

2026 Volleyball Canada Youth Nationals Competition Guide



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Table of Contents

2026 Nationals Overview.....	3
Eligibility & Registration.....	3
Team Registration.....	3
Foreign Participation.....	8
Coach Eligibility Requirements.....	8
Age Categories.....	9
Competition Regulations & Participation Information.....	10
Hosting Guidelines.....	10
Rules of the Game.....	10
Coach Check-in.....	14
Practice Times.....	15
Accreditation.....	15
Event Passes.....	16
Competition Ball & Uniforms.....	16
Schedules & Seeding.....	18
Medical.....	19
Awards.....	19
Protest & Appeal Process.....	19
Scouting and Recruiting.....	21
Code of Conduct & Discipline.....	22
Zero Tolerance.....	22
Safe Sport.....	22
Annex 1 – Sanctions	24



2026 Nationals Overview

Volleyball Canada will host three (3) 14U events from coast to coast offering regional access to teams while maintaining a single national event for the 15U – 18U age categories.

Date	City	Age/Gender	Facility
April 30 – May 3	Ottawa, ON	14UG	Carleton University
April 30 – May 3	Moncton, NB	14UG & B	University of Moncton - CEPS
May 7 – 10	Edmonton, AB	14UG & B	Saville Centre
May 14 - 17	Mississauga, ON	14UB & 15UB	International Centre
May 14 – 17	Calgary, AB	17UG	BMO Centre
May 20 -23	Calgary, AB	17UB & 18U G & B	BMO Centre
May 24 - 27	Calgary, AB	15UG	BMO Centre
May 28 - 31	Calgary, AB	16U G & B	BMO Centre

**Competition dates include coach check-in*

Health and Safety Considerations

In order to ensure the continued safety of participants, VC will follow Governmental and Public Health guidelines regarding current health precautions and mandates, including Covid-19 and smoke inhalation from forest fires. Changes to event protocols may be required leading up to Nationals to ensure the health and safety of all participants; any changes will be noted on the event webpage and shared with all participating teams.

Eligibility & Registration

This section deals with the registration, certification, and eligibility requirements for all Nationals. These requirements are in place to ensure an equal competitive structure.

01

Team Registration

1.1 Players: A team in any age category must have a minimum of 8 players and a maximum of 15 players registered on their official roster. For 14U: A maximum of 15 players can be in uniform, participate in the warm-up, and sit on the bench. However, only 12 players are allowed to be on the score sheet and may participate in any given match.; the 12 listed players on the score sheet may vary from match to match. (see 4.1.1 of the Rulebook). 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.

Important Reminder! Players can only appear on one roster (one age category) per tournament/three-day event. Should a player wish to be on a roster for a 2nd event, there must be a minimum of 4 days between competition days of each event.

Players will not be permitted to participate in Calgary's Tournament 1 and Tournament 2, Tournament 2 and Tournament 3, or Tournament 3 and Tournament 4.



1.2 Team Personnel/Person(s) in Authority: These are the individuals responsible for the coaching and management of the team; all team personnel must have the appropriate Leader membership with VC.

Please note the following guidelines for the official roster for Nationals:

- A maximum of four (4) team personnel.
- One (1) individual must be named as the Head Coach.
- Only those listed on the official roster are eligible to be on the bench for any given match.

The following is a list of the team personnel roles that are recognized at Nationals and who may be listed on the Official Roster:

- **Head Coach:** The person who is primarily responsible for coaching the team. This individual must meet all eligibility requirements in accordance with the VC Coach Certification Policy (See Section 3). Each team must have one (1) Head Coach listed on their official roster.

Important Reminder! An individual is not permitted to be designated as Head Coach for two teams in the same tournament/three-day event. The same individual may be designated as a Head Coach for one team and a different team personnel role for another in the same tournament/three-day event.

- **Assistant Coach:** The person(s) responsible for assisting in the coaching of the team. The assistant coach may only act in the role of Head Coach in extenuating circumstances and with prior approval of VC. Each team may have a maximum of three (3) assistant coaches on their official roster.
- **Team Manager:** The person(s) responsible for pre-event and on-site administrative duties for the team and who acts as a liaison between the team and other parties (ex. VC, hotels, restaurants, etc).

1.3 Team Contact: Each team must list a team contact during the registration process. This person will be responsible for ensuring communication between the team, their club, and VC. The Team Contact will not be listed on the Official Roster, nor will they be provided with an accreditation unless they have a dual role as a member of the team personnel, and they are listed on the official roster.

1.4 Annual Membership: All participants (athletes and team personnel) must purchase a competitive level membership with their respective PTA. By registering with their PTA, these participants will automatically become registered members with VC. Only individuals that are properly registered and in good standing are eligible to take part in competitions sanctioned or hosted by a PTA or VC.

All Person-In-Authority (PIA) must be fully compliant with Safe Sport requirements before their membership status is approved. PIAs may not participate in volleyball activities until they have met the Safe Sport requirements.

1.5 Province/Territory of Residence: A player/team must purchase their annual membership(s) within the province/territory in which they reside. No player/team is allowed to register with a PTA outside their province of residence without the prior approval of VC and the two (2) PTAs involved. In addition, no player/team is permitted to register with more than one PTA at the same time; players who wish to change PTAs mid-season must receive approval from VC and the PTAs involved.

1.6 Official Roster: Only those listed on the Official Roster are permitted to sit on the bench, and/or participate in the team warm up.



All players participating at Nationals MUST be the same as those listed on the roster for their PTA Championship. Coaches will be required to present their official roster for each match for verification by the referee and scorekeeper as rosters will not be printed on the scoresheet.

