



Club Guide 2024-25

Staff Regina Office

1750 McAra Street, Regina, SK S4N 6L4

Main Line 306-780-9250

- Aaron Demyen Chief Executive Office 306-535-9231 aaron@saskvolleyball.ca
Responsibilities: Strategy, Board Governance, Human Resources, Revenue Generation, Special Events, Aboriginal Development.
- Blair Lissinna Finance Manager 306-327-7893 blair@saskvolleyball.ca
Responsibilities: Accounting, Registration, Office Operations, Referee Liaison.
- Cara Orr Program Director 306-539-1734 cara@saskvolleyball.ca
Responsibilities: Program Management, Club, Awards & Hall of Fame, Age Class Events, Sanctioning, Apparel
- Tom Ash Indoor Development Program Coordinator 306-527-4897 tom@saskvolleyball.ca
Responsibilities: Grassroots Programming (ages 6 – 12 years), 13U-14U Club.
- Tom Foster Indoor Competitive Program Coordinator 306-540-3210 tomfoster@saskvolleyball.ca
Responsibilities: 15-18U Club.
- Glen Hoffman Regional Referee Chair 306-529-4691 rccsaskvolleyball@gmail.com
Responsibilities: Referee Training, Referee Mentorship, Referee Evaluation.
- Noah Miller High Performance Manager 306-530-9017 noah@saskvolleyball.ca
Responsibilities: Men’s High Performance Programs, Multi-Sport Games

Saskatoon Office

510 Cynthia Street, Saskatoon, SK S7L 7K7

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

Section 1: Program Memberships

Memberships

Membership Fees (all prices include GST):

- Competitive Athlete and Coach - \$95.00
This fee applies to ANY individual who would be on the bench or court at ANY tournament
- Associate Memberships (per person) - \$95.00
- College & University Athletes and 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 - \$60.00
 - Provincial Level - \$70.00
 - Regional Level - \$95.00
 - National Level - \$105.00
 - International Level - \$115.00

****New referee requirements****

Referees must complete Safe Sport module from Coaching Association of Canada

[Safesport \(coach.ca\)](https://safesport.coach.ca) and submit a current Police Record Check dated January 1, 2022 or later.

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

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

Merchandise

Sask Volleyball provides sanctioned tournaments with free scoresheets and lineup cards. We also have a variety of other items and supplies available for sale. Please email aaron@saskvolleyball.ca for these items.

Clothing

Sask Volleyball will have clothing available to purchase at select Sask Cups and all Provincial Championships. Hoodies, Crewnecks, T-shirts and Sweats will all be available to purchase, as well as an opportunity to pre-order Provincial Championship clothing for 2025. 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

All Sask Volleyball sanctioned tournaments MUST use registered referees.

Constitution, Bylaws, and Policies

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

Sponsors

Sask Volleyball has formed several partnerships to help our members with all their volleyball needs. To become a sponsor and view our partnership guide, visit:

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

Tournament Hotels

Please visit <https://www.saskvolleyball.ca/hotel-blocks/> for our tournament hotels blocks. Sask Volleyball has partnered with multiple hotels throughout the province to provide hotel blocks and a rebate program back to Sask Volleyball. Please support the hotels that have been selected as it helps keep the costs lower for the programs. Sask Volleyball members will be able to access online platforms to book hotels at preferred rates, with a link being provided to teams when they register for each event. Preferred hotels for the 2025 Season are as follows:

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

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

Equipment

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

AGE CLASS	2025	2026	2027
12U WOMEN	VUL500	TBD	TBD
13U WOMEN	VUL500	TBD	TBD
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 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:

- Intro to Elementary Volleyball - (FREE) On-line presentation **October 2, 2024** - registration required - [Intro to Elementary Volleyball](#)
- Intro to Elementary Volleyball - In-school presentations (upon request throughout the year)
- Elementary Volleyball – eLearning Module (available online through Volleyball Canada)

On the Sask Volleyball website follow the links:

- [Indoor - Grassroots Programs – Fall 2024 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 Cell: 306-527-4897

B. SMASHBALL 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, forearm 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 – Learn to Train – *sample training program* – *Refer our website links*

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

What is SMASHBALL?

It is:

- a volleyball game-play variation that emphasizes attacking (hitting/spiking).
- fun and fast-paced.
- ideally suited for use as the game play component for Grassroots programs
- a game that can be used as a 'stand-alone' game for intramurals, noon-hour and/or

after school programs.

How is SMASHBALL played?

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

NOTE: Introductory progressions use a **CATCH & TOSS** method for ball movement (*passing*) between players. As the players' skills improve, they are encouraged to progress (*transition*) to the use of volleyball skills for all contacts (*passes*) during game play.

