



2016 – 2017  
Program Guide

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## Staff

### Regina Office

1750 McAra Street Regina, SK S4N 6L4 Main Line 306-780-9250 Fax 306-780-9288

Aaron Demyen, Chief Executive Officer Phone: 306-780-9801 Email: [aaron@saskvolleyball.ca](mailto:aaron@saskvolleyball.ca)  
Responsibilities: Strategy, Board Governance, Human Resources, Revenue Generation, Special Events, Aboriginal Development.

Marcus Richards, Assistant Executive Director Phone: 306-780-9804  
Email: [marcus@saskvolleyball.ca](mailto:marcus@saskvolleyball.ca)  
Responsibilities: Accounting, Registration, Office Operations, Officials Liaison.

Cara Orr, Program Manager Phone: 306-780-9806 Email: [cara@saskvolleyball.ca](mailto:cara@saskvolleyball.ca)  
Responsibilities: Program Management, Club, Awards, Event Sanctioning, Beach Development.

Tom Ash, Program Coordinator Phone: 306-780-9419 Email: [tom@saskvolleyball.ca](mailto:tom@saskvolleyball.ca)  
Responsibilities: Youth Development Volleyball, 13U-14U Club.

Tom Foster, Program Assistant Phone: 306-540-3210 Email: [foster@saskvolleyball.ca](mailto:foster@saskvolleyball.ca)  
Responsibilities: 15-18U Club.

Dennis Pomeroy, Referee Development Coordinator Phone: 306-533-4655  
Email: [dennis@saskvolleyball.ca](mailto:dennis@saskvolleyball.ca)  
Responsibilities: Referee Training, Referee Mentorship, Referee Evaluation.

Lee Hamilton, Men's High Performance Coach Phone: 306-527-0140 Email: [lee@saskvolleyball.ca](mailto:lee@saskvolleyball.ca)  
Responsibilities: Men Athlete Development, Indoor Men Provincial Teams.

Britt Marshall, Women's High Performance Coach Phone: 306-774-9638 Email: [britt@saskvolleyball.ca](mailto:britt@saskvolleyball.ca)  
Responsibilities: Women Athlete Development, Women Indoor Provincial Teams, Marketing and Communications.

### Saskatoon Office

510 Cynthia Street Saskatoon, SK S7L 7K7 Main Line 306-975-0879

Myron Mehler, Technical Director Phone: 306-975-0879 Email: [myron@saskvolleyball.ca](mailto:myron@saskvolleyball.ca)  
Responsibilities: High Performance Programs, Coaching Development, LTAD.

## Memberships

Membership Fees (all prices include GST):

- Competitive Athlete and Coach - \$87.00 (Volleyball Canada \$27.00, Sask Volleyball \$60.00).  
**This fee applies to ANY individual who would be on the bench or court at ANY tournament**
- Associate Memberships (per person) - \$87.00 (Volleyball Canada \$27.00, Sask Volleyball \$60.00)
- College & University Athletes and Coaches - \$60.00
- Atomic Registration - \$8.00 per participant (Volleyball Canada \$3.00, Sask Volleyball \$5.00)
- Indoor Recreation Player - \$8.00 per participant (Volleyball Canada \$3.00, Sask Volleyball \$5.00)
- Beach Membership - \$8.00 per participant (Volleyball Canada \$3.00, Sask Volleyball \$5.00)
- First Nations Winter Games teams - \$100.00/team
- Referees
  - Novice – (Local B) Level - \$20.00
  - Local A Level - \$47.00 (Volleyball Canada \$27.00, Sask Volleyball \$20.00)
  - Provincial Level - \$52.00 (Volleyball Canada \$27.00, Sask Volleyball \$25.00)
  - Regional Level - \$88.00 (Volleyball Canada \$62.00, Sask Volleyball \$26.00)
  - National Level - \$100.00 (Volleyball Canada \$72.00, Sask Volleyball \$28.00)
  - International Level - \$110.00 (Volleyball Canada \$77.00, Sask Volleyball \$33.00)

## Merchandise

Sask Volleyball has many volleyball items and supplies available for sale.

Please contact Sask Volleyball office at 780-9804 for more information on obtaining these products.

## Insurance Policy

By registering with Sask Volleyball, a team/club's training and competitive activities are covered under Sask Volleyball's insurance policy. Sask Volleyball will also sanction tournament competitions for member teams providing a request for sanction has been received by Sask Volleyball in advance of the tournament or event from the tournament host.

To request sanctioning for an event, visit:

[https://site2733.goalline.ca/register.php?reg\\_form\\_id=10088](https://site2733.goalline.ca/register.php?reg_form_id=10088)

Teams hosting tryouts, tournaments, competitions, clinics, or camps should contact Sask Volleyball office for information on Sask Volleyball Event Sanctioning Policy. Coverage under this policy related to indoor programs expires May 31st, and for outdoor programs expires August 31st. To request information on the Event Sanctioning Policy or to report a claim under the Sport Accident Policy, contact:

Sask Volleyball  
1750 McAra Street  
Regina, SK S4N 6L4  
Tel: 306-780-9804

Fax: 306-789-9288

Email: [marcus@saskvolleyball.ca](mailto:marcus@saskvolleyball.ca)

## Constitution, Bylaws, and Policies

Please visit: <http://www.saskvolleyball.ca/content/bylaws-and-policies-z> for Sask Volleyball's Constitution, Bylaws, and other policies.

## Sponsors

Sask Volleyball has formed several partnerships to help our members with all their volleyball needs. We work hard to ensure that our sponsors receive great value for their investment. Packages are available for all promotional budgets and we are happy to work with you to customize a package if you so desire. Contact Aaron Demyen, 306-780-9806 or [aaron@saskvolleyball.ca](mailto:aaron@saskvolleyball.ca) for details.



Sask Volleyball has partnered with HTG Sports to secure Hotel Room Blocks for all Sask Volleyball tournaments, including IHG the official hotel chain of Volleyball Canada. Sask Volleyball members will be able to access HTG Sports online platform to book hotels at preferred rates, with a link being provided to teams when they register for each event.



Hoping to make your travel planning a little easier - we've partnered with Enterprise to provide discounted rates on rental vehicles. **Click on the Enterprise logo to access their website and use the following code to receive the Sask Volleyball discounted rate: LC62923.** Happy Driving.

## Equipment

Mikasa Sports Canada is the official Indoor, Outdoor and Beach volleyball supplier for Sask Volleyball. MVA 200 is the official ball for the 18UW, 17UW, 16UW, 15UW, 18UM, 16UM, 14UM. VUL500 is the official ball for the 14UW, 13UW. Volleyball Canada National Championships will play with the Tachikara SIX.



