

# ONTARIO VOLLEYBALL ASSOCIATION YOUTH COMPETITIONS MANUAL 2017/18

Everything you need to know  
for the indoor season.



# 2017-2018 Youth Competitions Calendar

November		Deadline	Fees
4	17U Girls Provincial Cup	October 9, 2017	\$330
11	15U Girls Provincial Cup	October 16, 2017	\$320
	13U Girls Provincial Cup	October 16, 2017	\$320
	14U Boys Provincial Cup	October 16, 2017	\$320
18	14U Girls Provincial Cup	October 23, 2017	\$320
	18U Girls Provincial Cup	October 23, 2017	\$330
	17U Boys Provincial Cup	October 23, 2017	\$330
25	16U Girls Provincial Cup	October 30, 2017	\$330
	15U Boys Provincial Cup	October 30, 2017	\$320
	13U Boys Provincial Cup	October 30, 2017	\$320
December			
2	17U Girls Challenge Cup	October 23, 2017	\$330
	18U Boys Provincial Cup	November 6, 2017	\$330
	16U Boys Provincial Cup	November 6, 2017	\$330
3	OVA Annual General Meeting		
9	15U Girls Challenge Cup	October 30, 2017	\$320
	13U Girls Challenge Cup	October 30, 2017	\$320
	14U Boys Challenge Cup	October 30, 2017	\$320
16	18U Girls Challenge Cup	November 6, 2017	\$330
	14U Girls Challenge Cup	November 6, 2017	\$320
	12U Girls Fall Challenge	November 20, 2017	\$235
	17U Boys Challenge Cup	November 6, 2017	\$330
January			
13	14U Girls McGregor Cup	December 4, 2017	\$320
	12U Girls McGregor Cup	December 4, 2017	\$235
	15U Boys Challenge Cup	December 4, 2017	\$320
	13U Boys Challenge Cup	December 4, 2017	\$320
14	17U Girls McGregor Cup	December 5, 2017	\$330
	18U Boys Challenge Cup	December 5, 2017	\$330
	16U Boys Challenge Cup	December 5, 2017	\$330
20	16U Girls Challenge Cup	December 11, 2017	\$330
	13U Girls McGregor Cup	December 11, 2017	\$320
	14U Boys McGregor Cup	December 11, 2017	\$320
27	15U Girls McGregor Cup	December 18, 2017	\$320
February			
3	18U Girls McGregor Cup	December 18, 2017	\$330
	17U Boys McGreogor Cup	December 18, 2017	\$330
	15U Boys McGregor Cup	December 18, 2017	\$320
	13U Boys McGregor Cup	December 18, 2017	\$320
10	18U Boys McGregor Cup	January 3, 2018	\$330
	16U Boys McGregor Cup	January 3, 2018	\$330

	Quebec Invitational*	TBD	TBD
17	16U Girls McGregor Cup	January 8, 2018	\$330
	14U Girls Bugarski Cup	January 8, 2018	\$320
	12U Girls Bugarski Cup	January 8, 2018	\$235
24	17U Girls Grand Prix/Bugarski Cup	January 15, 2018	\$535/\$330
	13U Girls Bugarski Cup	January 15, 2018	\$320
	14U Boys Bugarski Cup	January 15, 2018	\$320
<b>March</b>			
3	15U Girls Bugarski Cup	January 22, 2018	\$320
	17U Boys Grand Prix/Bugarski Cup	January 22, 2018	\$535/\$330
	15U Boys Bugarski Cup	January 22, 2018	\$320
	13U Boys Bugarski Cup	January 22, 2018	\$320
24	18U Girls Grand Prix/Bugarski Cup	January 29, 2018	\$535/\$330
	16U Girls Grand Prix/Bugarski Cup	January 29, 2018	\$535/\$330
	18U Boys Grand Prix/Bugarski Cup	January 29, 2018	\$535/\$330
	16U Boys Grand Prix/Bugarski Cup	January 29, 2018	\$535/\$330
<b>April</b>			
6-8	Ontario Championships Age Categories TBD **	January 15, 2018	
13-15	Ontario Championships Age Categories TBD **	January 22, 2018	
19-21	Ontario Championships Age Categories TBD **	January 29, 2018	
22-24	Ontario Championships Age Categories TBD **	February 5, 2018	
27-29	Ontario Championships Age Categories TBD **	February 12, 2018	
<b>NOTE:</b> the OVA will run an 11UG and a 12UB Boys division at 2018 Ontario Championships. See section 7.1 for eligibility requirements.			
<b>May</b>			
16-19	15U/16U Volleyball Canada Nationals	registration opens	TBD
19-22	14U/17U/18U Volleyball Canada Nationals	January 2018	TBD
Location	Northlands Edmonton Expo Centre Hosted by Volleyball Canada	Edmonton, Alberta	
<b>June</b>			
9	OVAtion Awards Banquet		

\* Indicates an event administered through Volleyball Quebec. This event will be run outside the OVA's regular season calendar.

\*\* Ontario Championships entry fees:

11UG, 12UG, 12UB: \$675

13U-15U: \$980

16U-18U: \$1000

**Note:** All prices are plus HST

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# 1.0 OFFICE AND ADMINISTRATIVE STAFF

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## 1.1 OVA Office

**The OVA Office is located in Toronto at:**

60 Scarsdale Rd, Unit #111  
Toronto, Ontario  
M3B 2R7

Office Hours are 8:30am – 4:30pm

## 1.2 Youth Competitions Administrative Staff

**Ryan Mercado – Youth Competitions Lead** ([ryanmercado@ontariovolleyball.org](mailto:ryanmercado@ontariovolleyball.org) / 416-426-7321) - 16U/17U/18U Girls & Boys Indoor Youth Competitions; Ontario Championships; Regional Indoor Program & 18U High Performance Centre.

**Mark Wiersma – Indoor Program Coordinator** ([mwiersma@ontariovolleyball.org](mailto:mwiersma@ontariovolleyball.org) / 416-426-7426) – 11U/12U/13U/14U/15U Girls & Boys Indoor Youth Competitions; Ontario Championships; 16U HPC & Team O Logistics; Sitting Volleyball; Sport Inclusion; Adult Programming.

**Carrie Campbell – Manager of Indoor Programs** ([ccampbell@ontariovolleyball.org](mailto:ccampbell@ontariovolleyball.org) / 416-426-7433) – Responsible for planning, developing, and guiding Association staff for all OVA Youth Competitions and Ontario Championships deliverables; Overseeing the growth and development of all OVA Indoor athlete programming; Indoor Adult Recreational Leagues.

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

**Kaitlin Arscott – Membership Services Coordinator** ([karscott@ontariovolleyball.org](mailto:karscott@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.

**Jason Jackson – Marketing and Communications Manager** ([jjackson@ontariovolleyball.org](mailto:jjackson@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](mailto:alidums@ontariovolleyball.org) / 416-426-7431) - Program Development & Delivery for Indoor and Beach; Program Budgets; Supervision of Program Managers, Coordinators and Interns; Special Event Management; Communications; Website; Women's Initiatives; Major Events.

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

**Jo-Anne Ljubicic - Executive Director** ([jljubicic@ontariovolleyball.org](mailto:jljubicic@ontariovolleyball.org) / 416-726-7414)

For any accounting enquiries please email: [accounts@ontariovolleyball.org](mailto:accounts@ontariovolleyball.org)

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

## 2.0 Club Administration

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### 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 – this includes Club practice. 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 player has been listed on the score sheet may be forfeited. Please see Appendix VI 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 1<sup>st</sup>, 2018 by 11:59 PM**
- A player can only register and participate with one (1) Club and one (1) Volleyball Province/Territorial Association
- ANY person sitting on the bench at an OVA competition **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](http://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.