SMASHBALL - Support materials/resources:

Coach/Instructor - Training Opportunities:

- Intro to SMASHBALL - (FREE) On-line presentation - **October 9, 2024** - **registration required** - [Intro to Smashball](#)
- Smashball Coach Workshop – online training through Volleyball Canada
[Smashball Coach Workshop information](#)

On the Sask Volleyball web site follow the links:

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

On the Sask Volleyball web site you will find:

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

Children - Training / Competition Opportunities:

- Community SmashFest (Smashball training plus Smashball tournament): hosted by individual communities (with Sask Volleyball support) [Community SmashFest information](#)
- Saskapalooza SmashFest (Smashball training plus Smashball tournament): hosted by Sask Volleyball -
(SOUTH – **November 2, 2024 – Regina** - [Saskapalooza SmashFest - South - information](#)
NORTH – **November 23, 2024 – North Battleford** - [Saskapalooza SmashFest - North - information](#)

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 Cell: 306-527-4897

Section 3: High Performance Program

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

2025 TEAM SASK INDOOR	15/14/13U	16/15U	17 & Under	Canada Summer Games (2025)
Eligibility	Born 2010, 2011 & 2012 (Or exceptional 2013)	Born 2009 & 2010 (Or exceptional 2011)	Born 2008 & 2009 (Or 2007 in grade 11)	Born 2007 & Under
# of Athletes - Female:	TBD Training Athletes	12 Travel Athletes	12 Travel Athletes	12 Travel Athletes
# of Athletes - Male:	TBD Training Athletes	12 Travel Athletes	12 Travel Athletes	12 Travel Athletes
Winter Selects Camp - Men and Women:	N/A	Invite Only – Dec 6-8 TBC Returning 17 & under Team Sask travel athletes from this past summer, plus additional exceptional athlete invites. (Up to 24-28 athletes per gender)		
ID Sessions - Female:	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
ID Sessions - Male:	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
Future Select Camp:	Invite Only – Mid June	N/A	N/A	N/A
Final Selection Camp:	N/A	Invite Only – May 31 to June 1 TBC Exceptional 14U athletes may be invited to attend.		
TS Training Dates:	July TBD	June – July, Exact Dates TBD		
Training Facility:	Saskatoon and Regina TBD			
Competition:	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.		

Section 4: Club Governance

How to get started

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

www.saskvolleyball.ca/club-resources/

Hosting your own Club Tournament

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

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

Tournament Sanctions are \$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 16, 2024.

No tournaments will be sanctioned December 6-8 for ages 16-18U.

Tournament requests for certain weekends between January 24 and April 11 weekends, as well as all Provincial Weekends will be subject to referee availability and will not be approved until confirmation from the committee that referees are available.

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

Suggested weekends to host club events:

December 6-9, 13-15, 20-22

January 3-5, 10-12, 17-19

February 14-16

Mar 7-9, 21-23

Club Programs

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

Section 5: Club Volleyball

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

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

Age Category		Net Height	
	Athletes Born in:	Women	Men
13 & Under	Sept 1, 2011 – Dec 31, 2012 and later	2.15	
14 & Under	Sept 1, 2010 – Dec 31, 2011 and later	2.15	2.20
15 & Under	Sept 1, 2009 – Dec 31, 2010 and later	2.20	2.35
16 & Under	Sept 1, 2008 – Dec 31, 2009 and later	2.24	2.35
17 & Under	Sept 1, 2007 – Dec 31, 2008 and later	2.24	
18 & Under	Sept 1, 2006 – Dec 31, 2007 and later	2.24	2.43
21 & Under	Sept 1, 2003 – Dec 31, 2004 and later	2.24	2.43

Overage Athletes

For 18U only, athletes born between January 1 – August 31, 2006, and are in Grade 12 for the 2024-2025 academic year, (first year grade 12) are eligible to compete as an Overage Athlete.

For the 2025 Season, as per the Volleyball Canada rule, athletes born January 1, 2006 – August 31, 2006 can play on an 18U team. These athletes are not allowed to be a part of a post-secondary volleyball program – they can-not be playing or training with a post-secondary volleyball team.

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

No Age Exemptions will be granted for Female Age Classes in 2025 other than for 18U listed above.

For 2024-2025 – each team can only have 2 of the athletes listed below if they are playing on a post-secondary volleyball team

**As of 2017 - Athletes that are born Sept 1, 2006 – December 31, 2006, 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 **Wednesday, August 14, 2024**. All clubs must complete at the club approval at

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

Sanctioned team tryouts may be held **starting Sunday, October 6, 2024, on SUNDAYS ONLY.** for all age groups. To request sanctioning for your tryout, visit our Registration link:

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

Team Registration will open **Monday, November 4, 2024.**

All sanctioned team practices may start on **Monday, November 25, 2024, and after your team has registered with** Sask Volleyball for the 2024-2025 Season.

