



# Club Guide 2023-24

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

- Aaron Demyen Chief Executive Officer 306-535-9231 [aaron@saskvolleyball.ca](mailto: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](mailto:blair@saskvolleyball.ca)  
Responsibilities: Accounting, Registration, Office Operations, Referee Liaison.
- Cara Orr Program Director 306-539-1734 [cara@saskvolleyball.ca](mailto: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](mailto:tom@saskvolleyball.ca)  
Responsibilities: Grassroots Programming (ages 6 – 12 years), 13U-14U Club.
- Tom Foster Indoor Competitive Program Coordinator 306-540-3210 [tomfoster@saskvolleyball.ca](mailto:tomfoster@saskvolleyball.ca)  
Responsibilities: 15-18U Club.
- Lori Banga Regional Officials Chair 306-745-7811 [rccsaskvolleyball@gmail.com](mailto:rccsaskvolleyball@gmail.com)  
Responsibilities: Referee Training, Referee Mentorship, Referee Evaluation.
- Noah Miller High Performance Manager 306-530-9017 [noah@saskvolleyball.ca](mailto: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](mailto:eric@saskvolleyball.ca)  
Responsibilities: Women's High Performance Programs
- Joel Dyck Coach Pathway Manager 306-713-2450 [joel@saskvolleyball.ca](mailto:joel@saskvolleyball.ca)  
Responsibilities: Coaching Programs
- Michelle Ashby Admin & Coaching Requirements, 306-260-1255 [michelle@saskvolleyball.ca](mailto:michelle@saskvolleyball.ca)

## Section 1: Program Memberships

### 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
- Grassroots programs - \$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. 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 contact Sask Volleyball office at 306-780-9250 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 2024. 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 McAra Street Regina, SK S4N 6L4  
Tel: 306-780-9250 Email: [blair@saskvolleyball.ca](mailto: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/>

## 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 2024 Season are as follows:

**Lloydminster:** Microtel Inn & Suites by Wyndham, Best Western Plus Meridian, Border Inn & Suites, Home Inn and 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, Canalta Martensville, Best Western Plus Airport Inn and Suites, The House, The Sandman Hotel

**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

**North Battleford:** Comfort Suites, Gold Eagle Lodge

**Moose Jaw:** TBD

## Equipment

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

AGE CLASS	2024	2025	2026
<b>12U WOMEN</b>	VUL500	VUL500	TBD
<b>13U WOMEN</b>	VUL500	VUL500	TBD
<b>14U WOMEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>15U WOMEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>16U WOMEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>17U WOMEN</b>	V200W	V200W	V200W
<b>18U WOMEN</b>	V200W	V200W	V200W
<b>12U MEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>13U MEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>14U MEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>15U MEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>16U MEN</b>	VQ200W-CAN	VQ200W-CAN	VQ200W-CAN
<b>17U MEN</b>	V200W	V200W	V200W
<b>18U MEN</b>	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 v 1; 2 v 2; and 3 v 3) for the activities/games,
- uses play experience to help children learn basic game tactics, technical skills, and rules,
- includes a 150-page Teacher Guide with sample lesson plans and assessments.

#### **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. 4, 2023) - registration required
2. Intro to Elementary Volleyball - In-school presentations (upon request throughout the year)
3. Elementary Volleyball – eLearning Module (available online through Volleyball Canada)

*On the Sask Volleyball website follow the links:*

- [Indoor - Grassroots Programs – Fall 2023 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 - Sask Volleyball Program Coordinator - Grassroots programming  
[tom@saskvolleyball.ca](mailto:tom@saskvolleyball.ca) 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)
- 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](#)

### 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

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

**SMASHBALL – FUNdamentals** – 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:*

1. Intro to SMASHBALL - On-line presentation (Oct. 11, 2023) - registration required
2. Community Coach Workshop – online training through Volleyball Canada  
[Community Coach information](#)

*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: hosted (with Sask Volleyball support) by individual communities
2. Saskapalooza SmashFest: hosted by Sask Volleyball  
(SOUTH - Nov. 25, 2023 – Regina; NORTH - Dec. 2, 2023 – North Battleford)

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

Tom Ash - Sask Volleyball Program Coordinator - Grassroots programming  
[tom@saskvolleyball.ca](mailto: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 2023-2024. Further details will be updated on our website.

