



2022 – 2023
Club Guide

Staff

Regina Office

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

- Aaron Demyen Chief Executive Officer 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, Officials Liaison.
- Cara Orr Program Director 306-539-1734 cara@saskvolleyball.ca
Responsibilities: Program Management, Club, Awards & Hall of Fame, Events, Sanctioning, Apparel
- Tom Ash Indoor Development Program Coordinator 306-780-9419 tom@saskvolleyball.ca
Responsibilities: Grassroots Programming, 13U-14U Club.
- Tom Foster Indoor Competitive Program Coordinator 306-540-3210 tomfoster@saskvolleyball.ca
Responsibilities: 15-18U Club.
- Lori Banga Referee Contact 306-745-7811 skroc@sasktel.net
Responsibilities: Referee Training, Referee Mentorship, Referee Evaluation.

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 Programs
- Joel Dyck High Performance Manager c 306-713-2450 joel@saskvolleyball.ca
Responsibilities: Men's High Performance Programs, Coaching Programs

Memberships

Membership Fees (all prices include GST):

- Competitive Athlete and Coach - \$93.00
This fee applies to ANY individual who would be on the bench or court at ANY tournament
- Associate Memberships (per person) - \$93.00
- College & University Athletes and Coaches - \$59.00
- Atomic Registration - \$10.00 per participant
- Indoor Recreation Player - \$10.00 per participant
- Beach Membership - \$10.00 per participant

*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 - \$48.00
 - Provincial Level - \$53.00
 - Regional Level - \$90.00
 - National Level - \$100.00
 - International Level - \$110.00

****New referee requirements****

Referees must complete Safe Sport module from Coaching Association of Canada

[Safesport \(coach.ca\)](https://safesport.coach.ca) and a current (within 36 months) Police Record Check.

Email skroc@sasktel.net to get a copy of the letter to use this letter when obtaining your Police Record Check. Your Police Record Check can 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 contact Sask Volleyball office at 780-9250 for more information on obtaining these products.

Clothing

Sask Volleyball will have clothing available to purchase at select Sask Cups and all Provincial Championships. Hoodies, Crewnecks, T-shirts and Sweats will all be available to purchase, as well as an opportunity to pre-order Provincial Championship clothing for 2023 – 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:

<https://volleyball.canada.sportsmanager.ie/sportlomo/registration/event-registration/index/12322>

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:

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: <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. Preferred hotels for the 2023 Season are as follows:

Lloydminster: Microtel Inn & Suites by Wyndham, Best Western Plus Meridian, Border Inn & Suites

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

Saskatoon: Hampton Inn & Suites by Hilton Saskatoon Airport, Saskatoon Inn, Home Inn & Suites, Towneplace Suites by Marriott, Days Inn & Suites Warman Legends Centre, Delta Downtown by Marriott, Canalta Martensville, Sandman Hotel, Days Inn

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

Equipment

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

AGE CLASS	2023	2024	2025
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

A. Elementary Stream

The Elementary Volleyball Program is a resource for elementary school teachers working with children ages 6 to 11 years. (gr. 1 – 6)

What is the Elementary Program?

It is a National Coaching Certification Program (NCCP) online course that is:

- designed for Elementary school teachers delivering a physical education curriculum.
- a useful resource for noon hour and after school programs.

Overview:

The Elementary Volleyball Program:

- introduces children to the game of volleyball in a fun and interesting way,
- uses a variety of participant formats (*1 x 1; 2 x 2; and 3 x 3*) for the activities/games,
- uses play experience to help children learn basic game tactics, technical skills, and rules, and includes a 150-page Teacher Guide with sample lesson plans and assessments making it easy for teachers/instructors to use.

Key Components:

- uses lighter and softer volleyballs.
- activities/games are played on a smaller court (*badminton court*), or a volleyball court divided in half, lengthwise.