Team staff participating at Nationals are not required to be on the PTA Championship Roster. However, they must meet all roster requirements and/or exemption requirements to be added to the official roster. Teams will submit their official roster directly to VC via Sportlomo. All rosters must be submitted by March 25th 2026.

All rosters will be locked as of the provincial roster lock date. Teams are required to review their Nationals' roster following their provincial championships to ensure that any roster changes (if applicable) made between the provincial roster lock and the provincial championships have been recorded on the Nationals roster. Please note that changes or additions cannot be made during Coach Check-in.

It is each team's responsibility to confirm their National's roster is accurate.

Please see section 1.1 of Appendix A for sanctions regarding rosters.

Important Reminder! The roster lock date for teams from New Brunswick who are attending Nationals will be March 25th 2026.

1.7 Roster Exemption Requests: Changes made to the official roster (Nationals roster) following the PTA roster lock will only be considered under exceptional circumstances. All changes must be submitted via the online exemption form (available on the event webpage) and will be subject to the following fees:

- \$50 for team personnel change
- \$100 for player change

All team personnel changes must fall within the guidelines listed in the Coach Certification Policy in Section 3.0. Player changes should fall within the following guidelines:

- Teams must have only 7 or fewer players remaining for their Nationals roster
- Incoming player(s) must have played the current season with the same club
- Incoming player(s) could not have played on a team who was declared at an older age category during the current season (16U player who played on a 17U team during the same season)

1.8 Minimum Age: All athletes, coaches and team personnel members that are on the official roster for Nationals 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 Volleyball Canada 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 VC of this occurrence prior to the event to ensure that competition officials are aware. The team must 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.

New for 2026! Team personnel who are parents of children under the age of 11, and do not have additional parental support on site, will be supported by Volleyball Canada in having the child on the bench during matches. The child may not participate in warm up and must remain on the bench throughout the entirety of the match. The team must complete a Risk Acknowledgement form as they are exposing the child to a higher-risk environment.



1.9 Age Categories: The age category of a team is defined by the age category that the team declares with their PTA at the start of the season (See Section 4 for more information on age categories).

1.10 Registration Dates:

Pre-registration - December 8th to 17th

A pre-registration period will be offered to Championship Tier medalists of 14U to 17U teams from the 2025 Nationals. Pre-registration will be offered to the teams/clubs who received a gold, silver or bronze medal. For example, the first, second and third place teams/clubs of 17U boys in 2025 will be offered an opportunity to pre-register for 18U boys in 2026.

Provincial/Territory Champions (Gold Medalists) from 2025 will receive a Pre-Registration for 2026 Nationals. For Provinces/Territories who host a combined provincial championship (two age categories in the same draw), a pre-registration opportunity will be offered to the highest ranked team in each age category.

Expression of Interest – December 18th, 2025 – January 11th, 2026

Teams will have the opportunity to fill out an expression of interest for attending Nationals. All interested teams will be drawn to determine the teams who will be invited to register.

Teams may only submit one (1) expression of interest per team per age/gender category.

*14U teams will have the opportunity to list a 2nd event in their Expression of Interest should they be willing to attend an alternate event. Teams will be automatically invited to the alternate event should they be waitlisted for their preferred event.

A deposit will be required with each expression of interest; this amount will be removed from the total amount owing on the registration fee.

Late Expression of Interest – January 12th onwards

Teams expressing interest after January 12th will be invited to register if there is space in the specified event. If the event is full, teams will be added to the waitlist in the order that they express interest and following any teams on the waitlist following the draw.

1.11 Registration Fee

Registration fees are charged on a per team basis, taxes are not charged on the registration fee. Fees may vary per event, please be sure to review the Nationals webpage for current fees.

1.12 Registration for teams playing up:

A team “playing up” is defined as a team who is registering to play in an age group that is older than the age group they declared for with their PTA during the club season. For example, a team who declares and plays primarily as a 15UB team with their PTA who wants to play in the 16UB Nationals. If a team plays in an older age category all season and at provincials, they are not considered as playing up for Nationals. For example, a 13U team plays 14U during the season and at provincials.

New for 2026! Any teams playing up by 1 or more divisions from their declared age category will submit their expression of interest during the general expression of interest period. Teams will be required to indicate on the expression of interest form that they are playing up.

1.13 Waitlist: Once an age/gender category is full, teams will be placed on the waitlist based on the order of the draw. VC will maintain a waitlist to invite teams as additional space becomes available or if a team



withdraws; waitlisted teams will be offered a spot in the tournament based on their position on the posted waitlist.

In the event that a team does not submit an expression of interest in the allotted timeframe, they will be able to submit a late expression of interest and will be added to the waitlist in the order that they express interest.

1.14 Withdrawal Policy:

Teams who withdraw from Nationals must complete the withdrawal form found on the Nationals webpage.

New for 2026! Withdrawals need to be approved by the head coach, club president/director, and team contact (as indicated during EOI process)

Registration fees will be refunded as per the following timelines:

Date	Refund
Team is replaced by a waitlisted team	Registration fee, less \$350 admin fee & system fees
Team is NOT replaced by a waitlisted team	No refund
Within 2 weeks of check-in	No refund

Please see Appendix A for sanctions regarding improper withdrawals.

1.15 Participation Restrictions: For Nationals, only club teams are permitted to register. Provincial/territorial teams or foreign teams must be approved by the National Indoor Committee in order to participate.

1.16 Unsanctioned Events: Any teams who participate in an unsanctioned event outside of Canada could be deemed ineligible to compete at Nationals.

