

2017 Canada Summer Games Indoor Volleyball Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Technical Packages are developed by sport, not disciplines.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating Provincial/Territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

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2017 Canada Summer Games Indoor Volleyball Technical Package

1. SPORT: VOLLEYBALL - INDOOR

2. PARTICIPANTS:

2.1. <u>Competitors</u>:

Male: 12 Female: 12

2.2. Staff:

- 2 Coaches and 1 Manager per female team
- 2 Coaches and 1 Manager per male team
- If female athletes are being sent, one of the coaches of the female team must be female
- If male athletes are being sent, one of the coaches of the male team must be male.

2.3. Additional Team Staff *:

- Apprentice Coach
 - o See Women in Coaching Canada Games Apprenticeship Program
 - o See <u>Aboriginal Apprentice Coach Program</u>
 - o Apprentice coaches have same access as competitors and team staff.
- Venue Pass Holder
 - o See <u>Venue Pass Holder Policy</u>
 - o Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access:
 - Front of House (Spectator areas)
 - Team Areas (athletes lounge, change rooms)
 - * Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Mission's process. For information pertaining to the process in your P/T contact your Chef de Mission.



3. CLASSIFICATION:

Men: 18 and under as of December 31, 2017 (Date of Birth: 1999 or later)

Women: 18 and under as of December 31, 2017 (Date of Birth: 1999 or later)

4. ELIGIBILITY:

4.1. Coaches:

The Coach on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3, or Performance Coach certified in the new NCCP (Competition Stream, Development Context). These coaches must be certified not later than July 21st, 2017.

Assistant coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3. These coaches must be certified not later than July 21st, 2017;

OR

Assistant coaches on the official registration form must be Performance Coach trained status in the new NCCP (Competition Stream, Development Context). These coaches must be trained not later than July 21st, 2017.

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be level 3 certified or competition development certified, while the others must be level 3 certified or competition development trained.

4.2. Competitors:

Excluded from the Canada Games are:

- Senior National Team Athletes are not eligible for the Canada Games*;
- Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time.



No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after May 1st, 2017).

*Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted by the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

5. COMPETITION:

5.1. Preliminary Competition:

- Round Robin, Two Pools
- Each team will play one match against all the other teams in its pool. The win goes to the team which has won three (3) sets out of (5).
- Rules of play are those of the Volleyball Canada (VC)

5.2. Seeding for Pools:

Seeding is based on the results of the indoor volleyball results at the 2013 Canada Summer Games. The two pools which will be established and will be seeded based on the serpentine system as follows:

Pool A: 1; 4; 5; 8; 9; 12 Pool B: 2; 3; 6; 7; 10; 11

The draw and schedule for the preliminary round robin as well as the schedule for both the Championship and consolation rounds will be done by the host organizing committee in consultation with the VC appointed Technical Representative.

5.3. Standings at the End of the Round Robin:

Pool ranking shall be determined according to the current VC indoor volleyball rule book.

5.4. Championship Round:

A maximum of three teams from each pool will advance to the championship round.



5.5. Consolation Round:

Those teams who do not advance into the Championship Round will play in the Consolation round.

6. SPORT SCORING:

Men and Women will be ranked separately. At the end of the competition, teams will be ranked from 1st to last and awarded sport scoring as follows:

Position	Points	Position	Points	Position	Points
1 st place	10	6 th place	5	11 th place	1.5
2 nd place	9	7 th place	4	12 th place	1
3 rd place	8	8 th place	3	13 th place	0.5
4 th place	7	9 th place	2.5		
5 th place	6	10 th place	2		

7. PROVINCIAL/TERRITORIAL RANKING:

Ranking points for the Flag shall be awarded according to the Provincial/Territorial standings following the Finals. Men and women are ranked separately.

Position	Points	Position	Points	Position	Points
1 st place	10	6 th place	5	11 th place	1.5
2 nd place	9	7 th place	4	12 th place	1
3 rd place	8	8 th place	3	13 th place	0.5
4 th place	7	9 th place	2.5		
5 th place	6	10 th place	2		

The ranking points for beach volleyball and indoor volleyball will be combined to give a single, overall ranking for volleyball, with points for the Games Flag allocated as above.

8. TIE BREAKING RULE - COMPETITION:

Ties will be broken according to the Volleyball Canada rules in effect at the time of the Games.



9. PROVINCIAL/TERRITORIAL RANKING - TIE BREAKING:

- a) In the event of a tie in Provincial/Territorial ranking, the higher standing will be given to the Province/Territory with the most event first place finishes, and if a tie remains, the most event second place finishes, and so on.
- b) If the tie cannot be broken using the method outlined in point a) above, the Province/Territory with more wins in head to head results (across all gender specific events) between the tied teams will receive the higher ranking.

