

## Volleyball Alberta – 12U, 13U & 14U Competition Regulations Girls & Boys Age Classes

December 1, 2022

### 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. As a result of operating during the pandemic, Volleyball Alberta may need to adjust and make changes during the season if new circumstances arise.

### COVID Best Practices

Mandatory public health restrictions were lifted on June 14, 2022. Good public health practices can minimize transmission of respiratory infections, including COVID-19, influenza & common colds. These practices include getting vaccinated against COVID-19, staying home when sick, proper hand hygiene and respiratory etiquette, enhanced cleaning & disinfecting, and maintaining adequate ventilation. [More information here.](#)

1. Participants are encouraged to strictly follow all Public Health hygiene and facility-specific rules and general recommendations.
2. Participants should fill their water bottles and bring personal hand sanitizer.
3. Sanitize hands before, during, and conclusion of each set.
4. Avoid touching faces, and cough or sneeze into their elbow.
5. Do not share food or drinks.
6. Prevent unnecessary contact between participants and avoid handshakes and hugs.
  - a. **End of match protocol:** After the match, teams must immediately go to their respective end line, clap to 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 may acknowledge the opposition and referee(s) by facing them and clapping prior to leaving the bench.

### Individuals

- a. All clubs, players, coaches, and club staff must become members of Volleyball Alberta prior to participating in club tryouts or training. A step-by-step guide to the Volleyball Registration System (VRS) is found on our website at <http://www.volleyballalberta.ca/registration-how-to-register>. All the required fields of on-line registration must be completed in full, and each individual member must have a valid e-mail address.
- b. 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.
- c. All participants must become members of Volleyball Alberta before acting in their roles and responsibilities. These forms are available when individual membership registration is completed through SportLomo. All athletes under the age of 18 will be required to have a parent or guardian sign the waiver form.
- d. Athletes playing in their current age class are eligible to play up 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. An athlete may only play on one team during a VA tournament weekend.

- e. 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.

### Coaches and Persons in Authority

- a. [Person in Authority Checks](#) must be completed by club and team personnel prior to participating in their role. All Persons in Authority on a team roster must have a cleared [Police Information Check](#), Screening Disclosure Form ([completed in SportLomo](#)), and [Safe Sport Training](#) prior to the tournament roster lock deadline to be permitted to participate in the tournament. Club Directors, Screening Designates, and Team Staff are responsible for ensuring they follow the [Pan Canadian Screening Process & Policy](#).
- b. All leaders on team rosters must meet the Mandatory Requirements. Please review the [Volleyball Alberta Coaching Requirements](#) and the [Volleyball Canada 2023 Coaching Requirements](#) with all your coaches and team staff. All leaders must complete the Mandatory Requirements prior to the tournament roster lock deadline to be permitted to participate in the tournament.
- c. [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.

### Safe Sport Training

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. 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.

To get started, log in to your [Locker Account](#) with the Coaching Association of Canada, click on the [eLearning tab](#) and select [Safe Sport Training](#). If you don't have a Locker account, it's EASY to register:

1. Go to [The Locker](#) and click "Don't have an NCCP#? Create one now!"
2. Review and agree to the terms and conditions and privacy policy.
3. Click the "I want to create a Locker account box, fill in the required fields and click "Register".
4. Follow the instructions in the verification email you receive.

Please note that the [Respect in Sport Group's Activity Leader Program](#) is also 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 Canadian 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.



## Teams

- a. 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.
- b. 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 Technical Pathways 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).
- c. **Tournament Roster Lock Deadlines:** Review the [Tournament Schedule](#) for each tournament's roster lock deadline.
- d. **Season Roster Lock Deadline:** The season roster lock deadline is Friday, April 7. Please see the [Tournament Schedule](#) document for full details.
- e. **Roster Lock Requests:** Changes made to official Volleyball Alberta rosters will only be considered under exceptional circumstances. All changes must be submitted via email to the Program Manager. Teams will be charged a fee of \$25 before Noon on Friday before the tournament. The fee increases to \$50 after Noon on the Friday before the tournament.
- f. Coaches will need Official Rosters from Venue Coordinators prior to their first match on each competition day. Only athletes & team staff who appear on the Official Roster and meet screening/training requirements will be allowed to compete.
- g. Teams/Clubs are responsible for ensuring that team and league registration is completed by the deadline(s).
- h. Teams must be registered on-line prior to 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.

