

2023 Volleyball Canada Youth Nationals Competition Guide



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2023 Nationals Overview

Volleyball Canada (VC) will host three (3) 14U events in order to provide regional access to teams while the 15 – 18U categories will be held in three cities across the country: Calgary, Edmonton and Regina.

Date	City	Age/Gender	Facility
May 4 – 7	Ottawa	14U	Carleton University
May 10 - 13	Calgary	16UG	Olympic Oval/U of C
May 11 - 14	Winnipeg	14U	RBC Convention Centre
May 11 - 14	Halifax	14U	Canada Games Centre
May 11 – 14	Edmonton	15UB & 16UB	Saville Centre
May 13 - 16	Calgary	17U	Olympic Oval/U of C
May 17 – 20	Calgary	18U	Olympic Oval/U of C
May 18 – 21	Regina	15UG	Evraz Place

**Competition dates include coach check-in*

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 Nationals. These requirements are in place to ensure an equal competitive structure.

01

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 National Championship, each athlete on the official roster must be registered as a Youth Competitive Player with their respective PTA and with VC. **Important Reminder!** Players can only appear on one roster (one age category) per event. Should a player wish to be on a roster for a 2nd event, there must be a minimum of 4 days between competition days of each event.

New for 2023! Players will not be permitted to participate in both Calgary T1 and T2, or T2 and T3.

1.2 Team Personnel/Person(s) 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 nor will they be provided with an accreditation 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: All players participating at Nationals MUST be the same as those listed on the roster for their PTA Championship. Coaches will be required to present their official roster for each match.

New for 2023! Team staff participating at Nationals are no longer required to be on the PTA Championship Roster however they must meet all roster requirements and/or exemption requirements to be added to the official roster.



New for 2023! Teams with access to the Sportlomo club-portal will have the opportunity to directly link their provincial roster to their Nationals registration via Sportlomo. All rosters will be locked as of the provincial roster lock date. Teams are required to review their Nationals' roster following their provincial championships to ensure that any roster changes (if applicable) made between the provincial roster lock and the provincial championships have been recorded on the Nationals roster. 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.

Teams who have registered via the non-club portal will not have to submit rosters as they will be collected by VC via the PTA.

Important Reminder! The roster lock date for teams from New Brunswick who are attending Nationals will be April 7th, 2023 (registration closing date).

1.7 Roster Exemption Requests: Changes made to the official roster (Nationals roster) following the PTA roster lock will only be considered under exceptional circumstances. All changes must be submitted via the online exemption form (available on the event webpage) and will be subject to the following fees:

- \$50 for team personnel change
- \$100 for player change

All team personnel changes must fall within the guidelines listed in the Coach Certification Policy in Section 3.0. Player changes should fall within the following guidelines:

- Teams must have only 7 or fewer players remaining for their Nationals roster
- Incoming player(s) must have played the current season with the same club
- Incoming player(s) could not have played on a team who was declared at an older age category during the current season (16U player who played on a 17U team during the same season)

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

Team personnel who are parents of an infant (under the age of 1) will be supported by Volleyball Canada in having the infant on the bench during matches. The infant must be appropriately secured in a hands-free baby carrier or in a stroller directly behind the bench. The team must notify VC of this occurrence prior to the event to ensure that competition officials are aware. The team may be asked to complete a Risk Acknowledgement form as they are exposing the infant to a higher-risk environment.

Team personnel who are the parent/caregiver to any young children may leave the bench to attend to them during the match provided the referee has been informed in advance. If the parent is the Head Coach, the Assistant Coach would be permitted to temporarily act as head coach during this time.

1.9 Age Categories: The age category of a team is defined by the age category that the team declares with their PTA at the start of the season (See Section 4 for more information on age categories).



1.10 Registration Dates:

Age Category	Registration Date	Registration Time
15U	January 10 th	Boys 12:00pm EST (noon) Girls 12:30pm EST
16U	January 12 th	Boys 12:00pm EST (noon) Girls 12:30pm EST
17U	January 17 th	Boys 12:00pm EST (noon) Girls 12:30pm EST
18U	January 19 th	Boys 12:00pm EST (noon) Girls 12:30pm EST
14U	January 24 th	Boys 12:00pm local time (noon) Girls 12:30pm local time

Registration is on a first come, first serve basis. The registration closing date is April 7th at 11:59pm EST. Registration is limited therefore teams are encouraged to register early.

