



Club Policies & Regulations

(including Competition Guide for 2023-2024)

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INTRODUCTION

Volleyball PEI strives to be a regional leader in Volleyball in Atlantic Canada.

Volleyball PEI exists to

- provide athletes, coaches, referees and volunteers with opportunities
- support for participation, development, and advancement within the sport of volleyball, and
- Be a regional leader in volleyball within Atlantic Canada.

This document is a guide containing information regarding the 2023-2024 indoor club season. All standard rules and regulations are from the Volleyball Canada 2023-2024 Rule Book. If you have any questions regarding the upcoming season or require assistance, please do not hesitate to contact Volleyball PEI via email at cgcrozier@sportpei.pe.ca

Volleyball PEI's website at <http://www.volleyballpei.com>. is updated regularly for the convenience of clubs, athletes, officials and parents. We do our best to keep you informed on upcoming events, schedules, workshops and programs for both indoor and beach volleyball.

Communication: Please note that any exchange of information between a club and athlete must include parents/guardians.

MEMBERSHIP TYPES & ANNUAL MEMBERSHIP FEES,

-All memberships purchased cover the membership season of September.1, 2023 to August 31, 2024.

-All membership types are UPGRADEABLE. Only the difference in price is charged when upgrading.

-Coach/Player Membership Types:

-Full Membership vs. Recreational Membership vs. Youth Development Player

-see benefits of each below

Benefits of Volleyball PEI / Volleyball Canada - FULL Membership

-access to liability and sport accident insurance for all registered players & coaches. This is often necessary to secure gym rentals for practices and hosting tournaments.

-access to Volleyball PEI staff on a daily basis via various communication methods.

-ability to play in and host sanctioned competitive tournaments

-ability to play in and host sanctioned age group provincial championships

-ability to apply to host a VPEI provincial championship

-inclusion on VPEI communications about coach and player development opportunities

-ability for players to attend VPEI provincial team tryouts/camps and for those selected to participate on VPEI provincial teams versus other provinces.

-Ability for Coaches to attend VC coaching development opportunities.

-access to VPEI officials when hosting tournaments.

-access to Volleyball Canada event information

-access to Volleyball Canada and/or VPEI Learning Facilitators and Evaluators.

Benefits of Volleyball PEI / Volleyball Canada - RECREATIONAL Membership

-access to liability and sport accident insurance for all registered players & coaches and persons in authority. This is often necessary to secure gym rentals for practices and hosting tournaments.

-access to Volleyball PEI staff on a daily basis via various communication methods.

-ability to play in and host VPEI tournaments that only include VPEI members

-ability to play in VPEI age group provincial championships

-ability to apply to host a VPEI provincial championship

-inclusion on VPEI coach and player communications about coach and player development opportunities

-ability for players to attend VPEI provincial team tryouts/camps but must upgrade to the full membership if participating on a provincial team competing against other provinces.

-access to VPEI officials when hosting tournaments that include PEI teams only

-ability to host player and coach development sessions for registered VPEI members with successful securement of VPEI Learning Facilitators.

Benefits of Volleyball PEI / Volleyball Canada – Youth Development Membership

Benefits of Volleyball PEI / Volleyball Canada – YOUTH DEVELOPMENT Membership

-this is a one-time “try-it membership” that allows athletes to try a 1-3 hour sanctioned club camp or clinic for a lower cost point, before purchasing a recreational membership if they choose to continue with further VPEI programming.

INDIVIDUAL MEMBERSHIP FEES

All **FULL** membership fees for teams (13U – 18U, team staff, coaches, club contacts, etc.) are \$75.00/person, which includes a \$35.00 Volleyball Canada membership fee.

All **RECREATIONAL** membership player fees for teams (13U – 18U, team staff, coaches, club contacts, persons in authority, etc.) are \$30.00/person, which includes a \$5.00 Volleyball Canada membership fee.

All **Youth Development Player** membership fees are \$5.00 per players which includes the Volleyball Canada membership fee.

MEMBERSHIP REGISTRATION DEADLINES

- All athletes must have at minimum a RECREATIONAL player membership **prior to their participation in any VPEI sanctioned event**. This includes tryouts, camps, clinics, etc.

