



Club Guide 2025-26

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

Aaron Demyen	Chief Executive Office	306-535-9231	aaron@saskvolleyball.ca
	Responsibilities: Strategy, Board Governance, Human Resources, Revenue Generation, Special Events, Aboriginal Development.		
Blair Lissinna	Finance Manager	306-327-7893	blair@saskvolleyball.ca
	Responsibilities: Accounting, Registration, Office Operations.		
Cara Orr	Program Director	306-539-1734	cara@saskvolleyball.ca
	Responsibilities: Program Management, Club, Awards & Hall of Fame, Age Class Events, Sanctioning, Apparel		
Tom Ash	Indoor Development Program Coordinator	306-527-4897	tom@saskvolleyball.ca
	Responsibilities: Grassroots Programming (ages 6 – 11 years), 12U, 13U Club.		
Tom Foster	Indoor Competitive Program Coordinator	306-540-3210	tomfoster@saskvolleyball.ca
	Responsibilities: 14-18U Club.		
Glen Hoffman	Regional Referee Chair	306-529-4691	rrcsaskvolleyball@gmail.com
	Responsibilities: Referee Training, Referee Mentorship, Referee Evaluation.		
Noah Miller	High Performance Manager	306-530-9017	noah@saskvolleyball.ca
	Responsibilities: Men's High Performance Programs, Multi-Sport Games		

Saskatoon Office**510 Cynthia Street, Saskatoon, SK S7L 7K7**

Eric Marchildon	High Performance Technical Director	306-715-0228	eric@saskvolleyball.ca
	Responsibilities: Women's High Performance Programs, Coaching Development		
Michelle Ashby	Admin & Coaching Requirements	306-260-1255	michelle@saskvolleyball.ca

Section 1: Program Memberships

Memberships

Membership Fees (all prices include GST & Volleyball Canada fees):

- Competitive Athlete and Coach - \$95.00
This fee applies to ANY individual who would be on the bench or court at ANY tournament
- Associate Memberships (per person) - \$95.00
- College & University Athletes and Coach - \$58.00
- Indoor Recreation Athlete & Coach (Adult, Smashball, 12U) - \$10.00 per participant
- Beach Membership - \$10.00 per participant
- Person In Authority (PIA) - free

**Credit card fees are added to the membership amounts above*

**** Membership fees are non-refundable and non-transferable***

- First Nations Winter Games teams - \$100.00/team
- Referees
 - Novice Level - \$20.00
 - Local Level - \$60.00
 - Provincial Level - \$75.00
 - Regional Level - \$95.00
 - National Level - \$105.00
 - International Level - \$115.00

****New referee requirements****

Referees must complete Safe Sport module from Coaching Association of Canada

[Safesport \(coach.ca\)](#) and submit a current Police Record Check dated June 1, 2023 or later.

Your Police Record Check must be uploaded into your account with the online registration system.

You must have these additional requirements to be assigned to Sask Volleyball sanctioned events.

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 email aaron@saskvolleyball.ca for these items.

Clothing

Sask Volleyball will have clothing available to purchase at select Sask Cups and all Provincial Championships. Hoodies, Crewnecks, T-shirts, Sweats & Socks will all be available to purchase, as well as an opportunity to pre-order Provincial Championship clothing for 2026. Provincial Championship clothing is only available via pre-sale so watch for information via email and social media on how to order.

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:

[TeamLinkt Registration](#)

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 McCra Street Regina, SK S4N 6L4
Tel: 306-780-9250 Email: blair@saskvolleyball.ca

All Sask Volleyball sanctioned tournaments MUST use registered referees.

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:

<https://www.saskvolleyball.ca/sponsorship/>

Tournament Hotels

Please visit <https://www.saskvolleyball.ca/hotel-blocks/> for our tournament hotels blocks. 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. Preferred hotels for the 2026 Season are as follows:

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

Saskatoon: Hampton Inn & Suites by Hilton Saskatoon Airport, Home Inn & Suites, Towneplace Suites by Marriott, Canalta Martensville, Best Western Plus Airport Inn and Suites, The House, The Sandman Hotel, The Sandman Signature, Comfort Suites

Regina: Comfort Suites, Days Inn East, Days Inn Airport, Home Inn & Suites, The Atlas, HomeSuites East, Sandman Hotel, Fairfield Inn & Suites, Delta Hotels by Marriott, Seven Oaks, Hotel Saskatchewan

North Battleford: Comfort Inn and Suites, Gold Eagle Lodge

Equipment

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

AGE CLASS	2026	2027	2028
12U WOMEN	VUL500	VUL500	VUL500
13U WOMEN	VUL500	VUL500	VUL500
14U WOMEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
15U WOMEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
16U WOMEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
17U WOMEN	V200W	V200W	V200W
18U WOMEN	V200W	V200W	V200W
12U MEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
13U MEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
14U MEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
15U MEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
16U MEN	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
17U MEN	V200W	V200W	V200W
18U MEN	V200W	V200W	V200W



***Volleyball Canada National Championships will play with the Mikasa VQ200W-CAN for 14, 15U & 16U and Mikasa V200W for 17-18U.

Section 2: Grassroots Programming

SMASHBALL

A. **SMASHBALL – FUNDamentals** *(Designed for children: gr. 1 - 3; ages 6 – 8 years)*

Is a volleyball program which:

- introduces children to the game of volleyball in a fun and interesting way;
- uses play experience (games & activities) to help children learn and develop basic movement and motor skills, game tactics, and rules;
- uses lighter and softer volleyballs;
- is played on a smaller court (badminton court or modified volleyball court)
- uses a variety of participant formats (1 v 1; 2 v 2; and 3 v 3) for the activities/games

SMASHBALL – FUNDamentals, is often organized as an 8 sessions program (usually - 1 hr/session)

SMASHBALL – FUNDamentals – *sample training program – Refer our website links*

- [Indoor – Grassroots Programs - Smashball](#) OR;
- [Coaches - Coaching Resources - Smashball](#)

B. **SMASHBALL – Learn to Train** *(Designed for children: gr. 4 - 6; ages 9 – 11 years)*

Is a volleyball program in which:

- children learn the basic skills of volleyball; (spiking, forearm & overhead passing, and serving)
- children practice the skills through modified game play (SMASHBALL) that incorporates:
- the use of lighter and softer volleyballs,
- a badminton court with the net at badminton height or, a modified volleyball court with a lowered net and;
- a maximum of 4 players per side

SMASHBALL – Learn to Train is often organized as an 8 sessions program (1 – 1 ½ hrs/session)

SMASHBALL – Learn to Train – *sample training program – Refer our website links*

- [Indoor – Grassroots Programs - Smashball](#) OR;
- [Coaches - Coaching Resources - Smashball](#)

What is SMASHBALL?

It 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 Grassroots programs
- a game that can be used as a 'stand-alone' game for intramurals, noon-hour and/or after school programs.

How is SMASHBALL played?

- from an ATTACK - the receiving team can catch the ball directly OR, catch the ball after it bounces once; and continue the rally.

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.

