



# 2025 Indoor Season Planner & Competition Regulations

September 3, 2024

[www.volleyballalberta.ca](http://www.volleyballalberta.ca)

NORTH 11759 Groat Road, Edmonton, AB T5M 3K6 p: 780-415-1703  
SOUTH Unit #8, 135 Commercial Drive, Calgary AB, T3Z 2A7 p: 780-415-1703

---

## Table of Contents

<b>Staff Directory</b> .....	<b>4</b>
Contact Information .....	4
Mailing Addresses.....	4
<b>Volleyball Alberta Membership</b> .....	<b>5</b>
Membership Benefits.....	5
Membership Fees .....	5
Membership Registration.....	5
<b>Safe Sport &amp; Abuse Free Sport</b> .....	<b>6</b>
<b>Rule of Two</b> .....	<b>7</b>
<b>2025 Volleyball Alberta Indoor Tournament Schedule</b> .....	<b>8</b>
<b>Tournament Registration &amp; Fees</b> .....	<b>8</b>
Tournament Rosters .....	9
<b>Club Volleyball Eligibility, Signing Policy &amp; Tryouts</b> .....	<b>10</b>
Signing Policy & Tryouts.....	10
Team Eligibility for Club Volleyball .....	10
Athlete Eligibility for Club Volleyball.....	10
Coach & Persons in Authority Eligibility for Club Volleyball .....	11
Coaches with Infants/Children.....	11
<b>Competition Regulations</b> .....	<b>12</b>
Match Protocol .....	12
Uniforms .....	13
Restricted Activities .....	13
Video Cameras .....	14
Refuse & Responsibility Policy.....	14
Zero Tolerance Policy .....	14
Fines and Sanctions .....	14
Tie-Breaking Procedures.....	15
Volleyball Alberta Protest Policy – Updated.....	16
<b>Competition Structure &amp; Rules</b> .....	<b>17</b>
12U Age Class.....	17
12U Competition Structure .....	17
12U Competition Rules.....	17
All Age Classes 13U-18U.....	19
Premier 1 Tournaments.....	19
Seeding.....	19
13U Age Class.....	21
13U Girls Competition Structure .....	21
13U Boys Competition Structure .....	21
13U Competition Rules.....	22
14U Age Classes.....	23

14U Girls Competition Structure .....	23
14U Boys Competition Structure .....	24
14U Competition Rules .....	24
15U – 16U Age Classes .....	26
15U & 16U Girls Structure .....	26
15U & 16U Boys Structure.....	27
15U Competition Rules .....	27
16U Competition Rules .....	28
17U – 18U Age Classes .....	29
17U & 18U Girls Structure .....	29
17U & 18U Boys Structure.....	29
17U & 18U Competition Rules.....	31
<b>Awards &amp; Nominations .....</b>	<b>31</b>
<b>Processes, Policies &amp; Forms .....</b>	<b>32</b>
Processes.....	32
Policies.....	32
Forms.....	32
<b>Appendix.....</b>	<b>33</b>
Premier 1 - North vs. South Divisional Map .....	33
14U Girls Competition Structure.....	34
Example of Movement: 14U Girls Premier 2 to Premier 3.....	34
Example of Movement: 14U Girls Premier 3 to Provincials.....	34
15U/16U Girls Competition Structure .....	35
Example of Movement: 15U/16U Girls Premier 1 to Premier 2 .....	35
Example of Movement: 15U/16U Premier 2 to Premier 3 .....	35
17U & 18U Girls Competition Structure .....	36
Example of Movement: 17U, 18U Girls Premier 1 to Premier 2 .....	36
Example of Movement: 17U, 18U Girls Premier 2 to Premier 3 .....	36
17U/18U Boys Competition Structure.....	37
Example of Movement: 17U/18U Boys Premier 1 to Premier 2.....	37
<b>Volleyball Alberta Sponsors.....</b>	<b>38</b>

## Staff Directory

### Contact Information

Title	Name	Areas of Responsibility	Contact
Coordinator, Membership Services	Julie Noel	Membership services, Volleyball Registration System (VRS), office administration, awards & history	<a href="mailto:info@volleyballalberta.ca">info@volleyballalberta.ca</a> 780-415-1703 ext. 1
Manager, Age Class & Beach	Ray Sewell	15U/16U Age Classes, Venue Coordinators – YYC, Sport Court Rental	<a href="mailto:rsewell@volleyballalberta.ca">rsewell@volleyballalberta.ca</a> 780-415-1703 ext. 5
Manager, Age Class, Store	Alex Donaghy	12U/17U/18U Age Classes, Merchandise & VA Shop, Facility Bookings	<a href="mailto:ageclass@volleyballalberta.ca">ageclass@volleyballalberta.ca</a> 780-415-1703 ext. 4
Manager, Age Class & Events	TBD	13U/14U Indoor Age Classes, Venue Coordinators - YEG	<a href="mailto:eventsmanager@volleyballalberta.ca">eventsmanager@volleyballalberta.ca</a> 780-415-1703 ext. 10
Coordinator, Age Class & Beach	TBD	Indoor Age Classes, Social Media & Communications	TBD
Manager, Coaching & Early Stages	Mike Ling	Coach Development, Coach Eligibility Requirements	<a href="mailto:coaching@volleyballalberta.ca">coaching@volleyballalberta.ca</a> 780-415-1703 ext. 7
Manager, High Performance and Leadership	TBD	Indoor High Performance (Team AB Indoor)	<a href="mailto:highperformance@volleyballalberta.ca">highperformance@volleyballalberta.ca</a> 780-415-1703 ext. 8
Manager, Courtside Logistics	Vinny Saporito	Volleyball Alberta Referee Financials, Referee Club Scheduling	<a href="mailto:courtside@volleyballalberta.ca">courtside@volleyballalberta.ca</a> 780-415-1703 ext. 6
Coordinator, Courtside Logistics	Robyn Bishop	Referee membership and PIA requirements, Referee Financials, Referee Club Scheduling	<a href="mailto:events@volleyballalberta.ca">events@volleyballalberta.ca</a> 780-415-1703 ext. 11
Director, Competition & Operations	Jim Plakas	Advisor Competitions & Events, Long Term Athlete Development, Club Accreditation & Recognition Program, Safe Sport	<a href="mailto:jplakas@volleyballalberta.ca">jplakas@volleyballalberta.ca</a> 780-415-1703 ext. 3
Director, Pathways & Development	Jen Telfer	Advisor for Leadership development, coach, athlete & referee pathways	<a href="mailto:pathways@volleyballalberta.ca">pathways@volleyballalberta.ca</a> 780-415-1703 ext. 12

### Mailing Addresses

Volleyball Alberta North Office	Volleyball Alberta South Office
11759 Groat Road Edmonton, Alberta, T5M 3K6	Unit #8, 135 Commercial Drive Calgary, Alberta T3Z 2A7

## Volleyball Alberta Membership

Volleyball Alberta requires Players, Coaches, Referees, and Club Personnel to become members prior to acting within the scope of their duties on behalf of Volleyball Canada (VC), Volleyball Alberta (VA), and affiliated Clubs. An active membership is required to register for any of our programs and events and must have a valid email address.

**The VRS-Sportlomo will open for VA's 2024-2025 season on August 1st at 9:00 am.**

All members must be residents of Alberta. Any exception to this must have the approval of Volleyball Alberta, Volleyball Canada, and the provincial/territorial governing body where the individual or team resides.

- Note: The following members/clubs have been granted this permission and are considered Volleyball Alberta Members: **Northern British Columbia Volleyball Club (NBCVC)**, **East Kootenay Volleyball Club (EKVC)**, **Dawson Creek Volleyball Club (DCVC)**, **Dawson Creek Competitive Volleyball Club (DCCVC)**, **High Altitude (Elkford, BC)**, **Cranbrook Kodiaks (Cranbrook, BC)** and the **Fernie Volleyball Club (FVC)**.

### Membership Benefits

Volleyball Alberta (VA) provides its membership with administrative, instructional and professional services to assist in the development of volleyball in Alberta. These services include but are not limited to indoor and beach athlete development from grassroots to high performance programs, leadership development of coaches, referees, and club leaders, governance, insurance, sport advocacy, and business development. Please refer to [Volleyball Alberta membership benefits](#) for more information.

### Membership Fees

Memberships are valid from September 1st to August 31st of each year. Our Membership Fees & Benefits are assessed on an annual basis. Membership fees include a VA and VC component. Please refer to the [VA Fees](#) page for more information.

### Membership Registration

Step-by-step guides to the Volleyball Registration System powered by Sportlomo are found on our website at [volleyballalberta.ca/registration-how-to-register](http://volleyballalberta.ca/registration-how-to-register). All the required fields of the online membership registration must be completed in full by the Participant and/or the Participant's parent/guardian (if applicable, when the Participant is younger than the age of majority) prior to participation. Each individual member must have a valid e-mail address.

Please refer to VA's [How To Register](#) page for all registration needs and registration guides.

- Membership Registration Process Guide
- Youth Player Membership Registration Guide
- Coach Registration Guide
- Volunteer Registration Guide
- Club President Registration Guide
- And more...

## Safe Sport & Abuse Free Sport

As of April 1, 2020, anyone associated with a Sport Canada-funded organization must be trained on conduct to prevent and address maltreatment. This includes ALL coaches, referees, and club administrative staff, and must be completed prior to participating in any club activity.

Starting this 2024/25 season, Volleyball Canada is a Signatory Organization of the Abuse-Free Sport program, and as such is bound by the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS). Volleyball Alberta members are therefore required to abide by the UCCMS and sign the Abuse-Free Sport Participant Consent. The purpose of the UCCMS is to advance a respectful sport culture that delivers quality, inclusive, welcoming and safe sport experiences.

Creating a culture where everyone can thrive is a shared responsibility. Whether you have direct contact with athletes or work in the background, Safe Sport Training promotes physical, psychological, and social health, and meets Sport Canada requirements for Safe Sport education. The safe sport module is a FREE, 90- minute eLearning module that gives all participants the tools to recognize, address, and prevent maltreatment in sport.

Please note that a current [Respect in Sport Group's Activity Leader](#) certificate is a recognized equivalent and meets the Safe Sport training requirements should you already have it.

Volleyball Alberta strives to offer a safe and enjoyable environment for all event participants and spectators. If any players, team staff members, staff, referees or spectators feel unsafe or have witnessed a behavior that may be inappropriate, they are strongly encouraged to approach a VA Representative, or they may contact the Abuse-Free Sport Helpline (1-888- 837-7678). Please review [Volleyball Alberta's Safe Sport Complaint Process](#), if you have a Safe Sport concern to report.

The Sport Helpline is an anonymous, confidential, independent, and bilingual service which allows individuals to share and validate their concerns, obtain guidance on required next steps, and be referred to other appropriate resources for follow up.



## Rule of Two

[Open, observable, and justifiable interactions and communications](#) are strongly recommended to foster safety, enhance protection, and help reduce vulnerability of both the athlete and adult(s) in a position of trust. Commonly referred to as the [Rule of Two](#), it means that there will always be two screened and safety-trained adults with a participant, especially a minor athlete, when in a potentially vulnerable situation. Applying the Rule of Two is a measure that helps mitigate opportunities for maltreatment and abuse to occur.

# OPEN AND OBSERVABLE ENVIRONMENTS: RULE OF TWO



RULE OF
2

### WHAT IS IT?

RULE OF TWO states that there will always be two screened and safety-trained adults with a participant, especially a minor athlete, when in a potentially vulnerable situation.

