matches per team at Senior Nationals.

All matches are best-of-three or best-of-five. Please review the schedule for final details.

10.2 Schedule

VC strives to release the draft schedule 2 weeks prior to the event start date. Please note that draft schedules are subject to change and teams are required to verify the final schedule to ensure they are on time for matches.

10.3 Seeding

The seeding format for the 2023 Senior Nationals will be determined based on the number of teams registered for each category. If participation numbers are low, a draw will be made to seed the teams and a full round robin will be played. If sufficient teams register to create pools, teams will be randomly placed in pools that allow teams to play others from throughout the country.

10.4 Wave Times

If registration is large enough, Day 1 will have waves.

- A morning wave which runs from approximately 7:30am to 2:15pm
- An afternoon wave which runs from approximately 2:30pm to 8:30pm

NOTE: This seeding plan is not final and may be adjusted closer to the tournament.



11.0

Medical

Medical services will be provided to all participating teams free of charge via certified athletic therapists. Services for athletes includes first aid response, concussion management, as well as athletic taping.

Concussion Management

All teams participating at Nationals are required to follow the Volleyball Canada Concussion Protocol. Further details on the protocol can be found in the [Policy section](#) of the VC Website.

Any athlete who has a suspected concussion is strongly encouraged to visit the onsite medical team to complete a concussion assessment via the Sport Concussion Assessment Tool (SCAT 5). Should an athlete fail the assessment they will be removed from play.

Athletes are permitted to follow-up their initial assessment with a medical professional. If the athlete is deemed as safe to return to immediate sport participation they may do so with submission of the Medical Assessment Letter to the on-site medical team and/or competition staff.

If there is a medical professional on site designated to manage concussion assessments, athletes are not permitted to seek an assessment from an off-site medical professional.

12.0

Awards

12.1 Senior Nationals will distribute the following awards:

Champion Prizing will be distributed to the medalist team(s), more information to follow.

12.2 Awards Ceremony:

Teams will be presented their medals on the court following the completion of their final match or shortly thereafter.

13.0

Sanctions

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

- The tournament equipment is deliberately damaged by any member of their team.
- The Volleyball Canada Code of Conduct is violated in any way.
- The [2022 - 2023 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 the team's responsibility to notify a VC representative as soon as possible.
- Any other infraction that the Competition Officials deem to be detrimental to the event and/or its participants.



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

- \$100.00 for Withdrawal prior to the registration deadline, see section 1.14 for a full list of withdrawal fees;
- \$100.00 cash for assembling the Competition Jury to assess an official protest

13.3 A team or club that is sanctioned in any way because of an infraction related to Senior 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 removed or 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.

14.0

Protest & Appeal Process

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

- A member of the NIC or an approved designate.
- A member of the Competition Staff.
- A member of the Referee Development Team or approved designate.

A Competition Jury member or an approved designate will be present at all venues.

14.2 The Competition Jury has the highest level of authority at Senior 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

14.3 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.

14.4 To officially protest or appeal a decision, the captain must launch the protest immediately to the 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.

14.5 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 provide the \$100 cash protest fee and to record the protest.
- Both teams will be asked to stay on the court 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.

15.0

Code of Conduct & Discipline

15.1 The [2022-2023 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's Discipline and Complaints Policy](#).

16.0

Safe Sport

VC is committed to a sport environment free from abuse that is safe for all participants. For more information, our policies, and resources, [please click here](#).

Safe Sport Reporting

VC has zero tolerance for any type of abuse. Individuals are required to report abuse or suspected abuse to VC or to a Provincial/Territorial Association so that those matters can be addressed in an expeditious manner.

For more information, please see the Safe Sport [Complaint Process Overview](#). Reports can be made to the Canadian Sport Helpline - 1-888-837-7678 or email info@abuse-free-sport.ca or electronically through: <https://sportintegritycommissioner.ca/report> Education.



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 coaches, referees, parents of youth athletes, high-performance staff and contractors, officials; and all administrative staff and volunteers whether they may have direct contact with athletes or not.

VC requires that all individuals involved with the sport across the country take an approved safe sport e-learning module:

1. [Respect in sport for Activity leaders](#) – this course educates youth leaders, coaches, officials and participants to recognize, understand and respond to issues of bullying, abuse, harassment and discrimination.
2. [Coaching association of Canada's Safe Sport Training](#) – this eLearning module gives all participants the tools to recognize, address, and prevent maltreatment in sport. The module aligns with the principles of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport.

Background Screening

All coaches, staff members, volunteers, referees, team staff members and Integrated Support Team (IST) members involved in VC domestic competitions are required to have completed a criminal record/police check issued within 36 months of the activity being attended. These requirements apply to all disciplines.

Volleyball Canada has a partnership with Sterling Talent Solutions, who provide an online, Canada-wide criminal record check service. This is a more secure check and can be shared with other organizations. To get your check click here - [Backcheck Canada - Sterling Backcheck](#)

To provide further clarification, we have compiled the following [Frequently Asked Questions \(FAQs\)](#).

