



ONTARIO
Volleyball



YOUTH COMPETITIONS MANUAL

2019/2020

Everything you need to know
for the indoor volleyball season.

2019-2020 Youth Competitions Calendar

** All prices plus HST

Event	Date	Deadline	Fees
11U Girls Ontario Championships	April 17-18, 2020	January 13, 2020	\$830
12U Boys Ontario Championships	April 19-20, 2020	January 13, 2020	\$830
12U Girls Provincial Cup	November 30, 2019	November 3, 2019	\$275
12U Girls Challenge Cup	January 12, 2020	December 1, 2019	\$275
12U Girls McGregor Cup	February 15, 2020	January 5, 2020	\$275
12U Girls Bugarski Cup	March 7, 2020	January 26, 2020	\$275
12U Girls Ontario Championships	April 17-18, 2020	January 13, 2020	\$830
13U Boys Provincial Cup	November 9, 2019	October 13, 2019	\$330
13U Boys Challenge Cup	December 7, 2019	October 27, 2019	\$330
13U Boys McGregor Cup	January 18, 2020	December 8, 2019	\$330
13U Boys Bugarski Cup	February 22, 2020	January 12, 2020	\$330
13U Boys Ontario Championships	April 19-21, 2020	January 13, 2020	\$1,230
13U Girls Provincial Cup	November 16, 2019	October 20, 2019	\$330
13U Girls Challenge Cup	December 14, 2019	November 3, 2019	\$330
13U Girls McGregor Cup	January 18, 2020	December 8, 2019	\$330
13U Girls Bugarski Cup	February 22, 2020	January 12, 2020	\$330
13U Girls Ontario Championships	April 16-18, 2020	January 13, 2020	\$1,230
14U Boys Provincial Cup	November 30, 2019	November 3, 2019	\$330
14U Boys Challenge Cup	January 11, 2020	December 1, 2019	\$330
14U Boys McGregor Cup	February 8, 2020	December 29, 2019	\$330
14U Boys Bugarski Cup	March 7, 2020	January 26, 2020	\$330
14U Boys Ontario Championships	April 16-18, 2020	January 13, 2020	\$1,230
14U Girls Provincial Cup	November 23, 2019	October 27, 2019	\$330
14U Girls Challenge Cup	January 11, 2020	December 1, 2019	\$330
14U Girls McGregor Cup	February 8, 2020	December 29, 2019	\$330
14U Girls Bugarski Cup	March 7, 2020	January 26, 2020	\$330
14U Girls Ontario Championships	April 19-21, 2020	January 13, 2020	\$1,230
15U Boys Provincial Cup	November 16, 2019	October 20, 2019	\$330
15U Boys Challenge Cup	December 14, 2019	November 3, 2019	\$330
15U Boys McGregor Cup	February 1, 2020	December 22, 2019	\$330
15U Boys Bugarski Cup	February 29, 2020	January 19, 2020	\$330
15U Boys Ontario Championships	April 19-21, 2020	January 13, 2020	\$1,230
15U Girls Provincial Cup	November 9, 2019	October 13, 2019	\$330
15U Girls Challenge Cup	December 7, 2019	October 27, 2019	\$330
15U Girls McGregor Cup	February 1, 2020	December 22, 2019	\$330
15U Girls Bugarski Cup	February 29, 2020	January 19, 2020	\$330
15U Girls Ontario Championships	April 16-18, 2020	January 13, 2020	\$1,230

16U Boys Provincial Cup	December 7, 2019	November 10, 2019	\$340
16U Boys Challenge Cup	January 25, 2020	December 15, 2019	\$340
16U Boys McGregor Cup	February 22, 2020	January 12, 2020	\$340
16U Boys Bugarski Cup	March 28, 2020	February 16, 2020	\$340
16U Boys Grand Prix	March 28, 2020	February 16, 2020	\$575
16U Boys Ontario Championships	April 19-21, 2020	January 13, 2020	\$1,330
16U Girls Provincial Cup	November 30, 2019	November 3, 2019	\$340
16U Girls Challenge Cup	January 25, 2020	December 15, 2019	\$340
16U Girls McGregor Cup	February 22, 2020	January 12, 2020	\$340
16u Girls Bugarski Cup	March 28, 2020	February 16, 2020	\$340
16U Girls Grand Prix	March 28, 2020	February 16, 2020	\$575
16U Girls Ontario Championships	April 19-21, 2020	January 13, 2020	\$1,330
17U Boys Provincial Cup	November 30, 2019	November 3, 2019	\$340
17U Boys Challenge Cup	January 11, 2020	December 1, 2019	\$340
17U Boys McGregor Cup	February 8, 2020	December 29, 2019	\$340
17U Boys Bugarski Cup	March 7, 2020	January 26, 2020	\$340
17U Boys Grand Prix	March 7, 2020	January 26, 2020	\$575
17U Boys Ontario Championships	April 16-18, 2020	January 13, 2020	\$1,330
17U Girls Provincial Cup	November 23, 2019	October 27, 2019	\$340
17U Girls Challenge Cup	January 12, 2020	December 1, 2019	\$340
17U Girls McGregor Cup	February 1, 2020	December 22, 2019	\$340
17U Girls Bugarski Cup	February 29, 2020	January 19, 2020	\$340
17U Girls Grand Prix	February 29, 2020	January 19, 2020	\$575
17U Girls Ontario Championships	April 19-21, 2020	January 13, 2020	\$1,330
18U Boys Provincial Cup	November 16, 2019	October 20, 2019	\$340
18U Boys Challenge Cup	December 14, 2019	November 3, 2019	\$340
18U Boys McGregor Cup	January 18, 2020	December 8, 2019	\$340
18U Boys Furlani Cup	February 15, 2020	January 5, 2020	\$340
18U Boys GP Qualifier	February 15, 2020	January 5, 2020	\$575
18U Boys Bugarski Cup	March 28, 2020	February 16, 2020	\$575
18U Boys Grand Prix	March 28, 2020	February 16, 2020	\$575
18U Boys Ontario Championships	April 16-18, 2020	January 13, 2020	\$1,330
18U Girls Provincial Cup	November 16, 2019	October 20, 2019	\$340
18U Girls Challenge Cup	December 14, 2019	November 3, 2019	\$340
18U Girls McGregor Cup	January 18, 2020	December 8, 2019	\$340
18U Girls Furlani Cup	February 8, 2020	December 29, 2019	\$340
18U Girls GP Qualifier	February 8, 2020	December 29, 2019	\$575
18U Girls Bugarski Cup	March 28, 2020	February 16, 2020	\$340
18U Girls Grand Prix	March 28, 2020	February 16, 2020	\$575
18U Girls Ontario Championships	April 16-18, 2020	January 13, 2020	\$1,330
17UG Eastern Elite Invitational*	TBD	TBD	\$575

14U National Championships	May 1-3 & May 8-10, 2020	TBD – East & West Locations TBD
15U-18U National Championship	May 13-19, 2020	Edmonton, AB
Ovation Awards	May 30, 2020	TBD

Table of Contents

Pg #

1.0 Office and Administrative Staff	1
1.1 OVA Office Location	1
1.2 Youth Competitions Administrative Staff	1
2.0 Club Administration	2
2.1 Membership	2
2.2 Membership Policy	2
2.3 Eligibility	2
2.4 Tryout Window	2
2.5 Transfer Policy	3
2.6 Club Requirements	3
2.7 Club Team Organization	4
2.8 Insurance	4
2.9 Letters of Good Standing	5
3.0 Registration	6
3.1 How to Register	6
3.2 Individual Membership Fees	6
3.3 Club Fee	6
3.4 Respect in Sport Parent Module	6
3.5 Tournament Entry Fees and Deadlines	7
3.6 Ontario Championships Entry Fees and Deadlines	7
3.7 Tournament Cancellation	8
3.8 Tournament Refund Policy	8
3.9 Tournament Hosting	9
4.0 Competition Regulations	12
4.1 Game Ball	12
4.2 Uniforms	12
4.3 Age Categories	13
4.4 Playing Restrictions for Athletes in the Extended Age Categories	13
4.5 Recommendations for Athletes in a Team Above their Chronological Age	14
4.6 Age Identifiers in Team Names	14
4.7 19U Eligibility	14
4.8 Players Moving Up an Age Category	15
4.9 Players Moving Laterally within an Age Category	15
4.10 Initial Placement Adjustment for New Clubs/Teams	15
4.11 Initial Placement Adjustment for Teams without Ontario Championships Results	15
4.12 Placement for Underage Teams	16
5.0 Season Structure	17
5.1 Tournament Formats	17
5.2 2019-2020 Ontario Volleyball Seasonal Structure Girls and Boys	18
5.3 Placement for the First Event of the Season	24
5.4 Promotion for Vacancies in Tournament Draws	24

5.5	Tournament Exemptions	24
5.6	OVA Indoor Points System	25
5.7	Tie Breaking Procedure for Tournament Seeding	26
5.8	Tie Breaking Procedures for Pool Play Ranking	26
6.0	Playing Rules and Regulations	27
6.1	Net Heights	27
6.2	Libero Rules	27
6.3	Substitution Rules	27
6.4	Warm Up Protocol	27
6.5	Step in Rule	29
6.6	Fair Play Rule	29
6.7	All Position Events	29
6.8	Serve Receive Rule	30
6.9	Game Day Scheduling	30
6.10	OVA Hotline	30
6.11	Recreational Cell Phone and Tripod Use	30
6.12	Lining and Scoring	30
6.13	Protests	31
6.14	Purple Card	31
6.15	Default Procedure	32
6.16	Assignment of Officials	32
6.17	Concussion Policy	33
6.18	Rowan's Law – Concussion Safety	33
7.0	Ontario Championships	34
7.1	Ontario Championships Eligibility Requirements	34
7.2	Ontario Championships Travel Policy	34
7.3	Rosters for Ontario Championships	34
7.4	Stay to Play Policy	35
7.5	National Championships	35
8.0	Coaching	36
8.1	Coaching Certification Requirements	36
8.2	Coach Development Week	38
8.3	Police Screening	38
8.4	Coaching Code of Ethics	39
9.0	Person in Authority Code of Conduct	40
9.1	Person in Authority Code of Conduct	40
9.2	Person in Authority Code of Conduct – Purpose	40
10.0	Awards	41
10.1	Tournament Medals	41
10.2	OVA Award of Excellence	41
10.3	OVA Grand Prix All Star Teams	41
10.4	Evelyn Holick and Ken Davies Awards	41

10.5 Scarborough Solars Awards	41
10.6 OVAtion Banquet <i>presented by Nothers Signs and Recognition</i>	42

Appendices	43
I. What's New 2019-20	44
II. Triple Ball Rules & Regulations	49
III. Volleyball Canada Age Categories	51
IV. OVA Code of Conduct	52
V. Person in Authority Code of Conduct	58
VI. Uniform Logo Policy	62
VII. VC Libero Uniform Guidelines	63
VIII. OVA Fines and Sanctions	65
IX. Concussion Policy and Protocol	67
X. OVA Purple Card Policy	75
XI. 2019 Champions	79

1.0 Administrative Staff

1.1 OVA Office Location

60 Scarsdale Rd, Unit #111
Toronto, Ontario M3B 2R7
General Line: 1-800-372-1568
Event Day Hotline: 647-467-5514
Office Hours are 8:30am – 4:30pm

1.2 Youth Competitions Administrative Staff

Mark Wiersma – Youth Competitions Lead (mwiersma@ontariovolleyball.org / 416-426-7428) - 16U/17U/18U Girls & Boys Indoor Youth Competitions; Facility Partnerships; Ontario Championships; Team Ontario/HPC/Regional and Tall Maples program support.

Kaitlin Arscott – Indoor Coordinator (karscott@ontariovolleyball.org / 416-426-7321) – 11U/12U/13U/14U/15U Girls & Boys Indoor Youth Competitions; Ontario Championships; Team Ontario/HPC/Regional and Tall Maples program support.

Carrie Campbell – Indoor Competitions Manager (ccampbell@ontariovolleyball.org / 416-426-7433) – Responsible for planning, developing, and guiding Association staff for all OVA Youth Competitions and Ontario Championships deliverables; Indoor Adult Recreational Leagues, Respect in Sport, Club development.

Kelvin Cheng – Operations Lead (kcheng@ontariovolleyball.org / 416-426-7233) Officiating Program; NCCP Coaching Program; Police Screening Management; Club Forms; Coach Certification and Exemption Cards; Beach Tour.

Chery Bennett – Member Services Coordinator (cbennett@ontariovolleyball.org / 416-426-7132) General Inquiries; National Registration System (NRS); Letters of Good Standing; Online Shopping Cart; Sport Court Rentals; Insurance; Special Event Sanctioning; OVAtion Banquet, and member/volunteer recognition.

Lindsay Bax – Marketing and Communications Manager (lbax@ontariovolleyball.org / 416-426-7019) - Website Maintenance; Marketing and Communications; Public and Media Relations; Between the Lines e-Newsletter; Social Media; Business Development; Sponsorship.

Alishia Lidums – Director of Volleyball Operations (alidums@ontariovolleyball.org / 416-426-7431) - Program Development & Delivery for Indoor, Beach and Sitting; Program Budgets; Supervision of Program Coordinators and Interns; Special Event Management; Communications; Women's Initiatives; Major Events, Grant Applications, Event Bids.

Jennifer Harkness – Director of Finance and Administration (jharkness@ontariovolleyball.org / 416-426-7318) - Financial Operations, Human Resources, Risk Management and Administration.

Jo-Anne Ljubicic - Executive Director (jljubicic@ontariovolleyball.org / 416-726-7414) - Strategic Planning, Grant Applications, Board and Committee Governance, Sponsorship and Revenue Generation.

For any accounting enquiries please email: accounts@ontariovolleyball.org

2.0 Club Administration

2.1 Membership

All players, coaches and team staff must be registered members with the OVA before they are eligible to participate in any activities associated with the OVA. Membership provides insurance coverage. If a player or team staff member participates in an OVA associated event without having paid an OVA membership fee – a fine will be charged to the associated Club and they will be placed in bad standing until the fine is paid in full. Any results or team finishes where an unregistered or ineligible player has been listed on the score sheet may be forfeited. Please see sanction chart for fine amounts.

- **All players and coaches must be registered members prior to their first Club practice**
- The last day to add a new athlete to a team roster is **February 1st, 2020 by 11:59 PM**
- A player can only register and participate with one (1) Club and one (1) Province/Territorial Association
- ANY person sitting on the bench at an OVA competition or participating in team practices **MUST** be a registered member of the OVA. This includes coaches, team staff, managers, trainers, etc.
- OVA Memberships are non-refundable

Please visit the OVA website www.ontariovolleyball.org for National Registration System (NRS) procedures.

2.2 Membership Policy

All members are bound by the OVA Membership Policy. The purpose of this policy is to contribute to the growth and development of volleyball for all Ontarians in a safe sporting environment by providing clubs and paying member categories with rules and requirements, including member obligations, fees and the terms/conditions of membership.

Read the full OVA Membership Policy by [clicking here](#).

2.3 Eligibility

Any Ontario team competing in any OVA sanctioned competition or tournament must be fully registered with the OVA as a Club team and may only use registered OVA members of that Club. All team members must be registered in NRS prior to participating in their first OVA event of the season – **this includes Club practices**.

An OVA representative in any capacity may request proof of age, OVA membership registration, signed Informed Consent and Assumption of Risk Agreement/Release of Liability, Waiver of Claims and Indemnity Agreement, or Police and Vulnerable Sector Screening and Disclosure Form for a Club, team or individual at any time.

OVA members must be residents of Ontario. Any exception to this must have the approval of the OVA, Volleyball Canada and the provincial/territorial governing body where the individual resides. Contact the OVA office for further information and details of this membership approval process.

The Eastern Elite Invitational will be open to teams outside of Ontario provided they are members in good standing with their governing association.

2.4 Tryout Window

The OVA requires that all Clubs adhere to the current season's Tryout Window Policy. This policy outlines dates which athletes are permitted to re-sign with the Club they completed the previous season with and dates when athletes are permitted to tryout and sign for new clubs.

For a full version of the Tryout Window Policy please [click here](#).

2.5 Transfer Policy

Athlete transfers between clubs during the competition season are permitted for various reasons however, athletes, clubs and coaches must follow the procedures outlined in the Athlete Transfer Policy.

For a full version of the [Transfer Policy please click here.](#)

2.6 Club Requirements

Club Contacts will be responsible for filling out a Club Information Form and returning it to the OVA office. It must be filed at the OVA office prior to club teams competing in any OVA events.

The Club Form will ensure that all OVA Clubs are complying with OVA policy. The following information will be collected on this Club Form:

- Confirmation of NCCP coaching numbers.
- Confirmation of police record check (PRC)/vulnerable sector screen (VSS) and OVA Screening Disclosure Form for Club personnel.
- Club staff who are responsible for the administration for the screening process must provide their screening application, PRC/VSS and screening disclosure form to the OVA annually for review.
- Confirmation of proof of age checks for registered Club/OVA athletes and RIS certificates.
- Confirmation that all Club members (athletes, coaches, team staff, etc.) have signed off on the OVA *Release of Liability, Waiver of Claims and Indemnity Form* and/or *Informed Consent and Assumption of Risk Agreement* Club has them on file for the year.
- Confirmation that the Club will have on record for all athletes registered with the Club and all Club staff (executive, coaches, managers) by each team's first practice signed receipt of ministry approved concussion awareness resources and concussion code of conduct.
- Confirmation that the Club will adhere to all OVA policies and procedures.

The Club President is responsible for annually signing the form. Please submit the form by email to clubform@ontariovolleyball.org.

Clubs new to the OVA will be required to fill out an application. [Please click here for information on the application process.](#)

The application must be completed and approved prior to a new club registering with the OVA and competing in regular season events. New clubs are also required to fill out the OVA Club Form as outlined above.

Proof of Age for Registered Players: Clubs must collect and maintain current proof of age records for Youth players (i.e. a copy of players' birth certificates). The records are to be retained by the Club throughout the duration of the 2019-2020 season (until August 31, 2020). The Club President must sign off on the Club Information Form declaration, stating that all proof of age documentation has been collected and held by the Club as outlined. When proof of age has been requested by the OVA, each requested player's OVA Player Registration Form along with a copy of the player's birth certificate must be sent to the OVA office for validation. The OVA can request copies of athletes' proof of age at any time and the Clubs must supply this documentation within two (2) days of this request.

Use of age identifiers in team names

- Although teams are often comprised of athletes of a certain age, their age should not be the determining factor of their skill level and should not be used when naming a team.

- Teams are encouraged to participate in the tournaments that meet their skill level and challenge them to improve and develop.
- Clubs with multiple teams in one age category (including teams playing up) should identify their teams with distinct names, reducing the chance of clerical errors when seeding tournaments.

All Clubs must list a Technical Director contact in NRS: To help share best practices in athlete and coach development, all clubs will be required to designate a Technical Director in NRS whether they have a formal Technical Director position or not. The person listed will be the club's contact point for the OVA and will receive communications from the OVA's technical staff, receive invitations to webinars and the contact point for any of Volleyball Canada and OVA's decisions on athlete and coach development programs.

2.7 Club Team Organization

For registration in NRS: a club team must consist of a minimum 8 registered OVA athletes and a maximum of 15 registered OVA athletes. Each team can list the following team staff:

- One (1) head coach (**REQUIRED**)
- Four (4) assistant coaches
- Four (4) team trainers
- One (1) club contact
- One (1) team contact
- One (1) secondary team contact

Members of a Club who are directly involved in the operation/administration of their Club but not registered with a team, such as executive personnel, directors, volunteers and team contacts must be registered members of the OVA.