### WHAT ARE OPEN AND OBSERVABLE ENVIRONMENTS?

Open and observable spaces involve making meaningful and concerted efforts to avoid situations where a person of authority: coach, official, staff member, etc., might be alone with an athlete and/or vulnerable individual.


-  Not closed or concealed from others
-  No closed doors or secluded locations
-  Others should be aware the interaction is taking place
-  Others can see, observe or take note of the interaction

### INTERACTIONS



**ELIMINATE**  
one-to-one electronic messaging and ensure that all communications are sent to the group and/or include parents (for minors) or other certified coaches and/or staff members.

**CONSIDER**  
the gender of the participant when selecting the screened people for the closed meeting.

**ENSURE**  
a minor participant rides in a vehicle with two screened adults present. 



Volleyball Canada (VC) endorses the Coaching Association of Canada's Responsible Coaching Movement and all participants of VC events, activities, and meetings are encouraged to adhere to these best practice guidelines. [www.coach.ca/responsiblecoaching](http://www.coach.ca/responsiblecoaching)

For more information, visit [volleyball.ca/en/about/safe-sport](http://volleyball.ca/en/about/safe-sport)

## 2025 Volleyball Alberta Indoor Tournament Schedule

The most up to date version of the Premier & Provincial Tournament schedule (with entry deadlines, roster locks, etc.), can be found on our website at: [www.volleyballalberta.ca/club\\_general\\_info](http://www.volleyballalberta.ca/club_general_info)

### Tournament Registration & Fees

- **Registration for all Premiers and Provincials opens on October 16, 2024, 9:00am MT**
- 2025, the Volleyball Alberta Indoor Tournament Entry Fee for TWO-DAY VA Premiers and Provincials is **\$850.50/entry** (\$810.00 + GST \$40.50) plus applicable membership requirements and service fees.  
2025, the Volleyball Alberta Indoor Tournament Entry Fee for ONE-DAY VA Premiers (applicable to 12U only) is **\$551.26/entry** (\$525.00 + GST \$26.25) plus applicable membership requirements and service fees.
- Volleyball Alberta will accept all teams meeting the rostering requirements and registration deadline and will do its best to find courts for all to play. In extraordinary circumstances, if Volleyball Alberta is not able to facilitate all registered teams the team's main contacts will be contacted by the Age Class Manager.
- A Club Director/Contact must [register the club](#) prior to a Team Contact registering the team roster (players). A Club Director/Contact can also register as a Team Contact. The VA registrar must be notified in writing [info@volleyballalberta.ca](mailto:info@volleyballalberta.ca) if there is a change of Club Director/Contact.
- Teams/Clubs must register before the tournament deadline to be included in the draw for that event. Draws will be posted online only and it's the coach or team contacts responsibility to ensure they have the up-to-date tournament schedule
- **Team Main Contact Information** is required at the time of tournament registration: It is important that those doing the registration enter the team's **Team Main Contact** information in the "**purchaser contact info**" section of the registration. This is the only email Age Class Managers receive in their event team downloads. Last season, many Presidents/Registrars entered their email in this section – which meant they received ALL team emails, for each tournament. To be most efficient, tournament communications should go directly to a coach or team staff for the team registering in the event.
- Teams should register in the **most appropriate age class for their development level**. Team composition should be primarily of athletes within the same age class (consult Volleyball Alberta's Director of Competitions & Operations for further information). Teams can only select one age class to compete in. Once an age class has been selected, teams must compete in the same age class for the entire season (including Nationals) except for 12U teams (see 12U competition regulations for details).
- **Late Entries:** Volleyball Alberta will consider late entries into a tournament at the sole discretion of the Manager for that age class. Managers will consider the impact of adding a team to the draw using factors such as facility space, timing of the request, and other tournament logistics. If a late entry request is granted, a \$100 late fee will be charged in addition to the entry fee. There are no guarantees that Late Entries will be accepted!
- **Refund & Cancellation Policy:**
  - If withdrawing before the registration deadline, a refund of the tournament fee, less a \$35 administrative fee, will be issued.
  - If withdrawing after the registration deadline, no refunds will be issued, and a \$100 fine will be charged for the tournament withdrawal.
  - See our [Inclement Weather Guidelines](#) refund information in case of extreme weather, road closures, and/or facility access closures.



- For more information and FAQ, see [Volleyball Alberta's Refund Policy](#)

## Tournament Rosters

- **Tournament Roster Lock Deadlines:** Review the tournament schedule on the [Club General Info page](#) for each tournament's roster lock deadline.
- **NEW for 2025: Season Roster Lock Deadline:** The season roster lock deadline is the Premier #2 roster lock deadline for each age class. Team staff and/or athletes can move between team rosters in their club for Premier #1 and Premier #2. Please see the tournament schedule on the [Club General Info page](#) for full details.
- **Roster management:** Volleyball Alberta recommends that athletes who may play up to fill roster spots as needed OR team staff who will be present for any tournaments are added to team rosters as early as possible in the season. These additions must be done before the roster lock date and season roster lock deadline.
- **Roster Addition Requests:** Changes made to official Volleyball Alberta rosters after the roster lock deadlines will only be considered under exceptional circumstances. All changes requested before Noon on Wednesday before the tournament are subject to a \$25 fee and must be submitted via the [Late Roster Addition Form](#). After Noon on the Wednesday before the tournament OR after the season roster lock, the fee increases to \$50 and requests must be submitted via email to the Age Class Manager.
- Head Coaches will pick up and verify Official Rosters from Venue Coordinators prior to their first match on the first competition day. Official Rosters must be presented to the **referee** before every match. Only athletes & team staff who appear on the Official Roster and meet screening/training requirements will be allowed to compete and be on the bench.
- **For 12U – 14U age class teams**, a maximum of 12 players can be on the score sheet, in uniform, and participate in any given match. Teams may have a maximum of 15 players on the roster, participate in warm-up, and sit on the bench.
  - **12U–15U age class teams** that have **more than twelve players** at a tournament must submit the [Extended Roster Development Plan form](#).
- **For 15U – 18U age class teams**, a maximum of 15 players can be on the score sheet, in uniform, participate in the warm-up, sit on the bench, and participate in any given match.
  - Note: 15U teams must still align with the Developmental Substitution Rule.

## Club Volleyball Eligibility, Signing Policy & Tryouts

### Signing Policy & Tryouts

Please review [2025 Indoor Signing & Tryout Process](#) for full details on LOI and tryout policies, as well as rationale and FAQ's.

- The 2024-2025 Indoor Club Season starts November 24, 2024, and ends May 31, 2025.
- Volleyball Alberta strongly recommends: Clubs are encouraged to refer to athlete development principles and be very deliberate with any indoor volleyball programming offered during the summer and fall. School volleyball places large demands on athletes and additional training places athletes in a position to develop overuse injuries and burnout.
- Volleyball Alberta Re-Signing LOI Form or LOI Signing Form are the ONLY binding contracts recognized by Volleyball Alberta.
- Coaches and teams should understand the 13U-15U Developmental Substitution Rules prior to selecting their teams. See 13U-15U Competition Regulations for more information.

### Team Eligibility for Club Volleyball

- A team must be composed of at least 8 players up to a maximum of 15 players. A minimum of 6 players must be present in uniform during the competition to be eligible to participate.
- Volleyball Alberta tournaments are only for fully registered Alberta club teams and may utilize only registered VA members of that club. Exceptions to this rule will be reviewed on a case-by-case basis following a written application to Volleyball Alberta.
  - **Note:** Teams from Nunavut, Northwest Territories and Yukon may be approved to compete in Premier Events and Provincials. However, they will not be permitted to win the Provincials banner (they may be awarded the Gold Medal). Interested teams will be subject to a \$100 Affiliation fee per tournament and are asked to request permission to enter events **as soon as possible prior to the tournament registration deadline** by contacting the appropriate age class manager. If tournaments are overcapacity, permission to register for an event may not be granted.
- Any individual, team and/or club having outstanding debts with Volleyball Alberta at the end of their competitive season will be deemed not in good standing and will be ineligible for all VA programs, until such debts are paid.

### Athlete Eligibility for Club Volleyball

- All participants must become members of Volleyball Alberta, with the Youth Development Player – Tryout membership, prior to participating in club tryouts.
- Upon signing a LOI to a team that will participate in club hosted tournaments, Premiers, Provincials, or Nationals, athletes must upgrade their membership to the Youth Competitive Player – Indoor and added to their club's Sportlomo portal for the season.
- The minimum age for athletes on the roster is 9 years of age.
- The [2025 Age Categories](#) document outlines this seasons' competition categories, exemption request instructions, and the [18U Overage Athlete Exemption form](#).
- Volleyball Canada and Volleyball Alberta are committed to encouraging diversity, inclusion, equity and access in its administration, policies, programs, and activities as outlined in our [Diversity, Equity, & Inclusion policy](#).

We support the inclusion of transgender athletes and follow the [Volleyball Canada Trans Inclusion Policy](#). As denoted in item 10 of the policy, individuals participating in development and recreational sport should be able to participate in the gender with which they identify. This applies to our club volleyball system.

- Athletes cannot play on more than one team in the same tournament weekend.
- Athletes can often play up one age category without many challenges or limitations. However, thought and discussion should occur between the club, athlete, and family to determine the best environment for the athlete. There can be significant disparity if an athlete plays up two age categories, and clubs should review the [Playing Up in Age Categories](#) document prior to making a final decision.
- Athletes playing in their current age class are eligible to play on an older team within the same club; athletes would need to be registered on both rosters by the roster lock date to be eligible for Provincials. Volleyball Alberta recognizes the benefits for some athletes to play up at a higher level of competition, but recommends the club and coaches read about [Long Term Development](#) and carefully plan their season to avoid athlete burnout and injury while meeting the appropriate Training to Competition ratios.

### **Coach & Persons in Authority Eligibility for Club Volleyball**

- All clubs, coaches, and club staff must become members of Volleyball Alberta prior to participating in club tryouts or training.
- [Person in Authority Checks](#) must be completed by club and team personnel prior to participating in their role. Club Directors, Screening Designates, and Team Staff are responsible for ensuring they complete these requirements to adhere to the [Pan Canadian Screening Process & Policy](#).
- All leaders on team rosters must meet the Mandatory Requirements. Please review the [Volleyball Alberta Coaching Requirements](#) for full details and deadlines.
- **NEW for 2025:** Rostered Team Staff must select their team role at the time of rostering.
- **NEW for 2025:** [Volleyball Canada 2025 Coaching Requirements](#) for Youth National Championships have been updated. Please review the requirements carefully if your team will be attending Nationals.
- All teams must have a designated head coach for the season who meets the mandatory head coach requirements. A head coach may not head coach more than one team in the same tournament weekend. The same individual may be designated as an assistant coach, manager, or trainer for additional teams in the same tournament weekend.
- A maximum of four team staff are permitted on the roster and allowed to sit on the bench. One of these team staff must be the head coach. A rostered team staff may act as the head coach in case of unexpected absence.
- The minimum age for team staff on the roster is 11 years of age.

### **Coaches with Infants/Children**

- Team personnel who are parents of an infant (under the age of 1) will be supported by Volleyball Alberta in having the infant on the bench during matches. The infant must be appropriately secured in a hands-free baby carrier or in a stroller directly behind the bench. **The team must notify the age class manager prior to the event to ensure that competition staff are aware.** The team/coach may also be asked to complete a Risk Acknowledgement form.
- Team personnel who are the parent/caregiver to any young children may leave the bench to attend to them during the match provided the referee is notified before they leave. If the parent is the Head Coach, an Assistant

Coach can temporarily act as head coach during this time.