Support materials/resources:

Coach/Instructor Training Opportunities:

1. Intro to Elementary Volleyball - On-line presentation (Oct. 5, 2022)
2. Intro to Elementary Volleyball - In-school presentations (upon request)
3. Elementary Volleyball – eLearning Module (available through Volleyball Canada)

On the Sask Volleyball web site follow the links:

- [INDOOR - GRASSROOTS PROGRAMS – FALL 2022 SCHEDULE, OR;](#)
- [INDOOR - GRASSROOTS PROGRAMS - ELEMENTARY VOLLEYBALL, OR;](#)
- [COACHES - COACHING RESOURCES - ELEMENTARY VOLLEYBALL](#)

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

Tom Ash: Program Coordinator - Grassroots programming
Sask Volleyball
tom@saskvolleyball.ca
O: 306-780-9419 Cell: 306-527-4897

B. Community Stream

SMASHBALL – FUNdamentals

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

It 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*)

The **SMASHBALL – FUNdamentals** program is often organized as a 6 session program (1 hour/session)

SMASHBALL – FUNdamentals – sample training program – Refer to <http://www.saskvolleyball.ca/>

- INDOOR – GRASSROOTS PROGRAMS - SMASHBALL **OR**;
- COACHES - COACHING RESOURCES - SMASHBALL

SMASHBALL – Learn to Train

(Designed for children: gr. 4 - 6; ages 9 – 11 years)

It is a volleyball program in which:

- children learn the **basic skills** of volleyball; (*spiking, fore-arm passing, 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

The **SMASHBALL – Learn to Train** program is often organized as an 8 session program (1 – 1 ½ hours/session)

SMASHBALL – Learn to Train– sample training program – Refer to <http://www.saskvolleyball.ca/>

- 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** after the ball 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:

1. Intro to SMASHBALL - On-line presentation (Oct. 12, 2022)
2. Saskapalooza Series: Fall Coaching Symposium (Oct. 29, 2022)
3. Community Coach Workshop (Nov. 2, 2022)

On the Sask Volleyball web site follow the links:

- INDOOR – GRASSROOTS PROGRAMS - SMASHBALL **OR;**
- COACHES - COACHING RESOURCES - SMASHBALL

On the web site you will find:

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

Children - Training / Competition Opportunities:

1. Community SmashFest
2. Saskapalooza SmashFest (Nov. 26, 2022 – Regina; Dec. 3, 2022 - Saskatoon)

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

Tom Ash:	Program Coordinator - Grassroots programming,
Sask Volleyball	tom@saskvolleyball.ca
O: 306-780-9419	Cell: 306-527-4897

Section 3: High Performance Program

The following provides a brief overview of the indoor programs being offered in 2022-2023. Further details will be updated on our website.

TEAM SASK	15/14/13U	16/15U	17 & Under
Eligibility	Born 2008, 2009 & 2010 (Or exceptional 2011)	Born 2007 & 2008 (Or exceptional 2009 & 2010)	Born 2006 & 2007 (Or 2005 in grade 11)
# of Athletes - Female:	N/A	12 Travel Athletes	12 Travel Athletes
# of Athletes - Male:	N/A	12 Travel Athletes	12 Travel Athletes
Winter Selects Camp:	N/A Exceptional selects may be invited to attend.	Invite Only – Dec 2-4 17 and under returning Team Sask athletes from this past summer.	
ID Sessions - Female:	14/13U Jump Test – TBA	15U ID Session – TBA 16U/15U ID Session – TBA	Not offered – Sask Cup competitions will be utilized for athlete identification
ID Sessions - Male:	14/13U Jump Test – TBA	16U/15U ID Session – TBA	Not offered – Sask Cup competitions will be utilized for athlete identification
Future Select Camp:	Invite Only – June 9-11	N/A	N/A
Final Selection Camp:	N/A	Invite Only – May 26-28 Exceptional 14U selects may be invited to attend.	
Training Dates:	N/A	June – July, Exact Dates TBD	
Training Facility:	N/A	TBD	
Competition:	N/A	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.	

NAIG is scheduled for 2023 and Sask Summer Games 2024.

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: Registration:

<https://volleyball.canada.sportsmanager.ie/sportlomo/registration/event-registration/index/12322>.

Tournament Sanctions are \$50+GST+PST 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, 2022.

Provincial Club Programs

Clubs can have their contact info listed on the Sask Volleyball website to promote themselves to the public. Contact Blair at blair@saskvolleyball.ca to add your club information for 2022-2023.