<b>2024 TEAM SASK INDOOR</b>	<b>15/14/13U</b>	<b>16/15U</b>	<b>17 &amp; Under</b>	<b>Canada Summer Games (2025)</b>
<b>Eligibility</b>	Born 2009, 2010 & 2011 (Or exceptional 2012)	Born 2008 & 2009 (Or exceptional 2010 & 2011)	Born 2007 & 2008 (Or 2006 in grade 11)	Born 2007 & Under
<b># of Athletes - Female:</b>	TBD Training Athletes	12 Travel Athletes	12 Travel Athletes	12 Travel Athletes
<b># of Athletes - Male:</b>	TBD Training Athletes	12 Travel Athletes	12 Travel Athletes	12 Travel Athletes
<b>Winter Selects Camp - Men and Women:</b>	N/A	Invite Only – <b>Dec 1-3 TBC</b> Returning 17 & under Team Sask travel athletes from this past summer, plus additional exceptional athlete invites. (Up to 24-28 athletes per gender)		
<b>ID Sessions - Female:</b>	14/13U Jump Test – TBA	15U ID Session(s) – TBA No 16U ID Session	Not offered – Sask Cup competitions will be utilized for athlete identification	Not offered – Invite only
<b>ID Sessions - Male:</b>	14/13U Jump Test – TBA	16U/15U ID Session – TBA	Not offered – Sask Cup competitions will be utilized for athlete identification	Not offered – Invite only
<b>Future Select Camp:</b>	Invite Only – <b>June 14-16</b>	N/A	N/A	N/A
<b>Final Selection Camp:</b>	N/A	Invite Only – <b>May 31 to June 2</b> Exceptional 14U athletes may be invited to attend.		
<b>TS Training Dates:</b>	July TBD	June – July, Exact Dates TBD		
<b>Training Facility:</b>	Saskatoon and Regina TBD			

<b>Competition:</b>	N/A	TBC - 3 Men and 3 Women teams to participate in the Canada Cup in mid-July. Location and date to be confirmed by Volleyball Canada.
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### 2024 SASK SUMMER GAMES – INDOOR

<b>Eligibility</b>	Born 2010 or later (14 & under)
<b># of Athletes - Female:</b>	12 Athletes per District (1 Team)
<b># of Athletes - Male:</b>	12 Athletes per District (1 Team)
<b>Final Selections:</b>	TBD – Each District will host a separate tryout in early June
<b>Training Dates:</b>	TBC – June to July
<b>Training Facility:</b>	TBD by designated District coaches
<b>Competition:</b>	TBC – July 21-27 Lloydminster (4 Days)

### 2024 SASK SUMMER GAMES – BEACH

<b>Eligibility</b>	Born 2009 or later (15 & under)
<b># of Athletes - Female:</b>	4 Athletes per District (2 Teams)
<b># of Athletes - Male:</b>	4 Athletes per District (2 Teams)
<b>Final Selections:</b>	TBD – Each District will host a separate tryout in early June
<b>Training Dates:</b>	TBC – June to July
<b>Training Facility:</b>	TBD – by designated District coach
<b>Competition:</b>	TBC – July 21-27 Lloydminster (4 Days)

## **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://app.teamlinkt.com/register/find/saskvolleyball>

Tournament Sanctions are \$50+GST and non-refundable, although they can be transferred to a different date in the same club season. Tournament Sanctions will be accepted starting September 15, 2023.

No tournaments will be sanctioned December 1-3 for ages 16-18U.

Tournament requests for a Provincial Weekend will be subject to referee availability and will not be approved until the Provincial Referee availability has been confirmed. 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.

### **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](mailto:blair@saskvolleyball.ca) to add your club information for 2023-2024.

## 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, 2010 – Dec 31, 2011 and later	2.15	
14 & Under	Sept 1, 2009 – Dec 31, 2010 and later	2.15	2.20
15 & Under	Sept 1, 2008 – Dec 31, 2009 and later	2.20	2.35
16 & Under	Sept 1, 2007 – Dec 31, 2008 and later	2.24	2.35
17 & Under	Sept 1, 2006 – Dec 31, 2007 and later	2.24	
18 & Under	Sept 1, 2005 – Dec 31, 2006 and later	2.24	2.43
21 & Under	Sept 1, 2002 – Dec 31, 2003 and later	2.24	2.43

### Overage Athletes

For 18U only, athletes born between January 1 – August 31, 2005, and are in Grade 12 for the 2023-2024 academic year, (first year grade 12) are eligible to compete as an Overage Athlete.

For the 2024 Season, as per the Volleyball Canada rule, athletes born January 1, 2005 – August 31, 2005 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 2024 other than for 18U listed above.**

*\*New rule as of 2017 - Athletes that are born Sept 1, 2005 – December 31, 2005, 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, September 1, 2023**. All clubs must complete at the club approval at <https://app.teamlinkt.com/register/find/saskvolleyball>

Sanctioned team tryouts may be held **Sunday, September 3 – Sunday, October 8, 2023, on SUNDAYS ONLY**. Starting **Friday, October 13**, tryouts can occur any day, 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 **Wednesday, November 1, 2023**.

All sanctioned team practices may start on **Monday, November 27, 2023, and after your team has registered with** Sask Volleyball for the 2023-2024 Season.