## Competition Regulations

The objective of the regulations is to ensure equitable treatment of all Volleyball Alberta (VA) members in competitions. Even though regulations are in place to govern competitions, every situation and circumstance cannot be foreseen. Volleyball Alberta may need to adjust and make changes during the season if new circumstances arise.

The rules listed in the current edition of the [Volleyball Canada Rule Book](#) are in effect unless otherwise specified under the Volleyball Alberta Competition Regulations. It is the duty and responsibility of all players and coaches to know the rules of the game and abide by them.

### Match Protocol

- Teams are guaranteed a minimum of five (5) matches for two-day tournaments.
- A First Referee will be used for all matches.
- For a match in which a team is participating, they will be responsible for the provision of one (1) Line Judge.
  - This individual must be a team player not registered as a starting member of the line-up,
  - This individual must be a team player not registered as the acting Libero (if applicable),
  - If a team does not have enough athletes to provide a Line Judge, the referee shall:
    - Inquire to the opposition coach if they are willing to provide two (2) athletes to act as Line Judges.
    - Inquire to the opposition coach if they would prefer the match to commence with no Line Judges and the sole discretion of the First Referee.
- Volleyball Alberta recognizes that concussions are a significant public health issue and have developed our [Concussion Protocol](#). Of specific note are the expectations surrounding the team warm-up process to help prevent concussions. Volleyball Alberta has prepared a video with options for the [hitting warm-up](#).
- The timing of the [official warm-up protocol](#) will be a 2–4–4 model.
  - 2 minutes of shared court time for ball warm-up (E.g., dig-set, setter warm-up, etc.). Note: Shared court time will start when the court is available to both teams
  - 4 minutes official warm-up at the net – Serving Team
  - 4 minutes official warm-up at the net – Receiving Team

Be reminded that opposing teams are not permitted to use volleyballs in the free zone during the other teams allocated court time, this is an added component to help prevent concussions.

- Uniforms must be worn for the official warm-up. This allows the referee to accurately complete responsibilities prior to the start of the match and facilitates timely roster verification by referees.
- We recommend that teams use discretion when changing from warm-up shirts to uniforms in ALL Volleyball Alberta Premier tournaments and Provincials.
- Teams will resume switching sides between sets.
- Volleyball Alberta will utilize the following “End of Match Protocol”:
  - After the match, teams must immediately go to their respective three-metre line, applaud for the other team & official(s) PRIOR to moving off court for team meetings/debriefs. Teams will not greet one another before or after the match nor will they shake the referee(s) hand post-match. Teams will acknowledge the opposition and referee(s) by facing them and clapping prior to leaving the court.

- The intent of a handshake protocol is to congratulate and recognize the efforts of both teams and the referees while promoting good sportsmanship. VA's end of match protocol still achieves this goal, below is the rationale for why it's been modified from the traditional handshake:
  - a) A good portion of the club volleyball season is played during the height of cold/flu season, and this is one small way to help prevent the spread of germs and viruses. This will promote participation keeping athletes, coaches, and referees healthy and active by limiting absenteeism during the season.
  - b) Emotions can get high on occasion during the intensity of a match, removing face-to-face interactions immediately after the match will prevent the potential for inappropriate conduct.
  - c) Teams for the next match are extremely eager to take over benches and begin their warm-up and this protocol speeds up the transition to help facilitate the start of the next match. This was tracked and decreases the transition time by an average of over three minutes/match. This helps keep courts on time and reduces later starts for teams playing the last match of the day.
  - d) We understand some individuals may want to personally praise their peers on opposing teams; they are still able to do that after both teams have cleared their benches at the conclusion of their match. We encourage referees to provide friendly reminders to teams of this protocol, remarks can be documented on the scoresheet if required.

## Uniforms

- Each registered team shall be dressed for competition as per the Volleyball Canada rulebook. The updated guidelines and Uniform Approval Request form will be available on [Volleyball Canada's Policy](#) page, under Competition Related Policies.
- **Clubs are highly recommended to Request Uniform Approval from Volleyball Canada PRIOR to ordering uniforms by submitting design proofs.** Once approval is granted, clubs would be sheltered from any potential costs associated with bringing uniforms up to standard during the club season.

## Restricted Activities

- Personal lunches and snacks that are contained within sports bags will be the only food allowed in any of the venues. **No coolers, large containers, appliances, or food preparation.**
- Music may only be played for personal use with headphones during our events. Our venues are family friendly, and the content of music may be inappropriate or distracting to our members and other patrons.
- Noisemakers of any kind are not permitted at Volleyball Alberta events for any reason.
- Food is not permitted in gymnasiums at any venues.
- Running and warm-up activities are not permitted in stairwells, hallways, off-limit areas, or other inappropriate areas of a facility or school. Use of other activity spaces in multi-sport facilities (arenas, fields, rooms, closed off areas, private rooms, etc) is not permitted unless the team has pre-arranged a private rental with the facility. Balls may only be used outdoors, on match courts, or on warm-up courts if specified on the draw.
- Volleyball Alberta reserves the right to control all merchandise and services for sale during Volleyball Alberta Premier tournaments and Provincials. Food and beverage concessions are also under the control of Volleyball Alberta in facilities that do not offer these services as part of their facility offerings. **Requests of any kind to sell, advertise, or promote any products, services, or organizations must be made in writing 30 days prior to the event.** All requests may be directed to [info@volleyballalberta.ca](mailto:info@volleyballalberta.ca).

## Video Cameras

- Video cameras in the warm-up area are not permitted (for athletes, parents, or spectators).
- If handheld, a video camera may be operated by a team member sitting on the bench.
- Attaching video cameras to the post, scorer table, referee stand, etc. will not be allowed.
- If there is a vacant court next to the playing court that is not being utilized as a designated warm-up court or competition court for the event, cameras and tripods may be set-up in that space provided:
  - There is no infringement on the participants of the playing court,
  - Cameras and spectators are not encroaching on the team bench, warm-up area, scorer's table, referee location, etc.
  - For facilities with 5+ meters of space behind the service zone (Genesis Centre in Calgary), cameras will be permitted on the playing surface behind the court, provided they are against the facility wall.
- **Remote Controlled Devices:** Any remote-controlled devices (drones, remote controlled cars) are not allowed at Volleyball Alberta events or in venues.

## Refuse & Responsibility Policy

- All bottles, garbage, and personal items must be removed from the team bench after each game. It is the coach's responsibility to ensure this is completed after every match. Repeat offenders will not be permitted to participate in future Volleyball Alberta tournaments.
- Appropriate disposal of bottles or garbage and general cleanliness is expected in all areas of a facility, non-compliance is subject to a \$50 fine for each offense.

## Zero Tolerance Policy

A [Zero Tolerance Policy](#) was put in place at Volleyball Alberta Premier Tournaments and Provincials as of February 11, 2022. It acts to maintain a safe and positive environment that is appropriate for youth sport.

## Fines and Sanctions

Please review the [Fines and Sanctions](#) for 2025. Fines may be applicable for violations of:

- Signing Policy
- Code of Conduct
- Coach Eligibility Requirements
- Competition Regulations
- Roster Policies
- Registration Policies

## Tie-Breaking Procedures

- **Two-way Tie:**
  - “Head-to-Head”: The team who won the match played between the tied teams will be ranked higher.
- **Three-way (or more) Tie:**
  - The results from all teams involved in the tie are used for the process until all rankings are determined.
    - If there is a tie among teams X, Y and Z and criteria “b” can determine X as first, Y as second and Z as third, then no further criteria are to be used. The tie is broken.
    - However, if criteria “b” determines the seeding/ranking of any of the tied teams, then the remaining teams, which are still tied, will use criteria “c” and so on to determine their seeding/ranking. Do not start at “a” again. Continue through the sequence of criteria using the results of teams X, Y and Z for criteria “d”.

### Criteria

- a) **Matches won/lost between the Tied Teams:** The team having the best **ratio**<sup>1</sup> of won/lost matches will be ranked higher;
- b) **Sets won/lost between the Tied Teams:** The team having the best ratio<sup>1</sup> of won/lost sets will be ranked higher;
- c) **Sets won/lost considering all matches played:** The team having the best ratio<sup>1</sup> of won/lost sets will be ranked higher;
- d) **Points for/against between all the originally Tied Teams:** The team having the best ratio<sup>2</sup> of points for/against will be ranked higher;
- e) **Points for/against considering all matches played:** The team having the best ratio<sup>2</sup> of points, for/against will be ranked higher;
- f) As determined by the Organizing Committee (e.g., extra set, toss of coin, etc.).

---

<sup>1</sup> A Ratio is calculated as follows: Team A is  $3/2 = 1.5$ , Team B is  $2/2 = 1.0$ . Therefore, Team A is ranked higher.

<sup>2</sup> A Ratio is calculated as follows: Team A is  $160/137 = 1.17$ , Team B is  $135/125 = 1.08$ . Therefore, Team A is ranked higher.

**Note:** A plus/minus is **NOT** equivalent to a Ratio and should not be used.

Pool Play with 3 Teams: If a match has ended due to a time limit, only completed sets will be used for tie breaking procedures.

## **Volleyball Alberta Protest Policy – Updated**

A captain may only lodge a protest in the following circumstances (otherwise it is not a valid protest): an error in applying a rule or rule interpretation, an improper decision of the Scorer who made a mistake on the rotational order or on the score.

- The captain lodges the protest to the First Referee.
- The coach of the team lodging the protest must place a \$100.00 cash bond (or a signed cheque payable to Volleyball Alberta) on the score table as the captain lodges the protest (if the money is not on the table immediately the game will resume, and the protest will not be heard).
- The first referee will confirm with the Scorer that a protest has been lodged, and that the money is on the score table before calling the Tournament Staff.
- The Tournament Staff will collect the \$100.00 bond upon arrival at the court.
- The on-call Volleyball Alberta Competition Manager will determine whether or not the request to protest is valid (they may choose to consult with the Referee Supervisor).
- If the protest is not valid or not upheld, the \$100.00 bond will be forfeited in whole, and the match will resume.
- If the protest is valid, a jury will be assembled to accept or refuse the protest prior to the resumption of play. The bond will only be returned if the protest is upheld.

All Volleyball Alberta tournaments have a Jury in place that will decide the outcome of each protest. A Jury will consist of three individuals from the following list:

- Venue Coordinator,
- Referee Supervisor,
- Referee Evaluator,
- Volleyball Alberta Representative,
- Alternates assigned by Volleyball Alberta staff.

### **Important Notes:**

- The protest will be handled immediately so that play can resume following the jury's decision.
- The jury may discuss the protest by phone and do not have to be present to make a ruling.
- Video review will not be accepted in the review of a protest. The jury will not accept or view any video footage in relation to the protest.
- The jury's decision is final.
- Sanctions may be put in place if a team is abusing the protest procedures.



## Competition Structure & Rules

### 12U Age Class

Athletes born from September 1, 2012 to Dec 31, 2013 (or later)

12U is the youngest age class that VA runs. It is designed with a focus on skill development and having lots of fun. Volleyball Canada's Long Term Development manual, matrix, guidelines, and additional resources can be found on their [website](#).