SMASHBALL - Support materials/resources:

Coach/Instructor - Training Opportunities:

- Intro to SMASHBALL - (FREE) On-line presentation - **October 8, 2025**
- **registration required** - [Intro to Smashball](#)
- Smashball Coach Workshop – online training through Volleyball Canada
[Smashball Coach Workshop information](#)

On the Sask Volleyball web site follow the links:

- [Indoor – Grassroots Programs - Smashball](#) OR;
- [Coaches - Coaching Resources - Smashball](#)

On the Sask Volleyball web site you will find:

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

Children - Training / Competition Opportunities:

- **Community SmashFest** (*Smashball training plus Smashball tournament*): hosted by individual communities (*with Sask Volleyball support*) [Community SmashFest Information](#)
- **Saskapalooza SmashFest** (*Smashball training plus Smashball tournament*): hosted by Sask Volleyball -
SOUTH – **November. 1, 2025 – Regina** - [Saskapalooza SmashFest - SOUTH information](#)
NORTH – **November 22, 2025 – North Battleford** - [Saskapalooza SmashFest - NORTH information](#)

For more information, to schedule a clinic (*virtual or in-person*) and/or to arrange a SmashFest for your community, school or club, contact:

Tom Ash - Sask Volleyball Program Coordinator - Grassroots programming
tom@saskvolleyball.ca Cell: 306-527-4897

Section 3: High Performance Program

The following provides a brief overview of the indoor programs being offered in 2024-2025. Further details will be updated on our website.

2026 TEAM SASK INDOOR	15/14/13U	16/15U	17 & Under	Canada Summer Games (2029)
Eligibility	Born 2011, 2012 & select 2013	Born 2010 & 2011 (Or exceptional 2011)	Born 2009 & 2010 (Or 2008 in grade 11)	Born 2011 & Under
# of Athletes - Female:	TBD Training Athletes	12 Travel Athletes + 4 Training Athletes	12 Travel Athletes + 2 Training Athletes	(Group training to begin in 2028)
# of Athletes - Male:	TBD Training Athletes	12 Travel Athletes + 4 Training Athletes	12 Travel Athletes + 2 Training Athletes	(Group training to begin in 2028)
Winter Selects Camp - Men and Women:	N/A	Invite Only – Dec 5-7 Returning Team Sask travel athletes born 2009 and younger or in grade 11, plus additional select athlete invites. (Up to 30 athletes per gender)		
ID Sessions - Female:	14/13U Jump Test – TBA	15U ID Session(s) – TBA No 16U ID Session	NO 17U ID – Sask Cup competitions will be utilized for athlete identification	Not offered – Invite only
ID Sessions - Male:	14/13U Jump Test – TBA	16U/15U ID Session – TBA	NO 17U ID – Sask Cup competitions will be utilized for athlete identification	Not offered – Invite only
Future Select Camp:	Invite Only – Mid-June Date TBC	N/A	N/A	N/A
Final Selection Camp:	N/A	Invite Only – June Date TBC Exceptional 14U athletes may be invited to attend		
Training Dates:	July TBD	June – July, Exact Dates TBD		
Training Facility:	Saskatoon and Regina TBD			
Competition:	July TBD	2 Men and 2 Women teams to participate in the Canada Cup in mid-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:

www.saskvolleyball.ca/club-resources/

Hosting your own Club Tournament

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

Registration: <http://www.app.teamlinkt.com/register/find/saskvolleyball>

Tournament Sanctions are \$60+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, 2025.

***Only 1 request per age group per club will be accepted between Sept 15 – Dec 14. Dec 15 a club can submit additional tournament requests in an age group. Exemption to this rule is club tournaments for December 2025 – example, a club can sanction a 15U event for Feb 2026 and then sanction another 15U event in December 2025. If they sanction the 15U event in December first it will be given the date protection and then another tournament cannot be sanctioned until Dec 15.**

Tournament requests for certain weekends between January 16 and April 3 weekends, as well as all Provincial Weekends will be subject to referee availability and will not be approved until confirmation from the committee that referees are available.

No tournaments will be sanctioned on the following weekends:

Regina & Surrounding area: Jan 16-18, Jan 23-25, Jan 30-Feb 1, Apr 2-4

Saskatoon & Surrounding area: Feb 6-8, Feb 27 –Mar 1, Apr 2-4

Requests for club tournaments on Provincial weekends will not be confirmed until Provincial Referee availability has been confirmed in early April. If authorized, Tournaments in the same location and on the same date as a Sask Cup or Provincial Championship will need to pay Referees the Sask Cup rate not the club rate, if referee availability allows.

Suggested weekends to host club events:

December 5-7, 12-14, 19-21

January 2-4, 9-11

February 13-15

Mar 6-8, 13-15, 20-22

Club Programs

Clubs must complete a Club Approval Form before they can operate for a season. This info will be posted on the Sask Volleyball website. Visit <http://www.app.teamlinkt.com/register/find/saskvolleyball> to complete the Club Approval form.

Section 5: Club Volleyball

In cooperation with Volleyball Canada, Sask Volleyball offers Volleyball Athlete Development Programs for young women and men in eleven different age categories.

Every team that registers is eligible to compete at the Provincial Championships provided they have played in one Sask Cup. All teams that play in a Provincial Championship are eligible to compete at a National Championship for the same age division.

Age Category		Net Height	
	Athletes Born in:	Women	Men
12 & Under	Jan. 1, 2014 and later	2.0	
13 & Under	Sept 1, 2012 – Dec 31, 2014 *	2.15	
14 & Under	Sept 1, 2011 – Dec 31, 2012 and later	2.15	2.20
15 & Under	Sept 1, 2010 – Dec 31, 2011 and later	2.20	2.35
16 & Under	Sept 1, 2009 – Dec 31, 2010 and later	2.24	2.35
17 & Under	Sept 1, 2008 – Dec 31, 2009 and later	2.24	
18 & Under	Sept 1, 2007 – Dec 31, 2008 and later	2.24	2.43
21 & Under	Sept 1, 2004 – Dec 31, 2005 and later	2.24	2.43

*Athletes must be 11 as of January 1, 2026 to play in the 13U - 18U categories.

Overage Athletes

For the 2026 Season, as per the Volleyball Canada rule, athletes born January 1, 2007 – August 31, 2007 can play on an 18U team. These athletes are not allowed to be a part of a post-secondary volleyball program – they can-not be playing or training with a post-secondary volleyball team.

Each team can have 2 of these ‘overaged’ athletes on their team.

No Age Exemptions will be granted for Female Age Classes in 2026 other than for 18U listed above.

For 2025-2026 – each team can only have 2 of the athletes listed below if they are playing on a post-secondary volleyball team

**As of 2017 - Athletes that are born Sept 1, 2007 – December 31, 2007, and who have already graduated high school are eligible to play on an 18U team and are not considered overaged.*

Start Date

Club approval will open **Friday, August 15, 2025**. All clubs must complete at the club approval at <https://app.teamlinkt.com/register/find/saskvolleyball>

Sanctioned team tryouts and programming may be held **starting Sunday, September 7, 2025, on SUNDAYS ONLY**. for all age groups. To request sanctioning for your tryout, visit our registration link: <https://app.teamlinkt.com/register/find/saskvolleyball>

Team Registration will open **Tuesday, September 2, 2025**.

All sanctioned team practices may start on **Sunday, September 7, 2025, and after your team has registered with** Sask Volleyball for the 2025-2026 Season.

Team Registration for Sask Cup #1 will open **Wednesday, November 26, 2025**, and will close with a deadline of **Wednesday, December 10, 2025**. Early Bird Registration will close Wednesday, **December 3, 2025**.

Practices/tryouts not sanctioned have no insurance through Sask Volleyball.

