

Communicable Disease Competition Guidelines

Introduction

Event organizers, coaches, referees, and team members will work collaboratively to facilitate the safest possible return to competition. The conditions with COVID-19 are fluid and we will continue to evaluate these recommendations and update this document as required. Additional measures should be considered for high-risk populations or groups not eligible for vaccination.

Event organizers can select specific competition regulations from this document that are most appropriate for their league's context and region's environment. The referees' primary responsibility is to administer the match but will prompt individuals, when necessary, with specific regulations. Coaches will lead by example and remind athletes to adhere to the guidelines.

Vaccination policies and COVID-19 testing are increasingly becoming more prevalent with many businesses and organizations. We encourage all eligible Albertans to get vaccinated to help prevent you from getting infected and severely sick. All facility, local municipality, or health authority's policies must be followed.

Competitions

Organizers should consider operating a league structure versus tournament play, to limit large gatherings of participants and spectators. Provide live streaming so fans and spectators can watch remotely.

Team Composition

Leagues may want to limit team roster sizes to a maximum number. **Example:** 12 players, only these players may be in uniform, warm up and sit on the bench. A maximum of two staff: one head coach, and a maximum of one other staff (assistant coach, manager, team therapist or a medical doctor).

Spectators

Organizers should consider some of the following options for facilitating their competitions: having capacity limits on spectators (possibly no spectators depending on facility space or other factors), requiring spectators to be masked, and/or spectators to be physically distanced.

Coach

The coaching staff should consider wearing masks and do their best to maintain physical distance with all participants (athletes, staff, referees, volunteers, etc.) and primarily interact at two metres.

Referees

Referees are encouraged to wear masks prior to and at the end of a match and do their best to maintain physical distance with all individuals (athletes, score keepers, staff, volunteers, etc.). Referees should wear masks when providing support to score keepers, or other participants, in close contact. Electronic whistles are preferred over traditional whistles, when electronic whistles are used, referees are encouraged to wear a mask during the match.

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Scorer & Score Table

Where possible two smaller tables spaced two metres apart will be used, one for the scoresheet and one for the scorecard. Otherwise, the scorecard will be kept with the scorekeeper on a chair. Both scorekeepers should consider wearing masks and it is preferred they are from the same team or cohort.

Equipment

The referee will allow face masks for athletes who choose to wear them. Masks should be encouraged when participants are entering facilities and using common areas, in hallways, changerooms, etc. Hand sanitizer should be provided and accessible for participants at the score table and throughout the gymnasium/facility.

Team Uniforms

A player with a jersey soiled with blood should not change jerseys with a player on the bench. A player has the option to switch to an extra uniform with a unique number that is not associated with any player on the roster.

Bench and Warm-up Area

If permitted by the facility, the preferred composition of the bench area is to have two chairs, two metres apart, for the coaching staff. An extended warm-up area for the athletes (to allow for physical distancing between participants) may start two metres from the nearest coach and be extended as space permits. Athletes should be standing a safe distance from the court (behind the invisible line that would extend from the front of the coaches' chairs and run parallel to the court).

Note: If a bench must be utilized, all individuals should maintain distance on the bench and in the warm-up area.

Prior & Post Match

Event organizers should consider additional time between matches for sanitization of equipment and frequent touch points, and for teams to transition on and off the court without overlap. Teams will not greet one another before or after the match nor will they shake the referee(s) hand post-match. Teams may acknowledge the opposition and referee(s) by facing them and clapping prior to leaving the bench.

The Toss

- a. Before the match, the event organizer can assign service and sides of the court.
- b. If the first option is not utilized, the referee will carry out a toss to decide first service and sides of the court. The referee is encouraged to wear a mask and ensure they (referee & captains) are physically distanced, two metres apart.

To limit shared surfaces and communal points of contact, teams will remain on their side of the court for the duration of the match. If the event organizer determines one side of a court has a notable advantage, teams can switch sides. Coaches will keep the same chair and carry it over for the side switch and all players must carry their personal items (water-bottle, hand sanitizer, etc.) for the side switch. Teams should be mindful when switching sides and take different paths to maintain physical distancing during this transition. If a deciding set is necessary, the teams will remain on their side of the court.

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Warm-Up Protocol

[2020-2021 Volleyball Canada warm-up protocol](#). Please note warm-up recommendation #6 should not be utilized during COVID-19, only team members of the hitting team should retrieve their balls.

Roster & Match Verification

Consideration should be given to verifying rosters prior to the match (roster signed by the coach), the team captain and coach will not need to approach the scorer's table to sign the score sheet. The team captain will not sign the score sheet to verify the result, it will be the first referee's responsible to ratify the result (verbally confirm with the coaches) and sign the scoresheet.

Positions

Between rallies, as a means of ensuring physical distancing between players across the net, teams should consider their starting positions and the receiving service should be no closer than two metres from the net (preferably just in front of the three-metre line). Players are still required to maintain their positional order at the moment of the service contact.

Captain

The game captain can approach the referee for an explanation or interpretation of the rules but should do so from the three-metre line.

Time-Outs

Teams should attempt to maintain physical distance during time-outs between all coaches and athletes. Participants will be permitted to stand within the playing court to maintain distance. Water should be provided to only those players who are off the playing court, the team is responsible for a quick and timely cleaning of spills to prevent a delay in the resumption of play. Players should hand sanitize during time-outs.

Technical Time-Out (Sanitization & Game Ball)

Consideration should be given to having a 30 second technical time-out when the leading team reaches the 16th point, or the 8th point in the deciding set. The players, coaches, referee(s), scorekeepers, etc. will sanitize their hands during this time, and the game ball will be replaced with a sanitized ball. Discretionary time-outs will remain at 60 seconds.

Wiping the Floor

To eliminate communal contact surfaces, each team will be responsible for the provision of a towel that can be used to wipe their own court. Prior to the towel being introduced, the team is still required to make a proper request and receive acknowledgement from the referees.

Protests

In the event of an official protest where a written submission is required, this will be done on a separate piece of paper that will be submitted to follow the league's policy.

Penalty Area

The inclusion of a penalty area may not be feasible or may be limited to one chair. If the penalty area is required to be established because of an expulsion, the location may need to be re-designated in



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consideration of physical distancing requirements. An appropriate area will be identified by the onsite venue coordinator in consultation with the referee supervisor or first referee.