



2017 – 2018
Club 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: 306-535-9231 Email: aaron@saskvolleyball.ca
Responsibilities: Strategy, Board Governance, Human Resources, Revenue Generation, Special Events, Aboriginal Development.

Marcus Richards, Financial Director Phone: 306-780-9804 Email: marcus@saskvolleyball.ca
Responsibilities: Accounting, Registration, Office Operations, Officials Liaison.

Cara Orr, Program Director Phone: 306-780-9806 Email: cara@saskvolleyball.ca
Responsibilities: Program Management, Club, Awards, Event Sanctioning, Beach Development.

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

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

Jakaeden Frizzel, Referee Development Coordinator Phone: 306-527-0662 Email: jakaeden@saskvolleyball.ca
Responsibilities: Referee Training, Referee Mentorship, Referee Evaluation.

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
Responsibilities: High Performance Programs, Coaching Development, LTAD.

Joel Dyck, High Performance Manager Phone: 306-713-2450 Email: joel@saskvolleyball.ca
Responsibilities: High Performance Programs, Coaching Development, LTAD.

Memberships

Membership Fees (all prices include GST):

- Competitive Athlete and Coach - \$87.00 (Volleyball Canada \$28.00, Sask Volleyball \$59.00).
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 \$28.00, Sask Volleyball \$59.00)
- College & University Athletes and Coaches - \$59.00
- 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 - \$48.00 (Volleyball Canada \$28.00, Sask Volleyball \$20.00)
 - Provincial Level - \$53.00 (Volleyball Canada \$28.00, Sask Volleyball \$25.00)
 - Regional Level - \$90.00 (Volleyball Canada \$63.00, Sask Volleyball \$27.00)
 - National Level - \$100.00 (Volleyball Canada \$73.00, Sask Volleyball \$27.00)
 - International Level - \$110.00 (Volleyball Canada \$78.00, Sask Volleyball \$32.00)

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=18432

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

Constitution, Bylaws, and Policies

Please visit: <http://www.saskvolleyball.ca/svorg> 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. To become a sponsor and view our partnership guide, visit: <http://www.saskvolleyball.ca/svpartners>

Preferred Hotels

For 2018 Sask Volleyball has secured blocks of rooms directly with hotels at the best negotiated rates for our members. Hot breakfast included in the price except for a very small number of cases. As Sask Volleyball receives funding back from hotels for each paid room in every block, please consider utilizing the service for your team.

Sask Volleyball has attempted to secure enough rooms to accommodate the expected number of visiting teams. However, as the rooms are available first-come first-serve, there is no guarantee that rooms will be available for all teams. As well, Sask Volleyball has attempted to only select rooms at properties that meet a reasonable quality standard, though there is no guarantee the quality will meet every members minimum standard.

To find a selection of hotels, rates, and other details for each event to go

<http://saskvolleyball.ca/content/hotel-blocks>

Saskatoon Preferred Hotels: Delta Bessborough, Mainstay, Radisson, Days Inn, Country Inn & Suites, Hilton Garden, Townplace Suites, Home Inn & Suites, Best Western Blairmore, Best Western Eastside, Saskatoon Inn, Holiday Inn Express, Saskatoon Inn, Comfort Suites

Warman Preferred Hotels: Days Inn Legends

Regina Preferred Hotels: Delta, Ramada, Travelodge, Comfort Suites, Days Inn Eastside, Days Inn Airport, Home Inn & Suites Airport

Swift Current Preferred Hotels: Home Inn & Suites, Comfort Inn, Holiday Inn Express, Days Inn

Yorkton Preferred Hotels: Home Inn & Suites, Holiday Inn Express, Days Inn

Prince Albert Preferred Hotels: Ramada, Holiday Inn Express, Days Inn, Quality Hotel, Travelodge, Comfort Inn

Melfort/Tisdale Preferred Hotels: Canalta Melfort, Canalta Tisdale

Lloydminster Preferred Hotels: Best Western Meridian, Microtel, Days Inn, Super 8

Equipment

Mikasa Sports Canada is the official Indoor, Outdoor and Beach volleyball supplier for Sask Volleyball.