Sask Volleyball will support SHSAA and only offer sanctioning to events that run September – November 23rd on Sundays.

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. Coaches may register and coach with multiple clubs. Coaches can only Head coach one team per weekend.**

Proof of age will be required at Provincials. One of Birth Certificate, Driver's License, Passport, SGI ID card, 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 \$60+GST Event Sanctioning fee must be paid for all tryouts prior to team registration. Registration fees of \$95 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. Team registration for the 2025-2026 Age-Class Indoor Season will be available beginning **Tuesday, September 2, 2025**. All try-outs and training must be sanctioned by Sask Volleyball to ensure that insurance requirements are met and all participants must hold a Sask Volleyball membership. To request sanctioning for an event, visit:

<https://app.teamlinkt.com/register/find/saskvolleyball>

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.**

Minimum Age for 13U-18U: All athletes, coaches and team personnel members that are on the official roster must be a minimum of **11 years of age as of January 1, 2026**. There is no minimum age for the 12U category.

Team personnel who are parents of an infant (under the age of 1) will be supported by Sask Volleyball in having the infant on the bench during matches. The infant must be appropriately secured in a hands-free baby carrier or in a stroller directly behind the bench. The team must notify Sask Volleyball of this occurrence prior to the event to ensure that competition officials are aware. The team may be asked to complete a Risk Acknowledgement form as they are exposing the infant to a higher-risk environment.

Team personnel who are the parent/caregiver to any young children may leave the bench to attend to them during the match provided the referee has been informed in advance. If the parent is the Head Coach, the Assistant Coach would be permitted to temporarily act as head coach during this time. Children over the age of 1 are not permitted to be on the bench.

For age groups 13-15U - 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). All 15 players can be dressed in uniform and participate in warmups.

For age groups 16-18U - Teams may have up to 15 players listed on the roster and all 15 can play in the match (VC competition guide rule).

A minimum of 8 athletes/team are required for registration, but only a minimum of 6 athletes are required for an event.

Teams can only participate in events in the age group that they are registered as.

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 Policy

- Once a player has agreed to join a club and registered with Sask Volleyball as a member of that team within that club, they are considered a member of that club until **June 15** of that season.
- Club Personnel cannot contact athletes or coaches from another club for the purposes of recruiting them to join their club in the future until **July 1**.
- Clubs cannot advertise club volleyball athlete or coach opportunities to the public for future seasons until **July 1**.
- Club personnel cannot instruct, or encourage others to recruit registered athletes from outside of their own club. This includes using their own athletes for recruiting purposes.
- Teams wanting to include players from outside their own club to compete in elite tournaments, (i.e. Best of the West), must initiate contact with such athletes through the athletes' current head coach only. Only after the current head coach has given permission can further communication with the athlete or athlete's family move forward.
- Players can only practice with teams in their own club. To participate in a practice with a team from outside their club, athletes need prior permission from their current head coach.
- Teams and Clubs found not to comply with Sask Volleyball policy will be subject to Sask Volleyball's Programming Sanctions visit www.saskvolleyball.ca/wp-content/uploads/2024/03/Sanctioned-Guidelines-mar18.24.pdf

Athlete Transfer Policy

Registered athletes cannot transfer to a different club 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 fourteen 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 of Feb 23 at 4pm.

Rules

Rules for the 2025-2026 Age Class Season comply with current 2025-2026 Official Volleyball Canada Rules, unless otherwise stated with respect to each age category. For a 2025-26 electronic rulebook visit https://volleyball.ca/uploads/Development/Referee/Rules/Rulebook_Files/Current_Year/2024-25_VC_Rulebook_EN_-_Final.pdf. Any Club Director that would like a hard copy of the rulebook, email a request with mailing address to aaron@saskvolleyball.ca and we will put one in the mail for you.

Sask Volleyball Changes for 2025-2026

- **Introduction of a 12U Girls/Boys/Co-Ed age category** – see 12U age group for specifics on this new age category
- **14U overhand pass from a served ball now allowed**
- **Linesperson:** Each team will be required to provide one (1) volunteer athlete from their roster, per game, to act in the role of line judge. Should a team not have sufficient athletes (roster of 8 or fewer) to fill this role, the opposing team will be asked to supply an athlete volunteer from their roster to fill the second line judge role. If this is not possible, or the opposing team does not want to provide 2 athletes, the referee will approve that no line judges will be used for the game/match.
- **All Sask Cups and Provincial Championships for 15U Men:**

Sask Volleyball will be adding a separate Sask Cup 1 and Sask Cup 2 event for our 15U Men category. If numbers allow, all Sask Cups and Provincial Championships will be divided into separate 15U Men and 16U Men events. There must be a minimum of **8 teams** registered in each category.

15U Men will follow Volleyball Canada rules for 15U Men, with the exception that the **modified substitution rule** will be implemented.

16U Men will follow Volleyball Canada rules for 16U Men, with the exception that the **12-sub unlimited rule** will be implemented.
- **Sask Cup 3 and Provincial Championships for 17U Men:**

Sask Volleyball will be adding a separate **Sask Cup 3** and a **Provincial Championship** event for the 17U Men category.

If numbers allow, the Sask Cup 3 and Provincials will be divided into separate 17U Men and 18U Men events. There must be a minimum of **8 teams** registered in each age category.
- **17U Men and 18U Men will compete together for Sask Cup 1 and 2. If numbers allow, (minimum of 8 registered 17U men teams and 8 registered 18U men teams), Sask Volleyball will separate 17U Men and 18U men for Sask Cup 3 and Provincial Championships.**

Substitution Rules: additional age groups added for 2025-2026 season

Sask Volleyball will be trialing the **12 unlimited substitution rule** for the 16UW, 16UM, 17UW, 17UM, 18UM and 18UW at all Sask Cups and Provincial Championships for the 2026 season.

Note: this is not a Volleyball Canada rule and will NOT be used at Nationals.

- **Roster Numbers:**

For age groups 16-18U - Teams may have up to 15 players listed on the roster and all 15 can play in the match (VC competition guide rule).

- **Age Competition Selection:**

- * Teams can compete in **one age category** at Sask Volleyball events, (Sask Cups and Provincial Championships). Teams wanting to play up an age group at Sask Cups will be allowed to do so, but can only compete in that age category, (i.e. 16U W playing in 17U W Sask Cup 1 must play all Sask Volleyball hosted events in the 17U category and cannot play in any 16U Sask Cup or Provincial Championships). Teams will declare their age group selection when they first register with Sask Volleyball.
- * Teams will be allowed to bring up a maximum of two athletes that have been previously registered on a team in a younger age category within their club, (i.e. A 17U team can bring up a maximum of two 16U athletes currently registered on a 16U team to compete at a Sask Cup or Provincial Championships). These athletes do not have to be the same players for every tournament.
- * Teams not following this policy will be considered in violation with Sask Volleyball Programming Sanction document, (see [Sask Volleyball Website](#))

- **Provincial Championship Participation**

Teams must play in a minimum of **one Sask Cup** event to be eligible to participate in the Sask Volleyball Provincial Championships. This Sask Cup event must be in the same age category as the Provincial Championship they wish to compete in.