Team Registration for Sask Cup #1 will open **Thursday, November 23, 2023**, and will close with a deadline of **Thursday, December 14, 2023**. Early Bird Registration will close Thursday, December 7, 2023.

### ***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 26<sup>th</sup> that don't house high school athletes on their rosters.**

### **Eligibility**

Coaches are responsible for ensuring that teams comply with Sask Volleyball and VC eligibility criteria for the registration of teams. **Athletes can only play for and be registered with 1 club.** Proof of age will be required at Provincials. One of Birth Certificate, 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 \$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 2023-2024 Age-Class Indoor Season will be available beginning Wednesday, November 1, 2023. 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://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. 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 are required for registration, but only a minimum of 6 athletes are required for an event).

**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 next, (2023-2024), Indoor Season. Once a player has committed to a team **and** completed the registration process with Sask Volleyball for the upcoming season, they are no longer free agents. At this point:

- Club personnel are not to continue recruitment of registered athletes that are from outside of their own club.
- Club personnel are not to 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, (ie. 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.

***\*Clubs, teams or personnel violating recruiting guidelines are subject to sanctions levied by Sask VB\****

Registered athletes **may not 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 20.

### **Rules**

Rules for the 2023-2024 Age Class Season comply with current 2023-2024 Official Volleyball Canada Rules, unless otherwise stated with respect to each age category. Rulebooks can be purchased from Sask Volleyball office.

### **Sask Volleyball Changes for 2023-2024**

- **Sask Cup 1 format:**  
teams will now start the tournament in either Division 1 or Division 2 based on their seeding, the same format as Sask Cup 2 and Sask Cup 3.  
[\*EXCEPT 13UW & 14UM – SEE WOMEN 13U TOURNAMENT FORMAT p.19; 14UM TOURNAMENT FORMAT p. 28]

- **Fair Play rule for 15UW will again be in place for Sask Cup 1 and Sask Cup 2:**
  - 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 in that match.
  - 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.
- **For 15UW - Sask Cup 3 and Provincials there will be modifications to fair play rule:**
  - Set 1: subs allowed after either team has scored 15 points. After 15 points coaches can substitute (12-sub limited).
  - Set 2: any athlete that did NOT start set 1 must start set 2. After 15 points coaches can substitute (12-sub limited).
  - Set 3 (if necessary): No restrictions, 12-sub limited rule applies.

\* Please note this is not a Volleyball Canada rule and will NOT be used at Nationals.

\*\* If there is a 15U Men's category for Provincials they will NOT use the Fair Play rule, but will follow all Volleyball Canada 15U Men rules re: Volleyball Canada rule book.

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- **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>
  - Sask Volleyball plans to have an Athletic Therapist 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 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 our events at **Henk Ruys** and **Warman Home Centre Communiplex**. Rentals are done 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 listed above.

## 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 1<sup>st</sup>, 2024, with the Early Bird Registration being January 25<sup>th</sup>, 2024**. 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

The deadline for all Provincial Frozen Rosters will be **Tuesday, Feb 20<sup>th</sup>, 2024, at 4pm**

## 2024 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 Deadline	Registration Deadline	LOCATION
13UW	Sask Cup #1 <b>Feb 9-11</b>	Dec 7, 2023 \$775	Dec 14, 2023 \$875	Warman
	Sask Cup #2 March 16-17	Jan 11, 2024 \$775	Jan 18, 2024 \$875	Moose Jaw
	Provincials April 12-14	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	Saskatoon/Warman
14UW	Sask Cup #1 Jan 27-28 <small>(Friday 15U Future Selects &amp; Team Sask ID)</small>	Dec 7, 2023 \$775	Dec 14, 2023 \$875	Saskatoon
	Sask Cup #2 DIV 1 - <b>Mar 9-10</b> DIV 2 – <b>Mar 8-10</b>	Jan 4, 2024 \$775	Jan 11, 2024 \$875	DIV 1 - <b>North Battleford</b> DIV 2 - <b>Lloydminster</b>
	Sask Cup #3	Jan 25, 2024	Feb 1, 2024	

