

VOLLEYBALL BC

Youth Indoor Club Handbook Appendix B - Age Class Rule Rationales

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VOLLEYBALL BC

www.volleyballbc.org

Harry Jerome Sports Center
7564 Barnet Highway
Burnaby, BC
V5A 1E7
Phone: 604.291.2007
Fax: 604.291.2602

Rationale: Overhead Pass Rule (Volleyball Canada, 2013)

Decision: After careful consideration the DDC felt the best direction was to keep the Overhead pass rule the same:

For Volleyball Canada 16U and younger competitions - Receiving serve with an overhand motion using the fingers (volleying/setting the serve) is not permitted, regardless of the quality of the contact.

For Volleyball Canada, the goal is two-fold:

- 1) "Letting the kids play volleyball the way it's meant to be played".
- 2) Making sure athletes can develop all around skills within the rules as designed by the FIVB. And when this becomes impossible, offering alternate solutions.

Background: The rule of disallowing receiving a serve overhead was originally developed Volleyball Canada's DDC to offer a solution to increasingly deficient movement skills by young athletes.

--- It was originally designed (in 2008) so athletes would be allowed to serve receive overhead as long as the contact was clean. The rule was first put into effect at the 2009 National Championships for the 16U and younger categories.

--- It was then changed (in 2010) to the current rule after feedback received to the effect that a lot of officials were having a very hard time applying the rule and figuring out what to call and what not to call, thus creating confusion on the part of athletes and coaches.

Rationale:

1. Some membership feedback cited the rule had the reverse effect of its original intent. Instead of passers moving their feet and using their forearms, it has been replaced with an overhead rebound skill or "tomahawk" movement. While this has been observed in some cases, the DDC also notes many athletes are passing more balls with their forearms. Further information will be gathered at 2012 Nationals.
2. Officials believe that making the rule a subjective call creates the same problems cited in 2010.
3. The DDC believes that 17U athletes' movement skills are more developed and they are more likely to be physically able to execute an overhead pass from a serve.
4. Membership cite the athletes should be given the opportunity to practice a skill that they will need in the long term.

5. However, the FIVB is seriously considering disallowing double hits on serve receive starting after the 2012 Olympics. The contact will have to be clean, just like on the Beach. The FIVB's rationale is different, however, than the one used by Volleyball Canada 4 years ago. The FIVB rule will be put into place in an attempt to prolong rallies by "disadvantaging" the team receiving the serve. Therefore, the DDC decided to keep the rule the same and wait for the FIVB to make its final ruling.

Future Direction: Once the FIVB have made their final decision, the DDC will decide on whether to ban the overhead pass on serve receive at all levels.

Rationale: Libero Rule (Volleyball Canada, 2013)

Decision: After careful consideration the DDC has kept the Libero rule the same.

Use of the Libero player is not permitted for 14U and 15U (boys and girls) as well as for 16U boys' competitions.

This means we encourage specialization by position at 16 for girls and 17 for boys.

Background: When should players specialize by position? Below is Volleyball Canada's LTAD model for 16U and 19U. *Note Position Specialization.

	16U - LTAD Recommends	16U Current	Enrichment / Changes Needed
Practices/Week	4 @ 120 min		
Matches/Week	1.5 @ 60 min (best of 3 sets) or 1 tournament every 3 weeks		
Weeks/Year	32		
Game Format	Standard		
Position Specialization	No Libero (boys)		
Team Systems	Any		
Players/Team	10 or less		
Ball	Standard		
Competition Level	Interprovincial		
Physical Training	4 @ 60 min (some sessions may be integrated into practice)		
Other Sports	Volleyball is the chosen sport		

	19U - LTAD Recommends	19U Current	Enrichment / Changes Needed
Practices/Week	4 @ 120 min		
Matches/Week	1.5 @ 90 min (best of 5)		
Weeks/Year	36		
Position Specialization	Full specialization, except athletes that will change position (i.e. setter to libero)		
Team Systems	Any		
Players/Team	10+		
Competition Level	National		
Physical Training	4 @ 60 min		

Should the decision to specialize in one position depend on when an athlete has completed their growth spurt?