### 12U Competition Structure

- Teams from north of Red Deer will register in the North Premier Tournaments while teams from Red Deer and south will register in the South Premier Tournaments (Refer to the [Division Map](#) for further clarification). Please note: this division line is an approximation & Volleyball Alberta reserves the right to switch teams into the appropriate location based on registration numbers.
- Premier #1 and Premier #2 will be one day tournaments. Teams will play 4-5 matches at Premier Tournaments; a random schedule will be utilized without a playoff structure.
- The results from Premier #1 will be considered for Premier #2 tournament schedule.
- A skills challenge or fun activity will be integrated into 12U Premier Tournaments schedule if time permits.
- 12U Provincials will be a two-day tournament where teams are guaranteed a minimum of 5 matches. A standard playoff structure will be used at Provincials.
- 12U Provincials seeding will be based on a 50/50 split alternating between teams that competed in the Premier 1 & 2 North & South events. Results from the Premier Tournaments will be considered when seeding teams for Provincials. Teams are not required to participate in Premier events to be eligible for Provincials.

### 12U Competition Rules

In addition to the Competition Rules, the following rules apply for the 12U age class:

- Registered teams can compete in two North & South (Regional) Premier events followed by Provincials. 12U teams are not eligible to participate in 13U Provincials, 14U, 15U, 16U, 17U and/or 18U events. Teams may be approved to participate in one 13U Premier tournament. Interested teams can submit a request by contacting the 13U age class manager before the tournament registration deadline. If tournaments are overcapacity, permission to register for an event may not be granted.
- Teams can be composed of athletes in one gender or mixed (coed teams).
- All teams, irrespective of their gender composition, will compete against each other in Premier 1, Premier 2 and Provincials.
- The 12U category will employ a [tripleball format](#). The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.
  - Each team will need to provide a ball retriever on their side.
  - All matches are best 2 of 3: a third set will only be played to break a 1 – 1 tie in sets.
- A minimum of six (6) registered teams will be required to run separate Regional Premier Tournaments for the 12U category. If six teams are not registered for each event by the tournament deadline date, those teams will be offered the option to either: a) Combine with the other Regional Premier Tournament, or b) Receive a refund

of their registration fee.

- **14U and younger competitions**, receiving the serve with an overhand motion using the fingers (volley/setting) IS NOT PERMITTED, regardless of the quality of the contact.
- The Mikasa VUL500 will be the [official competition ball](#).
- Net heights for 12U: 2.15 m
- Time-Outs: Coaches will be allowed to call **3** time-outs in sets 1 and 2 as there are no substitutions permitted. The option of a 3<sup>rd</sup> time-out may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.

## All Age Classes 13U-18U

### Premier 1 Tournaments

- The Premier 1 tournament will be an open format. Initial seeding will be based on the results from the previous year's Provincials (one year younger if applicable) as a basic template to place teams into pools. A serpentine seeding system will be utilized in the preliminary round with a [Black/Blue playoff](#).
  - An age class seeding committee will make any necessary adjustments based on team mergers, current rosters, and preseason tournament results. Any team mergers must be communicated to the Age Class Manager prior to the Premier #1 tournament deadline so all seeding considerations can be reviewed.
  - Teams/Clubs running exhibition tournaments are encouraged to send the full results to the Age Class Manager using the [Preseason Results Form](#).
  - All 14U-18U teams are being asked to share feedback on their Premier #1 seeding using the [Premier 1 Seeding Feedback](#) form.
- **NEW for 2025:** If there are more than 116 teams registered to participate in Premier #1 for an age class, Premier #1 will have four regional tournaments: two in the North and two in the South. Going into Premier #1's with four regional tournaments, teams with odd seeds going will be in Tournament #1 North or Tournament #1 South and even seeds will be in Tournament #2 North or Tournament #2 South.
- For age classes with a regional Premier #1: Teams from north of Red Deer will register in North regional tournaments while teams from Red Deer and south will register South regional tournaments (Please refer to the [Division Map](#) for further clarification). Please note: this division line is an approximation & Volleyball Alberta reserves the right to switch teams into the appropriate location based on registration numbers.
- Teams entering province-wide divisions for Premier #2 will be seeded based on a 50/50 split alternating between teams that competed in the Premier #1 North & South events and then be filled by remaining teams. In odd years, South teams will be ranked 1st. In even years, North teams will be ranked 1st.
  - For Premier #1 tournaments with less than 116 teams: seed 1= 1<sup>st</sup> South, seed 2= 1<sup>st</sup> North, seed 3= 2<sup>nd</sup> South, seed 4= 2<sup>nd</sup> North, etc.
  - For Premier #1 tournaments with 116 teams or more: seed 1= 1<sup>st</sup> Tournament #1 South, seed 2= 1<sup>st</sup> Tournament #1 North, seed 3= 1<sup>st</sup> Tournament #2 South, seed 4= 1<sup>st</sup> Tournament #2 North, etc.
- Team entering regional divisions for Premier #2 from Premier #1 tournaments with 116 teams or more will be seeded based on a 50/50 split alternating between teams that competed in the Premier #1 regional events.
  - North Premier #2: seed 1= 1<sup>st</sup> Tournament #1 North, seed 2= 1<sup>st</sup> Tournament #2 North, seed 3= 2<sup>nd</sup> Tournament #1 North, seed 4= 2<sup>nd</sup> Tournament #2 North, etc.
  - South Premier #2: seed 1= 1<sup>st</sup> Tournament #1 South, seed 2= 1<sup>st</sup> Tournament #2 South, seed 3= 2<sup>nd</sup> Tournament #1 South, seed 4= 2<sup>nd</sup> Tournament #2 South, etc.

### Seeding

- The results from Premier #1 will be used to seed teams for Premier #2. Those teams that did not participate in Premier #1 will be seeded after all teams that participated in Premier #1, at the Age Class Manager's discretion.
- Teams participating in Premier #3 who did not participate in Premier #2, will be placed after all seeded teams. Among these teams, rankings will be based upon the results of teams who participated in Premier #1. New teams will be placed after these teams at the discretion of the Age Class Manager.
- Teams participating in Provincials who did not participate in Premier #3, will be placed after all seeded teams.

Among these teams, rankings will be based upon the results of teams who participated in Premier #2, then teams who participated in Premier #1. New teams will be placed after these teams at the discretion of the Age Class Manager.

- Teams are not required to participate in Premier events to be eligible for Provincials.
- Teams must compete at Provincials to be eligible for Nationals, if applicable.
- All ties in rankings will be decided based on the winner of the head-to-head matchup in the most recent Premier tournament, then on the highest finish from the most recent Premier tournament. If teams are still tied, those criteria will be applied to prior Premier tournaments. If teams are still tied, the results from the most recent Premier tournament will be used - matches for/against, sets for/against and finally points for/against. In the case of two teams still tied after this criterion is followed, a coin toss will decide the outcome.

## 13U Age Class

Athletes born from September 1, 2011 to Dec 31, 2012 (or later)

13U is the second age class that VA runs. It is designed with a focus on skill development and having lots of fun. Volleyball Canada's Long Term Development manual, matrix, guidelines, and additional resources can be found on their [website](#).

### 13U Girls Competition Structure

- 13U Girls will play a regional Premier #1. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in each Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- A [Serpentine Draw format](#) will be used for all Divisions at Premier #2 and Provincials.
- **NEW for 2025:** 13U Girls Premier #2 and Provincials will have division sizes of 24 teams.
  - If there are 16-31 teams: all teams will compete in Division 1 with a [Black/Blue playoff](#).
  - If there are 32-55 teams: Division 1 will be comprised of the top 24 teams, with Division 2 containing the remainder.
  - If there are 56-79 teams: Division 1 will be comprised of the top 24 teams, Division 2 will contain teams 25-48, and Division 3 will contain the remainder.
  - If there are 80-103 teams: Division 1 will be comprised of the top 24 teams, Division 2 will contain teams 25-48, Division 3 will contain teams 49-72, and Division 4 will contain the remainder. Divisional structure will continue in this manner as the total team numbers increase.
  - If there are 15 teams or less in any division; the division will play [serpentine playoff](#).
- **NEW for 2025:** Following Premier #2, the two highest finishers in each Blue playoff bracket will swap seeds with the bottom two finishers in the Black playoff bracket. The three highest finishers in each division will swap seeds with the three bottom finishers in the division above.
- 13U Girls Provincials seeding will be based on a 50/50 split alternating between teams that competed in the Premier 1 & 2 North & South events (1st- 1 South, 2nd- 1 North, 3rd- 2 South, 4th- 2 North, etc.) and then be filled by remaining teams. In odd years, South teams will be ranked 1st. In even years, North teams will be ranked 1st.

### 13U Boys Competition Structure

- All 13U Boys teams will play in one Premier #1 tournament. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in each Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- [Serpentine Draw format](#) will be used for all Divisions at Premier #2 and Provincials.
  - If there are 23 teams or less: all teams will compete in Division 1.
  - If there are 24-39 teams: Division 1 will be comprised of the top 16 teams, with Division 2 containing the remainder.
  - If there are 40-55 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, and Division 3 will contain the remainder.
  - If there are 56-71 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, Division 3 will contain teams 33- 48, and Division 4 will contain the remainder.
  - If there are 72-87 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-

32, Division 3 will contain teams 33- 48, and Division 4 will contain 49-64, Division 5 the remainder.

- If there are 88-103 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, Division 3 will contain teams 33- 48, and Division 4 will contain 49-64, Division 5 will contain 65-80, Division 6 will contain the remainder.
- Following Premier #2, the three highest finishers in each division will swap seeds with the three bottom finishers in the division above..

## 13U Competition Rules

In addition to the Competition Rules, the following rules apply for the 13U Age Class:

- Registered teams can compete in two Premier events followed by Provincials. 13U teams are not eligible to participate in 14U, 15U, 16U, 17U and/or 18U events.
- The 13U category will employ a [tripleball format](#) for the VA Premier Events. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.
  - Each team will need to provide a ball retriever on their side.
  - All matches are best 2 of 3: a third set will only be played to break a 1 – 1 tie in sets.
- A minimum of six (6) registered teams will be required before Volleyball Alberta can run a separate division for the 13U category. If six (6) teams are not registered by the tournament deadline date, those teams will be offered the option to either: a) Combined with the 14U division (employing all 14U rules including net height), or b) Receive a refund of their registration fee.
- **14U and younger competitions**, receiving the serve with an overhand motion using the fingers (volley/setting) IS NOT PERMITTED, regardless of the quality of the contact.
- The Mikasa VQ200W will be the [official competition ball](#).
- Net heights for 13U: Girls - 2.15 m, Boys - 2.20 m.
- Time-outs: Coaches will be allowed to call **3** time-outs in sets 1 and 2 as there are no substitutions permitted. The option of a 3<sup>rd</sup> time-out may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.

## 14U Age Classes

Athletes born from September 1, 2010 to December 31, 2011 (or later)

14U is designed with a focus on skill development and having lots of fun. Volleyball Canada's Long Term Development manual, matrix, guidelines, and additional resources can be found on their [website](#).

