

Athlete Uniform & Equipment

Approved: September 14, 2025

Uniform

LUVC aims for a consistent and professional appearance for all athletes and coaches during gameplay, tournaments, exhibitions, scrimmages, and club-organized clinics in keeping with OVA and or Volleyball Canada requirements.

Mandatory Club Package (provided by LUVC):

Option 1: Returning Athlete Uniform Package (included in Club Fees);

Returning athletes that have both game-day jerseys from the previous season in good condition will not be required to purchase new jerseys provided the team roster does not contain a duplicate athlete number. The athlete with more team seniority will be permitted to retain the jersey number and the other athlete will be required to purchase Option 2 : New Athlete package. The Club Fee will be adjusted to remove the cost to purchase jerseys.

Package 1 contains:

- Two practice shirts
- One surprise clothing item

Option 2: New Athlete Uniform Package (included in Club Fees);

Package 1 contains:

- Two game jerseys
- Two practice shirts
- One surprise clothing item



Important Uniform Rules:

- Uniform items provided by the club cannot be altered.
- Athletes are responsible for replacing any lost or damaged uniform items.
- At tournaments, games, and exhibitions, athletes must wear the entire prescribed uniform.
- Items not part of the official team uniform are not permitted on the court during OVA or Volleyball Canada events.

What Guardians/Athletes Must Provide (at their expense):

- Black shorts or leggings in compliance with OVA requirements.
- Athletic socks are suggested to wick away moisture to help prevent blisters.
- Indoor court shoes are ideal that offer good grip and ankle support necessary for quick lateral movements. Running shoes are generally not recommended as these types of shoes lack lateral stability.

Optional:

- Athletes with pre-existing ankle weakness from previous injury should wear ankle braces to continue to support recovery and protect from additional injury. Some coaches may require athletes to wear ankle protection in order to participate.
- Athletes with long hair should ensure they have a way to keep it out of their face during play such as hair ties and/or headbands..
- LUVJ jerseys have short sleeves and some athletes may prefer to wear volleyball arm sleeves.

1.1. Essential Athlete Equipment: (at your expense)

- Each athlete is expected to purchase an official ball for youth competition in conformance with the OVA requirements. ([OVA Official Balls](#)) Volleyballs will be available for purchase at the LUVJ Open House Event at the start of season. Athletes are expected to keep their ball in good repair, bring it to every practice and tournament, and use it to practice at home. Athletes and

their guardians will be responsible for the replacement of lost or damaged balls.

- Volleyball involves a lot of diving, sliding, and floor contact. Quality kneepads are crucial for protecting your athlete's knees from scrapes and bruises. Ensure they fit snugly but aren't too tight.
- A sports bag to keep athletes gear organized. Bags will be available for purchase through the LUVC store.
- A reusable water bottle with a watertight seal (no straws) is a must for practices and games.

1.2. LUVC Store

LUVC will have a virtual Team Store that will be open twice a season at select times to purchase LUVC branded clothing for family, friends and athletes. Details of the Team Store opening will be shared by email with all LUVC members as well as on the LUVC website. ([Lanark United Volleyball Club Website](#))