

2011/12 Watermark Glenelg South Australian Beach Volleyball Series

Competition Regulations



Government of South Australia
Office for Recreation and Sport

be active.

Updated 15th November 2011

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1. A Message from the VSA General Manager

To all South Australian Beach Volleyballers

It is with great pleasure I welcome you back to the Watermark Glenelg South Australian Beach Volleyball Series for the summer of 2011/12. Through the winter months the team at Volleyball SA have been working extremely hard on finding exciting new sponsors for the SABVS to make this season even more enjoyable for players.

In 2011/12 we once again have a large amount of events on offer. After your feedback last year we have also reduced the amount of social events and scheduled all events at Glenelg beach. This is shaping up to be the best season ever for beach volleyball in South Australia!

It is with pleasure I can also announce that there will be a National Beach Volleyball Tour this year. The SA leg of this tour will coincide with our SA Open and result in a 5 day beach volleyball festival in December. It is one not to miss so make sure you are around for it.

Good Luck to all involved and I look forward to seeing the beaches full of volleyballers all summer long!

Andrew Rumbelow
Volleyball SA General Manager

2. Definitions

- 2.1. VSA – Volleyball South Australia, Volleyball SA or South Australian Volleyball Association.
- 2.2. SABVS or the Series – Watermark Glenelg South Australian Beach Volleyball Series (2011/12)
- 2.3. AVF – Australian Volleyball Federation or Volleyball Australia
- 2.4. Vote – Each Committee Member has 1 vote. All votes will be majority rules. If equal votes are given, the vote is to fall back onto the Chairman of the Beach Volleyball Committee.
- 2.5. Handbook – refers to this document which can also be deemed at the Competition Regulations for the SABVS.

3. Aims and Purpose of the Series

- 3.1. The SABVS has been created to achieve the following goals.
 - 3.1.1. To provide professionally administered competitions for South Australia's elite and developing athletes.
 - 3.1.2. To provide part of the pathway for athletes to compete at the national and international level.
 - 3.1.3. To showcase Beach Volleyball to the greater South Australian population.
 - 3.1.4. To provide exposure and marketing opportunities to VSA's commercial partners.
 - 3.1.5. To fulfil part of VSA's Strategic Plan for Beach Volleyball in South Australia.
- 3.2. This Handbook has been created to provide the player with a more structured competition and to encourage professionalism of South Australia's elite level athletes, support staff and the staff of the SABVS.

4. Calendar

4.1. SABVS Calendar

Event Name	Venue	Date
Round 1	Glenelg	16/10/11
Round 2	Glenelg	30/10/11
Round 3	Glenelg	06/11/11
Round 4	Glenelg	20/11/11
Christmas Mix Pairs	City Beach	11/12/11
SA Open	Glenelg	14-15/12
Round 5	Glenelg	08/01/12
Round 6	Glenelg	29/01/12
Round 7	Glenelg	12/02/12
Round 8	Glenelg	26/02/12
Round 9	Glenelg	11/03/12
King/Queen of the Beach	Glenelg	25/03/12

5. SABVS Promoter

5.1. The SABVS Promoter is VSA

5.2. All correspondence should be addressed to the SA Beach Volleyball Series Director.

5.3. Email beachseries@gmail.com

5.4. Website www.sabeach.com.au

5.5. Phone 08 8363 1265

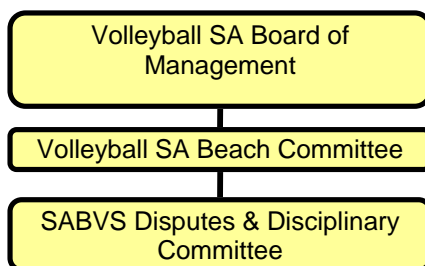
5.6. Fax 08 8363 9085

6. Human Resources

6.1. Series Staff

- 6.1.1.SABVS Director – Adam Diamanti
- 6.1.2.VSA General Manager – Andrew Rumbelow
- 6.1.3.SABVS Competition Manager – Adam Diamanti
- 6.1.4.SABVS Operations Manager – Nathan McLeod
- 6.1.5.Female Player representative – Sarah Nur
- 6.1.6.Male Player Representative – Danny Helman
- 6.1.7.Other staff maybe appointed as required.

6.2. South Australian Beach Volleyball Management Structure



6.3. Volleyball SA Beach Committee

- 6.3.1.The Volleyball SA Beach Committee’s role on the SABVS is to provide feedback and form recommendations to the VSA Board and Staff.
- 6.3.2.See the Volleyball SA Corporate Governance structures for Terms of Reference.
- 6.3.3.Other guests maybe invited on an as required basis.