### 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 Information Form can be accessed by [clicking here](#).

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

- Confirmation of NCCP coaching numbers or exemption card numbers
- Confirmation of police checks/vulnerable sector checks and OVA Screening Disclosure Form for Club personnel
- Confirmation of proof of age checks for registered Club/OVA athletes
- 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* and the Club will keep them on file for the entire season
- Confirmation that the Club has collected the Respect In Sport certificate number for one parent/guardian of all of their athletes
- Confirmation that the Club will adhere to all OVA policies and procedures

Club Contacts will be responsible for annually signing the form and mailing, emailing or faxing the form to the OVA at (416) 426-7109, [clubform@ontariovolleyball.org](mailto:clubform@ontariovolleyball.org), or 60 Scarsdale Rd, Suite 111, Toronto, ON, M3B 2R7.

Clubs new to the OVA will be required to fill out a New Club Application Form. [Please click here to access the form](#).

This form 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 Information 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 2017-2018 season (until August 31, 2018). The Club Contact 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 seven (7) days of this request.

## 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 a maximum of the following team staff:

- One (1) head coach
- 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, team contacts and team managers must also 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 12 permitted on the score sheet. The score sheet permits the following team staff to be on the bench:

- One (1) head coach
- One (1) assistant coach



- One (1) trainer
- One (1) medical staff

## 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](mailto: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 the OVA's insurance policy 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](mailto:insurance@ontariovolleyball.org) a minimum of two (2) weeks prior to the event date.

[The Form can be found on the OVA website:](#)

### 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](mailto:insurance@ontariovolleyball.org). Do not contact the insurance company. [The OVA Accident Report Form is available on the OVA website.](#)

## 2.9 Letters of Good Standing

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

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 policy, OVA teams travelling to the US to participate in a tournament with a Letter of Good Standing are covered by the OVA's general liability insurance. However, the OVA's insurance policy does not provide out of country medical coverage while travelling out of Canada. If your team is travelling outside of Canada, we **strongly** recommend that your teams purchase Out of Country Medical Insurance.

For more information about the Letter of Good Standing and/or to request Out of Country Medical Insurance for your Club, please contact Kaitlin Arscott at [info@ontariovolleyball.org](mailto:info@ontariovolleyball.org)

## 3.0 Registration

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### 3.1 How to Register

Each season, teams, players and coaches must be registered by means of the [National Registration System \(NRS\)](#) with payment by credit card (VISA or MasterCard). NRS opens for the new season on September 1 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 (11U – 18U Athletes, Team Staff, Coaches, Club Contacts and Executives etc.) are \$81.11 (inclusive of HST and a \$28.00 Volleyball Canada membership fee).

#### **OVA MEMBERSHIPS ARE NON-REFUNDABLE.**

The last day to add a new athlete to a team roster is **February 1<sup>st</sup>, 2018 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. An OVA Program Coordinator will be in contact with the Club Contact to settle outstanding fees.

### 3.3 Club Fee

Clubs will be responsible for paying a \$125+HST annual fee. This fee will be charged when the Club Contact registers in NRS.

### 3.4 Parent Respect in Sport Module

Respect in Sport is an accessible, online resource on 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
  - 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 must be entered into each child's profile in [NRS](#)
- 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 also 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> and in the [National Registration System \(NRS\)](#)
- Only one certificate number is required per household 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 on this deadline please contact Carrie Campbell at [ccampbell@ontariovolleyball.org](mailto:ccampbell@ontariovolleyball.org)
- **If certificate numbers are not on file for an athlete, they will not be permitted to compete at Ontario Championships 2018.**

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 Girls	\$235 + HST
13U, 14U, 15U	\$320 + HST
16U, 17U, 18U	\$330 + HST
16U, 17U, 18U Grand Prix	\$535 + HST

The deadline for all Provincial Cup events for all age divisions will be **4 weeks prior to the tournament**.  
All remaining regular season tournaments 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

11UG, 12UG, 12UB Ontario Championships:	\$675 + HST (2-day event)
13U – 15U Ontario Championships:	\$980 + HST (3-day event)
16U – 18U Ontario Championships	\$1000 + HST (3-day event)

Ontario Championships registration deadlines are 12 weeks prior to the event and will close on a **Monday at 11:59am**.

Ontario Championships registration for teams looking to play up in an older age category opens on the Tuesday at 9:00am following the registration deadline for each weekend. It is possible that some events will already be full by this date however, teams are encouraged to register on the waitlist. **Teams and athletes are not permitted** to play back to back in the April 19-21 events and the April 22-24 events.

For 2018, the OVA is imposing a staggered registration for Ontario Championships. Please see chart below for registration opening and deadline dates:

EVENT DATES 2018	REGISTRATION OPENS/HOTEL BOOKING PROCESS OPENS FOR THE EVENT	REGISTRATION CLOSES	PLAYING UP REGISTRATION OPENS	PLAYING UP REGISTRATION CLOSES
April 6-8	Monday October 30 <sup>th</sup> , 2017 at 9:00am	January 15 <sup>th</sup> , 2018 at 11:59pm	January 16 <sup>th</sup> , 2018 at 9:00am	January 23, 2018 at 11:59pm
April 13-15	Monday November 6, 2017 at 9:00am	January 22, 2018 at 11:59pm	January 23, 2018 at 9:00am	January 30, 2018 at 11:59pm
April 19-21	Monday November 13, 2017 at 9:00am	January 29, 2018 at 11:59pm	January 30, 2018 at 9:00am	February 6, 2018 at 11:59pm

April 22-24	Monday November 20, 2017 at 9:00am	February 5, 2018 at 11:59pm	February 6, 2018 at 9:00am	February 13, 2018 at 11:59pm
April 27-29	Monday November 27, 2018 at 9:00am	February 12, 2018 at 11:59pm	February 13, 2018 at 9:00am	February 20, 2018 at 11:59pm

Ontario Championship Age division dates will be posted in September in conjunction with the hotel booking process.

### **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 OVA via email ([ryanmercado@ontariovolleyball.org](mailto:ryanmercado@ontariovolleyball.org), [mwiersma@ontariovolleyball.org](mailto:mwiersma@ontariovolleyball.org)), or call the OVA hotline (647-467-5514), and the Tournament Host if possible.

Clubs must assume responsibility for safety and risk management, and 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 cancellation is warranted.

Any decision to cancel an event due to weather concerns will be published by the OVA at [www.ontariovolleyball.org](http://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.

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 will be contacted to assist in 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 tournament cancelled prior to the registration deadline.

There is no refund for any cancellation requested after the registration deadline up until 14 days prior to the event.

There will be no refund or credit issued for any cancellation requested within 6 to 13 days of the tournament, and the team will be fined \$200.00.

Any cancellation within 5 days of the tournament will result in loss of the tournament entry fee and the team will be fined \$300.

Failure to pay the fine within five (5) business days will result in the Club becoming members 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 \$300.00.

Failure to pay the fine within five (5) business days will result in the Club becoming members 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 Refund 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 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 administer 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. Teams in this division will likely have higher travel requirements than the Championship and Trillium divisions
- The Championship divisions can include up to 4 locations around the Province. These divisions can be identified as "East", "Central", "West" and "Central East or Central West"



- The Trillium Division contains 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 are extremely flexible 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 the opportunity to host helps fulfil this mandate.

### **Ideal Facility Specifications**

The OVA relies on the hosting applications to rank the facilities that have been submitted, that are best suited to each age class. Upon review of the hosting applications, the OVA aims to ensure that the following guidelines are use 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 court, 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 court, 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 court, 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.

The large majority of bids that are submitted are conditional. This can have an effect on the location of each division and the timeliness in which teams are posted.

## 4.0 Competition Regulations

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

### 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 12 & Under (12U), 13 & Under (13U) and 14 & Under (14U)). 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**, at least 15 cm high on the chest and 20 cm high on the back. The width of the stripe forming the number shall be 2 cm minimum. 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.

