

WHITEHORSE 2026



TECHNICAL PACKAGE for VOLLEYBALL



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Dedication

This Technical Package is dedicated to the memory of Ian Legaree. Ian served as the Technical Director of the Arctic Winter Games International Committee for more than 25 years. During that time he brought order, organization and consistency to the process of developing the Sport Technical Packages that guide the conduct of competitions at the Arctic Winter Games. Through his many hours of work and extensive technical knowledge of multiple sports, the clarity, quality, and functionality of the Sport Technical Packages improved continuously, always with the objective of improving the competition experience of all participants, while ensuring safe and fair competition. His dedication to this task has enhanced the Arctic Winter Games experience for thousands of participants, which is his lasting contribution to the Games.

1. Introduction

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator..

2. Eligibility

Please refer to Appendix F for detailed eligibility rules

3. Registering for the Games

- 3.1. All participants (athletes, coaches and chaperones) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro), including registering for specific events, no later than 14 days prior to the Opening Ceremony.
- 3.2. Chefs de Mission are responsible for ensuring compliance with 3.1 by all members of their jurisdiction's delegation.
- 3.3. Changes to team rosters in the final 14 days prior to the start of the Arctic Winter Games must be made through the Host Society.

4. Rules Governing Competition

- 4.1. When the Arctic Winter Games are held in Canada, this competition will be conducted under the rules of the Federation Internationale de Volleyball (FIVB) valid as of January 1 of the year of the Games, except as modified by the AWGIC..
- 4.2. When the Arctic Winter Games are held in Alaska, this competition will be conducted under the rules of the Federation Internationale de Volleyball (FIVB) valid as of January 1 of the year of the Games, except as modified by the AWGIC.
- 4.3. See Appendix A, International Sport Federation Rules, and Appendix C, Arctic Winter Games Technical Rules for more detailed information.

5. Governing Body Sanction

- 5.1. It is preferred that this competition be sanctioned by the national or international governing body for this sport.
- 5.2. If the competition is sanctioned, it may be sanctioned by the sport governing body of the host nation and/or the Federation Internationale de Volleyball (FIVB).
- 5.3. If this competition is sanctioned, the Host Society must advise the jurisdictions on sanctioning and any related matters that might affect their teams.

6. Participants and Age Classes

- 6.1. Each Participating Unit may enter a team comprised of up to twelve (12) athletes and two (2) coaches per gender team as shown in the table below.
- 6.2. All competitors must have been born in 2013 or earlier in order to meet the minimum age requirement of the AWG International Committee.

Class Name	Years of Birth	Athletes in Age Class	
		Male	Female
U19	2007-2013	12	12
Coaches	Total of four (4) coaches	2	2

- 6.3. If a coach from one gender is not available a chaperone must be substituted.
- 6.4. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

7. Competition Program

- 7.1. Round Robin
 - 7.1.1. Round Robin competition may be conducted in single or double round robin format at the discretion of the Host Society and as approved by the AWGIC. Please see Appendix B for details

8. Competition Schedule

- 8.1. The Host Society will provide a detailed schedule for the Round Robin competition and the Medal Rounds
- 8.2. For details on the Host Society's process for developing competition schedules and their responsibilities in developing the schedule, please refer to Appendix G.

9. Equipment

- 9.1. The Host Society must select the volleyball to be used in competition at least one year prior to the Games and notify all contingents upon selection.

10. Competition Uniform

- 10.1. A player's uniform consists of a jersey and shorts.
- 10.2. The colour and design for the uniform must be consistent for the team (except for the Libero).
- 10.3. Shoes
Indoor, non-marking shoes are required
- 10.4. Jersey Numbers
Players' jerseys must be numbered from 1 to 20.
- 10.5. Team Colours
Refer to details surrounding team colours as identified in the AWGIC Staging Manual.

11. Scoring

Games will be played to 25, with no cap (i.e. 31-29 is possible).