6.4. SABVS Disputes & Disciplinary Committee

- 6.4.1.The Tournament Director will be the first person to rule on any minor disputes, disciplinary matters or protests during an event. They also have the right to refer any minor situation on to the SABVS Disputes & Disciplinary Committee as they see fit.
- 6.4.2.The SABVS Disputes & Disciplinary Committee will rule upon any major disputes, disciplinary matters or protests arising from a completed event. No regular meetings are required from this group.
- 6.4.3.The SABVS Disputes & Disciplinary Committee will consist of the:
 - SABVS Director
 - VSA General Manager or Designate
 - VSA Board Member or Designate

6.4.4.Other guests maybe invited on an as required basis.

6.5. Players Representatives

- 6.5.1.1 Male and 1 Female Players Representative sits on the Beach Committee and serves a one (1) year term. The same players can serve consecutive terms to a maximum of three (3) years.
- 6.5.2.In the case of a representative no longer able to serve, the SABVS Technical Committee can invite an interim player until the next vote takes place.
- 6.5.3.Nominations will be taken in the same way at the same time as the Player Awards. Players will also vote for these nominees at this time.

7. Event Guidelines

- 7.1. The VSA Heat Policy will be adhered to on the SABVS. This policy is found in Section 24.
- 7.2. The Volleyball SA Beach Committee has the right to stop, postpone, amend or modify any of the SABVS events either prior to or during an event.
- 7.3. The SABVS will be using the FIVB Beach Volleyball Official Rules (current) unless where specifically amended in this Handbook or at the Technical Meeting of a specific event. Copies of the rules can be viewed at the VSA office, on the FIVB website or from the Tournament Director at an event.

8. Competition Guidelines

8.1. Teams

- 8.1.1. Unless specifically stated, all competitions will be run as a 2-a-side competition, gender specific. If any exceptional circumstances are permitted, all teams of the effected gender and division will be notified at the Technical Meeting.

8.2. Technical Meeting

- 8.2.1. Technical meetings will consist of signing in between 1-15 hr & 45mins before the beginning of the first scheduled match. The meeting itself will be held 45mins prior to beginning of the first scheduled match. All players are required to sign in as a team and be present for the meeting. Sanctions for not adhering to this requirement are found in Section 21.

8.3. Match Formats

- 8.3.1. All match formats will be as per the following table unless advised at the Technical Meeting.

Event	Sets	Ends 1 st & 2 nd set	Ends 3 rd set	Tech Time Out
SABVS Round	21, 21, 15	7	5	n/a
SA Open	21, 21, 15	7	5	at 21
King/Queen of the Beach	21	7	n/a	n/a
Mixed Pairs	21, 21, 15	5	4	n/a

8.4. Competition Format

- 8.4.1. All events (excluding SA Open) will be played as a Pool Play. Each events format can be found on the SABVS Calendar. For information on how these formats work, please contact VSA for details.
- 8.4.2. All Rounds will begin at 10:00am. Tech Meeting will be at 9:30am.
- 8.4.3. SA Open will begin at 09:00am. Tech Meeting will be the night before at the Watermark Glenelg at 7:00pm.

8.5. Forfeits

- 8.5.1. Teams forfeiting a game or tournament that has already started are still required to fulfil their officiating requirements.
- 8.5.2. Teams forfeiting a tournament before the start of the event must show just cause as to the reason. Teams failing to do so may be asked to front the VSA Beach Committee and show reason to be allowed to play in future events.
- 8.5.3. Any teams forfeiting will also forfeit their entry fee.

8.6. Incomplete match/duties/tournaments

- 8.6.1. The VSA Beach Committee has the right to alter or stop a tournament (this includes but not limited to times of games, scoring, and format) as it deems necessary for player safety.
- 8.6.2. If a tournament is cancelled before the completion of round 1 of games or the event is rescheduled, no series points or prizes will be awarded. If a Tournament is cancelled after round 1 of games, ½ of series points and prizes will be awarded from the point of the last completed round.
- 8.6.3. An alteration to a tournament can only occur at the end of a completed round of games.
- 8.6.4. If a tournament is stopped mid game, the teams have 4 hours to restart play from where it was originally stopped. After 4 hours, the game must be restarted.
- 8.6.5. All efforts will be made to reschedule a cancelled tournament. If this does not happen, all event fees will be transferred to the next event.