Note: To avoid any potential uniform violation problems, it is strongly recommended to Clubs that the jersey numerals not be included in any artwork or logo. The numerals 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.*
- v. The OVA logo (PMT) 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 [jjackson@ontariovolleyball.org](mailto:jjackson@ontariovolleyball.org).
- vi. When a uniform violation occurs at a Youth or Adult competition, players with non-matching uniforms shall not be permitted onto the court unless the team has less than 6 players with matching/identical uniforms. In such a case, the team will be fined \$25.00 per player, per tournament, to a maximum of \$100.00 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:** Refer to Appendix V to view the OVA Uniform Policy.

### 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 2007 or later
12 & Under	Born 2006 or later
13 & Under	Born 2005 or later
14 & Under	Born 2004 or later
15 & Under	Born 2003 or later
16 & Under	Born 2002 or later
17 & Under	Born 2001 or later
18 & Under	Born 2000 or later

Age Category	Extended Age Class
11 & Under	Born between September 1 <sup>st</sup> 2006 and December 31 <sup>st</sup> 2006
12 & Under	Born between September 1 <sup>st</sup> 2005 and December 31 <sup>st</sup> 2005
13 & Under	Born between September 1 <sup>st</sup> 2004 and December 31 <sup>st</sup> 2004
14 & Under	Born between September 1 <sup>st</sup> 2003 and December 31 <sup>st</sup> 2003
15 & Under	Born between September 1 <sup>st</sup> 2002 and December 31 <sup>st</sup> 2002
16 & Under	Born between September 1 <sup>st</sup> 2001 and December 31 <sup>st</sup> 2001
17 & Under	Born between September 1 <sup>st</sup> 2000 and December 31 <sup>st</sup> 2000
18 & Under	Born between September 1 <sup>st</sup> 1999 and December 31 <sup>st</sup> 1999

### 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, 2002. She plays for the 15U Girls Blue Spikers team. Linda is permitted to move laterally within the age category and play for the 15UG Red Spikers. She is not permitted to play on the 16U Spikers or 14U Spikers.
  - Example: Steve was born November 10, 2001. He plays for the 16U Boys Jammers. The 16U boys Jammers register for the 17U McGregor Cup. Steve is permitted to play in the 17U event as part of the 16U Jammers. Steve is not permitted to play in the 17U event as part of a 17U Jammers.
- 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, 2001. He plays for the 17U Boys Vikings. John is permitted to move laterally within the age category and play for the 17UG Red Vikings and play up on the 18U Vikings. He is not permitted to play on the 16U Vikings.

### 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 15<sup>th</sup>, 2005. He plays for the 14U 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 14U team this year and avoid playing down with the 13U 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 19U Eligibility**

All athletes born in 1999 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, CCAA or CIS team for the 2017-18 season
- There are no more than two (2) 19U athletes on the team roster

#### **4.7 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.

An athlete CANNOT participate in two (2) Ontario Championships if they are held on the same weekend. For example, an athlete cannot feature on the roster of a team in both the 15U and 17U Ontario Championships if they are held on the same weekend. In addition, an athlete may not play for six (6) straight days of Ontario Championships over the extended Championship weekend in 2018.

#### **4.8 Players Moving Laterally within an Age Category**

Clubs may laterally move an unlimited number of athletes between teams within 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 within the same age class. All team rosters must be finalized and submitted by the Ontario Championship 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. All players must be assigned to a team in NRS and the names of any 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.

## 5.0 Seasonal Structure

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### 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 day on either Saturday 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 5.12)

#### 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. 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.

The entry fee for the Grand Prix will be \$535+ HST. Teams will be asked to “top up” their standard entry fee once notified of their qualification in the Grand Prix Events.

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

#### OVA Quebec Event

The OVA and Volleyball Quebec will be working towards delivering an invitational event for the 17U/18U Girls age category in Quebec. This event will be held February 10<sup>th</sup> – 11<sup>th</sup>, outside the regular season events. The top 4 Ontario teams will be invited to participate.



