



COMPETITION REGULATIONS

Version 3: 11 June 2025

TABLE OF CONTENTS

Contents

<u>1.</u>	<u>INTRODUCTION</u>	<u>2</u>
<u>2.</u>	<u>COMPETITION FORMULA</u>	<u>4</u>
<u>3.</u>	<u>TEAM ENTRY</u>	<u>7</u>
<u>4.</u>	<u>MEDICAL & ANTI-DOPING</u>	<u>13</u>
<u>5.</u>	<u>UNIFORM REGULATIONS</u>	<u>14</u>
<u>6.</u>	<u>COMPETITION REGULATIONS</u>	<u>16</u>
<u>7.</u>	<u>LEGAL MATTERS</u>	<u>19</u>
<u>8.</u>	<u>TRAINING & MATCH SCHEDULE</u>	<u>22</u>
<u>9.</u>	<u>EVENT SCHEDULE</u>	<u>24</u>
<u>10.</u>	<u>TRAVEL, ACCOMMODATION & LOCAL SERVICES</u>	<u>26</u>
<u>11.</u>	<u>TEAMS PROMOTIONAL ACTIVITIES OBLIGATIONS</u>	<u>32</u>
<u>12.</u>	<u>AWARDS & PRIZE MONEY</u>	<u>32</u>

1. INTRODUCTION

1.1. Introduction of Event

These Competition Regulations outline the obligations and guidelines for Team Delegations, FIVB, and Volleyball World (VW) Delegations regarding participation in and the technical staging of the Event, including any associated side events.

The following rules of interpretation apply to these Competition Regulations:

- a. The FIVB reserves the right to update these Competition Regulations at any time before the Event. Any changes will be promptly communicated to stakeholders, along with the updated version.
- b. In case of any conflict or ambiguity between the provisions of these Competition Regulations and the [FIVB Event Regulations](#), the FIVB Event Regulations shall take precedence.
- c. Unless otherwise specified, a reference to the "Event" refers to the Volleyball Nations League Men and Women 2025, including all related side events.
- d. References to "FIVB Event Regulations, Chapter(s)" refer to specific Chapters of the FIVB Event Regulations.
- e. References to "Appendix(ices)" or "Annex" refer to those within these Competition Regulations.
- f. A reference to one gender shall include references to all genders, unless the context indicates otherwise.

1.2. Event Concept

As of the 2025 edition, the Volleyball Nations League (VNL) introduces a new competition formula with 18 teams per gender. This annual league for men's and women's national volleyball teams brings together the world's best teams to compete for the title of VNL Champion.

The updated format optimizes the match schedule, travel logistics, and competitive balance, ensuring high-performance standards and global event promotion. The Preliminary Phase includes a two-week break after the first two weeks to prevent teams from extended periods on the road.

With a total of 116 matches per gender across the Preliminary and Final Phases, each team plays a minimum of 12 matches against evenly matched opponents.

The competition formula is structured as follows:

1. HOSTS — Definition of host teams and venues for each week.
2. TEAM RANKING — Teams are ranked based on the FIVB Volleyball World Ranking following the previous VNL edition.
3. SPORTING STRENGTH — Teams are divided into three categories of six teams each, based on their World Ranking.
4. TECHNICAL BALANCE & FAIRNESS — Each team plays 12 matches, facing exactly four teams from each category, ensuring a balanced and fair level of competition for all teams.

WOMEN

1	ITALY
2	BRAZIL
3	TÜRKİYE
4	POLAND
5	USA
6	CHINA
7	JAPAN
8	NETHERLANDS
9	SERBIA
10	CANADA
11	DOMINICAN REPUBLIC
12	GERMANY
13	BELGIUM
14	THAILAND
15	CZECHIA
16	FRANCE
17	BULGARIA
18	KOREA

MEN

1	POLAND
2	JAPAN
3	ITALY
4	FRANCE
5	SLOVENIA
6	USA
7	BRAZIL
8	ARGENTINA
9	CANADA
10	SERBIA
11	GERMANY
12	CUBA
13	NETHERLANDS
14	UKRAINE
15	IRAN
16	TÜRKİYE
17	BULGARIA
18	CHINA

2. COMPETITION FORMULA

2.1. Pools Distribution

Watch the VNL on **VBTV**

VNL VOLLEYBALL NATIONS LEAGUE

WOMEN'S 2025 POOL OVERVIEW

FINALS
July 23rd – 27th
ŁÓDŹ, POLAND

WEEK 1
June 4th – 8th

OTTAWA, CANADA

JAPAN	CANADA
NETHERLANDS	DOMINICAN REPUBLIC
SERBIA	BULGARIA

RIO DE JANEIRO, BRAZIL

ITALY	GERMANY
BRAZIL	CZECH REPUBLIC
USA	SOUTH KOREA

BELJING, CHINA

TÜRKİYE	BELGIUM
POLAND	THAILAND
CHINA	FRANCE

WEEK 2
June 18th – 22nd

ISTANBUL, TÜRKİYE

BRAZIL	DOMINICAN REPUBLIC
TÜRKİYE	BELGIUM
CANADA	SOUTH KOREA

HONG KONG, CHINA

ITALY	THAILAND
CHINA	CZECH REPUBLIC
JAPAN	BULGARIA

BELGRADE, SERBIA

POLAND	SERBIA
USA	GERMANY
NETHERLANDS	FRANCE

WEEK 3
July 9th – 13th

APELDOORN, NETHERLANDS

ITALY	SERBIA
TÜRKİYE	BELGIUM
NETHERLANDS	CZECH REPUBLIC

ARLINGTON, USA

USA	DOMINICAN REPUBLIC
CHINA	GERMANY
CANADA	THAILAND

CHIBA, JAPAN

BRAZIL	FRANCE
POLAND	BULGARIA
JAPAN	SOUTH KOREA

Watch the VNL on **VBTV**

VNL VOLLEYBALL NATIONS LEAGUE

MEN'S 2025 POOL OVERVIEW

FINALS
July 30th – August 3rd
NINGBO, CHINA

WEEK 1
June 11th – 15th

QUEBEC CITY, CANADA

ITALY	CANADA
FRANCE	GERMANY
ARGENTINA	BULGARIA

RIO DE JANEIRO, BRAZIL

SLOVENIA	CUBA
USA	UKRAINE
BRAZIL	IRAN

XIAN, CHINA

POLAND	NETHERLANDS
JAPAN	TÜRKİYE
SERBIA	CHINA

WEEK 2
June 25th – 29th

BURGAS, BULGARIA

JAPAN	UKRAINE
FRANCE	TÜRKİYE
SLOVENIA	BULGARIA

CHICAGO, USA

POLAND	BRAZIL
ITALY	CANADA
USA	CHINA

BELGRADE, SERBIA

ARGENTINA	CUBA
SERBIA	NETHERLANDS
GERMANY	IRAN

WEEK 3
July 16th – 20th

GDANSK, POLAND

POLAND	IRAN
FRANCE	BULGARIA
CUBA	CHINA

LJUBLJANA, SLOVENIA

ITALY	SERBIA
SLOVENIA	NETHERLANDS
CANADA	UKRAINE

CHIBA, JAPAN

JAPAN	ARGENTINA
USA	GERMANY
BRAZIL	TÜRKİYE

2.2. Competition Formula — Preliminary Phase

- 18 teams
- Preliminary Phase played over 3 weeks

- c. 12 matches per team
- d. 108 matches in total per gender

2.3. Qualification to the Final Phase

- a. The top eight teams as per the Teams Ranking System at the end of the Preliminary Phase advance to the Final Phase (quarterfinals). The national team of the hosting territory of the event will have a guaranteed berth to the Final Phase.

2.4. Competition Formula – Final Phase

Final Phase will be played in a Final 8 direct elimination formula:

- a. The 1st ranked team will play a quarterfinal match against the 8th ranked team, the 2nd ranked team will play a quarterfinal match against the 7th ranked team, the 3rd ranked team will play a quarterfinal match against the 6th ranked team, the 4th ranked team will play a quarterfinal match against the 5th ranked team:
- b. The Host Team will keep its natural seeding if the team is among the top eight (8) teams in the Final Standing after the VNL Preliminary Phase:

Quarterfinal 1	1 st Ranked Team vs 8 th Ranked Team
Quarterfinal 2	2 nd Ranked Team vs 7 th Ranked Team
Quarterfinal 3	3 rd Ranked Team vs 6 th Ranked Team
Quarterfinal 4	4 th Ranked Team vs 5 th Ranked Team

- c. The Host Team is placed in 8th position if the team is not among the top eight (8) teams in the Final Standing after the VNL Preliminary Phase:

Quarterfinal 1	1 st Ranked Team vs Host Team
Quarterfinal 2	2 nd Ranked Team vs 7 th Ranked Team
Quarterfinal 3	3 rd Ranked Team vs 6 th Ranked Team
Quarterfinal 4	4 th Ranked Team vs 5 th Ranked Team

* Order of the quarterfinals can be changed based on the request of the Media Rights Holders.

