



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-1

1. COMPETITION

1.1. CHAMPIONSHIP FORMAT

The U SPORTS Women’s Volleyball Championship shall have a total of eleven (11) matches taking place over three (3) days. There will be eight (8) teams in a quarterfinal knockout format that includes a 3rd place match and a consolation 5th place match, but no 7th place match.

1.2. CHAMPIONSHIP BERTH STRUCTURE

The Berth Structure is the makeup of the teams that qualify to the National Championship tournament and will include at minimum, a Host and Conference Champions.

1.3. TEAMS

The participating teams for the **2024** Championship will be as follows:

- ☐ AUS Champion
- ☐ OUA Champion
- ☐ RSEQ Champion
- ☐ CW Champion
- ☐ Host (**McMaster University**)
- ☐ One (1) assigned berth to **AUS** (*must be conference medalist*)
- ☐ Two (2) assigned berths to CW (*must be a conference top 4*)

1.4. SEEDING, DRAWS, TRIALS AND HEATS

1.4.1. SELECTION/SEEDING COMMITTEE

1. Chair: A non-voting U SPORTS Office staff member.
2. Members: U SPORTS will select a representative from each Conference in collaboration with the Conference staff.
3. President of the Coaches Association: The President of the Coaches Association will take part in the conference call and shall only vote in the case of a tie.
4. Should any member be the coach of a team that has qualified for the championship, the U SPORTS Office will work with the President to select a designate.



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-2

1.4.2. SEEDING

Seeding is defined as how a team is ranked competitively and then slotted into a draw. The seeding reflects the current strength of the eight (8) participating teams at a U SPORTS National Championship.

1.4.2.1. SEEDING PRINCIPLES

The following seeding principles must be respected in the final determination of the championship draw:

1. Results of conference playoffs must be respected (order of finish).
2. Conference champions must be seeded in at least one of the top 6 spots
3. Conference match ups will be avoided in the 1st round for the top two (2) qualifiers from each conference

1.4.2.2. SEEDING CALL

The purpose of the seeding call is to complete the seeding of teams participating in the U SPORTS National Championship.

1.4.2.3. SEEDING CRITERIA

For the purposes of seeding, the most recent ELO rankings (after conference finals) shall be used to seed teams 1-8.

1.4.2.4. SEEDING PROCEDURES

1. The seeding call takes place on the Sunday prior to the start of the U SPORTS National Championship following the last Conference Championship.
2. Immediately following the seeding call, the U SPORTS office will release final seeding and schedule to media and members.
3. There shall be no appeal of decisions regarding seeding.
Any member institution that releases seeding information prior to the embargo established by the U SPORTS office will be fined \$500.00.

1.4.3. DRAW

The draw is defined as how a team is scheduled into the National Championship tournament.

