

Team Determination

The Board, by annual decision, shall determine the number of age categories of the teams that it will field. The determination of the number and category of teams shall take into account:

- The quality of coaching staff
- The availability of quality coaching staff
- The number and quality of players in the tryout process
- The projected competitiveness of a team
- The developmental needs of the club
- The availability of practice facilities
- Club budget
- A recommendation by the Club Head Coach

Team Selection

QCVC teams shall typically consist of 10 to 12 players for the top teams in each age group.

QCVC shall conduct an open tryout process for each age category and recognizing that there may be more interest than available positions.

A non-refundable tryout fee shall apply. This will cover the cost of a tryout, gym time and coach/assessor personnel for a minimum of one tryout session. Additional tryout sessions may be held in order to finalize the team roster.

Players who are unable to attend the first scheduled tryout, and who, by club approval, are to be assessed later at the additional tryout sessions must pay the tryout fee.

Team coaches are empowered by the Board to make team selection decisions.

Final rosters must be submitted to the Club Head Coach for final approval. Their assessments may be supported by input from additional assessors as necessary. Tryout sessions will consist of a combination of specific drills, activities, fitness assessment and/or game-like situations designed to allow players to demonstrate their skills, physical conditioning and personal attributes.

Coaches and the team Head Coach can take into consideration a player's previous history with the QCVC, commitment and progress towards improvement, and commitment level in general.

Players chosen for competitive teams who are related to that team's coach or assistant(s) will be assessed by the Club Head Coach to ensure fairness in the process.

Teams whose complement is less than twelve players at the end of the planned tryouts may continue to recruit players up to a full complement until the deadline for adding players established by SVA (typically March 31st).

Players injured at time of tryouts

A player who is injured at the time of tryouts and who wishes to be considered for a team must register for tryouts and email the club to notify them of the injury. If possible, she should attend the first tryout session and be prepared to provide specific information about his or her injury and his or her anticipated return to playing strength. A doctor's evaluation may be requested to support the information. The coach may make a

selection decision based on prior knowledge of the player's abilities. The player must register with the club and pay his or her fees in full. The player may be expected to attend practice while injured in order to facilitate integration into the team.

Practice and Competition

Practice

The number of weekly practices to be held for each age group will be established on an annual basis by the Board based on the recommendation of the Head Coach. Players are expected to attend all practices. If a player is unable to attend a practice for exceptional circumstances, the player must advise the coach or team manager (depending on team preference) in advance via telephone or email. An injured player who intends to return to the team should attend all practices unless otherwise directed by his or her coach. In order to prevent the spread of illness through a team, players who are ill should not attend practice. At the discretion of the coach, sanctions may be applied for repeated missed practices.

Playing Time

QCVC is a competitive club. While coaches are encouraged to develop all players, they are also attempting to balance the objective of achieving competitive success. Consequently, it is unlikely that players will all receive equal playing time. The following general principles shall apply for all teams:

1. Playing time is at the coach's discretion.
2. The coach shall make every attempt to provide playing time for all team members as game and tournament conditions permit and in keeping with the club's competitive philosophy and team goals.
3. Coaches may choose to use certain players in key games or situations to give the team its best chance to win, particularly at Provincial and National Championships. While rare, given injuries and the necessity for resting players, this could result in some players receiving little or no playing time in those sets and/or matches.
4. All players will receive some playing time in exhibition matches.

As of 2022: For 13U and 14U girls, the "Fair Play" rule is being applied to SVA tournament matches. The rule states that any player not starting the first set of a match must start in the second set. If the match requires a third set, any players may be started. New for 2022 is now "Fair Play" rule will be in effect at SVA sanctioned tournaments.

Playing up/down

Players are expected to play within their age category. Players wishing to play in a higher category must identify themselves at tryouts. Decisions will be made by the Club Head Coach on a case-by-case basis taking into consideration whether the club is fielding a team at their age category, whether the player is assessed as one of the 'best' players at his or her position on the higher age category team, and the recommendations of the coaches of the two affected teams after initial assessment. A player may only continue tryouts at the higher age category once permission has been given.

A player born before a particular date, can play at a lower age group level. Discussions and determination by the coach of a player's eligibility for this placement on a team must be approved by the Club in conjunction with SVA.

Call-Ups

Players may, from time to time, be asked to play up to complement the tournament roster of a higher age category team or a second team in their age category. This call-up must be approved by Club President prior to a coach approaching the player, and is subject to SVA regulations. The player can only be from QCVC club teams and must be registered as a player for insurance purposes.