*The only exception to this is the YOUTH DEVELOPMENT membership which can be purchased for a one-time “try-it event”. The assumption with this membership type is that that if the athletes continues with further VPEI programs, they will then upgrade to a RECREATIONAL membership.

* Any participation in COMPETITIVE TOURNAMENTS either in our outside PEI requires a FULL player/coach membership as cross-border insurance is in effect with Volleyball Canada if teams from outside PEI are participating.

- A player can only register and participate with one (1) club.
- A coach can only register and participate with one (1) club.
- Any person sitting on the bench at a sanctioned VPEI competition MUST be a registered member of VPEI. This includes team staff, managers, trainers, etc.
- VPEI Memberships are non-refundable.

Note: All players, coaches and team staff must have a membership for the current season before they participate in their first VPEI sanctioned event in order to be covered by VPEI insurance.

AGE CATEGORIES

The following rules apply to both VPEI Sanctioned Club Competitive Events and VC National Championships.

2023-2024 Club Athlete Age Categories are as follows:

18U: Athletes born between September 1, 2005 and Dec 31, 2006 (16 months)

17U*: Athletes born between September 1, 2006 and Dec 31, 2007 (16 months)

16U: Athletes born between September 1, 2007 and Dec 31, 2008 (16 months)

15U: Athletes born between September 1, 2008 and Dec 31, 2009 (16 months)

14U: Athletes born between September 1, 2009 and Dec 31, 2010 (16 months)

13U: Athletes born between September 1, 2010 and Dec 31, 2011 (16 months)

12U: Athletes born after January 1st, 2011.

* Athletes born September 1-December 31 of the previous year, on a current CCAA or USports volleyball roster, will not be permitted to play in the 17U age class.

o Athletes are NOT permitted to be part of any Usports, CCAA or other Post-Secondary volleyball program for the current season (Sept 2023-May 2024)

o Athletes within the appropriate age category above (16-month window) are not restricted.

Definition of Post-Secondary:

- Part of a Post-Secondary Volleyball program is defined as training in whole or part with team members of the post-secondary institution that they are attending, beginning October 1, 2023.
- Athletes are permitted to tryout/train with a post-secondary team in Sept 2023. This would include any athlete regardless of their post-secondary eligibility, including those commonly referred to as red shirts.
- This does not include intramural programs or club programs within a post-secondary institute.
- If an athlete is attending a post-secondary institution, the Head Coach of the program shall confirm verification.
- CEGEP is not included in the definition of Post-Secondary program.

*** Please note: The VPEI Spring League program follows slightly different age groups than above as it is “grade-based” and not based on calendar year. See Spring League program document for further info.

TYPES OF CLUB ACTIVITIES

Clubs *may* hold **INFORMAL** activities including: hosting indoor/beach camps, clinics or programs that are open to ALL registered VPEI members from the end of the indoor season (May 31st) until the start of the next playing season (Sept.1st).

Clubs may also hold **INFORMAL** activities between September 1st and the end of the PEISAA season provided they do not interfere with the PEISAA provincial championships and all participants are registered VPEI/VC recreational members of the current season.

CLUB TRYOUT PERIOD

Clubs may advertise their tryout dates/times and locations starting on September 1st, but *cannot* hold any **FORMAL** activities: including tryouts, practices or club training until the tryout window opens.

The tryout window **OPENS** for the competitive playing season following the conclusion of the PEISAA provincial tournament for each specific age category (ie: Junior High/14U/15U Clubs can hold tryouts before Senior High/16U/18U Clubs as their PEISAA season ends earlier).

It is important to note, an athlete's attendance at a tryout, is not a commitment to participate with that club.

RECRUITING POLICY

Volleyball PEI strongly encourages the PEI volleyball community to work cooperatively to ensure all volleyball participants have a positive experience by following these principles and rules. These guidelines apply to all Club Recruiters (ex. Club Directors, Coaches, Asst. Coaches, Managers, etc.) and College/University Recruiters.