New for 2023 - VC will be offering an early registration period for the Championship Tier teams from the 2022 Nationals. Registration will be offered to the team/club who received a gold, silver or bronze medal. For example, the first, second and third place teams/clubs of 17U boys in 2022 will be offered an opportunity to register for the 18U boys in 2023.

Registration will be available from December 10th to 20th. Eligible teams will be contacted directly by VC with registration details.

1.11 Registration Fee

Registration fees are charged on a per team basis, taxes are not charged on the registration fee. Fees may vary per event, please be sure to review the Nationals webpage for current fees.

1.12 Registration for teams playing up:

A team "playing up" is defined as a team who is registering to play in an age group that is older than the age group they declared for with their PTA during the club season. For example, a team who declares and plays primarily as a 15UB team with their PTA who wants to play in the 16UB Nationals.

Teams who wish to play up an age group at Nationals will be permitted to register beginning Wednesday January 26th, 2023, at 12pm (noon) EST pending available space in the event. If an event is full, the team will be permitted to add their team to the waitlist as of this date. Any teams playing up who register before this date will be removed from the event.

1.13 Waitlist: Each age/gender category will open for registration with fewer spots than are available in the event, therefore many teams may be directed to a waitlist for the first 24hours following registration opening. VC will invite additional teams to fill the draw based on space available and the total number of teams on the waitlist.

Once an age/gender category is full, VC will maintain a waitlist to invite teams as additional space becomes available or if a team withdraws; waitlisted teams will be offered a spot in the tournament based on their position on the posted waitlist.

There is no cost to register onto the waitlist for an event. A team will only be charged once the invitation to join the event has been accepted. For further details on the 2023 waitlist process please see the Nationals webpage.



1.14 Withdrawal Policy:

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

Date	Refund
Prior to registration closing date	Registration fee less \$350 admin fee & system fees
Post registration closing date – team is replaced by a waitlisted team	Registration fee less \$350 admin fee & system fees
Post registration closing date – team is NOT replaced by a waitlisted team	No refund
Within 2 weeks of check-in	No refund

1.15 Participation Restrictions: For 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.

1.16 Unsanctioned Events: Any teams who participate in an unsanctioned event outside of Canada could be deemed ineligible to compete at Nationals.

1.17 Participation Eligibility: All teams (including each individual on the official roster) must meet the following minimum criteria in order to be eligible to attend 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).
- Participate in a Provincial/Territorial Championship.
- Comply with the “Stay to Play” housing policy; all team hotel bookings must be completed through the event’s hotel booking provider and not directly with the hotel. Please review the [Stay to Play Policy](#) for more details.
- 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 Nationals must receive approval from their National Federation in order to participate. Each foreign team must provide VC 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 VC’s registration protocols.

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

**VC 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 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 Nationals.

3.0

Coach Certification Policy

Volleyball Canada's Youth National Championships Coach Eligibility Requirements are to ensure that all coaches participating in a 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.
- Have the required training to be able to provide a responsible learning environment that incorporates VC's teaching methodologies, technical guidelines and long-term athlete development principles.
- 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:

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

DEADLINE: Pending provincial and territorial membership approval and Nationals registration deadlines.

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

A	Enhanced Police Information Check (EPIC) & Screening Process	Cost varies	<i>EPIC completed within the last 3 years</i> <i>Screening Process completed annually</i>
	Coaches Association of Canada (CAC) Safe Sport Training	Free	<i>Credit will also be given for equivalent programs recognized by Sport Canada, ie Respect in Sport, Activity Leader.</i>
	Making Head Way in Sport eLearning	Free	<i>The Making Head Way eLearning provides coaches with the latest information specific to Concussion Management</i>
	Make Ethical Decisions (MED) Online Evaluation	\$85 or Free	<i>Credit for the Make Ethical Decisions (MED) Online Evaluation is required. Coaches can choose to take the MED NCCP Multi Sport Module and then complete the MED Online Evaluation for free or they can proceed directly to the MED Online Evaluation (without taking the module) for \$85.</i>



	Foundations of Volleyball eLearning	\$89	<i>Foundations of Volleyball eLearning introduces coaches to VC's teaching methodologies and long-term athlete development principles.</i>
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Mandatory Eligibility Requirements for all Additional Persons in Authority (PIA) in 2023:

All additional Persons in Authority listed on any Nationals roster must complete the requirements in Section B (below) to be eligible. In addition to the Head Coach, a Person in Authority includes, but is not limited to, all assistant coaches, team trainers and team managers who are listed on the Nationals roster. These requirements are mandatory for all Persons in Authority regardless of certification status.