12. Medals

Medals shall be awarded as follows:

Ulu Color	Males	Females	Coaches Receive Ulu with Team
Gold	12 + 2 coaches	12 + 2 coaches	Yes
Silver	12 + 2 coaches	12 + 2 coaches	Yes
Bronze	12 + 2 coaches	12 + 2 coaches	Yes

13. Major Officials

Officials will be as described in the international rules

14. Resolution of Field of Play Disputes

- 14.1. Arctic Winter Games policies dictate that each sport shall establish a sport specific jury to deal with protests arising from the field of play as dictated by the rules specified in section 5 of this Technical Package.
- 14.2. When the Arctic Winter Games are held in Canada, field of play disputes will be resolved in accordance with the rules of Volleyball Canada or the Federation Internationale de Volleyball.
- 14.3. When the Arctic Winter Games are held in Alaska, field of play disputes will be resolved in accordance with the rules of USA Volleyball or the Federation Internationale de Volleyball.
- 14.4. Decisions resolved in accordance with 14.2 or 14.3 are considered final.
- 14.5. Such decisions may only be appealed to the Games Jury under these conditions:
 - 14.5.1. Failure to follow the rules as specified in the AWGIC Sport Technical Package.
 - 14.5.2. An error in fact.
 - 14.5.3. Failure to follow the dispute resolution procedures specified in the relevant International Federation and/or National Governing Body rules and/or AWGIC exceptions.
- 14.6. See Appendix B for details on the appeals process.



Appendix A

International Sport Federation Rules

Appendix A – International Sport Federation Rules

15. International Sport Federation Rules

- 15.1. Where rules of an international sport governing body exist for an Arctic Winter Games sport, the competition shall, in principle, be governed by those rules.
- 15.2. The rules of the international sport governing body will be in effect regardless of the host nation of the Arctic Winter Games.
- 15.3. Arctic Winter Games Rules Modifications
 - 15.3.1. The AWGIC, on the advice of the Technical Director and/or the Technical Committee, may adopt modifications to the international sport governing body rules to ensure safe and fair competition during the Arctic Winter Games.
 - 15.3.2. After each Games, the rules included in each sport's Technical Package will be reviewed at a Sport Technical Meeting. Any recommendations made at the Sport Technical Meeting for rules changes will be evaluated by the Technical Committee and the Technical Director.
 - 15.3.3. The Technical Committee and/or the Technical Director will make recommendations to the AWGIC for any needed changes in the rules.
- 15.4. Rules Included in the Technical Package
 - 15.4.1. Modifications to the international sport governing body rules for Arctic Winter Games competition will be included in Appendix D of each sport's technical package.
 - 15.4.2. Any rules of the international sport governing body that have not been modified for Arctic Winter Games competition shall be followed as written and will not be repeated in the sport-specific technical package.
- 15.5. Knowing and Understanding the Rules
 - 15.5.1. It is the responsibility of each jurisdiction to ensure that their coaches are familiar with the competition rules of the international sport governing body for their respective sports, and any modifications made for Arctic Winter Games Competition.
 - 15.5.2. For each AWG sport, a pre-competition meeting shall be held, attended by all coaches and all major officials to review the rules under which the competition will be conducted.



Appendix B

Games Jury and Review Board

Appendix B – Games Jury and Review Board

All field of play disputes will be resolved according to the governing rules cited in Rule 4 of this Technical Package. This Appendix deals with the appeal of any decisions arising from action on the Field of Play (FOP) which one party believes to be in contravention of proper application of those rules

16. Games Jury

16.1. Composition and of the Games Jury

The Games Jury shall include the following members:

16.1.1. AWGIC Technical Director.

16.1.2. Host Society Sport Manager.

16.1.3. All Chefs de Mission, or designees, with these exclusions:

- the Chef de Mission representing the Contingent filing the appeal;
- the Chef de Mission of the Contingent against which the appeal is being filed is excluded from the Games Jury.

16.2. Games Jury Chair and Quorum

16.2.1. The AWGIC Technical Director will chair the Games Jury.

16.2.2. A minimum of three (3) members must be present to carry out the business of the Games Jury.

16.2.3. No discussion of an appeal may occur, nor may the business before the Games Jury be conducted, without a quorum.

16.2.4. Should the Games Jury lose quorum during a proceeding, the proceeding shall be suspended until there is a quorum.

16.3. Basis for Submitting an Appeal to the Games Jury.

An appeal will be heard by the Games Jury in the following circumstances:

16.3.1. Failure to follow the Rules as specified in the AWGIC Sport Technical Package, including the failure to correctly apply the applicable International Federation and/or National Governing Body rules and/or AWGIC exceptions.

16.3.2. Failure to follow the dispute resolution procedures specified in the relevant International Federation and/or National Governing Body rules specified in Rule 4 of this Technical Package and/or AWGIC exceptions.