1. Club Recruiters are NOT allowed to have direct contact (verbally, electronically or with printed material) with an athlete while their team is still participating in the current indoor competitive season (Competitive Season period is from the end of PEISAA season until end of May). Club Recruiters can speak directly with an athlete once their competition season is over, but must have consent from their parent/guardian(s) and follow the Rule of 2.
2. College/University Recruiters must introduce themselves and the institution/organization they represent to tournament staff/organizers upon arrival. They should be wearing clothing that clearly indicates the institution they are representing and should not approach athletes/parents while the athlete's team is competing. Tournament staff has the right to ask a recruiter to leave the gymnasium or venue if recruiting practices are not respected.
3. Occasionally a player may initiate contact with a College/University Recruiter. If this is done during school hours, practices, tournaments or league/exhibition games; then it is the recruiter's responsibility to inform the athlete they can have a conversation after the activity and once they have received the parents' permission, while following the Rule of 2.

PLAYERS FEATURED ON ROSTER

A player may only be registered on one (1) team roster in the same age category.

PLAYERS MOVING UP AN AGE CATEGORY

As long as Volleyball Canada regulations are not contravened (making a team ineligible for the Volleyball Canada National Championships), youth teams may use lower age players (from that same Club) in a VPEI competitive sanctioned competition. The names of the players moving up are to be bracketed on the score sheets.

PLAYERS MOVING DOWN AN AGE CATEGORY

Competitive youth teams may NOT use any overage players as the club competitive season already allows a 16 month window for competition.

*Exceptions to this rule will be allowed on a case-by-case basis for our Spring League program only to allow smaller clubs to play in the developmentally appropriate category for Spring League play only.

PLAYERS MOVING Laterally WITHIN AN AGE CATEGORY

For Clubs that have two or more teams in the same age category, lateral movement is defined as a maximum of three (3) players moving from roster A to roster B, and a maximum of three (3) players moving from roster B to roster A. Documentation to the VPEI office is not required but the names of those players moving laterally are to be bracketed on the score sheets. A player who has been moved laterally from one roster to another may not play for two teams in the same competition.

ROSTER LOCK DEADLINE

Set by individual clubs for their own sanctioned competitive tournaments.

COMPETITIVE CLUBS vs. SPRING LEAGUE (only) CLUBS

Athletes and coaches can be rostered to play/coach with one Competitive club and a different Spring League Club (if they wish) for the purpose of the VPEI Spring League program only. Coaches must allow these athletes to switch clubs for the Spring League Program if they so wish with no restrictions to them coming back to their Competitive Club to finish out the competitive season. Competitive Clubs should try to arrange their training schedules to allow athletes to participate in full (practices and weekly tournaments) with their Spring League Clubs as this program is important to the growth of our sport in PEI. Please note: Athletes can choose if they want to participate in Spring League or not, they are not mandated to.

RISK MANAGEMENT AND SAFETY

It is the policy of Volleyball PEI to foster a spirit of competitiveness in the safest possible environment.

It is the responsibility of every member, coach, referee, volunteer, and staff to practice Risk Management and Safety on a continuous basis.

When a team applies to host an event, it is their responsibility to provide a safe environment for players, coaches, referees, volunteers, and spectators.

Canadian Safe Sport Anonymous Hotline: 1-888-83-SPORT (77678) to report harassment, abuse and discrimination concerns.

Person In Authority (PIA) and Rule of 2 Guidelines:

All PERSONS IN AUTHORITY (PIA) must complete the following in order to participate in any VPEI sanctioned event, as well as Volleyball Canada National Championships:

- Background screening – Please see Police Record Check Section below for all details and requirements.
- Review and adhere to Volleyball Canada's Code of Conduct and Abuse Policy
- Review and adhere to the Responsible Coaching Movement's Rule of Two

o 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.

CRIMINAL RECORD CHECK & VULNERABLE SECTOR SCREENING

Volleyball PEI follows a strict policy whereby all Persons In Authority (PIA) working directly with athletes in registered club programs must have the following:

- Enhanced Police Information Check/Criminal Record Check and Vulnerable Sector Screen (expires 3 years from date issued):
 - o Must be submitted to VPEI (via email is fine) before the PIA's first interaction with youth.

Volleyball PEI follows a strict policy whereby all team staff working directly with athletes in registered club programs (coaches, assistant coaches, managers, and trainers) are required to complete a Police Record Check with Vulnerable Sector Screen.