## Competition Rules (12U-14U Age Classes)

- a. The rules listed in the current edition of the [Volleyball Canada Rule Book](#) are in effect unless otherwise specified under the Volleyball Alberta Age Class Competition Structure. It is the duty and responsibility of all players and coaches to know the rules of the game and abide by them.
  - Teams will resume switching sides between sets.
- b. 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:
    - i. Inquire to the opposition coach if they are willing to provide two (2) athletes to act as Line Judges.
    - ii. 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.
- c. A First Referee will be used for all matches.
- d. 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](#).
- e. 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 added component to help prevent concussions.

- f. We recommend that teams use discretion when changing from warm-up shirts to uniforms in ALL Volleyball Alberta Premier tournaments and Provincials.
- g. 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, or appliances. No food preparation.
- h. 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.
- i. **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:
    - i. There is no infringement on the participants of the playing court,
    - ii. 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.

j. **Uniforms**

- Each registered team shall be dressed for competition as per the Volleyball Canada rulebook. **Clubs are highly recommended to [Request Uniform Approval](#) from Volleyball Canada PRIOR to ordering uniforms by submitting proofs. Once approval is granted, clubs would be sheltered from any potential costs associated with bringing uniforms up to standards during the club season.**
  - i. Uniform guidelines can be found at:  
[https://volleyball.ca/uploads/Policies/2023/2022-23\\_VC\\_Uniform\\_Guidelines\\_-\\_EN.pdf](https://volleyball.ca/uploads/Policies/2023/2022-23_VC_Uniform_Guidelines_-_EN.pdf)

- k. 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 or advertise any products or services must be applied for in writing 30 days in advance of the event. All requests may be directed to [info@volleyballalberta.ca](mailto:info@volleyballalberta.ca)

l. **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. The referee will remind coaches at the end of the match to ensure their bench is clean. If not, the referee will make note on the game sheet and a \$50 fine will be applied to each offense. 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.

a. **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.

b. **Fines and Sanctions**

- Volleyball Alberta is implementing:
  - Fines for tournament withdrawals, late registrations, late roster additions, and match forfeits.
  - [Fines and Sanctions](#) for violations of the Code of Conduct and coach eligibility requirements.

## 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 **ENTIRE** 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.).

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<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

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 Referee Supervisor and/or Tournament Staff.
- The Tournament Staff will collect the \$100.00 bond upon arrival at the court.
- The Referee Supervisor and/or Venue Coordinator will determine whether or not the request to protest is valid (they may choose to consult with VA Staff or a Referee Supervisor).
- If the protest is not valid, the \$100.00 bond will be forfeited in whole, and the match will resume.
- If the protest is valid, the bond will be returned, and a jury will be assembled to accept or refuse the protest prior to the resumption of play.

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:

- i. Venue Coordinator,
- ii. Referee Supervisor,
- iii. Referee Evaluator,
- iv. Volleyball Alberta Representative,
- v. Alternates assigned by Volleyball Alberta staff.

### Important Notes:

- A) The protest will be handled immediately so that play can resume following the jury's decision.
- B) The jury may discuss the protest by phone and do not have to be present to make a ruling.
- C) The jury's decision is final.
- D) Sanctions may be put in place if a team is abusing the protest procedures.



### Competition Structure: 12U Age Class

- a. 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.
- b. 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.
- c. The results from Premier #1 will be considered for Premier #2 tournament schedule.
- d. A skills challenge (TBA) will be piloted at the Premier Tournaments.
- e. 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.
- f. 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.

### 12U Age Class - Athletes born from September 1, 2010 to Dec 31, 2011 (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. Long Term Development guidelines in the Train-to-Train stage suggest 70% of time is spent training and 30% in competition. For more information, please visit: <https://volleyball.ca/en/about/ltad>.

**In addition to the Competitions Rules**, the following rules apply:

- Registered teams can compete in two North & South (Regional) Premier events followed by Provincials. 12U teams are not eligible to participate in 13U, 14U, 15U, 16U, 17U and/or 18U events.
- Team composition can be combined with boys and girls athletes or comprised with athletes in one gender.
- 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.
- A minimum of four (4) registered teams will be required run separate Regional Premier Tournaments for the 12U category. If four 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 MVALITE 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.



