

What's New 2023-2024

UPDATED UNIFORM POLICY

- The following changes will be made to the current Uniform Policy. An updated policy will be found in the Youth Competitions Manual (<https://www.ontariovolleyball.org/club-resources>)
 - The colour for the shorts/pants must be uniform for the team (except for the Libero)
 - The length or fit of the shorts/pants is irrelevant and of no consequence
 - Volunteer Minor Officials: Head wear is permitted for team staff/volunteers/guardians while performing scorekeeping or lining duties at all OVA events.

4V4 RALLYBALL UPDATES AND CLARIFICATIONS

- There will now be a team ranking posted after the 4th and final event prior to the Ontario Championships (Bugarski Cup). This change has been introduced to increase scheduling options and ensure competitive balance during the Ontario Championships.
 - The focus of the Bugarski Cup will continue to be developmental and there will be no play-offs and no medals. The rankings posted after the Bugarski Cup will be used to seed the Ontario Championship 4v4 Rallyball divisions and will be based on a team's set ratio from the Bugarski Cup ONLY.
 - If a 4v4 team participating in the Ontario Championships does not participate in the 4v4 Bugarski Cup, they will be seeded last in their Ontario Championships.
- Rule Clarification - Players not on the court must rotate into the game upon completion of the Tripleball sequence that follows their serve. For example: Player A serves the ball and stays on court for the following 2 free balls to complete the Tripleball sequence. Once that sequence is complete, Player A rotates out of the court and player B takes their place on the court.
The Server is always the player who has just rotated from the front row to the back row. In a box formation, this is the player that played the previous sequence in the front row right position. In a diamond formation, the player who just completed the sequence in the front row middle position is now the server.
- Rule Clarification - An overpass from the free ball toss is a play on and a re-toss is not required. The freeball introduction toss can be directed to position 5 or 6. The toss must be consistent each match. All free balls introduced by a toss must be received with a forearm pass, otherwise a replay will occur.

6V6 RALLYBALL UPDATES AND CLARIFICATIONS

- *Reminder* - The 6v6 regular season tier structure is setup with a developmental focus. Both the boys' and girls' divisions will only split into 2 tiers (Trillium & Championship). The goal of this division is to prepare teams for the Traditional Limited Specialized (TLS) division. If you are a very strong 6v6 team and are not finding the 6v6 Championship level of competition meaningful, your team should strongly consider moving to TLS. This will not only improve your team's meaningful competition but also the competitive balance for the remaining teams in 6v6.
 - A team is not required to play in all four (4) tournaments within Early Contact Initiative (ECI) age categories. They may begin the season in one category and progress into another. Teams are only required to participate in 2 events within the same division they are registered for the Ontario Championships to qualify.
- Rule Clarifications:
 - The freeball introduction toss can be directed to position 5 or 6. The toss must be consistent each match. All free balls introduced by a toss must be received with a forearm pass, otherwise a replay will occur.
 - An overpass from the free ball toss is a play on and a re-toss is not required.

- The setter is allowed to come out of position #1, #2 or #3. The setter position must remain the same for the entire set

TRADITIONAL LIMITED SPECIALIZED (TLS) UPDATES AND CLARIFICATIONS

- TLS athletes who fall in the 17 – 24 month window (January 1st – August 31st) will all be required to fill out an application to verify their suitability for the division and to ensure that each coach, parent and athlete are aware of their status for Volleyball Canada's Nationals. This application process is for OVA competitions only and **ANY ATHLETE THAT FALLS IN THE 17 – 24 month AGE CATEGORY FOR THE TLS DIVISION WILL NOT BE ELIGIBLE FOR VOLLEYBALL CANADA'S NATIONAL CHAMPIONSHIPS**
 - The applications must be completed and approved prior to an athlete's registration and participation in their first event of the season.
 - The application process will open September 1st. Please click [HERE](#) for a link to the on-line application:
- The TLS Boys division will now begin the season with two self-declare events just like the TLS Girls division.
 - **Provincial Cup (Event #1) – KICK START EVENT (DEVELOPMENT)** – Teams will be required to self-declare into Championship (Tier 1) or Trillium (Tier 2) for a round robin style event.
 - There will be no playoffs or medals at the Provincial Cup with each team scheduled at random to play 4-5 matches throughout the day. Points will be awarded and will seed you within the Tier you self-declare in for the Challenge Cup. The points given out at the Provincial Cup will count towards the regular season rankings but will not count towards a team's top 2 average for the Ontario Championship Seeding.
 - **Challenge Cup (Event #2)** – Teams will be required to self-declare into Championship (Tier 1) or Trillium (Tier 2). There will be playoffs, medals, and points at this event. A team's point average from the Provincial and Challenge Cup (Challenge Cup Rankings) will be used to re-align teams into Championship and Premier divisions for the McGregor Cup.