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, 2009 – Dec 31, 2010 and later	2.15	
14 & Under	Sept 1, 2008 – Dec 31, 2009 and later	2.15	2.20
15 & Under	Sept 1, 2007 – Dec 31, 2008 and later	2.20	2.35
16 & Under	Sept 1, 2006 – Dec 31, 2007 and later	2.24	2.35
17 & Under	Sept 1, 2005 – Dec 31, 2006 and later	2.24	
18 & Under	Sept 1, 2004 – Dec 31, 2005 and later	2.24	2.43
21 & Under	Sept 1, 2000 – Dec 31, 2001 and later	2.24	2.43

Overage Athletes

For 18U only, athletes born between January 1 – August 31, 2004, and are in Grade 12 for the 2022-2023 academic year (first year Grade 12) are eligible to compete as an Overage Athlete.

For the 2023 Season, as per the Volleyball Canada rule, athletes born January 1, 2004 – August 31, 2004 can play on an 18U team. These athletes are not allowed to be a part of a post-secondary program – they can-not be playing or training with a post-secondary team. Each team can have 2 of these ‘overaged’ athletes on their team.

No Age Exemptions will be granted for Female Age Classes in 2023 other than for 18U listed above.

**New rule as of 2017 - Athletes that are born Sept 1, 2004 – December 31, 2004, and who have already graduated high school are eligible to play on an 18U team and are not considered overaged.*

Start Date

Club registration will open **Thursday, September 1, 2022**.

Sanctioned team tryouts may be held starting **Friday, October 7, 2022**, for all age groups. To request sanctioning for your tryout visit: Registration:

<https://volleyball.canada.sportsmanager.ie/sportlomo/registration/event-registration/index/12322>

Team Registration will open **Monday, November 21, 2022**.

All sanctioned team practices may start on **Monday, November 28, 2022**, and after your team has **registered with** Sask Volleyball for the 2022-2023 Season.

Team Registration for Sask Cup #1 will open **Thursday, Dec 1, 2022**, and will close with a deadline of **Thursday, December 15, 2022**. Early Bird Registration will close Thursday, December 8, 2022.

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 28th 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, Driver's 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. Team registration for the 2022-2023 Age-Class Indoor Season will be available beginning **Monday, November 21, 2022**. 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://volleyball.canada.sportsmanager.ie/sportlomo/registration/event-registration/index/12322>

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) . All 15 players can be dressed in uniform and participate in warmups.**

(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 the indoor playing season, May 31, and will remain as such until they are registered with Sask Volleyball for the 2022-2023 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 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.

Rules

Rules for the 2022-2023 Age Class Season comply with current 2022-2023 Official Volleyball Canada Rules unless otherwise stated with respect to each age category. Rulebooks can be purchased from Sask Volleyball office.

Rule Changes for 2022-23

- **Fair Play rule for 15UW**
 - 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.
 - Teams switch sides in the third set once a team reaches 8 points.
- **Please note this is not a Volleyball Canada rule and will NOT be used at Nationals in Regina in May.**
- **If there is a 15UM category for Provincials they will not use the Fair Play rule but use all Volleyball Canada rules for 15UM according to the Volleyball Canada rule book.**

Rule Changes for 2021-22

- **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 – see Volleyball Canada Rule Book for Protocol outline.**
- Sask Volleyball will be using the Volleyball Canada Concussion Policy and Protocol at Sask Cups and Provincial Championships - <http://saskvolleyball.ca/wp-content/uploads/2018/12/2018-Concussion-Policy-apr30.18.pdf>

An Athletic Therapist will be present at all Provincial Championships. To review the concussion policy/protocol, visit: <file:///C:/Users/Owner/AppData/Local/Temp/2018-Concussion-Policy-apr30.18.pdf>

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 Sask Cups after they have completed the membership registration (including payment). 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://volleyball.canada.sportsmanager.ie/sportlomo/registration/event-registration/index/12322>

Provincial Volleyball Championship Registration

The deadline to register for all Provincials will be **Thursday, Feb 23rd, 2023, with the Early Bird Registration being Feb 16, 2023**. 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 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 nights through Sundays.