For tournament play: a team may participate in OVA events with a minimum of 6 players, and a maximum of 14 permitted on the score sheet. The score sheet permits the following team staff to be on the bench:

- One (1) head coach (**REQUIRED**)
- Two (2) assistant coaches
- One (1) trainer
- One (1) medical staff

NOTE: For VC Nationals Competitions teams are only permitted to list 12 athletes on a scoresheet.

2.8 Insurance

The Ontario Volleyball Association Insurance Program is available to fully registered members of the OVA. The OVA Insurance Program provides general liability and sport accident coverage. To find out about coverage details please view the Ontario Volleyball [Insurance Program](#) documents on the OVA website.

Note: Certificates of Insurance are supplied for programs that are offered to fully registered members of the OVA. If your Club is hosting a non-OVA tournament or special event or camp, event sanctioning or the purchase of additional insurance is required to be covered by the OVA insurance policy. If non-OVA members attend an event not sanctioned by the OVA, they **are not** covered under the OVA insurance policy. Please email insurance@ontariovolleyball.org for additional information.

All players and team staff must be registered through the NRS prior to participating in their first Club Practice. If they are not registered members, they are not covered by insurance during practices and OVA run tournaments. Clubs will be held liable for any injuries sustained to that player or team staff member while they are not registered members of the OVA.

Certificate of Insurance

In order for a registered OVA Club or recreational league to obtain a certificate of insurance, all requests must be processed through the OVA office. Please fill out one (1) Insurance Request Form for each event and submit to insurance@ontariovolleyball.org a minimum of two (2) weeks prior to the event date.

The Form can be found on the OVA website: <https://www.ontariovolleyball.org/insurance>

Injury Claim Forms

In order to make a claim under the OVA's Sport Accident Policy, the OVA must first receive a copy of the OVA Accident Report form. This is not a claim form, but this form must be completed prior to a claim form being provided by the OVA. If you have any questions regarding the OVA Insurance Program, please contact insurance@ontariovolleyball.org. Do not contact the insurance company. You can access the OVA Accident Report Form on the OVA website by [clicking here](#).

2.9 Letters of Good Standing

A Letter of Good Standing is required when a team wants to play in a tournament outside of Canada. The other country's volleyball federation requires that all teams be in good standing with their own federation, which is Volleyball Canada.

Volleyball Canada has created a fillable electronic form to facilitate the process of requesting a Letter of Good Standing. All teams needing a letter must follow the process outlined in the Letter of Good Standing Request Form. [Please click here to access the Letter of Good Standing request.](#) **Note: Please allow for a minimum of two (2) business days to receive your letter of good standing.**

Please note, as per our insurance company, OVA teams travelling to the US to participate in a tournament with a Letter of Good Standing are covered by OVA general liability insurance. However, while travelling out of Canada, we recommend that your teams arrange for Out of Country Medical Insurance.

For more information about the Letter of Good Standing, please contact the Membership Services Coordinator at info@ontariovolleyball.org.

3.0 Registration

3.1 How to Register

Each Season, teams, players and coaches must be registered by means of the **National Registration System** (NRS - <http://nrs.volleyball.ca>) with payment by credit card (VISA or MasterCard). NRS opens for the new season on September 1st of each year.

A Club Contact must be registered first so that a Club password becomes available to then register a Team Contact. The Team Contact is then able to input the team roster (players/coaches). A Club Contact can also register as a Team Contact.

All players and coaches must be registered members in NRS in order to be added to a team. Players/coaches can be registered either by completing an individual registration prior to the creation of the team, or the Team Contact can register players/coaches while inputting the team roster.

All of the required fields of online registration must be completed in full, and each individual member must have a legitimate email address, phone number, mailing address and emergency contact information that is accurate. The email address is used for communication between the OVA and its members. In addition, a valid email address is required to retrieve your login and password.

The OVA [Membership Services Coordinator](#) must be notified in writing if there is a change of Club Contact or Team Contact. Registered individuals will be able to go online to make a change of mailing and/or email address in their own accounts.

3.2 Individual Membership Fees

Individual membership fees for teams (11U – 18U Athletes, Team Staff, Coaches, Club Contacts and Executives etc.) are \$83.11 and include a \$30.00 Volleyball Canada membership fee and HST.

OVA MEMBERSHIPS ARE NON-REFUNDABLE.

The last day to add a new athlete to a team roster is **February 1st, 2020 by 11:59 PM.**

Any individual, team and/or Club having outstanding debts with either a Region or the OVA will be deemed members in bad standing and will be ineligible to obtain an OVA membership or participate in OVA programs, until such debts are paid. Please contact an OVA Program Coordinator to settle outstanding fees.

3.3 Club Fee

Clubs will be responsible for paying a \$175+HST annual fee. This fee will be charged when the Club Contact registers in NRS.

3.4 Respect in Sport Parent Module

Respect in Sport is an accessible, online resource in the prevention of bullying, abuse, harassment, and discrimination (BAHD). The program's mission is to empower participants to recognize signs of BAHD and eliminate it from the game, through a global culture of respect.

- One parent or guardian of an athlete must complete the mandatory online Respect in Sport course
- RIS compliance for each club will be tracked and verified by the OVA
- The 2019-2020 OVA Individual Waiver/Registration Form will contain a box for the Respect in Sport certificate number
- The \$12 cost of the course is the responsibility of the parent or guardian

- The parent course is transferable between sports (i.e. if completed for Ontario Soccer Association, the parent can record that number in their OVA Respect in Sport profile and/or in NRS in their child's profile)
- Only one certificate number is required per household (i.e. if multiple siblings play within the OVA the course only needs to be completed once)
- Any parent/guardian who has not completed a RIS course, must do so by December 1st, 2019 for their child to be eligible to play in OVA tournaments. **If certificate numbers are not on file for an athlete, they will not be allowed to play at any subsequent tournaments**

Additional information on Respect in Sport can be found by [clicking here](#).

[Please click here](#) to register in Respect in Sport and complete the online module.

3.5 Tournament Entry Fees & Deadlines

12U	\$275 + HST
13U, 14U, 15U	\$330 + HST
16U, 17U, 18U	\$340 + HST
Grand Prix/Grand Prix Qualifier/18U Bugarski Cup	\$575 + HST
Eastern Elite Invitational	\$575 + HST

The deadline for all Provincial Cup events for all age divisions will be **4 weeks prior to the tournament**. All remaining regular season tournament entry deadlines will be set **6 weeks prior to the tournament date**.

Teams/Clubs are responsible for ensuring that tournament entry fees are submitted by the deadline(s). Under no circumstances will a team be granted late entry into a regular season tournament if it creates uneven pools (example: a schedule with 10 teams on 3 courts). Teams who wish to register after the deadline has passed (even if team splits have not been posted) will be placed on a waiting list. If a spot becomes available, the team will be notified and will then pay the registration fee + \$100 late fee to participate.

3.6 Ontario Championships Entry Fees & Deadlines

11U & 12U Ontario Championships:	\$830.00 + HST (2-day event)
13U – 15U Ontario Championships:	\$1,230.00 + HST (3-day event)
16U – 18U Ontario Championships	\$1,330.00 + HST (3-day event)

For the 2019-2020 season, teams and individual athletes will only be permitted to play in one Championship event. The athlete is ineligible if they are found to be competing in more than one Championship tournament and a team's matches will be forfeited if an ineligible athlete is found to be on the roster of the second tournament.

Please see chart below for registration and hotel booking information

EVENT DATE	AGE DIVISIONS	REGISTRATION OPENS	REGISTRATION CLOSES
April 16-18	11UG, 12UG, 13UG, 15UG, 18UG, & 14UB, 17UB, 18UB	Monday October 28, 2019 at 9:00am	January 13, 2020 at 11:59pm
April 19-21	14UG 16UG, 17UG & 12UB, 13UB, 15UB, 16UB	Monday October 28, 2019 at 9:00am	January 13, 2020 at 11:59pm

A detailed hotel booking process for Ontario Championships will be made available by September 2019.

3.7 Tournament Cancellation Policy

Weather Cancellation

If local weather or other circumstances prevent a team from traveling to an event unexpectedly, teams must contact the appropriate Program Coordinator via email, or call the tournament host if the cancellation is the morning of the event.

OVA HOTLINE: 647-467-5514

Each team must assess their own risk when making the decision to travel due to weather or other extenuating circumstances. It is not possible for the OVA to assess each team's travel situation. It is recommended that weather and road conditions be checked prior to commencing travel. The Tournament Host and OVA Program Coordinator will consider local weather, road conditions and the number of teams who will not be attending when deciding if a cancellation is warranted.

Any decision to cancel an event due to weather concerns will be published by the OVA at www.ontariovolleyball.org at approximately 2pm on the Friday prior to a competition weekend. If no cancellation notice is published, it should be assumed that the event will continue as scheduled. School boards have the authority to cancel any permit with very limited notice without consulting the permit holder or the OVA. However, these instances are out of the OVA's control and we will do our best to communicate these cancellations as soon as notification is received. Team weather cancellations will not be accepted until 48 hours before the event. Any cancellation prior to the 48 hours will fall under section 3.8.

If a tournament is cancelled by the OVA, 100% of the registration fee will be refunded. If the tournament is not cancelled, any teams that withdraw due to weather concerns, will be reimbursed their entry fee, and will still be credited as having participated in the tournament. Please note that it is highly unlikely that a cancelled tournament will be rescheduled.

Unconfirmed Hosts and Tournament Cancellation

Teams will be designated into their appropriate division, regardless of whether or not a host location has been confirmed within 3 weeks of an event. Teams designated in a division without a host location are responsible for finding/booking an appropriate gym space.

If hosts are not confirmed two (2) weeks prior to an OVA tournament, tournaments without hosts may be cancelled and not rescheduled. Teams that were designated into divisions that were cancelled due to the lack of a host or inclement weather will receive points (*only if it does not lower a team's average) based on their seed for the cancelled event and the event will count towards participation for the Ontario Championships.

NOTE: All other divisions with confirmed hosts will still proceed with the tournament

3.8 Tournament Refund Policy

The OVA will deduct a 10% administrative fee from all refund/cancellation requests for any OVA indoor tournaments cancelled prior to the registration deadline.

Any cancellations occurring after team splits have been posted will result in the loss of the tournament entry fee and a fine of \$200.

Any cancellation within 5 days of the tournament will result in loss of the tournament entry fee and a fine \$300.

Failure to pay the fine within five (5) business days will result in the Club being placed in bad standing and the Club teams will not be allowed to participate in any OVA event until the fine is paid in full.

All cancellation or refund requests must be made in writing to the OVA Program Coordinator responsible for the tournament age division.

Note: Any cancellations initiated by the OVA will be 100% refunded.

Ontario Championships Refund Policy

The OVA will deduct a 10% administrative fee from all refund/cancellation requests for any OVA Indoor Ontario Championship event, cancelled prior to the registration deadline.

For the Ontario Championships, there will be no refund or credit issued for any cancellation completed after the registration deadline up to 21 days prior to the start of the tournament.

For the Ontario Championships, there will be no refund or credit issued for any cancellation completed within 1 day to 20 days prior to the start of the tournament, and the team will be fined \$300.

Failure to pay the fine within five (5) business days will result in the Club being placed in bad standing and the Club teams will not be allowed to participate in any OVA event until the fine is paid in full.

All cancellation or refund requests must be made in writing to the OVA Program Coordinator responsible for the tournament age division.

Note: Any cancellations initiated by the OVA will be 100% refunded.

The OVA's full Financial Policy can be found by [clicking here](#).

3.9 Tournament Hosting

The OVA's competition structure is highly dependent on our Clubs' ability to put forth tournament hosting applications for the various dates in our competitions calendar. Therefore, locations of our tournaments depend on the location of facilities that our Clubs are able to secure. In addition, OVA staff work to secure quality locations for all Grand Prix, Grand Prix Qualifiers, Furlani Cup and Premier division regular season tournaments.

As our sport grows, there is an increase in demand for gyms every weekend. This demand requires a level of flexibility when determining hosting duties and tournament allocations.

A full outline of our hosting application process and deadlines can be found in [the club resource section of our website](#).

Clubs will be selected to host specific dates in the calendar, however they will not know which division (Premier/Select/Championship/Trillium) they are hosting until the OVA is able to coordinate the event.

It should be noted that in many cases the OVA does not have a surplus of hosting bids to select from, and we often need to solicit Clubs to host after deadlines have passed and teams are posted.

Assigning Tournament Locations

Once bids have been submitted, OVA staff assign tournaments taking into consideration the following travel guidelines while assigning teams to events:

- The Premier and Select Divisions are comprised of highly competitive teams. In order to provide the highest quality of competition, tournaments are typically placed anywhere in the province.
- The Championship divisions can include up to 6 locations around the Province. These divisions can be identified as Championship A, Championship B, Championship C, etc. Championship A is the most western Championship location working east through the alphabet
- The Trillium Divisions (Green and White) contain the largest majority of teams in an age category and can have anywhere from 2-10 locations. Locations will be identified as Trillium A, Trillium B, Trillium C, Trillium D and Trillium E, etc. Trillium A is the most western Trillium location working east through the alphabet. Our goal is to schedule these teams as locally as possible

NOTE: Geographic boundaries can change for each event and are highly dependent on the location of hosting bids received.

Regional Representation

As a provincial sport organization, it is our mandate to support the growth of volleyball in all communities in Ontario and providing various Regions and Clubs with the opportunity to host helps fulfil this mandate.

Ideal Facility Specifications

The OVA relies on the information in hosting applications to rank the facilities to ensure the they are assigned to the appropriate age class. Upon review of the hosting applications, the OVA uses the following guidelines when assigning tournament locations:

- 16U to Adult – service line at least 2.5m away from wall or bleachers, sideline 2.5m away from wall, 4.0m in between courts, ceiling height 7.0m, lines are CLEARLY marked, bright lighting, floors are clean, nets and standards are secure and padded for safety
- 14U to 15U - service line at least 1.5m away from wall or bleachers, sideline 1.5m away from wall, and 3.0m in between courts, ceiling height 7.0m, lines are CLEARLY marked, bright lighting, floors are clean, nets and standards are secure and padded for safety
- 11U to 13U - service line at least 1.0m away from wall or bleachers, sideline 1.0m away from wall, and 2.0m in between courts, ceiling height 6.0m, lines are CLEARLY marked, bright lighting, floors are clean, nets and standards are secure and padded for safety

Number of teams allowable per court

- 2 courts: 6 teams, 7 teams, 8 teams (2 day)
- 3 courts for: 6 teams, 7 teams, 8 teams, 9 teams
- 4 courts for: 12 teams, 16 teams (2 days)

Conditional vs. Non-conditional Hosting Bids

There are two types of bids that are submitted to host OVA events: conditional and non-conditional bids. *Conditional bids* are submitted with certain stipulations should the bid be accepted. *Non-conditional* bids are open and clubs are willing to host any age category and any division.

Many bids that are submitted are conditional. This can influence the location of each division and the timeliness in which teams are posted.

Competitive Balance

Geography will continue to be the first determining factor when creating OVA tournament draws. The draws will then be adjusted to accommodate the following factors in no particular order:

- Evenly balanced tournaments across divisions (i.e. Championship A, B, and C should have a similar average tournament rank)
- A team's previous km traveled within the age group (i.e. A team from the GTA may be required to make an 800+km round trip in 15UG and in 16UG group if they are playing up)
- Maximize exposure to as many teams as possible throughout the season
- Prevent multiple teams from the same club at one tournament location
- The above mentioned are subjective criteria and the OVA staff will use its best discretion in creating tournament draws

4.0 Competition Regulations

Unless otherwise stated, the OVA follows Volleyball Canada's Rules and Regulations.

Although regulations are in place to govern competitions, every situation and circumstance cannot be foreseen. Interpretations as to how the regulations apply in a specific situation or circumstance can be clarified by the OVA Program Coordinator. It is the responsibility of the Program Coordinator to manage competitions efficiently and fairly and to solve any related problems. To that end, the OVA Program Coordinator may adjust and implement changes during the season if new circumstances arise.

4.1 Game Ball

The official indoor ball for 11U-12U age category is the Mikasa MVA Lite. The 12U boys will play with the MVA200 at the Ontario Championships.

The official indoor ball for 13U-18U age categories is the Mikasa MVA200 (FIVB Official Game Ball).

Please note: Volleyball Canada is currently selecting which Mikasa volleyball model to utilize for the age groups for the 2020 National Championships.

4.2 Uniforms

Each registered team shall be appropriately dressed for competition as follows:

- i. For OVA competition, the interpretation is: Jerseys and shorts must be uniform, clean and of the same colour, style and trim at first glance by the head official or designate. (Exception: matching shorts styles are not mandatory for any age category). It is not mandatory for team members to wear matching/identical socks.
- ii. All coaches, team staff and line judges must follow the dress guidelines below during all OVA events.
 - Must be dressed in coaching attire as to represent their team and club in a professional manner (e.g. no baseball caps).
 - Must wear appropriate footwear. Only closed toe shoes allowed (prohibited footwear include but not limited to sandals, flip flops, crocs, etc.).
- iii. Players' jerseys must be numbered from **1 to 99** inclusive, at least 10 cm high on the chest and 15 cm high on the back. The numbers must be placed in the centre of the front and back of the jersey. The colour and brightness of the numbers must contrast with the colour and brightness of the jerseys. Teams in the 11U and 12U age classes are permitted to have shorter numbers on the front and back of the jersey.

Note: To avoid any potential uniform violation problems, it is strongly recommended to Clubs that the jersey numbers not be included in any artwork or logo. The numbers are to be clearly visible and should stand alone, separated from any artwork or logo.

- iv. Refer to the Volleyball Canada Rule Book for the complete definition of the uniform for the Libero player – The Libero must wear a uniform whose jersey at least must contrast in colour with that of the other members of the team. *The Libero uniform may have a different design but it must be numbered like the rest of the team members.* See appendix VII.
- v. The OVA logo is available upon request from the office for Clubs who wish to display it on their uniforms. Requests for the logo must be in writing to lbax@ontariovolleyball.org.

- vi. When a uniform violation occurs the team will be fined \$25 per player, per tournament, to a maximum of \$100 per tournament. Athletes will be permitted to play without the matching jersey provided it is numbered and there is only one athlete with that number on the court. The official in charge of the match is to note the violation on the score sheet and inform the Tournament Director after the match.

Note: Refer to Appendix VI to view the OVA Uniform Policy and Appendix VII Volleyball Canada Libero Uniform Guidelines.

Soft Uniform Rule

- For any OVA event that takes place in November 2019, a soft uniform rule will be in effect. This means that teams will be permitted to participate in OVA events without matching uniforms at first glance.
- Uniforms will still be required to have numbers on the back or chest.
- Liberos will still be required to wear a contrasting jersey colour.
- Jersey numbers can exceed 99.