- **Team Default**

- * Teams that are participating in a Sask Cup or Provincial tournament and default one or more matches in that tournament will be assessed a **\$100 fine** for each match they have defaulted.
- * This fine must be paid before they will be allowed to compete in any future Sask Cups or Provincial Championships.
- * Teams may appeal the fine by contacting the Sask Volleyball Office via email at aaron@saskvolleyball.ca

- **Minor Official Coordinator**

Each club will be required to have a “Minor Official Coordinator” and identify that person on the club approval with Sask Volleyball. Important duties may include:

- * i.e. Naming a minor official rep for each team in the club
- * i.e. Ensuring that minor officials for each of the club's teams know how to lines and score keep.

- **Tournament Format**

Sask Volleyball will be trialling a new tournament format for events that have more than 48 teams registered. Please click [here](#) to view details.

Tournament Registration Procedure

Registration for Sask Cups and Provincial Volleyball Championships will be done on-line through TeamLinkt. Teams will only be allowed to register for Sask Cups after they have completed the membership registration (including payment), and **their coaches have been approved by Sask Volleyball (must upload their RIS and current CRC to their TeamLinkt registration)**. Sask Cup 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: Registration;
<https://app.teamlinkt.com/register/find/saskvolleyball>

Dressing Room Rentals

Sask Volleyball will be renting out dressing rooms to teams during some of our events. Rentals are booked through Sask Volleyball and NOT through the facilities. Rentals will be for **Saturday** and **Sunday** only. There will be NO ROOMS available Friday nights. Team personnel can reserve **one room** and can only reserve for their **own team**. Club contacts will receive an email prior to rentals becoming available. You can register to rent dressing rooms through your roster in the club portal.

Team Videotaping

Sask Volleyball will ask that all teams wishing to set up video cameras comply with the following:

Warman

**teams are allowed to set up 1 video camera each at the far end of the gym, (against the wall, but not directly behind court).*

Henk Ruys

**teams are allowed to set up 1 video camera each in player boxes at far side of pod. Personnel setting up camera must do so before match begins but must go back to spectator areas until match is over.*

Other Venues

**may or may not be allowed depending on the venue and will be at the discretion of tournament host.*

Photography

Nobody is allowed onto the court areas to take photos of athletes before, during or after matches. This includes professional photographers that may have been hired by teams.

Provincial Volleyball Championship Registration

The deadline to register for all Provincials will be **Thursday, Feb 5th, 2026, with the Early Bird Registration being January 29th, 2026**, and must register in the same age category at all Sask Cup events and the provincial championships.

Teams planning to participate 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 through Sundays.

Frozen Rosters

The deadline for all Provincial Frozen Rosters will be **Monday, Feb 23rd, 2026 at 4pm**.

2026 Sask Cups & Provincials

**Tournaments/provincials may start on the Friday of the weekend listed*

Tournaments already confirmed for a **Friday are listed in **RED** – be prepared for a 3pm start*

AGE	TOURNAMENT	Registration Opening Date	Early Bird Registration Deadline	Registration Deadline	LOCATION
13UW	Sask Cup #1 Jan 30 – Feb 1	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 27 - Mar 1	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Warman
	Sask Cup #3 Apr 2 – 4 (Thur/Fri/Sat)	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Regina
	Provincials April 24 – 26	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Saskatoon
14UW	Sask Cup #1 Jan 30 – Feb 1	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 27 – Mar 1	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Regina

	Sask Cup #3 March 21-22	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Saskatoon
	Provincials April 17-19	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Saskatoon
14UM	Sask Cup #1 Jan 30 – Feb 1	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 27 – Mar 1	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Yorkton
	Sask Cup #3 April 2 - 4 (Thur/Fri/Sat)	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Regina
	Provincials April 24 - 26	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Saskatoon
15UW	Sask Cup #1 Jan 23 - 25	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 20 - 22	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Regina
	Sask Cup #3 April 2 – 4 (Thur/Fri/Sat)	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Saskatoon
	Provincials May 1 - 3	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Saskatoon
15UM	Sask Cup #1 Jan 23 - 25	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Regina

	Feb 20 - 22				
	Sask Cup #3 Mar 27 - 29	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	North Battleford
	Provincials April 17 - 19	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Saskatoon
16UW	Sask Cup #1 Jan 23 - 25	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 20 - 22	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Regina
	Sask Cup #3 Mar 14 - 15	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Saskatoon/W arman
	Provincials April 10 - 12	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Saskatoon
16UM	Sask Cup #1 Jan 16 - 18	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 7 - 8	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Saskatoon
	Sask Cup 3 Apr 2 - 4 (Thur/Fri/Sat)	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Regina
	Provincials May 1 - 3	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Saskatoon
17UW	Sask Cup #1 Jan 16 - 18	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2	Dec 10, 2025	Jan 2, 2026	Jan 8, 2026	Warman

	Feb 6 - 8		\$875	\$975	
	Sask Cup 3 Apr 2 – 4 (Thur/Fri/Sat)	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Regina
	Provincials Apr 17 - 19	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Warman
17UM	Sask Cup #1 See 18UM				
	Sask Cup #2 See 18UM				
	Sask Cup #3 Mar 13 – 15 *17UM will have a separate 17U Sask Cup if numbers allow)	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Warman
	Provincials May 1 – 3 *17UM will have a separate 17U provincials if numbers allow)	Jan 15, 2025	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Warman
18UW	Sask Cup #1 Jan 16 - 18	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 7 – 8	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Saskatoon
	Sask Cup #3	Jan 7, 2026	Jan 22, 2026	Jan 29, 2026	Warman

	Mar 27 - 29		\$875	\$975	
	Provincials Apr 24 - 26	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Warman
18UM	Sask Cup #1 Jan 16 - 18	Nov 26, 2025	Dec 3, 2025 \$875	Dec 10, 2025 \$975	Regina
	Sask Cup #2 Feb 20 - 22	Dec 10, 2025	Jan 2, 2026 \$875	Jan 8, 2026 \$975	Warman
	Sask Cup #3 Mar 13 - 15	Jan 7, 2026	Jan 22, 2026 \$875	Jan 29, 2026 \$975	Warman
	Provincials May 1 - 3	Jan 15, 2026	Jan 29, 2026 \$975	Feb 5, 2026 \$1075	Warman

*** ALL fees are subject to GST + service fees.**

- **Late Registration Fees – will be charged \$1350 and considered on a case-by-case basis. Entry will be determined upon space availability and teams are not guaranteed entry.**
- **For inquiries regarding Jump testing, please email eric@saskvolleyball.ca**
- **For a team wanting to withdraw from a Sask Cup or Provincials, registration fees will be refunded minus a \$50 admin fee until the registration deadline. After the deadline, registration fees are non-refundable.**

Women's Age Class Programs

SEEDING: 13U WOMEN	
SASK CUP 1 SEEDING	- 13U will be a random draw.
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
SASK CUP 3 SEEDING	- based on single highest point value from either Sask Cup 1 or Sask Cup 2.
PROVINCIAL SEEDING	- based on adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

TOURNAMENT FORMAT: 13U WOMEN	
SASK CUP 1 FORMAT	- all teams begin in same division.
SASK CUP 2 FORMAT	- if less than 16 teams : all teams compete in one division .
	- 16 teams or more : 8 teams compete in Division 1 and the rest in Division 2 . - movement between divisions.
SASK CUP 3 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more : 8 teams compete in Div 1 and the rest in Div 2 . - if numbers allow, top Div. 2 teams may be pooled in a "power pool" format. - there is movement between divisions.
PROVINCIAL FORMAT	- if less than 18 teams : all teams compete in one division . - if numbers allow, the top teams will be pooled together in a power pool .
	- 18 teams or more : 10 teams compete in Div 1 and the rest in Div 2 . - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - no movement between divisions.
	- 24 teams or more : 10 teams compete in Div 1 and the rest in Div 2 . - in Div 2 , the top teams may be pooled together in a power pool. - no movement between divisions.