Frozen Rosters

Rosters are frozen 14 days prior to each Sask Cup event.

The deadline for all Provincials Frozen Rosters will be **Monday, April 3rd, 2023, at 10pm**

2023 Sask Cups & Provincials

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

*Tournaments already confirmed for a Friday night are listed in **RED**

AGE	TOURNAMENT	Early Bird Registration	Registration Deadline	LOCATION
13UW	Sask Cup #1 Feb 4-5	Dec 8, 2022 \$750	Dec 15, 2022 \$850	Warman
	Sask Cup #2	Feb 2, 2023	Feb 9, 2023	Regina

	March 25-26	\$750	\$850	
	Provincials April 15-16	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon
14UW	Sask Cup #1 Jan 28-29 Future Select Saturday Jump Reach ID	Dec 8, 2022 \$750	Dec 15, 2022 \$850	Saskatoon
	Sask Cup #2 Mar 10 – 12	Jan 19, 2023 \$750	Jan 26, 2023 .\$850	Lloydminster
	Sask Cup #3 April 1-2	Feb 9, 2023 \$750	Feb 16, 2023 \$850	Regina
	Provincials April 22-23	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon
14UM	Sask Cup #1 Feb 25-26	Jan 5, 2023 \$750	Jan 12, 2023 \$850	Yorkton
	Sask Cup #2 Mar 25-26 Future Select Saturday Jump Reach ID	Feb 2, 2023 \$750	Feb 9, 2023 \$850	Regina
	Provincials April 22-23	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon
15UW	Sask Cup #1 Feb 11-12	Dec 8, 2022 \$750	Dec 15, 2022 \$850	Saskatoon
	Sask Cup #2 Mar 18-19	Jan 26, 2023 \$750	Feb 2, 2023 \$850	Regina
	Sask Cup #3 April 1-2 15U Team Sask Select Friday ID Session	Feb 9, 2023 \$750	Feb 16, 2023 \$850	Saskatoon/Warman
	Provincials April 29-30	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon
16UW	Sask Cup #1 Jan 28-29 15U Team Sask Select Friday ID Session	Dec 8, 2022 \$750	Dec 15, 2022 \$850	Saskatoon
	Sask Cup #2 Mar 4-5	Jan 12, 2023 \$750	Jan 19, 2023 \$850	Saskatoon
	Sask Cup #3 Mar 25-26	Feb 2, 2023 \$750	Feb 9, 2023 \$850	Saskatoon/Warman
	Provincials April 15-16	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon/Warman
	Sask Cup #1	Jan 5, 2023	Jan 12, 2023	Warman

16UM	Feb 25-26 Team Sask Select Friday ID Session	\$750	\$850	
	Sask Cup #2 Mar 25-26	Feb 2, 2023 \$750	Feb 9, 2023 \$850	Yorkton
	Provincials April 15-16	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon/Warman
17UW	Sask Cup #1 Jan 28-29	Dec 8, 2022 \$750	Dec 15, 2022 \$850	Warman
	Sask Cup #2 Mar 4-5	Jan 12, 2023 \$750	Jan 19, 2023 \$850	Lloydminster
	Sask Cup #3 Mar 18-19	Jan 26, 2023 \$750	Feb 2, 2023 \$850	Regina
	Provincials April 22-23	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Warman
18UW	Sask Cup #1 Feb 11-12	Dec 8, 2022 \$750	Dec 15, 2022 \$850	Warman
	Sask Cup #2 Mar 4 - 5	Jan 12, 2023 \$750	Jan 19, 2023 \$850	Saskatoon
	Sask Cup #3 Mar 17-19	Jan 26, 2023 \$750	Feb 2, 2023 \$850	Lloydminster
	Provincials April 29-30	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon/Warman
18UM	Sask Cup #1 Feb 11-12	Dec 8, 2022 \$750	Dec 15, 2022 \$850	Saskatoon
	Sask Cup #2 Mar 18-19	Jan 26, 2023 \$750	Feb 2, 2023 \$850	Yorkton
	Provincials April 29-30	Feb 16, 2023 \$875	Feb 23, 2023 \$975	Saskatoon/Warman

* ALL fees are subject to GST + service fees.