- d. Teams that do not win the quarterfinals will be ranked 5th to 8th in the Final Standing of the VNL 2025 as per the Teams Ranking System (including result of the Preliminary Phase) (see clause 2.6 of these Competition Regulations);
- e. The winner of the quarterfinal 1 will play a semi-final match against the winner of the quarterfinal 4 and the winner of the quarterfinal 2 will play a semi-final match against the winner of the quarterfinal 3:

Semi-final 1	Winner QF1 vs Winner QF4
Semi-final 2	Winner QF2 vs Winner QF3

* Order of the semi-finals can be changed based on the request of the Media Rights Holders.

- f. Winners of the semi-finals will play for the VNL Champion title whilst the teams that do not win the semi-finals will play for 3rd place in the competition:

Final for Bronze	Loser SF1 vs Loser SF2
Final for Gold	Winner SF1 vs Winner SF2

2.5. Team Ranking System

To establish the ranking of the teams 1. After the Preliminary Phase and 2. After the quarterfinals, the following criteria apply:

- a. Total number of victories (matches won, matches lost)
- b. In the event of a tie, the following first tiebreaker will apply:

Most points gained = the team will be ranked by the most points gained per match as follows:

Match won 3-0; 3-1	3 points
Match won 3-2	2 points
Match lost 2-3	1 point
Match lost 0-3; 1-3	0 points
Match forfeited	0 points (25-0, 25-0, 25-0)

- c. If teams are still tied after examining the number of victories and points gained, then the FIVB will examine the results to break the tie in the following order:

I. Set ratio = If two or more teams are tied on the number of points gained, they will be ranked by the ratio resulting from the division of the number of all sets won by the number of all sets lost.

II. Points ratio = If the tie persists based on the set ratio, the teams will be ranked by the ratio resulting from the division of all points scored by the total of points lost during all sets.

III. If the tie continues to persist based on the point ratio, the tie will be broken based on the team that won the match of the Preliminary Phase between the tied teams. When the tie in point ratio is between three or more teams, these teams will be ranked taking into consideration only the matches involving the teams in question.

IV. If two or more teams did not play against each other, the tie will be broken based on the highest ranked team in the World Ranking.

2.6. Final Standing

At the end of the VNL 2025, all participating teams will be ranked from 18th to 1st place as per the following regulations:

- a. After the Preliminary Phase, eliminated teams will be ranked as per the Teams Ranking System from 18th to 9th place.
- b. After the quarterfinals, eliminated teams will be ranked as per the Teams Ranking System from 8th to 5th place, including all matches played so far in the Preliminary Phase and the Final Phase.
- c. During the Final Phase, the teams that do not win the semi-finals will compete for 4th and 3rd place and the winners of the semi-finals will compete for 2nd and 1st place.

2.7. Promotion–Relegation Process

- a. The lowest-ranked team in the Final Standings shall be automatically relegated.
- b. The highest-ranked team in the FIVB Volleyball World Ranking as of the end of the relevant VNL edition that did not participate in the event shall be promoted to compete in the following edition of the event. For the avoidance of doubt, the relegated team will not qualify to retain its position in the event as a promoted team.

3. TEAM ENTRY

3.1. Players Eligibility

- a. A player is eligible to play for the National Team of a National Federation if he / she has:
 1. the nationality of the country he / she represents, proving this by means of a passport or other valid, government issued document confirming his / her nationality; and
 2. the National Federation as his / her Federation of Origin; and
 3. an Anti-Doping Certificate demonstrating that he / she has successfully completed the [FIVB Play Clean Program](#); and
 4. an E-Learning Course on Prevention of Competition Manipulation Certificate demonstrating that he / she has successfully completed the [FIVB E-Learning Course on Prevention of Competition Manipulation](#).
- b. The nationality of a player shall be proved by means of a passport or other authentic document issued by the authorities of the country of the National Federation. The Federation of Origin is verified using VIS (the FIVB shall verify the player's Federation of Origin by conducting an eligibility check upon receipt of the O-2 Form of the relevant team).
- c. In accordance with Article 2.2.1 of the FIVB Sports Regulations, only one (1) player having previously played for another national team and who has changed Federation of Origin within the last four (4) years can be part of a team, for a given event. The four-year period shall start from the date that the change of Federation of Origin of the player was approved.
- d. Once the passports or other legal documents have been checked and accepted by the FIVB Technical Delegate, the OC will issue the accreditations for players. Before each match, the accreditations must be presented to the Technical Delegate, and each Team Manager must keep the players' passports ready in the event that the player is subject to doping control.
- e. In the event that a player is subject to a sanction disqualifying her/him from participating in volleyball competitions by the FIVB after her/his registration on the O-2 Form, the concerned player shall not be allowed to be registered on the O-2bis Form for the relevant week(s) covering the sanction or to be replaced on the O-2 Form. In the event that a player is subject to a sanction disqualifying her/him from participating in volleyball competitions by the FIVB after her/his registration on the O-2bis Form, the concerned player shall not be allowed to be replaced on the O-2bis Form for the week in which the sanction is issued. The sanction of the concerned player will be reflected on the score sheet with the player's name and the note "suspended" for the matches covered by the sanction.
- f. Each Team must have **a minimum of twelve (12) players** for the Event.

3.2. Visa

- The arrangement of the physical visa required for Team Delegation members for the Event is the complete responsibility of each team NF.
- The respective National Federation is responsible for any costs associated with the passport or entry Visa administration process for the Event for their Team Delegation as well as making the necessary arrangements to get the visa process started on time.
- The OC shall provide the appropriate invitation letters to the participating team NFs.

3.3. Team Registration

NFs are responsible for registering their Team Delegation through the [VIS](#). Login details are provided by the FIVB to each NF.

A. Key Milestones

The following milestones apply regarding the team registration:



B. Long List (O-2 Form) — 4 weeks prior

- No later than **four (4) weeks** before the start of the Event, the team shall generate and remit to the FIVB (volleyball.teams@fivb.com), its Long List of Team Delegation members duly registered on the signed and stamped O-2 Form, generated in [VIS](#). This should comprise of a **maximum of thirty (30) players**, including Team Officials and indicating the team Captain.

2. After the submission of the signed O-2 Form, the participating NF **cannot** make any changes in the players roster on that Form, except for the “Replacements on Long List (O-2 Form)” case mentioned below in section C.
3. All players and Team Officials registered on O-2 Form must have previously obtained the Anti-Doping and E-Learning Course on Prevention of Competition Manipulation certificates by completing the respective online courses on the [FIVB E-Learning platform](#).
4. For participation in the Event, Annex 1 and Annex 2 (both only for players) of the Code of Conduct shall be signed individually by each player registered on O-2 Form and be uploaded on the VIS profile of the concerned player under the documentation tab.
5. For participation in the Event, the FIVB Health Certificate (M-3 Form) shall be signed individually by each player registered on O-2 Form and by the medical doctor trained in sports medicine, and be uploaded on the VIS profile of the concerned player under the documentation tab.
6. All Players and Team Officials registered on O-2 Form are required to complete the Safeguarding E-Learning Course, available at the FIVB E-learning platform and which provides everyone participating in FIVB competitions with comprehensive knowledge on their right to safe sporting environments, free from harassment and abuse.
7. Together with the O-2 Form, the NF must submit/ upload through the VIS the following:
 - a. **For each player:**
 - Photos as per [Team Registration Guideline](#)
 - Personal data (birth date, weight and height, highest reach at spiking and blocking, etc.)
 - Valid passport’s copy
 - Valid personal email address and phone number
 - Players’ names pronunciation as per [Team Registration Guideline](#)
 - Signed Code of Conduct Annexes 1 & 2
 - M-3 Form
 - b. **For the team:**
 - Team photo as per [Team Registration Guideline](#)
 - c. **For each Team Official:**
 - Photos as per [Team Registration Guideline](#)
 - Team Officials’ names pronunciation as per [Team Registration Guideline](#)

For the step-by-step registration procedure, please refer to the [Team Registration Guideline](#). In case of any questions related to the team registration process, please contact volleyball.teams@fivb.com.