16.4. Who Can Submit an Appeal to the Games Jury

16.4.1. A Chef de Mission or their identified designee.

16.4.2. The Head Official of a sport.

16.5. Submitting an Appeal of Sport Decision to Games Jury

16.5.1. An appeal must be submitted within five hours of the Contingent receiving the decision made under the specific sport's dispute resolution process or receiving notice that the sport will not be hearing a matter.

16.5.2. The AWGIC Secretariat will provide the URL for the online Appeal of Sport Decision to Games Jury form to all Chefs de Mission.

- 16.5.3. Upon submission, the form will be transferred electronically to the AWGIC Technical Director.
- 16.5.4. The AWGIC Technical Director or their designee will screen all appeals submitted to the Games Jury.
- 16.5.5.
- 16.6. Determination of Eligibility of the Appeal to Be Heard
 - 16.6.1. The AWGIC Technical Director or their designee determines whether an appeal does or does not fall within the identified grounds under Section 16.3
 - 16.6.2. If the AWGIC Technical Director or their designee judges the appeal to fall within the identified ground under section 16.3, the appeal shall be heard.
 - 16.6.3. If the AWGIC Technical Director or their designee judges that the appeal does not fall within the identified ground under section 16.3, the appeal shall be dismissed.
 - 16.6.4. The decision of the AWGIC Technical Director or their designee to dismiss the appeal may not be reviewed or appealed.
- 16.7. Communication of Decision to Hear or Dismiss
 - 16.7.1. The AWGIC Technical Director shall inform the respective Chef de Mission of the screening decision, who will inform the individual(s) involved of the decision of the AWGIC Technical Director to hear/not hear the appeal.
 - 16.7.2. If the decision is to hear the appeal, the AWGIC Technical Director shall inform the Chef de Mission responsible for the individuals and/or team against whom the appeal has been made.
 - 16.7.3. The AWGIC Technical Director shall provide the Chef de Mission of the Respondents, if applicable, with a copy of the appeal form submitted to the Games Jury.
- 16.8. Hearing schedule:
 - 16.8.1. The Games Jury shall convene as soon as is practical.
 - 16.8.2. If the AWGIC Technical Director determines that sufficient time has passed, they may proceed with the appeal process, provided there is a quorum to do so.
 - 16.8.3. The AWGIC Technical Director may appoint AWGIC staff or designate someone to record the hearing.

16.9. Hearing and Deliberation

- 16.9.1. The Respondents may represent themselves before the Games Jury or name a representative to do so on their behalf.
- 16.9.2. Representatives may not testify (i.e., give evidence) on behalf of a Respondent.
- 16.9.3. After hearing the description and reasons for the appeal, as well as any relevant testimony and evidence related to the appeal, the Games Jury will deliberate and render a decision in writing.
- 16.9.4. In extraordinary circumstances, the Games Jury may first issue a verbal decision, with the full written decision, with reasons, to be issued as soon as possible following the verbal decision.
- 16.9.5. In making its decision, the Games Jury will have no greater authority than that of the original decision-maker. The Games Jury may decide to:
 - Reject the appeal and confirm the decision being appealed;
 - Uphold the appeal and refer the matter back to the initial decision-maker for a new decision, or;
 - Uphold the appeal and vary the decision.

16.10. Notification of Games Jury Decision

The AWGIC Technical Director will communicate Games Jury decisions to the appropriate parties, including:

- 16.10.1. To the Chef de Mission of the Respondents
- 16.10.2. To the Chef de Mission of the jurisdiction of the individual(s)/Contingent who brought the issue to the Games Jury.
- 16.10.3. The AWGIC Technical Director is the only person authorized to speak on behalf of the AWGIC to the media regarding Games Jury appeal decisions.
- 16.10.4. A summary of the decision of the Games Jury will be made publicly available on the AWGIC website. No identifying information about any individual participant(s) will be included in the summary.

17. Review Board

- 17.1. Review Board Process.
 - 17.1.1. Following the decision, the AWGIC Technical Director must inform the Chefs de Mission of the parties involved of the option to apply for a review of a Games Jury decision by the Review Board.
- 17.2. Submitting a Request for Review of Games Jury Decision
 - 17.2.1. An appeal must be submitted via the online Request for Review of Games Jury Decision form within five hours of the Contingent receiving the Games Jury's decision being communicated to the Contingent via the Chef de Mission
 - 17.2.2. The AWGIC Secretariat will provide the URL for the online Request for Review of Games Jury Decision form to all Chefs de Mission.
 - 17.2.3. Upon submission, the form will be transmitted electronically to the AWGIC Technical Director who will forward it to the members of the Review Board appointed for the hearing.
- 17.3. Basis for Request for Review
 - 17.3.1. A review of a Games Jury decision will be heard by the Review Board if the request for review meets at least one of the following grounds:
 - The Games Jury failed to correctly apply the applicable bylaws, rules and policies.
 - The decision of the Games Jury was unreasonable.
- 17.4. Composition of the Review Board.