OFFICIAL BALL

AGE CLASS	2018	2019
12U WOMEN	VUL500	VUL500
13U WOMEN	VUL500	VUL500
14U WOMEN	MIP300	MIP300
15U WOMEN	MIP300	MIP300
16U WOMEN	MIP300	MIP300
17U WOMEN	MVA200	MIP300
18U WOMEN	MVA200	MIP300
12U MEN	MIP300	MIP300
13U MEN	MIP300	MIP300
14U MEN	MIP300	MIP300
15U MEN	MIP300	MIP300
16U MEN	MIP300	MIP300
17U MEN	MVA200	MVA200
18U MEN	MVA200	MVA200



***Volleyball Canada National Championships will play with the Tachikara SIX.VC



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

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 (fore arm 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

Section 3: High Performance Program

The following provides a brief overview of the programs being offered in 2018. Further details will be updated on our web site.

	15/16U	17U	18U
Eligibility	Born in 2002 or later	Born in 2001 or later	Born in 2000 or later
#of Athletes: Female	Two (2) teams of 12	One (1) team of 12	One (1) team of 12
Male	One (1) team of 12	athletes per gender	athletes per gender
ID Camps: Female:	15U - March 2, Lloydminster March 16, Saskatoon 16U -February 23, Lloydminster March 16, Saskatoon	TBA	TBA
Male:	April 6, Prince Albert		
Time:	7:00 – 9:00pm		
Final Selection Camp:	May 25, 26, 27 Location TBA Both genders	TBA	TBA
Training Dates:	End of June – July Both genders	July 3 – 24	July 3 – 24
Training Facility:	Briercrest College, Caronport Both genders	Bethany College, Hepburn Both genders	Bethany College, Hepburn Both genders
Competition:	All teams will participate in the National Team Challenge Cup in July. Location and date to be confirmed by Volleyball Canada.		

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 visit our website:

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

Provincial Club Programs

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

<http://www.saskvolleyball.ca/clubvolleyball> to promote themselves to the public. Contact

jakaeden@saskvolleyball.ca to add your club/tryout information for 2018.

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, 2004 – Dec 31, 2005 and later	2.15	
14 & Under	Sept 1, 2003 – Dec 31, 2004 and later	2.15	2.20
15 & Under	Sept 1, 2002 – Dec 31, 2003 and later	2.20	2.35
16 & Under	Sept 1, 2001 – Dec 31, 2002 and later	2.24	2.35
17 & Under	Sept 1, 2000 – Dec 31, 2001 and later	2.24	
18 & Under	Sept 1, 1999 – Dec 31, 2000 and later	2.24	2.43
21 & Under	Sept 1, 1996 – Dec 31, 1997 and later	2.24	2.43

*Please note the bolded net heights, as the net heights changed in 2017.

Overage Athletes

For 18U only, athletes born between January 1 – August 31, 1999 and are in Grade 12 for the 2017-2018 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 as of 2017 - Athletes that are born Sept 1, 1999 – December 31, 1999 and who have already graduated are eligible to play on an 18U team.*

Start Date

Sanctioned team tryouts may be held starting **Sunday, October 22nd**, but may only occur on **SUNDAYS until November 27 (October 22, 29, November 5, 12, 19, 26)**. To request sanctioning for your tryout visit: https://site2733.goalline.ca/register.php?reg_form_id=18432

All team practices may not start until **Monday, November 27th, 2017** and after your team has registered with Sask Volleyball for the 2017-2018 Season. Registration will open on **Monday, November 27th, 2017**.

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 2017-2018 Age-Class Indoor Season will be available beginning **Monday, November 27th, 2017**. 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=18432

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 2017-2018 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 2017-2018 Age Class Season comply with current 2017-2018 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 2017-18

- **Net Height change for 16UW went up to 2.24** – *Note the 16U New height will not apply to Beach Volleyball for the summer of 2018*
- **OVERHEAD PASS at 16U is NOW PERMITTED.**
- **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:

Tournament Registration Procedure

Registration for Sask Cups and 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 Provincials, please visit: <http://site2733.goalline.ca/event-search.php>

Provincial Volleyball Championship Registration

The deadline to register for all Provincials will be **Wednesday, March 14th, 2018**. Teams may play up an age-group in 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 Provincials for that age category if it is offered. Provincials will/may be held on Friday nights through Sundays.