- 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.
- For a team wanting to withdraw from a Sask Cup, 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 AND TOURNAMENT FORMAT: Women 13U

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

TOURNAMENT FORMAT	
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 . - if 16 teams or more , 8 teams compete in Division 1 and the rest in Division 2 . - 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 . - if 18 teams or more , 10 teams compete in Division 1 and the rest in Division 2 . - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - no movement between divisions. - if 24 teams or more , 10 teams compete in Division 1 and the rest in Division 2 . - in Division 2 , the top teams will be pooled together in a power pool.

	- no movement between divisions.
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SEEDING AND TOURNAMENT FORMAT: Women 14U, 15U, 16U, 17U, 18U

SEEDING	
SASK CUP 1 SEEDING	<ul style="list-style-type: none"> - 14UW based on the 2022 13UW Provincial Results - 15UW based on the 2022 14UW Provincial Results - 16UW based on the 2022 15UW Provincial Results - 17UW based on the 2022 16UW Provincial Results - 18UW based on the 2022 17UW Provincial Results
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
SASK CUP 3 SEEDING	- single highest point value from either Sask Cup 1 or Sask Cup 2.
PROVINCIAL SEEDING	- adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

TOURNAMENT FORMAT	
SASK CUP 1 FORMAT	- all teams begin in same division.
SASK CUP 2 FORMAT	<ul style="list-style-type: none"> - if less than 16 teams, all teams compete in one division. - if 16 teams or more, 8 teams compete in Division 1 and the rest in Division 2. - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - movement between divisions.

SASK CUP 3	- if less than 16 teams , all teams compete in one division .
FORMAT	- if 16 teams or more , 8 teams compete in Division 1 and the rest in Division 2 . - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - movement between divisions.
PROVINCIAL	- if less than 18 teams , all teams compete in one division .
FORMAT	- if 18 teams or more , 10 teams compete in Division 1 and the rest in Division 2 . - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - no movement between divisions.
	- if 32 teams or more , 10 teams compete in Division 1 and 14 teams in Division 2 and the rest in Division 3 . - 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. - no movement between divisions. <ul style="list-style-type: none">• <i>a team can qualify for Division 3 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>

13U Girls

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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 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.
 - 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.

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

- iv. 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

- a) Triple ball will be used for the 2022-2023 Age Class season.
- 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.

Sask Cup Format

- a) 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.
- b) Draws are intended to provide each team with 6-8 matches during the tournament.

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.

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>

14U Women

LTAD 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

- 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 VQ200W-CAN** 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.

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

Sask Cup Format

- c) A serpentine seeding system will be utilized to place teams into pools in the preliminary round
- d) 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.
- e) Draws are intended to provide each team with 6-8 matches during the tournament.

15U Women

LTAD 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

- 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 VQ200W-CAN** 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 may receive the serve with an overhand motion using the fingers
- e) 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.
 - v. **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.
 - vi. 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.
 - vii. Teams switch sides in the third set once a team reaches 8 points.

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

Sask Cup Format

- 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.

16U Women

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports 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

- 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 VQ200W-CAN** will be the official competition ball for this age category.
- c) 16U Women will utilize the 6 limited substitution rule with libero.

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

Sask Cup Format

- 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 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.

17U Women

LTAD 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

- 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 V200W-CEV** will be the official competition ball for this age category.
- c) 17U Women will utilize the 6 limited substitution rule with libero.

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

Sask Cup Format

- 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 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.

18U Women

LTAD 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 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.
- The **Mikasa V200W-CEV** will be the official competition ball for this age category.
- 18U will utilize the 6 limited substitution rule with libero.

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

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.
- Draws are intended to provide each team with 6-8 matches each.

Men's Age Class Programs

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

SEEDING	
SASK CUP 1 SEEDING	<ul style="list-style-type: none"> - 14UM will be a random draw. - 16UM based on the final standing of the 2022 15UM teams at 16UM Provincials & then 14UM Provincial Results - 18UM based on the final standing of the 2022 17UM teams at 18UM Provincials & then 16UM Provincial Results
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
PROVINCIAL SEEDING	- single highest point value from either Sask Cup 1 or Sask Cup 2.