C. Replacements on Long List (O-2 Form) — within 1 week after the Long List (O-2 Form) submission

Within one (1) week after the Long List (O-2 Form) submission deadline, each Participating NFs can replace **up to two (2) players** on their Long List (O-2 Form) previously submitted to the FIVB.

The respective NF shall submit a written replacement request to the FIVB (volleyball.teams@fivb.com), indicating:

1. the player(s) to be replaced on the Long List (O-2 Form).
2. the replacement player(s) to be added to the Long List (O-2 Form).
3. the replacement player(s) must submit the same documentation, in accordance with “3.3. B. Long List (O-2 Form)”, more precisely Articles 3.3 B.3, B.4 and B.5 Long List (O-2 Form) — 4 weeks prior.
4. in the event that the replacement is granted, the FIVB will proceed with the replacement(s) in the Long List (O-2 Form).

5. the updated, signed and stamped Long List (O-2 Form) shall be submitted by the respective NF to the FIVB (volleyball.teams@fivb.com).

After the updated Long List (O-2 Form) is finalized, the participating NF **cannot** make any changes in the players roster on that Form.

For the avoidance of doubt, players who are replaced during this step **cannot** be added back to the players roster anymore.

D. Short List / Weekly Roster (O-2bis Form) – 1 day before each VNL Pool

The O-2bis Form shall consist of **12-14 players** and **up to four (4) reserve players** (if any) from the 30 players previously registered on the O-2 Form, without changing the individual players' T-shirt numbers and names, and shall indicate the Team Officials going to the respective VNL Phase (Pool/Finals).

The signed O-2bis Form is to be uploaded on the respective team's SharePoint folder one (1) day before each VNL Pool and VNL Finals and prior to the Preliminary Inquiry.

	Women VNL	Men VNL
	Preliminary Inquiry	Preliminary Inquiry
Week 1	3 June 2025	10 June 2025
Week 2	17 June 2025	24 June 2025
Week 3	8 July 2025	15 July 2025
Finals	22 July 2025	29 July 2025

By individually signing the O-2bis Form, players and Team Officials agree and accept the terms of the Code of Conduct in its integrity.

3.4. Replacement Players

Prior to the Preliminary Inquiry (-1 day before each VNL Pool and VNL Finals) participating teams have the possibility to register in VIS up to four (4) reserve players on the Weekly Roster (O-2bis Form) in addition to the 12-14 compulsory players. Reserve players must be selected from the 30 players previously registered on the Long List (O-2 Form).

At the Preliminary Inquiry, the Technical Delegate shall verify the reserve player(s): passport(s) (if on site) or passport(s)' copy(ies) (if not on site yet), and that the mandatory M-3 Form(s), E-learning Certificates together with the Annexes 1 & 2 to the Code of Conduct are duly confirmed in the reserve players' VIS Profiles.

During the relevant VNL Pool, the respective NF shall submit a written replacement request to the Technical Delegate and volleyball.teams@fivb.com **before the publication of the Daily Bulletin** related to the match in which the replacement should take place, indicating:

- a. the reserve player(s) registered for the VNL Pool.
- b. the player(s) to be replaced on the Weekly Roster (O-2bis).

- c. the actual passport(s) of the reserve player(s) must be presented to the FIVB Technical Delegate on site.
- d. After the abovesaid conditions are fulfilled and in the event that the replacement is granted, the Technical Delegate shall proceed with the replacement(s) in the Weekly Roster (O-2bis).
- e. the updated Weekly Roster (O-2bis) shall be circulated in the Daily Bulletin.
- f. the replacement player(s) shall be allowed to compete as of the following match starting from the day after the publication of the Daily Bulletin in which the updated Weekly Roster (O-2bis) featuring the replacement player(s) was circulated.
- g. any player that has been replaced is allowed to be included again in the relevant Weekly Roster (O-2 bis).

The respective NF shall be responsible for making all of the necessary travel arrangements at its own cost to bring the replacement player(s) to the host city of the specific VNL Pool or Finals, coordinate all local arrangements with the LOC and bear all extra costs.

For the avoidance of doubt, medical replacement(s) on the Weekly Roster (O-2bis Form) with player(s) from the Long List (O-2 Form) is applicable upon the presentation of a medical certificate and following the same procedure as described above.

At the VNL Finals, only the 14 players registered on the Weekly Roster (O-2bis) of the last match shall be awarded with medals. Awarded teams shall receive 20 medals and the respective NFs always have the possibility to order more at their own expense.

3.5. Team Composition

A. Libero

- a. The Head Coach of a Team can change the Libero(s) between each match through the Weekly Roster (O-2bis Form). The Team Manager/Head Coach must inform the Technical Delegate no later than one (1) hour before a match if a Team wishes to change the Libero(s) from that selected for the previous match.
- b. If a Team has more than 12 players recorded in the score sheet, the Team must designate two (2) Liberos on its Team list.
- c. Possible Team compositions on the Weekly Roster (O-2bis Form) are the following:

Score sheet Team list	Team Composition
Fourteen (14) players	Twelve (12) regular players + two (2) Liberos
Thirteen (13) players	Eleven (11) regular players + two (2) Liberos
Twelve (12) players	Twelve (12) regular players + zero (0) Liberos
Twelve (12) players	Eleven (11) regular players + one (1) Libero
Twelve (12) players	Ten (10) regular players + two (2) Liberos

B. Team Delegation Members

- a. The official Team Delegation is comprised of twelve (12) to fourteen (14) players and six (6) Team Officials.
- b. The following Team Official roles must be fulfilled:
 - Team Manager
 - Head Coach
 - One (1) Doctor (FIVB accredited) or one (1) Physiotherapist (FIVB accredited)

- c. Each Team Delegation shall comprise a minimum of one (1) medical staff member at any time as described above & e.g. In the event that the official Team Delegation includes only one (1) medical staff member position out of the two (2) possible, the vacant position can be used to register another Team Official.
- d. The LOC covers the board and lodging for up to fourteen (14) players and six (6) Team Officials.
- e. Extra Team Officials (2nd Assistant Coach, Physical Trainer, Statistician, General Manager, Team Interpreter) and reserve players (if any) may be added to a Team Delegation but may be accredited only when their local travel and accommodation and other necessary expenses are paid in advance by the respective NF to the Organizer.
- f. Teams are required to submit their travel details and confirm any additional delegation members by 7 MAY 2025 (Women) and 14 MAY 2025 (Men) through the Team Travel Information Form. This allows the local hosts to secure the rooms for the team.
- g. If a team brings more members than initially confirmed, the local host will make every effort to accommodate them. However, if additional rooms are unavailable, it will be the team's responsibility to find suitable lodging.
- h. If a team arrives with fewer members than confirmed, the cost of the reserved rooms will still be charged to the team.

C. Team Officials on the Bench

- a. The Head Coach and a maximum of four (4) Team Officials registered on the Weekly Roster (O-2bis Form) may be seated on the team bench.
- b. The Team Manager and the Team Journalist are not allowed to sit on the team bench.
- c. Extra Team Officials who are not seated on the team bench shall be seated in a designated area in the Competition Hall.
- d. As per their relevant role in the medical emergency protocol, at least one accredited medical personnel of the Team is strongly recommended to be on the team bench.

D. Team Doctor and Physiotherapist

- a. Only Doctors/Physiotherapists having the FIVB Team Doctor's/Physiotherapist's Accreditation (pdf file) will be authorized to sit on the team bench.
- b. New Doctors/ Physiotherapists with no FIVB registration number must be accredited by the FIVB Medical Department no later than **six (6) weeks prior to the Event**, according to Section H of the [FIVB Medical and Anti-Doping Regulations](#). Please contact medical@fivb.com for more information on the matter.

E. Team Manager

The Team Manager is expected to have experience in team management at international competitions and **must speak English**. His/her main duties are:

- a. Coordination and responsibility of the Team Delegation. This includes flight confirmation and adjustments, visa matters, preparation and attendance at the Preliminary Inquiry with all required documents, certificates, team equipment and accessories.
- b. Coordination between media and players. This is the responsibility of the Team Manager to make sure that the Captain and Head Coach attend all the Media Activities associated with the Event.
- c. Communication with other National Teams, the LOC and the Officials and Service Providers.