DEADLINE: Pending provincial and territorial membership approval and Nationals registration deadlines.

SANCTIONS: Any Persons in Authority who are missing any or all of the requirements in Section B (below) will be ineligible to participate with their team as a Persons in Authority at a Nationals for that year and will not be listed on the final team roster.

B	Enhanced Police Information Check (EPIC) & Screening Process	Cost varies	<i>EPIC completed within the last 3 years Screening Process completed annually</i>
	Coaches Association of Canada (CAC) Safe Sport Training	Free	<i>Credit will also be given for equivalent programs recognized by the CAC, including Respect in Sport, Activity Leader</i>

Minimum Certification Requirements for Head Coaches:

All Head Coaches listed on any Nationals roster must meet the requirements below for the age category that they are coaching.

DEADLINE: March 30th, 2023

SANCTIONS: Head Coaches who do not meet the requirements for that year (outlined below) will be subject to a \$250 CAD fine, payable prior to participation in that year's Nationals.

	2023
14U	In addition to completing the Mandatory Eligibility Requirements, all coaches participating as a Head Coach at a 14U, 15U or 16U Nationals for the first time are required to have successfully completed a DEVELOPMENT COACH WORKSHOP .
15U	In addition to completing the Mandatory Eligibility Requirements, all coaches participating as a Head Coach at a 14U, 15U or 16U Nationals for the second time or more are required to have CERTIFIED DEVELOPMENT COACH status.
16U	
17U	In addition to completing the Mandatory Eligibility Requirements, all coaches participating as a Head Coach at a 17U or 18U Nationals for the first time are required to have successfully completed an ADVANCED DEVELOPMENT COACH (INDOOR) WORKSHOP .
18U	In addition to completing the Mandatory Eligibility Requirements, all coaches participating as a Head Coach at a 17U or 18U Nationals for the second time or more are required to have CERTIFIED ADVANCED DEVELOPMENT COACH status.
IMPORTANT NOTE: Head Coaches who have achieved Certified status in their appropriate context are still required to complete the mandatory requirements in Section A (above) and maintain Active status in the NCCP Locker. Please refer to <i>Volleyball Canada's NCCP Certification Maintenance Guide</i> on how to remain Active .	



4.0

Age Categories

Volleyball Canada recognizes the following age categories for competitions in the 2022-2023 season:

	18U*	17U	16U	15U	14U
Sept	2004	2005	2006	2007	2008
Oct	2004	2005	2006	2007	2008
Nov	2004	2005	2006	2007	2008
Dec	2004	2005	2006	2007	2008
Jan	2005	2006	2007	2008	2009
Feb	2005	2006	2007	2008	2009
Mar	2005	2006	2007	2008	2009
Apr	2005	2006	2007	2008	2009
May	2005	2006	2007	2008	2009
June	2005	2006	2007	2008	2009
July	2005	2006	2007	2008	2009
Aug	2005	2006	2007	2008	2009
Sept	2005	2006	2007	2008	2009
Oct	2005	2006	2007	2008	2009
Nov	2005	2006	2007	2008	2009
Dec	2005	2006	2007	2008	2009

*For 2023 Club Nationals, 18U Age Category ONLY:

A team roster for the 18U category can include 2 athletes born from Jan 1-August 31st, 2004, with the following restriction:

Athletes are NOT permitted to be part of any USport, CCAA or other Post-Secondary volleyball program for the current season (Sept 2022-May 2023).

Definition of Post-Secondary: Part of a Post-Secondary Volleyball program is defined as training in whole or part with team members of the post-secondary institution that they are attending, beginning October 1st, 2022. Athletes are permitted to tryout/train with a post-secondary team in September 2022. This would include any athlete regardless of their post-secondary eligibility, including those commonly referred to as red-shirts. This does not include intramural programs or club programs within a post-secondary institute. If an athlete is attending a post-secondary institution, the Head Coach of the program shall confirm verification. CEGEP is not included in the definition of Post-Secondary program.