### 14U Girls Competition Structure

- 14U Girls will play a regional Premier #1. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in each Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- 14U Girls will play a regional Premier #2 in their respective events.
- **NEW for 2025:** Premier #2 will have division sizes of 24 teams.
  - If there are 16-31 teams: all teams will compete in Division 1 with a [Black/Blue playoff](#).
  - If there are 32-55 teams: Division 1 will be comprised of the top 24 teams, with Division 2 containing the remainder.
  - If there are 56-79 teams: Division 1 will be comprised of the top 24 teams, Division 2 will contain teams 25-48, and Division 3 will contain the remainder.
  - If there are 80-103 teams: Division 1 will be comprised of the top 24 teams, Division 2 will contain teams 25-48, Division 3 will contain teams 49-72, and Division 4 will contain the remainder. Divisional structure will continue in this manner as the total team numbers increase.
  - If there are 15 teams or less in any division; the division will play [serpentine playoff](#).
- **NEW for 2025:** Following Premier #2, the two highest finishers in each Blue playoff bracket will swap seeds with the bottom two finishers in the Black playoff bracket. The three highest finishers in each division will swap seeds with the three bottom finishers in the division above.
- **NEW for 2025:** Premier #3 will have one Province-wide Division 1/2 of 32 teams, the remaining teams will continue in their respective North or South event with divisions of 24 teams. The Province-wide Division will play a Black/Blue playoff.
  - If there are 16-31 teams in a specific North or South event (not including the Province-wide Divisions): all teams will compete in Division 3 of that Regional Event playing a [Black/Blue playoff](#).
  - If there are 32-55 teams in a specific North or South event (not including the Province-wide Divisions): Division 3 will be comprised of the top 24 teams of that Regional Event, with Division 4 containing the remainder. Divisional structure will continue in this manner as the total team numbers increase.
  - If there are 15 teams or less in any division; the division will play [serpentine playoff](#).
- An example of movement for girls from Premier 2 to Premier 3 can be found [here](#).
- Teams entering province-wide divisions for Premier #3 will be seeded based on a 50/50 split alternating between teams that competed in the Premier 2 North & South events (1st- 1 South, 2nd- 1 North, 3rd- 2 South, 4th- 2 North, etc.) and then be filled by remaining teams. In odd years, South teams will be ranked 1st. In even years, North teams will be ranked 1st. Those teams that did not participate in Premier #2 Tournaments will be seeded afterwards at the Age Class Manager's discretion.
- Following Premier #3, the two highest finishers in each Blue Playoff will swap seeds with the two lowest finishers of the Black Playoff in that division. The top two finishers from Division 3 North and Division 3 South will swap seeds with the bottom four teams from Division 1/2 for Provincials. The three highest finishers in

Division 4 North and South will swap seeds with the bottom three Division 3 North and South finishers for Provincials.

- For Provincials, the top 16 teams from Division 1/2 will play in Division 1. The next 16 teams will play in Division 2. The North & South regional events will combine for Provincials into divisions of 24 teams. This will be based on a 50/50 split alternating between teams that competed in both North/South events. In even years, North teams will be ranked first. The last division will comprise of a minimum of 8 teams but no more than 31.
- An example of movement for girls from Premier 3 to Provincials can be found [here](#).

## 14U Boys Competition Structure

- All 14U Boys teams will play in one Premier #1 tournament. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in each Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- [Serpentine Draw format](#) will be used for all Divisions at Premier #2 and Provincials.
- Following Premier #2 and #3, the three highest finishers in each division will swap seeds with the three bottom finishers in the division above.
- For 14U Boys Premier #2, Premier 3, & Provincials:
  - If there are 23 teams or less: all teams will compete in Division 1.
  - If there are 24-39 teams: Division 1 will be comprised of the top 16 teams, with Division 2 containing the remainder.
  - If there are 40-55 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, and Division 3 will contain the remainder.
  - If there are 56-71 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, Division 3 will contain teams 33- 48, and Division 4 will contain the remainder.
  - If there are 72-87 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, Division 3 will contain teams 33- 48, and Division 4 will contain 49-64, Division 5 the remainder.

## 14U Competition Rules

In addition to the Competitions Rules, the following rules apply for the 14U Age Class:

- Registered teams can compete in three Premier events followed by Provincials. 14U teams are not eligible to participate in VA 15U, 16U, 17U and/or 18U events.
- All Premiers and Provincials will use the standard format for the game of volleyball.
- 14U will utilize the 12 LIMITED substitutions rule with no libero for all Premiers & Provincials. However, the following Developmental Substitution rules will apply (changed to align with Volleyball Canada Nationals):
  - 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 if it complies with the first Developmental Substitution rule.
  - Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.
  - Coaches will be allowed to call 3 time-outs in sets 1 and 2 as there are no substitutions, the option of a 3<sup>rd</sup>



timeout may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.

- Note: Coaches that do not roster athletes on the score sheet or misrepresent an athlete's playing status to avoid compliance with the Developmental Substitution rule will be subject to sanctions. Injured athletes must be noted in the remarks area prior to the coach signing the score sheet. Sanctions may include verbal warning, match forfeiture, written warning, up to \$100 fine per match, and/or submission to Volleyball Alberta Discipline and Complaints.
- Teams are strongly encouraged to use offensive systems that utilize multiple setters (not 5-1 systems). 5-1 systems do not train enough setters, and we need to ensure clubs and coaches address this gap in our system.
- **14U and younger competitions**, receiving the serve with an overhand motion using the fingers (volley/setting) IS NOT PERMITTED, regardless of the quality of the contact.
- The Mikasa VQ200W will be the [official competition ball](#).
- Net heights for 14U: Girls - 2.15 m, Boys - 2.24 m (Please note: the net height at Volleyball Canada Nationals will remain at 2.20 m).

## 15U – 16U Age Classes

15U athletes born from September 1, 2009 to December 31, 2010 (or later)

16U athletes born from September 1, 2008 to December 31, 2009 (or later)

15U is the first level in Alberta's competitive development system. This category of play also leads to the Team Alberta Program for outstanding individual athletes. Volleyball Canada's Long Term Development manual, matrix, guidelines, and additional resources can be found at: <https://volleyball.ca/en/about/ltad>.

16U is the second level in Alberta's competitive development system. This category of play also leads to the Team Alberta Program for outstanding individual athletes. Volleyball Canada's Long Term Development manual, matrix, guidelines, and additional resources can be found at: <https://volleyball.ca/en/about/ltad>.

## 15U & 16U Girls Structure

- **NEW for 2025:** A [serpentine draw format](#) will be used for all Divisions at Premier #1 and Premier #2 as well as Divisions 3 or more at Premier #3 and Provincials. A [modified power pool draw format](#) will be used for Divisions 1 and 2 at Premier #3, and Provincials. Based on member feedback, a modified power pool format is being utilized to increase the variety of opponents while still maintaining competitive parity during pool play matches.
- 15U and 16U Girls will play a regional Premier #1 in their respective events. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in each Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- **NEW for 2025:** Premier #2 will have one Province-wide Division 1/2 of 32 teams. The remaining teams will continue in their respective North or South event. The Province-wide Division will play a [Black/Blue playoff](#).

An example of movement from Premier 1 to Premier 2 can be found [here](#).

- Following Premier #2, the two highest finishers in each Blue Playoff will swap seeds with the two lowest finishers of the Black Playoff in that division. The top two finishers from Division 3 North and Division 3 South will swap seeds with the bottom four teams from Division 1/2 for Premier #3. The three highest finishers in Division 4 North and South will swap seeds with the bottom three Division 3 North and South finishers for Premier #3.

An example of movement from Premier 2 to Premier 3 can be found [here](#).

- **NEW for 2025:** In Premier #3, the top 16 teams from Division 1/2 will play in Division 1. The next 16 teams will play in Division 2. The remaining teams will continue in their respective North or South event. The Province-wide Divisions 1 and 2 will play a [modified power pool playoff](#). Based on member feedback, a modified power pool format is being utilized to increase the variety of opponents while still maintaining competitive parity during pool play matches.
- **NEW for 2025:** For Premier #2 and Premier #3, 15U and 16U girls' regional divisions will have 24 teams:
  - If there are 15 teams or less in a specific North or South division (not including the Province-wide Divisions); teams will play a [serpentine playoff](#).
  - If there are 16-31 teams in a specific North or South event (not including the Province-wide Divisions): all teams will compete in Division 3 of that Regional Event playing a [Black/Blue playoff](#).

- If there are 32-55 teams in a specific North or South event (not including the Province-wide Divisions): Division 3 will be comprised of the top 24 teams of that Regional Event, with Division 4 containing the remainder. Divisional structure will continue in this manner as the total team numbers increase.
- Following Premier #3, the three highest finishers in Division 2 will move up to Division 1, replacing the bottom three Division 1 finishers for Provincials. The two highest finishers from Division 3 North and Division 3 South will swap seeds with the bottom four teams from Division 2 for Provincials. The top three highest finishers in Division 4 North and South will swap seeds with the bottom three Division 3 North and South finishers for Provincials.
- The North & South events will combine for Provincials, utilizing the results from Premier 3. This will be based on a 50/50 split alternating between teams that competed in both North/South events, into divisions of 24. In even years, North teams will be ranked first. The last division will comprise of a minimum of 8 teams but no more than 31.

## 15U & 16U Boys Structure

- 15U and 16U Boys will play one Premier #1 in their respective events. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in each Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- Following Premier #2 and #3, the three highest finishers in each division will move up a division and the bottom three finishers will move down a division.
- **NEW for 2025:** A [serpentine draw format](#) will be used for Divisions 2 and lower for Premier #2, Premier #3, and Provincials. A [modified power pool draw format](#) will be used for Divisions 1 at Premier #2, Premier #3, and Provincials. Based on member feedback, a modified power pool format is being utilized to increase the variety of opponents while still maintaining competitive parity during pool play matches.
- **NEW for 2025:** For 15U & 16U Boys Premier #2, Premier #3, and Provincials, division 1 will have 16 teams and subsequent divisions will have 12 teams.
  - If there are 23 teams or less: all teams will compete in Division 1.
  - If there are 24-35 teams: Division 1 will be comprised of the top 16 teams, with Division 2 containing the remainder.
  - If there are 36-47 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-28, and Division 3 will contain the remainder.
  - If there are 48-59 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-28, Division 3 will contain teams 29-40, and Division 4 will contain the remainder.

## 15U Competition Rules

In addition to the Competitions Rules, the following rules apply for the 15U Age Class:

- Registered teams can compete in three Premier events followed by Provincials. 15U teams are not eligible to participate in VA 16U, 17U and/or 18U events.
- 15U will utilize the 12 LIMITED substitutions rule with no libero. However, the following Developmental Substitution rules will apply:
  - All players listed on the score sheet must start the first or second set.
  - In the first two sets no substitutions may take place before one team has scored 15 points. An athlete may

be substituted out of a set due to injury. 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 if it complies with the first Developmental Substitution rule.

- If a third set is necessary, any line up can be used.
- Note: Coaches that do not roster athletes on the score sheet or misrepresent an athlete's playing status to avoid compliance with the Developmental Substitution rule will be subject to sanctions. Injured athletes must be noted in the remarks area prior to the coach signing the score sheet. Sanctions may include verbal warning, match forfeiture, written warning, up to \$100 fine per match, and/or submission to Volleyball Alberta Discipline and Complaints.

**Note:** The Developmental Substitution rules do not apply at Nationals.

- The 15U age class is permitted to receive serve with an overhand motion using the fingers.
- The Mikasa VQ200W will be the [official competition ball](#).
- Teams are strongly encouraged to use offensive systems that utilize multiple setters (not 5-1 systems). 5-1 systems do not train enough setters, and we need to ensure clubs and coaches address this gap in our system.
- Net heights for 15U: Girls - 2.20 m, Boys - 2.35 m.

## 16U Competition Rules

In addition to the Competitions Rules, the following rules apply for the 16U Age Class:

- Registered teams can compete in three Premier events followed by Provincials. 16U teams are not eligible to participate in VA 17U and/or 18U events.
- Use of only 1 libero is permitted and 6 limited substitutions will be used (boys & girls).
- Teams are strongly encouraged to continue to use Developmental Substitution principles for the entire season as it is important for all athletes in the age class to get an opportunity to apply their skills and tactics in a competition environment.
- Teams are strongly encouraged to use offensive systems that train multiple setters in these age classes (not 5-1 systems). 5-1 systems do not train enough setters, and we need to ensure clubs and coaches address this gap in our system.
- The 16U age class is permitted to receive serve with an overhand motion using the fingers.
- The Mikasa VQ200W will be the [official competition ball](#).
- Net heights for 16U: Girls - 2.24 m, Boys - 2.35 m.