## Section 2: Early Development Programs

### Mini-Volley (K – gr. 3; ages 5 – 9 years)



Mini-Volley is an activity-based approach to initiate children to the game of volleyball. It is a modified version of the traditional game that aims to introduce the game in a fun, interesting, and easy to implement manner.

Mini-Volley uses play experiences to help children learn the basic game tactics, technical skills, and rules. It is ideal for Grades K-3, but can also be used with older children or those with special needs.

For more information about the program or to schedule a Coaching Clinic for your club/community/school, contact Tom Ash at 306-780-9419 or [tom@saskvolleyball.ca](mailto:tom@saskvolleyball.ca)

### Atomic Volleyball (gr. (3) 4 – 6 (7); ages 9 – 12 years)



Atomic Volleyball is a program designed for youth aged 9-12 years old, but can include younger or older athletes as their skills dictate. The program provides a foundation that enables youth to participate in community recreation and competitive club programs.

Atomic volleyball is designed as an 8 – 10 session program with each session being 1-1.5 hours in length. During the training sessions, athletes are taught fundamental skills (forearm passing; overhead passing; serving; attacking; blocking). Included in each training session is game play using a 4 v.s. 4 format.

Atomic Volleyball stresses FUN, FAIRPLAY, and PARTICIPATION by increasing the number of ball contacts per player, creating longer and more successful rallies.

For more information about the program or to schedule a Coaching Clinic for your club/community/school, contact Tom Ash at 306-780-9419 or [tom@saskvolleyball.ca](mailto:tom@saskvolleyball.ca)





### **Section 3: High Performance Provincial Team Program (HPPT-SK)**

Sask Volleyball's High Performance Provincial Team Program (HPPT-SK) provides opportunities to athletes and coaches from across Saskatchewan to represent the province on Provincial, Post-Secondary, and National Teams.

## **TEAM SASK**

Training opportunities will be provided throughout the year in environments designed to reinforce self-ignition and inspire athletes to reach their dreams and goals. It is important to Sask Volleyball that a positive impact be felt within Saskatchewan's competitive club and Post-Secondary environments from athletes in this program.

To view 2017 Team Sask opportunities please visit our website:

<http://www.saskvolleyball.ca/indoorHP>

### **Section 4: Club Governance**

#### **How To Get Started**

For information on designing a club, programs, coaching, and funding visit our website:

<http://www.saskvolleyball.ca/clubvolleyball>

#### **Hosting Your Own Club Tournament**

For information on sanctioning, registration, rules, officials, and follow-up, click below:

<http://www.saskvolleyball.ca/sites/default/files/Tournament%20Sanctions.pdf>

#### **Find a Team Near You**

Clubs can choose to have their contact info listed on the Sask Volleyball website at

<http://www.saskvolleyball.ca/clubvolleyball> to promote themselves to the public. Contact [britt@saskvolleyball.ca](mailto:britt@saskvolleyball.ca) to add your club/tryout information for 2017.

## Section 5: Age Class Programs

In cooperation with Volleyball Canada, Sask Volleyball offers Volleyball Athlete Development Programs for young women and men in nine different age categories. Every team that registers is eligible to compete at the Provincial Championships provided they have played in the minimum number of tournaments for that age-class. All teams that play in a Provincial Championship are eligible to compete at a National Championship for the same age-class.

Age Category		Net Height	
	Athletes Born in:	Women	Men
13 & Under	Sept 1, 2003 – Dec 31, 2004 and later	<b>2.15</b>	
14 & Under	Sept 1, 2002 – Dec 31, 2003 and later	<b>2.15</b>	2.20
15 & Under	Sept 1, 2001 – Dec 31, 2002 and later	<b>2.20</b>	2.35
16 & Under	Sept 1, 2000 – Dec 31, 2001 and later	<b>2.20</b>	2.35
17 & Under	Sept 1, 1999 – Dec 31, 2000 and later	2.24	
18 & Under	Sept 1, 1998 – Dec 31, 1999 and later	2.24	2.43
21 & Under	Sept 1, 1995 – Dec 31, 1996 and later	2.24	2.43

\*Please note the bolded net heights, as the net heights changed in 2012.

### Overage Athletes

For 18U only, athletes born between January 1 – August 31, 1998 and are in Grade 12 for the 2016-2017 academic year (first year Grade 12) are eligible to compete as an Overage Athlete provided they have not been held back a year at any time during their schooling.

*\*New rule for 2017 - Athletes that are born Sept 1, 1998 – December 31, 1998 and who have already graduated are eligible to play on an 18U team.*

### Start Date

Sanctioned team tryouts may be held starting **Sunday, November 27<sup>th</sup>**. To request sanctioning for your tryout visit: [https://site2733.goalline.ca/register.php?reg\\_form\\_id=10088](https://site2733.goalline.ca/register.php?reg_form_id=10088)

All team practices may not start until **Monday, November 28<sup>th</sup>, 2016** and after your team has registered with Sask Volleyball for the 2016-2017 Season. Registration will open on **Monday, November 28<sup>th</sup>, 2016**.

## Eligibility

Coaches are responsible for ensuring that teams comply with Sask Volleyball and VC eligibility criteria for the registration of teams. Proof of age will be required at Provincials. One of Birth Certificate, Drivers License, or Health Card will need to be shown as identification. Coaches are asked to please have ALL PROOFS photocopied on a single sheet of paper which can easily be checked at registration check in prior to their first match. The sheet will be returned to the coach, Sask Volleyball will not retain any identification documentation.

## Summary of Fees

The \$50 Event Sanctioning fee must be paid for all tryouts prior to team registration. Registration fees of \$87 per individual (athletes, coaches, and anyone else on the bench) MUST be paid prior to a team's first practice to qualify for insurance. Should a team be sanctioned during the year, a \$100 Team Performance charge will be issued and collected before the team will be permitted to continue participation.

## Team Registration Procedure

Registration must be done on-line through the new Volleyball Registration System (VRS). Team registration for the 2016-2017 Age-Class Indoor Season will be available beginning **Monday, November 28<sup>th</sup>, 2016**. All try-outs and training must be sanctioned by Sask Volleyball to ensure that insurance requirements are met. To request sanctioning for an event, visit: [https://site2733.goalline.ca/register.php?reg\\_form\\_id=10088](https://site2733.goalline.ca/register.php?reg_form_id=10088)

## Forming a Team

Groups of 8 to 15 athletes and up to 4 coaching staff may register as a team in the appropriate age category. **Coaches may only be listed as head coach on 1 team in each age category. Please note the playing requirements for each individual age group. Teams may have up to 15 players listed on the roster but only 12 players can be listed on the scoresheet for each match (VC rule 4.1.1)**  
(A minimum of 8 athletes/team is required)

**If you are head coaching more than 1 team in multiple age groups, and the teams compete on the same weekend, you may only head coach 1 team that weekend.**

## Athlete Recruitment/Transfer Policy

All players are free agents at the end of a playing season and will remain as such until they are registered with Sask Volleyball for the 2016-2017 Indoor Season. Once a player has completed the registration process with a team, a player may not transfer without the consent of Sask Volleyball. When transfer consent is given, a transfer date will be stated as to when it will be effective, at a minimum of seven days after application.