1.17 Participation Eligibility: All teams (including each individual on the official roster) must meet the following minimum criteria in order to be eligible to attend Nationals:

- Be a registered member, and in good standing, with their respective PTA and with VC.
- Any foreign team looking to participate in an event must be registered and in good standing with their own National Federation (See Section 2).
- Participate in a Provincial/Territorial Championship. Teams are encouraged to participate in one PTA event prior to provincials to provide appropriate ranking information for Nationals seeding.
- Comply with the “Stay to Play” housing policy; all team hotel bookings must be completed through the event’s hotel booking provider and not directly with the hotel. Please review the Stay to Play Policy for more details.
- Meet all additional registration requirements of their PTA and VC.

1.18 14U Events: 14U events offer regional access to teams to help offset travel costs however teams are welcome to attend any event they wish.

New for 2026! In an effort to increase accessibility to 14U events, each club can have a maximum of 3 teams per gender invited to register during the initial invitation window. A large club is defined as more than 3 teams who have expressed interest in one event (of age and playing up are not combined). Once a club reaches three invited teams, the additional teams will be moved to the bottom of the OF AGE teams list, while keeping their original draw order.



2.0

Foreign Participation

2.1 Participation Restrictions: A foreign team that wants to participate in Nationals must receive approval from their National Federation in order to participate. Each foreign team must provide VC with an official letter from their National Federation that states that the team is registered and in good standing. Each Foreign Team's participants must purchase health and travel insurance and comply with VC's registration protocols.

2.2. Registration: Foreign teams will be required to register for the event in which they wish to participate via the VC website. The registration process will only be complete once VC provides final confirmation of the foreign team's acceptance into the event. Confirmation will be provided in writing within thirty (30) days of registration.

**VC reserves the right to deny the registration of a foreign team based on the registration capacity of the competition.*

For further information regarding provincial registration for foreign teams please consult the [Foreign Team and Foreign Player guide](#).

2.3 Seeding: All foreign teams are encouraged to play in a Provincial or Territorial event the same year that they plan to participate in a Nationals in order to assist with the seeding process. Final results will be used to seed the foreign team in order to ensure meaningful matches for all teams participating in the Nationals.

3.0

Coach Eligibility Requirements

Volleyball Canada's Youth National Championships Coach Eligibility Requirements ensure that all coaches participating in a National Championships have the competencies necessary to provide every athlete with a safe, inclusive, and responsible sport experience.

Guiding Principles:

All athletes have the right to NCCP Certified 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.

Please review the [coach eligibility requirements](#) for further details.



4.0

Age Categories

Volleyball Canada recognizes the following age categories for indoor competitions in the 2025-2026 season:

Birth Month	18U*	17U	16U	15U	14U
Sept – December	2007	2008	2009	2010	2011
Jan – December	2008	2009	2010	2011	2012

*For 2026 Indoor Club Nationals, 18U Age Category ONLY:

A team roster for the 18U category may include the following:

- 2 athletes born from Jan 1-August 31, 2007
 - With the following restriction: Athletes are NOT permitted to be part of any USport, CCAA or other post-secondary volleyball program for the current season (October 1, 2025-May 1, 2026) *
- NEW – A **maximum** of 2 current USport, CCAA, or other post-secondary* athletes born from Sept 1 – Dec 31, 2007. Athletes born in 2008 are eligible to be part of a team roster without any post-secondary restrictions.
 - The club and post-secondary coach should agree this is developmentally appropriate considering the season of play, training load and circumstances of the post-secondary athlete.

***Definition of Post-Secondary:** Part of a Post-Secondary Volleyball program is defined as rostered with a post-secondary institution that they are attending, beginning October 1, 2025. Athletes are permitted to tryout/train with a post-secondary team in September 2025. CEGEP Division 1 athletes who are registered in the CCAA are considered post-secondary athletes. CEGEP athletes in Division 2 and 3 are not considered post-secondary athletes. Post-secondary does not include intramural programs or club programs within a post-secondary institution.

Upon request the 18U Head Coach and/or Club President shall provide eligibility verification of any athletes attending post-secondary institution.

Please read the [full policy](#) for further details.



Competition Regulations & Participation Information

This section outlines the rules and regulations which govern Nationals beyond the Indoor Rulebook. In addition, general information and guidelines for participants and spectators are covered here.

5.0

Hosting Guidelines

5.1 For an event to be recognized as a Nationals, VC requires the participation from a minimum of 8 teams from 3 PTAs for 15U – 18U events and 8 teams from 2 PTAs for 14U events.

5.2 If an event does not meet the format event criteria listed above, VC reserves the right to cancel or alter the event.

5.3. 15U – 18U will be officiated by two referees.

New for 2026! 14U will be officiated by 2 referees for all events except Moncton, NB which will be officiated by 1 referee for pool play, Championship Tier matches will be officiated by 2 referees.

5.4 All age categories will be played in the 6 vs 6 format

5.5 **New for 2026!** There will be no side switches in between sets for all National Championships. Should there be a court with a clear advantage on one side, then a side switch will be permitted between sets. Teams will be notified should they be permitted side switches, requests for side switching will not be accepted. Teams will be pre-assigned a side of the court however, they may move to the other side of the court should they win the coin toss.

6.0

Rules of the Game

Please consult the [2025-2026 Indoor Rulebook](#) for a complete list of rules or the 2025-2026 Indoor Rules & Policies [Updates document](#) for a list of this year's major rule changes/updates.

6.1 Warm-Up Protocol:

a) Team warm-ups will be conducted using the 2-4-4 format, which is as follows:

- 2 minutes for players to warm-up on their respective side of the court,
- 4 minutes to use the full court (traditionally used for spiking and serving practice), and
- 4 minutes on the baseline or off the court. See item 'c' below for warm up recommendations.

b) 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;

(article 7.2.4 of the Indoor Rulebook)



1. 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.
2. Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court.
3. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
4. 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.
5. Opposing teams are not permitted to use volleyballs in the free zone during the other teams allocated court time.