9. Player Obligations

- 9.1. All athletes competing must be a full current registered financial member of VSA. Membership Forms can be found online at <http://www.volleyballsa.com.au/members/join>.
- 9.2. Sportsmanship & Conduct
- 9.2.1. Audible swearing will not be tolerated. Refer to Misconduct and Sanctioning in Section 21 for consequences.
- 9.2.2. Verbal Abuse of any sort will not be tolerated. Refer to Misconduct and Sanctioning in Section 21 for consequences.
- 9.2.3. VSA have a **ZERO** tolerance of Physical Abuse. Any player found physically abusing or to have physically abused any other person while involved in the SABVS will be immediately withdrawn from the event and will face the SABVS Disputes & Disciplinary Committee. Further action maybe taken by, but not limited to the VSA Board, the AVF Board and the Police if deemed necessary.
- 9.3. Anti Doping
- 9.3.1. Players are bound by the AVF Anti-Doping Policy and by the WADA (World Anti-Drug Agency) Anti-Doping Policy.
- 9.3.2. VSA have a **ZERO** tolerance of illegal drugs. Any players found in possession or under the influence of illegal drugs while at a SABVS event will be immediately withdrawn from the event. Further action maybe taken by, but not limited to the SABVS Disputes & Disciplinary Committee, VSA Board, AVF Board, ASADA and the Police.
- 9.3.3. No Player on the SABVS is to be consuming alcohol while involved with an event. Any player found consuming alcohol while involved in an event (this includes officiating and coaching duties) will forfeit their next match. A 2nd occurrence at anytime at any tournament will see the individual forfeiting the tournament and must then show cause to the SABVS Disputes & Disciplinary Committee as to why they should be allowed to play in future events.
- 9.4. All personal possessions and personal safety is the responsibility of each individual player.
- 9.5. Every event will have an Awarding Ceremony at the conclusion of all matches.
- 9.6. Players may be called on by VSA staff at different times throughout the season to assist in the promotion of the SABVS.
- 9.7. By entering into an event of the SABVS, the team is agreeing to the following conditions.
- 9.7.1. Abide by all the rules and regulations outlined in this Handbook as well as any additions or amendments as advised by the Series Director, Tournament Director or other VSA staff throughout an event or season.
- 9.7.2. All forms of media including photos and motion picture taken by VSA staff or their representatives can be used for the purposes of marketing and promotion of Volleyball and Beach Volleyball. They remain the property of VSA.

10. Balls and Equipment

- 10.1. Mikasa is the official ball supplier of the SABVS.
- 10.2. Other equipment suppliers maybe advised throughout the SABVS.

11. Event Entries and Fees

- 11.1. Entry Procedure
- 11.1.1. Entries close at 5pm the Wednesday before each event. Late entries MAY be accepted at the discretion of the Series Director and upon receipt of the nomination form and all entry fees.
- 11.1.2. Late entries will forfeit their seeding for the nominated event. Repeat offenders may be subject to a temporary exclusion from upcoming events.
- 11.1.3. Entry forms can be completed online via www.volleyballsa.com.au/sabvs/nominations
- 11.1.4. Entry Fees must accompany nomination.
- 11.2. Costs for Tournaments

Event	Entry Fee AAA/AA/A	Entry Fee U/17
SABVS Round	\$60	\$40
SA Open	\$100	\$80
King/Queen of the Beach	\$30	\$20
Mixed Pairs	\$60	\$40

- 11.2.1. All costs inc GST
- 11.2.2. All cost are per team (or individual for K/QoB)
- 11.3. Divisions and Teams



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- 11.3.1. Divisions offered will be AAA, AA, A, and Under 17.
 - 11.3.1.1. Divisions maybe combined based on entry numbers at the Series Director and Tournament Directors discretion.
- 11.3.2. A maximum of 12 teams in the AAA grade per gender will be offered unless notified by VSA on the website.
- 11.3.3. Wild Cards
- 11.3.4. Teams may apply for a wild card to enter into higher divisions. This must be done in writing to the SABVS Director and accompany entry forms and payment a minimum of six (6) working days before the scheduled event.
- 11.3.5. Any rejected wild cards will have their money refunded.
- 11.3.6. Wild Cards will be awarded/rejected by the VSA Beach Committee.