F. Team Statisticians

- a. A dedicated access to the technical video service with two (2) camera angles behind each service line will be provided to all participating Teams (exclusive access for matches analysis purposes only and not to be shared). The technical videos of all matches will be available live and/or for download:
 - At the competition hall two (2) cabled access (USB 3.0) to the live feed will be available to Team Statisticians (one (1) cable per Team) in the allocated area behind the service line.
 - Low-latency streaming access to all Team Statisticians connected to the Internet. Teams will receive an RTMP link to access the camera.
 - Two spare SDI ports (per camera) for non-playing Team Statisticians. Team Statisticians can use their devices to connect locally to the cameras.
 - Access to matches storage on Google Drive.
- b. Each Team is allowed a maximum of two (2) Team Statisticians to be seated in the allocated area behind the service line during that Team's respective match with one (1) cabled access to the live feed.
- c. Each Team is allowed a maximum of one (1) Team Statistician to be seated in the allocated area behind the service line during other Teams' matches.

G. Team Journalist

- a. A maximum of one (1) journalist may be accredited by FIVB and may be designated as a Team Journalist for the competition.
- b. To register, please use the electronic registration system: <https://en.volleyballworld.com/volleyball/competitions/volleyball-nations-league/competition/media-accreditation>

H. Team Videographer

- a. It is recommended that a Team Journalist is assigned as a Team Videographer and carries out the duties of the Team Journalist.
- b. To register, please use the electronic registration system: <https://en.volleyballworld.com/volleyball/competitions/volleyball-nations-league/competition/media-accreditation>

4. MEDICAL & ANTI-DOPING

4.1. Participating Teams' Medical Obligations

- a. Each Team NF / Team Delegation shall ensure its players and (where appropriate the Team Delegation) comply with the medical eligibility requirements.
- b. FIVB medical accreditations (printed pdf files) for Team Doctors and Physiotherapists are mandatory and must be presented at the Preliminary Inquiry. Team NFs must request validation (if not done prior) from the FIVB Medical Department no later than six (6) weeks before the Event.
- c. With reference to the [FIVB Event Regulations – Chapter 17](#), Article 95.2 of the FIVB Event Regulations, all NFs are strongly encouraged to take out their own third-party liability and medical insurance in respect of their Team Delegation for all national team activities and off days during the Event.

- d. The FIVB undertakes to provide medical coverage for all athletes, coaches and NF officials from two days before the start of each pool of the Event until one day after the end of each pool of the Event (including VNL Finals) in accordance with an insurance policy paid for by the FIVB. This insurance policy is limited to the scope of coverage provided in the insurance policy and supplemental to any insurance provided by NFs for their national teams. The insurance coverage will be limited to medical issues occurring during the Event period described above. Any pre-existing medical conditions existing prior to the match days should be disclosed immediately and shall not be covered unless it falls under the scope of coverage defined in the FIVB's insurance policy.
- e. All Team NFs waive any claims against the LOC, Volleyball World and the FIVB for sport injuries sustained during the Event (as defined in the FIVB Medical & Anti-Doping Regulations).

4.2. Participating Teams' Anti-Doping Obligations

- a. If a player has taken any prohibited substances, he/she must request a Therapeutic Use Exemption (TUE) at least twenty-one (21) days before the Event using the M-8 Form, except in the case of a medical emergency, and it must be granted by the FIVB, through ITA, before the Event. In the event of a medical emergency, the team and player involved may reach out to the FIVB to obtain additional information about the possibility of obtaining a retroactive TUE.
- b. Members of Team Delegations who wish to participate in the Event must acquire an Anti-Doping Certificate first, at the latest, by the deadline for the O-2bis Form. The FIVB Anti-Doping education program can be accessed at [FIVB E-Learning](#).
- c. Each Team Delegation shall ensure that its players are aware of their anti-doping rights and obligations.

5. UNIFORM REGULATIONS

5.1. Players' Uniform

- a. The playing uniform must comply with the [FIVB Event Regulations – Article 4.9, Chapter 6 and Annex A](#) (incorporating uniform standards) previously circulated, where the location of the Country and Last (Family) Name and the size of the numbers are clearly indicated.
- b. Each Team must have available three (3) sets of playing uniforms each one of a different color. The players' numbers must be the same on the O-2 and O-2bis Forms and uniforms.
- c. The playing uniforms of the Team Captain and the Libero (if different) must be presented during the Preliminary Inquiry.
- d. Any accessories used by the players during the Event (e.g., knee protectors (knee pads), elbow protectors (elbow pads), player's hand towels, head bands, wrist bands etc.) cannot display any advertising. Any manufacturer's logo displayed on these accessories cannot be greater than 6 cm².
- e. Undergarments must not be visible under the uniform (shorts or jersey) and in any event must be of the same color as the uniform.
- f. Compression pads are approved but are required to be of the same color design as the uniform. No padding is allowed in the forearm compression pads, as it provides advantages to the players' performances. Neutral colors, black or white, are acceptable. Teams using compression pads must be uniform in color/design for all players.

5.2. Special Uniforms

- a. A player may request to wear a special uniform to the extent that any religions and cultural norms and/or customs are impacted by the standard uniform options available. National Federations shall submit a written request to the FIVB Volleyball Department prior to the respective event. The FIVB reserves the right to decline an application if there is no evidence that the standard uniform options limit the religions cultural norms and/or customs.

5.3. Team Officials' Uniform

- a. The maximum five (5) Team Officials on the bench (as approved in the Preliminary Inquiry) must conform to the following dress code options:
 - All of the Team Officials must wear the official warm up suit and polo shirt of their Team Delegation, **or**
 - All of the Team Officials must wear the polo shirt and dress trousers of their Team Delegation, **or**
 - All of the Team Officials must wear dress jacket, collared dress shirt, tie and formal slacks of the same colour and style.

Each Team Official on the bench may choose, based on individual preference, between wearing a warm-up jacket or polo shirt / between wearing a dress jacket or collared dress shirt, as long as the items are part of the team's uniform apparel previously approved by the FIVB.

- b. However, any Team Officials wearing dress jacket, collared dress shirt, tie and formal slacks will **not** be allowed on the Playing Court during the official pre-match protocol.
- c. Extra Team Officials (if any) must wear the official warm up suit and polo shirt of their Team Delegation, previously approved by the FIVB.
- d. The penalty for non-compliance of the dress code for Team Officials on the bench will be that the Team Official(s) concerned will not be allowed to sit on the team bench, must leave the Field of Play.

5.4. Advertising on Team Uniform

- a. Advertising on uniforms shall be in accordance with the [FIVB Event Regulations, Chapter 6 and Annex A](#); and, subject to prior FIVB approval, should avoid conflict with any FIVB/Volleyball World Commercial Affiliate category for the Event. Samples of team uniforms must be submitted not later than four (4) weeks prior to the Event:
 - the application form for authorization of advertising material ([Advertising on Team Uniform Form](#)) – submission required only once per season, not for each event, except when the Sponsor(s)/Manufacture are different for each event;
 - three (3) sets of Captain's (and Libero's (if different) playing uniforms, each one of a different color (also applicable in the event that there is no advertising on the uniforms) – submission required only once per season, not for each event;
 - Players and Team Officials' uniform graphic layouts with detailed information, such as sizes of logos, letters, advertising, manufacturer, etc.;
 - Uniform samples' photos – in case of new samples, which are different from the submitted ones or upon the FIVB request.
- b. With reference to the [FIVB Financial Regulations, Article 1](#), in case of application of advertising on team uniform/equipment, each Team must pay an Advertisement on Team Uniform Fee to the FIVB. Upon approval of the applied advertisement, FIVB shall issue an invoice addressed

to the respective Team NF and specifically for VNL the amount will be deducted from the Team's prize money after the Event.

- c. Upon uniform approval by the FIVB, an Approval Certificate will be issued, and it must be presented at the Preliminary Inquiry by the Team Manager.

5.5. FIVB Officials and Referees

- a. Mizuno will be the official supplier for FIVB Officials and Referees for the 2025 volleyball season.
- b. New uniforms will be provided to all FIVB Officials & Referees upon their arrival onsite for the 1st Pool/Phase of the Event you are assigned to. It is required to keep and bring this uniform to all subsequent assignments.

6.COMPETITION REGULATIONS

6.1. Conducting the Competition

- a. The Event is governed by the FIVB and will be conducted by the FIVB Technical Delegates.
- b. FIVB Referees appointed by the FIVB will officiate at the Event.
- c. The Event must be conducted in accordance with:
 - These Competition Regulations;
 - [Official Volleyball Rules](#);
 - [FIVB Event Regulations](#);
 - [FIVB Sports Regulations](#);
 - [Video Challenge System Regulations](#) & [Team Tablet Regulations](#);
 - FIVB [General Regulations](#);
 - FIVB [Disciplinary Regulations](#);
 - FIVB [Medical and Anti-Doping Regulations](#);
 - and
 - [FIVB framework for safeguarding players and other participants from harassment and abuse in sport](#).