TOURNAMENT FORMAT	
SASK CUP 1 FORMAT	<ul style="list-style-type: none"> - all teams begin in same division.
SASK CUP 2 FORMAT	<ul style="list-style-type: none"> - if less than 16 teams, all teams compete in one division. - if 16 teams or more, 8 teams compete in Division 1 and the rest in Division 2. - movement between divisions.
PROVINCIAL FORMAT	<ul style="list-style-type: none"> - 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. - 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 – both age groups must have 8 teams in each for this to happen. 15UM tournament will follow Volleyball Canada rules for 15U Men, 16UM tournament will follow Volleyball Canada rules for 16U Men. - if 18 teams or more, 10 teams compete in Division 1 and the rest in Division 2. - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - no movement between divisions. - if 24 teams or more, 10 teams compete in Division 1 and the rest in Division 2. - in Division 2, the top teams will be pooled together in a power pool. - no movement between divisions.

14U Men

LTAD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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) 14U Men will utilize the 12 limited substitution rule with NO libero.
- c) The **Mikasa VQ200W-CAN** will be the official competition ball for this age category.
- d) 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.
 - d. Teams switch sides in the third set once a team reaches 8 points.

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

Sask Cup #1 - [Tripleball](#) will be used as the game play format at Sask Cup #1.

Any tournaments that are sanctioned and occur prior to Sask Cup #1 are expected to run as [Tripleball](#) tournaments.

An explanation of [Tripleball](#), including an instructional video, can found on the SaskVolleyball web site.

Sask Cup #2 and Provincial Championships, traditional Volleyball Canada Format will be used.

Sask Cup Format

- 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 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.

16U Men

LTAD Stage: Training to Train B

Principle Focus: builds the "engine" and consolidates sports skills.

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 VQ200W-CAN** will be the official competition ball for this age category.
- c) **16U Men will utilize the 6 limited substitution rule with libero.**

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

Sask Cup Format

- 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 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.

18U Men

LTAD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

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 V200W-CEV** will be the official competition ball for this age category.
- c) 18U Men will utilize the 6 limited substitution rule with libero.

Sask Cup Structure

Sask Cups will be used for the 2022-2023 Age Class season.

Sask Cup Format

- 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 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.

SASK CUP TOURNAMENT POINT ALLOCATIONS

ALL MEN'S DIVISIONS AND 13U WOMEN			
TOURNAMENT	1ST PLACE	2ND PLACE	3RD PLACE etc.
SASK CUP 1	94 POINTS	92 POINTS	90 POINTS etc.
SASK CUP 2	97 POINTS	95 POINTS	93 POINTS etc.
14U, 15U, 16U, 17U AND 18U WOMEN'S DIVISIONS			
TOURNAMENT	1ST PLACE	2ND PLACE	3RD PLACE etc.
SASK CUP 1	94 POINTS	92 POINTS	90 POINTS etc.
SASK CUP 2	97 POINTS	95 POINTS	93 POINTS etc.
SASK CUP 3	100 POINTS	98 POINTS	96 POINTS etc.

Coach & Person in Authority (PIA) PROVINCIAL Requirements

ALL COACHES & PIA 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) and Respect in Sport (RIS) completed at the time of team registration. Team registrations will not be approved until a completed PRC & RIS is received and verified by Sask Volleyball. All documents are to be sent to coach@saskvolleyball.ca

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 National requirements below **before April 1, 2023**. 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 15, 2023. All requests are to be sent to coach@saskvolleyball.ca

Coach & Person in Authority (PIA) NATIONAL Requirements

MANDATORY ELIGIBILITY REQUIREMENTS FOR HEAD COACHES IN 2022 AND 2023:

Head Coaches listed on any VC National Championship roster must complete the requirements in Section A (below) to be eligible to participate. These requirements are mandatory for all Head Coaches regardless of certification status. PTA's will verify requirements for all Head Coaches through their registration system.

DEADLINE: Pending Provincial membership approval and National registration deadlines.