1 vs 8
4 vs 5



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

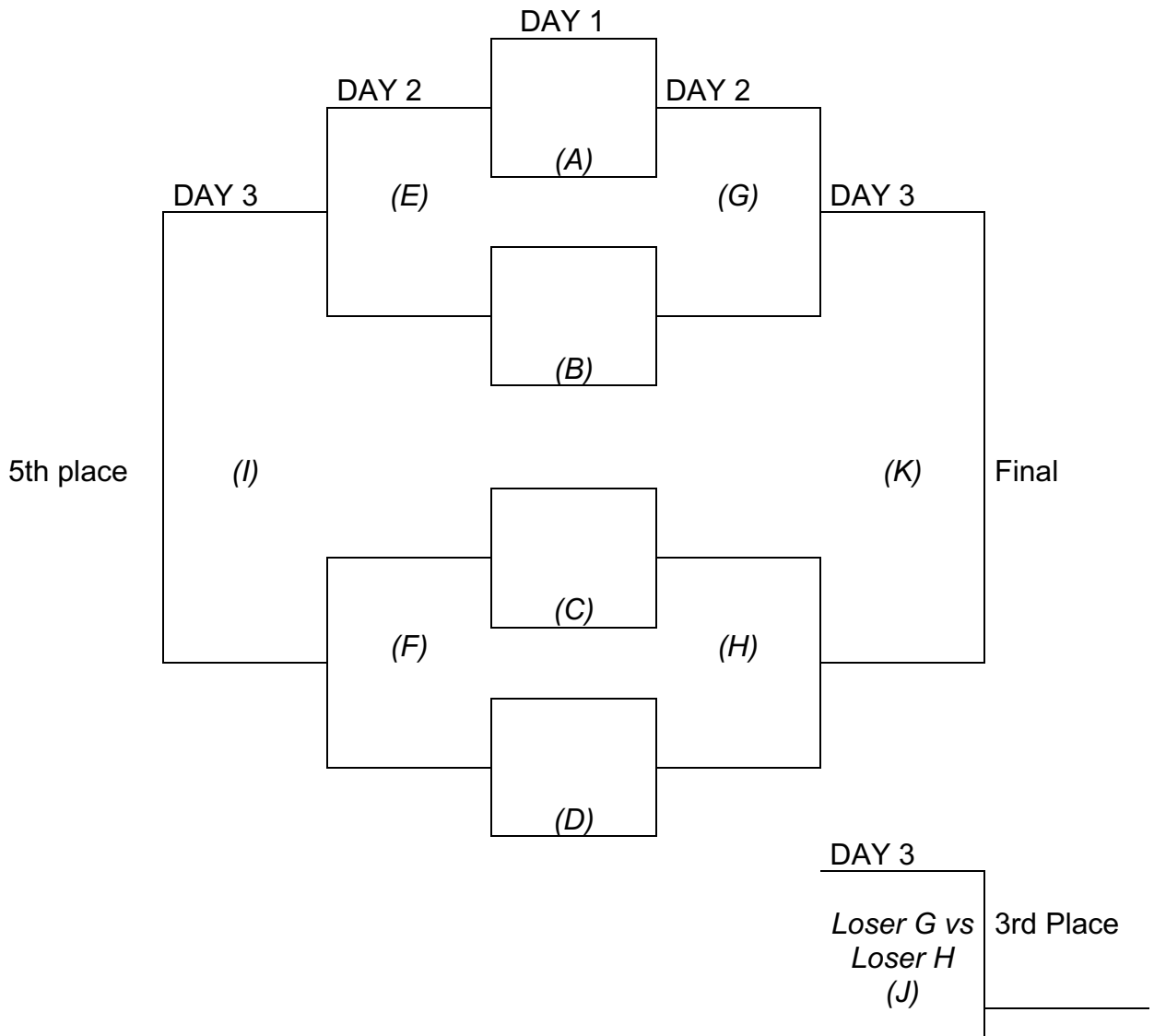
PR/2-3

2 vs 7
3 vs 6

1.5. FORMAT

The Format of a National Championship will depend on the sport and will encompass a wide range of aspects including:

1. Style of the Championship (single elimination, pool play, etc.)
2. Number of participating teams
3. Number of days the Championship will take place





JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-4

Note 1: To ensure the integrity of the draw, the structure of the brackets must be maintained (i.e. Game A and Game B must always stay together and Game C and Game D must always stay together) so that common rest times are protected. Game A and Game B can however be moved to the bottom side of the draw, allowing Game C and Game D to move to the top side of the draw.

Note 2: Without affecting the integrity of the draw, games in the upper half of the draw can be switched to accommodate travel and time zone adjustment (i.e. Canada West teams traveling east). If the teams playing are not impacted by the time zone change then there can be no switching of game times.

1.6. PROTESTS

During U SPORTS National Championship, a judges' conference can be held on the request of the affected team, or the Match Referee Supervisor.

1.6.1. APPEALS TO A JUDGE'S CONFERENCE

The head coach of a team participating in the match and/or the Match Referee Supervisor may at any moment during the match, as soon as he/she notices a violation of the FIVB Rules of the Game, or an improper situation or decision not in accordance with the FIVB Rules of the Game, or a violation to the U SPORTS Regulations request a Judges' Conference.

SUCH CASES MUST REFER TO:

- a) An improper decision by the referee, who did not apply the rules or did not assume the consequences of his/her decisions. (e.g. the application of a 2nd yellow card to a player, or finishing a match or the set because of application of the wrong sequence of actions)
- b) An improper decision of the scorer, who made a mistake on the rotational order or on the score (e.g. extra point added/ point missed etc..)

1.6.2. IMPROPER CASES

- 1. A referee's decision, which sanctions a playing action or misconduct, cannot be considered as a proper case
- 2. The coach who submits an improper case will be sanctioned by:
 - a. First Improper Request: Penalty - A point and service to the opponent
 - b. Second Improper Request: Sanction - Coach leaves the playing area and stays in the penalty area for the remainder of the set. Should no penalty box be available, the Match Referee Supervisor and U SPORTS Representative shall decide on the appropriate area.



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-5

- c. Third Improper Request: Sanction- Disqualification - Coach leaves the Competition Control Area for the remainder of the match

1.6.3. AGREEMENT OF THE COMPLAINT

The Match Referee Supervisor examines the complaint and, if it is valid according to the Rules of the Game, a judges' conference is convened with the Championship Management Committee

1.7. SCHEDULES OR ORDER OF EVENTS

The final schedule is at the discretion of the Host Committee working in consultation with the U SPORTS Office.