## Competition Structure: 13U and 14U Age Classes

Volleyball Alberta may need to adjust and make changes during the season if new circumstances arise.

- i. 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 for 14U) as a basic template to place teams into pools. An age class seeding committee will then 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. A serpentine seeding system will be utilized in the preliminary round (Example serpentine seeding and playoff draw available [here](#)).
  - o Teams/Clubs running exhibition tournaments are encouraged to send the full results to the Age Class Manager.
- ii. Following Premier #1, the four highest finishers in the Blue playoff bracket will switch ranking with the bottom four finishers in the Black playoff bracket.
- iii. A Serpentine Draw format will be used for ALL Divisions at Premier #1, Premier #2, Premier #3 and Provincials.
- iv. All ties in rankings will be decided based on the highest finish from the last tournament, then the tournaments prior to that. If teams are still tied then results from the last tournament will be used - matches for/against, sets for/against and finally points for/against. In case of two teams still tied after this criterion is followed a coin toss will decide the outcome.
- v. For Premier #2, Premier #3 & Provincials:
  - o If there are 23 teams or less: all teams will compete in Division 1.
  - o If there are 24-39 teams: Division 1 will be comprised of the top 16 teams, with Division 2 containing the remainder.
  - o 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.
  - o 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.
  - o 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 will contain the remainder.
  - o 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.
- vi. Teams are not required to participate in Premier events to be eligible for Provincials. Team must compete at Provincials to be eligible for Nationals.

### 13U Age Class - Athletes born from September 1, 2009 to Dec 31, 2010 (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. Long Term Development guidelines in the Train-to-Train stage suggest 70% of time is spent training and 30% in competition. For more information, please visit: <https://volleyball.ca/en/about/ltad>.

**In addition to the Competitions 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.
- A minimum of four (4) registered teams will be required before Volleyball Alberta can run a separate division for the 13U category. If four (4) 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), 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 VQ2000W will be the [official competition ball](#).
- Net heights for 13U: Girls - 2.15 m, Boys - 2.20 m. Note: when 13U boys are combined with 14U boys, 2.24 m will be used.
- 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.

**In addition to the Competition Structure**, the following format will apply for the 13U Age Class:

- The 13U Girl's age class has split into North & South tournaments based on feedback reviewed from a survey of clubs, teams & coaches. The results of the feedback & survey included an 80% vote to split 13U Girls into North/South for Premier #1 and Premier #2.
- Premier #1 & #2 (girls categories only) - Teams from north of Red Deer will register in Premier #1 North while teams from Red Deer and south will register for Premier #1 South (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.
- 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 afterwards at the Age Class Manager's discretion.
- Following Premier #2, the four highest finishers in each division will move up a division and the bottom four finishers will move down a division for Provincials.
- 13U 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.

## 14U Age Class - Athletes born from September 1, 2008 to December 31, 2009 (or later)

14U is designed with a focus on skill development and having lots of fun. Long Term Development guidelines for the Train-to-Train stage suggest 70% of time is spent training and 30% in competition. For more information, please visit: <https://volleyball.ca/en/about/ltad>.

**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):
  - i. All players listed on the score sheet must start the first or second set.
  - ii. 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.
  - iii. 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.
  - iv. Coaches will be allowed to call 3 time-outs in sets 1 and 2 as there are no substitutions, the option of a 3rd timeout may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.
  - v. 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 VQ2000W 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).

**In addition to the Competition Structure**, the following format will apply for the 14U Age Class:

- All Premiers and Provincials will use the standard format for the game of volleyball.
- Premier #1 & #2 (girls categories only) - Teams from north of Red Deer will register in Premier #1 North while teams from Red Deer and south will register for Premier #1 South (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.

- 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 afterwards at the Age Class Manager's discretion.
- For girls teams: Following Premier #2, the four highest finishers in each division will move up a division and the bottom four finishers will move down a division for Premier #3. Following Premier #3, the three highest finishers in each division will move up a division and the bottom three finishers will move down a division for Provincials.
- For boys teams: 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. (Premier #3 and Provincials).
- 14U Premier #3 (girls categories only) – 14U Premier #3 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).
- 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.
- Premier #3 results will be used to seed teams for the Provincials. 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.