In order to make the process of acquiring a Police Record Check with Vulnerable Sector Screen as painless as possible, VPEI will provide all PIA's a letter to take to their local RCMP detachment to get the check done for no cost. Police Record Checks with Vulnerable Sector Screen must be submitted to VPEI.

COACHING CERTIFICATION REQUIREMENTS

Volleyball PEI's Coach Eligibility Requirements are to ensure that all coaches participating in the club season have the knowledge and training necessary to provide every athlete with a safe, inclusive, and responsible sport experience.

Guiding Principles:

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.

PERSONS IN AUTHORITY (PIA)

ALL Persons in Authority listed on any team 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 team roster. These requirements are mandatory for all Persons in Authority regardless of certification status.

Both Section B requirements must be completed before your first on-court or electronic interaction with athletes.

Note: Any Persons in Authority who are missing any of the requirements in Section B (below) should not interact with any youth in person/electronically as a Persons in Authority, and should not be included on any team roster, until completed.

SECTION B

Criminal Record Check with Vulnerable Sector Check - completed within the last 3 years.

Coaches Association of Canada (CAC) Safe Sport Training. Free online. Credit will also be given for equivalent programs recognized by Sport Canada, ie Respect in Sport Activity Leader.

HEAD COACHES

Head Coaches listed on any club team roster must complete all the requirements in Section A (below) to be eligible to participate. These requirements are mandatory for all Head Coaches regardless of certification status.

DEADLINE: Section A requirements of CRC/VSS + Safe Sport must be completed before your first interaction with athletes (electronic or in-person). The remaining items must be completed by May 31st, 2024.

Note: Any Head Coaches who are missing any of the requirements in Section A (below) should not interact with any youth in person/electronically as a Persons in Authority, and should not be included on any team roster, until completed.

SECTION A

Criminal Record Check / Vulnerable Sector Check - Cost varies. Completed within the last 3 years, Provincial & Territorial Associations (PTAs) will verify for all Head Coaches

Safe Sport Training - Coaches Association of Canada (CAC) - Free. Credit will also be given for equivalent programs recognized by the CAC. PTAs will verify Safe Sport Training for all Head Coaches.

Making Head Way in Sport eLearning - Free. Making Head Way eLearning provides coaches with the latest information from the 5th International Conference on Concussion in Sport in Berlin 2016.

Make Ethical Decisions (MED) Online - \$30 for online workshop and then Evaluation. 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. Volleyball PEI will only pay \$30 towards this cost if Coach is registered as a FULL Coach with Volleyball PEI.

Foundations of Volleyball eLearning - \$89. Foundations of Volleyball eLearning introduces coaches to Volleyball Canada's teaching methodologies and long-term athlete development principles.

Head Coaches coaching 14U, 15U, or 16U club volleyball on PEI for the 1st time (and any Head Coaches participating at a 14U, 15U or 16U Nationals for the 1st time) are required to have successfully completed a **DEVELOPMENT COACH WORKSHOP**.

Head Coaches coaching 14U, 15U, or 16U club volleyball on PEI for the 3rd time or more (and any Head Coaches participating at a 14U, 15U or 16U Nationals for 3rd time) or more are required to have **CERTIFIED DEVELOPMENT COACH status**.

Head Coaches in Yr. 1 or 2 must also meet requirements in Section A above.

**Coaches attending Nationals must have Section A + Development Coach Workshop in Year 1, and in Year 2 the coach must be Development Coach Certified.*

Head Coaches coaching 17U or 18U club volleyball on PEI for the 1st time (*and any Head Coaches participating at a 17U or 18U Nationals for the 1st time*) are required to have successfully completed an **ADVANCED DEVELOPMENT COACH (INDOOR) WORKSHOP**.

Head Coaches coaching 17U or 18U club volleyball on PEI for the 3rd time or more (*and any Head coaches participating at a 17U or 18U Nationals for the 3rd time or more*) are required to have **CERTIFIED ADVANCED DEVELOPMENT COACH status**.

All Head Coaches in Year 1 or 2 must minimally meet requirements in Section A above.

**Coaches attending Nationals must have Section A + Advanced Development Coach Workshop in Year 1, in Year 2 you must be Advanced Development Coach Certified.*

IMPORTANT NOTES:

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. 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.
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 from VC 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.