Yes. For the sport of volleyball we want to ensure all players have the opportunity to become well rounded. If we allow the Libero position before their growth spurt is finished we risk specializing both taller and shorter players into front row or back row positions, reducing their opportunity to develop all the skills. By waiting until an athlete's growth spurt is complete before allowing the Libero position, we encourage global skill development.

Why is there an age/gender difference for the Libero rule?

*"Growth in body size is complete for most girls by age 16 and for boys by age 17 ½, when the epiphyses at the ends of the long bones close completely (see Chapter 7, page 217)."**

Excerpt from DEVELOPMENT THROUGH THE LIFESPAN, 5/E © 2010 Laura E. Berk

*North American data

Rationale:

1. We make decisions based on physical appearances and height. For example, coaches often label the early developer or 'taller' player as a middle blocker by the 14U age category. A 14 or 15-year-old athlete needs the opportunity to play in the back row, when their long-term future at the college or university level will often be as an outside attacker.
2. By not having the Libero at these age groups the number of ball touches for each athlete will remain consistent. When using the Libero position, these touches are reduced and will impede the skill development for both Liberos and non-Liberos.
3. The DDC believes that the purpose of the club system includes the themes of enjoyment, participation and development. However, the DDC recognizes that the club system is more focused on higher levels of skill development compared to the high school system where the mandate is often participation. The DDC maintains that the current Libero rule will:
 - a) Encourage athletes to enjoy playing multiple positions (i.e. not many athletes want to play the middle position because their opportunity to play in the back row is limited); and
 - b) Will ensure players receive global skill development, preparing athletes for the future.
4. Beach Development - Indoor volleyball is the main pathway for beach athletes. Having the Libero at an early age under-develops our beach athletes. Beach athletes must have all the skills to be successful and our taller athletes often come to the beach game later in their career with limited passing, setting, or defending skills.

Future Direction: Volleyball Canada has no plans to modify this rule.

Rationale: Fair Play Rule (Volleyball Canada, 2016)

Decision: 12U, 13U and 14U Substitution Rules: Players not starting in the 1st set must start in the 2nd set. In the 1st and 2nd set, substitutions cannot be made until one team has scored 15 points. If there is a 3rd set, the coach has the choice of starting any player and there is no minimum number of points needed prior to substitutions being made.

If an athlete becomes injured/ill before one team has scored 15 points, an Exceptional Substitution may be made. The injured/ill athlete may not return to the same set, but may return to play in subsequent sets in the match. If the athlete becomes injured/ill in the 1st set, the injured/ill athlete may not start the 2nd set, but may enter as a substitute after one team has scored 15 points.

Implementation of rule: Official checks score sheet between sets to confirm players not starting in the 1st set are on the score sheet at the beginning of the 2nd set. Coaches that intentionally leave athletes off the score sheet, or misrepresent an athlete's playing status (injury, illness, etc) to avoid compliance with the Fair Play Rule, will be subject to sanctions.

Background: Upon the introduction of Tripleball, a mandatory substitution procedure of rotating into the game into position six (6) was instituted. The rule achieved its goal of equal playing time, however has other setbacks.

Membership Feedback:

- Some regulations for playing time is appropriate at the 14U and younger age categories.
- Mandating equal playing time limits the coaches' freedom to decide playing time based on work ethic and commitment to the team.
- Equal rotation into position 6 (in Triple Ball) did not allow players to experience an entire set and enjoy the flow of the game.

Rationale:

1. Provincial Games competitions that exist for the 15U and 16U age categories currently use the Fair Play rule.
2. Provincial Associations cite significant positive feedback from athletes and parents using the Fair Play rule during the Provincial Games competitions.
3. DDC cited the importance of simplifying rules and keeping rules consistent across age groups when possible.
4. DDC cited the Fair Play rule strikes a balance between mandating playing time and providing the coach the freedom to choose players in the 1st and 3rd set.

5. Compulsory substitutions ensure that every athlete participates in every game. The DDC believes that it is critical that players be given the opportunity to play and develop early in their career, as any one of them, regardless of their ability, could be a future star. Additionally, virtually every study researching why kids leave sport identifies playing time as one of the top three reasons children quit playing.

Future Direction: The DDC will re-evaluate this rule for the following season.

