



## PLAYING REGULATIONS: MEN'S VOLLEYBALL

### 1. SPORT FORMAT

Canada West will follow the U SPORTS Playing Regulations. This document provides additional regulations that will also be followed or supersede a U SPORTS Playing Regulation.

### 2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

#### 2.1 League Matches

The roster for the home team is fourteen (14) and away team is fourteen (14) players. The rosters are not frozen for a weekend series. A total of 24 individuals (14 participating athletes and 10 team personnel) will be allowed on the bench or team bench area for the home and visiting team.

#### 2.2 Canada West Playoffs

Teams may dress fourteen (14) players. Rosters are frozen for all matches of a playoff series. **That is, only the names of athletes that appear on the score-sheet on the first game of a play-off series may compete for the entire series. No additions or deletions are allowed. The score sheet from the first match of a playoff series should be available at the score table in order to verify rosters.** A total of 24 individuals (14 participating athletes and 10 team personnel) will be allowed on the bench or team bench area for each team.

### 3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

#### 3.1 Tie Breaking Procedures

Final league standings, at the conclusion of league play, shall be based on teams receiving two (2) points for a win and zero (0) points for a loss. Only Canada West league matches are to be considered for tie breaking procedures. If there are two or more teams tied in matches won/lost at the end of league play, the tie breaking criteria are applied in the following prioritized order:

1. Sets won overall/sets lost overall
2. Points for overall/points against overall
3. Matches, sets, points amongst the tied teams in only the matches between the tied teams.

### 4. PLAYOFF / CHAMPIONSHIP FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

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- 4.1 The top eight (8) teams qualify for the playoffs. The point standings at the end of league play shall determine the seeding for the playoffs.

Week 1 – Quarter-Finals (Best-of-three series):

Series A: 5 @ 4

Series B: 6 @ 3

Series C: 7 @ 2

Series D: 8 @ 1

Week 2 – Semi-Finals, hosted at highest remaining seed (Best-of-three series):

Winner of Series A vs. Winner of Series D

Winner of Series B vs. Winner of Series C

Week 3 – Final (Single elimination game at highest remaining seed):

CW Gold Medal – Semi-Final winners

CW Bronze Medal\* - Semi-Final losers

\*(if needed to determine U SPORTS representatives)

## 5. UNIFORMS (Also refer to Policy 9 of Canada West Operations Manual)

- 5.1 The home team shall wear dark uniforms the first match and light uniforms the second match of a weekend series. For single matches, the visiting team shall wear light uniforms.
- 5.2 All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.

## 6. RULES

### 6.1 OFFICIALS

1. First Referees for all league matches shall have a minimum Volleyball Canada accreditation of "Regional". Officials of a higher rating, (i.e., National Candidate, National, International Candidate or International) are preferred and should be assigned if feasible.
2. First Referees for the Championship Playoffs shall have a minimum Volleyball Canada accreditation of "National Candidate".
3. Second Referees for all league matches shall have a minimum rating of "Provincial".
4. Officials of a higher rating are preferred and should be assigned if feasible.
5. Second Referees for the Canada West playoffs shall have a minimum Volleyball Canada accreditation of "National Candidate".
6. Whenever possible, two different pairs of officials (First Referee and Second Referee) should be used for each men and women's match.

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7. The assignment of Canada West playoff officials will be done by the Convenor in consultation with the NOC (National Officials Chair) and/or ROC (Regional Officials Chair).

## 6.2 RULE MODIFICATION

1. The FIVB two libero rule will be adopted for all league and playoff matches. The Libero may be changed between sets in league and playoff competition as is the current practice in U SPORTS.
2. FIVB regulation 26 does not apply to Canada West volleyball matches.
3. Assistant Coaches will be allowed to stand and move freely in the free zone, including the warmup zone, they will be allowed to communicate with athletes on the bench and on the court while standing, as long as they return to a seated position in a timely manner. If communicating with the referees while moving, they will be sanctioned to the discretion of the referee corps.

## 6.3 JURY FOR SEMI-FINALS AND FINALS

1. The jury at the Quarterfinals, Semi-Finals and Finals is composed of the host Athletic Director or Designate, Head Official and a coaches' representative (participating coach not involved in the protest).

## 7. AWARDS (Also refer to Policy 15 of the Canada West Operations Manual)

Women's teams competing in the Canada West Championship will be competing for the Women's Interschool Volleyball Trophy, presented by Dr. Sam Landa, alumnus of the University of Saskatchewan, 1950.

Men's teams competing in the Canada West Championship will be competing for the Costa Chrysanthou Trophy. Voting for all Canada West men's volleyball awards is subject to full disclosure.