To transfer, a player must meet the following requirements:

- Provide a written request to Sask Volleyball stating the reasons for the transfer.
- Obtain a written release from the club or team the player wishes to leave. A release may not be held unreasonably. If a club or team refuses to provide a written release, Sask Volleyball

will determine whether the transfer is allowed.

- Submit a new registration form.
- No transfers will be allowed after the Roster Freeze deadline.

## Rules

Rules for the 2016-2017 Age Class Season comply with current 2016-2017 Official Volleyball Canada Rules unless otherwise stated with respect to each age category. Rulebooks can be purchased from Sask Volleyball office. Please see Appendix H for new rules from the past few seasons.

### Rule Changes for 2016-17

- Overage Policy – See pg. 10.
- The Volleyball Canada 13U & 14U Substitution Rules:
  - All players listed on the score sheet must start the first or second set.
  - **Substitutions are not permitted in the first or second set.** In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
  - Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team. Substitution requests can only occur between a three-ball sequence, in tripleball matches.
  - Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence, in tripleball matches, then the switch will be made after the sequence is complete.
- Communication Devices: The use of cell phones or tripods on the bench is not permitted. If it is noticed that a team is using communication devices a reminder will be given to the team that it is not permitted and a comment will be written in the Remarks section of the score sheet.
- Sask Volleyball will be using the Volleyball Canada Concussion Policy and Protocol at Sask Cups and Provincial Championships. An Athletic Therapist will be present at all Provincial Championships. To review the concussion policy/protocol, visit:  
[http://www.volleyball.ca/sites/www.volleyball.ca/files/2016\\_Volleyball%20Canada%20Concussion%20Policy%20EN.pdf](http://www.volleyball.ca/sites/www.volleyball.ca/files/2016_Volleyball%20Canada%20Concussion%20Policy%20EN.pdf)

### Tournament Registration Procedure

Registration for Sask Cups and Conexus Provincial Volleyball Championships will be done on-line through the VRS. Teams will only be allowed to register for tournaments after they have completed the membership registration (including payment).

To register for a Sask Cup or Provincial Championship, please visit:

<http://site2733.goalline.ca/event-search.php?cat=2>

### **Conexus Provincial Volleyball Championship Registration**

The deadline to register for all Conexus Provincials will be **Thursday, March 9<sup>th</sup>, 2017**. Teams may play up an age-group in Conexus Provincials, providing they also play in their own age-group and they meet the minimum number of tournaments played requirement for both events. Teams planning on participating in the National Championships for an age category **MUST** play in Conexus Provincials for that age category if it is offered. Conexus Provincials will/may be held on Friday nights through Sundays.

### **Frozen Roster Deadline**

The deadline for all Conexus Provincials Frozen Rosters will be **Tuesday, March 28<sup>th</sup>, 2017**.

### 2016-2017 Sask Cups and Conexus Provincial Volleyball Championships

CATEGORY	TOURNAMENT	DEADLINE	LOCATION	ENTRY FEE
13U Women	Sask Cup #1 Feb 11-12	Jan 5	Warman	\$625
	Sask Cup #2 Apr 1-2	Mar 2	Regina	\$625
	Conexus Provincials Apr 21-23	Mar 9	Saskatoon/Warman	\$750
14U Women	Sask Cup #1 Feb 18-19	Jan 12	Saskatoon	\$625
	Sask Cup #2 Mar 11-12	Feb 9	Saskatoon/Warman	\$625
	Sask Cup #3 Mar 25-26	Feb 23	Yorkton	\$625
	Conexus Provincials Apr 21-23	Mar 9	Saskatoon/Warman	\$750
14U Men	Sask Cup #1 Feb 18-19	Jan 12	Saskatoon	\$625
	Sask Cup #2 Apr 1-2	Mar 2	Prince Albert	\$625
	Conexus Provincials Apr 21-23	Mar 9	Saskatoon/Warman	\$750
15U Women	Sask Cup #1 Jan 28-29	Jan 5	Lloydminster	\$625
	Sask Cup #2 Mar 11-12	Feb 9	Saskatoon/Warman	\$625
	Sask Cup #3 Apr 1-2	Mar 2	Saskatoon/Warman	\$625
	Conexus Provincials April 28-30	Mar 9	Saskatoon/Warman	\$750
16U Women	Sask Cup #1 Feb 4-5	Jan 5	Saskatoon/Warman	\$625
	Sask Cup #2 March 4-5	Feb 2	Yorkton	\$625
	Sask Cup #3 March 25-26	Feb 23	Lloydminster	\$625
	Conexus Provincials Apr 28-30	Mar 9	Saskatoon/Warman	\$750
16U Men	Sask Cup #1 Mar 4-5	Feb 1	North Battleford	\$625
	Sask Cup #2 Apr 1-2	Mar 2	Prince Albert	\$625
	Conexus Provincials April 21-23	Mar 9	Saskatoon/Warman	\$750
17/18U Women	17/18UW Sask Cup #1 Feb 4-5	Jan 5	Saskatoon/Warman	\$625
	17UW Sask Cup #2 Feb 25-26	Jan 26	Weyburn	\$625
	18UW Sask Cup #2 Feb 25-26	Jan 26	Lloydminster	\$625
	17UW Sask Cup #3 March 25-26	Feb 23	Melfort/Tisdale	\$625
	18UW Sask Cup #3 March 25-26	Feb 23	Moose Jaw	\$625
	Conexus Provincials April 7-9	Mar 9	Saskatoon/Warman	\$750
18U Men	Sask Cup #1 Mar 4-5	Feb 2	Swift Current	\$625
	Sask Cup #2 Apr 1-2	Mar 2	Prince Albert	\$625
	Conexus Provincials Apr 28-30	Mar 9	Saskatoon/Warman	\$750

\* ALL fees are subject to GST.

For Sask Cup Tournament Draws/Results click here: <http://www.saskvolleyball.ca/saskcups>

For Conexus Provincials Results follow click here: <http://www.saskvolleyball.ca/ConexusProvs>

## Girls & Women's Age Class Programs

### 13U Girls

LTAD Stage: Training to Train A

Principle Focus: Builds the “engine” and consolidates sports skills. Go to

<http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada's LTAD recommendations for this age-group.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, with one being an out of town tournament, in the category they are registered, to be eligible for Conexus Provincials. It is recommended that teams compete in no more than 7 competitions including Conexus Provincials.
- b) The Mikasa VUL500 Training Series will be the official competition ball for this age class.
- a) Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.
  - a. All players listed on the score sheet must start the first or second set.
  - b. **Substitutions are not permitted in the first or second set.** In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
  - c. Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team. Substitution requests can only occur between a three-ball sequence.
  - d. Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence then the switch will be made after the sequence is complete.