	<b>Mar 28-30</b> <b>Thurs night/Fri/Sat</b> <small>(Friday Team Sask Jump Reach ID)</small>	\$775	\$875	Regina
	Provincials April 19-21	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	Saskatoon
14UM	Sask Cup #1 Feb 24-25 <small>(Sat Team Sask Jump Reach ID)</small>	Jan 4, 2024 \$775	Jan 11, 2024 \$875	Regina
	Sask Cup #2 Apr 6-7	Jan 25, 2024 \$775	Feb 1, 2024 \$875	Moose Jaw
	Provincials April 19-21	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	Saskatoon
15UW	Sask Cup #1 Feb 10-11	Dec 7, 2023 \$775	Dec 14, 2023 \$875	Saskatoon
	Sask Cup #2 Mar 22-24 <small>(Friday 15U Team Sask ID)</small>	Jan 11, 2024 \$775	Jan 18, 2024 \$875	Saskatoon/Warman
	Sask Cup #3 April 12-14	Jan 25, 2024 \$775	Feb 1, 2024 \$875	Saskatoon
	Provincials May 3-5	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	Saskatoon
16UW	Sask Cup #1 Jan 27-28 <small>(Friday 15U Team Sask ID for athletes playing up a division)</small>	Dec 7, 2023 \$775	Dec 14, 2023 \$875	Saskatoon/Warman
	Sask Cup #2 Mar 2-3	Jan 4, 2024 \$775	Jan 11, 2024 \$875	DIV 1 – Yorkton DIV 2 – Moose Jaw
	Sask Cup #3 <b>Mar 28-30</b> <b>Thurs night/Fri/Sat</b>	Jan 18, 2024 \$775	Jan 25, 2024 \$875	Saskatoon
	Provincials	Jan 25, 2024	Feb 1, 2024	Saskatoon

	April 26-28	\$900	\$1000	
16UM	Sask Cup #1 Feb 24-25	Jan 4, 2024 \$775	Jan 11, 2024 \$875	Warman
	Sask Cup #2 Apr 6-7 <small>(Friday 16U Team Sask ID)</small>	Jan 25, 2024 \$775	Feb 1, 2024 \$875	Regina
	Provincials May 3-5  *15UM will have a separate 15U provincials on same weekend if numbers allow)	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	Saskatoon/Warman
17UW	Sask Cup #1 <b>Feb 2-4</b>	Dec 7, 2023 \$775	Dec 14, 2023 \$875	Warman
	Sask Cup #2 <b>Mar 1-3</b>	Jan 4, 2024 \$775	Jan 11, 2024 \$875	Lloydminster
	Sask Cup #3 <b>Mar 22-24</b>	Jan 18, 2024 \$775	Jan 25, 2024 \$875	Regina
	Provincials April 19-21	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	Warman
18UW	Sask Cup #1 Feb 3-4	Dec 7, 2023 \$775	Dec 14, 2023 \$875	Lloydminster
	Sask Cup #2 Mar 2-3	Jan 4, 2024 \$775	Jan 11, 2024 \$875	Warman
	Sask Cup #3 Apr 6-7	Jan 25, 2024 \$775	Feb 1, 2024 \$875	Warman
	Provincials April 26-28	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	Warman

18UM	Sask Cup #1 Feb 3-4	Dec 7, 2023 \$775	Dec 14, 2023 \$875	Yorkton
	Sask Cup #2 Mar 23-24	Jan 11, 2024 \$775	Jan 18, 2024 \$875	Warman
	Sask Cup #3 Apr 6-7	Jan 25, 2024 \$775	Feb 1, 2024 \$875	Regina
	Provincials May 3-5	Jan 25, 2024 \$900	Feb 1, 2024 \$1000	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 inquiries regarding Jump testing, please email [eric@saskvolleyball.ca](mailto:eric@saskvolleyball.ca)**
- **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

### Women 13U

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.
PROVINCIAL SEEDING	- <b>single highest</b> point value from <b>either</b> Sask Cup 1 <b>or</b> Sask Cup 2.

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

**Women 14U, 15U, 16U, 17U, 18U**

<b>SEEDING: 14UW – 18UW</b>	
<b>SASK CUP 1 SEEDING</b>	<ul style="list-style-type: none"> <li>- 14UW based on the 2023 13UW Provincial Results</li> <li>- 15UW based on the 2023 14UW Provincial Results</li> <li>- 16UW based on the 2023 15UW Provincial Results</li> <li>- 17UW based on the 2023 16UW Provincial Results</li> <li>- 18UW based on the 2023 17UW Provincial Results</li> </ul> <p>*NOTE: Teams that are from clubs new for 2024 will occupy the bottom seeds.</p>
<b>SASK CUP 2 SEEDING</b>	- based on point value earned from Sask Cup 1.
<b>SASK CUP 3 SEEDING</b>	- based on <b>single highest</b> point value from <b>either</b> Sask Cup 1 <b>or</b> Sask Cup 2.
<b>PROVINCIAL SEEDING</b>	- based on <b>adding 2 highest</b> point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