SANCTIONS: Head Coaches who are missing any, or all, of the requirements in Section A (below) will be ineligible to participate with their team in a Head Coach capacity at a VC National Championship for that year and will not be listed on the final team roster.

A	Enhanced Police Information Check (EPIC) & Screening Process	Cost varies	<i>EPIC completed within the last 3 years Screening Process completed annually</i>
	Coaches Association of Canada (CAC) Safe Sport Training	Free	<i>Credit will also be given for equivalent programs recognized by Sport Canada, i.e., Respect in Sport, Activity Leader.</i>
	Making Head Way in Sport eLearning	Free	<i>The Making Head Way eLearning provides coaches with the latest information specific to Concussion Management.</i>

	Make Ethical Decisions (MED) Online Evaluation	\$85 or Free	<i>Credit for the Make Ethical Decisions (MED) Online Evaluation is required. Coaches can choose to take the MED NCCP Multi Sport Module and then complete the MED Online Evaluation for free or they can proceed directly to the MED Online Evaluation (without taking the module) for \$85.</i>
	Foundations of Volleyball eLearning	\$89	<i>Foundations of Volleyball eLearning introduces coaches to Volleyball Canada's teaching methodologies and long-term athlete development principles.</i>

MANDATORY ELIGIBILITY REQUIREMENTS FOR ALL ADDITIONAL PERSONS IN AUTHORITY (PIA) IN 2021 AND 2022:

All additional Persons in Authority listed on any Nationals roster must complete the requirements in Section B (below) to be eligible. In addition to the Head Coach, a Person in Authority includes, but is not limited to, all assistant coaches, team trainers and team managers who are listed on the Nationals roster. These requirements are mandatory for all Persons in Authority regardless of certification status.

DEADLINE: Pending Provincial membership approval and National registration deadlines.

SANCTIONS: Any Persons in Authority who are missing any or all the requirements in Section B (below) will be ineligible to participate with their team as a Persons in Authority at a Nationals for that year and will not be listed on the final team roster.

B	Enhanced Police Information Check (EPIC) & Screening Process	Cost varies	<i>EPIC completed within the last 3 years Screening Process completed annually</i>
	Coaches Association of Canada (CAC) Safe Sport Training	Free	<i>Credit will also be given for equivalent programs recognized by Sport Canada, ie Respect in Sport, Activity Leader.</i>

MINIMUM CERTIFICATION REQUIREMENTS FOR HEAD COACHES:

All Head Coaches listed on any Nationals roster must meet the requirements below for the age class that they are coaching.

DEADLINE: March 30 of the respective year.

SANCTIONS: Head Coaches who do not meet the requirements for that year (outlined below) will be subject to a \$250 CAD fine, payable prior to participation in that year's Nationals.

	2022 TBA To be update prior to Club Season	2023 TBA To be update prior to Club Season
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14U 15U 16U	<p>TRAINED DEVELOPMENT COACH</p> <p>All Head Coaches listed on a 14U, 15U or 16U National Championship roster in 2021 must have Trained Development Coach status prior to participation. - Subject to Change Yearly</p>	<p>All coaches participating as a Head Coach at a 14U, 15U or 16U Nationals for the first time since 2017 are required to have TRAINED DEVELOPMENT COACH status.</p> <p>All coaches participating as a Head Coach at a 14U, 15U or 16U National Championship for the second time or more since 2017 (does not need to be consecutive years) are required to have CERTIFIED DEVELOPMENT COACH status.</p>
17U 18U	<p>TRAINED ADVANCED DEVELOPMENT COACH</p> <p>All Head Coaches listed on a 17U or 18U National Championship roster in 2021 must have Trained Advanced Development Coach status prior to participation. - Subject to Change Yearly</p>	<p>All coaches participating as a Head Coach at a 17U or 18U Nationals for the first time since 2017 are required to have TRAINED ADVANCED DEVELOPMENT COACH status.</p> <p>All coaches participating as a Head Coach at a 17U or 18U National Championship for the second time or more since 2017 (does not need to be consecutive years) are required to have CERTIFIED ADVANCED DEVELOPMENT COACH status.</p>
<p>IMPORTANT NOTE: <u>Head Coaches</u> who have achieved Certified status in their appropriate context are still required to complete the mandatory requirements in Section A (above) and maintain Active status in the NCCP Locker. Please refer to Volleyball Canada's NCCP Certification Maintenance Guide on how to remain Active.</p>		

Updated August 17, 2021 (Draft 1.2)

Please note that this document may be subject to change without notice.