## 5.2 Tournament Seeding & Divisional Allocation Guidelines

Age Division	Tournament	Divisions	Seeding within Tournament Draw	Promotion and Relegation for the Next Event
*the balance of teams moving up or down will depend on the number of registrations received and exemptions granted for the next event. All movements will be based on a team's finish in the event immediately preceding the tournament being assigned.				
11UG	Ontario Championships		Based on one result from participation in a 12UG regular season event	
12UG	Fall Challenge	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 Fall Challenge.
	McGregor Cup	Trillium	Set W/L ratio from the Fall Challenge	None
	Bugarski Cup	Trillium	Results from the McGregor Cup	None
	Ontario Championships		Top finish from a team's result at the McGregor Cup or Bugarski Cup. Fall Challenge counts as participation for Ontario Championships,	
12UB	Ontario Championships		Based on one result from participation in a 13UB regular season event	
13UG	Provincial Cup	Trillium	Based on results from the 12UG Ontario Championships	The 1 <sup>st</sup> – 2 <sup>nd</sup> place teams will move up to the Championship Division
	Challenge Cup	Championship (27) Trillium	Provincial Cup Rankings	The 1 <sup>st</sup> – 3 <sup>rd</sup> place teams from the Championship division will move up to the Premier division The 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Championship (27) Trillium	Challenge Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Bugarski Cup	Premier (9) Championship (27) Trillium	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	
13UB	Provincial Cup	Championship	Random	None
	Challenge Cup	Championship	Provincial Cup Rankings	The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Challenge Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> 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
*the balance of teams moving up or down will depend on the number of registrations received and exemptions granted for the next event. All movements will be based on a team's finish in the event immediately preceding the tournament being assigned.				
14UG	Provincial Cup	Championship (45) Trillium	Based on results from the 13UG Ontario Championships	The 1 <sup>st</sup> – 3 <sup>rd</sup> place teams from the Championship division will move up to the Select division The 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Select (18) Championship (45) Trillium	Provincial Cup Rankings	The 1 <sup>st</sup> – 4 <sup>th</sup> place teams from the Select division will move up to the Premier division The 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> – 2 <sup>nd</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Select (18) Championship (36) Trillium	Challenge Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Select division The 1 <sup>st</sup> place teams from the Select division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Bugarski Cup	Premier (9) Select (18) Championship (36) Trillium	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	
14UB	Provincial Cup	Championship	Based on results from the 13UB Ontario Championships	The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	Challenge Cup	Premier (9) Championship	Provincial Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Challenge Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> 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
*the balance of teams moving up or down will depend on the number of registrations received and exemptions granted for the next event. All movements will be based on a team's finish in the event immediately preceding the tournament being assigned.				
15UG	Provincial Cup	Select (18) Championship (36) Trillium	Based on the results from the 14UG Ontario Championships	The 1 <sup>st</sup> – 4 <sup>th</sup> place teams from the Select division will move up to the Premier division The 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> – 2 <sup>nd</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Select (18) Championship (36) Trillium	Provincial Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Select division The 1 <sup>st</sup> place teams from the Select division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Select (18) Championship (36) Trillium	Challenge Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Select division The 1 <sup>st</sup> place teams from the Select division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Bugarski Cup	Premier (9) Select (18) Championship (36) Trillium	McGregor Cup Rankings	
	Ontario Championships		Average points from a team's top 2 finishes	
15UB	Provincial Cup	Championship	Based on the results from the 14UB Ontario Championships	The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	Challenge Cup	Premier (9) Championship	Provincial Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Challenge Cup Rankings	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> 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
*the balance of teams moving up or down will depend on the number of registrations received and exemptions granted for the next event. All movements will be based on a team's finish in the event immediately preceding the tournament being assigned.				
16UG	Provincial Cup	Premier (9) Select (18) Championship (36) Trillium	Based on the results from the 15UG Ontario Championships	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Select division The 1 <sup>st</sup> place teams from the Select division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Select (18) Championship (36) Trillium	Results from the Provincial Cup	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Select division The 1 <sup>st</sup> place teams from the Select division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Select (18) Championship (36) Trillium	Average points from the first two events	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 <sup>th</sup> – 9 <sup>th</sup> place teams from the Select division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Select division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Bugarski Cup/Grand Prix	Grand Prix (8) Select (18) Championship (36) Trillium	Grand Prix seeded on average from a team's best two finishes All other division will be seeded using average points from the previous three events	
	Ontario Championships		Average points from a team's top 2 finishes	
16UB	Provincial Cup	Championship	Based on the results from the 15UB Ontario Championships	The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	Challenge Cup	Premier (9) Championship	Results from the Provincial Cup	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Average points from the first two events	Grand Prix teams will be selected using a team's average points from their best two events All remaining teams will be placed in the Championship Division
	Bugarski Cup/Grand Prix	Grand Prix (8) Championship	Grand Prix seeded on average from a team's best two finishes All other division will be seeded using average points from the previous three events	
	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
*the balance of teams moving up or down will depend on the number of registrations received and exemptions granted for the next event. All movements will be based on a team's finish in the event immediately preceding the tournament being assigned.				
17UG	Provincial Cup	Premier (9) Championship (27) Trillium	Based on the results from the 16UG Ontario Championships	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams in the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Championship (27) Trillium	Results from the Provincial Cup	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams in the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Championship (27) Trillium	Average points from the first two events	Grand Prix teams will be selected using a team's average points from their best two events The remaining Premier teams from the McGregor Cup will move down to the Championship division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from Trillium division will move up to the Championship division
	Bugarski Cup/Grand Prix	Grand Prix (8) Championship (27) Trillium	Grand Prix seeded on average from a team's best two finishes. All other divisions will be seeded using average points from the previous three events	
	Ontario Championships		Average points from a team's top 2 finishes	
17UB	Provincial Cup	Championship	Based on the results from the 16UB Ontario Championships	The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	Challenge Cup	Premier (9) Championship	Results from the Provincial Cup	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams in the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Average points from the first two events	Grand Prix teams will be selected using a team's average points from their best two events The remaining Premier and ON//QC Series finishers will move down to the Championship division
	Bugarski Cup/Grand Prix	Grand Prix (8) Championship	Grand Prix seeded on average from a team's best two finishes All other division will be seeded using average points from the previous three events	
	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
*the balance of teams moving up or down will depend on the number of registrations received and exemptions granted for the next event. All movements will be based on a team's finish in the event immediately preceding the tournament being assigned.				
18UG	Provincial Cup	Premier (9) Championship (27) Trillium	Based on the results from the 17UG Ontario Championships	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Challenge Cup	Premier (9) Championship (27) Trillium	Results from the Provincial Cup	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	McGregor Cup	Premier (9) Championship (27) Trillium	Average points from the first two events	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 <sup>th</sup> – 9 <sup>th</sup> place teams from the Championship division will move down to the Trillium division The 1 <sup>st</sup> place teams from the Trillium division will move up to the Championship division
	Bugarski Cup/Grand Prix	Grand Prix (8) Championship (27) Trillium	Grand Prix seeded on average from a team's best two finishes All other division will be seeded using average points from the previous three events	
	Ontario Championships		Average points from a team's top 2 finishes	
18UB	Provincial Cup	Premier (9) Championship	Based on the results from the 17U Ontario Championships	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	Challenge Cup	Premier (9) Championship	Results from the Provincial Cup	The 7 <sup>th</sup> – 9 <sup>th</sup> place teams from the Premier division will move down to the Championship division The 1 <sup>st</sup> place teams from the Championship division will move up to the Premier division
	McGregor Cup	Premier (9) Championship	Average points from the first two events	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
	Bugarski Cup/Grand Prix	Grand Prix (8) Championship	Grand Prix seeded on average from a team's best two finishes All other division will be seeded using average points from the previous three events	
	Ontario Championships		Average points from a team's top 2 finishes	

### **5.3 Initial placement for the first event of the season**

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

### **5.4 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
- The Initial Placement Adjustment is only for the first event of the season
- The Initial Placement Adjustment is determined by averaging a minimum of seven (7) athlete's result 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
- Fee: **\$200**

### **5.5 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.
- The Initial Placement Adjustment is only for the first event of the season
- A minimum of seven (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 2016-2017 season and will be competing in the same age division for the 2017-2018 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 last in their respective tournament in the Championship division
- Fee: **\$200**

### **5.6 Division Promotion and Relegation**

Teams will be promoted or relegated in divisions based on the results of the most recent event as indicated on the Seasonal Structure chart (5.2).

If the first-place team from a Select, Championship or Trillium zone does not register for the next event, the second-place team will be moved up to the higher tier to ensure that all Championship and Trillium tournaments receive representation. If the second-place team is unable to attend the next event the team with the highest points average from all registered teams will be selected to move up.

Any additional open spots in the Championship, Select or Premier divisions will be filled using the following criteria in the order listed:

- a. A team's point average of the season (teams set to be relegated down will only be included if the 2<sup>nd</sup> place teams cannot fill all spots)
- b. The number of OVA events the team has participated in their age division
- c. A team's result in the most recent OVA event and working backwards to the first event of the season
- d. A team's result at the previous Ontario Championships
- e. A team's seed going into the previous Ontario Championships
- f. Coin Toss

### **5.7 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.

- 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.

### **5.8 OVA Indoor Points System**

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

- It is a single, linear scale that compares teams in multiple age categories
- 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.**

12U, 13U, 17U, 18U Girls and 13U-18U Boys Points System				14U-16U Girls Points System			
Rank	Premier	Championship	Trillium	Premier	Select	Championship	Trillium
1	1000	900	800	1000	900	800	700
2	975	875	775	975	875	775	675
3	960	860	760	960	860	760	660
4	945	845	745	945	845	745	645
5	930	830	730	930	830	730	630
6	915	815	715	915	815	715	615
7	895	795	695	895	795	695	595
8	880	780	680	880	780	680	580
9	865	765	665	865	765	665	565
10	850	750	650	850	750	650	550
11	850	750	650	850	750	650	550
12	850	750	650	850	750	650	550

### 5.9 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:

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

### 5.10 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.

- 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, 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
  - coin toss by the tournament director and head official in the presence of team representatives



## 6.0 Playing Rules and Regulations

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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 12U Girls and 13U Boys and Girls divisions.

### 6.1 Net Heights

Age Category	Girls	Boys
11U	2.10	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	NO
17U	YES	YES
18U	YES	YES

### 6.3 Substitution Rules

Age Category	# of Substitutions	
	Girls	Boys
15U	12 Limited	12 Limited
16U	6 Limited	12 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 Warm up Protocol

- All pre-game warm ups are 5-5
- 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

**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 1.5 meters at the base line.

#### **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**)
- 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.

**Compliance Procedure:** The head coach must submit a standard roster form at the first match of the day. This roster will be used for the duration of the day. The same roster sheet must be used for ALL matches. The verification by the scorekeeper and 1st official will be conducted for all matches. If a player is unable to play it must be noted on the score sheet.

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 Events:**

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 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.
- All serve receive formations are permitted, but 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 play doesn't stop if someone other than the designated setter for that rotation sets the ball due to an errant pass (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 Serve Receive Rule**

12U -15U 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. 16U – 18U are 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 Recreational Cell Phone and Tripod Use**

The recreational use of cell phones or tripods on the bench is not permitted at all OVA events. Use of cell phone and other devices are permitted when collecting data.

### **6.11 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.

A full copy of the OVA's Concussion policy see Appendix VII.

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

### **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. The team is in bad standing until all outstanding fines are paid in full.

### **6.13 Protests**

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
- 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

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.

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.

