

# Sask Volleyball

The logo for Sask Volleyball features the word "Sask" in a grey, sans-serif font and "Volleyball" in a large, bold, green, italicized sans-serif font. To the right of the text is a stylized green and white volleyball with motion lines trailing behind it, suggesting movement.

2019 – 2020  
Club Guide

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## Staff

### Regina Office

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

Aaron Demyen Chief Executive Officer c 306-535-9231 [aaron@saskvolleyball.ca](mailto:aaron@saskvolleyball.ca)

Responsibilities: Strategy, Board Governance, Human Resources, Revenue Generation, Special Events, Aboriginal Development.

Tanner Speager Financial Manager o 306-527-3834 [tanner@saskvolleyball.ca](mailto:tanner@saskvolleyball.ca)

Responsibilities: Accounting, Registration, Office Operations, Officials Liaison.

Cara Orr Program Director o 306-780-9806 [cara@saskvolleyball.ca](mailto:cara@saskvolleyball.ca)

Responsibilities: Program Management, Club, Awards & Hall of Fame, Events Sanctioning, Apparel

Tom Ash Program Coordinator o 306-780-9419 [tomash@saskvolleyball.ca](mailto:tomash@saskvolleyball.ca)

Responsibilities: Youth Development Volleyball, 13U-14U Club.

Tom Foster Program Assistant c 306-540-3210 [tomfoster@saskvolleyball.ca](mailto:tomfoster@saskvolleyball.ca)

Responsibilities: 15-18U Club.

Lori Banga Referee Development c 306-745-7811 [skroc@sasktel.net](mailto:skroc@sasktel.net)

Responsibilities: Referee Training, Referee Mentorship, Referee Evaluation.

**Saskatoon Office**

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

Eric Marchildon Technical Director 306-715-0228 [eric@saskvolleyball.ca](mailto:eric@saskvolleyball.ca)

Responsibilities: Women's High Performance Programs, Coaching Programs

Joel Dyck High Performance Manager c 306-713-2450 [joel@saskvolleyball.ca](mailto:joel@saskvolleyball.ca)

Responsibilities: Men's High Performance Programs, Coaching Programs

Tom Graham Coach Development Manager 306-292-6665 [tomgraham@saskvolleyball.ca](mailto:tomgraham@saskvolleyball.ca)

Responsibilities: Coach Development

## Memberships

Membership Fees (all prices include GST):

- Competitive Athlete and Coach - \$93.00 (Volleyball Canada \$30.00, Sask Volleyball \$60.00+GST)  
**This fee applies to ANY individual who would be on the bench or court at ANY tournament**
- Associate Memberships (per person) - \$93.00 (Volleyball Canada \$30.00, Sask Volleyball \$60.00+GST)
- College & University Athletes and Coaches - \$63.00 (Sask Volleyball \$60.00+GST)
- Atomic Registration - \$10.00 per participant (Volleyball Canada \$5.00, Sask Volleyball \$4.76+GST)
- Indoor Recreation Player - \$10.00 per participant (Volleyball Canada \$5.00, Sask Volleyball \$4.76+GST)
- Beach Membership - \$10.00 per participant (Volleyball Canada \$5.00, Sask Volleyball \$4.76+GST)
- First Nations Winter Games teams - \$100.00/team
- Referees
  - Novice – (Local B) Level - \$20.00 (Sask Volleyball \$19.05+GST)
  - Local A Level - \$48.00 (Volleyball Canada \$30.00, Sask Volleyball \$17.15+GST)
  - Provincial Level - \$53.00 (Volleyball Canada \$30.00, Sask Volleyball \$21.91+GST)
  - Regional Level - \$90.00 (Volleyball Canada \$65.00, Sask Volleyball \$23.81+GST)
  - National Level - \$100.00 (Volleyball Canada \$75.00, Sask Volleyball \$23.81+GST)
  - International Level - \$110.00 (Volleyball Canada \$80.00, Sask Volleyball 28.57+GST)

## Merchandise

Sask Volleyball provides sanctioned tournaments with free scoresheets and lineup cards. We also have a variety of other items and supplies available for sale.

Please contact Sask Volleyball office at 780-9250 for more information on obtaining these products.

## Insurance Policy

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

To request sanctioning for an event, visit: [https://site2733.goalline.ca/register.php?reg\\_form\\_id=26133](https://site2733.goalline.ca/register.php?reg_form_id=26133)

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

Sask Volleyball  
 1750 McAra Street Regina, SK S4N 6L4  
 Tel: 306-780-9250 Fax: 306-789-9288 Email: [tanner@saskvolleyball.ca](mailto:tanner@saskvolleyball.ca)

### Constitution, Bylaws, and Policies

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

### Sponsors

Sask Volleyball has formed several partnerships to help our members with all their volleyball needs. To become a sponsor and view our partnership guide, visit: <http://www.saskvolleyball.ca/sponsorship/>

### Preferred Hotels

Sask Volleyball has partnered with multiple hotels throughout the province to provide hotel blocks and a rebate program back to Sask Volleyball. Please support the hotels that have been selected as it helps keep the costs lower for the programs. Sask Volleyball members will be able to access online platforms to book hotels at preferred rates, with a link being provided to teams when they register for each event and will be posted on the Sask Volleyball website as well.