Teams who do not follow the protocol will be notified by the referee that they must follow the above stated regulation. Teams must adjust their warm-up accordingly or may choose not to continue their hitting warm-up. Time for the hitting warm-up will not stop during the notification and adjustment period.

c) Warm Up recommendations:

- Hitting should be directed away from courts with active games and from spectator seating areas whenever possible.

6.2 Playing Area

formerly Sport Court Rule

The playing area includes the playing court and the free zone. Each team must play within its designated playing area. See *Rule 1 - Playing Area*, in the Volleyball Canada Rule Book, for further details.

Sport Court:

The area beyond the edge of the sport court is designated as a non-playing zone. Therefore, the last point of contact prior to contact with the ball must be on the sport court and the player must always play the ball with at least one foot on the sport court.

Examples:

- One foot on the sport court, one foot on the cement while playing the ball = play continues;
- Jump in the air, play the ball, and land off the sport court = play is whistled dead;
- Play the ball on the sport court, momentum of athlete carries them off the court = play continues;

Any service action must be initiated with at least one foot in contact with the Sport Court.

A Player may not cross the centre line inside or outside the net post at any time to pursue the ball beyond the antenna.

Non-Sport Court (ie - gymnasium):

A player may not enter any other court space or interfere with play in another game to play a ball. A player may not step on any equipment outside of the playing area to play the ball.



6.3 Substitutions

The following substitution rules will be used at all National Championships

- 14U - Fair Play, see section 15.1 of the Rulebook for further details.
- 15U – 12 sub limited
- 16U to 18U - 6 sub limited

See item 15.6 of the rulebook for the definition of limited substitutions.

6.4 Cameras and Tripods

Teams are permitted to record matches throughout the Nationals tournament however please note:

- Tripods are not permitted on the sport court nor can they be placed in any team or player areas (Team bench, warm up zone, serving zone).
- Tripods cannot be placed in areas not permitted for spectators,
- VC is not responsible for any damage to the camera or related equipment
- VC reserves the right to restrict/deny the filming of any matches or to move or remove a camera

6.5 Line Judge and score keeper

Each team will be required to provide one (1) volunteer per match to act in the role of score keeper. Each team will be provided with one additional accreditation at coach check-in to support this requirement.

Each team will be required to provide one (1) volunteer athlete from their roster, per game, to act in the role of line judge. Should a team not have sufficient athletes (roster of 8 or fewer) to fill this role, the opposing team will be asked to supply an athlete volunteer from their roster to fill the second line judge role. If this is not possible, the referee may approve that no line judges will be used for that game/match.

The athletes acting as line judge are permitted to be substituted into the match.

For further details on these roles, please review the [Competition Policies](#) section of the website.

If a team having 9 or more athletes on their roster chooses not to comply with the line judge requirements, they will receive a 3-point penalty per set that they do not comply. This will be administered by providing the opposing team with three (3) points at the start of each set (ie the beginning score of the set will be 3-0 for the opposing team).

Please see Appendix A for sanctions regarding inappropriate behaviour towards line judges.

6.6 Noisemakers

VC acknowledges that competition venues may be loud and encourages spectators to take precautions, as needed, to protect hearing, especially that of young children/infants.

New for 2026! As a pilot for 2026, the use of any type of noise makers (cowbells, air horns, drums, whistles, phone applications, etc) is prohibited. The use of noisemakers may lead to the confiscation of the item and/or removal of the individual from the facility.

6.7 Tie Break procedure

As per page 95 of the Rulebook, if two or more teams are tied at the end of the preliminary round, the following criteria will be applied, in order:



2 teams tied: When two teams are tied, the winner of the head-to-head match will be ranked higher.

3-teams or more: When three or more teams are tied, the tie breaking criteria are applied one after the other until all the tied teams have been ranked:

- a) The team having the best ratio of won/lost matches, considering all matches played during the round between the tied teams, will be ranked higher;
- b) The team having the best ratio of won/lost sets, considering all matches played during the round between the tied teams, will be ranked higher;
- c) The team having the best ratio of won/lost sets, considering all matches during the round, will be ranked higher;
- d) The team having the best ratio of points for/against, considering all sets played between the tied teams during the round, will be ranked higher;
- e) The team having the best ratio of points for/against, considering all sets played during the round, will be ranked higher
- f) As determined by the Organizing Committee (toss of a coin, extra set, etc.)

NOTE:

This means that if there is a tie among teams X, Y and Z and criteria 'b' is able to determine X as the first, Y as the second, and Z as the third, then no further criteria are to be used. The tie is broken.

However, if criteria 'b' determines the seeding/ranking of any of the tied teams, then the remaining teams which are still tied will use criteria 'c' and so on to determine their seeding/ranking. Do not start at 'a' again. Continue through the sequence of criteria using the results of teams X, Y and Z for criteria 'd'.

6.8 Uniforms for Warm-up

At VC Nationals, rule 7.2 will not be enforced and players will not be required to wear their uniform during the official warm-up however teams are encouraged to do so.

6.9 Pom poms

The use of Pom Poms on the playing area (including team benches) is not permitted.

6.10 Side Changes

New for 2026! There will be no side switching in-between sets for all National Championships. Should there be a court with a clear advantage on one side, then a side switch will be permitted between sets. Teams will be notified should they be permitted side switches, requests for side switching will not be accepted. Teams will be pre-assigned a side of the court based on the court schedule. However, they may move to the other side of the court should they win the coin toss.