## 17U – 18U Age Classes

17U: Athletes born from September 1, 2007 to December 31, 2008 (or later)

18U: Athletes born from September 1, 2006 to December 31, 2007 (or later)

17U is the third level in Alberta's competitive development system. 18U is the fourth level in Alberta's competitive development system. The 17U category of play also leads to the Team Alberta Program for outstanding individual athletes. Volleyball Canada's Long Term Development manual, matrix, guidelines, and additional resources can be found at: <https://volleyball.ca/en/about/ltad>.

## 17U & 18U Girls Structure

- **NEW for 2025:** A [Black/Blue Playoff format](#) will be used for Premier #1, Premier #2 and Divisions 3 or more at Premier #3, and Provincials. A [modified power pool draw format](#) will be used for Divisions 1 and 2 at Premier #3 and Provincials. Based on member feedback, a modified power pool format is being utilized to increase the variety of opponents while still maintaining competitive parity during pool play matches.
- **NEW for 2025:** 17U and 18U Girls will play a regional Premier #1 in their respective events. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in the Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- **NEW for 2025:** Division 1 and Division 2 will be combined for Premier #2 as a division of 24 teams. The top 12 teams from each regional tournament will play in Division 1/2. Divisions 3 or more will use division sizes of 24 teams for Premier #2, Premier #3, and Provincials
  - If there are 15 teams or less in a division (not including Division 1/2); teams will play [a serpentine playoff](#).
  - If there are 16-31 teams (not including Division 1/2): all teams will compete in Division 3 playing a [Black/Blue playoff](#).
  - If there are 32-55 teams (not including Division 1/2): Division 3 will be comprised of the top 24 teams and Division 4 will contain the remainder. Divisional structure will continue in this manner as the total team numbers increase.
- **NEW for 2025:** Following Premier #2, the two highest finishers in the Blue playoff brackets will swap seeds with the bottom two finishers in the Black playoff brackets. The three highest finishers in each division will swap seeds with the three bottom finishers in the division above.
- **NEW for 2025:** For Premier #3, Division 1 and Division 2 will be separate and comprise 16 teams each. Following Premier #2, the top 16 teams in Division 1/2 will compete in Division 1. The next 8 teams will complete Division 2.
- Following Premier #3, the two highest finishers in the Blue playoff brackets will swap seeds with the bottom two finishers in the Black playoff brackets. The three highest finishers in each division will move up a division and the bottom three finishers will move down a division for Provincials.
- An example of the new 17U Girls and 18U Girls structure can be found [here](#).

## 17U & 18U Boys Structure

- The 17U category will combine with the 18U category for Premier #1, #2, and #3.
- **NEW for 2025:** A [Black/Blue Playoff format](#) will be used for Premier #1, and Divisions 3 or more at Premier #2, Premier #3, and Provincials. A [modified power pool draw format](#) will be used for Divisions 1 and 2 at Premier

#2, Premier #3 and Provincials. Based on member feedback, a modified power switpool format is being utilized to increase the variety of opponents while still maintaining competitive parity during pool play matches.

- **NEW for 2025:** 17U and 18U Boys will play a regional Premier #1 in their respective events. For details on Premier #1, refer to [page 20](#).
- Following Premier #1, the four highest finishers in the Blue playoff bracket will swap seeds with the bottom four finishers in the Black playoff bracket.
- **NEW for 2025:** For Premier #2 and Premier #3, Division 1 and Division 2 have 16 teams each. Divisions 3 or more will use division sizes of 24 teams for Premier #2 and Premier #3.
  - If there are 15 teams or less in a division (not including Division 1 and 2); teams will play [a serpentine playoff](#).
  - If there are 16-31 teams (not including Division 1 and 2): all teams will compete in Division 3 playing a [Black/Blue playoff](#).
  - If there are 32-55 teams (not including Division 1 and 2): Division 3 will be comprised of the top 24 teams and Division 4 will contain the remainder. Divisional structure will continue in this manner as the total team numbers increase.
- **NEW for 2025:** Following Premier #2, the two highest finishers in the Blue playoff brackets will swap seeds with the bottom two finishers in the Black playoff brackets. The three highest finishers in each division will move up a division and the bottom three finishers will move down a division for Premier #3.
- **NEW for 2025:** Following Premier #3, the two highest finishers in the Blue playoff brackets will swap seeds with the bottom two finishers in the Black playoff brackets. The three highest finishers in each division will swap seeds with the bottom three finishers from the division above. There will be separate 17U and 18U events for Provincials, provided there are sufficient teams entered in each category.
- For all divisions of 17U Boys and 18U Boys at Provincials:
  - If there are 23 teams or less: all teams will compete in Division 1.
  - If there are 24-39 teams: Division 1 will be comprised of the top 16 teams, with Division 2 containing the remainder.
  - If there are 40-55 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, and Division 3 will contain the remainder.
  - If there are 56-71 teams: Division 1 will be comprised of the top 16 teams, Division 2 will contain teams 17-32, Division 3 will contain teams 33- 48, and Division 4 will contain the remainder.
- An example of the new 17U Boys and 18U Boys structure can be found [here](#).

## 17U & 18U Competition Rules

In addition to the Competition Regulations, the following rules apply for the 17U/18U Age Class:

- Use of only 1 libero is permitted and 6 limited substitutions will be used.
- The Mikasa V200W will be the [official competition ball](#).
- Net heights for 17/18U: Women - 2.24 m, Men - 2.43 m.
- **Team Alberta or Team Canada Program Exemptions:** Teams missing a notable number of players, or don't have enough players to field a team for a Premier due to a Volleyball Alberta (i.e. Arctic Winter Games) or Volleyball Canada event may apply for an exemption to [jplakas@volleyballalberta.ca](mailto:jplakas@volleyballalberta.ca). If a team is granted an exemption, the team will not participate in that Premier and will maintain their ranking for the next tournament.
  - If the exemption is granted and Premier #1 is the impacted event, the team's initial Premier #1 seeding will be used as their general ranking to maintain a position in that respective division for Premier #2. Premier #1 seeding is based on the results from the previous year's Provincials (one year younger) and any adjustments made by the age class seeding committee based on team mergers, current rosters, and preseason tournament results. Teams that participated in Premier #1 and received a ranking for Premier #2, will not be bumped out of a division due to this exemption.

## Awards & Nominations

The Mikasa Achievement Awards are presented to athletes, coaches, referees and volunteers who have made an outstanding contribution to volleyball in Alberta for the indoor club season and beach season.

The nomination form will open on the first Monday after Provincials. For the Athlete & Coach Performance Categories, we would like to receive their nominations within 5 days after their Provincials. To nominate a candidate, please visit our website at: [www.volleyballalberta.ca/awards-mikasa-achievement-awards](http://www.volleyballalberta.ca/awards-mikasa-achievement-awards).

The Volleyball Alberta Hall of Fame Awards are presented annually to recognize outstanding achievements in the following 5 categories: Athlete, Team, Coach, Referee, and Builder. Hall of Fame nominations must be received by April 1<sup>st</sup>. The Awards Ceremony is typically held in June. For more info, please visit our website at: [www.volleyballalberta.ca/awards-hall-of-fame](http://www.volleyballalberta.ca/awards-hall-of-fame).

## Processes, Policies & Forms

Volleyball Alberta has established Policies, Process, and Forms to provide a basis for smooth and transparent operations.

### Processes

- [Inclement Weather Guidelines](#)

#### Competition Structures & Zoning

- [Modified Power Pool Seeding – Sample Draw for 16 teams](#)
- [Serpentine Seeding – Sample Draw for 12 teams](#)
- [Serpentine Seeding – Sample Draw for 16 teams](#)
- [Serpentine Seeding – Sample Draw for 24 teams](#)
- [12U & 13U Tripleball](#)
- [Premier 1: North vs. South Divisional Map](#)

### Policies

#### Competition Policies

- [Concussion Policy & Protocol](#)
  - [Preventing Concussions in Volleyball – The Hitting Warm Up Video](#)
- [Scouting & Recruiting](#)
- [Transgender Inclusion Policy](#)
- [Zero Tolerance Policy](#)

#### Pan-Canadian Policies

#### Policies for Use of Personal Information

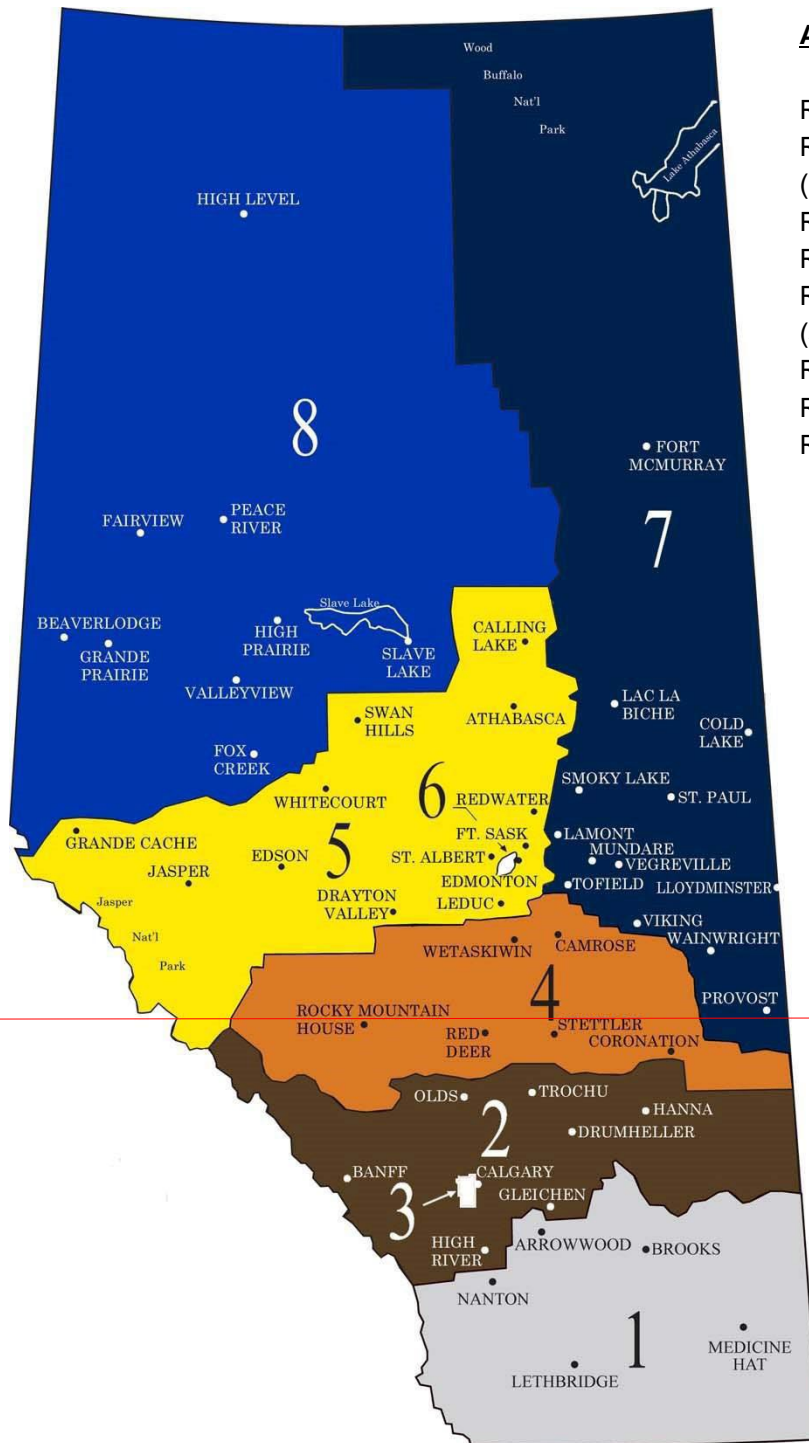
### Forms

- [Athlete Request for Release Form](#)
- [Club Request for Release Form](#)
- [Late Roster Addition Request Form](#)
- [18U Overage & Post-Secondary Athlete Form](#)
- [Extended Roster Request Form](#)
- [Letter of Good Standing Request Form](#)