Frozen Rosters

The deadline for all Provincials Frozen Rosters will be **Monday, April 2nd, 2018**.

2018 Sask Cups and Provincial Volleyball Championships

CATEGORY	TOURNAMENT	DEADLINE	LOCATION	ENTRY FEE
13U Women	Sask Cup #1 Feb 3 & 4	Jan 5	Warman	\$625
	Sask Cup #2 March 17 & 18	Feb 9	Warman	\$625
	Provincials April 20-22	Mar 7	Saskatoon/Warman	\$775
14U Women	Sask Cup #1 Feb 10 & 11	Jan 5	Saskatoon/Warman	\$625
	Sask Cup #2 March 10 & 11	Feb 2	Warman/Martensville	\$625
	Sask Cup #3 March 24 & 25	Feb 16	Regina	\$625
	Provincials April 20-22	Mar 7	Saskatoon/Warman	\$775
14U Men	Sask Cup #1 Feb 24 & 25	Jan 19	Warman	\$625
	Sask Cup #2 April 7 & 8	Mar 2	Prince Albert	\$625
	Provincials April 27 - 29	Mar 7	Saskatoon/Warman	\$775
15U Women	Sask Cup #1 Jan 27 & 28	Jan 5	Saskatoon/Warman	\$625
	Sask Cup #2 March 3 & 4	Jan 26	Lloydminster	\$625
	Sask Cup #3 March 24 & 25	Feb 16	Saskatoon/Warman	\$625
	Provincials April 14 & 15	Mar 7	Saskatoon	\$775
16U Women	Sask Cup #1 Jan 27 & 28	Jan 5	Saskatoon/Warman	\$625
	Sask Cup #2 Feb 24 & 25	Jan 12	Lloydminster	\$625
	Sask Cup #3 March 24 & 25	Feb 16	Saskatoon/Warman	\$625
	Provincials April 27 - 29	Mar 7	Saskatoon/Warman	\$775
16U Men	Sask Cup #1 March 3 & 4	Jan 26	Yorkton	\$625
	Sask Cup #2 April 7 & 8	Mar 2	Prince Albert	\$625
	Provincials April 20 - 22	Mar 7	Saskatoon/Warman	\$775
17U Women	Sask Cup #1 Feb 10 & 11	Jan 5	Saskatoon/Warman	\$625
	Sask Cup #2 March 10 & 11	Feb 2	Melfort/Tisdale	\$625
	Sask Cup #3 April 7 & 8	Mar 2	Warman	\$625
	Provincials May 5 & 6	Mar 7	Warman	\$625
18U Women	Sask Cup #1 Feb 10 & 11	Jan 5	Saskatoon/Warman	\$625
	Sask Cup #2 March 17 & 18	Feb 9	Lloydminster	\$625
	Sask Cup #3 April 7 & 8	Mar 2	Regina	\$625
	Provincials May 5 & 6	Mar 7	Saskatoon	\$775
18U Men	Sask Cup #1 March 10 & 11	Jan 26	Swift Current	\$625
	Sask Cup # April 7 & 8	Mar 2	Saskatoon	\$625
	Provincials May 5 & 6	Mar 7	Saskatoon	\$775

* ALL fees are subject to GST.