12. Seeding Policy, Player Rating System and Series Points

- 12.1. Seeding Policy
 - 12.1.1. Individuals will be seeded for their first entry in the SABVS 2011/12 based on the following:
 - a) Combined 2011 World Tour Points
 - b) Combined 2011/12 BVS Points
 - c) Combined 2010/11 Australian Championships Points
 - d) Combined 2010/11 State Tour Seed Index
 - e) Combined 2010/11 State Tour Points
 - f) Random Draw
 - 12.1.2. Individuals will be seeded for their subsequent entries in the SABVS 2011/12 based on the following:
 - a) Combined SABVS 2011/12 Seed Index
 - b) Combined SABVS 2011/12 Points
 - c) Random Draw
 - 12.1.3. Seeding for the SA Open will be as follows:
 - 12.1.4. Individuals will be seeded for their first entry in the SABVS 2011/12 based on the following regardless of performance in the SABVS:
 - a) Combined 2011 World Tour Points
 - b) Combined 2011/12 BVS Points
 - c) Combined 2010/11 Australian Championships Points
 - d) Combined 2010/11 State Tour Seed Index
 - e) Combined 2010/11 State Tour Points
 - f) Random Draw
 - 12.1.5.
 - 12.1.6. If only one player has a seed index then the player without will inherit the same as their partner for the first event only.
 - 12.1.7. All wildcard teams will be seeded in line with the above.
 - 12.1.8. Wildcard teams that have one or both players ranked inside the top 64 players on the FIVB 2011 World Tour rankings will be seeded between first and sixth (inclusive) in the AAA division at the discretion of the VSA Beach Committee.
 - 12.1.9. If a team pulls out or a new team is allowed to enter after nominations close, a reseeding will be done up to 48 hours before an event. After this time a team pulling out will be deemed to have forfeited their matches and create a "bye" in the draw. If any teams are allowed to enter at this time, they will assume the position of the team pulling out or the lowest seed.

12.1.10. Seed Index and Points Schedule

Player Seeding Index			
Placing	A + U17	AA	State Opens (AAA)
1st	9	1	1
2nd	10	2	2
3rd	11	3	3
4th	12	4	4
5th - 6th	13	5	5
7th - 8th	15	7	7
9th - 12th	17	9	9
13th - 16th	21	13	13
17th - 24th	25	17	17
25th - 32nd	33	25	25
33rd - 48th	41	33	33
48th up	56	48	48

SABVS Points Schedule				
Placing	A + U17	AA	AAA	State Opens (AAA)
1st	11	30	40	50
2nd	10	25	35	45
3rd	9	22	32	42
4th	8	20	30	40
5th - 6th	7	19	29	39
7th - 8th	5	17	27	37
9th - 12th	3	15	25	35
13th - 16th	1	11	21	31
17th - 24th	1	10	19	27
25th - 32nd	1	9	17	19
33rd - 48th	1	8	15	11
48th up	1	7	11	7

13. Prizes and Prize Money

- 13.1. The SABVS will provide a prize pool of \$8,580 for the season.
- 13.2. It will be divided evenly between genders, based on the level of competition.

14. Uniforms

- 14.1. Uniforms are recommended but not mandatory for any SABVS events. Athletes are requested to assist in raising the professionalism of the SABVS by being in matching uniforms for all major events.
- 14.2. Matching singlets will be required for SA Open.
- 14.3. A penalty of two (2) points per set will apply for teams not abiding by 14.2.
- 14.4. Top 12 seeded teams in both men and women for AAA SA Open will receive a complimentary singlet and/or crop top to wear during the event.
- 14.5. Teams outside the top 12 have the opportunity to purchase a singlet and/or crop top prior to the commencement of the SA Open.
- 14.6. Hats, protective equipment, sunglasses and peripheral clothing are not considered a uniform.
- 14.7. Singlets will be available for purchase during the SABVS later in the season for a nominal fee.

15. Player Awards & State Champion

- 15.1. The player awards per gender on offer are:
 - 15.1.1. Best Server
 - 15.1.2. Best Receiver
 - 15.1.3. Best Setter
 - 15.1.4. Best Attacker
 - 15.1.5. Best Blocker
 - 15.1.6. Best Defender
 - 15.1.7. Players Player
- 15.2. The votes are to be completed by every participant during the event using voting cards provided.
- 15.3. Any player can vote for any other player on the SABVS of the same gender in the same division.
- 15.4. 1 individual per gender will be awarded the State Champion. This is awarded based on the total number of Series Points (see section 13) earned for the season. If more than one player is on equal Series Points at the end of the season, the award will be shared. SA Open and King/Queen of the Beach events count towards Series Points.
- 15.5. Nominations and voting for the Players Representatives for the 2012/13 season will be taken at the same time as the player awards.