Athletes within the appropriate age category above (16-month window) are not restricted.

Exemptions: The Head Coach/Team Manager may request an exemption for an athlete born prior to the 16 month window to play in a specific age group. Exemptions may be considered under extraordinary circumstances and initial requests must go through the PTA prior to submission to Volleyball Canada. There is a \$50 fee for all age exemption requests provided at the time of exemption submission.

Guiding Principles: Long Term Development research demonstrates the flaws of placing athletes into their birth year for participation in sports. In short, the 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, providing a range of months (16) within a competitive division gives athletes greater flexibility to choose a level that best suits their needs. There are athletes born from Sept-Dec who 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. It should be noted that each club may have their own policies regarding playing up/down.

Competition Regulations & Participation Information

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

5.0

Hosting Guidelines

5.1 For an event to be recognized as a Nationals, VC requires the participation from a minimum of 8 teams from 3 PTAs for 15U – 18U events and 8 teams from 2 PTAs for 14U events.

5.2 If an event does not meet the format event criteria listed above, VC reserves the right to cancel or alter the event.

5.3. 15U – 18U will be officiated by two referees. 14U will be officiated by 1 referee for pool play, Championship Tier matches will be officiated by 2 referees.

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 on the baseline or off the court. See item 'c' below for warm up recommendations.

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

(article 7.2.4 of the Indoor Rulebook)



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.

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 chose not to continue their hitting warm-up. Time for the hitting warm-up will not stop during the notification and adjustment period.

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

New for 2023! – formerly Sport Court Rule

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, play the ball, and land 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 Fair Play

The Fair Play rules will be applicable for all teams competing in the 14U age category. Please see article 15.1 of the Rulebook for full regulation details.



6.4 Cameras and Tripods

Teams are permitted to record matches throughout the 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

6.5 Line Judge and score keeper

Each team will be required to provide one (1) volunteer athlete per game to act in the role of line judge. Should the team not have sufficient athletes to fill this role, the opposing team will be asked to supply an athlete volunteer. If this is not possible, a parent may be asked to fill in this role or no line judge will be used for that game/match.

Each team will be required to provide one (1) volunteer per match to act in the role of score keeper. Each team will be provided with one additional accreditation at coach check-in to support this requirement.

7.0

Coach Check-In

7.1. Coach Check-In will take place one day prior to Day 1 of competition.

Coach Check-In Date	Competition Dates	City	Age/Gender
May 4 th	May 5 th – 7 th	Ottawa	14U
May 10 th	May 11 th – 13 th	Calgary Tournament #1	16UG
May 11 th	May 12 th – 14 th	Winnipeg	14U
May 11 th	May 12 th – 14 th	Edmonton	15UB & 16UB
May 11 th	May 12 th – 14 th	Halifax	14U
May 13 th	May 14 th – 16 th	Calgary Tournament #2	17U
May 17 th	May 18 th – 20 th	Calgary Tournament #3	18U
May 18 th	May 19 th – 21 st	Regina	15UG

7.2 All teams must check-in during the above listed date. Late check-in should be requested no later than one week prior to the check-in date of the event and a fee of \$50 is to be paid via the late check-in request form.

7.3 Only Team Personnel on the official team roster can check-in their team (Example: Head Coach, Assistant Coach). Players 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 a member of the Team Personnel.



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

- 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 local contact information and hotel details (if applicable).
- Provide written acknowledgement that the team understands and must compete at Nationals as per the following (visit our [Policies section](#) for more details):
 - 2023 VC Indoor Competition Guide
 - 2022-2023 Indoor Rule Book
 - VC Code of Conduct
 - VC Concussion Guidelines
 - VC Nationals warm-up protocol
 - Safe Sport training requirements

Athlete proof of age checks will not be completed during the Coach Check-in process, however VC reserves the right to verify the age of any players on the official roster at any time during the event. Therefore, coaches must carry proof of age of all players throughout the entirety of the event.

7.5 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. **New!** If the coach loses the roster sheet, a new roster sheet will be provided at a cost of \$20.00.

8.0

Practice Times

Teams will be provided with the opportunity to book a practice time at the event facility for the day prior to Day 1 of competition (the same day as Coach Check-in). Practice times will be available for booking as of March 16th, 2023. Please visit the event webpage for further details.