NCCP COACH CERTIFICATION - TIMELINE RECOMMENDATIONS as per Volleyball Canada

DEVELOPMENT COACH – CERTIFIED (13U-16U)

Listed below are the recommended timelines for training tasks in the Development Coach - Certified (13U-16U) pathway. Coaches are encouraged to complete tasks as soon as they are able and do not necessarily have to wait for the year indicated. Coaches should only register for the Development Coach Evaluation once all other tasks have been completed & they have time to dedicate to completing it within 2-4 weeks of registration.

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

DEVELOPMENT COACH PATHWAY:

Year	Tasks	Time	Cost
1	<ul style="list-style-type: none">• Foundations of Volleyball eLearning• Make Ethical Decisions Online Evaluation*• Making Head Way (Generic) eLearning• CAC Safe Sport Training - eLearning	1.5 hours 45 minutes 90 minutes 45 minutes	\$89 \$30 for workshop through Coaching PEI followed by free evaluation* Free Free
2	<ul style="list-style-type: none">• Development Coach Workshop• Emergency Action Plan	Online (16 hours total) 15 minutes	\$99 Free
3	<ul style="list-style-type: none">• Development Coach Evaluation	4-6 hours	\$120

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

Listed below are the recommended timelines for training tasks in the Advanced Development Coach - Certified (17U/18U) pathway. Coaches are encouraged to complete tasks as soon as they are able and do not necessarily have to wait for the year indicated.

Coaches should only register for the Advanced Development Coach Evaluation once all other tasks have been completed.

ADVANCED DEVELOPMENT COACH PATHWAY:

Year	Tasks	Time	Cost
1	• Foundations of Volleyball eLearning	1	\$89
	• Make Ethical Decisions Online Evaluation*	1.5 hours	\$30 for workshop through Coaching PEI followed by free evaluation*
	• Making Head Way (Generic) eLearning	45 minutes	Free
	• Development Coach Workshop	90 mins online (16 hours total)	\$99
	• CAC Safe Sport Training - eLearning	45 minutes	Free
2	• Advanced Development Coach Workshop	Weekend (18 hours)	\$149
	• Design a Basic Sport Program	4 hours	\$30
	• Basic Mental Skills	4 hours	\$30

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

TYPE OF COMPETITION

A **Competitive Tournament** is a VPEI sanctioned tournament organized by a club and is officiated by VC Certified & Registered officials.

Hosts should aim to meet the following standards to be designated a sanctioned event:

- Teams should play a maximum of 5 (best 2/3) matches in one day
- Teams should play a maximum of 2 (best 2/3) matches in a row
- Teams should sit a maximum of 2 (best 2/3) matches in a row
- Volleyball Canada and Volleyball PEI rules will apply including rules of play and tie-breaking procedures.
- Use assigned officials through the VPEI Referee Assignors
- Use Volleyball PEI's official competition volleyballs
- Complete a Competitive Tournament Report and submit to Volleyball PEI upon event completion
- Note: Competitive Tournaments will not be sanctioned on the same weekend as another already sanctioned VPEI tournament or provincially scheduled event in that age group.

Once a Competitive Tournament has been sanctioned by VPEI, the event will be posted on the VPEI Tournaments Page.

ELIGIBILITY

Any team competing in a VPEI sanctioned competition must be fully registered with a PSO as a club team and may only use registered members.

- A VPEI representative in any capacity may request proof of registration of a club, team or individual at any time.
- VPEI members must be residents of Prince Edward Island. Any exception to this must have the approval of VPEI, Volleyball Canada, and the provincial/territorial governing body where the individual resides. Contact the VPEI office for further information and details of this membership approval process.
- A registered youth team may, in any VPEI tournament, including VPEI Championships, dress up to fifteen players.

"New for 2024! For 15U – 18U events, A maximum of 15 players can be in uniform, participate in the warm-up, sit on the bench, and participate in any given match."

- A team may register up to fifteen (15) players and four (4) coaches on the registration list and must register a minimum of eight (8) players and one (1) coach.
- A minimum of six (6) players can compete at a VPEI sanctioned event.