### Tournament Structure

- a) For Sask Cup and Conexus Provincials at the 13U Women level, the Triple Ball format will be used for the competitions. See Sask Volleyball website for the Volleyball Canada rationale behind the Triple Ball format.
- b) There will be no specialization of positions, i. e., No switching to a different position from your service order. Whoever happens to be in position #3 (or position #2) in your service reception will be the designated setter for that rotation.

### Seeding

In order to comply with the principles within the Long-Term Athlete Development (LTAD) Model, we will not be awarding points at any tournaments for athletes in the 13U age group.

“During competitions, athletes may plan to win and do their best, but the major focus of training is on learning basic volleyball skills and tactics and successfully applying those skills and tactics in competitive situations as opposed to actual competition success” (Volleyball For Life, 2006, pg.17)

For the Provincial Championships, a re-pool system will be in effect, as there will be no basis for seeding.



**Triple Ball Overview**

Triple Ball is the official competition format for all 13U age competitions. In Saskatchewan, Triple Ball will be played during Sask Cup #1 in the 14U age category when a 13U age category does not exist.

The **goals** of Triple Ball are to promote better skill development, participation, meaningful competition, and fun.

Standard Volleyball rules (6 on 6) apply with the following modifications:

**Triple Ball Sequence:**

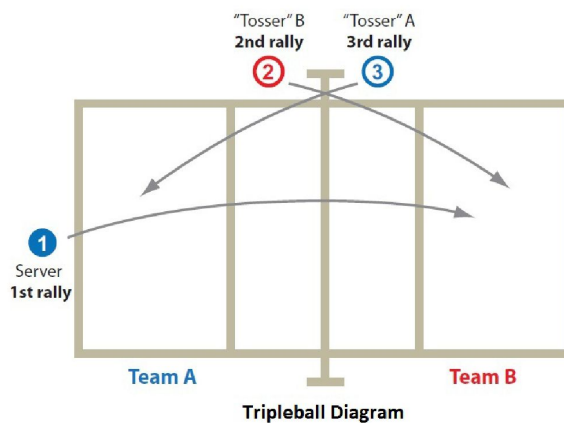
- a) The game follows a sequence of **three** rallies (served ball, tossed ball 1, and tossed ball 2).
  - 1st rally– introduced by the server
  - 2nd rally – introduced by a tossed ball directed to the RECEIVING team
  - 3rd rally – introduced by a tossed ball directed to the SERVING team
- b) The service alternates between teams after EACH three-ball sequence. Each server only serves once before they rotate.
- c) A team must rotate and introduce a new server when it is their turn to serve.
- d) Each server only serves once, when it is their turn in the service rotation.

\*Ball Retriever A

\* To improve the flow team must retriever who collects athletes.

\* At the end of each rally should be quickly roll Retrievers to speed up the pace of the game.

\* The ball retrievers are expected to remain a safe distance from the court during play.



\* Ball Retriever B

of the game, each provide a Ball (NOT THE LINESPERSON) the balls from the rally, athletes encouraged to the ball to the Ball

**Rotation and Substitution:**

Everyone gets to play. The following Fair Play substitution rules apply to Triple Ball:

- a) All players listed on the scoresheet (**maximum of 12**) MUST start in either the 1<sup>st</sup> or 2<sup>nd</sup> set.
- b) There is **NO specialization** for positions. Players switching to a different position from their service order during a rally is NOT ALLOWED.
- c) The coach must identify on the score sheet where the designated setter will be positioned. Either in Position 2 (right front) or Position 3 (middle front).
- d) All 3 sets are played – ROUND-ROBIN PLAY.

- e) Best 2 of 3 sets are played – PLAYOFF DETERMINING MATCHES, PLAYOFFS & PROVINCIAL CHAMPIONSHIPS.
- f) Substitutions **ONLY** occur in the event of an injury in the 1<sup>st</sup> and 2<sup>nd</sup> set.
- g) Any lineup can be used at the start of the 3<sup>rd</sup> set. Athletes who did not start the 3<sup>rd</sup> set **MAY** be substituted into the game at any time during the set, following a three-ball sequence.

**Scoring:**

- a) **Every** ball introduced (served or tossed) is worth one (1) point.
- b) The first two (2) sets in a match are played to 25 points, the third to 15 points.

**Guidelines for Tossers: (\*Changes for the 2017 season)**

- a) \* Tossers are positioned on the same side of the court as the Referee
- b) A coach, assistant coach or a competent volunteer can toss the ball to **their** team and can step into the court to do so. The tosser will immediately move off the court after the toss.
- c) \* The tosser **MAY NOT** 'coach' (provide instruction/cheer/call timeouts/make substitutions) while in the role of the tosser. The tosser assumes a role similar to that of the lines people, that is, fulfill their responsibility as an interested observer.
- d) \* The tosser **DOES NOT** converse with the Referee or the scorekeepers.
- e) Balls are tossed underhand, with two hands and little to no spin, above the height of the antennae to allow athletes time to play the ball.
- f) The ball will always be tossed directly to the athlete in **position six (6)**, otherwise a replay will occur.  
**Reminder:** Position 6 is a **minimum** of **2m** behind the 'attack' line (also known as the 3m line)  
 The toss is a 'simulated' serve, NOT a free-ball.
- g) The ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been verbally told that the ball is being introduced, "**Ball in!**".
  - Tossers encourage a fast paced transition between the end of a rally and the next toss. As soon as a rally ends and the ball is safely off of the court, the next toss should be initiated.
- h) Players must play the tossed ball with a **forearm pass**, otherwise a replay will occur.
- i) \* If the first contact, after a toss/serve, goes over the net, it is considered a legal contact and the point will be played out. No re-serve or re-toss is required.

**Time Out**

- a) Requests for time-outs must be made **before** the introduction of a serve

## 14U Girls

LTAD Stage: Training to Train A

Principle Focus: builds the “engine” and consolidates sports skills. Go to

<http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada’s LTAD recommendations for this age-group.

Teams that register for this category are eligible to attend Nationals pending they have met all the requirements outlined in the VC Nationals criteria.

### Guidelines

- b) Registered teams must play in a minimum of 2 tournaments, with one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- c) **The Mikasa VUL500** will be the official competition ball for this age category.
- d) 14U Girls will utilize the 12 limited substitution rule with NO libero.
- e) Coaches must start all players within a match. Volleyball Canada ‘Fair Play’ rules apply.
  - a. All players listed on the score sheet must start the first or second set.
  - b. **Substitutions are not permitted in the first or second set.** In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
  - c. Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.
  - d. Teams switch sides in the third set once a team reaches 8 points.