4.3 Age Categories

Athletes can participate in the age category associated with either the Chronological Age Class or the Extended Age Class per the below:

Age Category	Chronological Age Class
11 & Under	Born 2009 or later
12 & Under	Born 2008 or later
13 & Under	Born 2007 or later
14 & Under	Born 2006 or later
15 & Under	Born 2005 or later
16 & Under	Born 2004 or later
17 & Under	Born 2003 or later
18 & Under	Born 2002 or later

Age Category	Extended Age Class
11 & Under	Born between September 1 st 2008 and December 31 st 2008
12 & Under	Born between September 1 st 2007 and December 31 st 2007
13 & Under	Born between September 1 st 2006 and December 31 st 2006
14 & Under	Born between September 1 st 2005 and December 31 st 2005
15 & Under	Born between September 1 st 2004 and December 31 st 2004
16 & Under	Born between September 1 st 2003 and December 31 st 2003
17 & Under	Born between September 1 st 2002 and December 31 st 2002
18 & Under	Born between September 1 st 2001 and December 31 st 2001

4.4 Playing Restrictions for Athletes Included in the Extended Age Categories

- Athletes who are registered in an age category based on the Extended Age Class can only be registered and listed on a team roster for that single age category. They are not permitted to move up or down an age category as an individual. They are permitted to move laterally within the age category that they are registered in or they can play up an age category if their entire team is playing up.
 - Example: Linda was born September 5, 2003. She plays for the Girls Blue Spikers who are registered in the 16U age category. Linda is permitted to move laterally within the age category and play for the Red Spikers (who are also registered in the 16U age category). She is not

permitted to play on the Super Spikers who play in the 17U age division or the Junior Spikers who play in the 15U age category.

- Example: Steve was born November 10, 2002. He plays for the Boys Green Sparks who are registered in the 17U age category. The Green Sparks register for the 18U McGregor Cup. Steve is permitted to play in the 18U event as part of the Green Sparks. Steve is not permitted to play in the 18U event as part of the Red Sparks because they are registered in the 18U category.
- Athletes with birthdates in the Extended Age Class but who are registered with a team based on the Chronological Age Class are not permitted to move down an age category.
 - Example: John was born November 25, 2003. He plays for the Red Vikings who are registered in the 17U age category. John is permitted to move laterally within the age category and play for the Purple Vikings and play up on the Gold Vikings who are registered in the 18U age category. He is not permitted to play on the Junior Vikings who are registered in the 16U age category.

4.5 Recommendations for Athletes Registering on a Team Above their Chronological Age

- Athletes registered in an age category above their Chronological Age Class should compete at that age group only if that category is more appropriate for their skill level.
 - Example: Eric was born in February 15th, 2006. He plays for the 15U Boys Falcons because his skill level allows him to compete with the older players. This age group is more appropriate for his skill level so he should only play for the 15U team this year and avoid playing with the 14U team.

This recommendation from the OVA is based on the principles of the Canadian Long-Term Athlete Development model (LTAD), which clearly states: “*Training, competition and recovery programs should be based on the stage of the participant’s capability, rather than chronological age.*”

In selecting athletes for their teams, coaches and clubs should look at the skill level of players rather than simply looking at chronological age and place them on teams with athletes of matching skills

4.6 Use of Age identifiers in Team Names

- Do not use age identifiers in team names.
- Although teams are often comprised of athletes of a certain age, their age should not be the determining factor of their skill level.
- Teams should be encouraged to participate in the tournaments that meet their skill level and challenge them to improve and develop.
- Clubs with multiple teams in one age category (including teams playing up) should identify their teams with distinct names, reducing the chance of clerical errors when OVA is seeding teams.

4.7 19U Eligibility

All athletes born in 2001 are eligible to compete in 18U OVA tournaments including Ontario Championships if the following conditions are met:

- The athlete is not part of any OCAA, OUA, USports, CCAA team for the 2019-2020 season.
- There are no more than two (2) chronological 19U athletes on the team roster.

NOTE: Please check with Volleyball Canada to ensure any 19U rostered athletes are eligible for Nationals

4.8 Players Moving Up an Age Category

Youth teams may use a maximum of three (non-roster) lower age players (from that same Club) in an OVA competition. The names of the players moving up are to be bracketed on the score sheets.

For the 2019-2020 season, teams and individual athletes will only be permitted to play in one Championship event. The athlete is ineligible if they are found to be competing in more than one Championship tournament and a team's matches will be forfeited if an ineligible athlete is found to be on the roster of the second tournament.

4.9 Players Moving Laterally Within an Age Category

Clubs may laterally move an unlimited number of athletes between teams in the same age class during regular season events. Lateral movement is defined as an unlimited number of players moving from roster A to roster B, and an unlimited number of players moving from roster B to roster A. All team rosters must be finalized and submitted by the Ontario Championships roster submission deadline. This rule applies to all age groups.

Documentation to the OVA office is not required for lateral movement for regular season events, but the names of those players moving laterally are to be bracketed on the score sheets. A player who has been moved laterally from roster A to roster B can only participate for team B at that tournament.

Please note: players cannot be bracketed on the score sheet for Ontario Championships. They have to be added to the team in NRS and must be entered online by February 1st of each year.

4.10 Initial Placement Adjustment for New Clubs/Teams

- Any club may apply to adjust a team's placement in the first OVA event if they are a new team but have athletes on the roster that have an Ontario Championship result.
- Applications must be received prior to the Provincial Cup registration deadline.
- The Initial Placement Adjustment is only for the first event of the season.
- The Initial Placement Adjustment is determined by averaging a minimum of six (6) athlete's results in the previous Indoor Ontario Championship (one year under the age category where the adjustment is requested)
- Teams with an average that places them in the top half of Championship Division (as per Youth Competitions Structural Guidelines) in the first event will be granted the Initial Placement Adjustment.
- Teams who are granted the Initial Placement Adjustment will be seeded last in their respective tournament in the Championship division. Teams that have an average that places them in the top half of Select for the 15UG-17UG divisions will be seeded last in their respective tournament in the Select Division.
- Fee: \$50.

4.11 Initial Placement Adjustment for Teams without Ontario Championships Results

- Any club may apply to adjust a team's placement in the first OVA event if they did not compete in the previous year's Ontario Championships in a specific age category.
- Applications must be received prior to the Provincial Cup registration deadline.
- The Initial Placement Adjustment is only for the first event of the season.
- A minimum of six (6) athletes must have been on the requesting club's roster from the previous season.
- The Initial Placement Adjustment is determined by using the team's average finish from the previous season (not including the Ontario Championships).
- Teams that played in an age category higher than their actual age division can request for a placement adjustment based on their Ontario Championship result, provided it is their second season competing in this age category. E.g. (a 15U team competed solely in the 16U age division for the 2018-2019 season and will be competing in the same age division for the 2019-2020 season).

- Teams with an average that places them in the top half of Championship Division (as per Youth Competitions Structural Guidelines) in the first event will be granted the Initial Placement Adjustment.
- Teams who are granted the Initial Placement Adjustment will be seeded in their respective tournament in the Championship division. Teams that have an average that places them in the top half of Select for the 15UG-17UG divisions will be seeded last in their respective tournament in the Select Division.
- Fee: \$50.

4.12 Placement for Underaged Teams

- If a team is competing in an older age category and has a pre-season rank in the older category they will be placed according to that rank.
- If the team does not have a pre-season rank in the older age category, they will automatically be placed in the Trillium division when playing up. The following exceptions apply:

Girls	
Age Division Rank	Initial Placement in One Age Division Higher
1-3%	Select
4-12%	Championship
13-40%	Trillium White
Boys	
Age Division Rank	Initial Placement in One Age Division Higher
1-7%	Championship

5.0 Seasonal Structure

5.1 Tournament Formats

Regular Season Events

- Tournament formats may vary depending on the facility, age category and gender.
- Tournaments will be completed in one or two days on either Saturday and/or Sunday.
- The number of divisions offered per age category will depend on the number of teams registered.
- Serpentine, modified or diagonal seeding will be used to place teams into their pools.
- To provide a competition day of reasonable duration, with meaningful matches for teams:
 - All teams may not advance to playoffs leading to medals. Some consolation matches will be scheduled if time permits.
 - Formats that can be completed in 7-9 rounds, with teams playing 4-5 matches maximum will be given priority where possible (e.g. 9 teams on 3 courts, and 12 teams on 4 courts).
 - Premier, Select and Championship divisions in Cup tournaments will have a maximum of 9 teams. There may be some extenuating circumstances where additional teams may be added. This is at the discretion of the Program Coordinator responsible for the specific age category.
- Match formats (2/2, 2/3, 3/3, 3/5) will be indicated in the information notes and/or on the published schedule for each tournament.
- Promotion and relegation between divisions is based on a team's result in a previous event unless otherwise stated.
- Your qualification status for the next event (e.g. Championship, Select or Premier) will be forfeited if you choose not to participate in that event, unless you have received a tournament exemption (see 5.5).

Grand Prix Qualifier

For the 18UG/B Premier division only, the 4th event of the season will be a two-day, 12 team qualifier for the Grand Prix. The 12 teams for this 4th event will be chosen based on top 2 average finishes. The top 8 finishing teams from the Grand Prix qualifier will receive an invite for the 18U Grand Prix (also a 2-day event).

Grand Prix

The goal of these events is to expose teams to a highly competitive environment and to place emphasis on rest and recovery, as well as scouting and planning. Eight (8) teams will compete in a two (2) day tournament. Pool Play will take place on Saturday and Playoff matches on Sunday, which may include challenge matches.

NOTE: Circumstances may arise that may warrant modification to the tournament structure.

Eastern Elite Invitational 17U Girls

- Registration, event details and tournament draws will be made available during the 2019-2020 season
- Not a mandatory event for 17U Ontario teams.

5.2 2019-2020 Ontario Volleyball Seasonal Structure for Girls and Boys

Age Division	Tournament	Divisions	Seeding within Tournament Draw	Promotion and Relegation for the Next Event
this chart is a predication and is subject to change to correlate with the registrations received and exemptions granted for the next event				
11UG	Ontario Championships		A team's top finish at the 12UG age group (does not include the 12UG Provincial Cup result)	
12UG	Provincial Cup	Trillium	Random	None – Please Note: This will be treated as a practice tournament with each team scheduled at random to play 5-6 matches throughout the day. There will be no playoffs, team placings or medals at the Provincial Cup.
	Challenge Cup	Trillium	Set W/L ratio from the Provincial Cup	The 1 st – 2 nd place teams from the Trillium division will move up to the Championship Division
	McGregor Cup	Championship (27) Trillium	Challenge Cup Rankings	The 7 th -9 th place teams from the Championship Division will move down to the Trillium Division The 1 st place teams from the Trillium Division will move up to the Championship Division
	Bugarski Cup	Championship (27) Trillium	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes (does not include Provincial Cup result)	
12UB	Ontario Championships		A team's top finish at the 13UB age group	
13UG	Provincial Cup	Trillium	Based on results from the 12UG Ontario Championships	The 1 st place teams from the Trillium division will move up to the Premier division The 2 nd – 4 th place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (18) Championship (27) Trillium	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (18) Championship (27) Trillium	Challenge Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Bugarski Cup	Premier (18) Championship (27) Trillium	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	
13UB	Provincial Cup	Championship	Random	The 1 st place teams from the Championship division will move up to the Premier division
	Challenge Cup	Premier (9) Championship	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Challenge Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division
	Bugarski Cup	Premier (9) Championship	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	

Age Division	Tournament	Divisions	Seeding within Tournament Draw	Promotion and Relegation for the Next Event
this chart is a predication and is subject to change to correlate with the registrations received and exemptions granted for the next event				
14UG	Provincial Cup	Select (18) Championship (36) Trillium White	Based on results from the 13UG Ontario Championships	The 1 st – 4 th place teams from the Select division will move up to the Premier division The 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th - 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division Remaining Trillium Teams will be in Trillium White or Trillium Green based on results from the Provincial Cup
	Challenge Cup	Premier (9) Select (18) Championship (27) Trillium White (36) Trillium Green	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division The 7 th – 9 th place teams from the Trillium White division will move down to the Trillium Green division The 1 st place teams from the Trillium Green division will move up to the Trillium White division
	McGregor Cup	Premier (9) Select (18) Championship (27) Trillium White (36) Trillium Green	Challenge Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division The 7 th – 9 th place teams from the Trillium White division will move down to the Trillium Green division The 1 st place teams from the Trillium Green division will move up to the Trillium White division
	Bugarski Cup	Premier (9) Select (18) Championship (27) Trillium White (36) Trillium Green	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	
14UB	Provincial Cup	Championships (18) Trillium	Based on results from the 13UB Ontario Championships	The 1 st - 4 th place teams from the Championship division will move up to the Premier division The 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Championship (9) Trillium	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place team from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Championship (9) Trillium	Challenge Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place team from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Bugarski Cup	Premier (9) Championship (9) Trillium	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	

Age Division	Tournament	Divisions	Seeding within Tournament Draw	Promotion and Relegation for the Next Event
this chart is a predication and is subject to change to correlate with the registrations received and exemptions granted for the next event				
15UG	Provincial Cup	Select (18) Championship (36) Trillium White	Based on the results from the 14UG Ontario Championships	The 1 st – 4 th place teams from the Select division will move up to the Premier division The 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th - 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division Remaining Trillium Teams will be in Trillium White or Trillium Green based on results from the Provincial Cup
	Challenge Cup	Premier (9) Select (18) Championship (27) Trillium White (36) Trillium Green	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division The 7 th – 9 th place teams from the Trillium White division will move down to the Trillium Green division The 1 st place teams from the Trillium Green division will move up to the Trillium White division
	McGregor Cup	Premier (9) Select (18) Championship (27) Trillium White (45) Trillium Green	Challenge Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division The 7 th – 9 th place teams from the Trillium White division will move down to the Trillium Green division The 1 st place teams from the Trillium Green division will move up to the Trillium White division
	Bugarski Cup	Premier (9) Select (18) Championship (36) Trillium White (45) Trillium Green	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	
15UB	Provincial Cup	Championship (18) Trillium	Based on the results from the 14UB Ontario Championships	The 1 st - 4 th place teams from the Championship division will move up to the Premier division The 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Championship (18) Trillium	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Championship (18) Trillium	Challenge Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Bugarski Cup	Premier (9) Championship (18) Trillium	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	

Age Division	Tournament	Divisions	Seeding within Tournament Draw	Promotion and Relegation for the Next Event
This table is only a guideline for the seasonal structure. Promotion/relegation and division sizes may vary based on registration numbers				
16UG	Provincial Cup	Premier (9) Select (18) Championship (36) Trillium White	Based on the results from the 15UG Ontario Championships	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 5 th – 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division Remaining Trillium Teams will be in Trillium White or Trillium Green based on results from the Provincial Cup
	Challenge Cup	Premier (9) Select (18) Championship (27) Trillium White (36) Trillium Green	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division The 7 th – 9 th place teams from the Trillium White division will move down to the Trillium Green division The 1 st place teams from the Trillium Green division will move up to the Trillium White division
	McGregor Cup	Premier (9) Select (18) Championship (27) Trillium White (36) Trillium Green	Challenge Cup Rankings	Grand Prix teams will be selected using a team's average points from their best two events Any remaining Premier teams from the McGregor Cup will move down to the Select division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium White division The 1 st place teams from the Trillium White division will move up to the Championship division The 7 th – 9 th place teams from the Trillium White division will move down to the Trillium Green division The 1 st place teams from the Trillium Green division will move up to the Trillium White division
	Grand Prix (2 day) & Bugarski Cup	Grand Prix (8) Select (18) Championship (27) Trillium White (45) Trillium Green	McGregor Cup Rankings (Grand Prix – Top 2 average with McGregor Cup Rankings being the tiebreaker)	
	Ontario Championships		Average points from a team's top 2 finishes	
16UB	Provincial Cup	Premier (9) Championship (18) Trillium	Based on the results from the 15UB Ontario Championships	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Championship (18) Trillium	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Championship (18) Trillium	Challenge Cup Rankings	Grand Prix teams will be selected using a team's average points from their best two events Any remaining Premier teams from the McGregor Cup will move down to the Championship Division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Grand Prix (2 day) & Bugarski Cup	Grand Prix (8) Championship (18) Trillium	McGregor Cup Rankings (Grand Prix – Top 2 average with McGregor Cup Rankings being the tiebreaker)	
	Ontario Championships		Average points from a team's top 2 finishes	

Age Division	Tournament	Divisions	Seeding within Tournament Draw	Promotion and Relegation for the Next Event
This table is only a guideline for the seasonal structure. Promotion/relegation and division sizes may vary based on registration numbers				
17UG	Provincial Cup	Premier (9) Select (18) Championship (27) Trillium	Based on the results from the 16UG Ontario Championships	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Select (18) Championship (27) Trillium	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Select (18) Championship (27) Trillium	Challenge Cup Rankings	Grand Prix teams will be selected using a team's average points from their best two events The remaining Premier will move down to the Select division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Grand Prix (2 day) & Bugarski Cup	Grand Prix (8) Select (18) Championship (27) Trillium	McGregor Cup Rankings (Grand Prix – Top 2 average with McGregor Cup Rankings being the tiebreaker)	
	Ontario Championships		Average points from a team's top 2 finishes	
17UB	Provincial Cup	Premier (9) Championship (9) Trillium	Based on the results from the 16UB Ontario Championships	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place team from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Championship (9) Trillium	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Championship (9) Trillium	Challenge Cup Rankings	Grand Prix teams will be selected using a team's average points from their best two events Any remaining Premier teams from the McGregor Cup will move down to the Championship Division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Grand Prix (2 day) & Bugarski Cup	Grand Prix (8) Championship (9) Trillium	McGregor Cup Rankings (Grand Prix – Top 2 average with McGregor Cup Rankings being the tiebreaker)	
	Ontario Championships		Average points from a team's top 2 finishes	

Age Division	Tournament	Divisions	Seeding within Tournament Draw	Promotion and Relegation for the Next Event
This table is only a guideline for the seasonal structure. Promotion/relegation and division sizes may vary based on registration numbers				
18UG	Provincial Cup	Premier (9) Select (18) Championship (27) Trillium	Based on the results from the 17UG Ontario Championships	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Select (18) Championship (27) Trillium	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Select division The 1 st place teams from the Select division will move up to the Premier division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Select (18) Championship (27) Trillium	Challenge Cup Rankings	Grand Prix Qualifier teams will be selected using a team's average points from their best two events The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Grand Prix Qualifier (2 day) & Furlani Cup	QP Qualifier (12) Select (18) Championship (27) Trillium	McGregor Cup Rankings (Grand Prix Qualifier – Top 2 average with McGregor Cup Rankings being the tiebreaker)	The top 8 teams from Qualifier event will be in the Grand Prix for the next event Any remaining teams from the Qualifier event will move down to the Select division The 7 th – 9 th place teams from the Select division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Select division The 7 th – 9 th place teams from the Championship division will move down to the Trillium division The 1 st place teams from the Trillium division will move up to the Championship division
	Grand Prix (2 day) & Bugarski Cup (2 day)	Grand Prix (8) Select (18) Championship (27) Trillium	Bugarski Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	Division 1 at the Ontario Championships will feature a 16 team draw with a modified format
18UB	Provincial Cup	Premier (9) Championship	Based on the results from the 17U Ontario Championships	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division
	Challenge Cup	Premier (9) Championship	Provincial Cup Rankings	The 7 th – 9 th place teams from the Premier division will move down to the Championship division The 1 st place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Challenge Cup Rankings	Grand Prix Qualifier teams will be selected using a team's average points from their best two events Any remaining Premier teams from the McGregor Cup will move down to the Championship division
	Grand Prix Qualifier (2 day) & Furlani Cup	GP Qualifier (12) Championship	McGregor Cup Rankings (Grand Prix Qualifier – Top 2 average with the McGregor Cup Rankings being the tiebreaker)	The top 8 teams from Qualifier event will be in the Grand Prix for the next event Any remaining teams from the Qualifier event will move down to the Championship division
	Grand Prix (2 day) & Bugarski Cup (2 day)	Grand Prix (8) Championship	Bugarski Cup Rankings	Division 1 at the Ontario Championships will feature a 8 team draw with a modified format
	Ontario Championships		Average points from a team's top 2 finishes	

5.3 Placement for the First Event of the Season

A team's initial placement is determined by the pre-season ranking which is the previous year's Ontario Championship finish in the age category one year below.