The Review Board consists of three members.

 - 17.4.1. Two AWGIC directors who are not involved in the complaint process
 - 17.4.2. The Host Society President/Chair or General Manager.
- 17.5. Review Board Process
 - 17.5.1. The Review Board will determine if there are sufficient grounds to warrant a review.
 - 17.5.2. The Review Board will designate one of its members to notify the parties to the request for review of the Games Jury's decision as to whether the request will or will not be reviewed.
 - 17.5.3. The Review Board may appoint AWGIC staff or designate someone to record the review process.
 - 17.5.4. If the Review Board determines that there are sufficient grounds, the Review Board will conduct a review of the Games Jury's decision based on the written decision of the Games Jury, as well as any supporting written documentation submitted to the Games Jury.
 - 17.5.5. The Review Board will determine whether the Games Jury's decision was reasonable, or unreasonable, and will
 - Overturn the decision or
 - Uphold the decision.
 - 17.5.6. The Review Board's determination is final.



Appendix C

Arctic Winter Games Technical Rules for Volleyball

Appendix C – Arctic Winter Games Technical Rules for Volleyball

18. Round Robin and Medal Round Structure

The number of teams in the draw will dictate the structure of the round robin and medal round as specified below.

18.1. The draw for the round robin will be a random draw, conducted by the Host Society. All matches in both round robin and the medal round will be best of five matches.

18.2. Round Robin

The round robin tournament will determine seeding for the medal round

18.2.1. Four Teams

Double round robin format will be used if there are four teams in the tournament,

18.2.2. Five or more teams

Single round robin format will be used if there are five or more teams in the tournament,

18.3. Medal Round

Four or five teams:

18.3.1. Semi-Finals (1st vs. 4th & 2nd vs. 3rd)

18.3.2. Bronze Medal match (losers of semifinal matches)

18.3.3. Gold Medal match (winners of semifinal matches)

18.4. Six Teams:

18.4.1. First Round (M1 3rd vs. 6th & M2 4th vs. 5th)

18.4.2. Second Round (1st vs Winner M2 & 2nd vs. Winner M1)

18.4.3. 5th Place Match (losers of second round matches).

18.4.4. Bronze Medal match (losers of semifinal matches)

18.4.5. Gold Medal match (winners of semifinal matches)

18.5. Seven Teams:

18.5.1. First Round (M1 3rd vs. 6th & M2 4th vs. 5th)

18.5.2. Final Ranking for 5th and 6th place:

- Fifth Place = Loser of M2

- Sixth Place = Loser of M1

18.5.3. Second Round (1st vs Winner M2 & 2nd vs. Winner M1)

18.5.4. 6th-7th Place Match – LM1 vs. 7th place)

18.5.5. Bronze Medal match (losers of semifinal matches)

18.5.6. Gold Medal match (winners of semifinal matches)

19. Tie-breaking

FIVB tie breaking rules and procedures should be applied

20. Substitution

Limited substitutions are allowed - 12 sub-rule

21. Timeouts

Each team will be allowed two timeouts of 60 seconds per set.

22. Forfeits

- 22.1. Should any team miss a match, they will forfeit said match.
- 22.2. The match results will be scored 'X' Games to 0 ('X' being the minimum number of Games required to win a match).
- 22.3. The score for each game in these matches will be recorded as 25 points to 0.
- 22.4. The forfeiting team will be allowed to continue in the preliminary round of the tournament.



Appendix D

Age Class Naming Convention

Appendix D – Age Class Naming Convention

101. Age Class Naming Convention

Arctic Winter Games age classes are named according to this formula:

“U” followed by a number equal to 1 plus the age in years, on December 31 of the calendar year prior to the Games, of an athlete born in the earliest year of eligibility for that class

Example: oldest year of birth for class “x” = 2007

Age of a person born in 2007 on December 31, 2025 = 18 years old

$1 + 18 = 19$

“U” + “19” = Age class name is U19.