### Tournament Structure

Draws intended to provide each team with 6-9 matches each.

#### **Sask Cup #1**

- a) All teams placed in one division and pooled using a serpentine system.

#### **Sask Cup #2**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on point values from Sask Cup #1 placed in Division 1, other teams placed in Division 2.
- c) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Sask Cup #3**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on highest point values from either Sask Cup #1 or #2 placed in Division 1, other teams placed in Division 2.
- c) Top teams from Division 2 will crossover with teams from Division 1 (exact number may will dependant on total number of teams registered).

#### **Conexus Provincials**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on the Total point value of the best two Sask Cups placed in Division 1, other teams placed in Division 2.
- c) No movement between Divisions at Provincials.

### **Seeding**

- a) Seeding for Sask Cup #1 based on final standings at 2016 13U Conexus Provincials.
- b) Seeding for Sask Cup #2 based on final standings at 2017 14U Sask Cup #1.
- c) Seeding for Sask Cup #3 based on highest point value from either Sask Cup #1 or #2.  
Point value based final standings at each Sask Cup:
  - i. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower
  - ii. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lower
  - iii. Sask Cup #3: 55 points 1<sup>st</sup>, 53 points 2<sup>nd</sup>, 51 points 3<sup>rd</sup>...1 point 28<sup>th</sup> or lowerMost points in most recent Sask Cup breaks a tie.
- d) Seeding for Conexus Provincials based on Total point value of best two Sask Cups.  
Most points in most recent Sask Cup breaks a tie.

## 15U Girls

LTAD Stage: Training to Train B

Principle Focus: builds the “engine” and consolidates sports skills. Go to

<http://www.vcdm.org/vision/view/14-16-training-to-train-b> for Volleyball Canada’s LTAD recommendations for this age-group.

Teams who register for this category are eligible to attend Nationals pending they have met all the requirements outlined in the VC Nationals criteria.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa MVA200 will be the official competition ball for this age category.
- c) 15U Girls will utilize the 12 limited substitution rule with NO libero.

### Tournament Structure

Draws intended to provide each team with 6-9 matches each.

#### **Sask Cup #1**

- a) All teams placed in one division and pooled using a serpentine system.

#### **Sask Cup #2**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on point values from Sask Cup #1 placed in Division 1, other teams placed in Division 2.
- c) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Sask Cup #3**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on highest point values from either Sask Cup #1 or #2 placed in Division 1, other teams placed in Division 2.
- c) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Conexus Provincials**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on the Total point value of the best two Sask Cups placed in Division 1, other teams placed in Division 2.
- c) No movement between Divisions at Provincials.

### Seeding

- a) Seeding for Sask Cup #1 based on final standings at 2016 14U Conexus Provincials.
- b) Seeding for Sask Cup #2 based on final standings at 2017 15U Sask Cup #1.
- c) Seeding for Sask Cup #3 based on highest point value from either Sask Cup #1 or #2.

Point value based final standings at each Sask Cup:

- i. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower
- ii. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lower
- iii. Sask Cup #3: 55 points 1<sup>st</sup>, 53 points 2<sup>nd</sup>, 51 points 3<sup>rd</sup>...1 point 28<sup>th</sup> or lower

- Most points in most recent Sask Cup breaks a tie.
- d) Seeding for Conexus Provincials based on Total point value of best two Sask Cups.  
Most points in most recent Sask Cup breaks a tie.

## 16U Women

LTAD Stage: Training to Train B

Principle Focus: builds the “engine” and consolidates sports skills. Go to

<http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada’s LTAD recommendations for this age-group.

All teams who register in this division are eligible to attend Nationals pending they have met all the requirements outlined in the VC Nationals criteria.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa MVA200 will be the official competition ball for this age category.
- c) 16U Women will utilize the 6 limited substitution rule with libero.

### Tournament Structure

Draws intended to provide each team with 6-9 matches each.

#### **Sask Cup #1**

- a) All teams placed in one division and pooled using a serpentine system.

#### **Sask Cup #2**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on point values from Sask Cup #1 placed in Division 1, other teams placed in Division 2.
- c) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Sask Cup #3**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on highest point values from either Sask Cup #1 or #2 placed in Division 1, other teams placed in Division 2.
- c) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Conexus Provincials**

- a) Two Divisions providing at least 16 teams register.
- b) Top 8 teams based on the Total point value of the best two Sask Cups placed in Division 1, other teams placed in Division 2.
- c) No movement between Divisions at Provincials.

### Seeding

- a) Seeding for Sask Cup #1 based on final standings at 2016 15U Conexus Provincials.
- b) Seeding for Sask Cup #2 based on final standings at 2017 16U Sask Cup #1.
- c) Seeding for Sask Cup #3 based on highest point value from either Sask Cup #1 or #2.

Point value based final standings at each Sask Cup:

- i. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower
- ii. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lower
- iii. Sask Cup #3: 55 points 1<sup>st</sup>, 53 points 2<sup>nd</sup>, 51 points 3<sup>rd</sup>...1 point 28<sup>th</sup> or lower

Most points in most recent Sask Cup breaks a tie.

- d) Seeding for Conexus Provincials based on Total point value of best two Sask Cups.  
Most points in most recent Sask Cup breaks a tie



## 17U Women

LTAD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills. Go to

<http://www.vcdm.org/vision/view/17-19-learning-to-compete> for Volleyball Canada's LTAD recommendations for this age-group.

All teams who register in this division are eligible to attend Nationals pending they have met all the requirements outlined in the VC Nationals criteria. 17U teams can still compete at 17U Nationals, as long as they compete in the 18U category within Saskatchewan. The final standings from 17U Provincials will be used to seed teams for 17U Nationals first, and then the 17U teams that played in the combined 17/18U Division 2.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa MVA200 will be the official competition ball for this age category.
- c) 17U Women will utilize the 6 limited substitution rule with libero.

### Tournament Structure

Draws intended to provide each team with 6-9 matches each.

#### **Sask Cup #1**

- a) All teams compete with 18U Women teams and placed in one division, pooled using a serpentine system.

#### **Sask Cup #2**

- a) All teams compete in their own age-group and placed in two divisions, providing at least 16 teams register for that age group.
- b) Top 8 teams based on highest point value from Sask Cup #1 placed in Division 1, other teams placed in Division 2.
- c) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Sask Cup #3**

- d) All teams compete in their own age-group and placed in two divisions, providing at least 16 teams register for that age group.
- e) Top 8 teams based on highest point values from Sask Cup #2 placed in Division 1, other teams placed in Division 2.
- f) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Conexus Provincials**

- a) All teams compete in their own age-group and placed in two divisions, providing at least 16 teams register.
- b) Top 8 teams based on their best point value from either Sask Cup #2 or Sask Cup #3 placed in Division 1, other teams placed in Division 2.
- c) No movement between Divisions at Provincials.