16. Players Personal Sponsors

- 16.1. Players are encouraged to attract personal sponsors.
- 16.2. Each Player must advise VSA of their personal sponsors. This is so we can advise you of any potential conflicts within the SABVS and maintain integrity of the events.
- 16.3. VSA has the right to request athletes who have directly conflicting personal sponsors removed or covered at an event.

17. First Aid & Safety

- 17.1. A person with a First Aid Certificate will be at all SABVS events. This is for First Aid only and they will only carry basic First Aid supplies. Any other medical requirements will be the responsibility and at the cost of the player.
- 17.2. All practical measures will be taken to make each event a safe playing environment. However many of the events will be held on a public beach and there are no guarantees of personal safety. It is therefore up to each player to acquire personal health insurance if they deem necessary.
- 17.3. Player's property is the sole responsibility of the individual. No responsibility will be taken by the SABVS or VSA for any lost, stolen or broken personal possessions.

18. Coaching

- 18.1. Coaching is allowed in the SABVS 2011/12 season.
- 18.2. All team Coaches must hold a current approved Australian Sports Commission coaching qualification and abide by the Coaches Code of Ethics found in Section 24.
- 18.3. Each Team is only allowed one (1) coach. The coach must remain a minimum of 4m from the court sidelines during play.



- 18.4. A coach must be nominated on the team's scoresheet each game.
 18.5. Coaches are only permitted to "coach" between sets, time outs and at the end of rallies.
 18.6. The coach can only address his/her players and should be in the vicinity of the team's rest area.

19. Refereeing

- 19.1. Any person officiating a match (in any role) will be deemed an Official. They will therefore be bound to the Officials Code of Ethics found in Section 24.

20. Misconduct and Sanctions

20.1. Sanction Scale

Categories	Times	Sanction	Cards	Consequence
Unsportsmanlike Conduct	First	Warning	Yellow	-
	Second	Penalty	Red	Loss of Rally
Rude Conduct	First	Penalty	Red	Loss of Rally
	Second	Expulsion	Both Together	Loss of Set
Offensive Conduct	First	Expulsion	Both Together	Loss of Set
	Second	Expulsion	Both Together	Loss of Match & Referred to SABVS Disputes & Disciplinary Committee
Aggression	First	Disqualification	Both Separately	Expelled from Tournament & Referred to SABVS Disputes & Disciplinary Committee
Illegal Actions or Extreme Misconduct	First	Disqualification	-	Expelled from Tournament & Referred to SABVS Disputes & Disciplinary Committee

- 20.2. A match official may issue a Yellow or Red Card at any stage through a match as indicted above. If a Yellow and Red card is issued together, the Tournament Director must be called immediately.
 20.3. If no cards are physically available, the referee will verbally advise both teams.
 20.4. The Tournament Director can issue sanctions at anytime through an event or ask for a hearing of the SABVS Disputes & Disciplinary Committee.
 20.5. A meeting of the SABVS Disputes & Disciplinary Committee must be held if a player is expelled from a match or tournament.
 20.6. Any player expelled from a match or tournament will incur a complete loss of tournament points, entry fees and prizes/prize money.
 20.7. Sanctions can be given to officials and coaches. The same scale will be used and be placed against the team they are representing if they are a non-playing person. If the individual has completed their participation in an event, the sanction will carry over to their next game or event.
 20.8. Any person wishing to appeal a decision of any sanction must comply with the appeals procedure outlined in the AVF Player Protection Policy.
 20.9. All players must be present at the technical meeting. Failure to do so will result in the following:
 a) 1st occurrence – Official Warning
 b) 2nd occurrence – Loss of 1st set in next scheduled game
 c) 3rd occurrence – Loss of next scheduled match and referral to the SABVS Disputes & Disciplinary Committee
 20.10. Any person being expelled from 2 matches at any stage through the course of the 2011/12 SABVS will be unable to attend the next event and may have to show cause as to why they should be allowed to play in any other events including the SABVS Finals Event.

21. Administration of the Series

- 21.1. The Series Director and the Tournament Director are empowered to enforce the rules of the game, the regulations outlined in this Handbook and any subsequent sanctions at any time throughout an event.
 21.2. All rulings made in this Handbook or by the SABVS staff or committees can be overruled by the Volleyball SA Board.
 21.3. The Series staff, committees and the Volleyball SA Board are bound by all Civil and Criminal Law at all times.
 21.4. Any sanctions imposed by recognised governing bodies of other tours / series / events / competitions shall carry over to the SABVS.