The visiting team players and staff shall be introduced in numerical order followed by the introduction of the team manager, assistant coach(es) and head coach. The home team shall be introduced in the same fashion. The officials shall be introduced according to international protocol (protocol may be altered due to television requirements or Host requests).

Medal presentations shall follow immediately after the respective competition match, and international protocol shall be dispensed with following the final matches.

1.8. GAME TIMES

U SPORTS Office and the Host Organizing Committee are to determine game start times based on facility availability and broadcast/television requirements.

The Host has the option of playing at 6:00 pm or 8:00 pm. Their option must be declared no later than the second championship bulletin.

On Day 1 and Day 2 of the championship, the 1st match will start no earlier than 1:00 pm and the last match no later than 8:00 pm with a minimum of 2 hours between each match.

For the final day of competition, the Host may either have the finals scheduled for the afternoon or evening, depending upon optional promotional possibilities. The Host is to advise the U SPORTS office by February 1st annually.

1.9. PRACTICE TIMES / WARM-UPS

1.9.1. PRACTICE TIMES



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-6

1. All practice times will be 45-minute blocks on the competition court other than Day 1 of the Championship. The court must be configured to ensure the field of play area is defined. This includes placement of end bleachers, any items that would affect the free zone and any other elements that could affect the lighting (i.e. jumbotron).
2. Allocation of practice times on the day prior to the championship will be based on the following sequence of criteria: championship draw and then seeding. Each participating team will receive 45 minutes on a warm up court prior to 45 minutes on the championship game court.
3. Practice times on the day of the Quarter-Finals shall be 30 minutes on the competition court.
4. Practice times on Day 2 and Day 3 of the championship will only be available to the four (4) teams playing in the winner's bracket of the championship and will be based on the following sequence: schedule match times, then seeding.
 - i. Note: Due to the competition schedule on Day 3, practice times may be limited to 30 minutes on the competition court.
 - ii. Access (including visual access) to the gym during practices times shall be restricted to the appropriate championship personnel and the participating teams scheduled to practice.

1.9.2. WARM-UPS

1. All eligible athletes may participate in the warm-up.
2. If a match at the U SPORTS championship runs overtime, teams will be provided fifteen (15) minutes of on-court time prior to the 5 and 5. (note: twenty-five (25) minutes on the official clock will commence when the benches and court area are available for both teams). Note: 25 minutes of warm-up on the competition court will be provided regardless of size or location of warm-up court/facility.
3. There will be no warming up in the gym while a match is on.
4. At ten (10) minutes on the score clock, the 5 and 5 shall begin.
5. There will be shared court time from 60 minutes to 45 minutes prior to the game start time. This would allow both teams access to the full court for serve/pass warm up. **FOR SAFETY REASONS SERVERS ARE NOT ALLOWED TO ENTER SERVE-RECEIVE COURT OF OPPONENT WHEN JUMP SERVING.**

1.10. OVERTIME, TIMEOUTS & TIE-BREAKING

The break time between all sets will be three (3) minutes.



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-7

- 1.10.1. The Host has the option of extending the break between sets 2 and 3, to five (5) minutes, provided that there is justification and that all participating teams are notified at the Technical meeting.
- 1.10.2. Each coach will have two (2) discretionary 60-second time outs to be utilized at any time.
- 1.10.3. During time outs, players must go to the bench area and all members of the team may participate in the time out discussion.
- 1.10.4. All eligible athletes are allowed to warm up with balls between all sets provided they are not on the volleyball court.
- 1.10.5. Players can return to the court during the time out, if the court is clear.
- 1.10.6. Play can resume, after a time out, as soon as both teams are back on the court.

1.11. SCORING AND STANDARDS

- 1.11.1. The Host institution of Sport Conference championships must e-mail results to all member institutions within one (1) hour of the completion of competition.
- 1.11.2. The official scorer will be solely responsible for the completion of the official scoresheet. A second official will have the task of completing the libero control sheet and the score table flip cards.
- 1.11.3. A copy of the officially completed score sheet shall be given to each participating coach immediately following completion of the match.
- 1.11.4. The U SPORTS Championship will not utilize substitution paddles.

1.12. RECORDS AND STATISTICS

U SPORTS standardized statistics are to be recorded during the championship.
Note: Definition of “block” – block assists count as a ½ (not 1 per blocker).

2. CHAMPIONSHIP ROSTER

- 2.1. Each championship team can declare up to sixteen (16) players from their most recently submitted U SPORTS Eligibility Form. A championship roster of up to sixteen (16) shall be submitted to U SPORTS officials at the pre-championship technical



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-8

meeting. Team may dress any fourteen (14) players from this roster for each championship match.