**Note: Judgement calls are not permitted to be protested (i.e. ball handling)**

#### **6.14 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.

### 6.15 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
<b>11UG</b>	<b>NA</b>	First Officials will be provided for pool play and playoff matches
<b>12U</b>	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
<b>13U</b>	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
<b>14U</b>	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
<b>15U</b>	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.
<b>16U</b>	<b>Premier:</b> First and Second officials will be provided for pool play and playoff matches; <b>Championship &amp; Trillium:</b> First Officials will be provided for pool play and playoff matches.	<b>Division 1 Tier 1:</b> 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. <b>All other divisions:</b> Single official for all matches.
<b>17U</b>	<b>Premier:</b> First and Second officials will be provided for pool play and playoff matches; <b>Championship &amp; Trillium:</b> First Officials will be provided for pool play and playoff matches.	<b>Division 1 Tier 1:</b> 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. <b>All other divisions:</b> Single official for all matches.
<b>18U</b>	<b>Premier:</b> First and Second officials will be provided for pool play and playoff matches; <b>Championship &amp; Trillium:</b> First Officials will be provided for pool play and playoff matches.	<b>Division 1 Tier 1:</b> Double officials will be provided for all pool play matches and playoff matches. Linespeople will be provided for D1/T1 Ontario Championships medal matches. <b>All other divisions:</b> Single official for all matches.

## 7.0 Ontario Championships

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### 7.1 Ontario Championships Eligibility Requirements

**NOTE:** The OVA will run an 11UG and 12UB Ontario Championships in 2018.

**11UG:** Fully registered Youth teams that fall into the 11UG age category can qualify to participate in the 11UG Ontario Championships by playing in one 12U Girls tournament during the season. 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.

**12UB:** Fully registered Youth teams that fall into the 12UB age category can qualify to participate in the 12UB Ontario Championships by playing in one 13U Boys tournament during the season. 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.

**12UG:** Fully registered Youth teams are eligible for the Ontario Championships provided they have participated in at least one 12UG OVA tournament during the season. 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.

**13U – 18U:** Fully registered Youth teams are eligible for the Ontario Championships provided they have participated in at least two OVA tournaments during the season for the age category in which they plan to participate in.

Teams from Region 1 are exempt from eligibility requirements, however must adhere to the posted registration deadlines.

An athlete CANNOT participate in two Ontario Championships if they are held on the same weekend. For example, an athlete cannot feature on the roster of a team in both the 17U and 18U Ontario Championships, if they are held on the same weekend.

**No athlete or team will be eligible to compete in the April 22-24<sup>th</sup> event if they competed in the April 19-21<sup>st</sup> 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.

Registration for teams looking to play up in an older age category opens on the Tuesday following the registration deadline for the age division in which they intend to play up. It is possible that some events will already be full by this date; however, teams are encouraged to register on the waitlist. The “Playing up” registration will be open for one week.

### 7.2 Ontario Championships Travel Policy

Teams travelling in excess of 300km (one way) will be reimbursed at a rate of \$0.43/km per vehicle (maximum 2 vehicles) from the 301<sup>st</sup> km on. 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. Team travel subsidy of \$75 is included in the registration fee. All team travel forms must be received by May 31<sup>st</sup> to be included in the travel equalization cost sharing. For more information on the team travel subsidy and to access the Team Travel Reimbursement form, please visit: [www.ontariovolleyballchampionships.org](http://www.ontariovolleyballchampionships.org) → Team Information.

### 7.3 Rosters for Ontario Championships

All teams competing in the Ontario Championships must submit an official roster through [www.ontariovolleyballchampionships.org](http://www.ontariovolleyballchampionships.org) by Friday February 17, 2018 to be included in the Ontario Championships App and to be used on iSet scoresheets. All rosters will be verified through NRS and will be considered final for the Ontario Championship and the National Championships. For any player or team staff found on the submitted roster that is not a registered member in NRS, the Club will be fined \$150. All fines must be paid in full prior to Ontario Championships for the Club to be eligible to participate.

Any changes to the roster after the submission deadline must be sent in writing to the appropriate age division OVA Program Coordinator for approval. There will be a \$50 change fee per player on a change request.

All rosters for the Volleyball Canada Open must be the same roster as for the Ontario Championships. Changes to rosters for the National Championship must be approved through Volleyball Canada and the OVA.

#### 7.4.1 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. The Stay to Play policy is in effect for all Indoor Ontario Championship events.

- All travelling teams (125kms+/one way) are required to book hotel rooms through Hudson Travel Group (HTG Sports) to be eligible to compete in the tournament.
  - The Clubs mailing address will be used to determine kms to RIM Park
- 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.
- The hotel booking process will be phased in, to match the phased OC's registrations that open at the end of October.
- 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 regarding the hotel booking process will be released to Clubs in September 2017.

#### **7.4.2 National Championships**

2018 will be a festival year! This means that the Volleyball Canada Nationals event will be hosted in Edmonton at the Northlands Expo Centre May 16-22! The week will be broken down into two tournaments over the span of 7 days. The first tournament will be held from the 16th to the 19th for the 15U and 16U categories and the second will be from the 19th to the 22nd for the 14U, 17U and 18U categories. The same team or athlete cannot compete in both sessions.

[Click here](#) for more info.



## 8.0 Coaching

### 8.1 Coaching Certification Requirements

**ALL Head Coaches must meet the following standards by 11:59pm March 1st, 2018.**

All staff sitting on the bench at Provincial/National Championships must adhere to the OVA Screening Policy.

All Head Coaches must meet the standards below. In the case where a head coach is unable to participate in Ontario Championships or National Championships, the replacing coach will have to have completed the Making Head Way and the Making Ethical Decision online evaluations.

#### Development Coach Context: Head Coaches of 11U to 16U Teams

Appearance	Requirements	Fine
1st time coaching at a Provincial Championship	<ul style="list-style-type: none"> <li>Volleyball eLearning</li> <li>Make Ethical Decisions Online Evaluation</li> <li>Making Head Way</li> </ul>	\$100
2nd time coaching at a Provincial Championship since the 2016-17 season	<ul style="list-style-type: none"> <li>All items above</li> <li>Development Coach Volleyball Workshop or Level 1 Technical</li> </ul>	\$100
3rd year coaching at Provincial Championship in this age group since the 2016-17 season and any appearance thereafter (not applicable until 2019)	<ul style="list-style-type: none"> <li>All items above</li> <li>Multi Sport Modules: Planning a Practice, Nutrition or Theory 1</li> <li>Development Coach Evaluation or Level 1 Practical</li> </ul>	\$100

#### Advanced Development Coach Context: Head Coaches of 18U, 17U Teams

Appearance	Requirements	Fine
1st time coaching at a Provincial Championship	<ul style="list-style-type: none"> <li>Volleyball eLearning</li> <li>Make Ethical Decisions Online Evaluation</li> <li>Making Head Way (Generic)</li> <li>Development Coach Volleyball Workshop or Level 1 Technical</li> </ul>	\$100
2nd time coaching at a Provincial Championship since the 2016-17 season	<ul style="list-style-type: none"> <li>All items above</li> <li>Multi Sport Modules: Planning a Practice and Nutrition</li> <li>Advanced Development Volleyball Workshop or Level 2 Technical</li> </ul>	\$100
3rd year coaching at Provincial Championship in this age group since the 2016-17 season and any appearance thereafter (not applicable until 2019)	<ul style="list-style-type: none"> <li>All items above</li> <li>Multi Sport Modules: Design a Basic Sport Program, Basic Mental Skills or Theory 2</li> <li>Advanced Development Coach Evaluation or Level 2 Practical</li> </ul>	\$100

**Note:** Coaches moving from 11U to 16U to 17/18U teams are considered a first-year coach in that age group. Coaches moving from 17/18U to 11U to 16U are considered a second-year coach in that age group.

**Note:** It is strongly recommended that Assistant Coaches and Staff Personnel complete: Volleyball eLearning, Make Ethical Decisions Online Evaluation (Comp-Int version) and Making Head Way.