6.2. FoP Layout & Set Up



- a. To enhance the focus on players, capture team reactions, and create engaging content for fans worldwide, the VNL 2025 edition will feature an adapted Field of Play (FoP) orientation. The team benches and warm-up areas will be positioned opposite the main TV camera to maximize visibility and storytelling.
- b. A 3rd Referee will be located at the scorer's table to handle administrative responsibilities, replacing the traditional role of the 2nd Referee in these duties.

For reference, please click on the following link to view the [Volleyball Field of Play Layout \(VNL\)](#) & [Volleyball Venue Layout \(VNL\)](#).

6.3. Sport Equipment

- a. With reference to the [FIVB Event Regulations – Chapter 4](#), the Event will be played with the FIVB homologated equipment only:
- Official ball (and rubber-wheeled trolleys): **Mikasa, V200W**.
 - Net system (net posts, post pads, net antennas, net side bands, nets and referee chairs): **Senoh**.
 - Synthetic flooring: **VNL Gerflor Taraflex**.
 - Sub-floor: **Connor Sports Quicklock** (recommended).

6.4. Pre-match Protocol

 VOLLEYBALL NATIONS LEAGUE 			
Countdown to 1st serve	TEAM & OFFICIAL	E&E / SPORT PRESENTATION	LIGHTING
	Gates Open / Fan Ingress		Walk-in Lighting
-60:00	Countdown clock is set to -60:00 (on serving clocks)		
-60:00	Warmup on Competition Court - teams make their way onto the court at their own time - balls permitted	Match Countdown Clock Starts	
-45:00	Latest time for Head Coach to record prematch interview		Competition Lighting (2000 lux)
-32:00	Both teams required on court by this time	MC Welcomes fans, gives the match schedule for the day, etc.	
-30:45	Referees request captains at the tech table		
-30:30	Coin toss for service at technical table / Ref mic check	MC announces the coin toss first then Referee takes over	Follow spots on Technical Table
-30:00		After coin toss ends - back to music	
-27:00		MC announces Side V team roster- Position, number, name - numerical order, coach last	
-25:30		Quick reset for MC and DJ	
-25:00		MC announces Side L or Host team roster Position, number, name - numerical order, coach last	
-25:00	STARTING LINEUPS AVAILABLE ON TABLET		
-23:00		Marketing hits	
-18:00	Referees Introduction (by the technical table)	MC does Referee Introductions 1st Referee then 2nd Referee	Follow spots on Technical Table
-17:30	Warm-up at the net		
-15:00	START OF INTERNATIONAL FEED		
-15:00		MC teaches Big Moments to crowd	Specific Big Moment light cues
-13:30		Broadcast live intro with commentators on the court	
-7:30	End of warm up - Teams go to bench		Competition lights dim
-7:15	Teams head to the serve line for anthems		House lights dim
-6:45	Teams ready in position on the serve line	MC welcomes fans to the match and asks spectators to stand for national anthems	
-6:30	Side V National Anthem	MC introduce Side V national anthem	Low Houselights Accentuating side V
-5:15	Side L or Host team - National Anthem	MC asks spectators to remain standing for Side L or Host Team national anthem	Low Houselights Accentuating side L or Host
-4:00	Team shake hands at the net		Low Houselights Accentuating court
-3:45	Teams go to bench	MC ask spectator get their phones out and turn on flash light	
-3:35		All lights, including competition lights off	Competition lights out
-3:30	Light Show Begins	Pre-match "Be Part of the Game" light show & sizzle reel	Light show cues
-2:45	Side V - Starting Lineup Intros/ Coach - players can celebrate however they want	MC Announce side V starting line up	Follow Spots on Side V
-1:45	Side L or Host - Starting Lineup Intros / Coach - players can celebrate however they want	MC Announce side L / Host starting line up	Follow Spots on Side L or Host Team
-0:45	Teams get into rotation & Referees check lineups When completed 3rd referee passes ball to server		Build up to Competition Lighting
-0:15		LED board Count down clock is removed	
-0:10		10 second countdown to first serve on Giant Screen	Match mode
00:00	First serve		

6.5. VCS Regulations

Please click on the following link to view the [Video Challenge System Regulations](#).

6.6. Team Tablet Regulations

Please click on the following link to view the [Team Tablet Regulations](#).

6.7. Serve Clock

Please click on the following link to view the [Serve Clock Manual](#).

6.8. Technical Timeouts, Team Timeouts, Intervals and Change of Sides

- a. No Technical Timeouts.
- b. Two (2) 30-second Team Timeouts are available per team per set.
- c. All Intervals between sets last three 3 minutes, except after the 2nd set where a 5 minute interval is applied.*
- d. Teams change sides between sets 2 and 3 only. The court side will be decided at the coin toss before the match.

*Intervals between sets can be extended to 5 minutes based on the request of the Media Rights Holders.

6.9. Other Competition Matters

- a. No Line Judges will assist the match, Video Challenge System equipment shall be used instead.
- b. 1st, 2nd, 3rd Referee and a Challenge Referee will assist each match.
- c. Serve Clock will be operated by the assistant scorer.
- d. Four (4) ball retrievers will ensure the flow of each match.
- e. Two (2) to four (4) quick moppers will ensure the flow of each match.

6.10. Towels for Trainings and Matches

- a. Players should take towels from their hotel room to be used during training sessions.
- b. It is the team's responsibility to return the towels to the hotel.

6.11. Collection of Starting Lineup

- a. Teams are required to confirm through the Team Tablet the starting six Players + Libero and positions of each match a minimum of -25 minutes before the match starts.
- b. In case of a proven valid injury during the official warm up, the starting lineup may be exceptionally changed.

7. LEGAL MATTERS

7.1. Complaints

- a. All official complaints relating to a match must be presented in writing via email to the FIVB Technical Delegate(s) within one hour after the end of the match concerned. The complaints procedure to be followed can be found in the [FIVB Event Regulations – Chapter 2](#).
- b. Once the scoresheet for a match is checked and signed by all relevant participants without protest, no further team protest on technical aspects can be accepted (e.g., substitutions, scorer's error, referee's error, etc.).

- c. Complaints about the result of a match must be worded in English and accompanied by a deposit of CHF 300 cash (or the equivalent in local currency) for each such match result complaint.

7.2. Sanctions

All disciplinary matters shall be decided in accordance with the [FIVB Disciplinary Regulations](#) as well as all other relevant FIVB Regulations. Teams are strongly advised to review the FIVB Regulations before the VNL. The FIVB Regulations can be found at the following link: <https://www.fivb.com/inside-fivb/legal/constitution-and-regulations/>.

The competence to impose sanctions for simple and major offences, except anti-doping rule violations, arising on the occasion of a competition is on the FIVB Disciplinary Panel Sub-Committee. Mr. Jaime Cambreling is assigned as Disciplinary Panel Sub-Committee Member for the VNL 2025. Sanctions imposed by the Disciplinary Panel Sub-Committee are final and limited to period of the VNL 2025. The FIVB Disciplinary Panel Sub-Committee may refer cases involving potential sanctions beyond the competition to the competent FIVB body.

For purposes of disciplinary offences falling under the [FIVB Disciplinary Regulations](#) or these Specific Competition Regulations, the period of the VNL shall be deemed to start on the scheduled arrival date of the teams for the first round of the Preliminary Phase until the end of the awarding ceremony at the VNL Finals 2025.

The procedure for the proceedings for the FIVB Disciplinary Panel Sub-Committee is governed by Articles 14.4 and 16 of the [FIVB Disciplinary Regulations](#), except for Article 16.6 governing appeals, as all decisions issued by the FIVB Disciplinary Panel Sub-Committee are final. The procedure shall be conducted in an expedited manner with short deadlines in order to allow for a timely decision as required for in-competition offences while, at the same time, guaranteeing the rights of the concerned person defined in Article 16.2 of the [FIVB Disciplinary Regulations](#).

Below are relevant provisions and sanctions related to participation, control of the athletes' list, failure to arrive with the mandatory number of athletes, uniforms, non-participation in mandatory team activities and other disciplinary matters.

Sanctions relating to non-participation/withdrawal

If a National Federation declares the non-participation of its duly qualified team or simply does not send its team to participate in the VNL 2025, it will be sanctioned in accordance with [FIVB Disciplinary Regulations](#) as National Federations have an obligation to participate in competitions in which they have entered a team (Article 12.4.1 of the [FIVB Disciplinary Regulations](#)).