22. Forms & Policies

- 22.1. The following forms and policies are found on the next pages.
 - 22.1.1. VSA Heat Policy
 - 22.1.2. Official's Code of Ethics
 - 22.1.3. Coach's Code of Ethics

Volleyball SA Heat Policy

The following is a guideline that Sports Medicine Australia has put together for running sporting events in Hot Weather. Volleyball SA will be adopting the following as part of the decision making process to cancelling an event or competition. Each event or competition will be declared safe to play or not by the Competition Director/Tournament Director on a case by case basis.

For further information, please call the Volleyball SA office on 8363 1265.

Factors to consider before cancelling a sporting event

The following are factors to be considered in cancelling of sporting events. SMA has compiled a checklist to guide your association in making that decision.

1. The Wet-Bulb Globe Temperature

- One way of evaluating the environment is the wet-bulb globe temperature (WBGT). The WBGT measures thermal stress. It is a more reliable indicator than ambient temperature as it takes into account humidity. The higher the humidity, the less likely the chance to cool off through the evaporation of sweat.
- WBGT is not the same as temperature in degrees Celsius, ie 35 degrees Celsius 20% relative humidity is approximately a WBGT of 27.6 degrees Celsius.

The relation between WBGT and heat stress is summarised as follows:

WBGT	RISK OF THERMAL INJURY
< 18	Minimal
> 18 but < 22	Moderate
> 23 but < 28	High
> 28	Extreme

- Obviously the greater the risk of thermal injury, the more you should be considering postponing / cancelling your event.
- The WBGT is available through the Bureau of Meteorology. (see Obtaining WBGT) WBGT is that used by the American College of Sports Medicine. It does not take into account added stress due to direct sunlight or ventilation due to wind. It is the best available estimation at the current time.

2. Duration and Intensity of an event

- The combination of extreme environmental conditions and sustained vigorous exercise is particularly hazardous for the athlete. The greater the intensity of the exercise the greater the risk of heat related symptoms. eg Distance running is more of a problem than stop-start team events.
- A reduction in playing time and extending rest periods with opportunities to rehydrate during the event, would help safe guard the health of athletes and participants.
- Provision of extra water for wetting face, clothes and hair is also important.

3. Acclimatisation of the Participant

- Preparation for exercise under hot conditions should include a period of acclimatisation to those conditions, especially if the athlete is travelling from a cool/temperate climate to compete under hot/humid conditions. Regular exercise in hot conditions will facilitate adaptation to help prevent the athlete's performance deteriorating, or heat illness, during later competitions. A period of 7-10 days of 60 minutes acclimatisation activity each day provides substantial preparation for safe exercise in the heat.

4. Fitness Levels / Athletic Ability of Participant

- A number of physical/physiological characteristics of the athlete will influence the capacity to tolerate exercise in the heat, including body size and endurance fitness.
- In endurance events an accomplished yet non elite runner, striving to exceed their performance may suffer from heat stress. The potential for heat related illnesses will be exacerbated if they have not acclimatised to the conditions and have failed to hydrate correctly.

- An overweight and unconditioned athlete will generally also be susceptible to heat stress.
- Sports Medicine Australia (SA Branch) recommends participants drink 500mls before activity, 200mls every 20 minutes during activity and more than they are thirsty for after activity. (At least 500mls)
- Please refer to the free [DRINK UP](#) brochure available from your local National Pharmacies store.

5. Age and Gender of Participant

- Female Participants may suffer more during exercise in the heat, due to their greater percentage of body fat.
- Young Children are especially at risk in the heat. Prior to puberty, the sweating mechanism, essential for effective cooling, is poorly developed. The ratio between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions.
- In practical terms, child athletes must be protected from over-exertion in hot climates, especially when required to exercise for 30 minutes or longer. Although children can acclimatise to exercise in the heat, they take longer to do so than adults. Coaches should be aware of this and limit training for non-acclimatised children during exposure to hot environments.
- Veteran Participants may also cope less well with exercise in the heat. Reduced cardiac function is thought to be responsible for this effect.

6. Rules of the Game (Hydration Opportunities)

- Will your players be able to consume enough water during the event?
- To avoid excessive dehydration during exercise in the heat, fluid (preferably water) should be consumed before, during and after exercise. Even a small degree of dehydration will cause a decrease in performance.
- Associations may consider dividing games into shorter playing periods rather than halves to allow for extra drink breaks.