Saskatoon Preferred Hotels:

Best Western Airport, Delta Downtown by Marriott, Days Inn, Country Inn & Suites, Townplace Suites, Home Inn & Suites, Best Western Eastside, Saskatoon Inn, Hampton Inn & Suites Airport

Warman Preferred Hotels: Days Inn Legends

Regina Preferred Hotels:

Comfort Suites, Days Inn Eastside, Days Inn Airport, Home Inn & Suites Airport, Atlas Hotel (formally Travelodge)

Moose Jaw Preferred Hotels: Days Inn, Temple Gardens Hotel & Spa

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

Prince Albert Preferred Hotels: Ramada, Holiday Inn Express, Days Inn,

North Battleford Preferred Hotels: Gold Eagle Lodge, Comfort Inn & Suites

Lloydminster Preferred Hotels: Best Western Meridian, Days Inn, Holiday Inn & Suites, Hampton Inn

## Equipment

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

### OFFICIAL BALL

AGE CLASS	2020
12U WOMEN	VUL500
13U WOMEN	VUL500
14U WOMEN	MIP300
15U WOMEN	MIP300
16U WOMEN	MIP300
17U WOMEN	MIP300
18U WOMEN	MIP300
12U MEN	MIP300
13U MEN	MIP300
14U MEN	MIP300
15U MEN	MIP300
16U MEN	MIP300
17U MEN	MVA200
18U MEN	MVA200



\*\*\*Volleyball Canada National Championships will play with the Mikasa MVA 200 and Mikasa VQ2000

## Section 2: Early Development Programs

### MINI-VOLLEY

*(designed for children: K – gr. 3; ages 5 – 8 years and those with special needs)*



Mini-Volley is an activity-based program that:

- introduces children to the game of volleyball in a fun and interesting way;
- uses a variety of participation formats (*1 v 1; 2 v 2; and 3 v 3*) for the activities/games;
- uses play experience to help children learn basic game tactics, technical skills, and rules;
- includes a resource binder and DVD, making it easy for teachers/instructors to use.

Key Components are:

- use of lighter and softer volleyballs.
- activities/games are played on a smaller court (*badminton court*)
- designed with three progressive stages:
  - *Initiation, Development, and Proficiency* to enhance success of all participants.

### Support materials/resources:

On the Sask Volleyball web site follow the links:

- INDOOR – DEVELOPMENTAL PROGRAMS – MINI-VOLLEY, **OR**;
- COACHES - COACHING RESOURCES – MINI-VOLLEY

For more information, or to schedule an Instructors'/Teachers'/Coaches' clinic for your community, school or club, contact:

Tom Ash Program Coordinator, Sask Volleyball

[tom@saskvolleyball.ca](mailto:tom@saskvolleyball.ca)

306-780-9419



## ATOMIC SMASHBAL

(designed for children: gr. 4 – 6; ages 9 – 12 years)



### What is it?

A combination of **Atomic Volleyball** and **Smashbal**

**Atomic Volleyball** is a training program (6 – 8 sessions; 1 – 1 ½ hours/session) in which:

- children learn the basic skills of volleyball: *attacking, fore-arm passing, overhead passing, serving, and blocking*;
- children practice the skills through modified game play (**Smashbal** . . . see below)
- the game is played using lighter and softer volleyballs on a badminton court, with the net at badminton height or a lowered volleyball net (*max. 2 meters*), and;
- there are 3 - 4 players per side.
- children are provided with the background that can help them to play in other Elementary, Intramural, and High School programs.

### Smashbal is:

- a volleyball game-play variation that emphasizes attacking (*hitting/spiking*).
- fun and fast-paced;
- ideally suited for use as the game play component for an Atomic Volleyball training program . . . thus **Atomic Smashbal**

### How is Smashbal played?

- off of an ATTACK - the receiving team can *catch* the ball directly, OR after the ball bounces once, and still continue the rally.

- off of a SERVED or TOSSED ball - the receiving team is expected to catch/play the ball directly (no bounce).

**NOTE:** introductory progressions use a CATCH & TOSS method for ball movement ('passing') between players.

As the players' skills improve they are encouraged to progress (transition) to the use of volleyball skills for all contacts ('passes') during game play.

**Atomic Smashbal - Support materials/resources:**

On the Sask Volleyball web site follow the links:

- INDOOR – DEVELOPMENTAL PROGRAMS - ATOMIC SMASHBAL **OR**;
- COACHES - COACHING RESOURCES - ATOMIC SMASHBAL

On the web site you will find:

- Training suggestions & Resources
- Progressions – Game Play SUMMARY Sheet
- Video (link): [Introducing Smashbal](#)

For more information about any of the Early Development programs, or to schedule an Instructors'/Teachers'/Coaches' clinic for your school, community or club contact:

Tom Ash Program Coordinator, Sask Volleyball  
[tom@saskvolleyball.ca](mailto:tom@saskvolleyball.ca)  
 306-780-9419

**Section 3: High Performance Program**

The following provides a brief overview of the programs being offered in 2020. Further details will be updated on our web site.

	<b>15/16U</b>	<b>17U</b>	<b>18U</b>
<b>Eligibility</b>	Born in 2004 and later	Born in 2003 and later	Born in 2002 and later
<b>#of Athletes: Female</b>	Two (2) teams of 12	One (1) team of 12	One (1) team of 12
<b>Male</b>	Two (2) teams of 12	One (1) team of 12	One (1) team of 12
<b>ID Camps: Female:</b>	TBA	TBA	TBA
<b>Male:</b>	TBA	TBA	TBA
<b>Final Selection Camp:</b>	TBA	TBA	TBA
<b>Training Dates:</b>	End of June – July		
<b>Training Facility:</b>	TBA		
<b>Competition:</b>	All teams will participate in the Canada Cup in July. Location and date to be confirmed by Volleyball Canada.		

## Section 4: Club Governance

### How to get started

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

<http://www.saskvolleyball.ca/club-resources/>

### Hosting your own Club Tournament

For information on sanctioning, registration, rules, officials, and follow-up visit our website:

<http://www.saskvolleyball.ca/club-resources/>. Tournament Sanctions are \$50+GST and non-refundable, although they can be transferred to a different date in the same club season. Tournament Sanctions will be accepted starting September 15, 2019.

### Provincial Club Programs

Clubs can have their contact info listed on the Sask Volleyball website to promote themselves to the public. Contact [tanner@saskvolleyball.ca](mailto:tanner@saskvolleyball.ca) to add your club/tryout information for 2019.