In the event that the National Federation takes the decision not to allow its team to participate in the Event, the FIVB will consider this during the proceedings before the FIVB Disciplinary Panel Sub-Committee.

Withdrawal of the team before the tournament will be sanctioned according to the [FIVB Disciplinary Regulations](#) (Article 12.3) depending on the date of withdrawal. Particularly, withdrawal during the course of the Competition or non-appearance at the beginning of the Competition by a National Team, the National Federation shall be sanctioned as follows in accordance with Article 12.3.6 of the [FIVB Disciplinary Regulations](#):

- a) a fine of up to CHF 50'000.-; and/or
- b) suspension from international competitions for up to two (2) years; and
- c) compulsory reimbursement to the Organising Committee and the FIVB for the expenses borne on behalf of the withdrawing delegation and team, plus damages for loss of income and financial consequences; and

All matches will be declared forfeited 0-3 (0-25, 0-25, 0-25).

Sanctions relating to obstruction to the control of the players' entry list

The National Federation will incur a CHF 1'000.- fine in the case of non- (or incomplete) delivery of team players' entry list and documents (including, but not restricted to the O-2 Form, team and players photographs, etc.), in accordance with Article 12.8.1 of the [FIVB Disciplinary Regulations](#).

The National Federation will incur a CHF 5'000.- fine if it fails to deliver the final list of twelve (12) to fourteen (14) players duly signed to the FIVB by the deadline defined in the Team Registration section of current Competition Regulations (above) and required documents duly signed to the FIVB Technical Officials during the Preliminary Inquiry in accordance with Article 12.8.2 of the [FIVB Disciplinary Regulations](#).

Sanctions relating to uniforms

Teams not presenting the samples of their uniforms during the Preliminary Inquiry as required in the Team Registration and Uniform Regulations sections of current Competition Regulations (above) will have to present uniforms or obtain new uniforms within 24 hours and the National Federation will incur a fine of CHF 5'000.- (or the equivalent in local currency).

The National Federation will be subject to a fine of CHF 5'000.- (or the equivalent in local currency) where their National Team presents uniforms that do not comply with the Uniform Regulations section of current Competition Regulations (above).

Where teams do not respect the colour of uniforms as indicated in the O-1 Form as distributed following the Preliminary Inquiry, their respective National Federation will be subject to a fine of CHF 1'000.- (or the equivalent in local currency).

Sanctions relating to non-participation in mandatory team activities

In each case, the National Federation will incur a fine of CHF 1'000.- (or the equivalent in local currency) where Team Managers or Doctors (or Physiotherapist in case a team does not have a Doctor) fail to attend official meetings including the Preliminary Inquiry.

Breach of official protocol may be subject to fines and suspension during the competition or for future activities as determined by the FIVB.

Sanctions relating to misconduct

All players shall conduct themselves in accordance with the principles and values of sportsmanship and fair play reflected in the [FIVB Disciplinary Regulations](#). Any rude, offensive or aggressive

misconduct conducted by an athlete, a coach or a duly accredited member of a team delegation shall be subject to sanction in accordance with Articles 2.1 and 8 of the [FIVB Disciplinary Regulations](#).

Sanctions relating to media activities

Players and Head Coaches failing to comply with the media obligations defined in Article 11 of these Competition Regulations will be subject to a fine of a minimum of CHF1,000. Multiple offences shall be subject to Article 2.9 of the FIVB Disciplinary Regulations.

Sanctions relating to other violations of the FIVB Disciplinary Regulations

Sanctions may also be imposed for violations of the [FIVB Disciplinary Regulations](#) and other [FIVB Regulations](#) in accordance with the [FIVB Disciplinary Regulations](#).

All sanctions mentioned above may be applied cumulatively.

7.3. Forfeits

- a. If a team is unable to produce six (6) players for a match due to a valid medical reason, the match(es) will be automatically forfeited (3-0).
- b. Forfeit of a team with more than six (6) players shall be subject to sanctions as per the [FIVB Disciplinary Regulations](#).

8. TRAINING & MATCH SCHEDULE

8.1. Match Schedule

Detailed Match Schedule is available on volleyballworld.com [VNL Match Schedule 2024](#)

Please consult the link regularly for any updates.

8.2. Pre-match Warm Up

- a. The two competing teams shall warm up on the competition court at least one (1) hour prior to the start of each match.
- b. When the match schedule does not allow enough time for warm up on the competition court, two (2) warm up areas shall be made available for the two competing teams at least one (1) hour prior to the start of each match.
- c. Teams shall be allowed to warm up with balls as soon as they enter the competition court.

8.3. Training Facilities

- a. One (1) training court and one (1) fitness gym shall be made available to the participating Teams.

8.4. Training/Fitness Schedule Regulations

- a. **OFF DAYS:** Each team is guaranteed:
 - 3 hours of total training time, which can be distributed between volleyball training and fitness gym as preferred.
 - No single training type (volleyball or fitness) can exceed 2 hours in duration.
 - If the volleyball training court and fitness gym are in different facilities, teams must schedule their sessions separately (e.g., 2h volleyball + 1h fitness).
 - If both facilities are within the same venue, teams are strongly encouraged to use the 3-hour allocation as a single training block, choosing how to divide the time (e.g., 1h30 volleyball + 1h30 fitness, 2h volleyball + 1h fitness, or 1h30 of both volleyball and fitness at the same time).
- b. **FAMILIARIZATION (MD-1):**
 - 1x 1h30 familiarization session on the competition court the day before the first match.
 - The familiarization session is the only training teams can have on the competition court.
 - Teams may also request 1x 1-hour fitness session on MD-1.
- c. **MATCH DAYS:** Each team is guaranteed:
 - 1x 1-hour volleyball training session.
 - Teams may also request 1x 1-hour fitness session, subject to availability.
 - If both facilities are within the same venue, teams must schedule their volleyball and fitness times consecutively, or at the same time.
- d. **Match-Day Training Scheduling:**
 - A minimum 5-hour interval must be maintained between the end of the morning training and the start of a team's match.
 - Training for competing teams shall be scheduled in the morning if the 5-hour interval before the match can be maintained. If morning training is not possible, it will be scheduled in the evening.
- e. **Training Timings:**
 - Earliest morning training starts at 08:00.
 - Latest evening training starts at 21:00.
- f. **Fairness & Equal Conditions:**
 - All teams shall receive equal training opportunities in terms of number of sessions, balance of morning/evening slots, and total training time, adjusted according to the match schedule.
- g. **Additional Training Requests:**
 - If a team requests additional training, it is at the discretion of the LOC to facilitate, with prior approval from the FIVB Technical Delegate.
- h. **Competition Day Training Allocation:**
 - Training schedules are determined based on the team matchup sequence.
- i. **Closed Training Sessions:**
 - All training sessions are closed to other event participants and must not be accessible to non-team personnel, unless pre-approved by the team in advance.
- j. **Training Confirmation & Changes:**
 - Teams must inform the LOC latest by the day before whether they intend to maintain, cancel, or request changes to their scheduled training sessions.
 - If a team fails to inform the LOC by the day before, the next day's training schedule cannot be changed.

8.5. Training Court Equipment

- Gerflor taraflex floor, net, telescopic posts and pads for the training court.
- 2 x Mikasa ball carriers and 40 x Mikasa V200W balls for training court.
- Adequate lighting (min 500 lux), A/C, ventilation and/or heating (if needed).

8.6. Fitness Training Equipment

- Squat racks w/ Olympic barbell at each rack 4x
- Weights to accompany squat racks (4x25kg/rack, 4x20kg/rack, 2x10kg/rack, 2x5kg/rack, 2x2.5kg/rack) 2x
- Barbell collars (2/rack, 2/platform) 1x
- Dumbbells ranging from 2.5kg/5lbs –45kg/90lbs in 2.5kg/5lb increments 1x
- Bench press w/ barbell 2x
- Adjustable benches 2x
- Medicine balls ranging from 3kg–10kg (in 1 kg increments) 1x
- Adjustable height cable/pulley system 2x
- Lat pulldown machine 2x
- Seated row machine 2x
- Leg press 2x
- Prone leg curl machine 2x
- Seated leg extension machine 2x
- Spin bike 5x
- Treadmills 2x
- Elliptical machines 2x
- Smith machine 2x
- Pull-up bar 2x
- Box jump 4x
- Floor mats 20x
- Swiss ball 4x
- Kettlebell ranging from 6kg –20 kg 1x
- Pvcor wood stick 1m50cm long 5x
- Trap bar 2x

9.EVENT SCHEDULE

9.1. Event Schedule

-4 days	Arrival of the FIVB Technical Delegate
-2 days	Arrival of the participating Teams
-1 day	Preliminary Inquiry
+1 day	Departure

A detailed Event Schedule will be available in the Playbook provided by the LOC two (2) weeks prior to the respective VNL Pool and VNL Finals.