7.0

Coach Check-In

7.1. Coach Check-In will take place one day prior to Day 1 of competition.

Coach Check-In Date	Competition Dates	City	Age/Gender
April 30	May 1 - 3	Ottawa	14UG
April 30	May 1 - 3	Moncton	14UG & B
May 7	May 8 - 10	Edmonton	14UG & B
May 14	May 15 – 17	Mississauga	14UB & 15UB
May 14	May 15 - 17	Calgary	17UG
May 20	May 21 -23	Calgary	17UB & 18U G & B
May 24	May 25 - 27	Calgary	15UG
May 28	May 29 - 31	Calgary	16UG & B

7.2 All teams must check-in during the above-listed date. Late check-in should be requested no later than one week prior to the check-in date of the event and a fee of \$50 is to be paid via the late check-in request form. Requests can be made through the Late Check-In Request Form posted on the Nationals webpage.

Teams who do not submit a late check-in request form but who do complete a late check-in must pay \$50 on site.

Teams are encouraged to contact nationals@volleyball.ca on check-in day to confirm their participation and their anticipated check-in time.

7.3 Only Team Personnel on the official team roster can check in their team (Example: Head Coach, Assistant Coach). Players are not required at check-in. If a member of team staff is not able to attend Coach Check-In, another team representative may do so in their place, however they must provide written consent from a member of the Team Personnel.

7.4 The Head Coach/Team representative completing check-in will be required to perform the following duties at check-in:

- Remove all team personnel and players from the official roster who are not participating in the event.
- Sign off on the roster confirming its accuracy for the duration of the competition.
- Provide local contact information and hotel details (if applicable).
- Provide written acknowledgement that the team understands and must compete at Nationals as per the following (visit our [Policies section](#) for more details):
 - 2026 VC Indoor Competition Guide
 - 2025-2026 Indoor Rule Book
 - VC Code of Conduct & Zero Tolerance Protocol
 - VC Concussion Guidelines
 - VC Nationals warm-up protocol



- Safe Sport training requirements
- Confirmation that all players on the Nationals roster were on the PTA Championship roster

Athlete proof of age checks will not be completed during the Coach Check-in process, however VC reserves the right to verify the age of any players on the official roster at any time during the event. Therefore, coaches must carry proof of age for all players throughout the entirety of the event.

7.5 The Head Coach/Team representative will receive an approved roster upon the completion of check-in. The Head Coach must carry this at all times for verification by tournament officials. If the coach loses the roster sheet, a new roster sheet will be provided at a cost of \$20.00.

8.0

Practice Times

Teams will be provided with the opportunity to book a practice time at the event facility for the day prior to Day 1 of competition (the same day as Coach Check-in). Practice times will be available for booking as of **March 19th, 2026**. Please visit the event webpage for further details.

Please note the following details regarding practice times:

- Practice times are not guaranteed for all teams
- Practice times are booked on a first-come first-serve basis
- Practice time schedules will be posted on the event webpage and updated weekly
- Walk-ins may be available depending on availability
- Practice time availability will differ per event

9.0

Accreditation

All team personnel and athletes listed on the official roster will be provided with a full tournament accreditation. Accreditation must be worn and must be visible when entering the competition area and must be shown to the access control staff upon entry.

Each team will be provided with one additional tournament accreditation to provide to the team scorekeeper at their own discretion.

Accreditation may not be shared or passed on from accredited individuals to non-accredited individuals.

Lost accreditation must be reported to the competition office or VC Booth.

Important Reminder! Calgary 2026 is one (1) event with four (4) tournaments. A team will only receive accreditation for the event that they are registered for, therefore, accreditation will only be valid for the tournament they are participating in. If coaches/team personnel wish to attend additional Calgary tournaments, they will have to purchase an event pass.



10.0

Event Passes

All spectators attending Nationals will be required to purchase an event pass. Event passes must be worn at all times and must be shown to the access control staff upon entry to the competition area. Spectators may re-enter the facility throughout the day.

Event passes are available under the following categories, please visit the Nationals webpage for pricing as cost may vary per event.

- Early Bird Tournament Pass
- Day Pass
- (65+) Senior Day Pass
- Tournament Pass
- (65+) Senior Tournament Pass
- 18 and under (FREE)
- Multi-Tournament Pass

Important Reminder! Calgary 2026 is one (1) event with four (4) tournaments. Therefore, spectators must purchase a separate tournament pass for Tournaments 1, 2, 3, and 4 if attending multiple events.

Tournament Passes will be available for pre-purchase via the Nationals webpage as of February 19th, 2026.

Please note that athletes and accredited team staff are not required to purchase an event pass, please see Section # 9 for further details on accreditation.

Please review the Nationals webpage for further details on the refund process. Refunds will only be provided for event passes which have not been secured or worn by the spectator.

11.0

Competition Ball & Uniforms

11.1 Official Game Ball

The official supplier for the Nationals game ball is Mikasa. Please note that two separate balls will be used for Nationals in 2026.

- 17U – 18U will use the Mikasa V200W
- 14U – 16U will use the Mikasa VQ200w-CAN

Game balls will be supplied for all matches however teams are required to provide their own warm-up balls.



11.2 Net Heights

	Girls/Women	Boys/Men
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
SR	2.24m	2.43m

11.3 Athlete Uniforms

- A player's equipment consists of a jersey and shorts.
- The colour and the design for the jerseys and shorts must be consistent for the team (except for the Libero). The Libero player(s) must wear a uniform which clearly contrast with the rest of the team. (Please refer to the Uniform Guidelines).
- All jerseys must be uniquely numbered (1 to 99).
- Shoes must be non-marking.
- For more information on athlete uniforms please review section 4.3 and 19.2 of the Indoor Rulebook and the [Uniform Guidelines](#).