Note: Changes to the roster can be made by the Head Coach up to 1 hour prior to the first game of the championship. Once the 1-hour window has passed, no changes can be made to the declared roster. It is the responsibility of the Head Coach to contact the U SPORTS Delegate on-site to make the final changes as per the timelines above.

2.2. The Host Organizing Committee will supply a form to each Head Coach for each game, with a list of the already declared players.

2.3. GAME DAY ROSTERS

2.3.1. Coaches must identify the fourteen (14) players who will dress to the Host Organizing Committee 60 minutes prior to start of game.

2.3.2. The Host Organizing Committee will complete the game sheet for both teams at the end of warm-up OR no less than 10 minutes prior to the start of the game (whichever comes first). The Head coach must sign off on the final game sheet.

3. TEAM BENCH

A team can have a maximum of 22 people in the bench area including athletes, coaches and support staff.

Note: Any team member above the 22 is considered a spectator and will sit in the stands.

3.1. TEAM DESIGNATION

3.1.1. At the Technical meeting prior to the championship, the coaches shall designate uniform preferences for each match with the highest ranked team having first choice of colors.

3.1.2. The higher seeded team shall have choice of bench. When the Host team is the lower seeded team, they will have choice of bench over the higher seed.

3.1.3. Prior to each match coaches shall decide on uniform colors again with higher ranked team having preference. In case of conflict, the Organizing Committee shall determine clearly contrasting color designation. These shall be determined and given to each team before the competition begins.

3.2. INDIVIDUAL ELIGIBILITY(N/A)



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-9

- 3.3. INDIVIDUAL ENTRIES (N/A)
- 3.4. INDIVIDUAL RANKINGS (N/A)
- 3.5. TEAM ENTRIES (N/A)
- 3.6. TEAM RANKINGS (N/A)

4. EQUIPMENT AND FACILITY

4.1. BALL

The official ball for the U SPORTS Championship will be Mikasa V200W.

The three-ball system is to be used for all matches at the U SPORTS championship as per rule 3.3 of the Volleyball Canada rulebook.

4.2. RECORDING OF GAMES

4.2.1. GAME FILM

4.2.1.1. FIRST ROUND OPPONENT

Pre-Championship: First round opponents must exchange downloadable recordings (mp4 file or comparable) of their final two (2) matches and a clear copy of the score sheets prior to the U SPORTS National Championship. The recording must be uploaded to the identified U SPORTS platform no later than Monday at 12:00 pm EST. Teams will have access to their opponent's game film for downloading once both teams have completed the uploading process.

The recording must contain the entire and continuous match. The recording is for the sole use of the respective team's preparation for its first-round match. If any of these conditions are not met, the offending institution pays a fine as per the non-compliance policy.

Note: All video must have end line view and from a minimum of 10 feet off the ground.

4.2.1.2. HOST REQUIREMENT

The Host must record all games at the U SPORTS National Championship and provide the recordings to each participating team and the officials at the conclusion of each match and no later than 90 minutes after the final whistle.



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-10

The Host must provide a centered end line view a minimum of 10 feet above floor level with an unobstructed view. The Host must articulate the distribution process in the championship information bulletin.

In addition, participating teams require space to record games. In venues where space is limited, the priority for camera placement beyond the Host camera will be:

- 1- Competing teams in next round
- 2- Competing teams in that game
- 3- All other teams

4.3. UNIFORMS

Teams must travel to the Championship with two sets of jerseys: one light set and one dark set.

Exception to 2024 Volleyball Canada rule 7.2.3.

All players SHOULD wear playing uniforms for the complete protocol and warm-up. All players MUST be wearing playing uniforms prior to the anthem and introductions.

4.3.1. U SPORTS LOGO

U SPORTS reserve the right to require participants in a U SPORTS Championship to wear a U SPORTS logo on their uniforms. These logos will be provided to each team in advance of the championship. The logo must be placed on the top, right chest area of each uniform.

4.3.2. CORPORATE LOGOS

Should any team have a corporate logo on their jersey, they must send a photo to the U SPORTS Office (Director of Sport) prior to the conclusion of their conference playoffs for approval by the CEO. Teams who do not provide this will not be approved to wear corporate logos on their uniforms and must remove / cover prior to competition.

4.3.3. NUMBERING

- 4.3.3.1. The playing numbers of each participant shall be submitted with the roster. The players are then restricted to these numbers except under extenuating circumstances.



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-11

4.3.3.2. For U SPORTS Men’s & Women’s Volleyball, the uniform regulation will follow the guidance for FIVB, World and Official Competitions for Seniors. Therefore, the numbering on the uniforms can range from 1-25 and beyond.

