

Volleyball Alberta COVID-19 Competition Regulations

Preamble

The event organizer, coaches, referees, and team members will work collaboratively to facilitate the safest possible return to competition. It is everyone's responsibility to be diligent and ensure these guidelines are followed for this intended purpose. Event organizers will provide COVID-19 competition regulations to the participants and encourage compliance in areas when required. The referees' primary responsibility is to administer the match but will prompt individuals when necessary about any regulations. Coaches will lead by example, wear a mask, and remind athletes to adhere to the guidelines. Together we can return to volleyball stronger than ever!

Team Composition

For the match (VA club volleyball), a team may consist of up to 12 players, only these players may be in uniform, warm up and sit on the bench. A maximum of two staff: one head coach, and a maximum of one other staff (assistant coach, manager, team therapist or a medical doctor).

Participants

Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged, and where possible participants should maintain physical distancing of 2 meters.

Coach

The coaching staff will wear masks and bring sanitizer to use during the warm-up and match. The coaching staff will do their best to maintain physical distance with all individuals (athletes, staff, referees, volunteers, etc.) and primarily interact at two metres.

Referees

To the extent possible, referees will wear masks while in the building or when required by the event organizer, facility, local municipality, or health authorities. Referees will bring sanitizer to use during the warm-up and match. Referees will wear masks prior to and at the end of a match. Electronic whistles are preferred over traditional whistles- when electronic whistles are used, referees will wear a mask during the match

Equipment

The referee will allow cloth face masks for athletes that choose to wear them.

Team Uniforms

A player with a jersey soiled with blood is not allowed to wear a different numbered jersey or to change jerseys with a player on the bench. A player has the option to switch to an extra uniform with a unique number that is not associated with any player on the roster.

Bench and Warm-up Area

If permitted by the facility, the preferred composition of the bench area is to have two chairs, two-metres apart, for the coaching staff. An extended warm-up area for the athletes (to allow for physical distancing between participants) may start two metres from the nearest coach and be extended as

space permits. Athletes should be standing a safe distance from the court (behind the invisible line that would extend from the front of the coaches' chairs and run parallel to the court).

Note: If a bench must be utilized, all individuals must maintain distance in the bench and warm-up area.

Prior & Post Match

Event organizers will schedule buffer times between matches for sanitization of equipment and frequent touch points, and for teams to transition on and off the court without overlap. Teams will not greet one another before or after the match nor will they shake the referee(s) hand post-match. Teams may acknowledge the opposition and referee(s) by facing them and clapping prior to leaving the bench.

The Toss

- a. Before the match, the event organizer will assign service and sides of the court.
- b. If the first option is not utilized, the referee will carry out a toss to decide first service and sides of the court. The referee will wear a mask and ensure they (referee & captains) are physically distanced, two metres apart.

To limit shared surfaces and communal points of contact, teams will remain on their side of the court for the duration of the match. If the event organizer determines one side of a court has a notable advantage, teams will switch sides after the first set only. Coaches will keep the same chair and carry it over for the side switch and all players must carry their personal items (water-bottle, hand sanitizer, etc.) for the side switch. Teams should be mindful when switching sides and take different paths to maintain physical distancing during this transition. If a deciding set is necessary, the teams will remain on their side of the court.

Warm-Up Protocol

[2020-2021 Volleyball Canada warm-up protocol](#). Please note warm-up recommendation #6 should not be utilized during COVID-19, only team members of the hitting team should retrieve their balls.

Scorer & Score Table

Where possible two smaller tables spaced two metres apart will be used, one for the scoresheet and one for the scorecard. Otherwise the scorecard will be kept with the scorekeeper on a chair. Both scorekeepers will be required to wear masks and it is preferred they are from the same team or cohort.

Roster & Match Verification

Roster verification will occur prior to the match (roster signed by the coach), the team captain and coach will not need to approach the scorer's table to sign the score sheet. The team captain will not sign the score sheet to verify the result, it will be the first referee's responsible to ratify the result (verbally confirm with the coaches) and sign the scoresheet.

Line Judge Flags

Line judge flags will not be used to eliminate unnecessary contact surfaces. Line judges will make the corresponding signal by using their hands.

Positions

Between rallies, as a means of ensuring physical distancing between players across the net, the starting positions of the team receiving service should be no closer than two metres from the net (preferably

just in front of the three metre line). Players are still required to accurately maintain their positional order at the moment of the service contact.

Captain

The game captain can approach the referee for an explanation or interpretation of the rules but must do so from the three metre line.

Time-Outs

Physical distancing should be maintained during time-outs between all coaches and athletes. Participants will be permitted to stand within the playing court to maintain distance. Water should be provided to only those players who are off the playing court, the team is responsible for a quick and timely cleaning of spills to prevent a delay in the resumption of play. Players should hand sanitize during time-outs.

Technical Time-Out (Sanitization & Game Ball)

There will be a 30 second technical time-out when the leading team reaches the 16th point, or the 8th point in the deciding set. The players, coaches, referee(s), scorekeepers, etc. will sanitize their hands during this time, and the game ball will be replaced with a sanitized ball. Discretionary time-outs will remain at 60 seconds.

Wiping the Floor

To eliminate communal contact surfaces, each team will be responsible for the provision of a towel that can be used to wipe their own court. Prior to the towel being introduced, the team is still required to make a proper request and receive acknowledgement from the referees.

Protests

In the event of an official protest where a written submission is required, this will be done on a separate piece of paper that will be submitted and will follow Volleyball Alberta's Protest Policy.

Penalty Area

The inclusion of a penalty area may not be feasible or may be limited to one chair. If the penalty area is required to be established because of an expulsion, the location may need to be re-designated in consideration of physical distancing requirements. An appropriate area will be identified by the onsite venue coordinator in consultation with the referee supervisor or first referee.