Rationale: No 5-1 recommendation (14U) (Volleyball Canada, 2013)

Decision: The DDC strongly believes that teams should not use a 5-1 tactical system at the 14U age category. It is recommended that teams use a 4-2, 6-2, or 6-3 tactical system.

Background: Canadian Volleyball is seeing very few setters being developed. The 14U age category is too early to specialize into one position. Multi-setter systems ensure we increase the number of setters being developed. The DDC and officials' representatives agreed that placing the responsibility on officials to provide sanctions for an improper use of a tactical system would be very difficult and controversial. Consequently, the following implementation of the rule was suggested:

If a team plays with a 5-1, the opposing team's coach has the opportunity to file a protest; at that point the match will stop. The DCC representative will then watch the remaining portion of the match and determine sanctions if appropriate. If the DCC representative determines that a team is playing a 5-1, the match will be awarded to the other team. If a team wishes to play a 5-1 system (from the beginning of the match), the game may be played out. However, the team playing a 5-1 system will officially lose the match 25-0, 25-0.

The above rule was sent out for membership feedback. Feedback focused on the following issues:

- A) The rule will be very difficult to apply at a National Championship if several protests are filed simultaneously on several courts. With only 3 DCC reps on site, it would cause tremendous delays and take away from the spirit of the event.
- B) The rule is open to manipulation or misuse.

Rationale for recommendation: There is no clear or simple method to implement this rule; therefore it remains only a recommendation.

Future Direction: VC and its partners will make a strong effort to promote and educate the value of using multisetter systems. The DDC is considering altering the 14U Championships to further emphasize enjoyment and development at this age group.

Rationale: Tripleball (Volleyball Canada, 2013)

Decision: Tripleball will be the official competition format for all 13U Volleyball BC events, including all Super Events, Regional Championships and Provincial Championships. It is not recommended that tripleball be used in the 14U age category when a 13U age category exists. It is recommended that tripleball be played during the first half of the season in the 14U age category when a 13U age category does not exist.

Background: Several volleyball experts from across Canada recognized the need to modify the structure of play in order to help athletes experience success, generate more opportunities for play and have fun. VC requested membership feedback on current tripleball structures and the following themes came forward:

- Tripleball was an excellent concept for the development of players first starting the game.
- Tripleball is a step backwards when athletes have:
 - a) played Triple Ball for one season,
 - b) reached a certain skill level, or
 - c) who have played standard volleyball in high school/middle school.
- The tripleball game can be slow and “choppy” and depends heavily on coach tosses to create flow to the game.
- The 14U age group wants to “play the real game”.

Rationale for recommendation: The main catalyst for the Domestic Development Committee’s recommendation of tripleball was the increased probability of creating a rally (more than one or two contacts). The committee strongly believes that successful rallies are an integral part of learning and enjoying the game. Further, a series of statistics were compiled across Canada that revealed the following:

By initiating the rally with a serve in the 13U age group:

- 57% of rallies contain 2 or less contacts
 - o 29% of all serves were missed
 - o 28% of all serves were aces
- a second contact volley by the designated setter occurs 13% of the time in sideout
- a third contact attack occurs 16% of the time in sideout
- the average rally contains 0.28 attacks
- the average rally contains 4.16 contacts.

By initiating the rally with a toss in the 13U age group:

- 99% of rallies contain 2 or more contacts
- a second contact volley by the designated setter occurs 64% of the time in sideout
- a third contact attack occurs 49% of the time in sideout
- the average rally contains 0.85 attacks
- the average rally contains 5.61 contacts.

To compare, by using a toss to initiate a rally as opposed to a serve we see:

- 4 times the number of second contact volleys by the designated setter in sideout
- 3 times as many attacks in sideout
- 3 times as many attacks overall
- 1.5 more contact per rally

To summarize the data, tripleball provides more opportunities to volley, attack, block, play defense and transition than the adult version of volleyball. We also feel that having the outcome of the game more dependent on a team's ability build up a rally, play defense and transition encourages coaches to train these aspects of the game more during practice. The rules not allowing players to switch positions during the rally lets every athlete experience the

challenges of each position and helps them develop a broader range of abilities. We feel that this is significant to learning as athletes who experience tripleball develop a broader range of volleyball skills and have a deeper understanding of the game. Compulsory substitutions ensure that every athlete participates in every game. The DDC believes that it is critical that players be given the opportunity to play and develop early in their career, as any one of them, regardless of their ability, could be a future star. Additionally, virtually every study researching why kids leave sport identifies playing time as one of the top three reasons children quit playing.