SEEDING: 14U WOMEN – 18U WOMEN	
SASK CUP 1 SEEDING	- 14UW based on the 2025 13UW Provincial Results - 15UW based on the 2025 14UW Provincial Results - 16UW based on the 2025 15UW Provincial Results - 17UW based on the 2025 16UW Provincial Results - 18UW based on the 2025 17UW Provincial Results *NOTE: Teams that are from clubs new for 2026 will occupy the bottom seeds.
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
SASK CUP 3 SEEDING	- based on single highest point value from either Sask Cup 1 or Sask Cup 2.
PROVINCIAL SEEDING	- based on adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

TOURNAMENT FORMAT: 14U WOMEN – 18U WOMEN	
SASK CUP 1 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if more than 16 teams , all teams will be divided into different divisions with a crossover between divisions.
SASK CUP 2 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if more than 16 teams , all teams will be divided into different divisions with a crossover between divisions.
SASK CUP 3 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if more than 16 teams , all teams will be divided into different divisions with a crossover between divisions.
PROVINCIAL FORMAT	- if less than 18 teams : all teams compete in one division .
	- if more than 16 teams , all teams will be divided into different divisions with a NO crossover between divisions.

12U Girls/Boys/Co-Ed

LTD Stage: *Learning to Train*

Principle Focus: To introduce and develop sports skills (*Hitting/Attacking; Serving; Overhead passing*).

The **goals** of the 12U program are to:

- introduce or re-introduce children to volleyball;
- promote skill development and;
- encourage participation in a fun, friendly competition.

Smashball is the game play format that will be used for the 2025-2026 Age Class season.

Smashball is:

- a volleyball game-play variation that emphasizes attacking (hitting/spiking).

How is 12U Smashball played?

- off an ATTACK - the receiving team can **catch** the ball directly, OR after the ball bounces once, and the rally will continue. (NO POINT IN SCORED)
- off a SERVED or TOSSED ball - the receiving team must catch/play the ball directly.

NOTE: Setters may choose to use a:

- o SELF-TOSS & VOLLEY (set) to the hitter, OR
- o VOLLEY (set) to the hitter

Competition format:

- Open to **Girls** teams, **Boys** teams and/or **Co-Ed** teams
- 3 v 3 game play
- Recommended team size: 3 - 6 players
- The **Mikasa VUL500** will be the competition ball for this age category
- The court is a volleyball court divided in half, lengthwise (~4m (W) x ~7m (L))
- Net height (~2m)
- Scores will be kept (flip cards . . . no scoresheets) to determine when teams switch sides
- There are **NO** referees. Teams will make their own line calls.
- **NO** medals will be awarded, and **NO** champion will be declared
- This is intended as a fun competition (*learning event*) to serve as an introduction to competitive volleyball
- Competition dates and venues– TBD based on team numbers and community locations.

Match format:

- **25 minutes** duration (*new match starts every half-hour*)
- Sets played to **15 points** with a minimum lead of 2 points (no cap)
- **3rd set will be played until time expires**
- Fair play rule (**ALL** players must start in the 1st or 2nd set)
- Substitutions may occur in the event of an injury
- Ball movement between players ('passes') will be:
 - **PASS or TOSS** → **VOLLEY** (set) → **ATTACK**
 - 2nd contact **can be** a self-toss and volley (set), if the player chooses
- The serve alternates between teams after **EACH** time the ball is **grounded** (*. . . the ball bounces more than once in-bounds, the ball lands out of bounds or the ball is played into the net.*)
- A team must rotate and introduce a new server when it is their turn to serve (*The same as traditional volleyball*)
- No blocking allowed
- Underhand serve may occur from anywhere in the court behind the attack line OR, overhand serve, if used, must occur from behind the Smashball court *End line*.
- Players cannot 'walk' with the ball. The ball must be played (passed / tossed) from the location where it is caught.

12U - Support materials/resources:*Coach/Instructor - Training Opportunities:*

- ✓ Intro to SMASHBALL - (FREE) On-line presentation - **October 8, 2025**
 - **registration required** - To register for the presentation, go to: [Intro to Smashball](#)
- ✓ Intro to 12U - (FREE) On-line presentation - **December 3, 2025**
 - **registration required** - To register for the presentation, go to: [Intro to 12U Volleyball](#)
- ✓ Smashball Coach Workshop – online training through Volleyball Canada
[Smashball Coach Workshop information](#)

NOTE: Coach(es) & Person(s) in Authority (PIA) Requirements:

- Coaches of a 12U team can register with SVA as a Rec coach.
- Coaches and PIA **MUST** complete a Police Record Check and a Vulnerable Sector Check (VSC).

13U Girls

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup 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.

The Mikasa VUL500 Training Series will be the official competition ball for this age class.

Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.

- All players listed on the score sheet must start the first or second set.
- 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.
- 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.
- 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.

Sask Cup Structure

- Tripleball is the game play format that will be used for the 2025-2026 Age Class season.
- There will be no specialization of positions, i.e., No switching to a different position from your service order. i.e., 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.

Sask Cup Format

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

Tripleball Overview:

Tripleball is the official competition format for all 13U age competitions.

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

An explanation of Tripleball, including an instructional video can be found on the Sask Volleyball website.
<http://www.saskvolleyball.ca/coaching-resources/#toggle-id-3>

***NOTE:** A modification to the start location of the player receiving the tossed ball in P6 was introduced for the 2023-24 season and will continue to be used. Refer to item **g** under the **Guidelines for Tossers** in the Triple ball explanation.

13U - Support materials/resources:

- ✓ **Intro to Triple ball** - (FREE) On-line presentation – **November 26, 2025**
 - **registration required** - To register for the presentation, go to: [Intro to Triple ball](#)

14U Women

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- 14U Women will utilize the 12 limited substitution rule with NO libero.
- 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.

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid having teams from the same club playing in the same pool in the preliminary draw.

15U Women

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- 15U may receive the serve with an overhand motion using the fingers.
- **Modified Fair Play** rule for 15UW will again be in used for **all Sask Cups & Provincial Championships**.
 - Set 1: subs allowed after either team has scored 15 points. When either team reaches 15 points, coaches can substitute (12-sub limited).
 - Set 2: any athlete that did NOT start set 1 must start set 2. When either team reaches 15 points coaches can substitute (12-sub limited).
 - Set 3: (if necessary), no restrictions as to who starts, and 12-sub limited rule applies. Teams switch sides in the third set once a team reaches 8 points.

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round.
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.

16U Women

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- **16U will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round.
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.

17U Women

LTD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

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

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa V200W-CEV will be the official competition ball for this age category.
- **17U will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.

18U Women

LTD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

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

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa V200W-CEV will be the official competition ball for this age category.
- **18U will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.

Men's Age Class Programs

SEEDING: 14U MEN	
SASK CUP 1 SEEDING	- 14UM will be a random draw. *NOTE: Teams that are from clubs that are new in 2025 will occupy the bottom seeds.
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
PROVINCIAL SEEDING	- based on single highest point value from either Sask Cup 1 or Sask Cup 2.