PILOT CONTINUATION - TEAM ASSIGNMENTS FOR LINING AND SCORING

- The Youth Competitions staff would like to thank all the teams that participated in the 2022/2023 15U/16U lining and scoring pilot along with filling out the end of season lining/scoring survey. The survey results comprised 1062 responses. 49% of responses were in favour of the pilot (athletes being scheduled to line/score another match during round robin) and 51% were not in favour of the pilot. However, 77% of respondents stated the pilot was effective or at least somewhat effective. Based on these inconclusive findings, we will continue with the lining and scoring pilot for the 2023/2024 season and extend it to the 15U-18U age divisions for round robin matches only. Another survey will be sent out at the end of the season before a final decision is made for all age groups for the 2024/2025 season.
 - Teams that are not competing in a match will be responsible for lining and scoring during pool play. The teams are responsible for lining and scoring will be listed on the tournament schedule. NOTE: This requirement is for athletes only, parents/siblings are not permitted to fill this responsibility.
 - Teams will not be responsible for lining or scoring matches if the host has provided event staff.
 - 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. Teams will be listed in bad standing until all outstanding fines are paid in full.

FALL CLASSIC (2-DAY)

The Fall Classic takes place for each 16U-18U age group on the same weekend as their Provincial Cup. This 2-day event is for the top 18 teams at the 16UB – 18UB age groups and the top 24 teams at the 16UG – 18UG age groups.

- 16UB – 18UB
 - The top 18 teams will be placed into one division, Championship to start on Day 1, competing in a Pool Play and Power Pool format. Day 2 will consist of Championship and Premier brackets based on the Power Pool results.
 - 16UB and 18UB will have their Fall Classic event at the EY Centre in Ottawa on Nov 11 – 12, 2023.
 - 17UB will have a Fall Classic event as well but it will be at a standard venue (i.e., one 6 court venue or two 3 court venues) on November 18-19, 2023.
 - The remaining teams registered for the 16UB-18UB Provincial Cups will have a standard, 1-day event scheduled at different facilities across the province.
- 16UG – 18UG
 - The top 24 teams will be placed into one division, Select to start on Day 1 competing in a round robin format. Day 2 will consist of Select and Premier brackets based on the round robin results.
 - 16UG and 18UG will have their Fall Classic event at the EY Centre in Ottawa on Nov 11 – 12, 2023.
 - 17UG will have a Fall Classic event as well but it will be at a standard venue (i.e., one 6 court venue or two 3 court venues) on November 4-5, 2023.
 - The remaining teams registered for the 16UG-18UG Provincial Cups will have a standard, 1-day event scheduled at different facilities across the province.

CONVENTION CENTRE EVENTS FOR 2023/2024

- The OVA is excited to have the opportunity to continue with a couple of Convention Centre events for the upcoming regular season. The EY Centre events on November 10 – 12, 2023 are proudly brought to our membership in partnership with Ottawa Tourism as this event is only made possible through their generous support. Please click [HERE](#) for information on Ottawa and all the city has to offer. The Niagara Falls Convention Centre (NFCC) events will take place on February 9 – 11, 2024.
- Stay to Play for Convention Centre events:
 - The Stay to Play policy is mandatory for OVA teams and is used to assist in actualizing the room night requirements for the OVA to receive discounted facility rentals as well as obtain grants through host cities to be able to afford large facility rentals. Without Stay to Play, the OVA would not be able to obtain rentals for large facilities across Ontario.
 - Both the EY Centre and Niagara Falls Convention Centre regular season events will be STAY TO PLAY for teams competing in the 2-day formats.
 - All travelling teams (125kms+/one way) are required to book hotel rooms through Hudson Travel Group (HTG Sports) to be eligible to play in the EY Centre or Niagara Falls Convention Centre 2-day tournaments. Teams participating in single day Convention Centre events or any teams less than 125km away are not required to stay in a hotel but if they choose to stay in a hotel, they must still book through HTG.
 - Please click [HERE](#) and scroll down towards the bottom of the page for more information regarding the regular season convention centre events stay to play policy and exemption request process.