4.3.3.3. All institutions must comply with FIVB rules as it relates to the size of number on the playing jersey (15 cm on front and 20 cm on back). Violations must be recorded on the scoresheet and reported to the Technical Chair. Non-conformity may result in a fine as per the non-compliance policy.

4.4. SHORTS, SOCKS, BRACES, EQUIPMENT & DRESS CODE

4.4.1. For U SPORTS competition, the colour of arm sleeves or any other tensor or wrap or therapeutic device does not have to be the same as the uniform or team colours.

4.4.2. For U SPORTS competition, players may wear uniform bottoms that differ in style and cut, provided the color and trim is identical (i.e., players could wear shorts, spandex of varying length or pants). Manufacturers’ logos and lettering anywhere on uniforms are not required to be identical.

4.4.3. Towel people are required for all matches at the U SPORTS championship and will dry the floor at the termination of each rally without requiring direction from the officials.

4.5. HEAD GEAR AND HELMETS (N/A)

4.6. CAPTAINS IDENTIFICATION (N/A)

4.7. DEPTH CHARTS (N/A)

4.8. SPOTTER PHONES (N/A)

4.9. FACILITY REQUIREMENTS

4.9.1. An announcer shall be used for all matches at the U SPORTS championship. The public address system shall be silent from the moment the referee blows the whistle to initiate the rally until the whistle is blown to end the rally.

4.9.2. Official nets in accordance with the FIVB Rule Book shall be used for the championship. Advertising is permitted on the playing volleyball net. Sizing to be confirmed by the Women's Volleyball Coaches Technical Committee.

4.9.3. Courts shall comply with minimum specifications as outlined in the current FIVB Rule Book.



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-12

- 4.9.4. Competition courts must be set-up according to the FIVB Rule Book.
- 4.9.5. When the court lines (boundary as well as internal) are not readily visible, the Host institution must highlight these lines by either:
1. Highlighting the line itself by some means such as tape, etc.
 2. Highlighting by extending the width of the line into the court or by painting a four-inch border in a contrasting color inside the court itself.
- 4.9.6. Where the court is highlighted, the highlight lines must be added to the inside of the volleyball court.
- 4.9.7. Minimum of provincial certified minor officials must be used for scorekeeping and the libero control sheet. The libero control sheet shall be used as per FIVB procedures.
- 4.9.8. If videoboards are available within the competition venue: during play (once R1 signals for service) the videoboard will only have
- (i) the score of the game (if applicable) and/or
 - (ii) corporate partners logos (if applicable) and/or
 - (iii) statistics (if applicable) and/or
 - (iv) the live video game feed (if applicable).

Note 1: Where possible any static images should not be on a bright background.

Note 2: There can be no images flashing, commercials or anything considered to be distracting for the athletes while the ball is in play (from the time R1 signals for service until the play is dead) similar to when music is permitted to be played.

5. RULES

The FIVB Rule Book for the current year shall be adopted as the basis for the U SPORTS championship in that year taking into consideration the U SPORTS exceptions below. The English version of the FIVB Rule Book shall prevail in cases of discrepancies in interpretation.

1. Coaches can declare 0, 1 or 2 liberos and change their designation each set of the match. See Rule 11.3 for further information regarding the libero rule for U SPORTS competition
2. The head coach can sit anywhere on the bench but all time-outs and substitutions are to be requested by the coach from the normal position at the end of the bench as per the FIVB rulebook.
3. In the event that the setter, in the act of moving away from the net to play the second contact, crosses the centre line, no fault is called provided there is no interference on the play.



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-13

4. All clothing soiled with blood must be replaced or neutralized/sterilized following the procedures laid out in rule 11.2
5. The U SPORTS Championship will not utilize the coach's restriction line.
6. Assistant Coaches will be allowed to move freely on the bench, including the warmup zone. In between rallies, assistant coaches may approach the side lines to provide coaching to the players on the floor, but must return before the whistle for serve. Only one assistant coach may stand at a time, with the caveat that the standing assistant coach return to the bench in a timely manner, and not remain in the free zone.
7. For the National Championship, U SPORTS plays with an 8-limited substitution rule, while officials use a fast sub protocol.
8. The U SPORTS Championship will not utilize substitution paddles.

6. MEETINGS

6.1. TECHNICAL MEETING

A Technical meeting will be held in person prior to the first game at a U SPORTS National Championship. Time of the meeting is at the discretion of the Host Organizing Committee.

The Head Coach from each participating team, an Officials Representative (ideally the head official or Referee Coach/Supervisor), the U SPORTS Delegate, and members of the Host Committee must attend this meeting.

