



What's New

Indoor Youth Competitions 2017-2018

Fees

- Volleyball Canada will be increasing their membership fee from \$27.00 to \$28.00 for the 2017-2018 season. Therefore, the total individual membership fee for athletes, team staff, coaches, club contacts and executives is \$81.11 which is inclusive of the Volleyball Canada, OVA membership fee and HST.
- Fee structure is under review for 2017-18 youth competition tournaments. Final fees will be posted by July 14, 2017.

Playing Regulations

- **Triple Ball tossing guidelines:** 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.
- **Fair play:**
 - 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**)
 - A player who did not play the first set cannot be substituted in the second set.
 - Substitutions follow the normal substitution rules.
 - Fair play rules will be in effect for the following age divisions
 - 12U 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 Girls for pool play matches only in the Trillium Division 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.
- **Lateral Movement:** A club may move an unlimited number of athletes between teams within the same club and the same age class. Please assign all players to a team in NRS and bracket them on the scoresheet if a player is competing on a different team. All team rosters must be finalized and submitted by the Ontario Championship roster submission deadline. This rule applies to all age groups.
- **Late entry into tournaments:** 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 be required to pay the registration fee + \$100 late fee in order to participate.

- **Hitting warm up:** A recent study of Volleyball Canada youth athletes, conducted by the Sport Injury Research Centre from the University of Calgary have shown some staggering results:
 - 42% of all reported volleyball injuries were concussions
 - 57% of reported player concussions are from a ball to the head
 - Only 38% of reported concussions are from competitive games situations
 - 15% of reported concussions took place during warm ups
 - 47% of concussions took place at Club practices

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, we highly recommend that teams follow these warm up guidelines during competitions and at Club practices:

- Athletes remain on one side of the net during a hitting warm up and team staff, volunteers or teammates not hitting 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, if at all possible
- **12U-17U Season Structure** (*For full details, please refer to the seasonal structure chart*)
 - 12UG – The first event will feature a round-robin structure with no playoffs or overall winner. The 2nd and 3rd events will run like a typical OVA tournament with playoffs and medals awarded.
 - Court size will increase to 18m x 9m
 - 13UG – All teams will begin the season in Trillium. A Championship Division will be created for the 2nd event and a Premier Division for the 3rd and 4th events.
 - 13UB – All teams will begin the season in Championship. A Premier Division will be created for the 3rd and 4th events.
 - 14UG – Teams will begin the season in Trillium and Championship Divisions. A Select Division will be created for the 2nd event and a Premier Division will be created for the 3rd and 4th events.
 - 14UB – All teams will begin the season in Championship. A Premier Division will be added for the 2nd, 3rd and 4th events.
 - 15UG – Teams will begin the season in Trillium, Championship and Select Divisions. A Premier Division will be created for the 2nd, 3rd and 4th events.
 - 16UG – Teams will begin the season in Trillium, Championship, Select and Premier Divisions.
 - 17UG – Teams will begin the season in Trillium, Championship and Premier Divisions.
 - *For full details, please refer to the seasonal structure chart*
 - **Playing on Sundays** – Due to the continued growth of indoor youth competitions, a couple of age divisions will be playing one tournament on a Sunday throughout the regular season.

- **16U – 18U Grand Prix** – teams from out of province may participate. Ontario teams will still obtain their top 8 Grand Prix points.
- **Tournament Exemption**
 - A maximum of four (4) teams will be awarded an exemption per age category, for the current season
 - *The team must be ranked in the top four (4) teams in terms of average overall points in the entire age category, for boys' divisions*
 - *The team must be ranked in the top eight (8) teams in terms of average overall points in the entire age category, for girls' divisions*
 - Exemption can be granted only once per season
 - 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.

Respect in Sport

- One parent or guardian of an athlete must complete the mandatory online Respect in Sport Course
 - This course empowers people to recognize and prevent abuse, bullying and harassment through interactive, online certification
- An individual certification number will be issued per person and tracked by the Clubs and verified by the OVA prior to Ontario Championships (further details to follow)
- A Club admin account and login details has been emailed to each Club contact. If you have not received an email please contact Carrie Campbell (ccampbell@ontariovolleyball.org)
- The 2017-2018 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 at: <https://ontvolleyballparent.respectgroupinc.com/start.jsp>
- Only one certificate number is required per house hold i.e. if multiple siblings play with in the OVA the course only needs to be completed once
- Parents will be required to complete the modules by November 1, 2017. If you require an extension please contact Carrie Campbell at ccampbell@ontariovolleyball.org
 - If certificate numbers are not on file for an athlete, they will not be allowed to play at Ontario Championships 2018.
- More information about Respect in Sport will be available at ontariovolleyball.org later in July 2017

Coach Certification Policy

- Coaches who participated in Ontario Championships in 2017 will be in Year 2 of the policy
- The fine for not having the proper level of certification for Ontario Championships 2018 is \$100
- Changes to the policy include:

- In the case where a head coach would be unable to participate in Ontario Championships or Nationals Championships, the replacing coach will have to have completed the Making Head Way and the Making Ethical Decision online evaluations. The \$100 fine will apply to all coaches stepping into a head coach position who have **not** completed the modules. For this reason, it is strongly recommended that all assistant coaches complete the two online evaluations.
- For updated policy, please refer to the attached 2018 OVA Coach Certification Policy.

Coach Certification Policy – Extended Subsidies 2017

In December 2016, the OVA introduced Head Coach subsidies to offset the costs of completing Volleyball Canada's eLearning modules and the Make Ethical Decisions Online Evaluation.