Team Registration for Sask Cup #1 will open **Wednesday, November 27, 2024,** and will close with a deadline of **Wednesday, December 11, 2024.** Early Bird Registration will close Wednesday, December 4, 2024.

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 24th 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. Coaches can only Head coach one team per weekend.**

Proof of age will be required at Provincials. One of Birth Certificate, Driver's License, Passport, SGI ID card, or Health Card will need to be shown as identification. Coaches are asked to please have ALL PROOFS photocopied on a single sheet of paper which can easily be checked at registration check in prior to their first match. The sheet will be returned to the coach, Sask Volleyball will not retain any identification documentation.

Summary of Fees

The \$50+GST Event Sanctioning fee must be paid for all tryouts prior to team registration. Registration fees of \$95 per individual (athletes, coaches, and anyone else on the bench) MUST be paid prior to a team's first practice to qualify for insurance. Should a team fail to abide by Sask Volleyball event policies and procedures during the year, a \$100 Team Performance charge will be issued and collected before the team will be permitted to continue participation. Individual registration fees and Event Sanction Fees are non-refundable and non-transferable.

Team Registration Procedure

Registration must be done on-line. Team registration for the 2024-2025 Age-Class Indoor Season will be available beginning **Monday, November 4, 2024.** 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.**

Minimum Age: All athletes, coaches and team personnel members that are on the official roster must be a minimum of 11 years of age.

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

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

For age groups 13-15U - Teams may have up to 15 players listed on the roster but only 12 players can be listed on the scoresheet for each match (VC rule 4.1.1). All 15 players can be dressed in uniform and participate in warmups.

NEW FOR 2024-2025 - For age groups 16-18U - Teams may have up to 15 players listed on the roster and all 15 can play in the match (VC competition guide rule).

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

NEW FOR 2024-2025 - Teams can only participate in events in the age group that they are registered as.

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

Athlete Recruitment Policy

New for 2024-2025

- Once a player has agreed to join a club and registered with Sask Volleyball as a member of that team within that club, they are considered a member of that club until May 31 of that season.
- Club Personnel cannot contact athletes or coaches from another club for the purposes of recruiting them to join their club in the future until June 1.
- Clubs cannot advertise club volleyball athlete or coach opportunities to the public for future seasons until June 1.
- Club personnel cannot instruct or encourage others to recruit registered athletes from outside of their own club. This includes using their own athletes for recruiting purposes.
- Teams wanting to include players from outside their own club to compete in elite tournaments, (i.e. Best of the West), must initiate contact with such athletes through the athletes' current head coach only. Only after the current head coach has given permission can further communication with the athlete or athlete's family move forward.
- Players can only practice with teams in their own club. To participate in a practice with a team from outside their club, athletes need prior permission from their current head coach.
- Teams and Clubs found not to comply with Sask Volleyball policy will be subject to Sask Volleyball's Programming Sanctions visit www.saskvolleyball.ca/wp-content/uploads/2024/03/Sanctioned-Guidelines-mar18.24.pdf

Athlete Transfer Policy

New for 2024-2025

Registered athletes cannot transfer to a different club without the consent of Sask Volleyball. When transfer consent is given, a transfer date will be stated as to when it will be effective, at a minimum of fourteen days after application. To transfer, a player must meet the following requirements:

- Provide a written request to Sask Volleyball stating the reasons for the transfer.
- Obtain a written release from the club or team the player wishes to leave. A release may not be held unreasonably. If a club or team refuses to provide a written release, Sask Volleyball will determine whether the transfer is allowed.
- Submit a new registration form.
- No transfers will be allowed after the Roster Freeze deadline of Feb 20.

Rules

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

Sask Volleyball Changes for 2024-2025

- **Modified Fair Play rule for 15UW will be used for all Sask Cups and Provincials:**
 - * 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). Any lineup can be used at the start of the third set, 12-sub limited rule applies.

- **Sask Cup 3 for 16U Men:**

Sask Volleyball will be adding a third Sask Cup event for the 16U Men category. If numbers allow, this Sask Cup 3 will be divided into separate 15U Men and 16U Men events. There must be a minimum of **8 teams** registered in each age category.

- 16U Men and 15U Men will compete together for Sask Cup 1 and 2 and follow Volleyball Canada 16U Men rules. If numbers allow, (minimum of 8 registered 16U men teams and 8 registered 15U men teams), Sask Volleyball will separate 15U Men and 16U men for Sask Cup 3 and Provincial Championships. 15U men will implement the modified fair play rule for these two competitions, as well as the no libero rule at 15U.

- * 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). Any lineup can be used at the start of the third set, 12-sub limited rule applies.

NOTE: At any time, the referee may grant an Exceptional Substitution. The injured/ill player may not return to the same set but may return to play in subsequent sets in that match.

- * Teams switch sides in the third set once a team reaches 8 points.
- * Note: this will NOT be used at Nationals.