- An out of Province team that wants to participate in VPEI sanctioned competition must receive approval from their Provincial or Territorial Sport Organization (P/TSO). Each team must provide VPEI with an official letter indicating that the team is registered and in good standing. VPEI reserves the right to deny entry into an event based on the registration capacity.
- Out of Province teams wanting to participate in VPEI Provincial Championships must compete in the event's ranking tournament. (**not applicable at this time as our provincials are held in conjunction with our Spring League Program)

COMPETITION REGULATIONS

As per Volleyball Canada's Rule Book:

Uniforms

Each registered team shall be appropriately dressed for competition as follows:

- The colour for the jerseys and shorts must be uniform for the team (except for the Libero). The length, style, design or fit of the shorts are irrelevant and of no consequence. The uniforms must be clean.
- Compression wear can be any single solid colour. The single solid colour does not need to be the same for each player.
- Players' jerseys must be numbered from 1 to 99 inclusive.
- The number must be placed on the jersey at the centre of the front and of the back.
- The colour and brightness of the numbers must contrast with the colour and brightness of the jerseys.
- The number must be a minimum of 10cm in height on the chest and a minimum of 15cm high on the back. The line forming the numbers must be 2cm in width.
- The Team Captain must have on their jersey a stripe of 8x2cm underlining the number on the chest.
- It is forbidden to wear uniforms of a colour different from that of the other players (except for the Libero), and with/or without official numbers.
- To avoid any potential uniform violation problems, it is strongly recommended to clubs that the jersey numerals not be included in any artwork or logo. The numerals are to be clearly visible and should stand alone, separated from any artwork or logo.
- Refer to the Volleyball Canada Rule Book for the complete definition of the uniform for the Libero player – The Libero must wear a uniform which has a different dominant colour from any dominant colour of the team jersey
- When a uniform violation occurs, players with non-matching uniforms shall not be permitted onto the court unless the team has less than 6 players with matching/identical uniforms.

Serving Space

If serving space is less than 2m, then all players will be allowed a step-in on the serve.

Warm Up Protocol

Teams will be granted a 5-minute shared court warm up followed by an individual 5-minute team warm up each. The 5-minute warm up will commence once the referee has whistled to instruct teams to shake hands from the previous match.

The coin toss will commence at this time and coaches and team captains will be responsible to ensure their team roster is recorded and verified by signing the score sheet within this 5-minute timeframe.

Team Warm-ups will be conducted using the 5-5-5 format, which is as follows:

- 5 minutes for players to warm-up on their respective side of the court and 5 minutes for each team to use the full court (traditionally used for spiking and serving practice).

Should an event fall behind schedule, the Tournament Director shall have the ability to switch to a 2-4-4 warm up protocol (2 minutes for players to warm-up on their respective side of the court, 4 minutes each to use the full court).

Warm-up Protocol 7.2.4 Volleyball Canada – In an effort to reduce the incidence of injuries and concussions during warm-up, Volleyball Canada has developed the following warm-up protocol. This protocol is to be followed by all teams during the designated on- court warm-up time:

- a. Athletes must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside of the court. Athletes are not permitted into the receiving court.
- b. Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court.
- c. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
- d. If the team is using both sides of the court, i.e. full court game type activity – only one ball can be in play at any given time.
- e. Opposing teams are not permitted to use volleyballs in the free zone during the other team's allocated court time. It is recommended for the opposing team to support the retrieval of volleyballs for the team on the court.

For teams that do not follow the warm-up protocol, the referees will note on the score sheet the non-compliance of the warm-up protocol. The league, PTA, or Volleyball Canada will determine the appropriate sanction.

At the end of the match, teams must vacate the court (playing area and bench area) within one minute of the completion of their match to allow for the next teams playing full access to the court.

Note: The Tournament Director has the authority (in consultation with coaches & Head Referee) to move matches ahead and/or move matches to a different court than scheduled in order to avoid delays & shorten the length of the tournament day. See specific tournament notes for other info.

GAME BALL

The official indoor ball for VPEI Competitions will be the Mikasa VQ200w-CAN in the 14U to 16U age categories and the Mikasa V200W in the 17U-18U age categories.

NET HEIGHTS

Age Category	Boys	Girls
13U	2.15m	2.20m
14U	2.15m	2.20m
15U	2.20m	2.35m
16U	2.24m	2.35m
17U	2.24m	2.43m
18U	2.24m	2.43m

AGE SPECIFIC RULES

No Libero Rule

The use of a Libero is NOT permitted at the 13U/14U/15U boys and girls age categories.