For All Tournament Draws/Results follow us here: <http://www.saskvolleyball.ca/saskcups>

For Provincials Results follow us here: <http://saskvolleyball.ca/Provs>

Girls & Women's Age Class Programs

1. SEEDING AND TOURNAMENT FORMAT: Women 14U, 15U, 16U, 17U, 18U

SEEDING	
SASK CUP 1 SEEDING	- previous year provincial championship results.
SASK CUP 2 SEEDING	- point value from Sask Cup 1.
SASK CUP 3 SEEDING	- single highest point value from either Sask Cup 1 or Sask Cup 2.
PROVINCIAL SEEDING	- adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

TOURNAMENT FORMAT	
SASK CUP 1 FORMAT	- all teams begin in same division.
SASK CUP 2 FORMAT	- if less than 16 teams , all teams compete in one division . - if 16 teams or more , 8 teams compete in Division 1 and the rest in Division 2 . - movement between divisions.
SASK CUP 3 FORMAT	- if less than 16 teams , all teams compete in one division . - if 16 teams or more , 8 teams compete in Division 1 and the rest in Division 2 . - movement between divisions.
PROVINCIAL FORMAT	- if less than 16 teams , all teams compete in one division . - if 16 teams or more , 8 teams compete in Division 1 and the rest in Division 2 . - no movement between divisions. - if 28 teams or more , 8 teams compete in Division 1 and 12 teams in Division 2 and the rest in Division 3 . - no movement between divisions. - a team can qualify for Division 3 provincials without having attended 2 sanctioned tournaments in their age group. Teams must still pay the full membership fee and entry fee for the provincial championship.

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 Provincials. It is recommended that teams compete in no more than 7 competitions including 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 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:

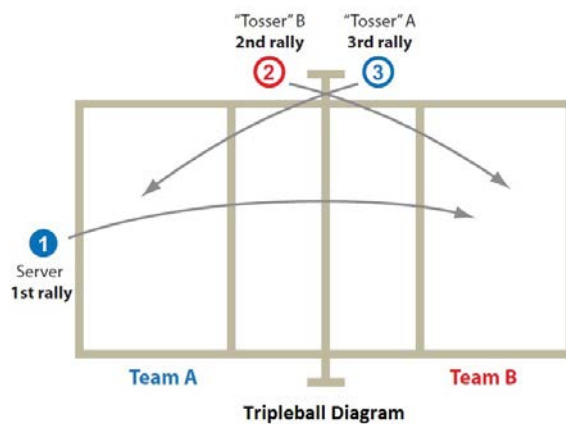
- a) The game follows a sequence of **three** rallies (served ball, tossed ball 1, and tossed ball 2).

· 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



* Ball Retriever B

- * To improve the flow of the game, each team must provide a Ball retriever (NOT THE LINEPERSON) who collects the balls from the athletes.
- * At the end of each rally, athletes should be encouraged to quickly roll the ball to the Ball Retrievers to speed up the pace of the game.
- * The ball retrievers are expected to remain a safe distance from the court during play.

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 1st or 2nd 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 1st and 2nd set.

- g) Any lineup can be used at the start of the 3rd set. Athletes who did not start the 3rd 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 MIP300** 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 6-8 matches each.

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 MIP300** 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 6-8 matches each.

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 MIP300** 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 6-8 matches each.

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.

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 6-8 matches each.

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 6-8 matches each.

Boys & Men's Age Class Programs**SEEDING & TOURNAMENT FORMAT Men 14U, 16U, 18U**

SEEDING	
SASK CUP 1 SEEDING	- random draw.
SASK CUP 2 SEEDING	- point value from Sask Cup 1.
PROVINCIAL SEEDING	- single highest point value from either Sask Cup 1 or Sask Cup 2.

TOURNAMENT FORMAT	
SASK CUP 1 FORMAT	- all teams begin in same division.
SASK CUP 2 FORMAT	- if less than 16 teams , all teams compete in one division . - if 16 teams or more , 8 teams compete in Division 1 and the rest in Division 2 . - movement between divisions.
PROVINCIAL FORMAT	- if less than 16 teams , all teams compete in one division . - if there are 8 or more 15U boys teams , and also 8 or more 16U boys teams registered for provincials there will be a separate 15UM and 16UM provincial championship – both age groups must have 8 teams in each in order for this to happen - if 16 teams or more , 8 teams compete in Division 1 and the rest in Division 2 . - no movement between divisions. - if 28 teams or more , 8 teams compete in Division 1 and 12 teams in Division 2 and the rest in Division 3 . - no movement between divisions.