- **Substitution Rules:**

Sask Volleyball will be trialing the **12 unlimited substitution rule** for the 18U Men and Women at all Sask Cups and Provincial Championships for the 2025 season. Note: this is not a Volleyball Canada rule and will NOT be used at Nationals.

- **Roster Numbers:** For age groups 16-18U - Teams may have up to 15 players listed on the roster and all 15 can play in the match (VC competition guide rule).
- **Age Competition Selection:**
 - * Teams can compete in **one age category** at Sask Volleyball events, (Sask Cups and Provincial Championships). Teams wanting to play up an age group at Sask Cups will be allowed to do so, but can only compete in that age category, (i.e. 16U W playing in 17U W Sask Cup 1 must play all Sask Volleyball hosted events in the 17U category and cannot play in any 16U Sask Cup or Provincial Championships). Teams will declare their age group selection when they first register with Sask Volleyball.
 - * Teams will be allowed to bring up a maximum of two athletes that have been previously registered on a team in a younger age category within their club, (i.e. A 17U team can bring up a maximum of two 16U athletes currently registered on a 16U team to compete at a Sask Cup or Provincial Championships). These athletes do not have to be the same players for every tournament.
 - * Teams not following this policy will be considered in violation with Sask Volleyball Programming Sanction document, (see [Sask Volleyball Website](#))
- **Provincial Championship Participation**
Teams must play in a minimum of **one Sask Cup** event to be eligible to participate in the Sask Volleyball Provincial Championships. This Sask Cup event must be in the same age category as the Provincial Championship they wish to compete in.
- **Team Default**
 - * Teams that are participating in a Sask Cup or Provincial tournament and default one or more matches in that tournament will be assessed a **\$100 fine** for each match they have defaulted.
 - * This fine must be paid before they will be allowed to compete in any future Sask Cups or Provincial Championships.
 - * Teams may appeal the fine by contacting the Sask Volleyball Office via email at aaron@saskvolleyball.ca
- **Minor Official Coordinator**
Each club will be required to have a “Minor Official Coordinator” and identify that person on the club approval with Sask Volleyball. Important duties may include:
 - * i.e. Naming a minor official rep for each team in the club
 - * i.e. Ensuring that minor officials for each of the clubs teams know how to lines a and score keep.

Tournament Registration Procedure

Registration for Sask Cups and Provincial Volleyball Championships will be done on-line through TeamLinkt. Teams will only be allowed to register for Sask Cups after they have completed the membership registration (including payment) and **their coaches have been approved by Sask Volleyball (must upload their RIS and current CRC to their TeamLinkt registration)**. Sask Cup registration fees are only refundable until the entry deadline. If a refund is requested prior to the registration deadline a refund will be issued minus a \$50 admin fee. After the registration deadline has passed, no refund will be issued.

To register for a Sask Cup or Provincial Championship, please visit: Registration;

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

Dressing Room Rentals

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

Team Videotaping

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

Warman

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

Henk Ruys

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

Other Venues

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

Photography

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

Provincial Volleyball Championship Registration

The deadline to register for all Provincials will be **Thursday, Feb 6th, 2025, with the Early Bird Registration being January 30th, 2025.** Teams must register in the same age category at all Sask Cup events and the provincial championships.

Teams planning to participate in the National Championships for an age category **MUST** play in Provincials for that age category if it is offered. Provincials will/may be held on Friday through Sundays.

Frozen Rosters

The deadline for all Provincial Frozen Rosters will be **Tuesday, Feb 25th, 2025, at 4pm**

2025 Sask Cups & Provincials

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

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

AGE	TOURNAMENT	Registration Opening Date	Early Bird Registration Deadline	Registration Deadline	LOCATION
13UW	Sask Cup #1 Feb 7 - 9	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Regina
	Sask Cup #2 March 15-16	Dec 4, 2024	Jan 9, 2025 \$800	Jan 16, 2025 \$900	Saskatoon
	Provincials April 11-13	Jan 15, 2025	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Regina
14UW	Sask Cup #1 Jan 24-26	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Saskatoon
	Sask Cup #2 Feb 22-23	Dec 4, 2024	Jan 2, 2025 \$800	Jan 9, 2025 \$900	Saskatoon
	Sask Cup #3 March 28-30	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Regina
	Provincials April 17-19	Jan 15, 2025	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Regina