Please note the following details regarding practice times:

- Practice times are not guaranteed for all teams
- Practice times are booked on a first come first serve basis
- Practice time schedules will be posted on the event webpage and updated weekly
- Walk-ins may be available depending on availability
- Practice time availability will differ per event

9.0

Accreditation

All team personnel and athletes listed on the official roster will be provided with a full tournament accreditation. Accreditation must be worn when entering the competition area and must be shown to the access control staff upon entry.



Each team will be provided with one additional tournament accreditation to provide to the team scorekeeper at their own discretion.

Accreditation may not be shared or passed on from accredited individuals to non-accredited individuals.

Lost accreditation must be reported to the competition office or VC Booth; photo id must be provided to confirm that the individual is on the official roster.

Important Reminder! Calgary 2023 is one event with 3 tournaments. A team will only receive accreditation for the event that they are registered for, therefore, accreditation will only be valid for the tournament they are participating in. If coaches/team personnel want to attend additional Calgary tournaments they will have to purchase an event pass.

10.0

Event Passes

All spectators attending Nationals will be required to purchase an event pass. Event passes must be worn at all times and must be shown to the access control staff upon entry to the competition area. Spectators may re-enter the facility throughout the day.

Event passes are available under the following categories, please visit the Nationals webpage for pricing as cost may vary per event.

- Pre-Sale Tournament Pass
- Day Pass
- (65+) Day Pass
- Tournament Pass
- (65+) Tournament Pass
- 18 and under (FREE)

Important Reminder! Calgary 2023 is one event with three (3) tournaments. Therefore, spectators must purchase a separate tournament pass for Tournaments 1, 2 and 3 if attending multiple events.

Tournament Passes will be available for pre-purchase via the Nationals webpage as of February 16th, 2023.

Please note that athletes and accredited team staff are not required to purchase an event pass, please see Section # 9 for further details on accreditation.

Refunds for pre-sale tournament passes may be requested by emailing nationals@volleyball.ca. Proof of purchase must be provided. Refund process for passes purchased on site may vary per event. Please review the Nationals webpage for further details on the refund process.

Refunds will only be provided for event passes which have not been secured or worn by the spectator.



11.0

Competition Ball & Uniforms

11.1 Official Game Ball

The official supplier for the Nationals game ball is Mikasa. Please note that two separate balls will be used for Nationals in 2023.

- 17U – 18U will use the Mikasa V200W
- 14U – 16U will use the Mikasa VQ200w-CAN

Game balls will be supplied for all teams however teams are required to provide their own warm up balls.

11.2 Net Heights

Girls/Women

14U: 2.15m
15U: 2.20m
16, 17, 18U, Senior: 2.24m

Boys/Men

14U: 2.20m
15U and 16U: 2.35m
17, 18U, Senior: 2.43m

11.3 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 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.
- For more information on athlete uniforms please review section 4.3 and 19.2 of the Indoor Rulebook and the Uniform Guidelines.

Important Reminder! Teams are encouraged to have their uniforms reviewed prior to attending nationals, the deadline for reviews is February 28th, 2023. This is to ensure that teams do not encounter any uniform issues upon arrival at Nationals. A photo of both the player and libero jersey must be submitted for approval. If your team has multiple uniforms, please send photos for each uniform. Further details can be found in the [Uniform Guidelines](#).

11.4 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 Nationals.



12.0

Competition Management

All competition schedules and results will be available on ISET Sports at iset.net

All matches will be scored via paper scoresheets.

13.0

Schedules & Seeding

13.1 Draw

Nationals are held as three (3) day events. Day 1 is Pool Play, Day 2 is Power Pools and Day 3 is Playoffs. Teams will play all three days of the event with a minimum of one (1) match on the playoff day.

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

VC strives to provide each team a minimum of 7 matches at Nationals. 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 per day.

13.2 Wave Times

Each National schedule is broken into two waves per day:

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

Each team will only play in one wave per day. Teams participating in a Tier-Based schedule may move from one wave to another from Day 1 to Day 2. Teams in a Division-Based schedule will not change waves during a tournament.

Division allocations per wave are posted approximately 1-2 months prior to the competition.

*VC reserves the right to not schedule an event with waves

13.3 Division Size

The following information refers only to age categories playing with a division-based schedule. See section 13.5 for further details on schedules being used at Nationals.