## Section 5: Age Class Programs

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

Age Category		Net Height	
	Athletes Born in:	Women	Men
13 & Under	Sept 1, 2006 – Dec 31, 2007 and later	2.15	
14 & Under	Sept 1, 2005 – Dec 31, 2006 and later	2.15	2.20
15 & Under	Sept 1, 2004 – Dec 31, 2005 and later	2.20	2.35
16 & Under	Sept 1, 2003 – Dec 31, 2004 and later	<b>2.24</b>	2.35
17 & Under	Sept 1, 2002 – Dec 31, 2003 and later	2.24	
18 & Under	Sept 1, 2001 – Dec 31, 2002 and later	2.24	2.43

21 & Under	Sept 1, 1998 – Dec 31, 1999 and later	2.24	2.43
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\*Please note the bolded net heights, as the net heights changed in 2017.

### Overage Athletes

For 18U only, athletes born between January 1 – August 31, 2001 and are in Grade 12 for the 2019-2020 academic year (first year Grade 12) are eligible to compete as an Overage Athlete provided they have not been held back a year at any time during their schooling.

**No Age Exemptions will be granted for Female Age Classes in 2020 other than for 18U listed above.**

*\*New rule as of 2017 - Athletes that are born Sept 1, 2001 – December 31, 2001 and who have already graduated high school are eligible to play on an 18U team.*

### Start Date

Sanctioned team tryouts may be held starting **Sunday, October 20<sup>th</sup> for 13U – 15U age groups only** but may only occur on **SUNDAYS until November 25. (October 20, 27, November 3, 10, 17, 24). 16 – 18U categories can start tryouts on Sunday, November 24.** To request sanctioning for your tryout visit: [https://site2733.goalline.ca/register.php?reg\\_form\\_id=32091](https://site2733.goalline.ca/register.php?reg_form_id=32091)

All sanctioned team practices may not start until **Monday, November 25<sup>th</sup>, 2019** and after your team has registered with Sask Volleyball for the 2019-2020 Season. Registration will open on **Monday, November 25<sup>th</sup>, 2019. Any practices and tryouts that are not sanctioned have no insurance through Sask Volleyball.**

**Sask Volleyball will support SHSAA and only offer sanctioning to events that run September – November 24<sup>th</sup> that don't house high school athletes on their rosters.**

### Eligibility

Coaches are responsible for ensuring that teams comply with Sask Volleyball and VC eligibility criteria for the registration of teams. **Athletes can only play for and be registered with 1 club.** Proof of age will be required at Provincials. One of Birth Certificate, Drivers License, or Health Card will need to be shown as identification. Coaches are asked to please have ALL PROOFS photocopied on a single sheet of paper which can easily be checked at registration check in prior to their first match. The sheet will be returned to the coach, Sask Volleyball will not retain any identification documentation.

## Summary of Fees

The \$50+GST Event Sanctioning fee must be paid for all tryouts prior to team registration. Registration fees of \$93 per individual (athletes, coaches, and anyone else on the bench) MUST be paid prior to a team's first practice to qualify for insurance. Should a team fail to abide by Sask Volleyball event policies and procedures during the year, a \$100 Team Performance charge will be issued and collected before the team will be permitted to continue participation. Individual registration fees and Event Sanction Fees are non-refundable and non-transferable.

## Team Registration Procedure

Registration must be done on-line through the Volleyball Registration System (VRS). Team registration for the 2019-2020 Age-Class Indoor Season will be available beginning **Monday, November 25<sup>th</sup>, 2019**. All try-outs and training must be sanctioned by Sask Volleyball to ensure that insurance requirements are met. To request sanctioning for an event, visit:

[https://site2733.goalline.ca/register.php?reg\\_form\\_id=32091](https://site2733.goalline.ca/register.php?reg_form_id=32091)

## Forming a Team

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

(A minimum of 8 athletes/team is required)

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

## Athlete Recruitment/Transfer Policy

All players are free agents at the end of a playing season and will remain as such until they are registered with Sask Volleyball for the 2019-2020 Indoor Season. Once a player has completed the registration process with a team, a player may not transfer without the consent of Sask Volleyball. When transfer consent is given, a transfer date will be stated as to when it will be effective, at a minimum of seven days after application.

To transfer, a player must meet the following requirements:

- Provide a written request to Sask Volleyball stating the reasons for the transfer.
- Obtain a written release from the club or team the player wishes to leave. A release may not be held unreasonably. If a club or team refuses to provide a written release, Sask Volleyball will determine whether the transfer is allowed.
- Submit a new registration form.
- No transfers will be allowed after the Roster Freeze deadline.

## Rules

Rules for the 2019-2020 Age Class Season comply with current 2019-2020 Official Volleyball Canada Rules unless otherwise stated with respect to each age category. Rulebooks can be purchased from Sask Volleyball office.

### Rule Changes for 2019-20

- **Libero can now be used at 16U Men**
- **OVERHEAD PASS at 15U is NOW PERMITTED.**
- **Volleyball Canada Warmup Protocol will be used at all Sask Volleyball Sanctioned events.**
- Sask Volleyball will be using the Volleyball Canada Concussion Policy and Protocol at Sask Cups and Provincial Championships. An Athletic Therapist will be present at all Provincial Championships. To review the concussion policy/protocol, visit:

### Tournament Registration Procedure

Registration for Sask Cups and Provincial Volleyball Championships will be done on-line through the VRS. Teams will only be allowed to register for tournaments after they have completed the membership registration (including payment). Tournament registration fees are only refundable until the entry deadline. If a refund is requested prior to the registration deadline a refund will be issued minus a \$50 admin fee. After the registration deadline has passed, no refund will be issued.

To register for a Sask Cup or Provincial Championship, please visit: <http://site2733.goalline.ca/event-search.php>

### Provincial Volleyball Championship Registration

The deadline to register for all Provincials will be **Friday, March 6<sup>th</sup>, 2020, with the Early Bird registration period ending Feb 21, 2020.** Teams may play up an age-group in Provincials, providing they also play in their own age-group and they meet the minimum number of tournaments played requirement for both events. Teams planning on participating in the National Championships for an age category MUST play in Provincials for that age category if it is offered. Provincials will/may be held on Friday nights through Sundays.