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

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

[Basic Mental Skills](#)

Coach Workshops

Coaches can register for a workshop once completing the online E-Learning modules. Our NCCP workshop dates can be found on our website. For more info or to discuss hosting a clinic in your community, please contact Joel Dyck at joel@saskvolleyball.ca or 306-713-2450.

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 email request an evaluator on your status file at (coach.volleyball.ca).

Coach Maintenance for PD Points

Certified coaches are responsible for maintaining and managing their own Professional Development 'points' in their personal ([NCCP Locker Account](#)) managed by the Coaching Association of Canada.

****Please check your PD Points in your Locker, 2022, will be the fourth year when coaches must meet their PD Points requirements. The five-year period to obtain your 20 or 30 PD Points if 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. You can also 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, throughout the year for PD points (Typically Nov & Feb). 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)	20%
Accredited Club Indoor 13-15U teams (# of teams)	25%
Accredited Club Indoor 16-18U teams (# of teams)	25%
Accredited Club Indoor Performance teams (# of teams)	5%
Approved Indoor Development Program (# of athletes)	16%
Approved Beach Development Program (# of athletes)	5%
High School Associations	4%

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 2023 Season, Adult teams will be required 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 2004 or before

Masters: Men's/Women's – Born in 1988 or before

Masters 45+: Men's/Women's – Born in 1978 or before

2023 Adult Tournament Dates

<i>TOURNAMENT</i>	Date	Registration Deadline	Location	Fee
Master Women's Provincials	April 15-16, 2023	Feb 23, 2023	Saskatoon	\$400+GST+ PST
Senior Women's Provincials	April 22-23, 2023	Feb 23, 2023	Saskatoon	\$400+GST+ PST
Senior Men's Provincials	April 29-30, 2023	Feb 23, 2023	Saskatoon	\$400+GST+ PST

Registration

[Registration : User Log-in \(sportsmanager.ie\)](https://sportsmanager.ie)

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 based on Covid restrictions at the time of spring/summer of 2023. (See Beach section of our website)

Section 8: Indoor National Championships



All 2023 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

May 4 - 7, 2023

14UW & 14UM - Ottawa

May 10 – 13, 2023

16UW - Calgary

May 11 - 14

14UW & 14UM - Halifax

14UW & 14UM - Winnipeg

15UM & 16UM - Edmonton

May 13 – 16, 2023

17UW & 17UM - Calgary

May 17 – 20, 2023

18UW & 18UM - Calgary

May 18 - 21, 2023

15UW - Regina

Registration dates will be posted on the Volleyball Canada website in November 2022.

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

Section 9: 2022-2023 Referee Committee

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2022-23 Referee Pay Rate Schedule

****All assigning of referees for club or exhibition matches must be requested and coordinated through the ROC or a Referee Committee Member. 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)****

**Effective for the 2022-2023 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 Match	Club Tournament Match
Level 3, 4, 5	\$36	\$29
Level 2	\$33	\$26
Level 1	\$31	\$24
Novice	\$29	\$22

<u>Two Referees</u>		
	Sask Cup Match	Club Tournament Match
Level 3, 4, 5	\$31	\$24
Level 2	\$28	\$21
Level 1	\$26	\$19
Novice	\$24	\$17

Best of Five Matches

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

Sask Volleyball Beach Events

Same rate as "Two Referees - Sask Cup Match"

Tournament Assigner Fees

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

Mileage

The mileage rate is \$0.50/km

Finding referees for small/self-assigning tournaments \$25

Section 12: Appendices

Appendix A - Over-Age Athlete Request Form

*Over-Age Athlete Registration Form – **FOR ATHLETES BORN IN 2004***

For 18U only, athletes born between January 1, 2004 and August 31, 2004 and are in Grade 12 for the 2022-2023 academic year, 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
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

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.
- b. Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court.
- c. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
- d. 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.
- e. 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.**