10. MEDALS:

Men: Gold: 12 Silver: 12 Bronze: 12 Women: Gold: 12 Silver: 12 Bronze: 12

11. COMPETITIVE UNIFORM:

- 11.1. Provincial/Territorial colours must be worn.
- 11.2. Each team must have available two sets of playing uniforms, each one of different contrasting primary colour (i.e. one light and one dark).
- 11.3. All uniforms must conform to Volleyball Canada team equipment regulations (see the Volleyball Canada current Indoor Rule Book).
- 11.4. In the event of a uniform conflict, the designated "Home" team must be prepared to change into an alternate set of uniforms. It is highly recommended that players' names appear on the back of the uniform.
- 11.5. It is recommended that the Province's/Territory's name be displayed on the uniform.
- 11.6. It is recommended that each Province's/Territory's full or abbreviated name is to be placed above the number on the back or front of the top.





12. EQUIPMENT:

The Mikasa MVA 200 will be in use as the official ball.

13. APPENDICES:

The attached appendices are an integral part of this technical package.

APPENDIX 1 – COMPETITOR ELIGIBILITY

- 1. Competitors must meet all eligibility requirements outlined in the Technical Package.
- 2. The Canada Games are open to Canadian citizens or permanent residents.
- 3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
- 4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
- 5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
- 6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season
 - AND -
 - ii) Having represented that Province or Territory at an international, national or regional championship,
 - AND -
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.
 - OR
 - iv) Other similar circumstances may be considered.
- 7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out



for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

- 8. Athletes may only compete for one Province or Territory at a single Canada Games.
- 9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
- 10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
- 11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

- 12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
- 13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.



APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

As stated in section 4.1 of this Technical Package, the coach certification requirements for volleyball is fully certified (theory, technical, and practical) under the NCCP to at least Level 3, or Performance Coach Certified (new NCCP Competition-Development Context).

The requirements to achieve Performance Coach Certification status are:

Step 1 – In Training: successful completion of the nine Competition-Development Multi-Sport Modules: Managing Conflict, Leading Drug-free Sport, Psychology of Performance, Coaching and Leading Effectively, Prevention and Recovery, Developing Athletic Abilities, Advanced Planning a Practice, Performance Planning and Manage a Sport Program. These modules provide education and training in areas relevant to coaches in all sports. To enroll in the Competition-Development Multi-Sport Modules, contact your Provincial/Territorial Coaching Coordinator or HERE.

Step 2 – Trained: successful completion of the Performance Coach In-Person Workshop: The Performance Coach Workshop is entirely focused on the skill of Performance Analysis (error detection and correction). This is an advanced volleyball coaching workshop and is intended for coaches who aspire to develop athletes and teams which will be competitive at national level competitions and university/college leagues. Below are the options available for training:

Option 1: Take the <u>Performance Analysis Workshop</u> in July. This event is held in conjunction with the Youth National Development Program. Requests for applications will be accepted before December 31 of each year, as seen <u>HERE</u>.

Option 2: Take the Performance Analysis Workshop at the Full Time Training Centres of each respective gender. See Application <u>HERE</u>.

Option 3: Take the Performance Analysis Workshop delivered by a Provincial/Territorial Association in partnership with Volleyball Canada. (This option currently not available in 2016)

Step 3 - Certified: Portfolio and Evaluation Requirements: The final step in the Performance Coach process is the development of a coaching portfolio and the undertaking of a final evaluation. The portfolio includes several assignments:

- Describing your coaching context.
- The compilation of player and physical testing data.
- Completion of a Yearly Training Plan (YTP).
- Developing an Emergency Action Plan (EAP).



- Collecting a full season of written and properly structured practice plans.
- Collecting a full season of written match plans and match outcomes.
- Observing another coach's practice session.
- Observing another coach's match behaviours.

Completing the Performance Coach portfolio makes a coach eligible for the final phase of the program - final evaluation. This process involves being formally observed over the course of a season in a minimum of three practice settings by a certified Evaluator.

Contact your Provincial/Territorial Volleyball Association to acquire the Performance Coach Portfolio and Evaluation Requirements package when you are ready to undertake this final step in the program.



APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Learning to Compete phase of Volleyball Canada's LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Athletes participating in the 18U Indoor age category are training in a year-round training environment with qualified coaching staff. This year round training vision will establish 7-8 "Development Centres" in which the top athletes from a province or multiple provinces are training and attending high school courses in one location. Below is an example of the year-round training program.

18U Development League Competition Calendar (7-8 teams across Canada)

Training and Competition I	Hours
Suggested annual hours (all s 520-1050	ports)
Volleyball Practice Hours	430
Volleyball Competition Hours	160
Total Activity Hours	780

Ratio	Ratio												
Suggested: 60	/40 - 50/50												
Training	73%												
*Competition	27%												

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Growth Measurements		×															×				\top										x		\neg		\top							\neg							

- 1 Beach NTCC for 18U (plus 20U athletes)
- 2-3 Provincial Beach Tournament
 - 4 Provincial Beach Tournament or Canada Games or Western Canada Games
 - 5 Provincial Beach Tournament
 - 6 Beach National Chamionships
- 7-12 CIS/CCAA Exhibition Matches
 - 13 International Trip (all teams go to the same location to play each other plus top international teams)
- 13-19 CCAA league weekend
- 20-22 D-League inter-competition or exhibition with USA or CIS programs
 - 23 Indoor Nationals (Play in D-League division with any other Adult or US teams)

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