The captain is not required to have a stripe on their jersey

Important Reminder! Teams are encouraged to have their uniforms reviewed prior to attending nationals, the deadline for reviews is **January 31, 2026**. This is to ensure that teams do not encounter any uniform issues upon arrival at Nationals. A photo of both the player and libero jersey must be submitted for approval. If your team has multiple uniforms, please send photos for each uniform. Requirements can be found in Section 29.2 of the rule book.

11.4 Coaches and Team Staff Attire

All coaches and team staff should follow the dress guideline below during all of their matches:

- Must be dressed to represent their team in a professional manner.
- Secure shoes (including both toe and heel straps) are encouraged for any team personnel who are on the sport court for both warm up and match play.
- Hats are permitted.

These guidelines are strongly recommended for anyone acting as a line judge or score keeper during Nationals.



12.0

Schedules & Seeding

12.1 Draw

Nationals are held as three (3) day events. Day 1 is Pool Play, Day 2 is Power Pools and Day 3 is Playoffs. Teams will play all three days of the event with a minimum of one (1) match on the playoff day.

Each Nationals varies based on location, age category, venues, and number of courts. These variables may affect how the tournament will be organized. VC has developed a set of principles for governing how the draws will be structured.

VC strives to provide each team a minimum of 7 matches at Nationals. Due to unforeseen circumstances, VC may not always be able to provide 7 matches per team.

- All matches are best-of-three.
- Maximum number of four matches per day.
- Maximum of two back-to-back matches per day.

12.2 Wave Times

Each Nationals schedule is broken into two waves per day:

- A morning wave which runs from approximately 7:30am to 2:30pm
- An afternoon wave which runs from approximately 2:50pm to 9:50pm

Each team will only play in one wave per day. Teams may move from one wave to another from Day 1 to Day 2.

Tier allocations per wave are posted approximately 1 month prior to the competition.

*VC reserves the right to not schedule an event with waves

12.3 Seeding

The seeding for all age/gender categories at Nationals is based on a point system. VC will collect two data points from each PTA, the Provincial Championship Seeding and Provincial Championship results.

Please see the VC National Seeding Guidelines for full details regarding the seeding rules for each age category. Seeding will only be completed once all Provincial Championships have been completed. VC aims to distribute draft seeding one week prior to the event or within 48hours of the last provincial championship.

12.4 Competition Schedules

VC strives to release draft schedules one month prior to the event start date. Schedules will be deemed 'final' following the completion of coach check-in and once all teams have checked-in. Please note that draft schedules are subject to change and teams are required to verify the online schedule at the end of each day to ensure they are on time for matches. Final schedules will be posted on AES.

VC reserves the right to move a match to a different court at their discretion. Teams must abide by these changes or will be subject to the forfeit procedures found in the Rulebook. A match may start early with agreement from both teams, the competition staff and the referees.



Teams who are in a pool of three (3) and have a 'bye' in their schedule are permitted to play a third set in lieu of playing a third team in their pool. Teams will be permitted to play a third set to 25 points (which will not count towards their match score) should they complete the match within two sets. If a match is to go to a third set, the set will proceed per standard competition regulations. Both teams must agree to this additional set.

13.0

Medical

Medical services will be provided to all participating teams free of charge via certified athletic therapists. Services for athletes includes first aid response, concussion management, as well as athletic taping.

Concussion Management

All teams participating at Nationals are required to follow the VC Concussion Protocol. Further details on the protocol can be found in the [Policy section](#) of the VC website.

Any athlete who has a suspected concussion is strongly encouraged to visit the onsite medical team to complete a concussion assessment via the Sport Concussion Assessment Tool (SCAT 6). The athlete with a suspected concussion, the athlete's parent/ guardian, or the athlete's coach, have the authority to request a concussion assessment. If a concussion assessment is denied by an athlete who is under the age of 18, their parent/ guardian can override their decision. Should an athlete fail the assessment they will be removed from play.

Athletes are permitted to follow-up their initial assessment with the onsite, VC appointed, medical professional. If there isn't a designated medical practitioner on site, the athlete may seek an assessment by one of the approved medical practitioners provided by VC. Once the athlete is deemed safe to return to immediate sport participation, they may do so with submission of the Medical Assessment Letter to the on-site medical team and/or competition staff.

If there is a medical professional on site designated to manage concussion assessments, athletes are not permitted to seek an assessment from an off-site medical professional.

14.0

Awards

14.1 All Nationals will distribute the following awards:

- Medals
 - 1st, 2nd, and 3rd place medals for the Championship Tier
 - 1st and 2nd place medals for all other tiers
- MVP & All Stars for the Championship Tier, excluding 14U
- Fair Play Award (14U only)

All National Champions will be presented with the following:

- Medals
- Trophy (*not including 14U*)
- Banner
- Championship Hats
- Sponsor prizing (if available)



14.2 Awards Ceremony – Championship Tier:

Teams in the Championship Tier (formally known as Div 1, Tier 1) will be presented their medals, prizes, and any additional awards associated with the Championship Tier during the awards ceremony. Award ceremonies will be held on the last day of competition following the completion of their final match or shortly thereafter. Teams should refer to the Nationals webpage for ceremony times and locations.

All other medalist teams will collect their medals at a designated pick-up area. No formal ceremony will be held for medalists outside of the Championship Tier however photo/presentation areas will be provided for teams.