SEEDING: 15U MEN & 16U MEN	
SASK CUP 1 SEEDING	If registration numbers dictate that we have a combined 15U/16U event: - Top six 16U teams based on the 15U results from previous year's provincial championships will be seeded #1 to #6. - Top two 15U teams based on the 14U results from previous year's provincial championships will be seeded #7 to #8. - Remainder of 16U entries are seeded next. - Remainder of 15U entries are seeded next. If registration numbers allow us to have a separate 15U/16U event: - 15U based on the 2025 14U Provincial Results - 16U based on the 2025 15U Provincial Results *NOTE: Teams that are from clubs that are new in 2026 will occupy the bottom seeds.
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1. *NOTE: If numbers allow this will be a separate 15U and 16U event.
SASK CUP 3 SEEDING	- based on single highest point value from either Sask Cup 1 or Sask Cup 2. *NOTE: If numbers allow this will be a separate 15U and 16U event.
PROVINCIAL SEEDING	- based on adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3. *NOTE: If numbers allow this will be a separate 15U and 16U event.

SEEDING: 17U MEN & 18U MEN	
SASK CUP 1 SEEDING	- Top six 18U teams based on the 17U results from previous year's provincial championships will be seeded #1 to #6. - Top two 17U teams based on the 16U results from previous year's provincial championships will be seeded #7 to #8. - Remainder of 18U entries will be seeded next. - Remainder of 17U entries will be seeded next. *NOTE: Teams that are from clubs that are new in 2025 will occupy the bottom seeds and are seeded randomly.
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
SASK CUP 3 SEEDING	- based on single highest point value from either Sask Cup 1 or Sask Cup 2. *NOTE: If numbers allow this will be a separate 17U and 18U event.
PROVINCIAL SEEDING	- based on adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3. *NOTE: If numbers allow this will be a separate 17U and 18U event.

TOURNAMENT FORMAT: 14UM – 18UM	
SASK CUP 1 FORMAT	- if less than 16 teams : all teams compete in one division . <i>- 14UM (regardless of the number of teams) ALL teams compete in one division</i>
	- if 16 teams or more: 8 teams compete in Div. 1 and the rest in Div. 2 . <i>- 14UM (regardless of the number of teams) ALL teams compete in one division</i>
	- if numbers allow, the top Division 2 teams may be pooled together in a power pool. - there is movement between divisions.
SASK CUP 2 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more: 8 teams compete in Div. 1 and the rest in Div. 2 .
	- if numbers allow, the top Division 2 teams may be pooled together in a power pool. - there is movement between divisions.
SASK CUP 3 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more: 8 teams compete in Div. 1 and the rest in Div. 2 .
	- if numbers allow, the top Division 2 teams may be pooled together in a power pool. - there is movement between divisions
PROVINCIAL FORMAT	- if less than 18 teams : all teams compete in one division .
	- if numbers allow: the top teams maybe pooled together in a power pool .
	- if there are 8 or more 13U Men's teams, AND 8 or more 14U Men's teams registered for provincials: there will be a separate 13UM and 14UM provincial championship – both age groups must have 8 teams in each, for this to happen. - if there are 8 or more 15U Men's teams AND 8 or more 16U Men's teams registered for provincials there will be a separate 15UM and 16UM provincial championship. - 15UM tournament will follow Volleyball Canada rules, (with the exception that the modified fair play rule will be implemented) , - 16UM tournament will follow Volleyball Canada rules for 16U Men. - if there are 8 or more 17U Men's teams AND 8 or more 18U Men's teams

	registered for provincials will be separate 17UM and 18UM prov. championship.
	- if 18 teams or more: 10 teams compete in Div. 1 and the rest in Div. 2. - if numbers allow, the top Division 2 teams may be pooled together in a power pool. - no movement between divisions.
	- if 28 teams or more: 10 teams compete in Div. 1, 10 teams in Div. 2 and the rest in Div. 3. - no movement between divisions.

14U Men

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

Guidelines

Registered teams must play in a minimum of 1 Sask Cup 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.

14U Men will utilize the 12 limited substitution rule with NO libero.

The Mikasa VQ200W-CAN will be the official competition ball for this age category.

Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.

- All players listed on the score sheet must start the first or second set.
- Substitutions are not permitted in the first or second set. In the case of injury, 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.
- 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.
- Teams switch sides in the third set once a team reaches 8 points.

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid having teams from the same club playing in the same pool in the preliminary draw.
 - teams start in either Division 1 or 2 (for Sask Cup 2, Sask Cup 3 and Provincial championships). There will be a set of crossover matches after pool play to allow teams from Division 2 an opportunity to compete in Division 1.

15U Men

LTD Stage: Training to Train B

Principle Focus: builds the “engine” and consolidates sports skills.

- 15UM will have a separate tournament for all Sask Cups and Provincial Championships as long as there is a minimum of 8 teams registered for at these events for both 15UM and 16UM. Volleyball Canada rules will be implemented for these separate 15UM events.
- 15UM will utilize **modified fair play rule** at all Sask Cups and Provincials if they are competing in a separate event from 16UM.

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.
- Each tournament will have teams start in either Division 1 or 2. There will be a set of crossover matches to allow teams from Division 2 an opportunity to compete in Division 1.

16U Men

LTD Stage: Training to Train B

Principle Focus: builds the “engine” and consolidates sports skills.

- 15UM and 16UM will have a separate tournament for all Sask Cups and Provincial Championships as long as there is a minimum of 8 teams registered for at these events for both 15M and 16M.

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- **16U will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.
- Each tournament will have teams start in either Division 1 or 2. There will be a set of crossover matches to allow teams from Division 2 an opportunity to compete in Division 1.

17U Men

LTD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

17U Men will compete with 18U Men in Sask Cup 1 and 2. If numbers allow, there will be a separate 17U Men **Sask Cup 3** and **Provincial Championship**. (Need 8 teams minimum in each 17U and 18U).

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa V200W-CEV will be the official competition ball for this age category.
- **17U Men will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.
- Each tournament will have teams start in either Division 1 or 2. There will be a set of crossover matches to allow teams from Division 2 an opportunity to compete in Division 1.

18U Men

LTD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

Guidelines

17U Men will compete with 18U Men in Sask Cup 1 and 2. If numbers allow, there will be a separate 18U Men Sask Cup 3 and Provincial Championship. (Need 8 teams minimum in each 17U and 18U)

- Registered teams must play in a minimum of 1 Sask Cup 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.
- The Mikasa V200W-CEV will be the official competition ball for this age category.
- **18U Men will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

- A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- Sask Volleyball reserves the right to adjust the seeding to avoid teams from the same club playing in the same pool in the preliminary draw.
- Each tournament will have teams start in either Division 1 or 2. There will be a set of crossover matches to allow teams from Division 2 an opportunity to compete in Division 1.

SASK CUP TOURNAMENT POINT ALLOCATIONS

DIVISIONS: 13U WOMEN, 14U MEN			
TOURNAMENT	1ST PLACE	2ND PLACE	3RD PLACE etc.
SASK CUP 1	194 POINTS	192 POINTS	190 POINTS etc.
SASK CUP 2	197 POINTS	195 POINTS	193 POINTS etc.
DIVISIONS: 14U, 15U, 16U, 17U, 18U WOMEN 15U, 16U & 18U MEN			
TOURNAMENT	1ST PLACE	2ND PLACE	3RD PLACE etc.
SASK CUP 1	194 POINTS	192 POINTS	190 POINTS etc.
SASK CUP 2	197 POINTS	195 POINTS	193 POINTS etc.
SASK CUP 3	200 POINTS	198 POINTS	196 POINTS etc.