The Chair of the Technical Meeting will be the U SPORTS delegate.

Note: A representative of the Official Broadcaster may be in attendance.

6.2. COACHES MEETING

An unofficial Coaches meeting may be organized and require a meeting room during the championship. Date and time of the meeting is at the discretion of the Host Organizing Committee working in consultation with the President of the Coaches Association.

Note: This is not an official U SPORTS Sport Technical Sub Committee (STSC) meeting and thus any decisions affecting U SPORTS Policy or Regulations must be sent to the STSC. This is the responsibility of the President of the Coaches Association or their designate.

7. COMMERCIAL



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-14

7.1. MEDIA CONFERENCE

The date and time for a U SPORTS National Championship media conference is determined by U SPORTS and the Host Organizing Committee.

8. OFFICIALS

Volleyball Canada will select eight (8) officials, six (6) officials and two (2) referee supervisors/coaches for the U SPORTS Championship.

Volleyball Canada will be allowed to nominate up to an additional two (2) referees at no cost to the host.

8.1. FUNDED OFFICIALS

U SPORTS will cover the cost of travel for six (6) officials. The funding for the referee supervisors/coaches will be covered by Volleyball Canada, with the exception of one (1) hotel room.

8.2. OFFICIALS ASSIGNMENT

Officials will be selected to ensure that best available officials are at the championship.

8.3. QUALIFICATIONS OF OFFICIALS

The major officials shall be Volleyball Canada nationally rated and minimum level 4 certified. All lines people will be regional trained or higher for the championship games (quarters, semis and final) with 4 lines people being used for all games.

8.4. HOST RESPONSIBILITIES

1. To pay and provide accommodation (double occupancy or single occupancy during a Pandemic), meals (per diem), local ground transportation and game fees for the 6 funded officials. The host will arrange accommodations for any additional referees, if assigned by Volleyball Canada. There will be no additional cost to the host for any extra rooms for the additional referees assigned. Any changes in accommodations by an official(s), resulting in additional costs, will be the responsibility of the individual(s) involved (example: a request of an official to stay on longer than required). The two extra officials will be paid for by the local branch. The Host institution shall train and assign scorers and stats keepers.



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-15

2. To provide, at their cost, local ground transportation for the Referee supervisors/coaches to and from the championship venues, as required.
3. To arrange for accommodation for any Referee supervisors/coaches at the same hotel as the other officials and pay for one (1) hotel room.
4. Per diems for game officials will be covered by the Championship Host Committee at the following approved U SPORTS rates: \$55.00 per day per official [(B)\$10.00, (L)\$20.00 and (D)\$25.00] unless complimentary meals are provided.
6. To provide a tournament accreditation pass to the assigned Referee supervisors/coaches allowing them access to the venue and competition court. There should be designated seats provided to the Referee Coaches at either the scorer’s table or at a raised media table close to or directly behind the scorer’s table.

8.4.1. GAME DAY REQUIREMENTS

- 8.4.1.1. Dressing room and shower facilities at the competition site.
- 8.4.1.2. Towels for after game showers.
- 8.4.1.3. Refreshments for half time and post-game (water, Gatorade, fruit, cereal bars, etc.). These items can be left of their dressing room.

8.5. NSO RESPONSIBILITIES

1. To cover the cost of accommodation, meals, and transportation for the Referee supervisors/coaches.
2. To provide to the Championship Host Committee an invoice for the total amount of fees and per diems in advance of the championship (should include per diems for a minimum of 4 days). The invoice should be sent to the Championship Host Committee 30 days in advance of the championship.

8.6. FEES

Officials Fee: \$100/game/official

8.7. STANDBY OFFICIAL

Stand By Officials Fee: \$50/game/official



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-16

8.8. SELECTION PROCESS

- 8.8.1. The National Officials chairman shall forward the final selections to the U SPORTS Office no later than 30 days prior to the start of the championship.

8.9. ON-SITE OFFICIALS ASSIGNMENT

- 8.9.1. The (lead) Referee Coach(es) Assignor(s) / Evaluator(s) will attend the pre-championship Technical meeting. Only technical issues relating to officiating will be discussed. Opinions on the quality of officiating and individuals will not be discussed at this meeting. There will be no other meetings between coaches and Referee Coaches once the championship begins.
- 8.9.2. All games will be assigned according to ability as determined by the Referee Coaches.
- 8.9.3. An effort should be made to avoid consistent pairing of the officials. For the championship final match, the four lines people can be selected from the top performing lines people from the tournament

9. SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*

9.1. ALL-CANADIANS

The following procedures are used in selecting the All-Canadian First (7) and Second (7) Teams.