	Thurs/Fri/Sat				
14UM	Sask Cup #1 Feb 22-23	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Warman
	Sask Cup #2 March 22-23	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Yorkton
	Provincials April 17-19 Thur/Fri/Sat	Jan 15, 2025	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Regina
15UW	Sask Cup #1 Jan 31 – Feb 2	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Regina
	Sask Cup #2 Mar 14-16	Dec 4, 2024	Jan 9, 2025 \$800	Jan 16, 2025 \$900	Saskatoon/ Warman
	Sask Cup #3 April 4-6	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Regina
	Provincials April 25-27	Jan 15, 2025	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Saskatoon
16UW	Sask Cup #1 Jan 24-26	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Saskatoon/ Warman
	Sask Cup #2 Feb 28 – Mar 2	Dec 4, 2024	Jan 2, 2025 \$800	Jan 9, 2025 \$900	Regina
	Sask Cup #3 April 4- 6	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Regina
	Provincials April 25 - 27	Jan 15, 2024	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Saskatoon/ Warman
16UM	Sask Cup #1 Jan 31 – Feb 2	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Regina

	Sask Cup #2 Feb 28 – Mar 2	Dec 4, 2024	Jan 2, 2025 \$800	Jan 9, 2025 \$900	Regina
	Sask Cup 3 Mar 29 –30 *15UM will have a separate 15U Sask Cup 3 on same weekend if numbers allow)	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Warman
	Provincials April 17-19 Thur/Fri/Sat *15UM will have a separate 15U provincials on same weekend if numbers allow)	Jan 15, 2024	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Regina
17UW	Sask Cup #1 Feb 7-9	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Regina
	Sask Cup #2 Feb 28 – Mar 2	Dec 4, 2024	Jan 2, 2025 \$800	Jan 9, 2025 \$900	Warman
	Sask Cup #3 April 11-13	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Saskatoon
	Provincials May 2- 4	Jan 15, 2025	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Saskatoon
18UW	Sask Cup #1 Jan 31 – Feb 2	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Regina
	Sask Cup #2 Mar 7 - 9	Dec 4, 2024	Jan 9, 2025 \$800	Jan 16, 2025 \$900	Lloydminster

	Sask Cup #3 Apr 11-13	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Warman
	Provincials May 2-4	Jan 15, 2025	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	Saskatoon/ Warman
18UM	Sask Cup #1 Feb 7 - 9	Nov 27, 2024	Dec 4, 2024 \$800	Dec 11, 2024 \$900	Regina
	Sask Cup #2 Feb 28 – Mar 2	Dec 4, 2024	Jan 2, 2025 \$800	Jan 9, 2025 \$900	Regina
	Sask Cup #3 Apr 11 - 13	Jan 8, 2025	Jan 22, 2025 \$800	Jan 29, 2025 \$900	Saskatoon
	Provincials May 2- 4	Jan 15, 2025	Jan 30, 2025 \$925	Feb 6, 2025 \$1025	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**
- **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: 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	- single highest point value from either Sask Cup 1 or Sask Cup 2.

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

SEEDING: 14U WOMEN – 18U WOMEN	
SASK CUP 1 SEEDING	<ul style="list-style-type: none"> - 14UW based on the 2024 13UW Provincial Results - 15UW based on the 2024 14UW Provincial Results - 16UW based on the 2024 15UW Provincial Results - 17UW based on the 2024 16UW Provincial Results - 18UW based on the 2024 17UW Provincial Results <p>*NOTE: Teams that are from clubs new for 2025 will occupy the bottom seeds.</p>
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
SASK CUP 3 SEEDING	- based on single highest point value from either Sask Cup 1 or Sask Cup 2.
PROVINCIAL SEEDING	- based on adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

TOURNAMENT FORMAT: 14U WOMEN – 18U WOMEN	
SASK CUP 1 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more : 8 teams compete in Div 1 and the rest in Div 2 . - if numbers allow, the top Division 2 teams may be pooled together in a “power pool” format. - there is movement between divisions.
SASK CUP 2 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more : 8 teams compete in Div 1 and the rest in Div 2 . - if numbers allow, top Div. 2 teams may be pooled in a “power pool” format. - there is movement between divisions.
SASK CUP 3 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more : 8 teams compete in Div 1 and the rest in Div 2 . - if numbers allow, top Div. 2 teams may be pooled in a “power pool” format. - there is movement between divisions.
PROVINCIAL FORMAT	- if less than 18 teams : all teams compete in one division .
	- 18 teams or more : 10 teams compete in Div 1 and the rest in Div 2 . - if numbers allow, top Div. 2 teams may be pooled in a “power pool” format. - no movement between divisions.
	- 32 teams or more : 10 teams compete in Div 1 and 14 teams in Div 2, the rest in Div 3 . - if numbers allow: *the top Division 2 teams will be pooled together in a “power pool” format. *the top Division 3 teams will be pooled together in a “power pool” format. - no movement between divisions.
	- 52 teams or more : 10 teams compete in Div 1 and 14 teams in Div 2, 14 teams in Div 3, the rest in Div 4 . - if numbers allow: *the top Division 2 teams will be pooled together in a “power pool” format. *the top Division 3 teams will be pooled together in a “power pool” format. *the top Division 4 teams will be pooled together in a “power pool” format. - no movement between divisions.