5.4 Promotion for Vacancies in Tournament Draw

After promotion/relegation occurs, as outlined on the tournament schedule, any additional open spots (in all tiers) will be filled using the following criteria, in the order listed:

- If the 1st place team from a Select, Championship, Trillium White or Trillium Green event does not register for the next event, the 2nd team will be moved up to ensure all events receive representation.
- Any underage team that meet the requirements outlined in Section 4.12 "*Placement for underage teams*" in the Youth Competitions Manual.
- Teams who have missed previous events but should be in a specific division from a competitive balance perspective.
 - Example: Spikers finished 2nd place in Championship at the Challenge Cup. Spikers missed the McGregor Cup event but will then stay in Championship for the Bugarski Cup event if there is a vacancy available.
- Promotion of 2nd place teams from the most recent event will be considered.
 - Example: If 1 vacancy remains in Trillium White for the McGregor Cup, only the 2nd place teams from the Trillium Green Challenge Cup will be considered.
- Team's rank: All registered teams will be considered in this final step which is the only time a team set to be relegated down will be considered to fill a vacancy.

Note: A team's rank is defined as their average points awarded during the current season. Rank will be used as the tiebreaker if fewer vacancies are available in a specific division than the number of eligible teams for each of the criteria listed above. Out of province teams will not fall into the above criteria as they will be treated on a case by case scenario.

5.5 Tournament Exemption

This exemption will provide a team that has demonstrated the ability to compete at the highest division available in an age category the option to maintain their placement within a division, despite missing an OVA event. There will be no exemptions given for the 16U – 18U Grand Prix Qualifiers or the 12U Girls Challenge Cup.

- A maximum of four (4) teams will be awarded an exemption per event for the current season in each age category
- The team must be ranked in the top four (4) teams in terms of the most recent rankings in the entire age category for boys divisions
- The team must be ranked in the top eight (8) in terms of the most recent rankings in the entire age category for girls divisions
- Exemption can be granted only once per season, per team
- Exemption only secures a spot until the next scheduled tournament, after this date all exemptions are VOID
- Exemption does not secure ranking/seeding within a division, ranking continues to be based on average overall points

- The number of teams moving up or down after a tournament will vary based on the number of exemptions granted. This will be noted on the schedules for these tournaments prior to the event
- Teams must declare their intent to file for exemption **6 weeks** prior to the tournament they are scheduled to miss.
- A team's rank will be used to prioritize exemptions if more than 4 teams apply for the same event.

5.6 OVA Indoor Points System

The OVA has developed a points system whereby the following important criteria can be met:

- An accumulation or average of points can illustrate a team's ranking among other teams in the province
- An accumulation or average of points can break ties between teams for tournament seeding

No changes in tournament seeding will be made 3 days prior to the event.

13UB - 18UB, 12UG, 13UG & 18UG Points System			
Rank	Premier	Championship	Trillium
1	1000	900	800
2	975	875	775
3	960	860	760
4	945	845	745
5	930	830	730
6	915	815	715
7	895	795	695
8	880	780	680
9	865	765	665
10*		750	650
11*		750	650
12*		750	650

14UG-17UG Points System				
Premier	Select	Championship	Trillium (White)	Trillium (Green)
1000	900	800	700	600
975	875	775	675	575
960	860	760	660	560
945	845	745	645	545
930	830	730	630	530
915	815	715	615	515
895	795	695	595	495
880	780	680	580	480
865	765	665	565	465
	750	650	550	450
	750	650	550	450
	750	650	550	450

*If a 12 team Premier draw is needed, the following points will be awarded:

1	1000
2	975
3	960
4	945
5	930
6	920
7	905
8	895
9	885
10	865
11	865
12	865

5.7 Tie Breaking Procedure for Tournament Seeding

Teams will be seeded using an average result from the OVA points system, where possible. Any ties will be broken using the following methods, which will be applied in order until all ties are broken, and all tied teams ranked:

- a. The number of OVA events the team has participated in their age division
- b. A team's result in the most recent OVA event and working backwards to the first event of the season
- c. A team's result at the previous Ontario Championships
- d. A team's seed going into the previous Ontario Championships
- e. Coin toss

5.8 Tie Breaking Procedures for Pool Play Ranking

If two or more teams, within a pool, are tied at the end of the preliminary round, the following criteria will be applied in order until all ties are broken, and all tied teams ranked. This means that if there is a tie among teams X, Y & Z and criteria b) is able to determine X as first, Y as second and Z as third, then no further criteria is needed. However, if criteria b) determines X as first (or third) and there is still a tie between Y & Z, then the ranking of the remaining teams will be determined by proceeding to criteria c) and so on, if necessary. Continue through the sequence of criteria and DO NOT start at a) again.

- a. The team having the best ratio of won/lost matches, considering matches played between the tied teams, will be ranked higher*
- b. The team having the best ratio of won/lost games, considering matches played between the tied teams (this includes the 3rd team regardless if they were eliminated from the process during step a), will be ranked higher*
- c. The team having the best ratio of won/lost games, considering all matches of the round, will be ranked higher
- d. The team having the best ratio of points for/against, considering games played between the tied teams, will be ranked higher
- e. The team having the best ratio of points for/against, considering ALL games played during the round robin, will be ranked higher
- f. Coin toss by the tournament director and head official in the presence of team representatives

*Note: Step a and b only take the tied teams results into account during the breaking process. Do not include the results from the teams not included in the tie

6.0 Playing Rules and Regulations

The rules listed in the current edition of the Volleyball Canada Rule Book are in effect unless otherwise noted. Triple ball will be played in the 11U Girls, 12U Boys and Girls and 13U Boys and Girls divisions.

The Mikasa MVA 200 is the official ball for 13U to 18U Boys and Girls competition.
The Mikasa MVA Lite is the official ball for the 11U Girls and 12U competition.

6.1 Net Heights

Age Category	Girls	Boys
11U	2.10m	N/A
12U	2.10m	2.20m
13U	2.15m	2.20m
14U	2.15m	2.20m
15U	2.20m	2.35m
16U	2.24m	2.35m
17U	2.24m	2.43m
18U	2.24m	2.43m

6.2 Libero Rules

Age Category	Libero Permitted	
	Girls	Boys
11U	NO	N/A
12U	NO	NO
13U	NO	NO
14U	NO	NO
15U	NO	NO
16U	YES	YES
17U	YES	YES
18U	YES	YES

6.3 Substitution Rules

Age Category	# of Substitutions	
	Girls	Boys
15U	12 Limited	12 Limited
16U	6 Limited	6 Limited
17U	6 Limited	6 Limited
18U	6 Limited	6 Limited

- 12 sub limited (one entry & one exit per player) in age categories with **NO** Libero
- 6 sub limited (one entry & one exit per player) in age categories **WITH** a Libero

6.4 NEW - Mandatory Pre-Game Warm Up Protocol

When one team has exclusive use of the court, the other team must either be at its team bench, out of the playing area or shagging balls for the opposing team (optional). Warming up with balls at the team bench, behind the court, or in the spectator walkways **is not permitted**.

The following warm-up protocol will be in effect for the 2019-2020 season:

- Primary Warm-up Protocol – (5-4-4): For all teams first match of the day
 - Five (5) minutes of shared court time for ballhandling
 - Four (4) minutes of exclusive time for the serving Team
 - Four (4) minutes of exclusive court time for the receiving Team
 - No shared hitting and serving
- Secondary Warm-up Protocol – (2-4-4): For all other Matches within the tournament
 - Two (2) minutes of shared court time for ball handling
 - Four (4) minutes of exclusive court time for serving Team
 - Four (4) minutes of exclusive court time for the receiving Team
 - No shared hitting and serving

Shared Court (2mins or 5mins)	Referee(s): Check net height, then conduct coin toss. Head coaches prepare lineup forms.
	Teams: On court activities (stretching/pepper), designated sides ONLY.
Serving team warm-up (4mins)	Referee(s): Whistle start of the 4min warm-up for serving team. Conducts instructions for score keepers and lines persons, inspects equipment and playing surface.
	Teams: Serving team has entire court; receiving team is off the court with NO volleyball use (suggestion - The receiving team may help shag balls during the serving team's warm up).
Receiving team warm-up (4mins)	Referee(s): Whistle the end of the 4 min warm-up for serving team and start of the 4min warm-up for receiving team. Line ups are collected from both coaches.
	Teams: Serving team has entire court; receiving team is off the court with NO volleyball use (suggestion - The receiving team may help shag balls during the serving team's warm up).

Hitting Warm up Protocol

- Athletes remain on one side of the net during a hitting warm up and team staff, volunteers or teammates retrieve the balls on the opposite side (see [this video](#) from Alberta Volleyball demonstrating this hitting warm up)
- Athletes should not be crossing under the net during hitting warmups into the direct path of the balls
- Athletes should run around the outside of the court to retrieve balls
- Designate one side of the court as the attacking side and ask spectators to avoid sitting in this area
- Hitting should be directed away from courts with active games and from spectator seating areas

RECOMMENDATION: The team that is not participating in the hitting warm up retrieves the balls for the on-court team.

6.5 Step In Rule

A one foot step in on a serve is permitted at any OVA regular season event in facilities with less than 2.0 meters at the base line. The ball must be contacted prior to the trailing foot crossing the line. The trailing foot may not pass the lead foot but is permitted to enter the court.

If a court has different amounts of free space on each end line, a step in will only be permitted on the end line that has less than 2.0m of free space.

6.6 Fair Play Rule

- Any player on the starting scoresheet who does not start the first set must start the second set
- In the case of a team with less than 12 players on the game roster, players who played the first set and who are starting the second set can be substituted at any time during the second set (**Ontario only**)
- In the case of an injury, an Exceptional Substitution maybe made. The injured/ill player may not return to the same set but may return to play in subsequent sets
- Fair Play Clarification due to addition of 14 player roster
 - 12 different players (or all players listed on the scoresheet) must start either the first or second set
 - There are no restrictions on who can play in the third set. Any player from the roster may start or be substituted.
- A player who did not play the first set cannot be substituted in the second set
- Substitutions follow the normal substitution rules. Twelve (12) sub limited (one entry and one exit per player) rule will be in effect for the third set for 11-15U and 6 sub limited for 16U
- Fair play rules will be in effect for the following age divisions
 - 11U Girls, 12U Boys and Girls
 - 13U and 14U Boys and Girls
 - 15U Boys and Girls for pool play matches only (including Day 1 & 2 of Ontario Championships) (**Ontario only**)
 - 16U Boys and Girls for pool play matches only in the Trillium Divisions at regular season events (does NOT include Ontario Championships) (**Ontario only**)
 - Note: The libero is considered as a starting position within the fair play rule.

Note: Please check Volleyball Canada's National Championship Competition Manual for Fair Play rules as they may differ from the above.

6.7 ALL Position Event:

The first event for the 14U Boys and Girls will be an all positions event, which means the rotational order of the players needs to be respected as in 11U, 12U and 13U Tripleball. (See Appendix II for further clarification).

- No specialization is allowed
 - Everyone plays at each position
 - Each rotation will have a different player as the designated setter. The designated setting position needs to be noted on the scoresheet at the beginning of each set by the head coach.
- The coach can choose any position as the designated setting position but this position must stay consistent throughout the entire set

- Ex: The Flames have their designated setter in position 2 while the Rockets have their designated setter in position 3.
- When serving, players can't switch positions after the serve. Normal volleyball movement is allowed during the play but players must come back to their rotational order once the ball is sent to the other side of the net.
- When in serve reception, the players' serve reception configuration needs to be the same throughout the set along with the designated setter position.
- All serve receive formations are permitted, but again the serve receive formation needs to be the same throughout the set.
- Common Misinterpretations of the Rule:
 - The play stops if someone other than the designated setter sets the ball
 - FALSE: The only thing that matters is that players keep their rotational order so the play doesn't stop if someone else sets the ball, just like in 13U Tripleball.
 - Teams can isolate players in serve reception in certain rotations
 - FALSE: Teams need to keep the same serve-reception configuration through the whole set.

6.8 UPDATED - Serve Receive Rule

11U -14U are not permitted to receive a serve with an overhead motion using the fingers (volleying/setting the serve). The first referee will use the "double contact" signal to indicate this infraction. 15U's are now permitted to receive a serve with the overhead pass.

6.9 Game Day Scheduling

The tournament director has the authority (in consultation with coaches and the Head Official) to move matches ahead and/or move matches to a different court than scheduled, to avoid delays and shorten the length of the tournament day.

6.10 OVA Hotline

The OVA hotline is available to coaches and event hosts to assist with a variety of issues that may occur during a tournament. These issues often need immediate assistance and require consulting an OVA staff person, including but not limited to:

- Teams unable to travel due to weather
- Permit issues on site
- Tiebreaking assistance
- Any type of altercation on site
- Scheduling issue (ranking, seeding, team drop out)
- Protests

OVA HOTLINE: 647-467-5514

6.11 Recreational Cell Phone and Tripod Use

The recreational use of cell phones or tripods for personal photography/filming on the bench is not permitted at all OVA events. Use of cell phone and other devices are permitted when collecting data. All filming for match footage must be set up off court.

6.12 Lining and Scoring

If hosts do not provide lines people and score keepers, all teams will be required to line and score their own matches. If a team skips their lining and score keeping duties, the team will be fined \$75 per match. All fines must be paid in full prior to participating in another OVA tournament. Team is in bad standing until all outstanding fines are paid in full.

6.13 Protests

To officially protest or appeal a decision, the captain must launch the protest **immediately** to the first referee who will then indicate to the scorekeeper that a protest has been lodged. In case of an incident during a match, the protest has to be requested at the moment the incident occurs, **before play resumes**.

Protests - Any protest or appeal at an OVA Tournament will be overseen by a Competition Jury, composed of any three of the following:

- A representative of the Hosting team (Jury Chairperson)
- The head official or approved designate
- An OVA representative (if on site)
- A non-partisan OVA member appointed by the head official

The Competition Jury has the highest level of authority at the event and its decisions take precedence and cannot be appealed.

The following types of issues can be protested or appealed:

- An improper decision by the referee who did not apply the rules or regulations correctly
- An improper decision of the scorer who made a mistake on the rotational order or on the score
- Please note that judgement calls cannot be protested. A referee's decision regarding a playing action (i.e. ball handling or misconduct) cannot be protested

Please remember that NO match will be replayed, as protests have to be placed at the moment of the incident.

- A fee of \$100 must be provided in cash immediately to the Head Official in order to assemble the jury. The fee will be returned if the protest is upheld.
- Head Official will notify both teams that there is a protest and will ask both teams to stay in the gym on court, until the final decision is rendered
- The chairperson of jury convenes the jury
- The jury interviews the coach of the protesting team and all involved parties, as they see fit (e.g.: opposing coach, officials, captains, athletes, etc.)
- The protest is then reviewed for acceptance or refusal
 - Refusal means that the point, game or match result stands as played
 - Acceptance involves replaying of the event in whole or in part depending on the judgment of the Jury
- The jury deliberates and renders a decision. The chairperson of jury informs all parties involved of the decision made
- Once the match has ended, the captain must describe the incident on the scoresheet or on a paper to be attached to the scoresheet before he signs off the scoresheet

Notes:

- ***Judgement calls are not permitted to be protested (i.e. ball handling)***
- ***Protests cannot be made once the play continues after the incident occurs***

6.14 Purple Card Sanction Policy

The purpose and intent of the Purple Card Sanction Policy (Appendix X) is to effectively address and sanction any inappropriate or prohibited behavior exhibited by any NON-PARTICIPANT such as parents, spectators, members of participating clubs from other teams, etc., attending and observing any OVA sanctioned volleyball match. This policy is further intended to preserve order and help to maintain the safety and protection of all OVA members and/or spectators.

- This policy will be piloted during the 17U and 18U Boys and Girls Indoor Competition season (all regular season and Ontario Championships)

6.15 Default Procedure

If a team is not in attendance for their scheduled match time, and it has been confirmed by the area supervisor/host that they are not currently playing another match at the facility, the referee will wait 10 minutes from the start time and then call a default for the 1st set. The referee will wait another 10 minutes, and if the team does not show up, they forfeit the match. The on-site team will win the match 25-0, 25-0.

6.16 Assignment of Officials

All officials who work at OVA tournaments are certified Level 1 (Local Badge) or above and are full members of the OVA.

Age Category	Cup Tournaments	Ontario Championships
12U	First Officials will be provided for pool play and playoff matches at all OVA tournaments.	First Officials will be provided for pool play and playoff matches
13U	First Officials will be provided for pool play and playoff matches at all OVA tournaments.	First Officials will be provided for pool play and playoff matches
14U	First Officials will be provided for pool play and playoff matches at all OVA tournaments.	First Officials will be provided for pool play and playoff matches
15U	First Officials will be provided for pool play and playoff matches at all OVA tournaments.	First Officials will be provided for pool play and playoff matches.
16U	Premier: First and Second officials will be provided for pool play and playoff matches; Select, Championship & Trillium: First Officials will be provided for pool play and playoff matches.	Division 1 Tier 1 (Day 2 and 3 of competition): Single official will be provided for all pool play matches and double officials for playoff matches. Lines people will be provided for D1/T1 Ontario Championships medal matches. All other divisions: Single official for all matches.
17U	Premier: First and Second officials will be provided for pool play and playoff matches; Select, Championship & Trillium: First Officials will be provided for pool play and playoff matches.	Division 1 Tier 1 (Day 2 and 3 of competition): Double officials will be provided for all pool play matches and double officials for playoff matches. Lines people will be provided for D1/T1 Ontario Championships medal matches. All other divisions: Single official for all matches.
18U	Premier: First and Second officials will be provided for pool play and playoff matches;	Division 1 Tier 1 (Day 2 and 3 of competition): Double officials will be provided for all pool play matches and double officials for playoff matches.

	Championship & Trillium: First Officials will be provided for pool play and playoff matches.	Linespeople will be provided for D1/T1 Ontario Championships medal matches. All other divisions: Single official for all matches.
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6.17 Concussion Policy

The OVA is committed to taking all reasonable steps to provide a safe and secure sporting environment for participants in its programs, activities and events.

For the 2019-2020 Indoor season, the warm up protocol (point 6.5), will be mandatory at all OVA events to help minimize the potential for concussions during warm ups.

A full copy of the OVA's Concussion policy click [here](#).

Please see the [OVA website](#) for more information on Concussion prevention, identification, management and treatment.

6.18 Rowan's Law – Concussion Safety

The mandatory requirements of Rowan's Law (Concussion Safety), 2018 include the review of Concussion Awareness Resources and Concussion Codes of Conduct and will be in effect starting July 1, 2019. This Law makes it mandatory for sports organizations to:

- Ensure that athletes under 26 years of age, parents of athletes under 18, coaches, team trainers and officials confirm every year they have reviewed Ontario's Concussion Awareness Resources.
- Establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion prevention.
- Establish a Removal-from-Sport and Return-to-Sport protocol.