The Canada West Awards process will begin in early February and initiated by the CW Office.

### 7.1 All-Star Teams

1. There will be 7 athletes named to the First all-star team and 7 athletes named to the Second all-star teams. The Canada West first team All-Stars shall be the Canada West nominees to U SPORTS for the All-Canadian Awards.
2. One athlete will be named the Canada West Player of the Year.
3. There will be 7 athletes who are under 21 years of age as of September 1<sup>st</sup> of the current season and in their first year of eligibility named to the Canada West All-Rookie Team.
4. One athlete will be named the Canada West Rookie of the Year.
5. **One athlete will be named the Canada West Libero of the Year.**
6. There will be one coach named the Canada West Coach of the Year.

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7. There will be one athlete named the Canada West nominee for the Dale Iwanoczko U SPORTS award.

## 7.2 Nomination Process

All-Star teams, **Libero of the Year**, Player of the Year

1. Each coach will nominate players from their own team whom they feel are of All-Star caliber and list them in order of preference.
2. Nominating ballots will be sent to the league Convenor, who will place this information on a voting ballot. These ballots will be e-mailed to the head coaches.
3. The head coaches (in consultation with their assistants) will rank 14 opposing athletes as first and second team. There will be one ballot from each of the head coaches of the participating universities. Coaches may not vote for their own nominees and must respect the rank order as submitted by an institution.
4. The 14 athletes receiving the highest points will be declared the Canada West First and Second Team All Stars in order of votes. The athlete receiving the highest points will be declared the Canada West MVP and will be the U SPORTS nomination for Player of the Year.
5. **Each coach can nominate one libero. The head coaches will rank all the players on the ballot. The libero that receives the highest points will be declared the Libero of the Year.**

## 7.3 Rookie of the Year & All Rookie Team

1. To be eligible players must be a maximum of twenty-one years as of September 1st and in their first year of eligibility.
2. The Canada West Rookie of the Year and the next 6 highest placing nominees shall be the Canada West nominees to U SPORTS, for consideration for the U SPORTS All-Canadian Rookie Team.
3. Each coach will nominate 2 players from their own team with supporting rationale whom they feel are worthy and list them in rank order.
4. These names will be sent to the Convenor, who will place each name on a voting ballot, and send this ballot to the head coaches of the participating universities.
5. The head coaches will then rank all the players on the ballot, rating each of their choices as first, second, third, etc. Coaches may not vote for athletes on their own team. Coaches must respect the rank order submitted by each institution. There will be one ballot from each institution.
6. The Rookie of the Year will be the athlete that receives the highest point total.
7. The seven athletes receiving the highest point totals, shall be named to the whole rookie team, and submitted (in rank order) to the U SPORTS for potential inclusion on the U SPORTS All-Canadian Rookie Team.

## 7.4 Coach of the Year

1. A recipient shall be selected in order to reward excellence at the coaching level; to aid in the promotion of the sport through the recognition of expertise; and to

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provide incentive to coaches. The Canada West selection shall be the Canada West nominee to U SPORTS, for the U SPORTS Coach of the Year Award.

2. Each member institution shall declare its first and second choice for Coach of the Year, on the official Canada West ballot form as distributed by the Convenor. Coaches cannot vote for themselves for this award.

## 7.5 Student-Athlete Community Service Award

The Therese Quigley Award (Women) and the Dale Iwanoczko Award (Men) are offered by the U SPORTS to recognize outstanding contribution in athletics, academics, and community involvement. Coaches will nominate an athlete from their own team who meets the U SPORTS requirements. These nominations will be included in the CW Awards ballot. The CW nominees to the U SPORTS-TQA and U SPORTS-DIA awards will be the athletes who receives the most votes.

- ## 7.6 Canada West will formally announce all award winners prior to the CW Championships.

- ## 7.7 Canada West award winners must be formally recognized at the Canada West Championship. It is at the discretion of the host whether the recognition is made at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

- ## 7.8 Should a tie occur in the voting for any CW award, the vote of the coaches involved in the tie will be discarded and then only the remaining votes will be considered. If the votes are still tied, the coaches, minus the coaches involved, will be asked to re-vote on the tied players.

## 8. SPORT ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

### 8.1 HOSTING RESPONSIBILITIES

1. Host schools shall make every attempt to provide one practice time on game day.
2. Lines people must be "Locals" dressed in Volleyball Canada colors. For playoffs, the four lines keeper's system shall be used with each being a minimum of "Local" accreditation.
3. The Scorekeepers require no official qualifications. The International Method of recording a match must be used.
4. The host institution shall be responsible for assigning all minor officials necessary for the running of the competitions (i.e., visual scoreboard operators, public address announcer, boys/girls for the three (3) ball system).
5. The three (3) ball system shall be used in all league and playoff matches. The 3 ball workers are to assist teams during hitting warm-ups. Whenever possible, there should not be any bias by assigning family members as any major or minor officials.