## Appendix

### Premier 1 - North vs. South Divisional Map



#### Association/Zone/Region

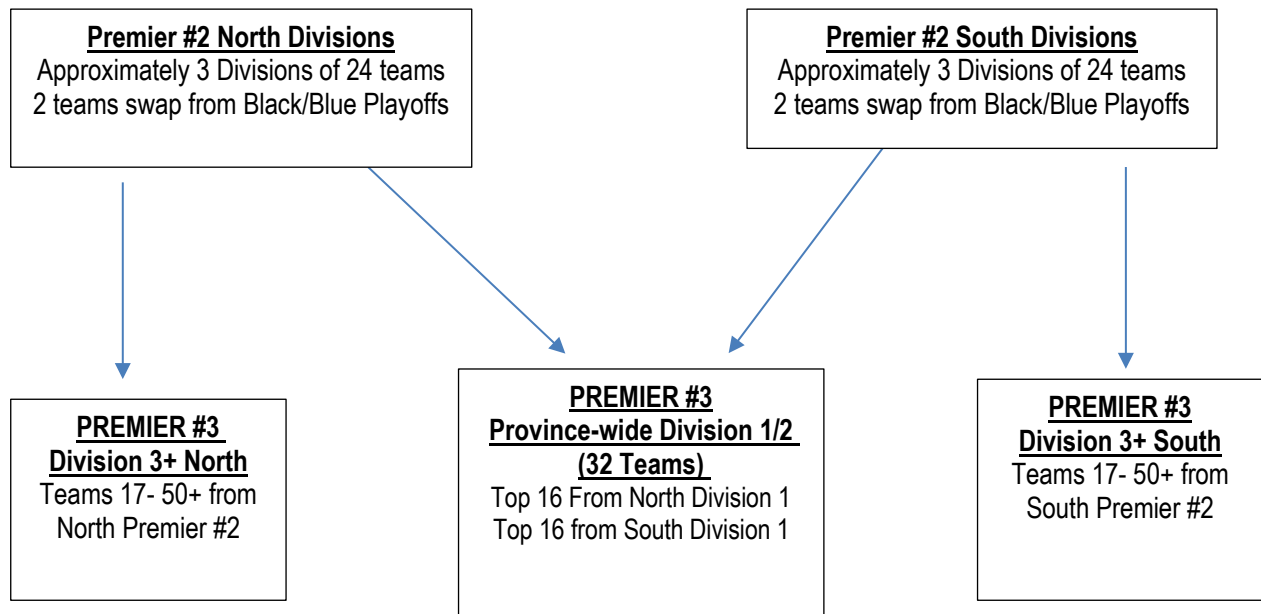
- Region 1 – Sunny South
- Region 2 – Big Country (Surrounding Calgary)
- Region 3 – Calgary
- Region 4- Parkland
- Region 5 – Black Gold/Yellowhead (surrounding Edmonton)
- Region 6 – Edmonton
- Region 7 – North Eastern Alberta
- Region 8 – Peace Country