<b>TOURNAMENT FORMAT: 14UW - 18UW</b>	
<b>SASK CUP 1 FORMAT</b>	- if <b>less than 16 teams</b> : all teams compete in <b>one division</b> .
	- if <b>16 teams or more</b> : <b>8 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div. 2</b> . - if numbers allow, the top Division 2 teams may be pooled together in a power pool. - movement between divisions.
<b>SASK CUP 2 FORMAT</b>	- if <b>less than 16 teams</b> : all teams compete in <b>one division</b> .
	- if <b>16 teams or more</b> : <b>8 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div. 2</b> . - if numbers allow, the top Division 2 teams may be pooled together in a power pool. - movement between divisions. <b>*There will be a modification to this structure for 14U Women and 16U Sask Cup 2 for this year due to facility restraints. See details further on in this club guide, 14UW – p. 23; 16UW – pp. 24 &amp; 25.</b>
<b>SASK CUP 3 FORMAT (excluding 13U)</b>	- if <b>less than 16 teams</b> : all teams compete in <b>one division</b> .
	- if <b>16 teams or more</b> : <b>8 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div. 2</b> . - if numbers allow, top Div. 2 teams may be pooled together in a power pool. - movement between divisions.
<b>PROVINCIAL FORMAT</b>	- if <b>less than 18 teams</b> : all teams compete in <b>one division</b> .
	- <b>18 teams or more</b> : <b>10 teams</b> compete in <b>Division 1</b> and the rest in <b>Division 2</b> . - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - <b>no movement</b> between divisions.
	- <b>32 teams or more</b> : <b>10 teams</b> compete in <b>Division 1</b> and <b>14 teams</b> in <b>Division 2 and the rest in Division 3</b> . - 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. - <b>no movement</b> between divisions.  <ul style="list-style-type: none"> <li>• <i>a team can qualify for <b>Division 3</b> provincials without having attended 2 sanctioned tournaments in their age group. Teams must still pay the full membership fee and entry fee for the provincial championship.</i></li> </ul>

## 13U Girls

**LTAD Stage:** Training to Train

**Principle Focus:** To develop and consolidate sports skills.

### **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 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.

- 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**

- Tripleball will be used for the 2023-2024 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. In Saskatchewan, Tripleball will be played during Sask Cup #1 in the 14U age category when a 13U age category does not exist.

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 has been introduced for the 2023-24 season. Refer to item **g** under the **Guidelines for Tossers** in the Triple ball explanation.

## 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**

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

#### **Sask Cup 1 and 3:**

- teams start in either Division 1 or 2. There will be a set of crossover matches after pool play to allow teams from Division 2 an opportunity to compete in Division 1.

#### **\*Sask Cup 2:**

- the top 10 seeded teams registered in Sask Cup 2 will make up Division 1 compete in North Battleford. The remainder of the teams will compete in Division 2 in Lloydminster.

- because there will be no opportunity for a crossover between Division 1 and 2 at Sask Cup 2, there will be a “Crossover Play-in” the evening before the Sask Cup 3 event begins.
  - \* *Teams that are seeded #1 to #4 for the Sask Cup 3 event will advance directly to the Sask Cup 3 Division 1 pool play beginning on March 29.*
  - \* *Teams that are seeded #5 to #12 for the Sask Cup 3 event will compete in a one match “play-in” on March 28, (evening). Winners will advance to Sask Cup 3 Division 1 pool play beginning on March 29; losers advance to Sask Cup 3 Division 2 pool play beginning on March 29 as well.*
  - \* *All matches will be held in Regina.*

## 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**

- 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 VQ200W-CAN will be the official competition ball for this age category.
- 15U may receive the serve with an overhand motion using the fingers.
- **Fair Play rule for 15UW will be in place for Sask Cup 1 and Sask Cup 2:**
  - 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 in that match.
  - 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.
- **For Sask Cup 3 and Provincials there will be modifications to fair play rule:**
  - 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 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.

### **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.
- Each tournament will have teams start in either Division 1 or 2. There will be a set of matches to allow teams from Division 2 an opportunity to compete in Division 1.

## 16U Women

**LTAD 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 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 VQ200W-CAN will be the official competition ball for this age category.
- 16U Women will utilize the 6 limited 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.
- Draws are intended to provide each team with 6-8 matches each.

#### **Sask Cup 1 and 3:**

- teams start in either Division 1 or 2. There will be a set of crossover matches after pool play to allow teams from Division 2 an opportunity to compete in Division 1.

#### **Sask Cup 2:**

- the top 10 seeded teams registered in Sask Cup 2 will make up Division 1 and compete in Yorkton. The remainder of the teams will compete in Division 2 in Moose Jaw.
- because there will be no opportunity for a crossover between Division 1 and 2 at Sask Cup 2, there will be a "Crossover Play-in" the evening before the Sask Cup 3 event begins.

*\* Teams that are seeded #1 to #4 for the Sask Cup 3 event will advance directly to the Sask Cup 3 Division 1 pool play beginning on March 29.*

*\* Teams that are seeded #5 to #12 for the Sask Cup 3 event will compete in a one match "play-in" on March 28, (evening). Winners will advance to Sask Cup 3 Division 1 pool play beginning on March 29; losers advance to Sask Cup 3 Division 2 pool play beginning on March 29 as well.*

*\* All matches will be held at Henk Ruys Soccer Centre in Saskatoon.*

## 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**

- 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.
- 17U Women will utilize the 6 limited 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.
- Draws are intended to provide each team with 6-8 matches each.
- 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 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 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.
- 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.