Appendix E

Ties Within the Medal-Winning Positions

Appendix E – Ties Within the Medal-Winning Positions

201. Ties Within the First Three Places

In the case of ties for medal-winning positions, two medals will be awarded for that position, and no medals awarded for the next position.

201.1. In the case of a tie for the Gold Ulu, no Silver ulu will be awarded.

201.2. In the case of a tie for the Silver Ulu, no Bronze ulu will be awarded.

201.3. In the case of a tie for the Bronze Ulu, two Bronze ulus will be awarded.



Appendix F

Eligibility and Age Requirements

Appendix F – Eligibility and Age Requirements

Preamble:

The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose:

This policy provides direction and guidance to the participating contingents when selecting athletes, cultural and youth ambassador program participants for their teams.

Sport Participation:

As the guardian and rights holder of the biennial premier circumpolar sport and cultural event for northern youth, the Arctic Winter Games International Committee (AWGIC) offers male and female sport competition for Arctic Winter Games participants.

The AWGIC board, membership, and stakeholders remain committed to ongoing collaboration and monitoring developments within the global sport community. While remaining true to its core values of respect and a participant-centred approach, the AWGIC will continue to act with integrity and be accountable for its decisions.

General Eligibility Rules – for all Participants

301. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes, Cultural delegates and Youth Ambassador Program participants shall:
 - 301.1. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC). Current approved Guest Contingents are Nunavik (Quebec, Canada), Yamal-Nenets (Russia)*, Sapmi (Finland/Norway/Sweden);
 - 301.2. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;
 - 301.3. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical Packages or other publications issued by the Arctic Winter Games International Committee;
 - 301.4. comply with all rules and regulations of their Contingent.

302. Residence

- 302.1. 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.
- 302.2. An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

303. Jurisdictional Residency Standards

Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

304. Minimum Age Requirement

All participants must have reached the age of 12 as of the December 31 immediately preceding the Arctic Winter Games in which they will participate.

- 304.1. If a contingent desires to bring a participant who is below the minimum age, the Chef de Mission must submit a request via the online form to the AWGIC Technical Director not less than 30 days prior to the Opening Ceremony of the Games
- 304.2. The AWGIC Secretariat will provide the URL for the online minimum age waiver form to all Chefs de Mission
- 304.3. Upon submission, the form will be electronically transmitted to the AWGIC Technical Director for review.
- 304.4. Within 48 hours of submission of the online form, the AWGIC Technical Director will respond to the Chef de Mission with a decision.

305. Aging Up

The AWGIC Technical Committee has established age limits for each age group specified in this Technical Package.

- 305.1. If a contingent desires to bring a participant who is below the minimum age for their age group as specified in this technical package, the Chef de Mission must submit a request via the online form to the AWGIC Technical Director not less than 30 days prior to the Opening Ceremony of the Games
- 305.2. The AWGIC Secretariat will provide the URL for the online aging up waiver form to all Chefs de Mission
- 305.3. Upon submission, the form will be electronically transmitted to the AWGIC Technical Director for review.
- 305.4. Within 48 hours of submission of the online form, the AWGIC Technical Director will respond to the Chef de Mission with a decision.

306. Athlete Eligibility

To participate in the Arctic Winter Games as an athlete, each participant must meet the definition of a "Developing Athlete"

306.1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.

306.1.1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;

306.1.2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

307. Cultural Delegate Eligibility

To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.

308. Youth Ambassador Program Eligibility

To be eligible to participate in the Arctic Winter Games, a Youth Ambassador Program participant shall comply with the eligibility requirements included in the current Youth Ambassador Program Technical Package.

Yamal Suspension

* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.



Appendix G

Schedule Development Process

Appendix G – Schedule Development Process

- 401. Master Sport Schedule
 - 401.1. First Draft

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit's Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony).
 - 401.2. Final Schedule

The Master Sport Schedule becomes “final” three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC.

 - 401.2.1. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered “final”.
 - 401.2.2. The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required.
 - 401.2.3. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.
- 402. Host Society is required to:
 - 402.1. Create a process for stakeholders to provide input and request changes to the schedule;
 - 402.2. Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games;
 - 402.3. Refer to the AWGIC Staging Manual to view approved sport schedule templates.
- 403. Host Society must do their best to:
 - 403.1. Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
 - 403.2. Respect the timing required for participant feeding, transportation and marshaling for opening and closing ceremonies;
 - 403.3. Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host jurisdiction, where Units with the most travel should practice/train and/or compete last).