For more resources on Rowan's Law click the following links:

- Rowan's Law – [Complete Legislation and Regulations Under the Act](#)
- Government of Ontario Concussion Awareness Resource E-Booklet
 - [10 & Under](#)
 - [11 – 14](#)
 - [15 & Older](#)
- The OVA Concussion Code of Conduct for Athletes and Parents/Guardians and the Concussion Code of Conduct and Review of Concussion Awareness Resource Acknowledgment Form is included in the Individual OVA Registration Form. [Click here](#).

7.0 Ontario Championships

7.1 Ontario Championships Eligibility Requirements

Fully registered youth teams are eligible for the Ontario Championships provided they meet the following requirements:

Age Category	Number of OVA Events
11UG, 12U	1
13U-18U	2

Teams from Region 1 are exempt from eligibility requirements, however, must adhere to the posted deadlines and follow OVA policies regarding Respect In Sport and screening.

Ontario Championship seeding is based on a team's top two average in the age group they are competing in. The final regular season rankings will be used to break any ties in seeding.

Due to the structure of the 2020 Ontario Championships athletes are only permitted to participate in **ONE** event regardless of eligibility or the number of rosters they are listed on in NRS. A team's matches will be forfeited if an ineligible athlete is found to be competing in more than one event.

Out of province teams are permitted to participate in Ontario Championships provided they are members in good standing of the OVA and have met the eligibility requirements.

11U Girls and 12U Boys

The OVA will run a 11UG and 12UB Ontario Championships. The 11UG and 12UB teams can qualify to participate in Ontario Championships by playing in one 12U Girls or 13U Boys regular season tournament. The Ontario Championships will take place over two days and the teams will be playing Triple Ball. All teams are guaranteed two matches on their second day of playoffs.

7.2 Ontario Championships Travel Policy

Team travel subsidy of \$80 is included in the registration fee. All team travel forms must be received by May 31st to be included in the travel equalization cost sharing. The distribution of subsidies may not exceed the total amount of travel subsidy fund, thus, depending on the number of teams that qualify, and the distances involved, funds may be distributed at a lower rate.

More information on the team travel subsidy will be provided prior to the Ontario Championship registration deadline.

7.3 NEW - Rosters for Ontario Championships

Rosters for all teams competing in the Ontario Championships will be downloaded from NRS on Friday February 1, 2020. All athletes and team staff **MUST** be listed in NRS in order to participate in the Ontario Championships.

Any changes to the roster in NRS after the February 1st must be sent in writing to the appropriate age division OVA Program Coordinator for approval and will be charged a \$50 late fee. **PLAYER ADDITIONS WILL NOT BE PERMITTED AT COACHES CHECK-IN WITHOUT PRIOR APPROVAL FROM THE OVA AND THE \$50 LATE CHANGE FEE HAS BEEN PAID.**

All rosters used for Ontario Championships will be submitted to Volleyball Canada for National Championships. Please ensure that you use the roster at OC's that you want for National Championships. Changes to rosters for the National Championship must be approved through Volleyball Canada and the OVA. This includes coaching staff, team staff and players.

7.4 Stay to Play Policy

Ontario Volleyball has instituted a Stay to Play policy to ensure accommodations availability for all Indoor Championship's participants while better managing competition costs. The Stay to Play policy is in effect for all Indoor Ontario Championships.

- All travelling teams (100kms+/one way) are required to book hotel rooms through Hudson Travel Group (HTG Sports) to be eligible to play in the tournament.
 - The Clubs mailing address will be used to determine kms to the venue.
- A team must register in Ontario Championships to be eligible to book accommodations.
 - A team will be issued a booking code upon registration, that will need to be used when booking through HTG Sports.
 - A team can only block rooms for the event they have just registered in. They cannot pre-book other event dates, prior to registering in the other event.
- Ontario Volleyball offers exemptions from the Stay to Play policy for both teams and individuals under the following categories:
 - **Proximity Exemption Request:** If the team/athlete is based within the specified proximity distance from the competition venue or the team/athlete plans to stay with family or friends that resides within the proximity distance, the team/athlete may be eligible for an exemption from the policy.
 - **Special Exemption Request:** A Special Exemption Request will need to be completed for all other exemption requests. Requests will be considered on a case-by-case basis and will be reviewed by the Stay to Play Review Committee. This policy has been put in place to benefit teams, local event organizers and Ontario Volleyball alike.
- More information will be released to Clubs in September 2019

7.5 National Championships

Date	Age Group	Location
May 1-3 rd	14U	TBD
May 8-10 th	14U	TBD
May 13-19 th	15U-18U	Edmonton, Expo Centre

**** Please note that both 14U events are open to all teams from across Canada***

[Click here](#) for more info.

8.0 Coaching

8.1 Coaching Certification Requirements

All Head Coaches, Assistant Coaches and staff on bench must meet the requirements of the OVA Screening Policy before participating in any OVA or Volleyball Canada event:

- Police Record Check and Vulnerable Sector Screening completed within the last 3 years
- OVA Screening Disclosure Form completed within the last year

All PERSONS IN AUTHORITY (PIA) on the roster must adhere to the following in order to participate in any OVA sanctioned events.

- Abide by the OVA Screening Policy
 - Submit a Vulnerable Sector Screen (completed within 3 years)
 - Submit a completed OVA Screening Disclosure Form annually
- Abide by the OVA Person In Authority Code of Conduct

The following items must be fully completed before **any individual can be listed as a HEAD COACH on a roster/scoresheet** during any OVA sanctioned events:

- Foundations of Volleyball
- Making Ethical Decisions Online Evaluation
- Making Head Way

Date of completion: Before November 1st, 2019 (or prior to participation in an OVA sanctioned event for coaches registering after November 1st)

Sanctions: First offence = \$100 fine. A second offence will result in the Head Coach being suspended.

NOTE: *It is recommended that assistant coaches complete the mandatory modules if they want to avoid penalties in the event they have to step into the head coach role at some point during the season*

All HEAD COACHES listed on a roster/scoresheet during an OVA sanctioned event must be certified within 3 seasons participating in OVA competitions. Individuals in their third season as a Head Coach in 2019-2020 must complete their certification by March 1st 2020.

Age category requirements:

- 11-16U = Development Coach certified
- 17-18U = Advanced Development Coach certified

Date of completion: Prior to March 1st, 2020

Sanctions: Individual not allowed to be on any roster at Ontario Championship

See below for further pathway details

Recommended **training tasks and timelines** to for certification in the **Development Coach (11-16U)** context:

Year	Tasks	Time	Cost
1	• Foundations of Volleyball eLearning	1.5 hours	\$89
	• Make Ethical Decisions Online Evaluation	45 minutes	\$85 or free
		90 minutes	Free
	• Making Head Way (Generic) eLearning		
2	• Development Coach Workshop	Weekend (16 hours)	\$150-\$250
	• Nutrition eLearning	45 minutes	Free
3	• Development Coach Evaluation*	4-6 hours	\$120

**Coaches may challenge the evaluation process at any time (subject to challenge fee). Coaches will also be limited to two (2) attempts at passing the evaluation. If, after two (2) attempts coaches have not met the minimum standard, they will need to register and complete all training components of the certification pathway.*

Recommended **training tasks and timelines** for certification in the **Advanced Development (17-18U)** context:

Year	Tasks	Time	Cost
1	• Foundations of Volleyball eLearning	1.5 hours	\$89
	• Make Ethical Decisions Online Evaluation	45 minutes	\$85 or free
		90 minutes	Free
	• Making Head Way (Generic) eLearning	Weekend (16 hours)	\$150-\$250
	• Development Coach Workshop		
2	• Advanced Development Coach Workshop	Weekend (18 hours)	\$150-\$250
		5 hours	\$50-\$100
	• Design a Basic Sport Program	3.5 hours	\$50-\$100
	• Basic Mental Skills	45 minutes	Free
	• Nutrition eLearning		
3	• Advanced & Development Coach Evaluation*	4-6 hours	\$120

**Coaches may challenge the evaluation process at any time (subject to challenge fee). Coaches will also be limited to two (2) attempts at passing the evaluation. If, after two (2) attempts coaches have not met the minimum standard, they will need to register and complete all training components of the certification pathway.*

8.2 Coach Development Week

September 6th-12th, 2019 is the OVA Coach Development Week. During that week, no tryouts will be allowed. Clubs will only be allowed include players in clinics as part of a coach development workshop. That week is an opportunity for coaches to complete the basic mandatory modules from the 2019-20 Coach Certification Policy.

The coach development opportunities that will be offered are:

- Multiple Development Coach workshops
- Multiple Advanced Development Coach workshops
- One-day Coaching Symposium*
- Seasonal planning workshop*
- Coach development webinars

**Coaches can only attend the Coaching Symposium and Seasonal Planning workshop if they have already completed their NCCP workshop (DEV or ADV DEV)*

Full event details will be released as soon as they are available on the OVA website.

8.3 Police Screening

As per section 7 of the OVA's Screening Policy, any and all individuals applying to volunteer or work in or with the OVA or its programs, activities, or members must participate in the OVA's screening process. This includes all Staff, Directors, Chairs, Coaches, Managers, Officials, Chaperones and persons who manage finances.

These individuals must obtain a Police Records Check ("PRC"), and/or Vulnerable Sector Screening ("VSS") from their local police service every three (3) years. The cost of the PRC and VSS is to be borne by the applicant. The above referenced individuals must also complete an OVA Screening Disclosure Form annually and in the case of a transfer from out of province or country, provide a letter of good standing from the applicant's previous volleyball organization.

Each Club is responsible for ensuring that the appropriate screening documents have been obtained prior to allowing an individual to participate in its programs or activities. Please note that by law, Clubs are not permitted to keep originals or copies of PRC/VSS forms on file for staff/volunteers/members of their club, so forms should be returned to the owner upon viewing. Clubs are asked to keep a list of names of all of the PRC/VSS forms that have been submitted and reviewed, the dates they were issued, the club representative who reviewed the forms and any other pertinent information as a result of the screening. The Club must also keep a copy of the above individuals' OVA Screening Disclosure Forms.

The person responsible for screening at the Club level must submit their PRC/VSS and annual Screening Disclosure Form to the OVA office annually.

The OVA reserves the right to perform random spot checks with respect to screening throughout the year. All OVA members are responsible for keeping their police checks on file for three years and for providing a signed copy of the OVA Screening Disclosure form to their Club administrator on an annual basis. Upon request by the OVA, all Clubs are required to present the details of the PRC/VSS document review for their staff (coaches, executive, managers, trainers, etc.) and copies of each staff member's OVA Screening Disclosure Form.

For more information on the OVA Screening Policy please click [here](#).

8.4 Coaching Code of Ethics

In addition to the OVA Code of Conduct, OVA Coaches must follow the NCCP Code of Ethics. Please see Appendix III to review the OVA Code of Conduct.

The NCCP Code of Ethics was written by the Coaches Association of Canada and is included as Chapter 1 of the Volleyball Canada Coaches Manual Level 1 - an excerpt of which can be found below:

Principle	Standards of Behaviour Expected of Coaches
Physical safety and health of Athletes	Ensure that training or competition site is safe at all times
	Be prepared to act quickly and appropriately in case of emergency
	Avoid placing athletes in situations presenting unnecessary risk or that are beyond their level
	Strive to preserve the present and the future health and wellbeing of athletes
Coaching Responsibility	Make wise use of the authority of the position and make decisions in the interest of the athletes
	Foster self-esteem among athletes
	Avoid deriving personal advantage for a situation or decision
	Know one's limitations in term of knowledge and skills when making decisions giving instructions or taking action
	Honour commitments, word given and agreed objectives
Integrity in relations with others	Avoid situations that may affect objectively or impartiality of coaching duties
	Abstain from all behaviours considered to be harassment or inappropriate relations with an athlete
	Always ensure decision are taken equitably
Respect	Ensure that everyone is treated equally regardless of athletic potential, race, sex, language, religion or age
	Preserve the dignity of each person in interacting with others
	Respect the principles, rules and policies in force
Honouring sport	Strictly observe and ensure observance of all regulations
	Aim to compete fairly
	Maintain dignity in all circumstances and exercise self-control
	Respect officials and accept their decisions without questioning their integrity

If any OVA member is found to be in violation of the Code of Conduct, please fill out the OVA Incident Report form and email it to the OVA at info@ontariovolleyball.org. The Incident Report Form can be found online at www.ontariovolleyball.org. Please download the form prior to completing it.

9.0 Person In Authority Code of Conduct

9.1 Person In Authority Code of Conduct – *Effective September 1, 2018*

The OVA values the safety, rights and wellbeing of our athletes and their families. It is the responsibility of every OVA club, coach, volunteer and staff member to participate in the effort to create a safe environment for all OVA participants.

Coaches play a vital role in shaping the youth of tomorrow through sport. The OVA relies on them and other persons in authority to be role models and to put young athletes on a path to success. The dynamic between coach and athlete gives rise to a power imbalance and a culture of unquestioned trust that can result in abuse. As such, it is imperative that all persons in positions of authority be held to a high standard of conduct. Abuse in sport, particularly sexual abuse and the grooming behaviour that precedes it, destroys the positive impact of sport and causes untold harm to victims and those around them. Consequently, the OVA has a strong obligation to establish and maintain systems that prevent abuse and respond to conduct that poses risk to OVA athletes.

9.2 Person In Authority Code of Conduct – Purpose

This Person in Authority Code of Conduct is intended to protect OVA participants from abuse. It provides guidelines for conduct that are consistent with the development of healthy relationships between adult persons in authority and youth sport participants. The Code provides behaviour guideposts that identify inappropriate or concerning behaviour at an early stage to help better protect athletes and coaches.

See Appendix V for the OVA Safe sport Abuse Prevention Person In Authority Code of Conduct.

10.0 Awards

10.1 Tournament Medals

At OVA tournaments, gold, silver and bronze medals (15 of each) will be awarded at every event that has 6 or more teams participating, except for the first 12U Girls event, where only participation prizes will be provided.

For Ontario Championships, gold, silver and bronze will be awarded for all divisional and tier winners.

10.2 OVA Award of Excellence

The Award of Excellence awards will be given to Club coaches to present to one member of each team at the Ontario Championship, in the 11U, 12U, 13U, 14U, 15U and 16U age categories. Medals will be distributed in coaches packages at Ontario Championships.

10.3 OVA Grand Prix All Star Teams

All Star Selections will be made at the Grand Prix for the 16U-18U athletes and will be highlighted as the OVA Grand Prix All Stars at the Ontario Championships.

10.4 Evelyn Holick and Ken Davies Awards

These awards are presented at the Ontario Championships to recognize a female and a male athlete (respectively) for their demonstration of leadership, sportsmanship, determination and athletic abilities throughout the season. Coaches and Clubs are invited to submit nominations (from within their own Club or from other Clubs) for these awards to Carrie Campbell, Manager of Indoor Programs (ccampbell@ontariovolleyball.org) by February 1st of each season.

Once nominations have been received a selection committee will be formed to review the nominations.

Evelyn Holick is the standing role model for all female volleyball participants in Ontario. She coached Team Ontario (women) in the very first Canada Games and was the first female from Ontario to earn National certification as an indoor official.

Ken Davies was a member of Team Ontario and a participant in the 1989 Canada Games. His determination to become a member of the Canada Games team led to the formation of the Ganaraska Wolves Volleyball Club, which was started to provide opportunities for athletes within the Orono/Newcastle community. Sadly, two months after the 1989 Canada Games, Ken's life was taken in a traffic accident involving a drunk driver.

The Ken Davies and Evelyn Holick Award winners will receive \$1000 athletic scholarship each, presented at the annual OVAion Awards Banquet.

10.5 Scarborough Solars Award

The Scarborough Solars Award will be awarded annually to a minimum of two (2) Ontario athletes (equal number of male and female athletes) who have been selected to, or who have the ability to, represent Ontario/Canada in international volleyball or beach volleyball competitions.

Recipients will be selected via committee based on their athletic achievement, impact of the OVA on the applicant, and the impact of receiving the Award on the athlete. Awards will be between \$500 and \$1,000 per athlete per year.

10.6 OVAtion Banquet *presented by Nothers Signs and Recognition*

Celebrating Volleyball for Life, the annual OVAtion Awards honour those who have distinguished themselves by providing their time, effort and support to the promotion and development of volleyball in the province.

The OVAtion Awards banquet will be taking place in May 31,2020. The OVA relies on its members to nominate those in their Club to receive these prestigious awards. For more information, and to access the nomination forms, please visit the [OVA website](#).

APPENDICES

SEASONAL STRUCTURE

- With the expected growth of the 14U Girls, 18U Girls, 14U Boys and 17U Boys, the following changes will be made to their seasonal structure. The full season structure will be available in the 2019-2020 Youth Competitions Handbook.
 - 14U Girls: Will begin the season with Select, Championship and Trillium White for the Provincial Cup. For the Challenge Cup and beyond we will deliver Premier, Select, Championship, Trillium White and Green divisions.
 - 18U Girls: Will begin the season in Premier, Select, Championship and Trillium Divisions for the Provincial Cup.
 - 14U Boys: Will begin the season in Championship and Trillium for the Provincial Cup. For the Challenge Cup and beyond, we will deliver Premier, Championship and Trillium divisions.
 - 17U Boys: Will begin the season in Premier, Championship and Trillium for the Provincial Cup.

Note: All numbers stated in the seasonal outline in the Youth Competition Handbook are estimates. They may require adjustments depending factors such as, but not limited to, exemptions, number of registered teams, composition of tournament draw etc.

- **Promotion for Vacancies in Tournament Draw:** After promotion/relegation occurs, as outlined in the Youth Competitions handbook, any additional open spots (in all tiers) will be filled using the following criteria, in the order listed:
 - Any underage team that meet the requirements outlined in Section 4.12 “Placement for underage teams” in the Youth Competitions Manual.
 - Teams who have missed previous events but should be in a specific division from a competitive balance perspective.
 - Example: Spikers finished 2nd place in Championship at the Challenge Cup. Spikers missed the McGregor Cup event but will then stay in Championship for the Bugarski Cup event if there is a vacancy available.
 - Promotion of 2nd place teams from the most recent event will be considered.
 - For Example: If 1 vacancy remains in Trillium White for the McGregor Cup, only the 2nd place teams from the Trillium Green Challenge Cup will be considered.
 - Team’s rank*: All registered teams will be considered in this final step which is the only time a team set to be relegated down will be considered to fill a vacancy.

**A team’s rank is defined as their average points awarded during the current season. Rank will be used as the tiebreaker if fewer vacancies are available in a specific division then the number of eligible teams for each of the criteria listed above.*

- **Underage Teams – Initial Placement**

- If a team is competing in an older age category and has a pre-season rank in the older category they will be placed according to that rank.
- If the team **does not have a pre-season rank** in the older age category, they will automatically be placed in a Tier which is reflective of their rank in their own age category for the Provincial Cup. The percentages below will also be used for placement in mid-season events if vacancies in the draw are available.