Substitution Rules

The 12 LIMITED substitution rule will be applied to all categories where the use of a Libero is not permitted.

- 12 sub limited (one entry & one exit per player) in age categories with **NO** Libero.
- 6 sub limited (one entry & one exit per player) in age categories **WITH** a Libero.

Fair Play Rule is encouraged

- The fair play rule should be applied to the 13U and 14U age categories for both boys and girls.
- All players listed on the score sheet should start the first or second set.

- Substitutions should not be permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets. Any line up can be used at the start of the third set. In the third set 12 'limited' substitutions are permitted.
- Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team. Substitution requests can only occur between a three-ball sequence.
- Teams switch sides in the third set once a team reaches 8 points. For Tripleball, If this occurs during a three-ball sequence, then the switch will be made after the sequence is complete.

Serve Receive Rule

In age groups 14U and below, receiving a serve overhand with the fingers (volley) is illegal. The referee, regardless of the quality of the contact, will call any such attempt.

TRIPLEBALL

The goal of Tripleball is to promote better skill development through more rallies, increase participation, and encourage meaningful competition and fun.

13U: Tripleball will be the official game format for all sanctioned VPEI events

14U: Tripleball will be offered as an alternative game format along with the "regular" game for all sanctioned VPEI events, including spring league during the season.

***See the official Volleyball PEI Triple Ball document for all other game details specific to PEI.*

TEAM ENTRY FEES

Competitive Club Tournaments – Set by the tournament organizer

All clubs have the option to collect their event registration/entry fees on their own or have them payable online, through the Volleyball Registration System (VRS).

REGISTRATION DEADLINES

Competitive Club Tournaments – Set by the tournament organizer

Teams/Clubs are responsible for ensuring that entry fees are submitted by the deadline(s). Late entries may be permitted at the discretion of VPEI. Any registrations after the deadline will be charged an additional \$100.00 on top of the initial registration fee.

CANCELLATION POLICY

If a tournament is cancelled it is generally for one of two reasons: less than 4 teams have registered, facility closures and/or inclement weather conditions.

If local weather or other circumstances prevent a team from traveling to an Competitive Club event, the coach must notify the event host immediately. It is recommended that weather and road conditions be checked, as clubs must assume responsibility for safety and risk management. The club host will consider local weather, road conditions and the number of teams who will not be attending when deciding if cancellation of their tournament is warranted. If a VPEI hosted event is cancelled, or teams are unable to attend due to mitigating circumstances, teams will be reimbursed their entry fee, minus any tournament administrative expenses that cannot be recovered due to cancellation. It is highly unlikely to reschedule a cancelled event pending facility availability, availability of teams and conflicts with other tournaments.

VOLLEYBALL CANADA NATIONAL CHAMPIONSHIPS

To be eligible to play in a Volleyball Canada Championship, all participants (players, coaches, managers) must be registered members of Volleyball PEI and meet Volleyball Canada entry requirements.

Entries will be verified for eligibility. At Volleyball Canada Championships, players may be required to provide personal identification.

For a Volleyball Canada Championship, all teams who participate in their respective VPEI Championships are eligible to register, the current exception being Masters.

If more teams register for a Volleyball Canada Championship than can be accommodated by available facilities (number of courts), acceptance may be based upon the order that teams registered, and/or VNS Championship results.

Date	Event	Age	Location
May 2-5, 2024	Youth Nationals	14U	Ottawa, ON
May 2-5, 2024	Youth Nationals	14U	Fredericton, NB
May 2-5, 2024	Youth Nationals	14U Girls	Richmond, BC
May 15-18, 2024	Youth Nationals	14U Boys & 15U	Edmonton, AB
May 19-22, 2024	Youth Nationals	17U Girls & 18U	Edmonton, AB
May 23-26, 2023	Youth Nationals	17U Boys & 16U	Edmonton, AB

*Competition Dates include Coach Check-In/Practice Day

For more information regarding the Volleyball Canada National Championships please visit their website at www.volleyball.ca .

Coaches attending VC National Championships should be familiar with the VC Nationals Indoor Competition Guide for additional regulations