## **8.2 Failure to Meet Coaching Certification Requirements**

If a coach fails to meet the OVA/VC's certification requirements for three (3) consecutive Ontario Championship appearances, they will not be allowed to coach in any OVA event, including the year 3 Ontario Championship, until they provide one (1) of the following items to the OVA's High Performance Manager:

- proof of completion of all the required certification items of year 3
- a letter justifying why the coach has not been able to meet the requirements. If granted, the exemption will provide the coach with one (1) more year to complete the certification requirements.

All items must be sent by email to OVA's High Performance Manager ([lpmainville@ontariovolleyball.org](mailto:lpmainville@ontariovolleyball.org)).

## **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 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 and copies of each staff member's OVA Screening Disclosure Form.

For more information on the OVA Screening Policy please visit [www.ontariovolleyball.org](http://www.ontariovolleyball.org) , About>Policies and select OVA Screening Policy.

#### 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 IV 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
<b>Physical safety and health of Athletes</b>	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
<b>Coaching Responsibility</b>	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
<b>Integrity in relations with others</b>	Avoid situations that may affect objectivity 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
<b>Respect</b>	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
<b>Honouring sport</b>	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](mailto:info@ontariovolleyball.org). The Incident Report Form can be found online at [www.ontariovolleyball.org](http://www.ontariovolleyball.org). Please download the form prior to completing it.

## 9.0 Awards

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### 9.1 Tournament Medals

At OVA tournaments, gold, silver and bronze medals (15 of each) will be awarded at every event that has 7 or more teams participating, with the exception of the first 12U Girls event, where only participation prizes will be provided.

### 9.2 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 - 16U age categories. Medals will be distributed in coach's packages at Ontario Championships.

### 9.3 OVA 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.

### 9.4 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 the High Performance Coordinator, Jennifer Neilson ([jneilson@ontariovolleyball.org](mailto:jneilson@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 an exemplary 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 OVAtion Awards Banquet.

### 9.5 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.

## **9.6 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 June 9, 2018 (location to be determined). 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



## APPENDIX I WHAT'S NEW 2017-18

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### What's New Indoor Youth Competitions 2017-2018

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#### 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 2<sup>nd</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> event and a Premier Division for the 3<sup>rd</sup> and 4<sup>th</sup> events.
  - 13UB – All teams will begin the season in Championship. A Premier Division will be created for the 3<sup>rd</sup> and 4<sup>th</sup> events.
  - 14UG – Teams will begin the season in Trillium and Championship Divisions. A Select Division will be created for the 2<sup>nd</sup> event and a Premier Division will be created for the 3<sup>rd</sup> and 4<sup>th</sup> events.
  - 14UB – All teams will begin the season in Championship. A Premier Division will be added for the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> events.
  - 15UG – Teams will begin the season in Trillium, Championship and Select Divisions. A Premier Division will be created for the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> 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](mailto: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](http://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 14-15<sup>th</sup>, 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)**

## APPENDIX II TRIPLEBALL RULES & REGULATIONS

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

### *Overview of the Tripleball Sequence:*

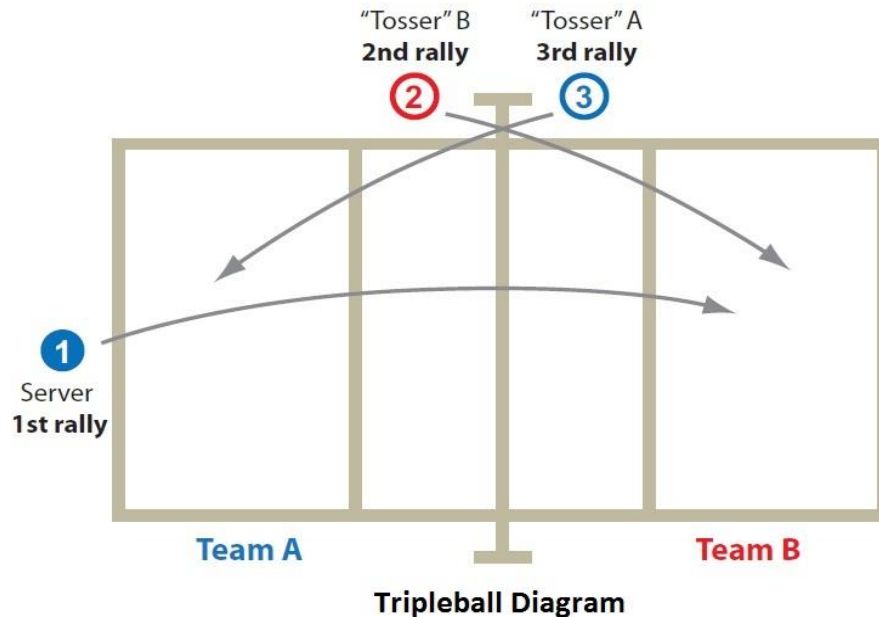
a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).

- 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 in service reception will be the designated setter; this position must be noted on the score-sheet by the coach.

- c. Fair Play substitutions rules apply and compliance 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**

- Any player on the starting scoresheet who does not start the first set must start the 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.
- A player who did not play the first set cannot be substituted in 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.
- Substitutions follow the normal substitution rules.

## 2018 Nationals Age Categories

	Adult	18U	17U*	16U	15U	14U
<b>Sept</b>	OPEN	1999	2000	2001	2002	2003
<b>Oct</b>		1999	2000	2001	2002	2003
<b>Nov</b>		1999	2000	2001	2002	2003
<b>Dec</b>		1999	2000	2001	2002	2003
<b>Jan</b>		2000	2001	2002	2003	2004
<b>Feb</b>		2000	2001	2002	2003	2004
<b>Mar</b>		2000	2001	2002	2003	2004
<b>Apr</b>		2000	2001	2002	2003	2004
<b>May</b>		2000	2001	2002	2003	2004
<b>June</b>		2000	2001	2002	2003	2004
<b>July</b>		2000	2001	2002	2003	2004
<b>Aug</b>		2000	2001	2002	2003	2004
<b>Sept</b>		2000	2001	2002	2003	2004
<b>Oct</b>		2000	2001	2002	2003	2004
<b>Nov</b>		2000	2001	2002	2003	2004
<b>Dec</b>		2000	2001	2002	2003	2004

**Adult: OPEN****18U:** Athletes born from September 1, 1999 to Dec 31 2000 (16 months)**17U:** Athletes born from September 1, 2000 to Dec 31 2001 (16 months)**16U:** Athletes born from September 1, 2001 to Dec 31 2002 (16 months)**15U:** Athletes born from September 1, 2002 to Dec 31 2003 (16 months)**14U:** Athletes born from September 1, 2003 to Dec 31 2004 (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.