**** In case of a tie, the team with the better finish at the most recent Sask Cup will receive the higher seed at the next Sask Volleyball hosted event****

Coach & Person in Authority (PIA) Requirements: PROVINCIAL, NATIONAL, and SASK CUP ROSTERS

Sask Volleyball Provincials and Sask Cups will follow the same Volleyball Canada's Youth National Championships Coach Eligibility Requirements to ensure that all coaches participating at Provincials, Sask Cups or in a National Championships have the competencies necessary to provide every athlete with a safe, inclusive, and responsible sport experience. The only difference is that the Sask Sport Safe Sport policy requires PIA to complete a Vulnerable Sector Check (VSC), in addition to a Police Record Check.

Guiding Principles

All athletes have the right to NCCP Trained Coaching Staff. Coaches' responsibilities include:

- Provide an environment that is physically, mentally, emotionally, and socially safe for all athletes and participants.
- Provide a learning environment that incorporates teaching methodologies, technical guidelines, and long-term development principles.
- Ensure that all training is current and updated, as required.

MANDATORY Eligibility Requirements for all Persons in Authority (PIA):

PIA includes any registered person with the operation of volleyball within a club, including all coaching staff. **Team registrations will not be officially approved until** these **3 elements** have been verified by Sask Volleyball. All documents are to be entered at the time of registration through TeamLinkt.

Any Team with 1 Head coach and no assistant coaches, **MUST** have a registered PIA to adhere to the Rule of Two, and follow the PIA requirements. This PIA is NOT an Assistant coach and will not be allowed on the bench as such.

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. [Rule of Two eLearning Module](#) (Free) is recommended to review. **(This screened PIA Individual is not a registered coach and is not permitted on the bench at tournaments)**

Teams that have a Recreational Coach (practice only) will need to have those coaches register with SVA as a Rec coach and will go through the same approval process as the PIA.

NEW FOR 2025-26 – Volleyball Canada will be launching Volleyball Connect. This new website will be replacing the Volleyball Canada Coaching Centre. All volleyball coaching resources for your certification pathway, **workshops, evaluations, toolkit and PD options** will be hosted on this learning centre. Sask Volleyball will continue to use coach.volleyball.ca until the new website is fully operational. Coaches can expect Volleyball Canada to send out sign up instructions to set up your personal account. Stay tuned for this announcement in the coming year.

Mandatory 3 Elements			
Head Coaches, Assistant Coaches, Rec Coaches, PIA's			
	Enhanced Police Information Check (EPIC)	Cost varies	EPIC (which includes a <u>Vulnerable Sector Check</u>) completed within the last 3 years (June 1, 2023 or later) and valid through the 2025-2026 season of play
	Screening Disclosure Form	Free	Screening Process completed annually when you register via TeamLinkt
	Safe Sport Training or Equivalent	Free	The Coach Association of Canada (CAC) Safe Sport Training module is a free online module that will help anyone involved in sport identify and prevent situations of maltreatment Sask Volleyball - Respect in Sport for Activity Leaders equivalent program is recognized by Sport Canada and is required by all Sask Sport members

Development Coach Pathway – Modules			
Head Coaches and Assistant Coaches listed on any Provincial, National and Sask Cup rosters			
DEADLINE March 1, 2026 – Pending Provincial membership approval			
	Making Head Way in Sport eLearning	Free	Making Head Way online module will help coaches gain knowledge and skills required to ensure the safety of participants
	Foundations of Volleyball eLearning	\$99	Foundations of Volleyball online modules introduces coaches to Volleyball Canada's current teaching methodologies and long- term athlete development principles
	Make Ethical Decisions (MED) Online Evaluation	\$85	Coaches can also go directly to the MED Online Evaluation without taking the module but only have two attempts to pass before being required to take the module The evaluation is \$85 or free if course was completed

Head Coach Requirements	
14U to 18U	Head Coaches participating at a National Championship for the 1st time are required to have successfully completed a DEVELOPMENT COACH WORKSHOP Head Coaches participating at a National Championship for a 3rd year, or more, are required to have active CERTIFIED DEVELOPMENT COACH status. Coaching Requirements Checklist

Important Notes:

1. Active Status: Head Coaches who have achieved Certified status in any context (Development, Advanced Development, Performance Coach) are still required to complete the mandatory requirements and maintain Active status in the NCCP Locker. Coaches with an 'Inactive' status are not eligible. Please refer to [Volleyball Canada's NCCP Certification Maintenance Guide](#) on how to remain **Active**.

2. Coaching Requirements Exemption: Coaches who have not met the Certification Requirements by the March 15, 2026 deadline may submit an exemption application. Exemptions will only be considered under the following conditions: ***Please do not register for evaluation unless you are in your 3rd year Head Coaching in the 14-18U Division. It is encouraged that 1st and 2nd year head coaches gain experience prior to evaluation registraion.**

1. 1st year Head Coach at National Championships. This will be verified through the Locker based on mandatory requirements dates of completion, i.e. Initial Locker Activity - Fall 2024-Winter 2025.
2. A head coach is assigned to a team roster, after March 30, 2026 – based on approved roster changes by VC.
3. There is confirmation through The Locker of professional development taken within the previous 3 months (Jan-March 2025) not including the mandatory requirements.

3. SANCTIONS: Any coach who is missing any of the mandatory requirements will be ineligible to participate with their team in any capacity (regardless of attending Provincials) in the 2025-2026 season of play, subject to a \$250 Fine, and will not be listed on the team roster. No exemption will be provided. No refunds provided. Please visit your locker account and Volleyball Connect account to ensure all items are completed prior to sending fines as NO REFUND will issued for items completed past the date of deadline. **Fines payment deadline of March 15, 2026.**

Any coach who received a Sask Volleyball fine in 2025 will be ineligible to participate in 2026, if the requirements listed above are not met. Any coach that received an exemption in 2025 will be subject to a fine if requirements are not met. Sask Volleyball 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.

National Sanction Head Coaches who do not meet the requirements outlined below for 2026 will be subject to a \$250 CAD fine, payable prior to participation at Nationals. Any coach who received Volleyball Canada Nationals fine in 2025 will be ineligible to participate in 2026, if the requirements listed below are not met. Any coach that received an exemption in 2025 will be subject to a fine if requirements are not met, payable prior to participation in this year's Nationals. [National Exemption Process](#)

4. Exemptions for Provincials will only be considered if rationale is received in written form, prior to **February 20, 2026**. All requests are to be sent to michelle@saskvolleyball.ca. Any exemptions provided to Sask Volleyball are not applicable to the Volleyball Canada Nationals exemption process.

5. Advanced Development Coach Certification: Volleyball Canada is piloting a new approach to the NCCP Coach Education Pathway. During the 2024-2025 season of play, Provincial and Territorial Associations (PTAs), along with Volleyball Canada (VC) will offer Advanced Development Coach Certification pilots that utilize the various delivery methods. It is strongly encouraged for all coaches in the current Advanced Development Pathway to complete their certification requirements within the 2024-2025 season of play. PTAs and VC will continue to promote and offer professional development opportunities that enhance coach education.