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 MIP300** 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.

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 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 MIP300** 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.

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 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.

Coaching Certification for Age Class Coaches

All Team Personnel (Coaches or Managers) who are on the practice court with athletes or on a bench during sanctioned Sask Volleyball or Volleyball Canada events, must have a Police Records Check (PRC) of no more than three years old completed at the time of registrations. Team Personnel member registrations will not be approved until a completed PRC is received by the Sask Volleyball office.

All Head Coaches must meet the following standards by 11:59pm March 31, 2018. If a Head Coach must be replaced at Sask Volleyball/National Championships, the replacement coach must have a minimum of MED Online Evaluation and Making Headway.

Fines will be held in trust for one calendar year for the fined coach or club to access for the registration cost of missing certification components. Exemptions will only be considered if rationale is received in written form, prior to March 31, 2018. All requests are to be sent to myron@saskvolleyball.ca

Head Coaches of 16U, 15U, 14U, 13U Teams

Appearance	Requirements	Fine
1 st year.	<ul style="list-style-type: none"> Police Records Check Volleyball eLearning Make Ethical Decisions Online Evaluation Making Head Way (Generic) Respect in Sport 	\$200
2 nd year.	<ul style="list-style-type: none"> All items above Development Coach Volleyball Workshop or Level 1 Technical 	\$300
3 rd year.	<ul style="list-style-type: none"> All items above Multi Sport Modules: Planning a Practice, Nutrition or Theory 1 Development Coach Evaluation or Level 1 Practical 	May not participate.

Head Coaches of 18U, 17U Teams

Appearance	Requirements	Fine
1 st year.	<ul style="list-style-type: none"> Police Records Check Volleyball eLearning Make Ethical Decisions Online Evaluation Making Head Way (Generic) Development Coach Volleyball Workshop or Level 1 Technical Respect in Sport. 	\$200
2 nd year.	<ul style="list-style-type: none"> All items above Multi Sport Modules: Planning a Practice, Nutrition or Theory 1 Advanced Development Volleyball Workshop or Level 2 Technical 	\$300
3 rd year.	<ul style="list-style-type: none"> All items above Multi Sport Modules: Design a Basic Sport Program, Basic Mental Skills or Theory 2 Advanced Development Coach Evaluation or Level 2 Practical 	May not Participate.

Note: Coaches moving from 12/13/14/15/16U to 17/18U are considered a **first year** coach in that age group. Coaches moving from 17/18U to 12/13/14/15/16U are considered **second year** coach in that age group.

Note: It is strongly recommended that Assistant Coaches and Staff Personnel complete: Volleyball eLearning, Make Ethical Decisions Online Evaluation and Making Head Way (Generic).

Development Coach Certification process: <http://coach.volleyball.ca/?page=209>

Advanced Development Coach Certification process: <http://coach.volleyball.ca/?page=211>

Respect in Sport

All Coaches and Trainers must complete the Respect in Sport course prior to the 2018 Age Class Club Season. Certifications will be checked at Provincials.

The free Respect in Sport course is found at <https://sasksrc.respectgroupinc.com/>.

Note

The Head Coach may register as a head coach with only one team within the same age category.

Coach Workshops

Coaches can register for their workshop once they have completed their on line E-Learning modules. For more info on the workshops, or to discuss hosting a clinic in another community, please contact Myron Mehler at myron@saskvolleyball.ca or 306-975-0879.

Coach Maintenance

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

Coach Education

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

Concussion Protocol

Sask Volleyball adheres to Volleyball Canada's Concussion Policy and Protocol. Click here for the full policy; http://www.volleyball.ca/sites/www.volleyball.ca/files/2016_Volleyball%20Canada%20Concussion%20Policy%20EN.pdf

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. For requirements, deadlines, and instructions, visit: <http://www.saskvolleyball.ca/SVMAPGrants>.