### Frozen Rosters

The deadline for all Provincials Frozen Rosters will be **Monday, April 6<sup>th</sup>, 2020 at 10pm.**

## 2020 Sask Cups and Provincial Volleyball Championships

AGE	TOURNAMENT	Early Bird Registration	Registration Deadline	LOCATION
13UW	SaskCup #1 Feb 1-2	Dec 20 \$675	Jan 3 \$775	Warman
	SaskCup #2 Mar 14-15	Jan 24 \$675	Jan 31 \$775	Regina
	Provincials April 17-19	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
14UW	SaskCup #1 Feb 8-9	Dec 20 \$675	Jan 3 \$775	Saskatoon/Warman
	SaskCup #2 *Feb 21, 22, 23 Will play friday night	Jan 3 \$675	Jan 10 \$775	Warman/Martensville
	SaskCup #3 Mar 21-22	Jan 31 \$800	Feb 7 \$900	Lloydminster
	Provincials April 17-19	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
14UM	SaskCup #1 Feb 29-Mar 1	Jan 10 \$675	Jan 17 \$775	Warman
	SaskCup #2 Apr 4-5	Feb 14 \$675	Feb 21 \$775	Regina
	Provincials April 17-19	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
15UW	SaskCup #1 Jan 25-26	Dec 13 \$675	Dec 20 \$775	Saskatoon/Warman
	SaskCup #2 Feb 29-Mar 1	Jan 10 \$675	Jan 17 \$775	Lloydminster
	SaskCup #3 Apr 4-5	Feb 14 \$675	Feb 21 \$775	Saskatoon/Warman/ Martensville
	Provincials April 24-26	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
15UM	Provincials May 1-3	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
16UW	SaskCup #1 Jan 25-26	Dec 13 \$675	Dec 20 \$775	Saskatoon/Warman
	SaskCup #2	Jan 3	Jan 10	Lloydminster

	Feb 22-23	\$675	\$775	
	SaskCup #3 Mar 21-22	Jan 31 \$675	Feb 7 \$775	Saskatoon
	Provincials April 24-26	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
16UM	SaskCup #1 Mar 7-8	Jan 17 \$675	Jan 24 \$775	Yorkton
	SaskCup #2 Apr 4-5	Feb 14 \$675	Feb 21 \$775	Prince Albert
	Provincials May 1-3	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
17UW	SaskCup #1 Feb 8-9	Dec 20 \$675	Jan 3 \$775	Saskatoon/Warman
	SaskCup #2 Mar 14-15	Jan 24 \$675	Jan 31 \$775	North Battleford
	SaskCup #3 Apr 4-5	Feb 14 \$675	Feb 21 \$775	Moose Jaw
	Provincials May 1-3	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
18UW	SaskCup #1 Feb 8-9	Dec 20 \$675	Jan 3 \$775	Saskatoon/Warman
	SaskCup #2 Mar 7-8	Jan 17 \$675	Jan 24 \$775	Lloydminster
	SaskCup #3 Mar 28-29	Feb 7 \$675	Feb 14 \$775	Yorkton
	Provincials May 1-3	Feb 21 \$800	Mar 6 \$900	Saskatoon/Warman
18UM	SaskCup #1 Feb 29-Mar 1	Jan 10 \$675	Jan 17 \$775	North Battleford
	SaskCup #2 Mar 28-29	Feb 7 \$675	Feb 14 \$775	Prince Albert
	Provincials May 1-3	Feb 21 \$800	Mar 6 \$900	Warman

\* ALL fees are subject to GST.

- Late Registration Fees – will be charged \$1300 and considered on a case by case basis. Entry will be determined upon space availability and teams are not guaranteed entry.
- **Tournament registration fees will be refunded minus a \$50 admin fee until the registration deadline. After the deadline, registration fees are non-refundable.**

For All Tournament Draws/Results follow us here:

<http://www.saskvolleyball.ca/content/booster-juice-sask-cup-drawsresults>

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



## Women's Age Class Programs

### SEEDING AND TOURNAMENT FORMAT: Women 13U

SEEDING	
<b>SASK CUP 1 SEEDING</b>	- 13U will be a random draw.
<b>SASK CUP 2 SEEDING</b>	- based on highest point value from Sask Cup 1.
<b>PROVINCIAL SEEDING</b>	- <b>single highest</b> point value from <b>either</b> Sask Cup 1 <b>or</b> Sask Cup 2.

TOURNAMENT FORMAT	
<b>SASK CUP 1 FORMAT</b>	- all teams begin in same division.
<b>SASK CUP 2 FORMAT</b>	- if <b>less than 16 teams</b> , all teams compete in <b>one division</b> . - if <b>16 teams or more</b> , <b>8 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b> . - movement between divisions.
<b>PROVINCIAL FORMAT</b>	- if <b>less than 18 teams</b> , all teams compete in <b>one division</b> . - if numbers allow, the top teams will be pooled together in a <b>power pool</b> . - if <b>18 teams or more</b> , <b>10 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b> . - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - <b>no movement</b> between divisions. - if <b>24 teams or more</b> , <b>10 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b> . - in <b>Division 2</b> , the top teams will be pooled together in a power pool. - <b>no movement</b> between divisions.