13U Girls

LTD 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 is the game play format that will be used for the 2024-2025 Age Class season.
- There will be no specialization of positions, i.e., No switching to a different position from your service order. i.e., the player in position #3 (position #2 or position #1), as decided by the coach at the start of the match) in your service reception, will be the designated setter for that rotation.

Sask Cup Format

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

Tripleball Overview:

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

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

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

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

14U Women

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- 14U Women will utilize the 12 limited substitution rule with NO libero.
- Coaches must start all players within a match. Volleyball Canada 'Fair Play' rules apply.
 - i. All players listed on the score sheet must start the first or second set.
 - ii. Substitutions are not permitted in the first or second set.

NOTE: In the case of injury, an *Exceptional Substitution* may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
 - iii. Any lineup can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.
 - iv. Teams switch sides in the third set once a team reaches 8 points.

Sask Cup Format

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

Sask Cup tournaments:

- 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.

15U Women

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- 15U may receive the serve with an overhand motion using the fingers.
- **Modified Fair Play** rule for 15UW will be in used for **all Sask Cups & Provincial Championships.**
 - Set 1: subs allowed after either team has scored 15 points. When either team reaches 15 points, coaches can substitute (12-sub limited).
 - Set 2: any athlete that did NOT start set 1 must start set 2. When either team reaches 15 points coaches can substitute (12-sub limited).
 - Set 3: (if necessary), no restrictions as to who starts, and 12-sub limited rule applies. Teams switch sides in the third set once a team reaches 8 points.

Sask Cup Format

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

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

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

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials.
- It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- 16U 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 matches to allow teams from Division 2 an opportunity to compete in Division 1.

17U Women

LTD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

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

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials.
- It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa V200W-CEV will be the official competition ball for this age category.
- 17U 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

LTD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

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

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials.
- It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa V200W-CEV will be the official competition ball for this age category.
- **18U will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

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

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

SEEDING: 15U MEN & 16U MEN	
SASK CUP 1 SEEDING	<ul style="list-style-type: none"> - Top four 16U teams based on the 15U results from previous year’s provincial championships will be seeded #1 to #4. - Top two 15U teams based on the 14U results from previous year’s provincial championships will be seeded #5 to #6. - Remainder of 16U entries. - Remainder of 15U entries. <p style="text-align: center;">*NOTE: Teams that are from clubs that are new in 2025 will occupy the bottom seeds and are seeded randomly.</p>
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
SASK CUP 3 SEEDING	<p>- based on single highest point value from either Sask Cup 1 or Sask Cup 2.</p> <p>*NOTE: If numbers allow this will be a separate 15U and 16U event.</p>
PROVINCIAL SEEDING	<p>- based on adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.</p> <p>*NOTE: If numbers allow this will be a separate 15U and 16U event.</p>

SEEDING: 18U MEN	
SASK CUP 1 SEEDING	<ul style="list-style-type: none"> - Top four 18U teams based on the 17U results from previous year’s provincial championships will be seeded #1 to #4. - Top two 17U teams based on the 16U results from previous year’s provincial championships will be seeded #5 to #6. - Remainder of 18U entries. - Remainder of 17U entries. <p style="text-align: center;">*NOTE: Teams that are from clubs that are new in 2025 will occupy the bottom seeds and are seeded randomly.</p>
SASK CUP 2 SEEDING	- based on point value earned from Sask Cup 1.
SASK CUP 3 SEEDING	- based on single highest point value from either Sask Cup 1 or Sask Cup 2.
PROVINCIAL SEEDING	- based on adding 2 highest point values from Sask Cup 1, Sask Cup 2 and Sask Cup 3.

TOURNAMENT FORMAT: 14UM – 18UM	
SASK CUP 1 FORMAT	- if less than 16 teams : all teams compete in one division . <i>- 14UM (regardless of the number of teams) ALL teams compete in one division</i>
	- if 16 teams or more: 8 teams compete in Div. 1 and the rest in Div. 2 . <i>- 14UM (regardless of the number of teams) ALL teams compete in one division</i> - if numbers allow, the top Division 2 teams may be pooled together in a power pool. - there is movement between divisions.
SASK CUP 2 FORMAT	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more: 8 teams compete in Div. 1 and the rest in Div.2 . - there is movement between divisions.
SASK CUP 3 FORMAT (15UM - 18UM)	- if less than 16 teams : all teams compete in one division .
	- if 16 teams or more: 8 teams compete in Div. 1 and the rest in Div. 2 . - if numbers allow, the top Division 2 teams may be pooled together in a power pool. - there is movement between divisions
PROVINCIAL FORMAT	- if less than 18 teams : all teams compete in one division . - if numbers allow: the top teams 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. 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 Div. 1 and the rest in Div. 2 . - if numbers allow, the top Division 2 teams will be pooled together in a

	power pool. - no movement between divisions.
	- if 24 teams or more: 10 teams compete in Div. 1 and the rest in Div. 2 . - in Division 2: the top teams will be pooled together in a power pool. - no movement between divisions.