## Men's Age Class Programs

### Men 14U & 16U

SEEDING: 14UM & 16UM	
<b>SASK CUP 1 SEEDING</b>	<ul style="list-style-type: none"> <li>- 14UM will be a random draw.</li> <li>- 16UM based on the final standing of the 2023 15UM teams at 16UM Provincials &amp; then 14UM Provincial Results</li> </ul> <p>*NOTE: Teams that are from clubs that are new in 2024 will occupy the bottom seeds.</p>
<b>SASK CUP 2 SEEDING</b>	- based on point value earned from Sask Cup 1.
<b>PROVINCIAL SEEDING</b>	- based on <b>single highest</b> point value from <b>either</b> Sask Cup 1 <b>or</b> Sask Cup 2.

### Men 18U

SEEDING: 18UM	
<b>SASK CUP 1 SEEDING</b>	<ul style="list-style-type: none"> <li>- 18UM based on the final standing of the 2023 17UM teams at 18UM Provincials &amp; then 16UM Provincial Results</li> </ul> <p>*NOTE: Teams that are from clubs that are new in 2024 will occupy the bottom seeds.</p>
<b>SASK CUP 2 SEEDING</b>	- based on point value earned from Sask Cup 1.
<b>SASK CUP 3 SEEDING</b>	- based on <b>single highest</b> point value from <b>either</b> Sask Cup 1 <b>or</b> Sask Cup 2.
<b>PROVINCIAL SEEDING</b>	- based on <b>adding 2 highest</b> point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

**Men 14U, 16U, 18U**

<b>TOURNAMENT FORMAT: 14UM - 18UM</b>	
<b>SASK CUP 1 FORMAT</b>	- if <b>less than 16 teams</b> : all teams compete in <b>one division</b> .
	- if <b>16 teams or more: 8 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div. 2</b> . - if numbers allow, the top Division 2 teams may be pooled together in a power pool. - movement between divisions.
<b>SASK CUP 2 FORMAT</b>	- if <b>less than 16 teams</b> : all teams compete in <b>one division</b> .
	- if <b>16 teams or more: 8 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div.2</b> . - movement between divisions.
<b>SASK CUP 3 FORMAT (18U only)</b>	- if <b>less than 16 teams</b> : all teams compete in <b>one division</b> .
	- if <b>16 teams or more: 8 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div. 2</b> . - if numbers allow, the top Division 2 teams may be pooled together in a power pool. - movement between divisions
<b>PROVINCIAL FORMAT</b>	- if <b>less than 18 teams</b> : all teams compete in <b>one division</b> . - if numbers allow: the top teams will be pooled together in a <b>power pool</b> . - if there are <b>8 or more 13U Men’s teams, AND 8 or more 14U Men’s teams</b> registered for provincials: there will be a separate 13UM and 14UM provincial championship – both age groups must have 8 teams in each, for this to happen. - if there are <b>8 or more 15U Men’s teams AND 8 or more 16U Men’s teams</b> registered for provincials there will be a separate 15UM and 16UM provincial championship. 15UM tournament will follow Volleyball Canada rules for 15U Men, 16UM tournament will follow Volleyball Canada rules for 16U Men.
	- if <b>18 teams or more: 10 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div. 2</b> . - if numbers allow, the top Division 2 teams will be pooled together in a power pool. - <b>no movement</b> between divisions.

	<ul style="list-style-type: none"><li>- if <b>24 teams or more: 10 teams</b> compete in <b>Div. 1</b> and the rest in <b>Div. 2.</b></li><li>- in <b>Division 2:</b> the top teams will be pooled together in a power pool.</li><li>- <b>no movement</b> between divisions.</li></ul>
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## 14U Men

**LTAD Stage:** Training to Train

**Principle Focus:** To develop and consolidate sports skills.

### **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.

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.

- i. All players listed on the score sheet must start the first or second set.
- ii. Substitutions are not permitted in the first or second set. In the case of injury, 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.
- 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 2023-2024 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 Sask Volleyball website.

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

### **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.

## 16U Men

**LTAD Stage:** Training to Train B



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

- 15UM will have their own Provincial Championship if there is a minimum of 8 teams registered for 15U provincials and 8 teams registered for 16U provincials.

**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 VQ200W-CAN will be the official competition ball for this age category.
- **16U Men will utilize the 6 limited 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.
- Draws are intended to provide each team with 6-8 matches each.
- 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

**LTAD Stage:** Learn to Compete

**Principle Focus:** Optimize fitness preparation and position specific skills.

**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 Men will utilize the 6 limited 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.
- Draws are intended to provide each team with 6-8 matches each.
- 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.