### Seeding

- a) Seeding for Sask Cup #1 based on final standings at 2016 16U, 17U and 17/18U Conexus Provincials.
- b) Seeding for Sask Cup #2 based on final standings at 2017 17-18U Sask Cup #1.
- c) Seeding for Sask Cup #3 based on final standings from 17U Sask Cup #2.  
Point value based final standings at each Sask Cup:
  - i. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower
  - ii. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lower
  - iii. Sask Cup #3: 55 points 1<sup>st</sup>, 53 points 2<sup>nd</sup>, 51 points 3<sup>rd</sup>...1 point 28<sup>th</sup> or lowerMost points in most recent Sask Cup breaks a tie.
- d) Seeding for Conexus Provincials based on the best point value from Sask Cup #2 or Sask Cup #3.

## 18U Women

LTAD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills. Go to

<http://www.vcdm.org/vision/view/17-19-learning-to-compete> for Volleyball Canada's LTAD recommendations for this age-group.

All teams who register in this division are eligible to attend Nationals pending they have met all the requirements outlined in the VC Nationals criteria.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa MVA200 will be the official competition ball for this age category.
- c) 18U will utilize the 6 limited substitution rule with libero.

### Tournament Structure

Draws intended to provide each team with 6-9 matches each.

#### **Sask Cup #1**

- a) All teams compete with 17U Women teams and placed in one division, pooled using a serpentine system.

#### **Sask Cup #2**

- g) All teams compete in their own age-group and placed in two divisions, providing at least 16 teams register for that age group.
- h) Top 8 teams based on highest point value from Sask Cup #1 placed in Division 1, other teams placed in Division 2.
- i) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Sask Cup #3**

- j) All teams compete in their own age-group and placed in two divisions, providing at least 16 teams register for that age group.
- k) Top 8 teams based on highest point values from Sask Cup #2 placed in Division 1, other teams placed in Division 2.
- l) Top teams from Division 2 will crossover with teams from Division 1 (exact number will vary depending on total number of teams registered).

#### **Conexus Provincials**

- e) All teams compete in their own age-group and placed in two divisions, providing at least 16 teams register.
- f) Top 8 teams based on their best point value from either Sask Cup #2 or Sask Cup #3 placed in Division 1, other teams placed in Division 2.
- g) No movement between Divisions at Provincials.

### Seeding

- d) Seeding for Sask Cup #1 based on final standings at 2016 16U, 17U and 17/18U Conexus Provincials.
- e) Seeding for Sask Cup #2 based on final standings at 2017 17-18U Sask Cup #1.
- f) Seeding for Sask Cup #3 based on final standings from 18U Sask Cup #2.  
Point value based final standings at each Sask Cup:

- i. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower
- ii. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lower
- iii. Sask Cup #3: 55 points 1<sup>st</sup>, 53 points 2<sup>nd</sup>, 51 points 3<sup>rd</sup>...1 point 28<sup>th</sup> or lower

Most points in most recent Sask Cup breaks a tie.

- h) Seeding for Conexus Provincials based on the best point value from Sask Cup #2 or Sask Cup #3.

## Boys & Men's Age Class Programs

### 14U Men

LTAD Stage: Training to Train A

Principle Focus: builds the "engine" and consolidates sports skills. Go to

<http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada's LTAD recommendations for this age-group.

The 14U Boys Program will run with a minimum of 4 teams. If 16 or more teams are registered for Provincials then there will be a Division 1 of 8 teams, and a Division 2 of the remaining teams. If teams registered only allow for a single day tournament, refunds (reflecting single day tournament price) will be given after the tournament.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa MVA200 will be the official competition ball for this age category.
- c) 14U Boys will utilize the 12 limited substitution rule with NO libero.
- d) Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.
  - a. All players listed on the score sheet must start the first or second set.
  - b. **Substitutions are not permitted in the first or second set.** In the case of injury, as Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
  - c. Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team. Substitution requests can only occur between a three-ball sequence, during tripleball matches.
  - d. Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence then the switch will be made after the sequence is complete.

### Tournament Structure

- a) **For Sask Cup #1 at the 14U Boys level, the Tripleball format will be used for the competition. For Sask Cup #2 and Provincial Championships, the Tripleball format will not be used. See Sask Volleyball website for the Volleyball Canada rationale behind the Triple Ball format. Any tournaments that are sanctioned and occur prior to Sask Cup #1 MUST run as Tripleball tournaments.**
- b) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- c) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- d) Playoff draws will be arranged to best reflect the number of entries in each tournament.

### Seeding

- a) Random draw will be used to seed Sask Cup #1.
- b) Seeding for Sask Cup #2 will be based on the results from Sask Cup #1.
- c) Seeding for Conexus Provincials based on highest point accumulation from either Sask Cup tournaments. Point value based final standings at each Sask Cup:
  - i. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower

- ii. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lower  
Most points in most recent Sask Cup breaks a tie.

## 16U Men

LTAD Stage: Training to Train B

Principle Focus: builds the “engine” and consolidates sports skills. Go to

<http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada’s LTAD recommendations for this age-group.

The 16U Men’s Program will run with a minimum of 4 teams. If 16 or more teams are registered for Provincials then there will be a Division 1 of 8 teams, and a Division 2 of the remaining teams. If teams registered only allow for a single day tournament, refunds (to reflect the price of a single day tournament) will be given after the tournament.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa MVA200 will be the official competition ball for this age category.
- c) 16U Men will utilize the 12 limited substitution rule with NO libero.

### Tournament Structure

- a) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- b) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- c) Playoff draws will be arranged to best reflect the number of entries in each tournament.

### Seeding

- a) Random draw will be used to seed Sask Cup #1.
- b) Seeding for Sask Cup #2 will be based on the results from Sask Cup #1.
- c) Seeding for Conexus Provincials based on highest point accumulation from either Sask Cup tournaments.  
Point value based final standings at each Sask Cup:
  - i. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower
  - ii. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lowerMost points in most recent Sask Cup breaks a tie.

## 18U Men

LTAD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills. Go to

<http://www.vcdm.org/vision/view/17-19-learning-to-compete> for Volleyball Canada's LTAD recommendations for this age-group.

The 18U Men's Program will run with a minimum of 4 teams. If 16 or more teams are registered for Provincials then there will be a Division 1 of 8 teams, and a Division 2 of the remaining teams. If teams registered only allow for a single day tournament, refunds (to reflect the price of a single day tournament) will be given after the tournament.

### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa MVA200 will be the official competition ball for this age category.
- c) 18U Men will utilize the 6 limited substitution rule with libero.

### Tournament Structure

- a) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- b) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- c) Playoff draws will be arranged to best reflect the number of entries in each tournament.