Future Direction: Further information will be gathered on the impact of tripleball on various age groups, including the Atomic (9-12) age group.

Rationale: Field of Play (Volleyball BC, 2013)

Decision: Volleyball BC has decided to pilot the Field of Play rule as recommended by Volleyball Canada.

A ball, other than a served ball, a completed attack or any ball directed over the net, shall remain in play if it contacts the ceiling or other overhead objects directly above the playing surface (9m x 9m court, free space, service zone and substitution zone).

- *The ball may contact multiple surfaces as long as it remains above the playing area.*
- *A ball that is contacted and travels outside of the antennas into the opponent's free zone may contact the ceiling or overhead objects prior to being legally retrieved.*
- *A re-serve is awarded if the ball comes to a rest on an overhead object above the team's playing area and is still a playable ball.*

A ball is out of play if it contacts the ceiling or overhead objects over non playing surfaces.

- *The ball may not contact the ceiling or overhead object above the team's playing area and then cross the net into the opponent's court.*

Referee supervisors, in conjunction with the host committee are responsible for defining the playing area.

Background: Volleyball Canada asked several provinces to pilot the Field of Play rule, gather feedback and report findings to the Domestic Development Committee. Volleyball BC solicited feedback from club representatives in the form of a short survey with the question:

Should Volleyball BC pilot the playing the ball off the ceiling rule for the 2013 season to report findings to Volleyball Canada?

The requirement for implementation was a majority vote. Results of the survey indicated that 61% of respondents voted in favour of implementing the Field of Play rule for the 2013 club season.

Rationale: Facilities differ greatly in regard to the ceiling heights and overhead objects (for example, basketball hoops). Allowing the ball to contact these areas will allow for a more equal playing field and hopefully lead to longer rallies.

Future Direction: Provincial Associations are encouraged to pilot this rule for multiple age groups and report findings to Volleyball Canada's Domestic Development Committee. The DDC tentatively plans to implement this rule across all age groups the following year.

Rationale: Athlete Signing Date (Volleyball BC, 2014)

Decision:

Athletes cannot formally accept a position with a club until the official signing date, December 15, 2013.

- Clubs may offer positions to athletes at any time after their tryouts
- Athletes may decline offers at any time
- Athletes cannot be pressured to accept a position with a club at any time
- Clubs may run tryouts after December 15, 2013
- Athletes may attend tryouts after December 15, 2013
- Athletes may accept positions with a club on December 15, 2013

*This rule does not in any way change or replace the Volleyball BC Recruiting Policy or the requirement for athletes to obtain a release form from their current club in order to attend the tryout of another club.

Background:

Feedback from a number of sources was compiled.

From Clubs:

- Many clubs are in competition for the same athletes
 - Each year tryout dates are occurring earlier and earlier in an effort to offer athletes a position before other clubs hold their tryouts
 - Some clubs purposely hold their tryouts on the same night in an effort to make athletes choose one club over another

From Athletes:

- There are not enough positions available for athletes that want to play club volleyball
 - Athletes are being pressured to accept a position with a club before being able to explore all of their options (ie. Tryout for more than 1 club)
 - Athletes are not being given enough time to discuss which club is the best fit for them with their parents prior to making a decision. Some clubs require athletes to accept or decline a position immediately following the tryout.

From Schools:

- Tryouts are happening earlier and earlier every year
 - Some tryouts occurred in mid-November 2012. Schools complained that athletes were missing practice in order to attend tryouts

Rationale:

1. A mandated tryout window for all ages was considered but many clubs felt that it would be too restrictive to allow them to effectively run their tryouts. In addition this did not address the issue of clubs racing to finish their tryouts before other clubs or pressuring athletes to accept a position with a club.
2. Athletes should be afforded the opportunity to make informed and rational decisions about which club they choose to play for without feeling pressured to make a choice on the spot.
3. All clubs should have an equal opportunity to offer a position in their club to an athlete that wants to attend their tryout.