## **APPENDIX IV OVA CODE OF CONDUCT**

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### **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 behavior 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

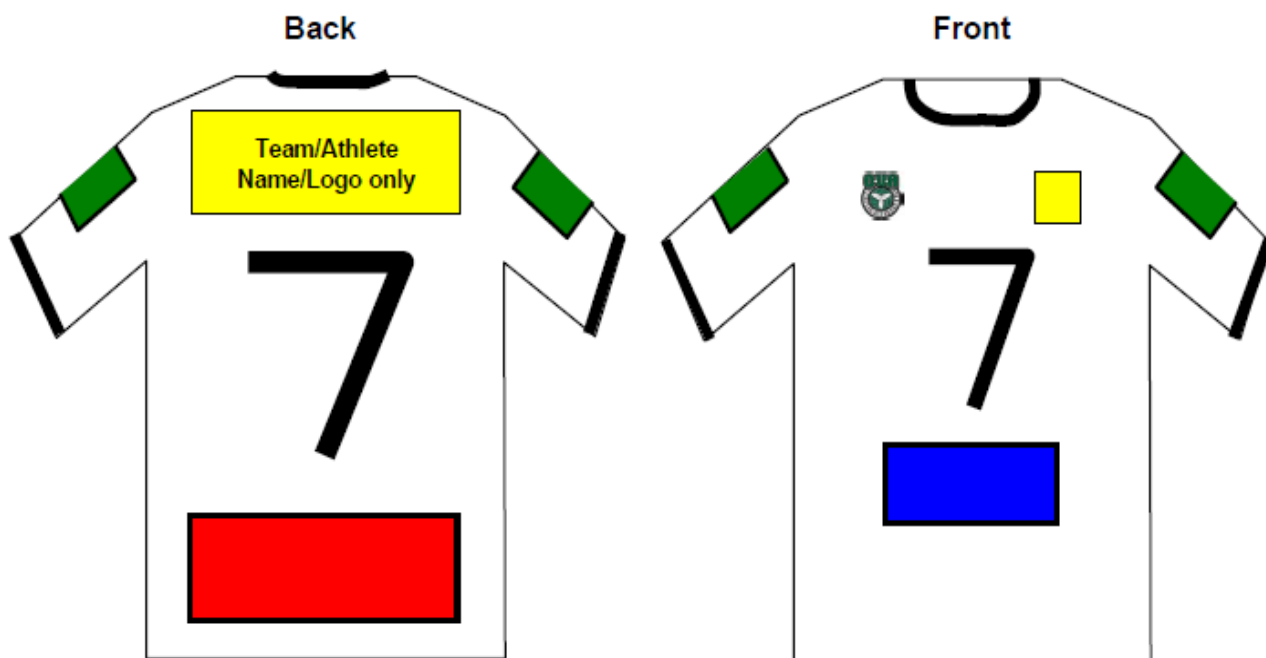
- b) Be fair and objective
- c) Avoid situations in which a conflict of interest may arise
- d) Be as impartial, unobtrusive and inconspicuous as possible
- e) Conduct all events according to the rules of the OVA
- f) Make independent judgments

**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

Sponsor Logos on OVA Competition Uniforms



Permitted Areas for Sponsor Names and Logos

Based on Maximum square area:

Green:	Sleeve - 10cm x 10cm
Red:	Back - 15cm x 30cm - Minimum 7cm below Number
Blue:	Front - 10cm x 20cm - Minimum 7 cm below Number

Other Areas

Yellow:	Space for Club/Athlete Name/Logo Only OVA Logo
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## APPENDIX VI OVA FINES AND SANCITONS

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 coaches listed on team rosters and/or sitting on the bench in any tournaments.	\$150 Per occurrence	Coaches will not be able to attend any OVA event (including club practices) until they are registered OVA Members and their fine has been paid. Results may be forfeited for any events which an unregistered coach has been listed on the scoresheet.
Club coaches, administrators, managers who have not provided a police and vulnerable sector screening check or a Screening Disclosure Form to their Club within the timeframes dictated by the OVA Screening Policy.	\$150	Coaches will not be able to attend any OVA event (including club practices) until a PRC/VSS and/or Screening Disclosure Form is produced.
Having unregistered 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 player has been listed on the scoresheet.
Teams not fulfilling their scorekeeping and lining duties.	\$75 per occurrence	
Club/Team misconduct at tournaments (damage, misbehaving, failure to abide by facility rules).	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.
Two (2) red cards issued in one tournament.	\$200	OVA Review and suspension from remainder of current tournament
Expulsion from match for offensive conduct.	\$200	Suspension for remainder of current tournament and from the next tournament.



Disqualification for aggressive conduct.	\$300	Suspension from the rest of the tournament & next tournament & OVA review.
Two (2) expulsions and/or disqualifications in the same season.		OVA Review.
Failure to show proof of coaching certification.	\$100	Coaches will not be able to coach at any OVA event until fine has been paid.
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 \$200.00 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.	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, temper, aggressive conduct, physical contact, rude conduct, and/or offensive behavior.	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.

Threatening bodily injury to anyone.	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.
Swearing at an official, line judge, scorekeeper, spectator, or opponent.	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.
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. A concussion:
  - 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);
  - 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;
  - Can occur even if there has been no loss of consciousness (In fact most concussions occur without a loss of consciousness); and,
  - 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

6. 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.
7. 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>.
8. 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".
9. 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.
10. 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".
11. All Learning Facilitators that deliver the Grassroots Programming will have completed Coaches Association of Canada's 90 minute free online module "Making Head Way".

## Event and Program Protocol

12. The OVA follows the Volleyball Canada Concussion Policy and Protocol, see Appendix A, 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

13. The OVA asserts that it is critical 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**

14. The OVA recommends that a graduated return to play protocol is followed. 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.
15. 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 (add link). See progression for return to play Appendix B.
16. The OVA will provide current and credible return to play resources on its website.

### **Review and Approval**

17. This policy was approved by the Board of Directors of OVA, January 2016.
18. This policy is effective as at January 1, 2016.

## Appendix A



# VOLLEYBALL CANADA CONCUSSION POLICY AND PROTOCOL

On October 1, 2014 Volleyball Canada added the Coaches Association of Canada's 90-minute free online module "Making Head Way" to its coach certification pathway.

To achieve "Certified" status within the Locker database, Development coaches must complete the "Making Head Way" (Generic version) online module found here: <http://www.coach.ca/-p153487>.

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In addition to the revised coach education pathway, Volleyball Canada will implement the following measures at all National Championships beginning in 2015:

- Promote the motto: "When in doubt, sit them out". Athletes who are suspected of sustaining a concussion or head injury must be removed from play.
- All coaches are provided a concussion signs and symptoms information card in their coaches' package.
- Athletic Therapists and/or certification candidates will be on site to conduct assessments.
- An athlete who has been removed from play by a tournament Athletic Therapist may not return to play for the remainder of the tournament.

*See concussion protocol below*

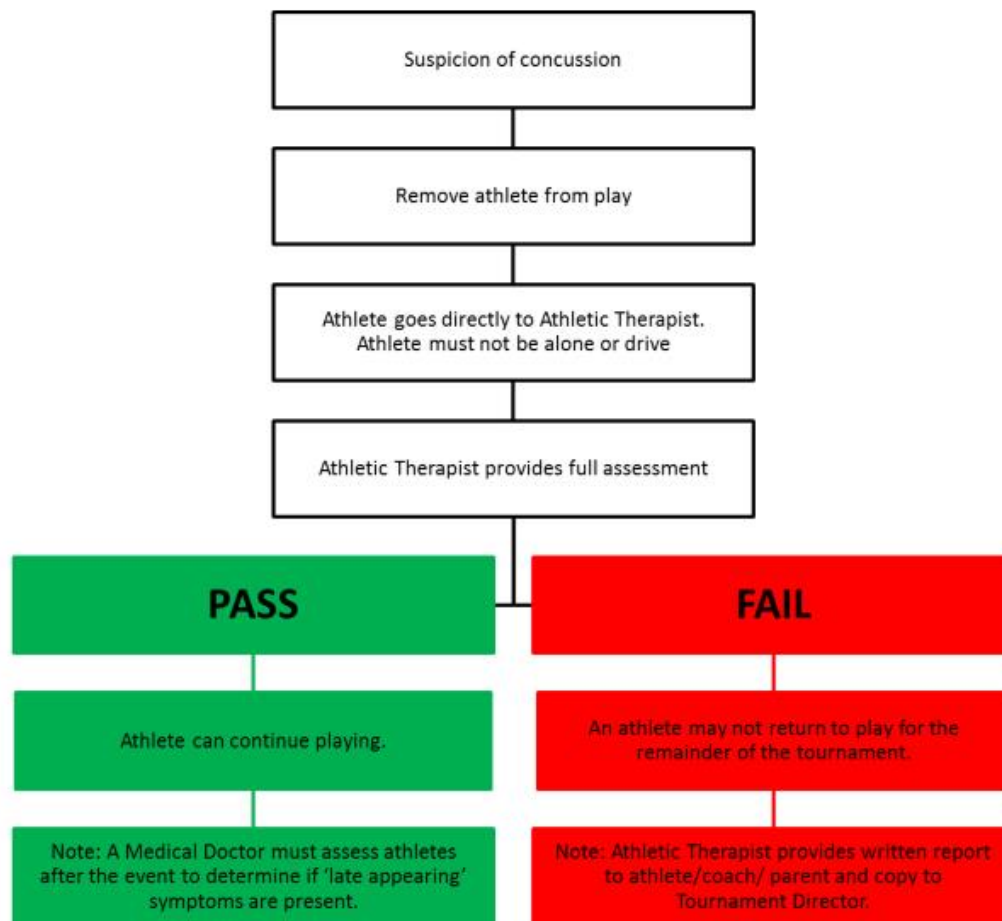
## CONCUSSION SIGNS AND SYMPTOMS

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behaviour or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	