- 9.1.1. Each Sport Conference must use the U SPORTS on-line awards nomination system to submit their final list of ranked All-Stars. All Sport Conferences are required to submit a minimum of 12 names on the All-Canadian ballot. Sport Conferences must have their submissions completed two weeks prior to the start of the U SPORTS Championship. The web-based system will ensure the nominees for All-Canadian consideration have complete year-end statistics. Player of the Year to be named as one of the first team All-Stars and comprise one of the seven (7) selected to the first team. Ensuring the information available via the on-line awards system, is the responsibility of each institution or Sport Conference.
- 9.1.2. Final selections shall be completed no later than 7 days prior to the U SPORTS Championship.



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-17

9.1.3. The award nominees' institution must submit materials at the time of All-Canadian balloting.

9.2. OUTSTANDING PLAYER OF THE YEAR (MARY LYONS AWARD)

9.2.1. Selected by the Award Selection Committee

9.2.2. Determined as the player receiving the most votes on the first team All-Canadians.

9.2.3. To win the national award the athlete must have won the player of the year award in their sport conference, if such an award exists or be a member of their Sport Conference All-Star team.

9.3. ROOKIE OF THE YEAR (MARK TENNANT AWARD) & ALL-ROOKIE TEAM

9.3.1. Selection similar to the All-Canadians with each Sport Conference submitting a minimum of 4 athletes

9.3.2. Each Sport Conference to provide statistics on their Rookie of the Year nominee.

9.3.3. Athletes must be in their first year of U SPORTS eligibility and be 21 years of age or younger as of September 1st in the current academic year.

9.3.4. A player who has been a full-time member of the Senior National Team is not eligible for Rookie of the Year.

9.3.5. The athlete receiving the most votes shall be named Rookie of the Year.

9.3.6. To win the national award the athlete must have won the rookie of the year award in their sport conference, if such an award exists. Note: Conference All-Star status is not considered when selecting the U SPORTS Rookie of the Year.

9.3.7. To be selected to the All-Rookie Team, the athlete must have been a rookie of the year nominee to their sport conference, and final voting must adhere to the conferences rank order

9.3.8. The complement of the All-Rookie Team will be 7.

9.4. STUDENT-ATHLETE COMMUNITY SERVICE AWARD (THERESE QUIGLEY AWARD)



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-18

9.4.1. Selected by the Award Selection Committee

9.4.2. An athlete may only receive this award one time during their career.

9.4.3. Recipient who best exhibits outstanding achievements in three (3) areas:
volleyball, academics, and community involvement

9.4.4. Each Sport Conference shall determine its method for selecting their nominee.

9.4.5. To win the national award the athlete must have won that award in their sport conference, if such an award exists.

9.5. COACH OF THE YEAR (MARILYN POMFRET AWARD)

9.5.1. Selected by the Award Selection Committee

9.5.2. To win the national award the coach must have won the coach of the year award in their sport conference, if such an award exists.

9.6. COACHING SERVICE RECOGNITION

The U SPORTS coaches group will be provided an opportunity to recognize coaching years of service at the All-Canadian presentation. Recognition will begin at 10 years of service and increase in increments of 5 years. Presentations will be verbal only.

9.7. CHAMPIONSHIP TROPHY & U SPORTS PENNANT

Presented to the U SPORTS Championship Team.

9.8. CHAMPIONSHIP MEDALS

Presented to the top 3 teams in the U SPORTS Championship (gold, silver, bronze).

9.9. CHAMPIONSHIP MVP

9.9.1. Selected by a 3-person committee established by the Host. Best efforts should be made to include non-participating coaches attending the Championship.

9.9.2. Selection based on the athletes' performance at the Championship.

9.9.3. Must be a member of the Tournament All-Star team.



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-19

9.10. CHAMPIONSHIP ALL STAR TEAM

- 9.10.1. Selected by a 3-person committee established by the Host. Best efforts should be made to include non-participating coaches attending the Championship.
- 9.10.2. Selection based on the student-athletes’ performance at the U SPORTS Championship
- 9.10.3. Seven (7) All-Stars will be selected.

9.11. CHAMPIONSHIP PLAYERS OF THE GAME

- 9.11.1. One player from each team will be picked as the player of the game.
- 9.11.2. A designated committee or the Head Coaches of the participating teams will select the Player of the game for the opposing team.

