

General Philosophy:

The general philosophy of this league is to allow teams to develop their team play prior to the pressure of the Volleyball Alberta Premier Events. This should free up regular practice time for the development of skills. As such the intent is that it will be relatively low key, more in the tone of controlled scrimmages. In the same vein and to keep costs down there will be no regularly scheduled officials and the competing teams will share that responsibility. However, Volleyball Alberta may on occasion provide developing officials, but they too will be instructed to maintain this low pressure environment. Finally, while the score will be tracked using flip score cards no score sheet will be kept and there will be no league standings.

PLAYING RULES: Except as noted below the regulations to be followed are the **Volleyball Alberta 2023 Indoor Competition Regulations** found at **TO BE UPDATED**

1. Each team must provide **1 age class appropriate ball** in good condition for each match.
2. Upon arrival at the court the head coaches are responsible for **making sure that the nets are set up at the appropriate height**. Because of the fast turnaround between the age groups the facility staff cannot do this for us.
3. All matches must start on time so teams should arrive early for a warmup prior to the first match of the day. Note that **25 minutes** have been scheduled for warm-up prior to the first match in each of the three blocks.
4. All matches consist of **3 sets**.
5. The **first 2 sets** of each match will be to **25 points, hard cap at 25 points**.
6. The **3rd set** will be to **15 points (hard cap at 15 points) or until 5 minutes before the start of the next match**, whichever happens first.
7. **For set 1, the team listed first on the schedule for that match will provide the referee and the other team will provide someone to flip the score cards. For set 2, the other team will provide the referee and the first team will provide someone to flip the score cards. For the 3rd set a coin toss will determine which team will provide the referee and the other team will flip the score cards. Note: Each team must have a whistle for their designated referee.**
8. Regular time out rules will be applied but short (10-15 second) **coach interventions** will also be permitted. This is intended to help team play development but please be reasonable with this freedom because we want to keep the games moving and **on time**.
9. **12U as well as 13U Girls & 13U Boys** will use the **Triple Ball** format for all sets.

10. **14U Girls and 14U Boys** will use **Triple Ball** format for **sets 1 and 2** of each match and then **regular volleyball for set 3**. *Exception: If a match is scheduled between a 13U and 14U team, all three sets will be played using Triple Ball format (this does not apply for 2020 league as the 13U & 14U teams are all separated into their respective age categories).*

11. Teams are strongly encouraged to use **proper uniforms** but the uniform rule will not be strictly applied. We understand that not all teams will have their uniforms in time for their first Go Youth Club League matches, but we encourage teams to wear like uniforms, as soon as possible.

12. **Each team is responsible for cleaning their bench area and side of the court immediately following the completion of each match.**

13. No warmup is permitted between the 1st and 2nd matches. Teams are required to switch courts immediately after the end of their first match and begin their next match a.s.a.p.

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Please pass on this information to your players and parent group:

FACILITY RULES:

PARKING CITATIONS – if people park illegally they will be subject to a City of Edmonton Parking ticket!

1. Coaches and Clubs, please share the philosophy of this league with your parents.
2. Please remove any outdoor footwear and leave it outside of the gym(s) on the mats provided.
3. **No FOOD or BEVERAGES allowed in the Gyms.** Water is permitted for the players and coaches, and although we do not encourage spectator consumption of beverages in the Gym(s), to try and lessen the chance of spills and needless cleanups, if you bring your coffee or beverage in a sealed non-spill container it will be permitted.
4. In an effort to keep the league set-up to a minimum, there will be player benches, scorer's table and referee stand set-up on each court, there will only be 2 bleachers set-up on the center courts (Court B). **Please refrain from moving bleachers in the facility.**
5. First-Aid is the responsibility of each team, therefore you are responsible to look after the needs of your players.
6. EVCS will have staff present at the entrance to each gym to direct teams and to notify teams when time has expired. Please be courteous, as they are there to help with the flow of the league and deal with any facility issues. However, they are not responsible for net height adjustments, as that is the responsibility of the teams, if an adjustment is necessary.
7. **Please keep out of gyms** that are not designated for the league. We recommend that teams use the upstairs mallway for post-match meetings.

If you have any questions or concerns, please feel free to speak with the staff onsite, or send us an email at evcsvolleyball@gmail.com or call 780-492-8600.

Thank you, enjoy the league and good luck this season!