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

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

TOURNAMENT FORMAT	
<b>SASK CUP 1 FORMAT</b>	- all teams begin in same division.
<b>SASK CUP 2 FORMAT</b>	<ul style="list-style-type: none"> <li>- if <b>less than 16 teams</b>, all teams compete in <b>one division</b>.</li> <li>- if <b>16 teams or more, 8 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b>.</li> <li>- if numbers allow, the top Division 2 teams will be pooled together in a power pool.</li> <li>- movement between divisions.</li> </ul>
<b>SASK CUP 3 FORMAT</b>	<ul style="list-style-type: none"> <li>- if <b>less than 16 teams</b>, all teams compete in <b>one division</b>.</li> <li>- if <b>16 teams or more, 8 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b>.</li> <li>- if numbers allow, the top Division 2 teams will be pooled together in a power pool.</li> <li>- movement between divisions.</li> </ul>
<b>PROVINCIAL FORMAT</b>	<ul style="list-style-type: none"> <li>- if <b>less than 18 teams</b>, all teams compete in <b>one division</b>.</li> <li>- if <b>18 teams or more, 10 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b>.</li> <li>- if numbers allow, the top Division 2 teams will be pooled together in a power pool.</li> <li>- <b>no movement</b> between divisions.</li> <li>- if <b>32 teams or more, 10 teams</b> compete in <b>Division 1</b> and <b>14 teams</b> in <b>Division 2</b> and the rest in <b>Division 3</b>.</li> <li>- if numbers allow, the top Division 2 teams will be pooled together in a power pool. If numbers allow, the top Division 3 teams will be pooled together in a power pool.</li> <li>- <b>no movement</b> between divisions. <ul style="list-style-type: none"> <li>• <i>a team can qualify for <b>Division 3</b> provincials without having attended 2 sanctioned tournaments in their age group. Teams must still pay the full membership fee and entry fee for the provincial championship.</i></li> </ul> </li> </ul>

### 13U Girls

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills. Go to <http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada's LTAD recommendations for this age-group.

#### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, with one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The Mikasa VUL500 Training Series will be the official competition ball for this age class.
- c) Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.
  - i. All players listed on the score sheet must start the first or second set.
  - i. **Substitutions are not permitted in the first or second set.**  
**NOTE:** 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.
  - ii. Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute

playing time among all players on the team.

**NOTE:** Substitution requests can only occur between a three-ball sequence.

- iii. Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence then the switch will be made after the sequence is complete.

### **Tournament Structure**

- a) For Sask Cup and Provincials at the 13U Women level, the Triple Ball format will be used for the competitions. See Sask Volleyball website for the Volleyball Canada rationale behind the Triple Ball format.
- b) There will be no specialization of positions, i. e., No switching to a different position from your service order.
  - e. g., the player in position #3 (position #2 or **position #1**, as decided by the coach at the start of the match) in your service reception, will be the designated setter for that rotation.

### **Seeding**

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

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

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

### **Triple Ball Overview**

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

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

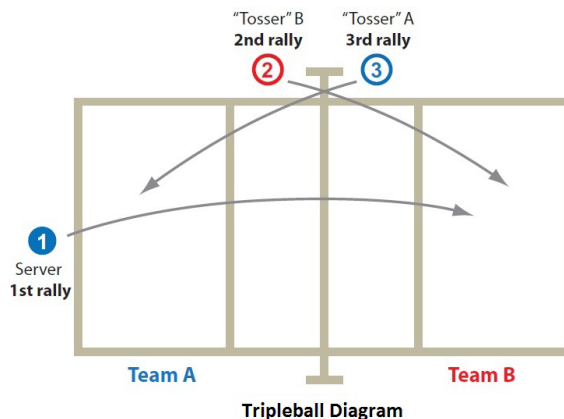
Standard Volleyball rules (6 on 6) apply with the following modifications:

#### **Triple Ball Sequence:**

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

\*Ball Retriever A

\* Ball Retriever B



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

#### Rotation and Substitution:

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

- a) All players listed on the scoresheet (**maximum of 12**) MUST start in either the 1<sup>st</sup> or 2<sup>nd</sup> set.
- b) There is **NO specialization** for positions. Players switching to a different position from their service order during a rally is NOT ALLOWED.
- c) The coach must identify, on the score sheet, where the designated setter will be positioned. **\*Position 1 (right back)**, Position 2 (right front) or Position 3 (middle front). (**\*New in 2019**)
- d) All 3 sets are played – ROUND-ROBIN PLAY.
- e) Best 2 of 3 sets are played – PLAYOFF DETERMINING MATCHES, PLAYOFFS & PROVINCIAL CHAMPIONSHIPS.
- f) Substitutions **ONLY** occur in the event of an injury in the 1<sup>st</sup> and 2<sup>nd</sup> set.
- g) Any lineup can be used at the start of the 3<sup>rd</sup> set. Athletes who did not start the 3<sup>rd</sup> set **MAY** be substituted into the game at any time during the set, following a three-ball sequence.

#### Scoring:

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

#### Guidelines for Tossers:

- a) Tossers are positioned on the same side of the court as the Referee
- b) A coach, assistant coach or a competent volunteer can toss the ball to **their** team and can step into the court to do so. The tosser will immediately move off the court after the toss.

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

**Time Out**

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

### 14U Women

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills. Go to <http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada's LTAD recommendations for this age-group.

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

#### Guidelines

- a) To be eligible to compete in Div 1 or Div 2 at Provincials, teams must play in a minimum of 2 sanctioned tournaments. One tournament must be an out of town tournament, in the category in which they are registered. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) **The Mikasa MIP300** will be the official competition ball for this age category.
- c) 14U Women will utilize the 12 limited substitution rule with NO libero.
- d) Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.
  - 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.**  
NOTE: 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.
  - iii. Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.
  - iv. Teams switch sides in the third set once a team reaches 8 points.

#### Tournament Structure

- a) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- b) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- c) Draws are intended to provide each team with 6-8 matches each.

### 15U Women

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills. Go to <http://www.vcdm.org/vision/view/14-16-training-to-train-b> for Volleyball Canada's LTAD recommendations for this age-group.

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

#### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The **Mikasa MIP300** will be the official competition ball for this age category.
- c) 15U Women will utilize the 12 limited substitution rule with NO libero.
- d) 15U will now allow overhand pass off of serve – please see rulebook pg 47.

### Tournament Structure

- E) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- F) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- G) Draws intended to provide each team with 6-8 matches each.

### 16U Women

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills. Go to <http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada's LTAD recommendations for this age-group.