14U Men

LTD Stage: Training to Train

Principle Focus: To develop and consolidate sports skills.

Guidelines

Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials. It is recommended that teams compete in no more than 7 competitions including Provincials.

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

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

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

- 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 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 tournaments:

- teams start in either Division 1 or 2 (for Sask Cup 2 and Provincial championships). There will be a set of crossover matches after pool play to allow teams from Division 2 an opportunity to compete in Division 1.

15U Men

LTD Stage: Training to Train B

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

- 15UM will be combined with 16UM for Sask Cup 1 and Sask Cup 2 and will follow 16UM Volleyball Canada rules.
- 15UM will have their own Sask Cup 3 and Provincial Championship if there is a minimum of 8 teams registered for at these events for both 15UM and 16UM. Volleyball Canada rules will be implemented for these separate 15UM events.
- 15UM will utilize modified fair play rule at Sask Cup 3 and Provincials if they are competing in a separate event from 16UM.

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials.
- It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.

Sask Cup Format

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

16U Men

LTD Stage: Training to Train B

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

- Will include 15UM for Sask Cup 1 and Sask Cup 2. 15UM will have their own Sask Cup 3 and Provincial Championship if there is a minimum of 8 teams registered for at these events for both 15UM and 16UM.

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials.
- It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa VQ200W-CAN will be the official competition ball for this age category.
- **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

LTD Stage: Learn to Compete

Principle Focus: Optimize fitness preparation and position specific skills.

Guidelines

- Registered teams must play in a minimum of 1 Sask Cup tournament, in the category they are registered, to be eligible for Provincials.
- It is recommended that teams compete in no more than 7 competitions including Provincials.
- The Mikasa V200W-CEV will be the official competition ball for this age category.
- **18U Men will utilize the 12 unlimited substitution rule with libero.**

Sask Cup Format

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

Sask Cup Tournament Point Allocations

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

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

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

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

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

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

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

PIA includes any registered person with the operation of volleyball within a club, including all coaching staff. All **head coaches, assistant coaches, team trainers** and **team managers** who are listed on the Provincial or National roster. This is determined by your Sask Volleyball membership. These requirements are mandatory for all Persons in Authority regardless of certification status. **Team registrations will not be approved until** these **3 elements** have been verified by Sask Volleyball. All documents are to be entered at the time of registration through TeamLinkt.

Deadline: Prior to team registration

	Enhanced Police Information Check (EPIC)	Cost varies	<i>EPIC completed within the last 3 years (May 31, 2022 or later)</i>
	Vulnerable Sector Check	Cost varies	<i>VSC completed at any point in time</i>
	Screening Disclosure Form	Free	Screening Process completed annually
	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>

MANDATORY Eligibility Requirements for ALL Coaches

NEW for 2024-2025 - Includes Assistant Coaches:

ALL Coaches listed on any Provincial and Nationals roster must complete the following mandatory requirements to be eligible to participate. **Coaches will not be approved to continue to participate in any team capacity until** these **3 elements** have been verified by Sask Volleyball.

Deadline: (March 1, 2025) Pending Provincial membership approval and National registration deadlines.

	Making Head Way in Sport eLearning	Free	<i>The Making Head Way eLearning provides coaches with the latest information specific to Concussion Management.</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>
	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>

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

SANCTIONS: Any coach who is missing any of the mandatory requirements will be ineligible to participate with their team in any capacity in the 2024-2025 season of play and will not be listed on the team roster. No exemption will be provided.

MINIMUM Certification Requirements for Head Coaches:

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

DEADLINE: (March 15, 2025) Pending Provincial membership approval and National registration deadlines.

	2025
14U to 18U	<p>Head Coaches participating at a National Championship for the 1st time are required to have successfully completed a DEVELOPMENT COACH WORKSHOP</p> <p>Head Coaches participating at a National Championship for a 3rd year, or more, are required to have active CERTIFIED DEVELOPMENT COACH status.</p>

IMPORTANT NOTES:

1. Recommended Modules: It is strongly recommended that coaching staff consider completing the following modules from Coaching Association of Canada: [Rule of Two eLearning Module](#) (Free), and [Anti-Racism eLearning Module](#) (Free)

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

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

4. Coaching Requirements Exemption: Coaches who have not met the Certification Requirements by the March 15, 2025 deadline may submit an exemption application. Exemptions will only be considered under the following conditions:

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

Coaches who do not meet the Certification Requirements will be contacted and provided with the exemption application by email after March 15, 2025. 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

An exemption application to the Certification Requirements after the March 30, 2025 deadline, will **only be considered** under the following conditions:

- 1st 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.
- A head coach is assigned to a team roster, after March 30, 2024 – based on approved roster changes by VC.
- A PTA is unable to offer a workshop or provide an evaluator due to unforeseen circumstances prior to the deadline.
- There is confirmation through The Locker of professional development taken within the previous 3 months (Jan-March 2024) not including the mandatory requirements.