9.2. Meetings & Team Briefings

A. Preliminary Inquiry

Preliminary Inquiry shall take place the day before the start of the VNL Pool and VNL Finals at the Team's hotel or competition venue. Location date and time shall be confirmed in the Event Schedule.

B. Compulsory Attendance

- a. FIVB
 - Technical Delegate
- b. TEAMS
 - Team Manager
 - Doctor and / or Physiotherapist
- c. LOC
 - LOC representative (local team services)

C. Team Delegation Requirements

- a. Signed O-2bis Form to be uploaded on the respective team's SharePoint folder
- b. Passports of all players
- c. Doctor's and/or Physiotherapist's FIVB ID-cards
- d. Team Journalist's accreditation
- e. Samples of Captain's, Libero's uniforms (if different) (3 colors) and team officials' uniforms
- f. Team Officials' uniform samples (Training Jacket, Pants and Polo)
- g. Any "injury prevention devices" that the athletes will be using
- h. Advertising on Team Uniform Approval Certificate

D. Organizer Requirements

- a. Meeting area for 10 people at teams' hotel or competition venue
- b. Accreditation Cards for Team Delegations
- c. Ruler
- d. Printer / Photocopier

E. Technical Delegates' obligations:

- a. Team Compositions Lists (O-2 and O-2bis forms, taken from SharePoint)
- b. Preliminary Inquiry form (O-7, taken from VIS)
- c. Choice of Uniform Colours Form with match schedule (O-1 Form, taken from the VIS)
- d. Match schedule for the Bulletin (taken from the VIS)
- e. Cover of the Daily Bulletin
- f. Daily Bulletin distribution list
- g. Training schedule

F. Daily Bulletin

1st Daily Bulletin — Distributed after the Preliminary Inquiries

- a. Official communication (if any)
- b. Weekly Rosters (O-2bis)
- c. Match Schedule

- d. Choice of Uniform Colors (O-1)
- e. Training Schedule

Daily Bulletins — Distributed at the end of each match day

- a. Official communication (if any)
- b. Competition Standing (P-4)
- c. Match Result (P-2)

Final Bulletin — Distributed after the gold medal match

- a. Official communication (if any)
- b. Dream Team
- c. Competition Standing (P-4)
- d. Match Result (P-2)
- e. Players Ranking (P-5)
- f. Teams Ranking (P-6)

10. TRAVEL, ACCOMMODATION & LOCAL SERVICES

10.1. LOC Key Information

Week 1 (June 4–9)			
	Women – Pool 1	Women – Pool 2	Women – Pool 3
	CAN	BRA	CHN
City	Ottawa	Rio de Janeiro	Beijing
Venue	The Arena at TD Place	Maracanãzinho	National Indoor Stadium
Address	1015 Bank St. Ottawa Ontario Canada K1S3W7	Avenue Eurico Rabelo, Gate 6	No.9, Tianchen East Road, Chaoyang District
Airport	Ottawa (YOW)	Rio de Janeiro–Galeão (GIG)	Beijing Capital (PEK) Beijing Daxing (PKX)
Hotel	Delta Hotels by Marriott Ottawa City Centre	Hotel Othon Rio	V-Continent Beijing Parkview Wuzhou Hotel
Contact person 1	Josh TOLTESI	Luiz BRUM	Margaret
Contact email	jtoltesi@volleyball.ca	luiz.brum@volei.org.br	bjcacforeign@tyj.beijing.gov.cn
Contact person 2	Alan AHAC		Stella HUANG
Contact email	aahac@volleyball.ca		649775749@qq.com

Week 1 (June 11–15)		
Men – Pool 1	Men – Pool 2	Men – Pool 3

	CAN	BRA	CHN
City	Quebec City	Rio de Janeiro	Xi'an
Venue	Centre Vidéotron	Maracanãzinho	Qujiang Sports Complex
Address	2508 Wilfrid Hamel Blvd, Québec, Qc G1L 5A7	Avenue Eurico Rabelo, Gate 6	No.555, Gongtian 4th Road, Qujiang New District, Xi'an, Shaanxi
Airport	Quebec City (YQB)	Rio de Janeiro–Galeão (GIG)	Xi'an (XIY)
Hotel	Hilton Québec	Hotel Othon Rio	Gran Melia Hotel
Contact person 1	Josh TOLTESI	Luiz BRUM	LI Jia
Contact email	jtoltesi@volleyball.ca	luiz.brum@volei.org.br	296608590@qq.com
Contact person 2	Alan AHAC		Stella HUANG
Contact email	aahac@volleyball.ca		649775749@qq.com

Week 2 (June 18–22)			
	Women – Pool 4	Women – Pool 5	Women – Pool 6
	TUR	HKG	SRB
City	Istanbul	Hong Kong	Belgrade
Venue	Sinan Erdem Sports	Kai Tak Sports Park	Belgrade Arena
Address	Hall Zuhuratbaba, Ataköy Blv. No:14, 34147 Bakırköy	38–39 Shing Kai Rd, Kowloon City	Bulevar Arsenija Černojevića 58, Beograd 11070
Airport	Istanbul (IST) Sabiha Gökçen (SAW)	Hong Kong (HKG)	Belgrade (BEG)
Hotel	Pullman Istanbul Hotel and Convention Center	Kerry Hotel	Crowne Plaza Belgrade
Contact person 1	Nilüfer SHIMONSKY	Angus LO	Bojana DUKIC
Contact email	nilufer.shimonsky@tvf.org.tr	angus.lo@vbahk.org.hk	bojana.dukic@ossrb.org
Contact person 2		Kat CHAN	Danilo MRDJA
Contact email		katc@vbahk.org.hk	danilo.mrdja@ossrb.org

Week 2 (June 25–29)			
	Men – Pool 4	Men – Pool 5	Men – Pool 6
	BUL	USA	SRB
City	Burgas	Chicago	Belgrade

Venue	Arena Burgas	NOW Arena	Belgrade Arena
Address	g.k. Izgrev, 8000, 8008 Burgas	5333 Prairie Stone Pkwy, Hoffman Estates, IL 60192	Bulevar Arsenija Čarnojevića 58, Beograd 11070
Airport	Varna (VAR)	Chicago (ORD)	Belgrade (BEG)
Hotel	Grand Hotel & Spa Primoretz	Marriott Schaumburg	Crowne Plaza Belgrade
Contact person 1	Valentin POMAKOV	Gönenç BENGISUN	Bojana DUKIC
Contact email	vpomakov@bvf.bg	vnl25-usa@volleyball.world	bojana.dukic@ossrb.org
Contact person 2		Jen FOX	Danilo MRDJA
Contact email		vnl25-usa@volleyball.world	danilo.mrdja@ossrb.org

	Week 3 (July 9-13)		
	Women – Pool 7	Women – Pool 8	Women – Pool 9
	NED	USA	JPN
City	Apeldoorn	Arlington	Chiba
Venue	Omnisport	College Park Center	Chiba Port Arena
Address	De Voorwaarts 55, 7321 MA Apeldoorn	600 S Center St, Arlington, TX 76019	1-20 Tonyacho, Chuo Ward, Chiba, 260-0025
Airport	Amsterdam (AMS)	Dallas Fort Worth (DFW)	Tokyo Haneda (HND) Tokyo Narita (NRT)
Hotel	van der Valk Hotel Apeldoorn	Live by Loews	New Otani Makuhari
Contact person 1	Martje TERLINGEN	Jen FOX	Gönenç BENGISUN
Contact email	martje.terlingen@nevobo.nl	vnl25-usa@volleyball.world	vnl25-jpn@volleyball.world
Contact person 2	Leanne KRAAK-SCHMIDT		
Contact email	leanne.kraak-schmidt@nevobo.nl		

	Week 3 (July 16-20)		
	Men – Pool 7	Men – Pool 8	Men – Pool 9
	POL	SLO	JPN
City	Gdańsk	Ljubljana	Chiba
Venue	Ergo Arena	Arena Stožice Ljubljana	Chiba Port Arena
Address	Plac Dwóch Miast 1, 80-344 Gdańsk	Vojkova cesta 100, 1000 Ljubljana	1-20 Tonyacho, Chuo Ward, Chiba, 260-0025