## VOLLEYBALL CANADA CONCUSSION POLICY AND PROTOCOL

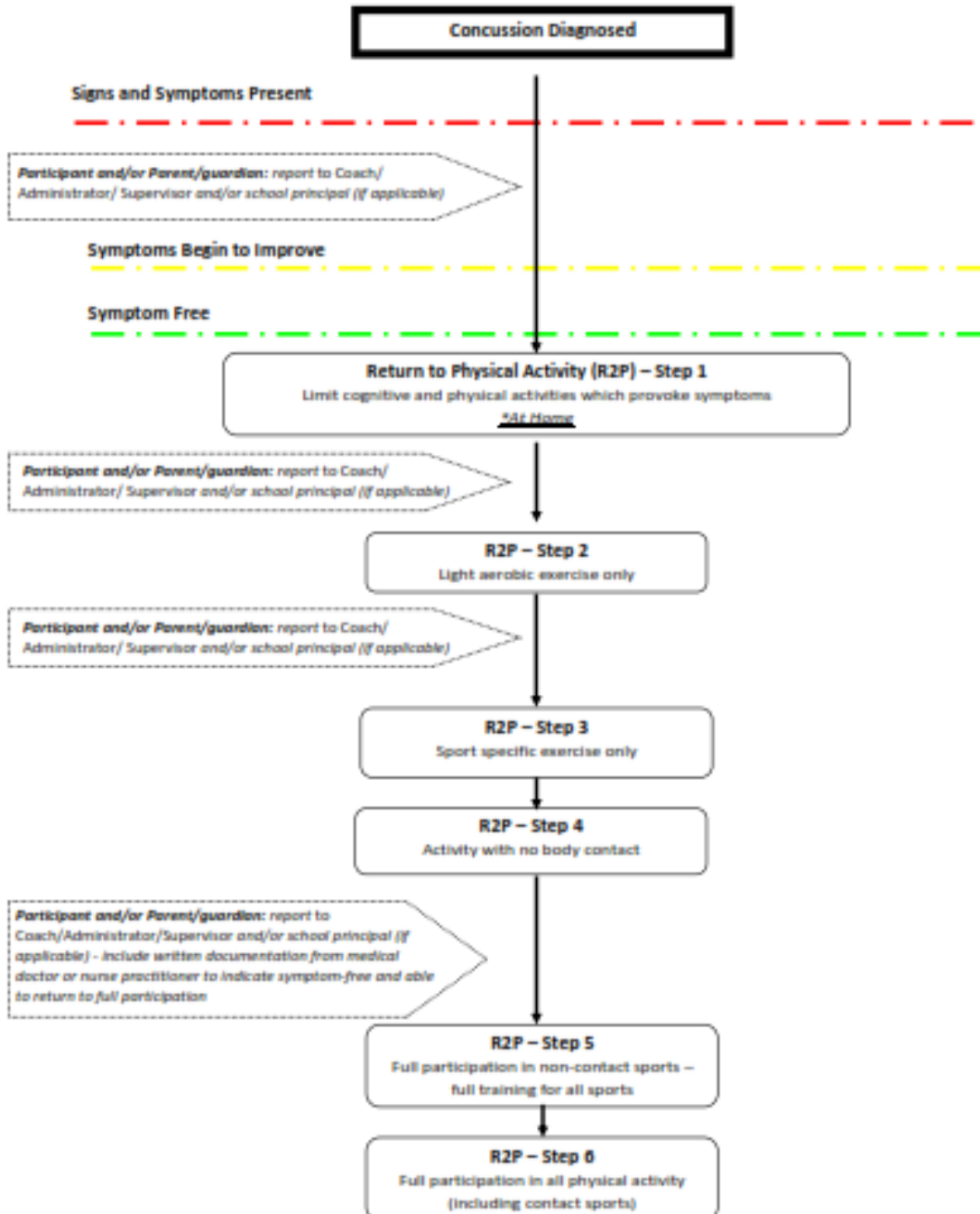
### NATIONAL CHAMPIONSHIPS CONCUSSION PROTOCOL



## Appendix B

### Ministry of Tourism, Culture and Sport – Concussion Guidelines\*

#### Appendix B: RETURN TO PHYSICAL ACTIVITY (R2P)



\*These Informational Guidelines have been prepared for general informational purposes only. They are not intended to and do not constitute any medical advice and do not contain any medical diagnoses, symptom assessments or medical opinions.



## APPENDIX VIII - 2017 CHAMPIONS

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### ONTARIO CHAMPIONSHIPS DIVISION I – TIER 1 RESULTS

	<b>Female</b>	<b>Male</b>
12U	Scarborough Titans Menace	N/A
13U	KW Predators Synergy	Pakmen
14U	Scarborough Titans Synergy	Pakmen Gold
15U	Storm Avalanche	Pakmen
16U	Pakmen	Storm Riptide
17U	Leaside Lightning	Durham Attack Black
18U	Halton Hurricanes Black	Maverick Mustangs

### 2017 VOLLEYBALL CANADA NATIONALS – DIVISION 1 - TIER 1 MEDALISTS FROM ONTARIO

14UB (EAST)	<b>SILVER</b>	Storm Lightning (Aurora)
	<b>BRONZE</b>	Pakmen Gold (Mississauga)
14UG (EAST)	<b>GOLD</b>	South County Bandits (Windsor)
	<b>SILVER</b>	Halton Hurricanes Blue (Halton)
	<b>BRONZE</b>	Halton Hurricanes Black (Halton)
15UB (EAST)	<b>GOLD</b>	Pakmen (Mississauga)
	<b>SILVER</b>	Maverick Chargers (Ottawa)
	<b>BRONZE</b>	Forest City Green (London)
15UG (EAST)	<b>GOLD</b>	Pakmen (Mississauga)
	<b>SILVER</b>	Halton Hurricanes Black (Halton)
	<b>BRONZE</b>	Scarborough Titans Quest (Scarborough)
16UB (EAST)	<b>GOLD</b>	Pakmen (Mississauga)
	<b>SILVER</b>	Storm RipTide (Aurora)
	<b>BRONZE</b>	PVB (Toronto)
16UG (EAST)	<b>GOLD</b>	Halton Hurricanes Black (Halton)
	<b>SILVER</b>	Leaside Lightning Red (Toronto)
	<b>BRONZE</b>	Defensa (Burlington)
17UB	<b>SILVER</b>	Predators Legacy (Kitchener-Waterloo)
17UG	<b>SILVER</b>	Leaside Lightning (Toronto)
	<b>BRONZE</b>	Pakmen (Mississauga)
18UB	<b>SILVER</b>	Pakmen Gold (Mississauga)
	<b>BRONZE</b>	Lakeside (Oakville)
18UG	<b>GOLD</b>	Pakmen (Mississauga)
	<b>SILVER</b>	Halton Hurricanes Black (Halton)