Updated November 4, 2024

This document may be subject to change without notice.

SANCTIONS:

(Provincial Sanction) **Head Coaches** who do not meet the requirements outlined below for 2025 will be subject to a \$250 CAD fine, payable prior to participation at Provincials. Any coach who received a Sask Volleyball fine in 2024 will be ineligible to participate in 2025, if the requirements listed above are not met. Any coach that received an exemption in 2024 will be subject to a fine if requirements are not met. Sask Volleyball fines will be held in trust for one calendar year for the fined coach or club to access for the registration cost of missing certification components. Exemptions will only be considered if rationale is received in written form, prior to **February 20, 2025**. All requests are to be sent to michelle@saskvolleyball.ca.

(National Sanction) **Head Coaches** who do not meet the requirements outlined below for 2025 will be subject to a \$250 CAD fine, payable prior to participation at Nationals. Any coach who received Volleyball Canada Nationals fine in 2024 will be ineligible to participate in 2025, if the requirements listed below are not met. Any coach that received an exemption in 2024 will be subject to a fine if requirements are not met, payable prior to participation in this year's Nationals.

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 Eric Marchildon at eric@saskvolleyball.ca or 306-715-0228.

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).

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)	21%
Accredited Club Indoor 13-15U teams (# of teams)	29%
Accredited Club Indoor 16-18U teams (# of teams)	29%
Approved Indoor Development Program (# of athletes)	13%
Approved Beach Development Program (# of athletes)	8%

Section 6: Volleyball for Adults

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

For the 2025 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 2006 or before

Masters: Men's/Women's – Born in 1990 or before

Masters 45+: Men's/Women's – Born in 1980 or before

2025 Adult Tournament Dates

<i>TOURNAMENT</i>	Date	Registration Deadline	Location	Fee
Master Women's Provincials	April 12, 2025	Feb 6, 2025	REGINA	\$450+GST+ PST+online transaction fees
Senior Women's Provincials	April 13, 2025	Feb 6, 2025	REGINA	\$450+GST+ PST+online transaction fees
Senior Men's Provincials	April 12, 2025	Feb 6, 2025	REGINA	\$450+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 with any questions you may have.

Section 7: Beach Volleyball

Sask Volleyball will offer Beach Volleyball in 2025 – please watch social media for updates on Beach information.

Section 8: Indoor National Championships



All 2025 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

*please note date changes to age groups - updated Oct 30

May 1 – May 4, 2025 14U - Ottawa

May 1 – May 4, 2025 14U - Fredericton

May 8 - 11, 2025 14U - Winnipeg

May 8 - 11, 2025 15UB - Edmonton (T1)

May 14 - 17, 2025 15UG/17UB - Edmonton (T2)

May 18 - 21, 2025 16UG/17UG - Edmonton (T3)

May 22 – 25, 2025 16UB/18U - Edmonton (T4)

Registration dates will be posted on the Volleyball Canada website in November 2024.

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: 2024-2025 Referee Committee

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2024-25 Referee Pay Rate Schedule

****All assigning of referees for club or exhibition matches must be requested and coordinated through the RRC or a Referee Committee Member in your zone. This will ensure all referees are registered and have completed any mandatory requirements. **Mandatory requirements are: Safe Sport module completion and Police Record Check (within last 36 months)** Failure to comply with this process will have**

repercussions of no other club tournaments being sanctioned or potentially the inability to attend provincial championships.

***Effective for the 2024-2025 season**, pay rates for Sask Volleyball-run tournaments include a per diem fee. If a canteen is available officials will be expected to pay for items.

Best of Two or Three Matches

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

Two Referees		
	Sask Cup Match Rate	Club Tournament Match Rate
Level 3, 4, 5	\$29.50	\$27.50
Level 2	\$26.80	\$24.80
Level 1	\$25.00	\$23.00
Novice	\$23.20	\$21.20

Best of Five Matches

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

Sask Volleyball Beach Events

\$24/hour plus Sask Volleyball Policy rate for Per Diem

Tournament Assigner Fees

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

Mileage

The mileage rate is \$0.52/km

Section 12: Appendices

Appendix A - Over-Age Athlete Request Form

Over-Age Athlete Registration Form – FOR ATHLETES BORN IN 2006

For 18U only, athletes born between January 1, 2006 and August 31, 2006 and are in Grade 12 for the 2024-2025 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, 2006?

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, 2006?

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

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

Date Submitted

Please submit by email to: cara@saskvolleyball.ca

WARM-UP PROTOCOL

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

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

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

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

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

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

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

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

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

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