Girls	
Age Division Rank	Initial Placement in One Age Division Higher
1-3%	Select
4-12%	Championship
13-40%	Trillium White
Boys	
Age Division Rank	Initial Placement in One Age Division Higher
1-7%	Championship

- Out of Province Teams will be considered to fill vacancies within the tournament draw. The protocol outlined above does not apply to out of province teams.
- **Due to the seasonal structure and in order to ensure proper rankings, there will be NO tournament exemptions given for the 12U Girls Challenge Cup.**

PLAYING RULES

- **MANDATORY Warm Up Protocol:**
 - When one team has exclusive use of the court, the other team must either be at its team bench, out of the playing area or shagging balls for the opposing team (optional). Warming up with balls at the team bench, behind the court, or in the spectator walkways is not permitted.
 - The following warm-up protocol will be in effect for the 2019-2020 season:
 - Primary Warm-up Protocol – (5-4-4): For all teams first match of the day
 - Five (5) minutes of shared court time for ballhandling
 - Four (4) minutes of exclusive time for the serving Team
 - Four (4) minutes of exclusive court time for the receiving Team
 - No shared hitting and serving
 - Secondary Warm-up Protocol – (2-4-4): For all other Matches within the tournament
 - Two (2) minutes of shared court time for ball handling
 - Four (4) minutes of exclusive court time for serving Team
 - Four (4) minutes of exclusive court time for the receiving Team
 - No shared hitting and serving
- Example of pre-game Protocol

- **Purple Card Sanction Policy:** The purpose and intent of the Purple Card Sanction Policy is to effectively address and sanction any inappropriate or prohibited behavior exhibited by any NON-PARTICIPANT such as parents, spectators, members of participating clubs from other teams, etc.), attending and observing any OVA sanctioned volleyball match. This policy is further intended to preserve order and help to maintain the safety and protection of all OVA members and/or spectators.
 - This policy will be piloted during the 17U and 18U Boys and Girls Indoor Competition season (all regular season and Ontario Championships)
 - The Purple Card Policy will be posted on the OVA website and distributed to members in Early August.

COACHING

- **NEW: CERTIFICATION 2019-2020** - The basic mandatory modules are now required for any individual listed as a head coach on a roster/scoresheet during an OVA sanctioned event. The modules must be completed before November 1st. The basic mandatory modules are:
 - Foundations of Volleyball
 - Making Ethical Decision Online Evaluation
 - Making Headway

All Head Coaches listed on a roster/scoresheet during an OVA sanctioned event still must be certified within 3 seasons of participating in OVA competitions. The full 2019-2020 *Coaching Requirements* are included as Appendix A.

- **2019 Coach Development Week**

September 6th-12th, 2019 is the OVA Coach Development Week. During that week, no tryouts will be allowed. Clubs will only be allowed to run clinics for players if they are part of a coach development workshop. That week is an opportunity for coaches to complete the basic mandatory modules from the 2019-20 Coach Certification Policy.

The coach development opportunities that will be offered are:

- Multiple Development Coach workshops
- Multiple Advanced Development Coach workshops
- One-day Coaching Symposium*
- Seasonal planning workshop*
- Coach development webinars

**Coaches can only attend the Coaching Symposium and Seasonal Planning workshop if they have already completed their NCCP workshop (DEV or ADV DEV)*

Full event details will be released as soon as they are available. An information sheet about the 2019 Coach Development Week is included as Appendix B.

HIGH PERFORMANCE LEAGUE

- The High Performance League (HPL) is set to begin in 2020-2021 and will provide the highest competitive experience for youth volleyball players in Canada. The purpose of the League is to bridge the gap with the Canadian Long-Term Athlete Development model (LTAD) recommendations for Learn to Compete athletes (17-18U). The HPL will

feature best of 5 matches in a league format similar to post-secondary volleyball and will require teams to meet specific training standards.

- Important steps towards inauguration will be taken during the 2019-20 season:
 - July 2019: HPL Handbook draft will be circulated for feedback
 - September 2019: Final HPL Handbook will be released
 - December 2019: All Clubs interested in participating in HPL must have a representative at the OVA AGM to attend the HPL meeting
 - January 2020: Expression of interest to be part of the HPL by Clubs
 - Ontario Championships 2020: Results from 16U and 17U age groups will count towards qualification for the HPL for the 2020-2021 Season

Full details about the HPL will be released in the draft HPL Handbook in July on the OVA website (www.ontariovolleyball.org).

FEES

- **Ontario Championship Fees:**

Age Group	Total Fee
11U-12U	\$ 830.00 +HST
13U-15U	\$ 1,230.00 +HST
16U-18U	\$ 1,330.00 +HST

- **OVA Tournament Entry Fees will be as follows for the 201-2020 season (all prices are +HST).**

Age Group	2017-18	2018-19	2019-20
12U	\$ 235.00	\$ 250.00	\$ 275.00
13U-15U	\$ 320.00	\$ 320.00	\$ 330.00
16u-18U	\$ 330.00	\$ 330.00	\$ 340.00
Grand Prix	\$ 535.00	\$ 550.00	\$ 575.00

VOLLEYBALL CANADA (VC) RULE CHANGES

- **16U Boys will now be permitted to play with a libero.** Please [click here](#) for a link to the VC website for rationale.
- **15U Girls and Boys are now permitted to overhead pass on serve receive.** Please [click here](#) for a link to the VC website for rationale.
- **VC will be announcing the official balls for the 2020 National Championships prior to September 2019.**
 - There will be no changes to the official ball for the Ontario Volleyball Indoor Competition season. A review will take place once VC announces their selection to determine alignment for 2020/21.
- **VC will be increasing their membership fees by \$1.00 for the 2019-2020 season for the following categories:**
 - Youth Competitive Player (\$30.00)
 - Adult Player (\$30.00)

- Post-Secondary Player (\$30.00)
- Leader – Club/Team Personnel, Referees (\$30.00)

Note: This increase will bring the total for an OVA membership to \$83.11 including HST.

APPENDIX II TRIPLEBALL RULES & REGULATIONS

The goal of Tripleball is to promote better skill development, participation, meaningful competition, and fun.

Overview of the Tripleball Sequence:

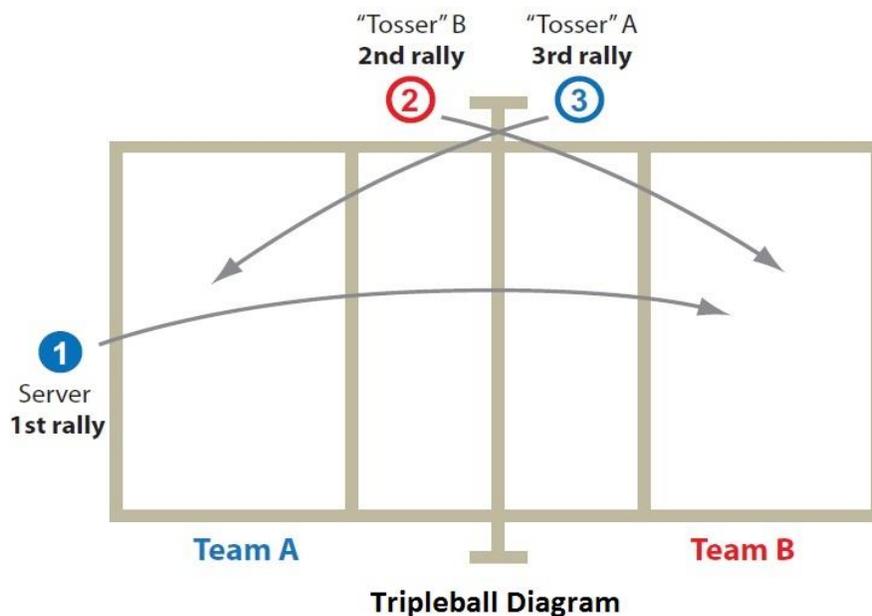
a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).

- 1st rally – introduced by the server
- 2nd rally – tossed ball given to the receiving team
- 3rd rally – tossed ball given to the serving team

b) The service rotates between teams after each three-ball sequence.

c) A team must rotate and introduce a new server when it is their turn to serve.

d) Every ball introduced is worth one (1) point.



Tripleball Rules:

- a. Switching to a different position from your service order during a rally is NOT ALLOWED.
- b. Normal volleyball movement is allowed during the play but players must come back to their rotational order once the ball is sent to the other side of the net.
 - i. Example: A player in position 3 may run a “step around” making contact in position 2 if they immediately return to position 3 after they made contact with the ball.
 - ii. It will be the official’s discretion as to if the player made an attempt to make it back to their original position after they ran the “designed play”.
 - iii. This call is not protestable.
- b. Each rotation will have a different designated setter. The player in position #3 or #2 or #1 in service reception will be the designated setter; this position must be noted on the scoresheet by the coach.
- c. Fair Play substitutions rules apply
- d. Time-outs & substitutions cannot occur during a 3-ball sequence. These requests must be made before the introduction of serve.
- e. Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.

- f. All other standard volleyball rules not listed above continue to apply.
- g. If the first contact after a toss/serve goes over the net, it is considered a legal contact and the point will be played out. No reserve or re-toss is required.

**Recommendation for officials to use an elastic band to keep track of serving order*

Guidelines for Tossers:

- a. The Head Coach, Assistant Coach or a competent volunteer may be the "Tosser" and introduce balls to their own team.
- b. Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.
- c. The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
- d. The free ball must be tossed to the athlete in the centre back position (rotationally in position 6), otherwise a replay will occur. The toss can be off centered but the position 6 player must still play the ball.
- e. The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling "Free Ball". Tossers encourage a fast-paced transition between an end of a rally and the next toss.

Fair Play

- No substitutions are permitted (except for injury) in the first and second set. There are no restrictions on who can play the third set. Twelve (12) sub limited (one entry and one exit per player) rule will be in effect.
 - In the case of a team with less than 12 players on the game roster, players who played the first set and who are starting the second set can be substituted at any time during the second set.
 - A player who did not play the first set cannot be substituted in the second set.
 - In the case of an injury and Exceptional Substitution maybe made. The injured/ill player may not return to the same set but may return to play in subsequent sets
 - Substitutions follow the normal substitution rules.
 - **Fair Play Clarification due to addition of 14 player roster**
 - 12 players (or all players listed on the scoresheet) must start the first or second set
 - There are no restrictions on who can play in the third set. Any player from the roster may start or be substituted.

2020 Nationals Age Categories

	Adult	18U	17U*	16U	15U	14U
Sept	OPEN	2001	2002	2003	2004	2005
Oct		2001	2002	2003	2004	2005
Nov		2001	2002	2003	2004	2005
Dec		2001	2002	2003	2004	2005
Jan		2002	2003	2004	2005	2006
Feb		2002	2003	2004	2005	2006
Mar		2002	2003	2004	2005	2006
Apr		2002	2003	2004	2005	2006
May		2002	2003	2004	2005	2006
June		2002	2003	2004	2005	2006
July		2002	2003	2004	2005	2006
Aug		2002	2003	2004	2005	2006
Sept		2002	2003	2004	2005	2006
Oct		2002	2003	2004	2005	2006
Nov		2002	2003	2004	2005	2006
Dec		2002	2003	2004	2005	2006

Adult: OPEN

18U: Athletes born from September 1, 2001 to Dec 31 2002 (16 months)

17U: Athletes born from September 1, 2002 to Dec 31 2003 (16 months)

16U: Athletes born from September 1, 2003 to Dec 31 2004 (16 months)

15U: Athletes born from September 1, 2004 to Dec 31 2005 (16 months)

14U: Athletes born from September 1, 2005 to Dec 31 2006 (16 months)

*Athletes on a current CCAA or CIS volleyball roster, will not be permitted to play in the 17U age class regardless of birthdate.

Definitions

1. The following terms have these meanings in this Code:
 - a) "Individuals" – All categories of membership defined in Section 2.1 of the Ontario Volleyball Association (OVA) Constitution and By-laws, as well as, all individuals engaged in activities with the OVA, including but not limited to, clubs, athletes, coaches, officials, volunteers, managers, administrators, directors and officers of the OVA, spectators of OVA events and parents of OVA members.

Purpose

2. The purpose of this Code of Conduct ("Code") is to ensure a safe and positive environment (within OVA programs, activities, and events) by making all Individuals aware that there is an expectation, at all times, of appropriate behavior consistent with the values of the OVA, as set out in section 3 of this Code.
3. The OVA is committed to providing an environment in which all individuals are treated with respect. The OVA supports equal opportunity and prohibits discriminatory practices. Individuals are expected to conduct themselves at all times in a manner consistent with the values of the OVA that include fairness, integrity, accountability, excellence, accessibility, innovation, and respect.
4. Conduct that violates this Code may be subject to sanctions pursuant to the OVA's Discipline and Complaints Policy.

Application of this Code

5. This Code applies to conduct that may arise during the course of OVA business, activities, and events, including but not limited to: its office environment, competitions, practices, training camps, tryouts, travel, and any meetings of the OVA.
6. This Code also applies to the conduct of Individuals that may occur outside of the OVA's business, activities, events, and meetings when such conduct adversely affects relationships within the OVA (and its work and sport environment) and is detrimental to the image and reputation of the OVA. Such applicability will be made by the OVA in its sole discretion.

Responsibilities

7. All Individuals have a responsibility to:
 - a) Maintain and enhance the dignity and self-esteem of OVA members and other Individuals by:
 - i. Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, colour, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, religious belief, political belief, disability or economic status
 - ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members
 - iii. Consistently demonstrating the spirit of sportsmanship, sport leadership and ethical conduct

- iv. Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory;
 - v. Consistently treating individuals fairly and reasonably
 - vi. Ensuring adherence to the rules of volleyball and the spirit of those rules
- b) Refrain from any behavior that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious. Types of behavior that constitute harassment include, but are not limited to:
- i. Written or verbal abuse, threats or outbursts
 - ii. The display of visual material which is offensive or which one ought to know is offensive in the circumstances
 - iii. Unwelcome remarks, jokes, comments, innuendo or taunts
 - iv. Leering or other suggestive or obscene gestures
 - v. Condescending or patronizing behaviour which is intended to undermine self-esteem, diminish performance or adversely affect working conditions
 - vi. Practical jokes which cause awkwardness or embarrassment, endanger a person's safety, or negatively affect performance
 - vii. Any form of hazing where hazing is defined as "Any potentially humiliating, degrading, abusive, or dangerous activity expected of a junior-ranking athlete by a more senior team-mate, which does not contribute to either athlete's positive development, but is required to be accepted as part of a team, regardless of the junior-ranking athlete's willingness to participate. This includes, but is not limited to, any activity, no matter how traditional or seemingly benign, that sets apart or alienates any team-mate based on class, number of years on the team, or athletic ability."
 - viii. Unwanted physical contact including, but not limited to, touching, petting, pinching, or kissing
 - ix. Unwelcome sexual flirtations, advances, requests, or invitations
 - x. Physical or sexual assault
 - xi. Behaviors such as those described above that are not directed towards a specific individual or group but have the same effect of creating a negative or hostile environment
 - xii. Retaliation or threats of retaliation against an individual who reports harassment to the OVA
- c) Refrain from any behavior that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behavior that constitute sexual harassment include, but are not limited to:
- i. Sexist jokes
 - ii. Display of sexually offensive material
 - iii. Sexually degrading words used to describe a person
 - iv. Inquiries or comments about a person's sex life
 - v. Unwelcome sexual flirtations, advances or propositions
 - vi. Persistent unwanted contact
- d) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. More specifically, the Ontario Volleyball Association adopts and adheres to the Canadian Anti-Doping Program. Any infraction under this Program shall be considered an infraction of this Code and shall be subject to disciplinary action, and possible sanction, pursuant to the Ontario Volleyball Association Discipline and Complaints Policy. The OVA will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by the OVA or any other sport organization

- e) Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development or supervision of the sport of competitive volleyball, who has incurred an anti-doping rule violation and is serving a sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES)
- f) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities
- g) In the case of adults, avoid consuming alcohol in situations where minors are present, and take reasonable steps to manage the responsible consumption of alcoholic beverages in adult-oriented social situations associated with OVA events
- h) Respect the property of others and not willfully cause damage
- i) Promote volleyball in the most constructive and positive manner possible
- j) Adhere to all federal, provincial, municipal and host country laws
- k) Comply at all times with the bylaws, policies, procedures, rules and regulations of the Ontario Volleyball Association, as adopted and amended from time to time.

Board/Committee Members and Staff

- 8. In addition to paragraph 7 of the OVA Code of Conduct (above), Board and Committee Members and Staff of the Ontario Volleyball Association will:
 - a) Function primarily as a member of the board and/or committee(s) of the OVA; not as a member of any other particular member or constituency
 - b) Act with honesty and integrity and conduct himself or herself in a manner consistent with the nature and responsibilities of OVA business and the maintenance of Member confidence
 - c) Ensures that the financial affairs of the OVA are conducted in a responsible and transparent manner with due regard for his or her fiduciary responsibilities
 - d) Conduct oneself openly, professionally, lawfully and in good faith in the best interests of the OVA
 - e) Be independent and impartial and not be influenced by self-interest, outside pressure, expectation of reward or fear of criticism
 - f) Behave with decorum appropriate to both circumstance and position and be fair, equitable, considerate and honest in all dealings with others
 - g) Keep informed about the activities of the OVA, the provincial volleyball community, and general trends in the sectors in which it operates
 - h) Exercise the degree of care, diligence and skill required in the performance of his or her duties pursuant to the laws under which the OVA is incorporated
 - i) Respect the confidentiality appropriate to issues of a sensitive nature

- j) Ensure that all Members are given sufficient opportunity to express opinions, and that all opinions are given due consideration and weight
- k) Respect the decisions of the majority and resign if unable to do so
- l) Commit the time to attend meetings and to be diligent in preparation for, and participation in, discussions at such meetings
- m) Have a thorough knowledge and understanding of all OVA governance documents
- n) Conforms to the bylaws and policies approved by the OVA, in particular this Code of Conduct as well as, for Directors, the Conflict of Interest Policy and Confidentiality Agreement

Regions, Clubs, and SPIKES programs

- 9. In addition to paragraph 7 of the OVA Code of Conduct (above), Regions, Clubs, and SPIKES programs of the Ontario Volleyball Association will:
 - a) Deliver their services in compliance with the constitution, bylaws, policies, rules, regulations and procedures of the OVA, and, where necessary, amend their own rules to comply with those of the OVA
 - b) Ensure that all athletes and coaches participating in sanctioned competitions are registered Members, in Good Standing, of their respective organizations
 - c) Engage only authorized coaches and sanctioned athletes

Coaches

- 10. In addition to paragraph 7 of the OVA Code of Conduct (above), coaches have additional responsibilities. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will:
 - a) Meet the highest standards of credentials, integrity and suitability, including but not limited to such considerations established by the OVA Screening Policy, so that the volleyball community is satisfied it has minimized the risk of an unsafe environment
 - b) Report any ongoing criminal investigation, conviction or existing bail conditions, including those for violence; child pornography; or possession, use or sale of any illegal substance
 - c) Under no circumstances provide, promote or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcoholic beverages and/or tobacco
 - d) Respect all other teams and athletes from other teams and, in dealings with them, not encroach upon topics or actions which are deemed to be within the realm of 'coaching', unless first receiving approval from the coach who is responsible for the team or athlete(s) involved

- e) Not engage in a sexual relationship with an athlete of under the age of 18 years, or an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust or authority over such athlete
- f) Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights
- g) Dress professionally, neatly and inoffensively
- h) Use inoffensive language, taking into account the audience being addressed

Athletes

11. In addition to paragraph 7 of the OVA Code of Conduct (above), athletes will have additional responsibilities to:

- a) Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to travel, train or compete
- b) Participate and appear on time, well-nourished and prepared to participate to one's best abilities in all competitions, practices, training sessions, events, activities, or projects
- c) Properly represent oneself and not attempt to enter a competition for which one is not eligible, by reason of age, classification, or other reason
- d) Adhere to the OVA's rules and requirements regarding clothing and equipment
- e) Never ridicule a participant for a poor performance or practice
- f) Act in a sportsmanlike manner and not display appearances of violence, foul language, or gestures to other players, officials, coaches, or spectators
- g) Dress in a manner representative of the OVA with focus being on neatness, cleanliness, and discretion. Designated official clothing, if applicable, must be worn when traveling and competing
- h) Act in accordance with the OVA's policies and procedures and, when applicable, additional rules as outlined by coaches or chaperones

Officials

12. In addition to paragraph 7 of the OVA Code of Conduct (above), officials will have additional responsibilities to:

- a) Accept an assignment to officiate at a match only if one intends to honour that commitment. If, for any reason, one is unable to attend, let the person in charge of officials know as soon as possible
- b) Be fair and objective

- c) Avoid situations in which a conflict of interest may arise
- d) Be as impartial, unobtrusive and inconspicuous as possible
- e) Conduct all events according to the rules of the OVA
- f) Make independent judgments

Parents/Guardians and Spectators

13. In addition to paragraph 7 of the OVA Code of Conduct (above), parents/guardians of Individuals and Spectators at events will:

- a) Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence
- b) Never ridicule a participant for a poor performance or practice
- c) Respect the decisions and judgments of officials and encourage athletes to do the same
- d) Not question the judgment or honesty of an official or an OVA staff member
- e) Respect and show appreciation to all competitors and to the coaches, officials, and other volunteers who give their time to the sport
- f) Keep off of the competition area and not interfere with events or calls

Ontario Volleyball Association (OVA)
Safesport - Abuse Prevention
Person in Authority (PIA) Code of Conduct

Introduction

1. Coaches play a vital role in shaping the youth of tomorrow through sport. The OVA relies on them and other persons in authority to be role models and to put young athletes on a path to success. The dynamic between coach and athlete gives rise to a power imbalance and a culture of unquestioned trust that can result in abuse. As such, it is imperative that all persons in positions of authority be held to a high standard of conduct. Abuse in sport, particularly sexual abuse and the grooming behaviour that precedes it, destroys the positive impact of sport and causes untold harm to victims and those around them. Consequently the OVA has a strong obligation to establish and maintain systems that prevent abuse and respond to conduct that poses risk to OVA athletes.