NOTE: 18U Men will have an additional Sask Cup tournament in 2024: Sask Cup 3.

### Sask Cup Tournament Point Allocations

DIVISIONS: 13U WOMEN, 14U – 16U MEN			
TOURNAMENT	1 <sup>ST</sup> PLACE	2 <sup>ND</sup> PLACE	3 <sup>RD</sup> PLACE etc.
SASK CUP 1	94 POINTS	92 POINTS	90 POINTS etc.
SASK CUP 2	97 POINTS	95 POINTS	93 POINTS etc.
DIVISIONS: 14U, 15U, 16U, 17U, 18U WOMEN & 18U MEN			
TOURNAMENT	1 <sup>ST</sup> PLACE	2 <sup>ND</sup> PLACE	3 <sup>RD</sup> 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.

*\* "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 event"*

### Coach & Person in Authority (PIA) PROVINCIAL Requirements

All athletes have the right to a NCCP Certified coach.

All coaches have the responsibility to:

Have the required training to provide an environment that is physically, mentally, emotionally and socially safe for all athletes and participants.

Have the required training to be able to provide a responsible learning environment that incorporates VC's teaching methodologies, technical guidelines and long-term athlete development principles.

Ensure that all training is current and updated as required, to be able to provide a safe and responsible sport experience for all.

**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;

1. NCCP#,

2. Criminal Records Check (CRC),
3. Respect in Sport (RIS),
4. Screening Disclosure Form,

completed at the time of team registration. Team registrations will not be approved until **these 4 elements have been** verified by Sask Volleyball. All documents are to be uploaded to your profile in the registration system.

**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 March 31, 2024.**

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 **February 20, 2024**. All requests are to be sent to [michelle@saskvolleyball.ca](mailto:michelle@saskvolleyball.ca).

## Coach & Person in Authority (PIA) NATIONAL Requirements

### MANDATORY ELIGIBILITY REQUIREMENTS FOR HEAD COACHES:

**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.

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

	<a href="#">Foundations of Volleyball eLearning</a>	\$89	<i>Foundations of Volleyball eLearning introduces coaches to Volleyball Canada’s teaching methodologies and long- term athlete development principles.</i>
	<a href="#">Make Ethical Decisions (MED) Online Evaluation</a>	\$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>

**MANDATORY ELIGIBILITY REQUIREMENTS FOR ALL ADDITIONAL PERSONS IN AUTHORITY (PIA):**

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.

	Enhanced Police Information Check (EPIC) & Screening Process	Cost varies	<i>EPIC completed within the last 3 years <b>Screening Process completed annually</b></i>
	<a href="#">Coaches Association of Canada (CAC) Safe Sport Training</a>	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 31st 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.

	2024 TBA
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<b>14U</b>	<b>Head Coaches</b> participating at a 14U, 15U or 16U Nationals for the <b>1<sup>st</sup> time</b> are required to have successfully completed a <b>DEVELOPMENT COACH WORKSHOP</b> .
<b>15U</b>	<b>Head Coaches</b> participating at a 14U, 15U or 16U Nationals for <b>3<sup>rd</sup> time or more</b> are required to have <b>CERTIFIED DEVELOPMENT COACH</b> status.
<b>16U</b>	<b>Head Coaches</b> participating at a 17U or 18U Nationals for the <b>1<sup>st</sup> time</b> are required to have successfully completed an <b>ADVANCED DEVELOPMENT COACH (INDOOR) WORKSHOP</b> .
<b>17U</b>	<b>Head Coaches</b> participating at a 17U or 18U Nationals for the <b>3<sup>rd</sup> time or more</b> are required to have <b>CERTIFIED ADVANCED DEVELOPMENT COACH</b> status.
<b>18U</b>	

**IMPORTANT NOTE:** Head Coaches who have achieved *Certified* status in their appropriate context 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**.

A coach that has moved from 14U-16U into 17U-18U age group must have the appropriate requirements for the 17U-18U category. A coach who has the requirements for 17U-18U, is eligible for 14U-16U, however is encouraged to obtain education for the appropriate context.

An exemption application to the Certification Requirements after the March 30, 2024 deadline, will **only be considered** under the following conditions:

1. 1<sup>st</sup> year Head Coach at the 14U or 15U category. This will be verified through the Locker based on mandatory requirements dates of completion, i.e. Initial Locker Activity - Fall 2023-Winter 2024.
2. A head coach is assigned to a team roster, after March 30, 2024 – based on approved roster changes by VC.
3. A PTA is unable to offer a workshop or provide an evaluator due to unforeseen circumstances prior to the deadline.
4. There is confirmation through The Locker of professional development taken within the previous 3 months (Jan-March 2024) not including the mandatory requirements.