The OVA has extended the subsidy to qualifying Head Coaches and Assistant Coaches until August 31, 2017.

For more information on the subsidy and how to apply for it, please visit:
<http://www.ontariovolleyball.org/articles/2017-coaching-policy-subsidies>

Reminder: Any coach that completes their certification within a year of Ontario Championships 2017, will be refunded the fine.

Coach Development

- OVA will offer a series of free coach development webinars to all members of the OVA in September and October 2017. The topics will focus on helping coaches prepare for their season and feature some of the top experts in their field in Canada. The webinars will cover:
 - Seasonal planning for 13-14U, 15-16U and 17-18U
 - Periodization for youth athletes
 - Managing training load to reduce risk of injuries
 - Physical Training
 - Mental Performance
- The new Team Ontario Elite program will offer development opportunities to coaches of identified Team Ontario Elite players. All expenses will be paid for these coaches to participate in a weekend of professional development at the Men's National Team Training Center in Gatineau on October 14-15th, 2017. More training opportunities will be available and announced at a later date.

Mental Performance for Youth Athletes

- In collaboration with Kyle Paquette, mental performance coach for the Men's National Team, OVA has designed a 5-module workbook to address mental performance training with young volleyball players.
 - Find more information on *Trainwave for Volleyball* here:
<http://www.ontariovolleyball.org/node/4537>
- The book is endorsed by Glenn Hoag who attributes part of the success of the Men's National Team qualification for the Rio Olympics to Kyle's approach of mental training.
- *Trainwave For Volleyball* are now available for pre-orders to all OVA clubs

Ontario Championships

- 2018 Tournament Dates:

Event 1 - Friday, April 6 – Sunday, April 8

Event 2 - Friday April 13 - Sunday April 15

Event 3 - Thursday, April 19 – Saturday, April 21

Event 4 - Sunday, April 22 – Tuesday, April 24

Event 5 - Friday, April 27 – Sunday, April 29

Note: Age divisions will be posted mid September, in conjunction with hotel booking process.

- **No athlete or team will be permitted to participate in Event 4 if they participated in Event 3**
- Due to the growing number of teams competing at the Ontario Championships, combined with venue capacity concerns with RIM Park, the number of underaged teams competing will be capped. A team's rank within the age category will be used to determine teams that **may be** accepted into the draw.
- 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. The selection process will be communicated in time for the tournament.
- Modified divisions will be introduced for the 18U boys and girls that introduce best 3 of 5 matches on day 2 and 3.
- 11U Girls and 12U Boys
 - The OVA will run a 11UG and 12UB Ontario Championships at RIM Park in Waterloo, in April 2018
 - 11UG teams qualify to participate in Ontario Championships by playing in one 12U Girls event during regular season play
 - 12UB teams will qualify to participate in Ontario Championships by playing in one 13U Boys event during regular season play
 - The Ontario Championships will take place over two days and the teams will be playing Triple Ball and all teams are guaranteed two matches on Sunday.
- Stay and 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
 - Stay and Play policy is in effect for all Indoor Ontario Championships
 - All travelling teams (125kms+/one way) are required to book hotel rooms through the OCs Accommodation Management Provider (AMP), to be eligible to compete in Ontario Championships
 - The Clubs mailing address will be used to determine kms to RIM Park
 - Ontario Volleyball offers exemptions from the Stay to Play policy for both teams and individuals under the following categories:
 - 1. 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.

- 2. 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.
- A team must register in Ontario Championships to be eligible to book accommodations.
- The hotel booking process will be staggered to align with OC's registration dates. After a team has completed registration for an event, they will be given information which will allow them to proceed with booking a hotel.
- Once a team registers for 2018 Ontario Championships, they will be issued a booking code. This code will need to be used when booking through the hotel booking service.
- More information will be released to Clubs in September 2017.



Volleyball Canada Rule Changes 2017-18

Memo: 2017--18 Indoor Rules & Policies Update

To: Provincial / Territorial Associations, Referees, Coaches, Athletes, Administrators

From: Volleyball Canada

Please review below the updates for the 2017--18 Indoor Volleyball season that will apply at Volleyball Canada 2018 National Championships. Red indicates new or revised wording.

15.1 NUMBER OF REGULAR GAME INTERRUPTIONS

Volleyball Canada -- For Volleyball Canada competitions in the 14U*, 15U (boys and girls) as well as for 16U boys', 12 substitutions is the maximum permitted per team per set. The 12 substitutions are limited.

**For Volleyball Canada 14U and younger competitions "Fair Play" rules apply, which are as follows: Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set, but may return to play in subsequent sets. Any line up can be used at the start of the third set. In the third set 12 'limited' substitutions are permitted.*

AGE CLASS VARIATIONS

Guidelines for Triple Ball Tossers:

d) The free ball must be tossed directly to the athlete in the centre back position (**rotationally in position 6**), otherwise a replay will occur.

OVERHEAD PASS AT 16U IS NOW PERMITTED

Volleyball Canada, **15U** and younger competitions, receiving serve with an overhand motion using the fingers (volleying/setting the serve) is not permitted, regardless of the quality of the contact. The first referee will use the "double--contact" signal to indicate this infraction.

2.1 HEIGHT OF THE NET (16U INDOOR WOMEN)

Volleyball Canada Youth Competition -- 15/16 & under men -- 2.35m, 15 & under women -- 2.20m, **16 & under women -- 2.24m**, 14 & under men -- 2.20m, 14 & under women -- 2.15.

*Note: the 16U net height will not apply to Beach Volleyball for the summer of 2018.

(OVA Implemented the 16 & under women indoor net height change in 2017)