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

#### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The **Mikasa MIP300** will be the official competition ball for this age category.
- c) 16U Women will utilize the 6 limited substitution rule with libero.

### Tournament Structure

- d) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- e) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- f) Draws intended to provide each team with 6-8 matches each.

### 17U Women

LTAD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills. Go to <http://www.vcdm.org/vision/view/17-19-learning-to-compete> for Volleyball Canada's LTAD recommendations for this age-group.

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

#### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The **Mikasa MIP300** will be the official competition ball for this age category.
- c) 17U Women will utilize the 6 limited substitution rule with libero.

### *Tournament Structure*

- g) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- h) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- i) Draws intended to provide each team with 6-8 matches each.

### **18U Women**

LTAD Stage: Learn to Compete

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

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

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

### *Guidelines*

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The **Mikasa MIP300** will be the official competition ball for this age category.
- c) 18U will utilize the 6 limited substitution rule with libero.

### *Tournament Structure*

- a) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- b) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- c) Draws intended to provide each team with 6-8 matches each.



## Men's Age Class Programs

### SEEDING & TOURNAMENT FORMAT: Men 14U, 16U, 18U

SEEDING	
<b>SASK CUP 1 SEEDING</b>	<ul style="list-style-type: none"> <li>- 16U will be based on previous year 15U provincial championship results.</li> <li>- 14UM will be a random draw.               <ul style="list-style-type: none"> <li>• 18U will be seeded based on the 17U team' results from the previous year 18U Provincial Championship results.</li> </ul> </li> </ul>
<b>SASK CUP 2 SEEDING</b>	- based on highest point value from Sask Cup 1.
<b>PROVINCIAL SEEDING</b>	- <b>single highest</b> point value from <b>either</b> Sask Cup 1 <b>or</b> Sask Cup 2.

TOURNAMENT FORMAT	
<b>SASK CUP 1 FORMAT</b>	- all teams begin in same division.
<b>SASK CUP 2 FORMAT</b>	<ul style="list-style-type: none"> <li>- if <b>less than 16 teams</b>, all teams compete in <b>one division</b>.</li> <li>- if <b>16 teams or more</b>, <b>8 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b>.</li> <li>- movement between divisions.</li> </ul>
<b>PROVINCIAL FORMAT</b>	<ul style="list-style-type: none"> <li>- if <b>less than 18 teams</b>, all teams compete in <b>one division</b>.</li> <li>- if numbers allow, the top teams will be pooled together in a <b>power pool</b>.</li> <li>- if there are <b>8 or more 13U Men's teams</b> and also <b>8 or more 14U Men's teams</b> registered for provincials, there will be a separate 13UM and 14UM provincial championship – both age groups must have 8 teams in each, in order for this to happen.</li> <li>- if there are <b>8 or more 15U Men's teams</b> and also <b>8 or more 16U Men's teams</b> registered for provincials, there will be a separate 15UM and 16UM provincial championship – both age groups must have 8 teams in each in order for this to happen.</li> <li>- if <b>18 teams or more</b>, <b>10 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b>.</li> <li>- if numbers allow, the top Division 2 teams will be pooled together in a power pool.</li> <li>- <b>no movement</b> between divisions.</li> <li>- if <b>24 teams or more</b>, <b>10 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b>.</li> <li>- in <b>Division 2</b>, the top teams will be pooled together in a power pool.</li> <li>- <b>no movement</b> between divisions.</li> </ul>

## 14U Men

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills. Go to <http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada's LTAD recommendations for this age-group.

The 14U Men's Program will run with a minimum of 4 teams. If the number of teams registered only allows for a single day tournament, refunds (reflecting single day tournament price) will be given after the tournament.

### Guidelines

- a) To be eligible to compete at Provincials, teams must play in a minimum of 2 sanctioned tournaments. One tournament must be an out of town tournament, in the category in which they are registered. It is recommended that teams compete in no more than 7 competitions including Provincials. The **Mikasa MIP300** will be the official competition ball for this age category.
- b) 14U Men will utilize the 12 limited substitution rule with NO libero.
- c) Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.
  - a. All players listed on the score sheet must start the first or second set.
  - b. **Substitutions are not permitted in the first or second set.** In the case of injury, as Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
  - c. Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team. Substitution requests can only occur between a three-ball sequence, during Tripleball matches.
  - d. Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence then the switch will be made after the sequence is complete.

### Tournament Structure

- a) **FOR 2019-2020 ONLY** – Tripleball will NOT be used at Sask Cup #1 due to the date being so late into the season.  
Sask Cup #2 and Provincial Championships, the Tripleball format will not be used.  
See Sask Volleyball website for the Volleyball Canada rationale behind the Triple Ball format. Any tournaments that are sanctioned and occur prior to Sask Cup #1 are expected to run as Tripleball tournaments.
- b) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- c) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.

### 16U Men

LTAD Stage: Training to Train B

Principle Focus: builds the “engine” and consolidates sports skills. Go to <http://www.vcdm.org/vision/view/12-14-training-to-train-a> for Volleyball Canada’s LTAD recommendations for this age-group.

The 16U Men’s Program will run with a minimum of 4 teams. If teams registered only allow for a single day tournament, refunds (to reflect the price of a single day tournament) will be given after the tournament.

#### Guidelines

- a) Registered teams must play in a minimum of 2 tournaments, one being an out of town tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- b) The **Mikasa MIP300** will be the official competition ball for this age category.
- c) **16U Men will utilize the 6 limited substitution rule with libero.**

#### Tournament Structure

- d) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- e) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- f) Draws intended to provide each team with 6-8 matches each.

### 18U Men

LTAD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills. Go to <http://www.vcdm.org/vision/view/17-19-learning-to-compete> for Volleyball Canada’s LTAD recommendations for this age-group.

The 18U Men’s Program will run with a minimum of 4 teams. If teams registered only allow for a single day tournament, refunds (to reflect the price of a single day tournament) will be given after the tournament.