14.3 Most Valuable Player (MVP) & All Stars:

These awards are presented to the Most Valuable Player and All-Stars as voted by the coaches of the four (4) semi-finalist teams in the Championship Tier. The top six (6) identified players from each 15U – 18U age/gender category will be selected as All-Stars, while one (1) MVP is selected by the coaching staff of the 1st place team. MVP & All Star awards are presented during the awards ceremony for each age/gender category.

14.4 Fair Play Award:

The Fair Play Award will be awarded to one (1) male and one (1) female 14U team participating at Nationals who have embodied the spirit of VC's Fair Play Rule and have displayed support and consideration for their teammates as well as other participants. Fair Play awards will be presented to the winners on the final day of competition.

15.0

Protest & Appeal Process

15.1 Any protest or appeal at a Nationals will be overseen by a Competition Jury, composed of the following:

- A VC Representative, member of the NIC, or an approved designate.
- A member of the Senior Competition Staff, notably the Competition Director
- A member of the Referee Development Team or approved designate.

A Competition Jury member or an approved designate will be present at all venues. Members of the competition jury will be established pre-event and will be chaired by the Competition Director. The members of the competition jury may vary throughout the day depending on the event schedule.

15.2 The Competition Jury has the highest level of authority at Nationals and its decisions take precedence and cannot be appealed. They are in place to evaluate complaints and render decisions regarding issues that arise about the event organization and all technical matters. The Competition Jury may be called upon to make decisions on, but not limited to, any of the following matters:

- Competition Protests
- Player Eligibility
- Uniforms
- Spectators
- Playing surface/area
- Schedules and Draws



15.3 The following types of issues can be protested or appealed:

- An improper decision by the referee who did not apply the rules or regulations.
- An improper decision of the scorer who made a mistake on the rotational order or on the score.
- Please note that judgement calls cannot be protested. A referee's decision regarding a playing action (i.e. ball handling or misconduct) cannot be protested.
- The protest will be accepted or rejected prior to the resumption of play by the tournament jury.

15.4 To officially protest or appeal a decision, the captain must launch the protest immediately to the first referee who will then indicate to the scorekeeper that a protest has been lodged.

A fee of \$100 must be provided in cash immediately in order to assemble the Competition Jury to assess the protest. The funds will be returned if the protest is upheld; however, if it is overturned, the funds will go towards referee development.

15.5 In case of an incident during a match, the protest has to be requested at the moment the incident occurs, before play resumes. Please remember that NO match will be replayed, as protests have to be placed at the moment of the incident. For further explanation, please refer to Protest Procedures in Section IV of the Indoor Rulebook.

In the event of a protest, the following will occur:

- The referee will notify both teams that there is a protest.
- The coach of the protesting team will be asked to provide the \$100 cash protest fee and to record the protest.
- Both teams will be asked to stay in the gym until the final decision is rendered.
- The chairperson of jury will convene the jury.
- The jury will interview the coach of the protesting team.
- The jury will interview all involved parties, as they see fit (e.g.: opposing coach, officials, captains, athletes, etc.). Video will not be permitted to support a protest.
- The jury will deliberate and render a decision.
- The chairperson of the jury will inform all parties involved of the decision made.

16.0

Scouting & Recruiting

VC requires that recruiters attending Nationals purchase an event pass at the on-site ticketing booth. It is important to note that VC does not police recruiters onsite and that it is expected that recruiters will abide by the regulations set out by USport, CCAA, or any other University or Collegiate organization. VC bears the right to ask a recruiter to leave the facility if the recruiting policies are not respected.



17.0

Code of Conduct & Competition Policies

The [2025 – 2026 Volleyball Canada Indoor Rulebook](#) details the Code of Ethics for Referees, the Code of Conduct for all participants, Anti-Doping Policy and Disciplinary Action. Any breach of these policies are subject to fines and/or sanctions as outlined on in the [Discipline and Complaints Policy](#).

18.0

Zero Tolerance Protocol

VC aims to ensure a SAFE and POSITIVE environment for all participants, spectators, referees and staff at all National Championships. Rude, profane, disrespectful, aggressive, and disruptive behaviour will not be tolerated from any individuals. All event attendees are encouraged to communicate in an appropriate manner at all times.

Volleyball Canada will be enforcing a zero-tolerance approach in all incidences of inappropriate conduct, which may include but is not limited to:

- Any comment(s) or action(s) deemed rude, profane, disrespectful, disruptive, or aggressive, exhibited while on-site at Volleyball Canada Nationals.
- Any actions or behaviour that contravene Volleyball Canada's Code of Conduct.
- Any actions contrary to policies that impede or disrupt the safe and effective operation of a Volleyball Canada National Championship.

Please review the full [Zero Tolerance Protocol](#) for full details and see Annex 1 for sanctions.

19.0

Safe Sport

VC is committed to a sport environment free from abuse that is safe for all participants. For more information, our policies, and resources, [please click here](#).

Safe Sport Reporting

VC maintains a zero-tolerance policy toward any form of abuse. If you witness or suspect abuse, it is your responsibility to report it promptly to the appropriate organization so that action can be taken. To file a safe sport complaint, please visit the [Reporting Super Highway](#). This platform is designed to assist athletes, coaches, parents, officials, and others in the volleyball community by helping them identify the correct organization to report concerns related to maltreatment or inappropriate conduct in sport. Based on your location and the nature of the concern, the Super Highway will guide you to the appropriate organization with jurisdiction to handle your complaint

Education - As of April 1, 2020, all individuals affiliated with a Sport Canada-funded organization are required to complete training on conduct to prevent and address maltreatment in sport. This includes: coaches, referees, parents of youth athletes, high-performance staff and contractors, officials, and administrative staff and volunteers - regardless of whether they have direct contact with athletes.