Purpose of Code

2. The OVA values the safety, rights and well being of our athletes and their families. It is the responsibility of every OVA club, coach, volunteer and staff member to participate in the effort to create a safe environment for all OVA participants.
3. This Person in Authority Code of Conduct is intended to protect OVA participants from abuse. It provides guidelines for conduct that are consistent with the development of healthy relationships between adult persons in authority and youth sport participants. The Code provides behaviour guideposts that identify inappropriate or concerning behaviour at an early stage to help better protect athletes and coaches.

Objectives

4. This Code of Conduct establishes boundaries for persons in authority and requires that those boundaries be respected and maintained. Defining and teaching appropriate boundaries reduces a young person's risk of sexual exploitation and the likelihood of being groomed. Grooming is a slow gradual and escalating process of building comfort and trust with a young person that is often very difficult to recognize. The process allows for inappropriate conduct to become normalized. It is often preceded by the grooming of an adult 'gatekeeper' (who provides access to the young person) to build confidence and comfort that the individual can be trusted with the care of the young person. Behaviour that presents risks often begins by breaking boundaries with children and adolescents. Boundary violations can occur when the adult places his/her needs above the needs of the young person and gains personally or professionally at the young person's expense.
5. The boundaries established in this Code are intended to protect athletes from grooming, inappropriate, abusive, discriminatory and harassing behaviour. By identifying behaviour that violates boundaries, the risk of abuse to athletes is reduced and expectations for the conduct of persons in authority are clearly outlined.

Definitions

6. a. "Persons in authority" (PIA) includes any person who holds a position of trust or authority over an "Athlete" pursuant to the role assigned to them by the OVA or an "OVA Decision

Maker”. PIAs include but are not limited to coaches, managers, trainers, officials, staff, administrators, club directors, third party service providers (i.e. strength and conditioning trainers or yoga instructors), and volunteers.

- b. “Athlete” is any OVA member under the age of 18 years or any player on an OVA team. It includes but is not limited to a player, coach, official, volunteer, or any player attending a try-out for an OVA club prior to the player’s registration with the OVA.
- c. “OVA Decision Maker” is a person who is authorized to make a decision on behalf of the OVA or an OVA club and includes but is not limited to OVA or club staff, coaches, directors and administrators.
- d. “Inappropriate behaviour” includes conduct by a PIA toward an athlete that involves any form of sexualized interaction or that constitutes a boundary violation or is associated with grooming behaviour.
- e. A “Child in need of protection” is any athlete whose life, health, or emotional well-being is endangered by the act or omission of any person.

Application of this Code

- 7. This Code applies to conduct that may arise during the course of OVA business activities and events, including but not limited to its office environment, competitions, practices, training camps, tryouts, travel and any meetings of the OVA.
- 8. This Code also applies to the conduct of PIAs that may occur outside of the OVA’s business activities events and meetings when such conduct adversely affects relationships within the OVA (and its work and sport environment) or is detrimental to the image and reputation of the OVA. Such applicability will be made by the OVA in its sole discretion.
- 9. Behaviour referred to in this Code of Conduct includes:
 - a. One-time or continuous behaviour
 - b. Conduct directed at an individual or group
 - c. Conduct that was without intent to abuse power or trust
 - f. Conduct that was without intent to harass or discriminate
- 10. This Code comes into effect on September 1, 2018. A report regarding a breach of this Code may be made at any time after the breach.
- 11. There is no time limitation on the period to report a breach of this Code as long as the parties met the definitions of a PIA and an Athlete at the time of the conduct in issue.

Obligations of Persons in Authority

- 12. All PIAs must comply with this Code of Conduct including the reporting requirements.
- 13. All PIAs must treat young persons with dignity and respect.
- 14. Rule of two
Any one-on-one interaction between a PIA and an individual athlete must take place within earshot and view of a second PIA. If possible one of the PIAs should be the same gender as the athlete. If a PIA is not available, another screened volunteer, parent or adult can be recruited. An exception is made for medical emergencies.

15. Importance of maintaining boundaries
All PIAs must establish, respect and maintain appropriate boundaries with athletes.

Prohibited Behaviour by Persons in Authority

16. A PIA must not engage in inappropriate behaviour or grooming behaviour.
17. In assessing whether behaviour is inappropriate one should consider whether the behaviour would raise concerns in the mind of a reasonable observer. The behaviour may also be assessed by determining whose needs are being met (the athlete or the PIA) and what objective appears to be guiding the interaction.
18. Grooming Conduct Specifically Prohibited
A PIA shall not engage in the following:
- Nudity or exposure of genitals in the presence of an athlete;
 - Sexually oriented conversation or discussions about personal sexual activities;
 - Spending time with an individual athlete outside of team activities;
 - Excessive gift-giving to an individual athlete;
 - Socially isolating an athlete;
 - Restricting an athlete's privacy;
 - Providing drugs, alcohol or tobacco to an athlete;
 - Becoming overly-involved in an athlete's personal life;
 - Making sexual or discriminatory jokes or comments to an athlete;
 - Displaying material of a sexual nature in the presence of an athlete;
 - Mocking or threatening an athlete.
19. Physical Contact Specifically Prohibited
A PIA shall not engage in the following:
- Physical contact that does not take place in public;
 - Physical contact that is not for benefit of the athlete (i.e. instead it meets a need of the PIA);
 - Lingering or repeated embraces with an athlete;
 - Having an athlete sit on the lap of a PIA or making such a request;
 - Cuddling or prolonged physical contact with an athlete;
 - Butt-pats, tickling wrestling horseplay with one or more athletes;
 - Giving massages, piggyback rides or shoulder rides to an athlete;
 - Continued physical contact that makes the athlete uncomfortable whether expressed or not;
 - Physical contact that an athlete has specifically requested not occur.
20. Harassment and Discrimination Prohibited
A PIA shall not engage or participate in the following:
- Hitting, pushing, punching, beating, biting, striking, kicking, choking, slapping or purposely injuring an athlete;
 - Displaying offensive materials, gestures or symbols to an athlete;
 - Negative or disparaging comments about an athlete's disability, ethnicity, religion, race, sexual orientation, gender, gender expression or gender identity;
 - Withholding or reducing playing time to an athlete based on the athlete's disability, ethnicity, religion, race, sexual orientation, gender, gender expression or gender identity;
 - Overlooking hazing or other activity that is humiliating, degrading, abusive or dangerous to an athlete.

Mandatory Communication Protocol for Persons in Authority

21. All persons in authority must comply with the following protocol when communicating with athletes:
- a. Group messages, group emails or team pages are to be used as the regular method of communication between PIAs and athletes;
 - b. PIAs may only send personal texts, direct messages on social media or emails to individual athletes when necessary and only for the purpose of communicating information related to team issues and activities;
 - c. The content of all electronic communication between PIAs and athletes must be professional in tone and for the purpose of communicating information related to team issues or activities;
 - d. All communication between PIAs and athletes must be between 6 am and 12 am unless extenuating circumstances exist;
 - f. No communication concerning drugs or alcohol use (unless regarding its prohibition) is permitted between PIAs and athletes;
 - g. No sexually explicit language or sexually oriented conversation is permitted between PIAs and athletes;
 - h. PIAs are not permitted to request athletes to keep a secret for them;
 - i. PIAs may not send inappropriate or sexually explicit pictures or videos to athletes.

Mandatory Travel Protocol for Persons in Authority

22. All persons in authority must comply with the following protocol concerning transporting and traveling with athletes:
- h. No PIA shall drive an athlete alone unless the PIA is the parent of the athlete (see Rule of two).
 - i. A PIA may not share a room with an athlete unless the PIA is that athlete's parent.
 - j. A PIA may not be alone in a hotel room with an athlete unless the PIA is that athlete's parent.

Reporting Requirements

23. All PIAs have a duty to report allegations or suspicions regarding inappropriate behaviour to the OVA. This can be done by email at: safesport@ontariovolleyball.org.
24. Conduct that violates this code may be subject to the sanctions of the OVA's Discipline and Complaints Policy. The OVA will have the discretion to consult with the affected athlete and PIA and will apply a contextual analysis taking into account the purpose and objectives of the Code.
25. A person that learns of a "child in need of protection" must report to a Children's Aid Society under the Ontario Child Youth Family Services Act. This legal obligation includes a situation where a person becomes aware of the sexual abuse or exploitation of a child at the hands of a person having charge of the child. To locate your local Children's Aid Society click on: <http://www.oacas.org/childrens-aid-child-protection/locate-a-childrens-aid-society/>

Approved by the Board of Directors August 10, 2018

APPROVED BRANDING AREAS
ON OVA COMPETITION UNIFORMS

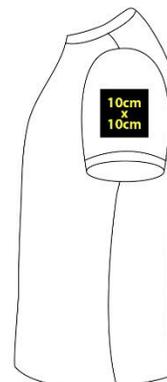
FRONT



BACK



SIDE



NOTES



- Approved space for sponsors names and logos
- Minimum 7cm gap between player number and sponsor print



- Approved space for Club / Athlete Name (Back)
- Approved space for Club / Team Logo (Front)



- Official Ontario Volleyball Uniform Logo
- Please visit our website or email info@ontariovolleyball.org for a printable version of this logo.

Please click [here](#) for Volleyball Canada's Libero Uniform policy



Volleyball Canada Uniform Guidelines

Uniform Requirements

- The colour and the design for the jerseys and shorts must be uniform for the team (except for the Libero). The uniforms must be clean.
- Players jerseys must be numbered 1 to 99.
- The number must be placed on the jersey at the centre of the front and of the back. The colour of the number must contrast with the colour and brightness of the jersey.
- The number must be a minimum of 10cm in height on the chest and a minimum of 15cm in height on the back. The stripe forming the numbers must be a minimum of 2cm in width.
- Jerseys may only have sponsorship logos on the sleeve and the bottom third of the jersey.

Libero Uniform Requirements

- The Libero must wear a uniform which has a different dominant colour from any dominant colour of the team jersey.
- The libero jersey must clearly contrast with the rest of the team (no jerseys that have all of the same colours but in different places).
- The libero must have a different number (from 1-99) from all other players on the roster.

Repercussions

- Teams who do not comply with the uniform guidelines may not be permitted on the court until an acceptable libero jersey is presented.

Note: If teams are unsure of their uniform, please contact Andrea Bailie (abailie@volleyball.ca) with photos for verification.

Here is an example of an ACCEPTABLE jersey combination.





The following Libero Jerseys do not comply with Volleyball Canada's Uniform Policy.

- Rule of thumb: If the referee cannot tell the Libero apart from the rest of the team AT FIRST GLANCE, the jerseys are too similar.

	Team Jersey	Libero Jersey
The Libero must be wearing a different number jersey from the rest of the players on the roster. This jersey also does not comply because they both contain the same dominant colours.		
The Libero's jersey must be of a different dominant colour than the rest of the team. Having a different shade of the same colour is not acceptable.		
The Libero must be wearing a jersey that completely contrasts the rest of the players. This example is not allowed, because they both contain of the same dominant colours.		
The colour of the number on the jersey must completely contrast the dominant jersey colour. Note: the libero may wear a long-sleeve shirt if the rest of the team is wearing sleeve-less (or vice-versa).		

APPENDIX VIII: OVA FINES AND SANCTIONS

Volleyball, because of its regulations and its traditions, offers a philosophy of competition guided by the highest standards of good sportsmanship. For that reason, all participants (teams, players, coaches, officials, managers, administrators and spectators) in tournaments and meetings under the authority of the OVA, have a duty to conduct themselves in a reasonable and acceptable manner. They must avoid all unsportsmanlike conduct, acts or practices which are, in the opinion of the OVA, detrimental to the sport. Whenever a penalty occurs, a fine or sanction may be given. Such acts include but are not limited to:

Violation	Fine	Sanctions
Teams with unregistered/ineligible coaches listed on team rosters and/or sitting on the bench in any tournaments.	\$150 Per occurrence	Results may be forfeited for any events which an unregistered/ineligible coach has been listed on the scoresheet.
Club coaches, administrators, managers who do not have a police and vulnerable sector screening check or Screening Disclosure Form on file with their Club.	\$150	Coaches will not be able to attend any OVA event (including club practices) until a PRC/VSS, or Screening Disclosure Form is produced.
Having unregistered/ineligible players competing and/or on the bench.	\$150 per occurrence	Players cannot participate in any OVA event until they become a fully registered member of the OVA, and the Club has paid the fine. Results may be forfeited for any events which an unregistered/ineligible player has been listed on the scoresheet.
Teams not fulfilling their scorekeeping and lining duties.	\$75 per occurrence	Team cannot play in any OVA event until fine is paid in full.
Club/Team misconduct at tournaments (damage, misbehaving, failure to abide by facility rules, OVA Code of Conduct).	Minimum fine of \$200 and cost of damage to facility	Fine may vary based on the severity of the violation and cost of damage and suspension from one month up to one year may be applied.
Multiple cards (yellow/red/purple) issued in one tournament.	Fines may be levied	OVA Review, possible suspension and fines
Multiple cards (yellow/red/purple) issued during the season	Fines may be levied	OVA Review, possible suspension and fines
Expulsion from match for offensive/aggressive conduct.	\$200	Suspension for remainder of current tournament and from the next tournament.
Disqualification for offensive/aggressive conduct.	\$300	Suspension from the rest of the tournament & next tournament & OVA review.
Two (2) expulsions and/or disqualifications in the same season.	Fines may be levied.	OVA Review.
Team not showing up at a tournament without notification in writing to the OVA.	Loss of entry fee + \$350	Entry fee will be not be refunded and the club will be fined \$350 to be paid within 5 business days.

Individuals committing an act which is considered an offence under any duly promulgated law.	Fines may be levied	Suspension for one year or more. Further penalties may be determined through the execution of the OVA Discipline & Complaints Policy.
Betting or action as a “bookmaker” on matches or tournaments.	Fines may be levied	Suspension from one month to one year. Further penalties may be determined through the execution of the OVA Discipline & Complaints Policy.
Defaulting a game or match in a competition except as a result of injuries or other valid reason.	Fine equal to the registration fee	Forfeit for the tournament, plus fine equal to registration fee and suspension from two weeks to one year for team or individual.
Playing in a competition under an assumed name, or age, falsifying a team entry form, or giving false information to a tournament official of the OVA	Fine equal to the registration fee	Forfeit for the tournament, plus fine equal to registration fee and suspension from two weeks to one year for team or individual. Further penalties may be determined through the execution of the OVA Discipline & Complaints Policy.
Withdrawing a team from a match except as a result of injuries or other valid reason.	Fine equal to the registration fee	Forfeit for the tournament, plus fine equal to registration fee and suspension from two weeks to one year for team or individual.
Showing outward displays or temper, aggressive conduct, physical contact, rude or offensive behavior, this includes swearing and unsportsmanlike conduct.	Fines may be levied	Verbal and/or written warning and/or suspension from the current event/future events up to one year and/or fine. Further penalties may be determined through the execution of the OVA Discipline & Complaints Policy.
Deliberately throwing or hitting a ball in the direction of an official, spectator or opponent.	Fines may be levied	Verbal warning and/or suspension from the current event/future events up to one year and/or fine. Further penalties may be determined through the execution of the OVA Discipline & Complaints Policy.
Offensive Conduct/Using profanity or obscene language or gestures.	Fines may be levied	Suspension from the current event/future events up to one year and/or fine. Further penalties may be determined through the execution of the OVA Discipline & Complaints Policy.
Failure to submit Club Form to OVA Office.	See Club Information Form	Clubs who do not return the Club Information Form prior to competing in an OVA event will be placed in bad standing and will be subject to a fine and/or forfeit.
Failure to meet the Uniform Policy.	\$25 per player, to a maximum of \$100 per tournament	The official in charge of the match is to note the violation on the score sheet and inform the Tournament Director after the match.

Note: The OVA reserves the right to sanction and fine teams and Clubs for items above and beyond the infractions listed above.

CONCUSSION POLICY AND PROTOCOL

ONTARIO VOLLEYBALL ASSOCIATION (“OVA”)

*** This Policy does not constitute any medical advice and does not contain any medical diagnoses, symptom assessments or medical opinions.**

Preamble

1. Whereas the education and awareness of concussions is an important part of providing a safe sporting environment; and whereas the OVA is committed to taking all reasonable steps to provide a safe and secure sporting environment for participants in its programs, activities and events; and
2. Whereas this Policy is one of several tools that OVA will use to fulfill its commitment to provide a safe sporting environment and to protect its members from harm; and
3. Whereas nothing in this Policy shall be construed as abrogating the OVA’s right, responsibility, power and discretion to take any and all necessary steps to ensure a safe sporting environment for its members.

Purpose

4. The purpose of this Policy is to contribute to a safe sporting environment through education and by promoting awareness of concussion diagnosis and graduated return to play of players who have suffered a concussion.