#### Guidelines

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

#### Tournament Structure

- g) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- h) Sask Volleyball reserves the right to adjust the seeding in order to avoid teams from the same club playing in the same pool in the preliminary draw.
- i) Draws intended to provide each team with 6-8 matches each.

## Coaching Certification for Age Class Coaches

All Team Personnel (Coaches or Managers) who are on the practice court with athletes or on the bench during sanctioned Sask Volleyball or Volleyball Canada events, must have a Police Records Check (PRC) completed at the time of registration. Team personnel membership registrations will not be approved until a completed PRC is received by the Sask Volleyball office.

**ALL COACHES** must adhere to the [Responsible Coaching Movement's Rule of Two](#) which states that any one-on-one interaction between a PIA and an individual athlete must take place within earshot and view of a second PIA. If possible one of the PIAs should be the same gender as the athlete. If a PIA is not available, another screened volunteer, parent or adult can be recruited. An exception is made for medical emergencies.

**ALL HEAD COACHES** must meet the following standards by 11:59 pm March 31, 2020. If a Head Coach must be replaced at Sask Volleyball/National Championships, the replacement coach must have a minimum of MED Online Evaluation and Making Headway.

Fines will be held in trust for one calendar year for the fined coach or club to access for the registration cost of missing certification components. Exemptions will only be considered if rationale is received in written form, prior to March 31, 2020. All requests are to be sent to [joel@saskvolleyball.ca](mailto:joel@saskvolleyball.ca)

### **DEVELOPMENT COACH – CERTIFIED (14U-16U)**

Recommended timelines for training tasks in the Development Coach - Certified (14U-16U) pathway. Coaches are encouraged to complete tasks as soon as they are able and do not necessarily have to wait for the year indicated. Coaches should only register for the Development Coach Evaluation once all other tasks have been completed.

Year	Tasks	Time	Cost	Fine
1	<ul style="list-style-type: none"> <li><a href="#">Foundations of Volleyball eLearning</a></li> <li><a href="#">Make Ethical Decisions Online Evaluation*</a></li> <li><a href="#">Making Head Way (Generic) eLearning</a></li> </ul>	1.5 hours 45 minutes 90 minutes	\$89 \$85 or free* Free	\$200
2	<ul style="list-style-type: none"> <li>Development Coach Workshop</li> <li><a href="#">Nutrition eLearning**</a></li> </ul>	Weekend (16 hours) 45 minutes	\$150-\$250 \$20	\$300
3	<ul style="list-style-type: none"> <li>Development Coach Evaluation**</li> </ul>	4-6 hours	\$120	Cannot Participate

### **ADVANCED DEVELOPMENT COACH – CERTIFIED (17U/18U)**

Recommended timelines for training tasks in the Advanced Development Coach - Certified (17U/18U) pathway. Coaches are encouraged to complete tasks as soon as they are able and do not necessarily have to wait for the year indicated. Coaches should only register for the Advanced Development Coach Evaluation once all other tasks have been completed.

Year	Tasks	Time	Cost	Fine
1	<ul style="list-style-type: none"> <li><a href="#">Foundations of Volleyball eLearning</a></li> <li><a href="#">Make Ethical Decisions Online Evaluation*</a></li> <li><a href="#">Making Head Way (Generic) eLearning</a></li> <li>Development Coach Workshop</li> </ul>	1.5 hours 45 minutes 90 minutes Weekend (16 hours)	\$89 \$85 or free* Free \$150-\$250	\$200

2	<ul style="list-style-type: none"> <li>Advanced Development Coach Workshop</li> <li><a href="#">Design a Basic Sport Program</a></li> <li><a href="#">Basic Mental Skills</a></li> <li><a href="#">Nutrition eLearning</a> (if not already completed)</li> </ul>	Weekend (18 hours) 5 hours 3.5 hours 45 minutes	\$150-\$250 \$50-\$100 \$50-\$100 \$20	\$300
3	<ul style="list-style-type: none"> <li>Advanced &amp; Development Coach Evaluation**</li> </ul>	4-6 hours	\$120/ context	Cannot Participate

\* The Make Ethical Decisions Online Evaluation is free if coaches have previously taken the Make Ethical Decisions Multi Sport Module, either in-person or through a facilitated online seminar.

**Note: For teams attending Volleyball Canada's Nationals, all Persons in authority (PIA) listed on the roster must read and adhere to [Volleyball Canada's Code of Conduct](#) and [Abuse Policy](#).**

Note: Coaches moving from 14/15/16U to 17/18U are considered a first-year coach in that age group. Coaches moving from 17/18U to 14/15/16U are considered a second-year coach in that age group. It is strongly recommended that ALL Assistant Coaches and Staff Personnel complete: Foundations of Volleyball eLearning, Make Ethical Decisions Online Evaluation and Making Headway (Generic).

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

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

### Coach Evaluation

With the new format of the Development and Advanced Development Coach In-Person Workshop, coaches taking the workshop after September 1, 2018, are now required to have a certified evaluator work with them to complete their evaluation. You can request an evaluator on your status file ([coach.volleyball.ca](http://coach.volleyball.ca)).

### Respect in Sport

All Coaches and Trainers must complete the Respect in Sport course prior to the 2020 Age Class Club Season. Certifications will be checked at Provincials. The free Respect in Sport course is found at <https://sasksrc.respectgroupinc.com/>.

### Note

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

### Coach Workshops

Coaches can register for a workshop once completing the online E-Learning modules. For more info on the workshops, or to discuss hosting a clinic in another community, please contact Joel Dyck at [joel@saskvolleyball.ca](mailto:joel@saskvolleyball.ca) or 306-713-2450.

### Coach Maintenance

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

**\*\*Please check your PD Points in your Locker, 2020, will be the second year when coaches must meet their PD Points requirements. The five year period to obtain your 20 or 30 PD Points started in 2014 or, starts when you receive your certification for Development or Advanced Development Coaching. Check your Locker to see when your five years ends.**

### **Coach Education**

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

### **Concussion Protocol**

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

## Membership Assistance Program Grants (MAP)

The Membership Assistance Program (MAP) encourages clubs to build and sustain strong younger age classes and programs such as Mini, Atomic, and Beach. For requirements, deadlines, and instructions, visit: <http://www.saskvolleyball.ca/map-grants/>.