To meet this requirement, Volleyball Canada mandates that all participants across the country complete an approved Safe Sport e-learning module every three years. Members are responsible for staying current with this training.

The Coaching Association of Canada Safe Sport Course is an approved module and can be accessed here: [Safe Sport Training](#).

Background Screening

Volleyball Canada requires that all coaches, referees, team staff, volunteers, Integrated Support Team (IST) members, and other personnel involved in domestic competitions complete a **criminal record check** issued within **36 months** of the event they are attending.

Volleyball Canada has partnered with Sterling Talent Solutions, a Canada-wide online criminal record check service. These checks can be shared with other organizations as needed.

When registering with Sportlomo, you'll have the option to purchase and complete your Sterling background check directly within the platform. Alternatively, you can access the service using the following link: [Sterling Backcheck](#).

If you already have a valid background check, please share your results with Volleyball Canada by logging into your Sterling profile - [Backcheck Login Page](#). Once logged in, click **“View & Share”** and select **“Volleyball Canada, Headquarters”** as the recipient.

Disclosure Form

All coaches, referees, team staff, volunteers, Integrated Support Team (IST) members, and other personnel involved in Volleyball Canada domestic competitions are required to complete the annual Screening Disclosure Form (SDF). This form is part of VC's commitment to maintaining a safe and accountable sport environment.

The SDF must be completed when registering in Sportlomo.

To complete registration you must complete:

- Safe Sport Training
- Criminal Record Check
- Screening Disclosure Form



Annex 1 - Sanctions

1.1

Official Roster

Teams who submit a roster that does not match their PTA Championship roster and/or a team who has individuals on the bench who are not on the official roster will be subject to any or all of the following penalties:

- Individual(s) will be immediately removed from the bench and official roster
- The team will be subject to the illegal substitution regulations (Section 15.9 of the rule book)
- The team will forfeit any sets/matches in which the illegal player participated
- The team will receive a fine of \$1500
- The Head Coach and/or club may be placed on the National not in good standing list
- The team and/or club may be ineligible to participate in the following year's Nationals

1.2

Withdrawal Policy

A team who withdraws without notification directly to VC will be subject to any or all of the following penalties:

- No refund for registration fees
- A fine in the amount of \$1500
- The head coach and/or club may receive further sanctioning

1.3

Line Judge

Any spectator, coach or player who is identified as harassing or making derogatory comments or actions towards the player line judge will be subject to any or all of the following penalties:

- The team of the affiliated spectator/coach/athlete may receive a *5-point penalty for the current match or for their next match.
- The individual may be removed from the facility for the remainder of the day and/or the tournament.
- The individual may be placed on the national not in good standing list.
- The team and club of the affiliated individual may receive a fine
- The team and club of the affiliated individual may be ineligible to compete at the following year's Nationals.

2nd incident - Player(s) removed for the next day of competition and/or all remaining matches of the day. Should there be multiple players being sanctioned and the team is not able to field a team for the next match they will forfeit



A team having 9 or more athletes on their roster chooses not to comply with the line judge requirements will be penalized by the following:

- The opposing team will be provided with three (3) points at the start of the match (ie the beginning score of the match will be 3-0 for the opposing team).

1.4

A team or an individual may be sanctioned, including fines, if any of the following infractions occur while the team is participating at a Nationals:

- The tournament equipment and/or facility is deliberately damaged by any member of their team.
- The Volleyball Canada Code of Conduct is violated in any way.
- The 2025 - 2026 Volleyball Canada Indoor Rulebook is violated in any way.
- A team does not fulfill its competitive obligations to an event. If a team is unable to attend an event that they have registered for or is unable to attend a match that they are scheduled for, it is the team's responsibility to notify VC as soon as possible.

A team who misses a match with or without notification, or who leaves the tournament early on Day 3 for travel purposes, will be subject to any or all the following penalties:

- A fine in the amount of \$1500
- The team or club may receive further sanctioning
- If a team does not abide by the Stay to Play policy and/or any actions by a member of the team in relation to the Stay to Play policy that are in violation of the VC Code of Conduct, including but not limited to:
 - Damage to hotel property
 - Not adhering to hotel booking policies
 - Nuisance to the hotel staff and/or guests
 - A team submits a fraudulent exemption request or incorrect information in their exemption request
 - A team submits fraudulent information in the hotel booking process

List of possible sanctions:

- **Removal from the event**
- **Placed on the Volleyball Canada Not in Good Standing list**
- Administration fee
- Fine
- Ineligibility to register in future Nationals events (inclusive of club, coach, players)
- Team/Club may receive further sanctioning from Volleyball Canada and/or their Provincial/Territorial Association
- Any other infraction that the competition officials deem to be detrimental to the event and/or its participants.

1.5

In addition to sanctions listed above, VC also has the following sanctions/payments in place for all Nationals:

- \$50.00 for Late Check-In (must be requested by no later than 1 week before check-in)



- \$350.00 for Withdrawal prior to the registration deadline, see section 1.13 for a full list of withdrawal fees;
- \$100.00 cash for assembling the Competition Jury to assess an official protest
- Roster change request fee of \$50 for team personnel and \$100 for players
- \$20.00 cash for a new roster sheet
- \$50.00 for an Age Category Exemption

1.6

A team or club that is sanctioned in any way because of an infraction related to Nationals may be placed in bad standing with VC and their respective PTA. The team or club may remain in bad standing until the sanction has been removed or paid in full to VC. While a team or club is in bad standing, they will not be able to register for any events sanctioned by their PTA or VC.