A request for an exemption will be available after March 30, 2024 through a Formstack link.  
Any exemptions provided by the PTA are not applicable to the VC Nationals exemption process.  
An exemption application does NOT guarantee an exemption will be provided.

Updated September 12, 2023

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](#)

## 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 Joel Dyck at [joel@saskvolleyball.ca](mailto: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 register for an evaluation on the Coaching Center ([coach.volleyball.ca](http://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.

***\*\*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 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, 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%
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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 2024 Season, Adult teams will be required to pay a membership fee to participate in these events. Teams will be required to pay the \$425 entry fee per tournament as well.

### Divisions

Seniors: Men's/Women's – Born 2005 or before

Masters: Men's/Women's – Born in 1989 or before

Masters 45+: Men's/Women's – Born in 1979 or before

### 2024 Adult Tournament Dates

<i>TOURNAMENT</i>	Date	Registration Deadline	Location	Fee
Master Women's Provincials	April 27, 2024	Feb 1, 2024	Saskatoon	\$425+GST+ PST+online transaction fees

Senior Women's Provincials	April 28, 2024	Feb 1, 2024	Saskatoon	\$425+GST+ PST+online transaction fees
Senior Men's Provincials	April 27, 2024	Feb 1, 2024	Saskatoon	\$425+GST+ PST+online transaction fees

## Registration

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

Contact Sask Volleyball office at 306-327-7893 or via email at [blair@saskvolleyball.ca](mailto:blair@saskvolleyball.ca) with any questions you may have.



## Section 7: Beach Volleyball

Sask Volleyball will offer Beach Volleyball in 2024 – please watch social media for updates on Beach information.

## Section 8: Indoor National Championships



All 2024 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](http://www.volleyball.ca). Club teams will be able to create a team on the VRS and register a club contacts and a team contact without filling in their roster of athletes and coaches in order to register for Nationals.

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

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

May 3 - 5, 2024

14UM and 14UW - Ottawa

May 3 - 5, 2024

14UM and 14UW - Fredericton

May 9 - 12, 2024

14UW - Richmond

May 15 – 18, 2024

14UM/15UM/15UW - Edmonton

May 19 – 22, 2024

17UW/18UW/18UM - Edmonton

May 23 - 26, 2024

17UM/16UM/16UW - Edmonton

Registration dates will be posted on the Volleyball Canada website in November 2023.

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: 2023-2024 Referee Committee

### Executive

#### Lori Banga (RRC)

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#### Scott Borys

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#### Wayne Bucknell

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#### Ken Garinger

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### Committee Members

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Glen Thomson

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#### ZONE 8 (Prince Albert)

Nancy Wagar

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E-mail: [nwagar@yahoo.com](mailto:nwagar@yahoo.com)

## 2023-24 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 the 10% referee development fee is submitted to Sask Volleyball and 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 2023-2024 season, pay rates for Sask Volleyball-run tournaments include a per diem fee. There will be a meal per diem rate for club tournaments of \$4/match if the club tournament does NOT provide meals for the referees free of charge. IF the club tournament does provide meals, there is no additional fee to the referee match rate.*

*\*\*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. **\*\*Failure to remit the deduction will result in no further club tournaments being sanctioned for that club or potentially the inability to attend provincial championships.***

**Best of Two or Three Matches**

One Referee		Add \$4/match if NO meals are provided
	Sask Cup Match	Club Tournament Match
<b>Level 3, 4, 5</b>	\$36	\$29
<b>Level 2</b>	\$33	\$26
<b>Level 1</b>	\$31	\$24
<b>Novice</b>	\$29	\$22

Two Referees		Add \$4/match if NO meals are provided
	Sask Cup Match	Club Tournament Match
<b>Level 3, 4, 5</b>	\$31	\$24
<b>Level 2</b>	\$28	\$21
<b>Level 1</b>	\$26	\$19
<b>Novice</b>	\$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 \$0.51/km

## Section 12: Appendices

### Appendix A - Over-Age Athlete Request Form

#### *Over-Age Athlete Registration Form – FOR ATHLETES BORN IN 2005*

**For 18U only**, athletes born between January 1, 2005 and August 31, 2005 and are in Grade 12 for the 2023-2024 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

Is the athlete in Grade 12 and using 1 of the 2 spots?

Is the athlete using 1 of the 2 spots that falls into the VC rule of being born Jan 1 – August 31, 2005?

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

Is the athlete in Grade 12 and using 1 of the 2 spots?

Is the athlete using 1 of the 2 spots that falls into the VC rule of being born Jan 1 – August 31, 2005?

\_\_\_\_\_  
 Club and team name over-age athlete is playing for                      Age-Category of team

\_\_\_\_\_  
 Name of the coach of the Age-Category team                      Coach Signature

\_\_\_\_\_  
 Date Submitted

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

# 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.

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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.