### Funding Distribution Breakdown

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

Accredited Club	
Indoor Development Program (# of athletes)	25%
Indoor 13-15U teams (# of teams)	25%
Indoor 16-18U teams (# of teams)	25%
Beach Development Program (# of athletes)	20%
Referee Clinic Hosted (y/n)	5%
Approved Club	
Indoor Development Program (# of athletes)	10%
Beach Development Program (# of athletes)	10%
High School Associations	5%

## Section 6: Volleyball for Adults

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

For the 2020 Season, we will require the Adult teams to pay a membership fee to participate in these events. Teams will be required to pay the \$400 entry fee per tournament as well.

### Divisions

Seniors: Men's/Women's – Born 2001 or before

Masters: Men's/Women's – Born in 1985 or before

Masters 45+: Men's/Women's – Born in 1975 or before

### 2020 Adult Tournament Dates

<i>TOURNAMENT</i>	Date	Registration Deadline	Location	Fee
Senior Provincials			Saskatoon	\$400+GST
Masters Provincials			Saskatoon	\$400+GST

### Registration

Contact Sask Volleyball office at 306-780-9806 or via email at [cara@saskvolleyball.ca](mailto:cara@saskvolleyball.ca)

## Section 7: Beach Volleyball

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



## Section 8: Indoor National Championships



All 2020 Volleyball Canada (VC) National Championships are OPEN Events. Entries into all National Championships are based on a first come first serve basis. If your team(s) is planning on entering any VC National Championship, early registration is the best way to guarantee entry into the desired tournament. Registration for Nationals will open the first week of November, exact date to be posted on [www.volleyball.ca](http://www.volleyball.ca). Club teams will be able to create a team on the VRS and register a club contacts and a team contact without filling in their roster of athletes and coaches in order to register for

Nationals.

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

### Locations and Dates

May 1-3, 2020

14U TBD

May 8-10, 2020

14U TBD

May 13-19, 2020

15U, 16U, 17U, 18U Edmonton Expo Centre

Registration dates will be posted on the Volleyball Canada website in September 2019.

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

## Section 9: 2019-20 Referee Committee

### Executive

#### Chairperson (ROC)

Lori Banga  
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Linette Fetter  
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### Committee Members

#### Zone 1 (Estevan/Weyburn)

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Andrea Kerr  
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#### Zone 2 (Regina)

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#### Zone 3 (Moose Jaw/Swift Current)

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Clayton Sjoberg  
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TBA

#### Zone 4 (Yorkton/Melville)

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Brent Brown  
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#### Zone 6 (Saskatoon)

Linette Fetter  
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[linney@shaw.ca](mailto:linney@shaw.ca) [linette.fetter@mapleleaf.com](mailto:linette.fetter@mapleleaf.com)

Lori Mills  
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Cam Roberts  
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#### Zone 7 (Battleford/Lloydminster/Meadow Lake)

TBA

TBA

TBA

#### Zone 8B (Prince Albert)

Dave Christiansen  
(h) 306-276-8162  
[shopguy\\_05@hotmail.com](mailto:shopguy_05@hotmail.com)

#### Zone 9 (North)

TBA

### 2019-20 Referee Pay Rate Schedule

*\*Effective for the 2019-20 season, pay rates for Sask Volleyball-run tournaments include a per diem fee. The rate for club tournaments does not include this fee.*

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

#### Best of Two or Three Matches

<u>One Referee</u>		
	Sask Cup & Provincial Tournament	Club Tournament
<b>Level 3, 4, 5</b>	\$34	\$27
<b>Level 2</b>	\$31	\$24
<b>Level 1</b>	\$29	\$22
<b>Novice</b>	\$26	\$20

<u>Two Referees</u>		
	Sask Cup & Provincial Tournament	Club Tournament
<b>Level 3, 4, 5</b>	\$29	\$22
<b>Level 2</b>	\$26	\$19
<b>Level 1</b>	\$24	\$17
<b>Novice</b>	\$22	\$15

#### Best of Five Matches

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

#### Tournament Assigner Fees

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

#### Mileage

The mileage rate is \$0.40/km

#### Sask Volleyball Beach Events

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

## Section 12: Appendices

### Appendix A – Points System

## SASK CUP POINT BREAKDOWN

WOMEN TOURNAMENTS 14U - 18U	POINTS
<b>SASK CUP 1</b>	1 <sup>st</sup> place = 94 pts 2 <sup>nd</sup> place = 92 pts 3 <sup>rd</sup> place = 90 pts etc.
<b>SASK CUP 2</b>	1 <sup>st</sup> place = 97 pts 2 <sup>nd</sup> place = 95 pts 3 <sup>rd</sup> place = 93 pts etc.
<b>SASK CUP 3</b>	1 <sup>st</sup> place = 100 pts 2 <sup>nd</sup> place = 98 pts 3 <sup>rd</sup> place = 96 pts etc.
MEN TOURNAMENTS & 13U WOMEN	POINTS
<b>SASK CUP 1</b>	1 <sup>st</sup> place = 97 pts 2 <sup>nd</sup> place = 95 pts 3 <sup>rd</sup> place = 93 pts etc.
<b>SASK CUP 2</b>	1 <sup>st</sup> place = 100 pts 2 <sup>nd</sup> place = 98 pts 3 <sup>rd</sup> place = 96 pts etc.

**Appendix B - Over-Age Athlete Request Form**

*Over-Age Athlete Registration Form – FOR ATHLETES BORN IN 2001*

**For 18U only**, athletes born between January 1, 2001 and August 31, 2001 and are in Grade 12 for the 2019-2020 academic year (first year Grade 12) are eligible to compete as an Overage Athlete provided they have not been held back a year at any time during their schooling.

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

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

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