### Seeding

- a) Random draw will be used to seed Sask Cup #1.
- b) Seeding for Sask Cup #2 will be based on the results from Sask Cup #1.
- c) Seeding for Conexus Provincials based on highest point accumulation from either Sask Cup tournaments.  
Point value based final standings at each Sask Cup:
  - iii. Sask Cup #1: 45 points 1<sup>st</sup>, 43 points 2<sup>nd</sup>, 41 points 3<sup>rd</sup>...1 point 23<sup>rd</sup> or lower
  - iv. Sask Cup #2: 50 points 1<sup>st</sup>, 48 points 2<sup>nd</sup>, 46 points 3<sup>rd</sup>...2 points 25<sup>th</sup> or lowerMost points in most recent Sask Cup breaks a tie.



## Coaching Certification for Age Class Coaches

Beginning in the 2016-17 season, ALL Head Coaches must meet the following standards by 11:59pm **March 31, 2017**. Even certified coaches may not have some of the training requirements, so please read through the policy carefully and check your coaching profile on the Locker.

Fines will be held in trust for one calendar year for the fined coach to access to cover the registration cost of missing certification components. Exemptions will only be considered if rationale is received in written form, prior to March 31, 2017. All requests are to be sent to [Myron@saskvolleyball.ca](mailto:Myron@saskvolleyball.ca)

## Respect in Sport

**All Coaches and Trainers** must complete the Respect in Sport course or equivalent by **March 15<sup>th</sup>, 2017** in order to qualify for participation in the 2017 Indoor Provincial Championships. Certifications will be checked at Provincials. [Click here](#) for the Respect in Sport policy.

## The Locker.ca

Certified coaches are responsible for maintaining and managing their own 'points' in their NCCP Locker; <https://thelocker.coach.ca/account/login?ReturnUrl=%2f>

## Coach Workshops

A complete list of workshops can be found here; <http://www.saskvolleyball.ca/coachworkshops>  
To register or for more info on the workshops, or to discuss hosting a clinic in another community, please contact Myron Mehler at [myron@saskvolleyball.ca](mailto:myron@saskvolleyball.ca) or 306-975-0879.

## Coach Resources

Coach educational modules as well as links to other resources can be found on our website here; <http://www.saskvolleyball.ca/coachedu>

## Important 2017 Notes

- 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.
- The Head Coach may register as a head coach with only one team within the same age category.
- It is strongly recommended that Assistant Coaches and Staff Personnel complete: Volleyball eLearning, Make Ethical Decisions Online Evaluation (Comp-Int version) and Making Head Way.



### Requirements for Head Coaches of 16U, 15U, 14U Teams (With Clickable Links!)

Appearance	Requirements	Fine
1 <sup>st</sup> year coaching at a Provincial Championship in this age group beginning in the 2016-17 season	<ul style="list-style-type: none"> <li>• <a href="#">Volleyball eLearning</a></li> <li>• <a href="#">Make Ethical Decisions Online Evaluation (Comp-Int version)</a></li> <li>• <a href="#">Making Head Way</a></li> <li>• <a href="#">Respect in Sport</a></li> </ul>	\$300
2 <sup>nd</sup> year coaching at a Provincial Championship in this age group beginning in the 2016-17 season	<ul style="list-style-type: none"> <li>• All items above</li> <li>• <a href="#">MultiSport Modules: Planning a Practice, Nutrition</a></li> <li>• <a href="#">Development Coach Volleyball Workshop or Level 1 Technical</a></li> </ul>	\$300
3 <sup>rd</sup> year coaching at Provincial Championship in this age group beginning in the 2016-17 season and any appearance thereafter	<ul style="list-style-type: none"> <li>• All items above</li> <li>• Development Coach Evaluation or Level 1 Practical</li> </ul>	May not participate

### Requirements for Head Coaches of 18U, 17U Teams (With Clickable Links!)

Appearance	Requirements	Fine
1 <sup>st</sup> year coaching at a Provincial Championship in this age group beginning in the 2016-17 season	<ul style="list-style-type: none"> <li>• <a href="#">Volleyball eLearning</a></li> <li>• <a href="#">Make Ethical Decisions Online Evaluation (Comp-Int version)</a></li> <li>• <a href="#">Making Head Way</a></li> <li>• <a href="#">Development Coach Volleyball Workshop or Level 1 Technical</a></li> <li>• <a href="#">Respect in Sport</a></li> </ul>	\$300
2 <sup>nd</sup> year coaching at a Provincial Championship in this age group beginning in the 2016-17 season	<ul style="list-style-type: none"> <li>• All items above</li> <li>• <a href="#">Multi Sport Modules: Planning a Practice, Nutrition, Design a Basic Sport Program, Basic Mental Skills</a></li> <li>• <a href="#">Advanced Development Volleyball Workshop or Level 2 Technical</a></li> </ul>	\$300
3 <sup>rd</sup> year coaching at Provincial Championship in this age group beginning in the 2016-17 season and any appearance thereafter	<ul style="list-style-type: none"> <li>• All items above</li> <li>• Advanced Development Coach Evaluation or Level 2 Practical</li> </ul>	May not participate

[Watch the 2017 Coach Certification Tutorial](#)

[Development Coach Certification Process Overview](#)

[Advanced Development Coach Certification Process Overview](#)

**Concussion Protocol**

Sask Volleyball adheres to Volleyball Canada’s Concussion Policy and Protocol. [Click here](#) for the full policy.

**Membership Assistance Program Grants (MAP)**

The Membership Assistance Program (MAP) encourages clubs to build and sustain strong younger age classes and programs such as Mini, Atomic, and Beach.

**Requirements, Deadlines, and Instructions**

**Funding Distribution Breakdown**

The annual MAP grant will be split up in the following categories:

Mini Volley and Atomic Volleyball	23%		16U/17U/18U Age Group	15%
High School Members	7%		Beach	10%
13U/14U/15U Age Group	40%		Camps	5%

## Section 6: Volleyball for Adults

Along with the youth volleyball programs, Sask Volleyball also provides a program for Adults to participate in and continue their enjoyment in the sport of volleyball.

For the 2016 Season, we will not require the Adult teams to pay a membership fee to participate in these events. Teams will be required to pay the \$300 entry fee per tournament.

### Divisions

Seniors: Men's/Women's – Born 1998 or before

Masters: Men's/Women's – Born in 1982 or before

Masters 45+: Men's/Women's – Born in 1972 or before

### 2017 Adult Tournament Dates

<i>TOURNAMENT</i>	Date	Reg. Deadline	Location	Fee
Senior Provincials	April 8	March 9	Saskatoon	\$300
Masters Provincials	April 8	March 9	Saskatoon	\$300

### Adult League Team Registration

### Senior-Masters Registration Form

### Provincial Adult Rec Leagues/Tournaments

## **Section 7: Beach Volleyball**

Sask Volleyball offers two avenues of competition for beach volleyball, the Summer Sand Series for Youth athletes and the No Roof Tour for the adults – both are 2's competition only. There are also many clubs throughout the province that are now offering beach development camps and training sessions. Please check Sask Volleyball website periodically for updates on Beach programs being run throughout the province.