Airport	Gdańsk (GDN)	Ljubljana (LJU)	Tokyo Haneda (HND) Tokyo Narita (NRT)
Hotel	Mercure Old Town	Austria Trend Hotel	New Otani Makuhari
Contact person 1	Kamil FEDOROWICZ	Gregor HUMERCA	Gönenç BENGISUN
Contact email	kfedorowicz@polskiasiatkowka.eu	gregor@odbojka.si	vnl25-jpn@volleyball.world
Contact person 2	Wojciech CZAYKA		
Contact email	wczayka@pzps.pl		
Contact person 3	Hubert TOMAZSEWSKI		
Contact email	htomaszewski@pzps.pl		

	Finals (July 23–27)	Finals (July 30–Aug 3)
	Women – Finals	Men – Finals
	POL	CHN
City	Łódź	Ningbo Beilun
Venue	Atlas Arena	Ningbo Beilun Sports and Arts Center
Address	aleja ks. bp. Władysława Bandurskiego 7, 94-020 Łódź	No.778, Taihe Road, Beilun, Ningbo
Airport	Łódź (LCJ) Warsaw (WAW)	Ningbo (NGB)
Hotel	DoubleTree by Hilton	TBC
Contact person 1	Kamil FEDOROWICZ	He TAO
Contact email	kfedorowicz@polskiasiatkowka.eu	71830528@qq.com
Contact person 2	Wojciech CZAYKA	
Contact email	wczayka@pzps.pl	
Contact person 3	Hubert TOMAZSEWSKI	
Contact email	htomaszewski@pzps.pl	

10.2. Team Delegation Information

- a. To facilitate the logistics and accommodation plan, each participating NF shall communicate to the respective LOC as soon as possible:
 - Earlier arrival and later departure.
 - Exact number of Team Delegation members.
 - Rooming list.
 - Training needs during off days/weeks.
- a. And each participating NF shall complete the following:
 - [Team Contact List Form](#) — 17 FEBRUARY 2025

- [Team Travel Information Form](#) — 7 MAY 2025 (Women) & 14 MAY 2025 (Men)

10.3. Local Transportation

- The LOC shall provide dedicated bus transportation from:
 - Airport/Train Station to Hotel to Airport/Train Station.
 - Hotel to Venue to Hotel.
 - Hotel to Training Court and/or Fitness Gym to Hotel.
 - Venue to Training Court and/or Fitness Gym to Venue.
 - Venue/Hotel to Hospital to Venue/Hotel in case of medical emergency
 - Any of the above transportation must provide water in the vehicles.

10.4. Accommodation

- The LOC shall arrange for and bear all of the living and accommodation costs for all the Team Delegations from 2 days prior to the start of the VNL Pool (Monday) to 1 day after the end of the VNL Pool (Monday).
- The LOC shall arrange for and bear all of the living and accommodation costs for all the Team Delegations from 2 days prior to the start of the VNL Finals (Monday) to 1 day after the Team is eliminated. Teams eliminated at quarterfinals can decide to stay longer but must cover their own living and accommodation costs for any extra nights.
- The LOC's responsibility to accommodate event participants starts on the day of arrival at standard hotel check in time (around 2pm) with lunch, and ends on the day of departure at standard hotel check out time (around 11am) with breakfast.
- Players to be accommodated in double occupancy rooms with twin beds (2 separate beds). All other rooms are single occupancy.

10.5. Catering

- Team Delegations catering shall include three (3) buffet style meals and one snack for each Team Delegation member per day.
- Catering will be provided in the hotel based on the schedule of each Team Delegation.

10.6. Local Services

- Hotel laundry service within 24 hours.
- Event will need daily access to a laundry (wash and fold) service for each Team Delegation and FIVB/VW Officials, Staff and Representatives as follows:
 - For each Team Delegation per day/per person including Players and Team Staff: 6 sports equipment/items on training and match days.
 - FIVB/VW Officials, Staff and Representatives: 4 items per day/per person
- Any personal laundry can be included but will be paid for by individual.
- Minimum 30kg of ice per day/per Team available.
- Large amount of water will be available both at hotel and venue.

10.7. Rate Card

- The LOC shall provide a Rate Card including full board accommodation (3 daily meals and snack, daily laundry, ground transportation, access to the competition and training venues) in

case the participating teams have extra members in their delegation or arrive earlier/depart later than the designated arrival/departure day.

10.8. Team Accreditation

Team accreditations shall be produced by the LOC and distributed during each team's Preliminary Inquiry.

Each accredited participant must wear their accreditation at all times and is personally responsible for its safekeeping.

10.9. Playbook

A playbook with all necessary local information will be sent by the LOC to all participating Teams, Officials and Service Providers two (2) weeks prior to the respective VNL Pool and VNL Finals. The following information will be provided:

- a. Pool Composition & Match Schedule
- b. LOC Chart & Contacts
- c. Team Liaison Contacts
- d. FIVB/VW Chart & Contacts
- e. Pre-match Protocol
- f. Training Principles & Schedule
- g. Preliminary Inquiry Requirements & Schedule
- h. Event Practical Info
- i. Competition Venue
- j. Venue Zoning Map & Flows
- k. Team Seating
- l. Team Video Area
- m. Mixed Zone and Press Conferences
- n. Venue Transport
- o. Training Venue
- p. Fitness Gym
- q. Accommodation
- r. Catering
- s. Meeting Rooms
- t. Laundry
- u. Rate Card
- v. Medical Services and procedures to be followed
- w. During Competition & Training
- x. Out of Competition & Training
- y. Event Schedule for Officials and Service Providers

10.10. Team Tickets

For each team's match, 14 regular complimentary tickets shall be reserved for the Participating Team.

The LOC will confirm each team's final ticketing needs no later than seven (7) days before the start of the Event. Any unused tickets will be returned to the LOC.

11. TEAMS PROMOTIONAL ACTIVITIES OBLIGATIONS

11.1. Mixed Zone, Flash Interviews, Media Conferences

- a. All players departing from the FoP must exit through the Mixed Zone, allowing brief interactions with the media.
- b. Team Delegations shall be notified in due time regarding selected or all member mandatory attendance at Media Conferences or any official Event Media Activities, including schedule and required attire.
- c. During the Preliminary Inquiry, each Team has to identify players that are comfortable doing flash interviews conducted at the end of each match. The selected players must be fluent in English or notify in advance of a need for a translator.

11.2. Teams Photoshoot

- a. Each Team Delegation shall be available for a photoshoot organized by the FIVB and VW before the start of the Event. The FIVB and VW will inform the Teams beforehand on the time and date through the Event Schedule in the Playbook.

11.3. Fan Zone

Aligned with the VNL's vision to enhance interaction between players and fans, a Fan Zone is set up at each VNL stop.

The Fan Zone should be strategically placed along the players' route from the Field of Play to the dressing rooms, specifically after the Mixed Zone and before the dressing rooms.

Players are highly encouraged to engage with fans in the Fan Zone following their matches.

11.4. Awarding Ceremony

The details of the Awarding Ceremony shall be communicated to the teams qualified for the Finals during the Preliminary Inquiry and through the Daily Bulletin.

All awarded players and Head Coaches must attend the Awarding Ceremony immediately following the gold medal match.

12. AWARDS & PRIZE MONEY

12.1. Prize Money

A. Match Prize Money

Teams' prize money per team per match to be paid to the NFs participating in the Preliminary Phase as follows:

Winning team	\$9'500
Losing team	\$4'250
TOTAL per match	\$13'750

B. Final Placement Prize Money

Total prize money of USD 2.300.000 to be paid to the NFs participating in the Final Phase per gender as follows:

1st PLACE	\$1'000'000
2nd PLACE	\$500'000
3rd PLACE	\$300'000
4th PLACE	\$180'000
5th PLACE	\$130'000
6th PLACE	\$85'000
7th PLACE	\$65'000
8th PLACE	\$40'000
TOTAL	\$2'300'000

12.2. Dream Team

Total prize money of USD 100.000 to be paid to the winners of the individual awards in the Final Phase per gender as follows:

MVP PLAYER	\$30'000
BEST SETTER	\$10'000
BEST OPPOSITE	\$10'000
BEST OUTSIDE HITTER	\$10'000
BEST OUTSIDE HITTER	\$10'000
BEST MIDDLE BLOCKER	\$10'000
BEST MIDDLE BLOCKER	\$10'000
BEST LIBERO	\$10'000
TOTAL	\$100'000