7. Time of Day for the Event

- Avoid the hottest part of the day (usually 11:00am - 3:00pm). Scheduling events outside of this time should be a consideration throughout any summer competition or event, regardless of the temperature.

8. Surface Type

- A shaded / protected grass exercise surface does not attract and retain as much heat as other surfaces (eg solid black asphalt.) Exercise surface type and the amount of direct sunlight vary significantly with different sporting activities and therefore must be analysed for each individual sport.

9. Venue of an Event

- An air conditioned indoor venue will provide less of a problem whilst a hot indoor venue or an outside venue without shade can constitute an unacceptable environment. Air flow should also be considered.

10. Predisposed Medical Conditions

- It is important to know if any of your athletes have a medical condition or are taking medication that may predispose them to heat illness
- Examples include; asthma, diabetes, pregnancy, heart conditions and epilepsy. Some medications and conditions may need special allowances.

11. Other Factors to Consider

- Preventative measures can be undertaken to minimise heat injuries. Examples include the provision of shade, hats and appropriate sunscreen and drinking water.

- Availability of Sports Trainers or First Aid Personnel.
- It is important to have trained personnel available to manage heat injuries.
- In situations where heat problems may be expected, an experienced medical practitioner should be present.
- Heat stroke is potentially life threatening. Any indication of this condition should be immediately referred for Medical Assessment.

Complete your checklist

Determine the point score for each item. (Some categories may not be exactly to your needs so you will need to use common sense, if in doubt choose higher value in order to err on the side of caution.)

1. Wet bulb globe temperature.

<18degrees	2
18 to 22 degrees	10
23 to 28 degrees	14
Above 28 degrees	20

2. Overall duration of event.

Less than 30 min.	2
30 to 60 minutes	4
60 min. to 2 hours	6
Greater than 2 hours	8

3. Individual Intensity during the event.

Easy pace throughout	2
Moderate pace, breaks in intensity	4
Moderate pace throughout	6
Sustained effort with some breaks	8
Sustained effort throughout	10

4. Acclimatisation of participants.

Used to hot weather conditions	2
Used to warm weather conditions	5
Used to cool / cold conditions	8

5. Athletic ability of individuals.

Elite fitness levels	2
Good fitness level	6
Moderate fitness levels	6
Low fitness levels	8

6. Age of participants.

7. Time between available drinks.

Less than 15 minutes	2
15 to 25 minutes	4
25 to 35 minutes	6
35 to 45 minutes	8
45 minutes plus	10

8. Time of the event.

Before 9am	2
After dark	2
9am till 11am	5
3pm till sunset	5
11am to 3pm	10

9. Surface Type.

Water	1
Grass	2
Boards	4
Sand	6
Synthetic surface	6
Asphalt	8

10. Venue.

Indoor air conditioning	1
Indoor no air conditioning	4
Outdoor	8

11. Other predisposed medical conditions of participants.

No	0
Yes	6

18 to 30	2	12. Other factors to consider.	
13 to 17	5	Shade available during breaks	Yes / No
30 to 40	5	Water freely available at venue	Yes / No
Over 40	8	Sports trainer/first aid person on site	Yes / No
Under 13	8	Individual body fat of participants	High / Low

Total for Your Sport

Recommended Guidelines for Sport

Point Score

Above 75

SMA SA recommend you cancel your event.

66 to 74

SMA SA recommend you cancel or reschedule your event if:

- the WBGT is above 28 or
- the age of participants gets a point value of 8.

If this is not the case and the event goes on then:

- Extra drink breaks should be allowed.
- Shade should be provided.
- Promotion of fluid replacement should be actively encouraged. (eg Through PA systems or umpires.)

56 to 65

SMA SA recommend play may go ahead **BUT:**

- Extra drink breaks should be allowed.
- Shade should be provided.
- Promotion of fluid replacement should be actively encouraged. (eg Through PA systems or umpires.)

55 and below

SMA SA recommends playing with usual fluid replacement measures in place.

SMA reminds sporting groups and individuals that:

Cancellation of events or withdrawal from participation may be appropriate even in circumstances falling outside of these recommendations.

Individuals can use the guidelines and point scores to ascertain whether they should be involved in a particular event.

Rationale

The responsibility for the ethical conduct of sport in Australia rests equally with officials, players, administrators, coaches, spectators, media, educators, parents, governments, sponsors and team owners ('The Participants').

The duty of the sports official is to act as an impartial arbiter of sporting competition. This duty carries with it an obligation for the official to perform with accuracy, consistency, honesty, objectivity and the highest sense of integrity.