### **Adult Competitive Beach Opportunities**

### **Youth Competitive Beach Opportunities**

### **High Performance Beach Opportunities**

## Section 8: Indoor National Championships

All 2017 Volleyball Canada (VC) National Championships are OPEN Events. Entries into all National Championships are based on a first come first serve basis. If your team(s) is planning on entering any VC National Championship, early registration is the best way to guarantee entry into the desired tournament. Registration for Nationals will open the first week of November, exact date to be posted on [www.volleyball.ca](http://www.volleyball.ca). Club teams will be able to create a team on the VRS and register a club contacts and a team contact without filling in their roster of athletes and coaches in order to register for Nationals.



**Note:** Sask Volleyball CANNOT hold a spot for you at any of the National Events.

### Locations and Dates

#### 14U Volleyball Canada Championships

- Halifax, NS, May 11-14
- Ottawa, ON, May 4-7
- Abbotsford, BC, May 11-14

#### 15U Volleyball Canada Championships

- Waterloo, ON, May 11-14
- Regina, SK, May 19-22

#### 16U Volleyball Canada Championships

- Waterloo, ON, May 4-7
- Calgary, AB, May 19-22

#### 17U/18U Girls Volleyball Canada Championships

- Edmonton, AB, May 4-7

#### 17U/18U Boys Volleyball Canada Championship

- Saskatoon, SK May 11-14

## Section 9: 2016-17 Referee Committee

### Executive

**Jacques Delorme**  
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**Murray Sackmann**

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### Committee Members

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**Committee Members**

**Open Tournaments**

		<b>Level</b>
Best of Five Matches	\$40 per referee	3, 4, 5
	\$35 per referee	1, 2

Best of Three or Two Matches

Two Sask Volleyball Referees	\$22 per referee	3, 4, 5
	\$19 per referee	2
	\$17 per referee	1
	\$15 per referee	N

Best of Three or Two Matches

One Sask Volleyball Referee	\$27 per referee	3, 4, 5
	\$24 per referee	2
	\$22 per referee	1
	\$20 per referee	N

**Tournament Assigner Fees**

Up to 50 matches	\$50	
51-75 matches	\$75	
76-100 matches	\$100	
More than 100 matches	\$150	

**Mileage**

The mileage rate is \$0.39/km

**\* For other assignments contact the ROC**

**\* Pay Rates are subject to a 10% deduction towards the Referee's Development fund**

**Referee Beach Tournaments**

\$110/day + \$10/hour after 9 hours + mileage

## Section 10: Appendices

### Appendix A – Points System

Points are collected at Sask Cups tournaments.

Sask Cup 1	Points	Sask Cup 2	Points	Sask Cup 3	Points
1 <sup>st</sup>	45	1 <sup>st</sup>	50	1 <sup>st</sup>	55
2 <sup>nd</sup>	43	2 <sup>nd</sup>	48	2 <sup>nd</sup>	53
3 <sup>rd</sup>	41	3 <sup>rd</sup>	46	3 <sup>rd</sup>	51
4 <sup>th</sup>	39	4 <sup>th</sup>	44	4 <sup>th</sup>	49
5 <sup>th</sup>	37	5 <sup>th</sup>	42	5 <sup>th</sup>	47
6 <sup>th</sup>	35	6 <sup>th</sup>	40	6 <sup>th</sup>	45
7 <sup>th</sup>	33	7 <sup>th</sup>	38	7 <sup>th</sup>	43
8 <sup>th</sup>	31	8 <sup>th</sup>	36	8 <sup>th</sup>	41
9 <sup>th</sup>	29	9 <sup>th</sup>	34	9 <sup>th</sup>	39
10 <sup>th</sup>	27	10 <sup>th</sup>	32	10 <sup>th</sup>	37
11 <sup>th</sup>	25	11 <sup>th</sup>	30	11 <sup>th</sup>	35
12 <sup>th</sup>	23	12 <sup>th</sup>	28	12 <sup>th</sup>	33
13 <sup>th</sup>	21	13 <sup>th</sup>	26	13 <sup>th</sup>	31
14 <sup>th</sup>	19	14 <sup>th</sup>	24	14 <sup>th</sup>	29
15 <sup>th</sup>	17	15 <sup>th</sup>	22	15 <sup>th</sup>	27
16 <sup>th</sup>	15	16 <sup>th</sup>	20	16 <sup>th</sup>	25
17 <sup>th</sup>	13	17 <sup>th</sup>	18	17 <sup>th</sup>	23
18 <sup>th</sup>	11	18 <sup>th</sup>	16	18 <sup>th</sup>	21
19 <sup>th</sup>	9	19 <sup>th</sup>	14	19 <sup>th</sup>	19
20 <sup>th</sup>	7	20 <sup>th</sup>	12	20 <sup>th</sup>	17
21 <sup>st</sup>	5	21 <sup>st</sup>	10	21 <sup>st</sup>	15
22 <sup>nd</sup>	3	22 <sup>nd</sup>	8	22 <sup>nd</sup>	13
23 <sup>rd</sup> +	1	23 <sup>rd</sup>	6	23 <sup>rd</sup>	11
		24 <sup>th</sup>	4	24 <sup>th</sup>	9
		25 <sup>th</sup> +	2	25 <sup>th</sup>	7
				26 <sup>th</sup>	5
				27 <sup>th</sup>	3
				28 <sup>th</sup> +	1

**Appendix B - Over-Age Athlete Registration Form – FOR ATHLETES BORN IN 1998**

For 18U only, athletes born between January 1, 1998 and August 31, 1998 and are in Grade 12 for the 2016-2017 academic year (first year Grade 12) are eligible to compete as an Overage Athlete provided they have not been held back a year at any time during their schooling.

Decisions on the eligibility of over-age athletes will be determined by the volleyball provincial/territorial associations within the province or territory in which the athlete resides.

1.	_____	_____	_____
	Name of over-age athlete	Birth Date	Athlete or Guardian Signature
2.	_____	_____	_____
	Name of over-age athlete	Birth Date	Athlete or Guardian Signature
	_____	_____	_____
	Club and team name over-age athlete is playing for		Age-Category of team
	_____	_____	_____
	Name of the coach of the Age-Category team		Coach Signature
	_____		
	Date Submitted		

Please submit by email to: [cara@saskvolleyball.ca](mailto:cara@saskvolleyball.ca)

By fax: 306-780-9288