

New for 2010

1. 13U age-class will employ Triple Ball as the competition format for all Premier tournaments and the Provincial Championships. The goal of Triple Ball is to promote better skill development, participation, meaningful competition, and fun. Please see the Triple Ball document for an overview of the format and rules.
2. 14U age-class, for Premier #1 Triple Ball will be used with the following modifications:
 - * 12 limited substitutions with no libero will be the format with all requests for substitution happening between the three-ball sequences.
 - * Teams can specialize with a 4-2 or 6-2 offensive system only.
3. 14U age-class, Premier #2 and the Provincial Championships will use the standard format for the game of volleyball, but the teams must continue to employ a 4-2 or 6-2 offensive system.
4. 14U age-class, all athletes listed on the score-sheet are required to **START** in at least one of the first two sets of each match.
5. 15U & 16U, Premier #2, #3 and the Provincials will use a Power Pool Draw Format, using the results from the previous Premier to seed the teams (Please see the Appendix in the competition regulations for a Power Pool seeding example).
6. 17U & 18U, Premier #2, #3, #4 and the Provincials will use a Power Pool Draw Format, using the results from the previous Premier to seed the teams (Please see the Appendix in the competition regulations for a Power Pool seeding example).
7. Athletes born in 1991 that are in Grade 12 for the 2009-2010 academic year (first year Grade 12) may apply for an exemption to compete in the Alberta Volleyball Premier Series and Provincial Championships. Teams may not have more than two age-exempt players on their roster. Age-exempt players will be able to participate in the 2010 National Championships. Contact Ian at ihalliday@albertavolleyball.com or call (403) 220-2853 for more information or to apply for an exemption.
8. Where possible please use discretion when changing from warm-up shirts to uniforms in ALL Alberta Premier and Provincial Championships.