NORTH: LACOMBE, PROVOST

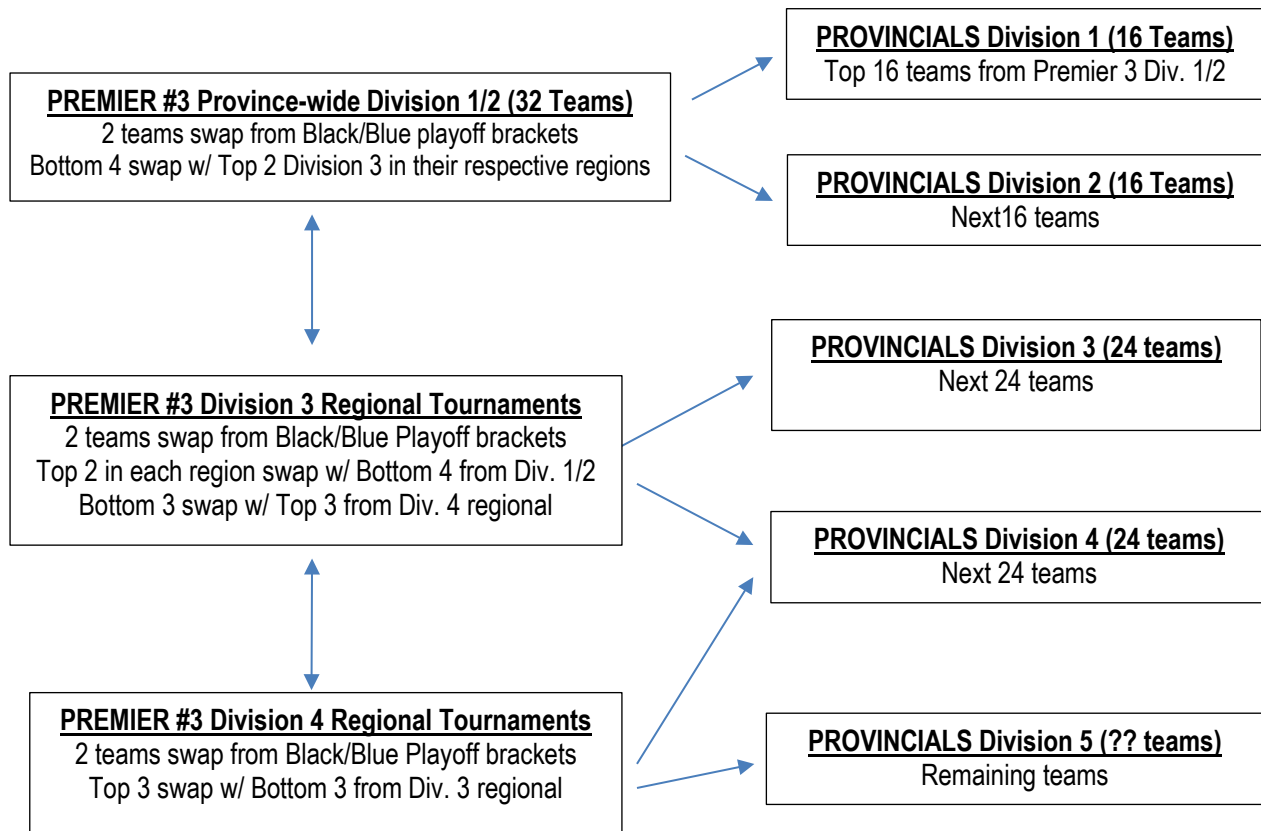
SOUTH: RED DEER, STETTLER, CASTOR, CONSORT, SYLVAN LAKE, ROCKY MOUNTAIN HOUSE

## 14U Girls Competition Structure

### Example of Movement: 14U Girls Premier 2 to Premier 3

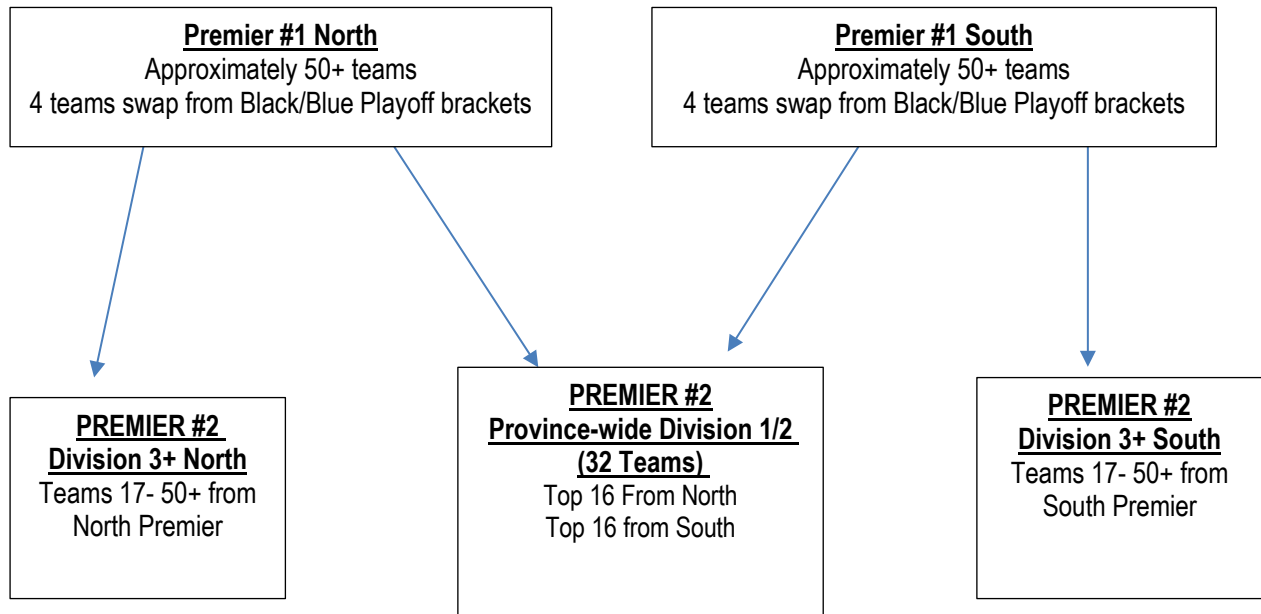


### Example of Movement: 14U Girls Premier 3 to Provincials

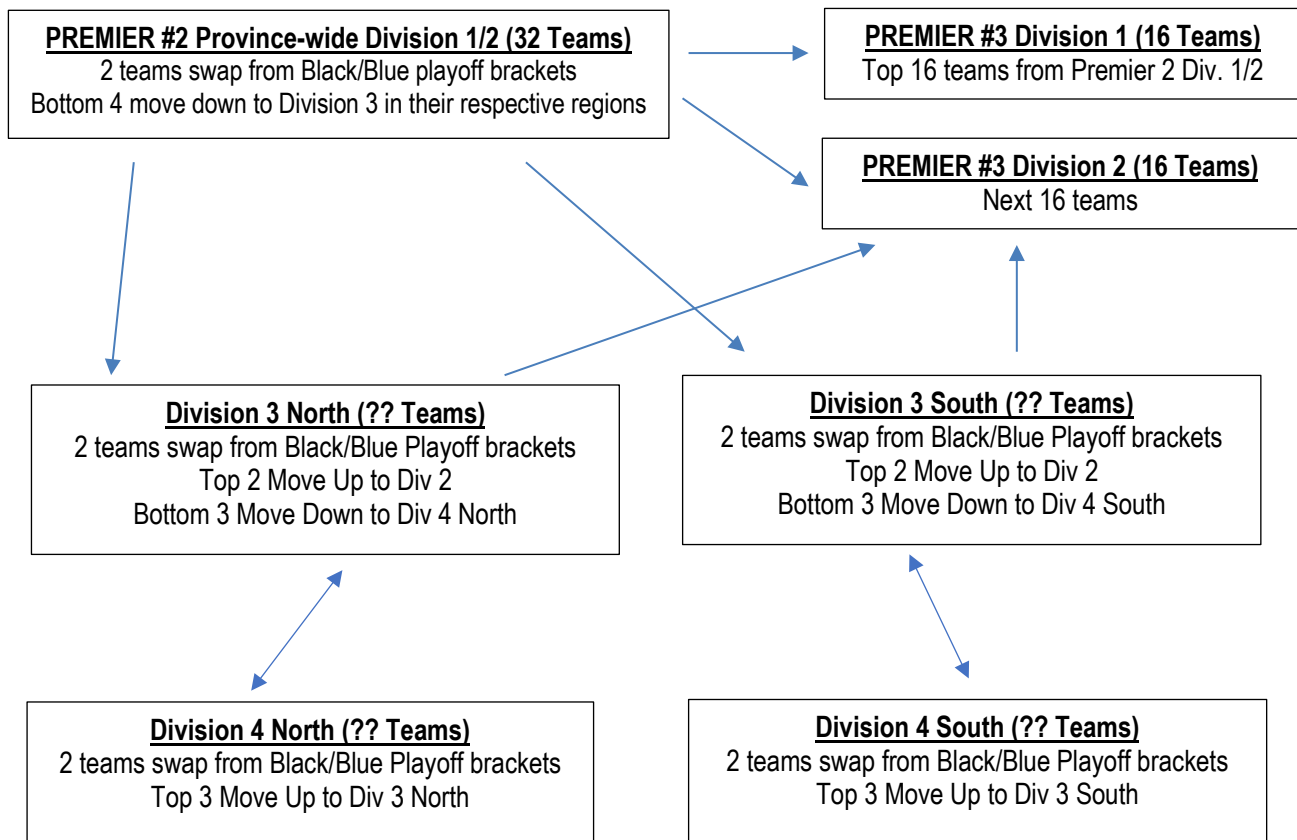


## 15U/16U Girls Competition Structure

### Example of Movement: 15U/16U Girls Premier 1 to Premier 2

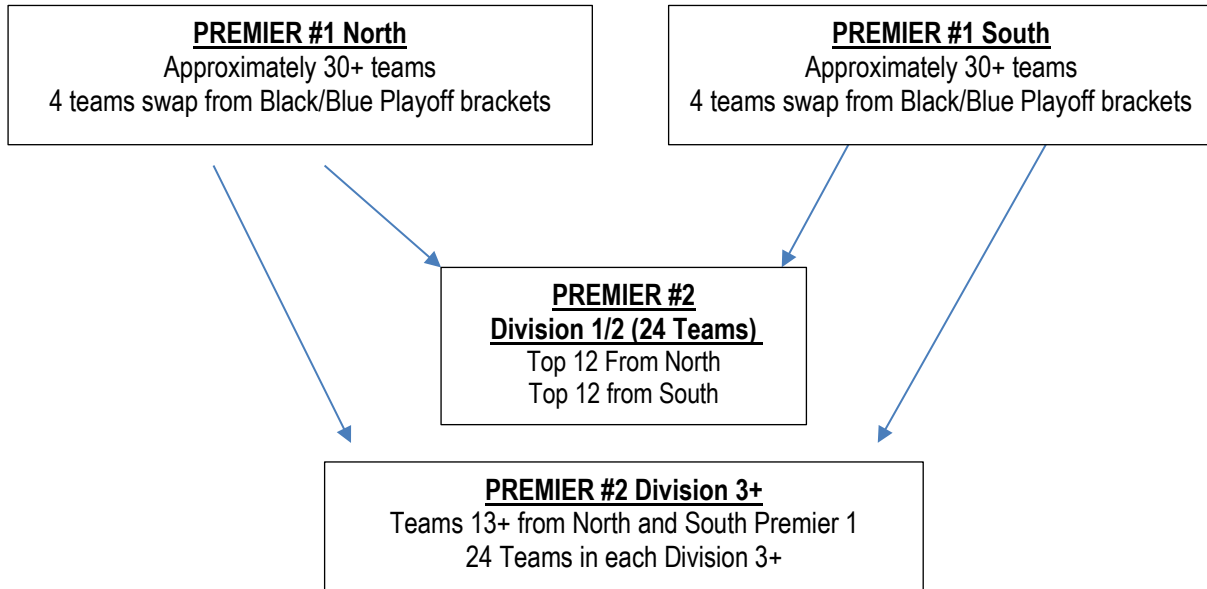


### Example of Movement: 15U/16U Premier 2 to Premier 3

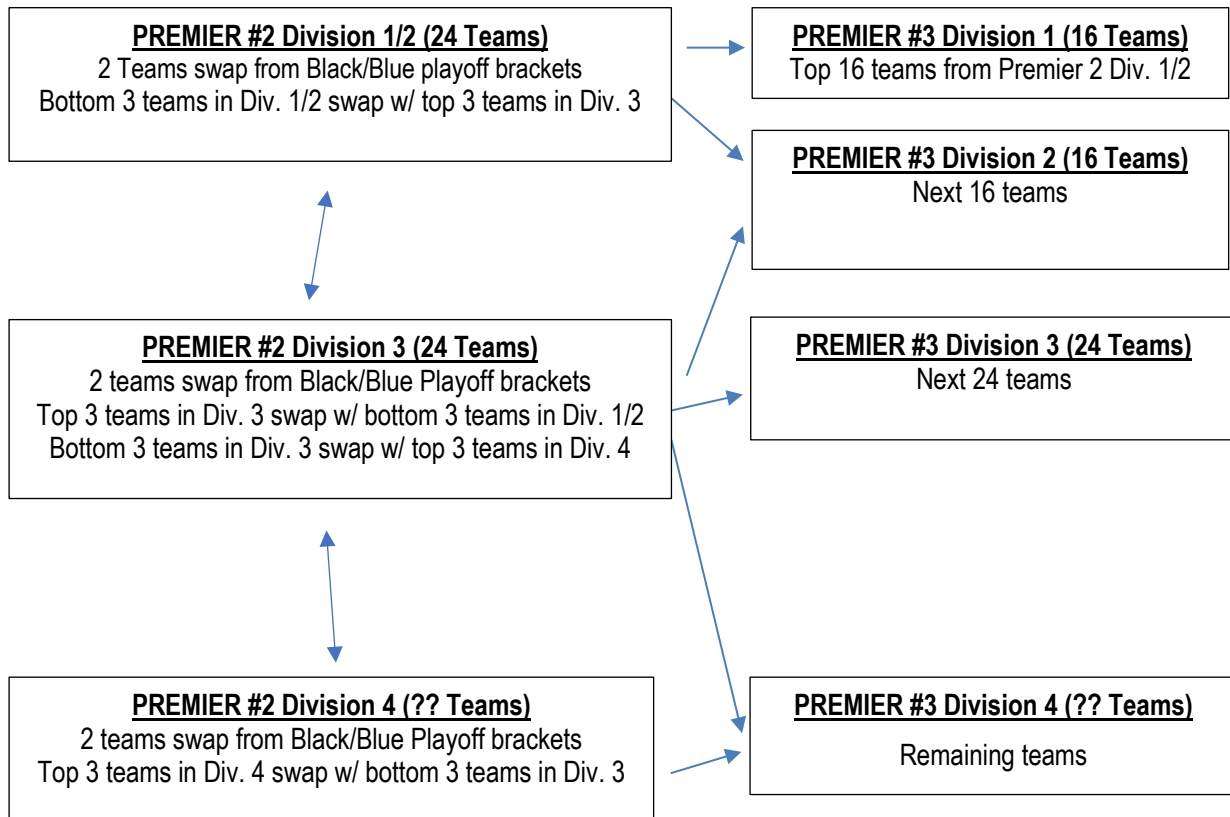


## 17U & 18U Girls Competition Structure

### Example of Movement: 17U, 18U Girls Premier 1 to Premier 2

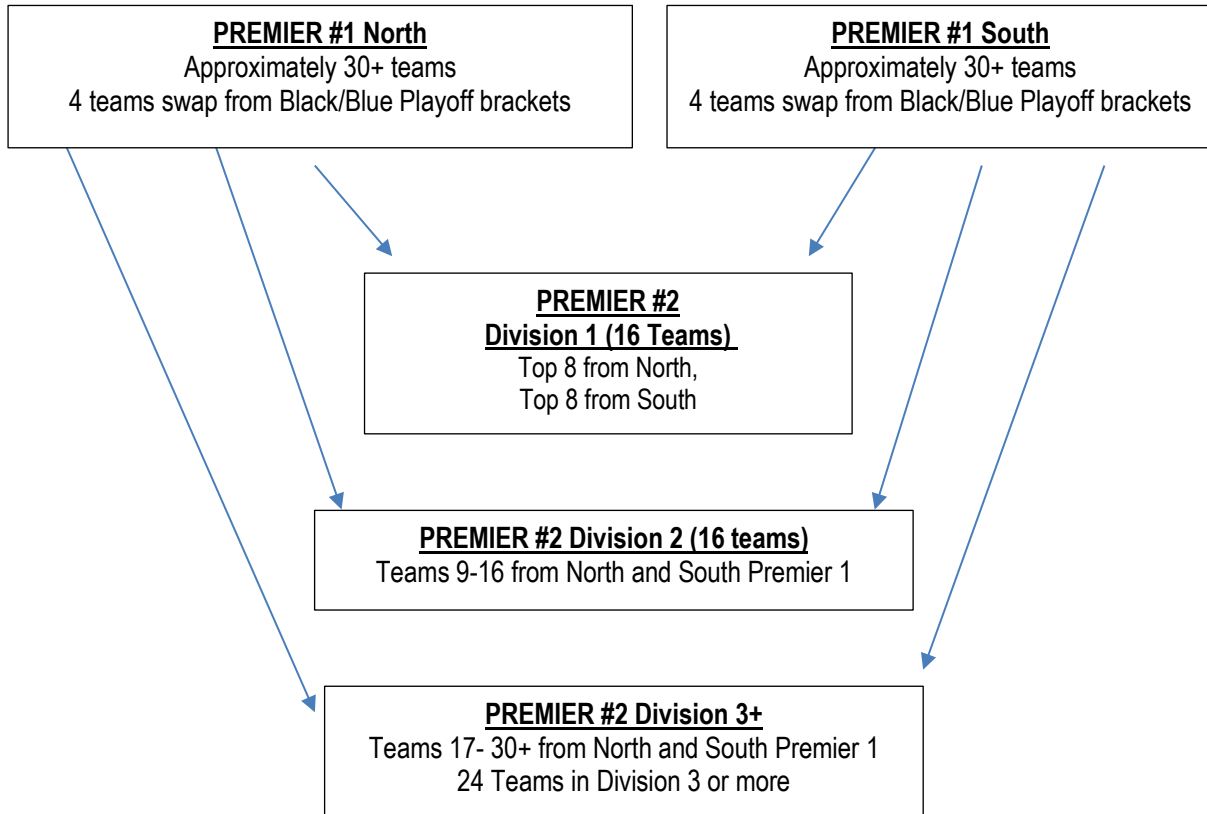


### Example of Movement: 17U, 18U Girls Premier 2 to Premier 3



## 17U/18U Boys Competition Structure

### Example of Movement: 17U/18U Boys Premier 1 to Premier 2



## Volleyball Alberta Sponsors

**EXPLORE  
EDMONTON**