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6. Statistics are to be recorded by the host institution using computer software and the forms identified by the Canada West and/or the U SPORTS office.
7. The playing facility for Canada West volleyball matches shall be set up and available for practice normally one hour prior to the designated starting time of the first match (practice balls must be available). From 60-minutes to 45-minutes to the start of the first match, both teams are able to share the entire court. The serve and pass time as part of the pre-game warm-up can be extended beyond the 45 minutes prior to match time if both participating coaches agree (would only impact the first game of the day). If both coaches do not agree, it would remain at 45 minutes. If both coaches agree, it could be extended up to 10 minutes provided the Host can accommodate.
8. For safety reasons servers are not allowed to enter the serve-receive court of opponent when jump serving.
9. The 20-minute warm-up period will begin when the officials of the second match determine that the court is available. Teams will have a 20-minute warm-up, but the clock will only start once the net height has been adjusted by the event staff and checked by the officials. The total match warm-up will be twenty (20) minutes, including 5-5 (there will be no 2-minute common serving time) and introductions. The 5 - 5 hitting and serving warm-up will begin at the 10-minute mark of this 20-minute countdown.
10. The number of designated participating athletes are defined for league and playoffs in Policy 2.1 and 2.2 above. Only the designated participating athletes are allowed to be dressed and participate in pre-game warm-ups, for warm up periods during the match or to be on the court or in the warm-up area. No warmup shall begin in the same gym when a match is in progress.
11. The introduction of players is up to each individual host institution.
12. Matches must not start earlier than the advertised time.
13. Each institution will establish its own pre-match protocol for league and playoff matches.
14. For the playoffs, post-match ceremonies will include line up of all players on baseline for presentation of team and individual awards.
15. Up to five (5) minutes of promotional time may be used by the host institution between games two and three. If this time is to be used the details must be given to the visiting team coach before the match.
16. During sets 1- 4, there shall be one 'Technical Time per set, lasting 60 seconds. It shall be applied automatically when the leading team reaches 16 points. Teams will be allowed to return to the playing area when their timeout is finished. Any additional time-outs shall be by International Rules.
17. The time between all matches shall be three minutes, with the exception of the possible use of the 'Promotional Break'.
18. Flash Photography is not allowed once the ball is in play.

### 8.2 EQUIPMENT

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1. The Canada West official game ball shall be the Mikasa MVA 200.
2. Sponsorship can be placed on the upper and lower band of the net as long as it follows Volleyball Canada regulations.
3. Coaches shall be allowed to use electronic equipment for purposes of communication from outside the playing area to the team bench, provided that such equipment meets the minimum standards of international volleyball, (i.e., to eliminate any external sound, earphones and mouth microphones must be used).
4. In the event of perspiration on the competition floor:
  - \* Inside the 3-metre line, a towel from the umpire, from the score table, shall be used.
  - \* Outside the 3-metre line, a towel carried by a player on the court shall be used.
  - \* For large wet spots outside the 3-metre line, the umpire shall use his/her judgment with regard to safety, regarding the use of the score table towel.

8.3 Coaches' Meeting - Refer to Committees Policy in the Canada West Operations Manual.

8.4 Recommended additional responsibilities of the Convenor beyond those laid out in the Convenor's Handbook are to include:

1. Co-ordination of the conference All Star voting.
2. Communicate with the Head of Officials of B.C., Alberta, Saskatchewan, and Manitoba (and Volleyball Canada) to explain any Canada West or U SPORTS Rules that are different from Volleyball Canada Rules before the league season begins.

## 9. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

## 10. GAME PROTESTS

Refer to Policy 10 of the Canada West Operations Manual for policy.

## 11. FILM EXCHANGE

1. Refer to Policy 11 of the Canada West Operations Manual for policy and timelines.
2. The home team must provide a copy of each match to the visiting team upon completion of the first match.
3. The host must forward a copy of the score sheet to their next opponent as well as the visitor's next opponent.

## 12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

## 12.1 SUSPENDED/EJECTED COACH OR PLAYER

1. A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):
  - a. Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.
  - b. Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.

**NOTE:** Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.

- c. Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.
2. A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):
  - a. Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.
  - b. Are not allowed within the field of play during competition.
  - c. Student athletes suspended can join in the locker room only after the game is complete.

## 13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT

Refer to Section 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

## 14. APPENDICES (N/A)