In order to preserve and encourage confidence in the professionalism and integrity of officiating, officials must first foster ethical behaviour.



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Articles of the Code

- 1** Place the safety and welfare of the participants above all else.
- 2** Accept responsibility for all actions taken.
- 3** Be impartial.
- 4** Avoid any situation which may lead to a conflict of interest.
- 5** Be courteous, respectful and open to discussion and interaction.
- 6** Value the individual in sport.
- 7** Seek continual self improvement through study, performance appraisal and regular updating of competencies.
- 8** Encourage inclusivity and access to all areas of officiating.
- 9** Be a positive role model in behaviour and personal appearance.
- 10** Refrain from any form of abuse towards 'the participants'.
- 11** Refrain from any form of sexual harassment towards 'the participants'.
- 12** Show concern and caution towards sick and injured athletes.

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Rights of Officials

Officials have the right to expect that:

- ❖ Their health and safety are paramount;
- ❖ They are treated with respect and openness;
- ❖ They are appointed to a level of competition appropriate to their level of competence; and
- ❖ They have access to self-improvement opportunities.

- | | |
|----------|---|
| 1 | <p>Respect the rights, dignity and worth of every human being.</p> <p><i>Within the context of the activity, treat everyone equally regardless of sex, disability, ethnic origin or religion</i></p> |
| 2 | <p>Ensure the athlete's time spent with you is a positive experience.</p> <p><i>Demonstrate genuine interest in every athlete regardless of ability and provide appropriate opportunities and attention to each athlete in your care.</i></p> |
| 3 | <p>Treat each athlete as an individual.</p> <p><i>Respect the talent, developmental stage and goals of each individual athlete.</i></p> <p><i>Help each athlete reach their full potential.</i></p> |
| 4 | <p>Be fair, considerate and honest with athletes.</p> |
| 5 | <p>Be professional and accept responsibility for your actions.</p> <p><i>Language, manner, punctuality, preparation and presentation should display high standards.</i></p> <p><i>Display control, respect, dignity and professionalism to all involved with volleyball – this includes opponents, coaches, officials, administrators, the media, parents and spectators.</i></p> <p><i>Encourage your athletes to demonstrate the same qualities.</i></p> |
| 6 | <p>Make a commitment to providing a quality service to your athletes.</p> <p><i>Maintain or improve your current NCAS accreditation.</i></p> <p><i>Seek continual improvement through performance appraisal and ongoing coach education.</i></p> <p><i>Maintain appropriate records.</i></p> |
| 7 | <p>Operate within the rules and spirit of Volleyball / Beach Volleyball</p> <p><i>The guidelines of national international bodies governing your sport should be followed. Please contact your State Volleyball Association for a copy of the rule book, constitution, bylaws, relevant policies, Eg/ antidoping policy, selection procedures.</i></p> <p><i>Coaches should educate their athletes and drugs in sport issues in consultation with the Australian Sports Drug Agency (ASDA).</i></p> |
| 8 | <p>Any contact with the athletes should be:</p> <ul style="list-style-type: none"> ◆ <i>Appropriate to the situation and</i> ◆ <i>Generally limited to that necessary for the athlete's skill development.</i> |



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9 Do not participate in or allow any form of personal abuse to occur towards your athletes.
This includes verbal, physical and emotional abuse.
Be alert to any forms of abuse directed towards your athletes from other sources whilst they are in your care.

10 Do not participate in or allow any form of Harassment to occur towards your athletes.
This includes sexual and racial harassment, racial vilification and harassment on the grounds of disability.
You should not only refrain from initiating a sexual relationship with an athlete, but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal.

11 Provide a safe environment for training and competition.
Ensure equipment and facilities meet safety standards.
Equipment, rules, training and the environment need to be appropriate for the age and the ability of the athletes.

12 Show concern and caution towards sick and injured athletes.
Provide a modified training program where appropriate.
Allow further participation in training and competition, only when appropriate.
Encourage athletes to seek medical advice when required.
Maintain the same interest support towards sick and injured athletes.

13 Be a positive role model for your sport and athletes.

14 Respect the importance of the athlete's family and, in the case of junior athletes, the authority of the athletes parents.
Maintain the same interest and support towards sick and injured athletes.

Each item of the Code of Ethics is noted in plain text.
Strategies to adhere to the Code are noted in Italics.

Coaches should

- ◆ Be treated with respect and openness.
- ◆ Have access to self-improvement opportunities.
- ◆ Be matched with a level of coaching appropriate to their level of competence.



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