- Each division will ideally include 32 teams
- The minimum size for a division is 8 teams.
- The maximum size for a division is 48 teams.

13.4 Seeding



The seeding for Nationals will be based on the results from PTA Championships. A draft of the seeding will be shared with team contacts and teams will be permitted to provide feedback. After this time, the final seeding will be posted on the event webpage. Please see the 2023 VC Nationals Divisional Play and Seeding document for full details regarding the seeding rules for each age category.

Requests to play in a lower position than the anticipated seed must be made no later than 2 weeks prior to Coach Check-in for the specific age/gender category. Teams may not request a higher seeded position. All requests are subject to approval by VC and the PTA.

13.5 Competition Schedules

VC strives to release draft schedules one month prior to the event start date. Final schedules are posted on iset.net once all teams have checked-in the evening prior to the competition 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.

Schedules will be developed to best suit the needs of the age/gender category, facility, and draw size. A division-based or a tier-based schedule may be used, full details regarding schedules will be posted on the [event webpage](#).

14.0

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 VC 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.

15.0

Awards

15.1 All Nationals will distribute the following awards:

- Medals
 - 1st, 2nd, and 3rd place medals for the Championship Tier and each Division's top tier
 - 1st and 2nd place medals for all other tiers
- MVP & All Stars for the Championship Tier, excluding 14U
- Player of the Wave
- Fair Play Award (14U only)



All National Champions will be presented with the following:

- Medals
- Trophy
- Banner
- Championship Hats
- Sponsor prizing (if available)

15.2 Awards Ceremony – Championship Tier:

Teams in the Championship Tier (formally knowns as Div 1, Tier 1) will be presented their medals, prizes, and any additional awards associated with the Championship Tier during the awards ceremony. Award ceremonies will be held on the last day of competition following the completion of their final match or shortly thereafter. Teams should refer to the Nationals webpage for ceremony times and locations.

All other medalist teams will collect their medals at a designated pick-up area. No formal ceremony will be held for medalists outside of the Championship Tier however photo/presentation areas will be provided for teams.

15.3 Most Valuable Player (MVP) & All Stars:

These awards are presented to the Most Valuable Player and All-Stars as voted by the coaches of the four (4) semi-finalist teams in the Championship Tier. The top six (6) identified players from each 15U – 18U age/gender category will be selected as All-Stars, while one (1) MVP is selected by the coaching staff of the 1st place team. MVP & All Star awards are presented during the awards ceremony for each age/gender category.

15.4 Player of the Wave (POW):

This award allows each participating team to recognize one (1) deserving player for each wave of competition for a total of two (2) nominations per team per event.

Please note this award is under review for 2023, further details will be posted on the Nationals webpage.

15.5 Fair Play Award:

The Fair Play Award will be awarded to one (1) male and one (1) female 14U team participating at Nationals who have embodied the spirit of VC's Fair Play Rule and have displayed support and consideration for their teammates as well as other participants. Fair Play awards will be presented to the winners on the final day of competition.

16.0

Sanctions

16.1 A team or an individual may be sanctioned, including fines, if any of the following infractions occur while the team is participating at a 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 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.



- If a team does not abide by the Stay to Play policy.
- Any other infraction that the competition officials deem to be detrimental to the event and/or its participants.

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

- \$50.00 for Late Check-In (must be requested by no later than 1 week before check-in)
- \$350.00 for Withdrawal prior to the registration deadline, see section 1.13 for a full list of withdrawal fees;
- \$100.00 cash for assembling the Competition Jury to assess an official protest
- Roster change request fee of \$50 for team personnel and \$100 for players
- \$20.00 for a new roster sheet
- \$50.00 for an Age Category Exemption

16.3 A team or club that is sanctioned in any way because of an infraction related to a 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 VC. 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.

17.0

Protest & Appeal Process

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

- A VC Representative, 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.

17.2 The Competition Jury has the highest level of authority at 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

17.3 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.

17.4 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.

17.5 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 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.

18.0

Scouting & Recruiting

VC requires that recruiters attending Nationals purchase an event pass at the on-site ticketing booth. It is important to note that VC 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. VC bears the right to ask a recruiter to leave the facility if the recruiting policies are not respected.

19.0

Code of Conduct & Competition Policies

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](#).

20.0

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 \(FAQs\)](#).