Funding Distribution Breakdown

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

Development Volleyball	25%	16U/17U/18U Age Group	15%
High School Members	5%	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 2018 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 1999 or before

Masters: Men's/Women's – Born in 1983 or before

Masters 45+: Men's/Women's – Born in 1973 or before

2018 Adult Tournament Dates

<i>TOURNAMENT</i>	Date	Reg. Deadline	Location	Fee
Senior Provincials	April 28	March 14	Saskatoon	\$300
Masters Provincials	April 28	March 14	Saskatoon	\$300

Registration

Contact Sask Volleyball office at 306-780-9806 or via email at cara@saskvolleyball.ca

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.

Section 8: Indoor National Championships

All 2018 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. 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

Edmonton 2018 presented by Inter Pipeline 2018 will be a festival year, which means that the Volleyball Canada Nationals event will be hosted in one city, and in one venue! The week will be broken down into two tournaments over the span of seven days. The first tournament will be held from the 16th to the 19th of May for the 15U and 16U categories and the second will be from the 19th to the 22nd of May for the 14U, 17U and 18U categories.

Registration will take place in January 2018. Registration dates are as follows for each age group.

- January 9 – 15U Boys & Girls
- January 11 – 16U Boys & Girls
- January 16 – 17U Boys & Girls
- January 17 – 18U Boys & Girls
- January 18 – 14U Boys & Girls

All team registrations for Nationals are done on the [Volleyball Registration System](#) (VRS). For assistance on registering a team, please consult the Nationals Registration Guide (Coming soon).

Section 9: 2017-18 Referee Committee

Executive

Lori Banga

Chairperson (ROC)

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Lake)

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TBA – 3B (South West District)

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Lori Banga (East Central and Qu'Appelle Valley Districts)

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Anne Cote – 7A (West Central District)

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TBA – 7B (Battle West District)

TBA – 7C (North West District)

Zone 8 (Prince Albert)

Dave Christiansen

(h) 306-862-4762 (w) 306-862-4671

christiansen.dave@nesd.ca

Zone 9 (North)

Pay Rate Schedule 2017-18

**Effective for the 2017-18 season, pay rates for Sask Volleyball-run tournaments include a per diem fee. The rate for club tournaments does not include this fee.*

Best of Two or Three Matches

One Referee	Sask Cup or Provincial Tournament	Club Tournament
Level 3, 4, 5	\$31	\$27
Level 2	\$28	\$24
Level 1	\$26	\$22
Novice	\$24	\$20

Two Referees	Sask Cup or Provincial Tournament	Club Tournament
Level 3, 4, 5	\$26 per referee	\$22 per referee
Level 2	\$23 per referee	\$19 per referee
Level 1	\$21 per referee	\$17 per referee
Novice	\$19 per referee	\$15 per referee

Best of Five Matches

Level 3, 4, 5	\$45 per referee
Level 1, 2	\$40 per referee

***There is a 10% deduction on the match rates for referees that goes to the Referee Development Fund. This applies to all Sask Volleyball and club tournaments.*

Tournament Assigner Fees

\$1.25/match (minimum \$50/tournament)

Mileage

The mileage rate is \$0.40/km

Sask Volleyball Beach Events

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

Section 12: Appendices

Appendix A - Points System

SASK CUP POINT BREAKDOWN

WOMEN TOURNAMENTS	POINTS
SASK CUP 1	1 st place = 94 pts 2 nd place = 92 pts 3 rd place = 90 pts etc.
SASK CUP 2	1 st place = 97 pts 2 nd place = 95 pts 3 rd place = 93 pts etc.
SASK CUP 3	1 st place = 100 pts 2 nd place = 98 pts 3 rd place = 96 pts etc.
MEN TOURNAMENTS	POINTS
SASK CUP 1	1 st place = 97 pts 2 nd place = 95 pts 3 rd place = 93 pts etc.
SASK CUP 2	1 st place = 100 pts 2 nd place = 98 pts 3 rd place = 96 pts etc.

Appendix B - Over-Age Athlete Request Form

Over-Age Athlete Registration Form – FOR ATHLETES BORN IN 1999

For 18U only, athletes born between January 1, 1999 and August 31, 1999 and are in Grade 12 for the 2017-2018 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

By fax: 306-780-9288