9.12. FAIR PLAY AWARD (R.W. PUGH)

- 9.12.1. Selection made by a 3-person selection committee established at the U SPORTS Championships by the Chair of the Awards Committee or designate. The Convener of the championship and the Delegate are to consult with the Awards Committee Chair to ensure proper protocol is followed.
 - 1. Inherent level of respect and maturity in their manner and interaction with teammates, opponents, coaches, officials and host (as displayed by the lack of match warnings, penalty points or complaints about referee call, etc.; also displayed by a noticeable amount of cooperation and cohesion on and off the court/field.
 - 2. A heightened level of consciousness for their role in the positive perception and image of their sport in Canada (as displayed by demeanor and interaction with the public, press and players during the championship).
 - 3. True enthusiasm for the game as it is played on the court/field.
- 9.12.2. Participating coaches list their nominees for the award at the Technical meeting.

10. COMMITTEES

10.1. AWARD SELECTION COMMITTEE



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-20

The Award Selection Committee is to be chaired by the Coaches Association President. The Committee members will be voted on by all U SPORTS Women’s Volleyball Coaches and will consist of four (4) conference representatives.

This committee will select the recipients of the following awards:

- All-Canadians (1st and 2nd Team)
- Outstanding Player of the Year
- Rookie of the Year and All-Rookie Team
- Student-Athlete Community Service Award
- Coach of the Year

Note: If a Coach of the Year Nominee is part of the Award Selection Committee they will not have a vote in that category.

10.2. CHAMPIONSHIP MANAGEMENT COMMITTEE

10.2.1 Role of the Committee

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee during the U SPORTS National Championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

10.2.2 Composition of the Management Committee shall be:

1. Championship Convener
2. U SPORTS Delegate;
3. Head Official (or designate from officials’ group);
4. President of the Coaches Association, or designate.

A quorum shall require all four members, or their replacement.

10.2.3 Disciplinary Action

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision



JANUARY 2024

PLAYING REGULATIONS – WOMEN’S VOLLEYBALL

PR/2-21

regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 , the U SPORTS Championship Management Committee shall have the authority to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion and communicated with U SPORTS immediately. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

10.3. JURY OF APPEAL (N/A)

10.4. DELEGATES (N/A)

11. APPENDICES

11.1. BLOOD POLICY FOR COMPETITION

11.1.1. Bleeding: If an athlete is bleeding and other participants are at risk of exposure to his/her blood, the athlete's participation in the match must be interrupted until the bleeding has stopped, and the wound has been cleaned with an antiseptic solution and securely covered. A one minute technical time-out would be applied by the referee in order to rectify the situation and stop the bleeding before a legal substitution, exceptional substitution, or injury time-out would become necessary. The technical time-out is not charged to either team. The technical time-out may occur only once for the same player in the match. Record on the scoresheet under remarks.

11.1.2. Legal Substitution: If possible, a legal substitution would be used. The bleeding player may return to the set once the bleeding has stopped, and the wound has been cleaned and covered providing the return is legal. (Rule 15.6)

11.1.3. Exceptional Substitution: If a legal substitution is not possible then the referee would authorize an exceptional substitution. The blood-injury player cannot return for the remainder of that set. The blood-injury player may play in subsequent



JANUARY 2024

PLAYING REGULATIONS – WOMEN'S VOLLEYBALL

PR/2-22

sets providing the bleeding has stopped and the wound has been cleaned and covered. (Rule 15.7)

11.1.4. Injury Time-Out: If a blood-injury injured player cannot be substituted, legally or exceptionally, this player is given a three-minute recovery time in order to stop the bleeding and to cover the affected area. This may occur only once for the same player in the match. If the bleeding cannot be stopped, his/her team is declared incomplete. (Rule 17.1)

11.1.5. Team Uniforms: All team uniforms soiled with blood must be either replaced or cleaned prior to the blood-injury athlete resuming the competition. Uniforms are to be cleaned until the stain is completely removed.

11.1.6. If a replacement uniform is not available, a player with a jersey soiled with blood would be allowed to wear a different numbered jersey or to change jerseys with a player on the bench. The referee would change the number(s) of the player(s) involved on the scoresheet. The procedure to be used would be Rule 15.6, Rule 15.7, Rule 17.1, or a time-out. - The one-minute technical time-out applies. - Record on the scoresheet under remarks. Note: This rule also applies to the Libero player if the team has an additional Libero uniform that can be used.

11.2. THE LIBERO PLAYER

11.2.1. Each team has the right to designate from the list of players on the score sheet up to two specialist defensive players: Liberos

11.2.2. The Libero(s) is to be recorded on the score sheet with the team roster, not on the special line. The number of Libero(s) is to be recorded on the line-up card for all sets

11.2.3. The Libero on court is Acting Libero. If there is another Libero, he/she is the second Libero for the team. Only one Libero may be on court at any time

11.2.4. Only one Libero may be on the court at any time

11.2.5. Following FIVB rules, the Libero can be either team captain or game captain