Definition

5. Individual – All categories of membership as defined in Section 2.1 of the Ontario Volleyball Association constitution and by-laws including but not limited to, clubs, athletes, coaches, officials, volunteers, managers, administrators, directors and officers of the OVA, and parent/guardians of the athletes.
6. Pre-Season Education Sheet – a concussion education sheet prepared and reviewed annually by a Ministry recognized organization providing the Canadian Guideline on Concussion in Sport. This sheet provides information about concussions and includes signed acknowledgement the Individual has reviewed the information.
7. A concussion:
 - a. Is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioural (e.g., depression, irritability) and/or related sleep (e.g., drowsiness, difficulty falling asleep);
 - b. May be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;

- c. Can occur even if there has been no loss of consciousness (In fact most concussions occur without a loss of consciousness); and,
- d. Cannot normally be seen on X-rays, standard CT scans or MRIs.

Definition cited from, Ministry of Tourism, Culture and Sport Concussion Guideline.

Concussion Awareness and Education

- 8. The OVA is committed to the long term health of our athletes. Current and credible concussion resources will be accessible to all athletes, coaches, parents and stakeholders. The resources will include information on concussion prevention, identification, management and treatment. A link to the [Ministry's Concussion Program webpage](#), is available on the OVA website.
- 9. Volleyball Canada added the Coaches Association of Canada's 90 minute free online module "Making Head Way" to its coach certification pathway. For any volleyball coach to receive "Certified" status at any National Coach Certification Program (NCCP) level "Making Head Way" is mandatory. The online module can be found here: <http://www.coach.ca/-p153487>.
- 10. The OVA requires all head coaches competing at Ontario Championships to achieve a National Coach Certification Program (NCCP) level, which includes the requirement to complete Coaches Association of Canada's 90 minute free online module "Making Head Way".
- 11. All Team Ontario coaching staff will have completed the Coaches Association of Canada's 90 minute free online module "Making Head Way". Concussion resources will be included in the Team Ontario Coach Handbook.
- 12. All Regional Team Head Coaches participating in the Ontario Summer and Winter Games will have completed the Coaches Association of Canada's 90 minute free online module "Making Head Way".
- 13. All Learning Facilitators that deliver the Grassroots Programming will have completed Coaches Association of Canada's 90 minute free online module "Making Head Way".
- 14. To complete OVA registration, all Individuals must sign Pre-Season Education Sheet, acknowledging they have reviewed the information related to concussion.

Event and Program Protocol

15. For the safety of the competitors and spectators at OVA events, warnings for all to be aware of their surroundings and to keep their heads up will be posted. See sample poster (Appendix A), “Heads Up” posters, along with recommended warm-up protocols at venues.
16. The OVA follows the Volleyball Canada Concussion Policy and Protocol, see Appendix B, for the following events:
 - a. Indoor Ontario Championships
 - b. Indoor Grand Prix events
 - c. Beach Ontario Championships
 - d. OVA Beach Tour Grand Slam events
 - e. OVA hosted National Championships
 - f. Team Ontario Programs, including High Performance Camps
 - g. Regional Team Programming.

Medical Assessment

17. The OVA asserts it is critical that any athlete, coach, official, parent, and stakeholder that has concussion signs and symptoms stop all activity immediately and be assessed by a medical doctor or nurse practitioner.

Graduated Return to Play

18. The OVA recommends that a graduated return to learn and play protocol is followed for athletes diagnosed with a concussion. There should be no return to play until the athlete has been medically cleared and has successfully returned to school / learning, if applicable, without worsening of symptoms.
19. When returning to play once medically cleared, a stepwise supervised program should be followed with stages of progression. An example of return to play stages can be found in the Ministry of Tourism, Culture and Sport Concussion Guidelines [Ministry's Concussion Program webpage](#). See progression for return to play Appendix C.
20. The OVA will provide current and credible return to learn and return to play resources on its website.

Review and Approval

21. This policy was approved by the Board of Directors of OVA, May 2, 2018.
22. This policy is effective as at September 1, 2018.

Appendix A: Sample "HEADS UP!" Poster

HEADS UP!

ENTER AT YOUR OWN RISK

During warmups and game play, volleyballs are moving at high velocity from multiple directions. Balls will leave the playing surface and can cause significant injury.

If you choose to enter the gymnasium, please be aware of your surroundings at all times.

The OVA, venue and event host are not responsible for any damages incurred.





The hitting warm up is an important part of game preparation, however, it does come with some inherent risks for both athletes and spectators. To reduce these risks, the OVA mandates that teams follow these warm up guidelines:

Athletes remain on one side of the net during a hitting warm up and those not hitting retrieve the balls on the opposite side.

Athletes should not be crossing under the net during hitting warm ups into the direct path of the balls.

Athletes should run around the outside of the court to retrieve balls.

Designate one side for attacking and one for retrieving. Ask spectators to avoid sitting on the retrieving side during warm up.

Hitting should be directed away from courts with active games and from spectator seating if possible.



Nationals Concussion Management

Suspected Concussion

- Athlete presents themselves to an Athletic Therapist, they must be accompanied by an adult for the assessment.
- AT radios the Competition Department to request a staff member to review the policy with the athlete and adult (This may be completed by the AT with prior approval from the Competition Director).
- Competition Staff member presents the athlete with the Concussion Pathway Chart and explains the VC policy and confirms understanding, then departs.
- AT completes SCAT 5 assessment.

Athlete passes the assessment

- Athlete returns to team and continues to play
- AT completes the Return to Play form and gives it to Competition staff.

Athlete fails the assessment

- AT notifies the athlete of the result and informs them that they cannot play unless they successfully complete a full assessment by a medical professional; AT provides the Medical Assessment Letter.
 - If VC has a medical professional on site, the athlete must be assessed by this doctor.
 - If VC does not have a medical professional on site, the athlete may be assessed by a doctor of their choice.
- AT completes the Return to Play form and gives it to the Competition staff; this must be done immediately upon completion of the assessment.

Competition Staff

- Upon receipt of the Return to Play form, the staff member must enter the information into the Concussion Tracking document.
 - If the athlete is permitted to play, no additional work must be done.
 - If the athlete is not permitted to play, the staff member must remove the player from the roster on each printed scoresheet (strikethrough with VC initialled). No changes are to be made to ISET.
 - **Athletes who are removed from play must be removed from the printed scoresheet (as indicated above) for all subsequent competition days where new scoresheets are printed.****
- If the athlete provides an Assessment Letter which clears them of a concussion, the Concussion Tracking document must be updated and the Assessment Letter must be copied and stapled to the original Return to Play form. The player must immediately be added to the roster on any printed scoresheets from where they have been removed (reprint name with VC initials) or a reprint of the score sheet may be required.
 - If the athlete provides an Assessment Letter which does not clear them to play, no additional work must be done. A copy should be made and stapled to the Return to Play form.
- All Return to Play and Assessment Letters must be kept in a safe place and returned to VC upon completion of the event.

Upon Completion of Nationals

The concussion tracking document must be emailed to Nationals@volleyball.ca. All return to play Assessment letters should be returned to VC

Medical Assessment Letter

Date: _____ Athlete's Name: _____

To whom it may concern,

Athletes who sustain a suspected concussion should be managed according to the *Canadian Guideline on Concussion in Sport*. Accordingly, I have personally completed a Medical Assessment on this patient.

Results of Medical Assessment

- This patient has not been diagnosed with a concussion and can resume full participation in school, work, and sport activities without restriction.
- This patient has not been diagnosed with a concussion, but the assessment led to the following diagnosis and recommendations:

- This patient has been diagnosed with a concussion.

The goal of concussion management is to allow complete recovery of the patient's concussion by promoting a safe and gradual return to school and sport activities. The patient has been instructed to avoid all recreational and organized sports or activities that could potentially place them at risk of another concussion or head injury. Starting on _____ (date), I would ask that the patient be allowed to participate in school and low-risk physical activities as tolerated and only at a level that does not bring on or worsen their concussion symptoms. The above patient should not return to any full contact practices or games until the coach has been provided with a *Medical Clearance Letter* provided by a medical doctor or nurse practitioner in accordance with the *Canadian Guideline on Concussion in Sport*.

Other comments:

Thank-you very much in advance for your understanding.

Name _____ Designation: M.D. / N.P. (circle appropriate)

Signature _____

**In rural or northern regions, the Medical Assessment Letter may be completed by a nurse with pre-arranged access to a medical doctor or nurse practitioner. Forms completed by other licensed healthcare professionals should not otherwise be accepted.*

We recommend that this document be provided to the athlete without charge.

Return-to-School Strategy¹

The following is an outline of the *Return-to-School Strategy* that should be used to help student-athletes, parents, and teachers to partner in allowing the athlete to make a gradual return to school activities.

Depending on the severity and type of the symptoms present, student-athletes will progress through the following stages at different rates. If the student-athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage.

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student-athlete symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities.
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities.
4	Return to school full-time	Gradually progress.	Return to full academic activities and catch up on missed school work.

Sport-Specific Return-to-Sport Strategy¹

The following is an outline of the *Return-to-Sport Strategy* that should be used to help athletes, coaches, trainers, and medical professionals to partner in allowing the athlete to make a gradual return to sport activities. Activities should be tailored to create a sport-specific strategy that helps the athlete return to their respective sport.

An initial period of 24-48 hours of rest is recommended before starting their *Sport-Specific Return-to-Sport Strategy*. If the athlete experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. It is important that youth and adult student-athletes return to full-time school activities before progressing to stage 5 and 6 of the *Sport-Specific Return-to-Sport Strategy*. It is also important that all athletes provide their coach with a *Medical Clearance Letter* prior to returning to full contact sport activities.

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual re-introduction of work/school activities.
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate.
3	Sport-specific exercise	Running or skating drills. No head impact activities.	Add movement.
4	Non-contact training drills	Harder training drills, e.g. passing drills. May start progressive resistance training.	Exercise, coordination and increased thinking.
5	Full contact practice	Following medical clearance and complete return to school.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport	Normal game play.	

¹Source: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847. <http://dx.doi.org/10.1136/bjsports-2017->

APPENDIX X: ONTARIO VOLLEYBALL PURPLE CARD POLICY

1. Purpose of Purple Card Policy

The purpose and intent of the Purple Card Sanction policy, is to effectively address and sanction any inappropriate or prohibited behavior exhibited by any Ontario Volleyball member (adult or junior), parent or spectator, attending and observing any Ontario Volleyball Event. This policy is further intended to preserve order in its activities and maintain the safety and protection of all Ontario Volleyball members. This policy outlines the procedural usage of the "PURPLE" card, which supplements the yellow and red sanction cards currently used by match Referee(s). The Ontario Volleyball Parent/Spectator Code of Conduct policy remains in effect.

2. Prohibited Behavior:

- a) Prohibited behavior would include, but not limited to, any comment(s) made or action(s) displayed, deemed by others as rude, profane, disrespectful, disruptive or aggressive, which interferes with the normal progress of a tournament match.
- b) Any behavior prohibited by Volleyball Canada and the Ontario Volleyball Code of Conduct policies.
- c) Any misconduct deemed contrary to normally accepted behavior.

3. This policy applies to the following:

- a) Any Ontario Volleyball adult member, i.e. club directors, coaches, rostered adult(s) or chaperones NOT currently participating in the match. This policy also applies to these same individual(s) displaying misconduct BEFORE the start of a match, as well as AFTER a match has officially ended.
- b) Any Ontario Volleyball Youth player displaying misconduct BEFORE the start of a match, as well as AFTER the match has officially ended.
- c) Any Ontario Volleyball non-member, e.g. parent(s) or relative(s) of any Ontario Volleyball member.
- d) Any attendee or spectator of an Ontario Volleyball sanctioned tournament or match.

4. When this policy is applicable

- a) The use of yellow and red card sanctions will remain in force according to the policies and procedures set by the Volleyball Canada Rule Book.
- b) Use of the "Purple" Sanction card may be applied to any situation during a match, where spectator misbehavior occurs and the 1st Referee deems it necessary to address the misbehavior.
- c) For misconduct by anyone before, during or after a match has ended, the Parent/Spectator Code of Conduct is in effect.

5. Application of the Purple Warning Card

- Minor Conduct: Minor misconduct offenses are not subject to sanctions. It is the duty of the 1st Referee to prevent spectators and parents from reaching the sanctioning level.

This can be done in two stages:

- Stage 1: Verbal Warning
- Stage 2: Issuance of Purple and Yellow Card Warning. This warning is issued to the team in which the offending spectator or parent is affiliated. The 1st Referee shall hold up the Purple and Yellow cards in one hand, initiating this issuance. Both team captains are then summoned to the referee stand. This is then followed by a notification of the team warning, through the game captains to their head coach, that a parent or spectator affiliated with their team has reached the sanctioning level. Once either head coach determines affiliation, that head coach must inform the offender of the warning. This formal warning is not in itself a sanction but a symbol that misconduct has reached the sanctioning level for the match.
 - i. In the event the offender refuses to identify their team affiliation or fails to comply with the 1st Referee's request for identification, that offender is subject to a more serious sanction, including expulsion from the playing facility for the remainder of the tournament day.
 - ii. Purple card warnings are assessed to the affiliated team and are enforced for the entire match. This means that each team may only receive one purple card warning before further sanctions are issued.
 - iii. Purple card warnings are recorded on the score sheet but have no immediate consequences.
- Misconduct Leading to Sanctions: Inappropriate conduct by a spectator or parent toward officials, playing teams, other parents or spectators is classified in three categories according to the seriousness of the offense.
 - Rude Conduct: actions contrary to good manners or moral principles.
 - Offensive Conduct: defamatory or insulting words or gestures or any action expressing contempt.
 - Aggression: actual physical attack or aggressive or threatening behavior.
- Sanction Scale: According to the judgment of the 1st Referee and depending upon the seriousness of the offense, the sanctions to be applied and recorded on the score sheet are **Penalty, Expulsion and Ejection/Ban**.
 - **Penalty:** Rude or minor offensive conduct in the match by any parent or spectator is penalized with a point and service to the opponent.
 - **Expulsion** from the facility: Serious offensive misconduct by any parent or spectator is expelled from the playing facility for the remainder of the tournament day with no other consequences.
 - **Ejection/Ban** from the facility: Aggressive misconduct, e.g. physical attack, implied or threatened aggression, by any parent or spectator is automatically ejected from the tournament facility and subject to further review and sanctions.

6. Application of Misconduct Sanctions:

- When Penalty sanctions are issued, it is displayed as Purple and Red cards held up jointly in one hand.
- When Expulsion sanctions are issued, it is displayed as Purple and Red cards held up separately.
- When Ejection/Bans are issued, no cards will be displayed. The 1st Referee immediately stops the match and secures the safety of those in the match. All Expulsions or Ejection/Bans require the notification and involvement of the Head Official and/or Host for the following purposes:
 - i. Documentation, e.g. Score sheet, Match Comment Form, Incident Reports, Facility forms, etc.
 - ii. Timely notification of the OVA Office.
 - iii. Secure the removal of the offender from the facility.
 - iv. All misconduct sanctions are individual sanctions and remain in force for the entire match and are recorded on the score sheet.
 - v. Repetition of misconduct by the same parent or spectator in the same match is sanctioned progressively, which means that a more severe sanction is given for each successive offense.
 - vi. Expulsions or Ejection/Bans, due to offensive or aggressive misconduct do not require a previous sanction. **NOTE: Upon the refusal of the offender to vacate the playing facility, local law enforcement will be notified immediately.**
 - Reinstatement: Parents or spectators sanctioned with an **Ejection/Ban** can only be reinstated by the OVA.

7. Application of Misconduct Warnings and Sanctions Against Youth Players:

In the event a participating youth player displays misconduct in an OVA tournament as a spectator during a match or before/after a match, the following sanction guidelines shall be applied:

- Any misconduct deserving a warning or sanction shall be directed by the Parent/Spectator Code of Conduct.
- If a youth player is charged with expulsion or ejection/ban, the player becomes the direct responsibility of the parent(s) or the head coach/club director.
 - i. Youth players are not to be expelled or ejected from any playing facility individually but fall under the direct supervision of parent(s) or the head coach/club director. No further participation by the player is allowed.
 - ii. An incident report must be completed by the host outlining the circumstances of the ejection or ban.

8. Recording Warnings and Sanctions on the Score Sheet:

- Issuance of Purple and Yellow Cards jointly (Misconduct Warning) – Record a PC in the **W Warn** column; record the team at fault, the set number, and the score.

- Issuance of Purple and Red Cards jointly (Misconduct Penalty) – Record a PC in the **P Penalty** column, record the team at fault, the set number, and the score at the time of penalty.
 - If penalty is against the serving team, record the serving team’s exit score.
 - Record the awarded penalty point. Slash and circle the opposing team’s next point in the **POINTS COLUMN**.

- Issuance of Purple and Red Cards shown apart (Misconduct Expulsion):
 - Record a P in the **E Expel** column, record the team at fault, the set number, and the score at the time of expulsion.
 - No loss of service or penalty point awarded.

- For Purple Ejection, a note on the **REMARKS** Section will give the following information: Purple Ejection, Full Name (If available), team at fault, set number, and the score at the time of ejection (Score of team at fault is first).

9. Summary of Misconduct and Card Display

Warning (No Sanction):

Stage 1 – Verbal Warning

Stage 2 – symbol Purple and Yellow card held jointly

Warning recorded on score sheet

Penalty (Point and serve to opponent):

Symbol – Purple and Red card held jointly

Penalty recorded on score sheet

Expulsion (Expelled from playing facility for remainder of Tournament day):

Symbol - Purple and Red card held separately

Expulsion is recorded on Score sheet

(Note: Host incident report is required)

Ejection/Ban (Ejected from facility and/or removal/suspended from Ontario Volleyball tournaments for remainder of season):

NO card display - Stop match - Notify Head Official and Tournament Host

Ejection/Bans are recorded on score sheets

NOTE: Further sanctions may apply as per the OVA Fines and Sanctions chart in the Youth Competitions Manual.

APPENDIX XI: 2019 CHAMPIONS

ONTARIO CHAMPIONSHIPS DIVISION I – TIER 1 RESULTS

	Female	Male
11U	Phoenix Embers	-
12U	Durham Rebels Crush	Preds Purple
13U	Titans Crius	Pakmen Gold
14U	Scarborough Synergy Nitro	Preds Kaizen
15U	Preds Synergy	Pakmen Gold
16U	Pakmen	Maverick Longhorns
17U	Halton Hurricanes Black	Maverick Rangers
18U	Maverick Broncos	Pakmen Gold

2019 VOLLEYBALL CANADA NATIONALS – DIVISION 1 - TIER 1 MEDALISTS FROM ONTARIO

14UB – Ottawa	GOLD	Markham Unity North
	BRONZE	Durham Attack Fierce
14UG – Halifax	GOLD	Scarborough Synergy Nitro
14UG – Ottawa	GOLD	Halton Hurricanes Black
	SILVER	Smash Legacy
	BRONZE	Titans Helios
15UB	GOLD	Pakmen Gold
	SILVER	Preds Ubuntu
15UG	GOLD	Preds Synergy
	BRONZE	Halton Hurricanes Black
16UB	SILVER	Maverick Longhorns
16UG	SILVER	Pakmen
	BRONZE	Halton Hurricanes Black
17UB	SILVER	Reach Havoc
17UG	GOLD	Halton Hurricanes Black
	SILVER	Storm Avalanche
	BRONZE	Pakmen
18UB	GOLD	Pakmen Gold
	SILVER	Georgetown Impact
	BRONZE	LVC Fire Heat
18UG	GOLD	Leaside Red
	BRONZE	LVC Fire Intensity