Coach Workshops

Coaches can register for a workshop once completing Foundations of Volleyball. Our NCCP workshop dates can be found on our website. For more info, please contact Michelle Ashby at michelle@saskvolleyball.ca

NCCP CERTIFICATION PATHWAYS (Development Stream for 13-18U Athletes)

- 1) [Development Coach Certification Pathway](#)
- 2) [Advanced Development Coach Certification Pathway](#)

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 register for an evaluation on the Coaching Center (coach.volleyball.ca).

Certification Active Status – Coaches are responsible for maintaining and managing their own Professional Development ‘points’ yearly in their personal ([NCCP Locker Account](#)) managed by the Coaching Association of Canada.

*****Development and Advanced Development Certified Coaches need to complete 20 PD points every 5-year cycle. If your status states ‘Not Renewed’ in The Locker, you are not meeting requirements and need to complete the remaining PD points to regain active certified status.***

Please refer the [Volleyball Canada’s NCCP Certification Maintenance Guide](#) on how points are determined.

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/>

Coach Symposium

Coaches can attend online or in-person volleyball presentations, featuring guest speakers, during the club season for PD points. For more info and dates, head to our website:

<http://www.saskvolleyball.ca/coaching-symposium/>

Concussion Protocol

Sask Volleyball adheres to Volleyball Canada’s Concussion Policy and Protocol. [Click here](#) for the full document.

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 Development Program (# of athletes)	21%
Accredited Club Indoor 13-15U teams (# of teams)	29%
Accredited Club Indoor 16-18U teams (# of teams)	29%

Approved Indoor Development Program (# of athletes)	13%
Approved Beach Development Program (# of athletes)	8%

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 2026 Season, Adult teams will be required to pay a membership fee to participate in these events. Teams will be required to pay the \$500 plus tax entry fee per tournament as well.

Divisions

Seniors: Men's/Women's – Born 2007 or before

Masters: Men's/Women's – Born in 1991 or before

Masters 45+: Men's/Women's – Born in 1981 or before

2026 Adult Tournament Dates

TOURNAMENT	Date	Registration Deadline	Location	Fee
Master Women's Provincials	April 11, 2026	Feb 5, 2026	SASKATOON	\$500+GST+ PST+online transaction fees
Senior Women's Provincials	April 12, 2026	Feb 5, 2026	SASKATOON	\$500+GST+ PST+online transaction fees
Senior Men's Provincials	April 12, 2026	Feb 5, 2026	SASKATOON	\$500+GST+ PST+ online transaction fees

Registration

<https://app.teamlinkt.com/register/find/saskvolleyball>

Contact Sask Volleyball office at 306-327-7893 or via email at blair@saskvolleyball.ca with any questions you may have.

Section 7: Beach Volleyball

Sask Volleyball will offer Beach Volleyball in 2026 – please watch social media for updates on Beach information.

Section 8: Indoor National Championships



All 2026 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 February, exact date to be posted on www.volleyball.ca. Club teams will be able to create a team on the VRS and register a club contacts and a team contact without filling in their roster of athletes and coaches in order to register for Nationals.

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

Locations and Dates – First day listed is check-in only, not competition

Apr 30 – May 3, 2026	14UG	Ottawa, ON
Apr 30 – May 3, 2026	14UB & G	Moncton, NB
May 7 - 10, 2026	14UB & G	Edmonton, AB
May 14 - 17, 2026	14UB /15UB	Mississauga, ON
May 14 - 17, 2026	17UG	Calgary, ON
May 20 - 23, 2026	17UB /18UB & G	Calgary, ON
May 24 - 27, 2026	15UG	Calgary, ON

Registration dates will be posted on the Volleyball Canada website in November 2025.

All team registrations for Nationals are done online. For assistance on registering a team, please consult the Nationals Registration Guide (Coming soon on the VC website and social media).

Section 9: 2025-2026 Referee Committee

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October 3, 2025

(cell) 306-594-7927

Email: evanrostotski@hotmail.com

Sask Volleyball 2025-2026 Club Guide

2025-26 Referee Pay Rate Schedule

****All assigning of referees for club or exhibition matches must be requested and coordinated through the RRC or a Referee Committee Member in your zone. This will ensure all referees are registered and have completed any mandatory requirements. **Mandatory requirements are: Safe Sport module completion and Police Record Check (within last 36 months)** Failure to comply with this process will have repercussions of no other club tournaments being sanctioned or potentially the inability to attend provincial championships.**

***Effective for the 2025-2026 season**, pay rates for Sask Volleyball-run tournaments include a per diem fee. If a canteen is available officials will be expected to pay for items.

Best of Two or Three Matches

One Referee		
	Sask Cup Match Rate	Club Tournament Match Rate
Level 3, 4, 5	\$34	\$32
Level 2	\$31.30	\$29.30
Level 1	\$29.50	\$27.50
Novice	\$27.70	\$25.70

Two Referees		
	Sask Cup Match Rate	Club Tournament Match Rate
Level 3, 4, 5	\$30.50	\$28.50
Level 2	\$28.00	\$26.00
Level 1	\$26.50	\$24.50
Novice	\$25.00	\$23.00

Best of Five Matches

Level 3, 4, 5 \$50 per referee
 Level 1, 2 \$45 per referee

Sask Volleyball Beach Events

\$25/hour plus Sask Volleyball Policy rate for Per Diem

Tournament Assigner Fees

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

Mileage

The mileage rate is \$0.53/km

Section 12: Appendices

Appendix A - Over-Age Athlete Request Form

Over-Age Athlete Registration Form – FOR ATHLETES BORN IN 2007

For 18U only, athletes born between January 1, 2007 and August 31, 2007 are eligible to compete as an Overage Athlete.

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

Is the athlete part of any post-secondary program?

2. _____
Name of over-age athlete Birth Date Athlete or Guardian Signature

Is the athlete part of any post-secondary program?

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

WARM-UP PROTOCOL

Volleyball Canada has introduced a warm-up protocol that *prohibits anyone from taking up a position inside the receiving court during the hitting portion of the warm-up.*

The protocol is now **required** and must be followed by all teams during the hitting portion of the team warm-up, **(article 7.2.4 of the Indoor Rulebook).**

- a) Athletes must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside of the court. Athletes are not permitted into the receiving court.

Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court.

Retrieved balls must be returned along the sidelines of the court and not through the receiving court.

If the team is using both sides of the court, i.e., full court game type activity – only one ball can be in play at any given time.

Opposing teams are not permitted to use volleyballs in the free zone during the other team's allocated court time. It is recommended for the opposing team to support the retrieval of volleyballs for the team on the court.

Teams not adhering to the protocol will be notified by the referee that they are to follow the above stated regulation. Teams must then adjust their warm-up accordingly. Time allotted for the hitting warm-up will not stop during the notification and adjustment period.

If a team chooses NOT to adjust their warm-up accordingly after the direction of the referee:

- 1) a Sask Volleyball representative may then be involved. The team in violation of article 7.2.4 will forfeit the rest of their warm-up AND either a side-out will be applied to the offending team if they have first serve or a point will be awarded to the opposition if they have first serve.
- 2) the referee will note on the scoresheet the team who chooses not to follow the warm-up protocol,
- 3) In the event of repeated offenses, Sask Volleyball will administer appropriate disciplinary action as per Sask Volleyball's Code of Conduct Policy.