- November 10-12, 2023 – EY Centre in Ottawa (24 courts)
 - November 10th – traditional single day tournament format
 - Friday 12pm – 9pm
 - Eight traditional single day (9 team on 3 court) events. The 16UG, 18UG, 16UB and 18UB age groups will be scheduled across the province on this weekend with 8 of these tournaments being assigned to the EY Centre for their single day event on Friday November 10th. The breakdown of the Friday single day events will most likely look like this:
 - 16UG – 3 regular 9 teams on 3 court events
 - 18UG – 3 regular 9 teams on 3 court events
 - 16UB – 1 regular 9 teams on 3 court event
 - 18UB – 1 regular 9 teams on 3 court event
 - Team Splits will be posted on the OVA website after the registration deadline has passed.
 - November 11th – November 12th (2-day events)
 - Saturday (8:30am – 5pm) & Sunday (7:30am – 4pm)
 - 16UG/18UG – Top 24 teams – will break out into Premier/Select brackets on Day 2
 - 16UB/18UB – Top 18 teams – will break out into Premier/Championship brackets on Day 2
 - Outside of the EY events listed above, the breakdown for the remaining single day events across the province are as follows:
 - 16UG – Saturday November 11th
 - 18UG – Sunday November 12th
 - 16UB – Sunday November 12th
 - 18UB – Saturday November 11th
- February 9-11, 2024 – Niagara Falls Convention Centre (12 courts)
 - The 18U B/G Grand Prix Qualifier 2-day events will be taking place on the Saturday and Sunday. The remaining courts will be utilized for traditional single day tournaments. The breakdown for the weekend will most likely look like this:
 - February 9th (12pm – 9pm)
 - 15UG - 2 regular 9 teams on 3 court events
 - 18UG - 2 regular 9 teams on 3 court events
 - February 10th (9am – 6pm)
 - TLSB - 1 regular 9 teams on 3 court event
 - 18UG - 1 regular 9 teams on 3 court event
 - February 11th (8am – 5pm)
 - 15UG - 1 regular 9 teams on 3 court event
 - 18UB - 1 regular 9 teams on 3 court event
 - Feb 10th – 11th (2-day)
 - 18U B/G Grand Prix Qualifier 's
 - Team Splits will be posted on the OVA website after the registration deadline and the most recent event has passed.
 - Outside of the NFCC events listed above, the breakdown for the remaining single day events across the province for this weekend are as follows:
 - 15UG – Sunday February 11th
 - 18UG – Saturday February 10th
 - 4v4B /Co-ed – Saturday February 10th
 - 6v6B – Saturday February 10th
 - TLSB – Saturday February 10th
 - 18UB – Sunday February 11th
 - Please visit the Convention Centre page on the OVA website located [HERE](#) for all the most up to date information regarding these events.

REGISTRATION FOR SELECT “WEEKENDS” WILL CONTINUE FOR THE 2023-2024 SEASON

- With the still changing landscape within facilities procurement and the conditions placed on various permits, there will be a few weekends where teams will be required to register for the weekend and will be assigned to either the Saturday or Sunday. Teams will find out which day their tournament is on once the event registration deadline closes and team splits are posted on the OVA website. There are a total of 5 weekends that will be affected by this, and they will be identified in the 2023/2024 calendar.

HEALTHY SCRATCHES FOR FAIR PLAY

- Note: Coaches who do not roster athletes on the scoresheet or misrepresent an athlete's playing status to avoid compliance with the Fair Play or Developmental Substitution rule, will be subject to a sanction and fined \$100 per occurrence.

COACHING CERTIFICATION UPDATE

- **All individuals who sit on the bench at an OVA sanctioned event or who are involved with youth athletes in an OVA club training environment** must meet the OVA Coach Eligibility Policy **prior to their registration** as an OVA member.
- Please click [HERE](#) for the OVA's Coach Eligibility Policy
- **NEW FOR 2023-24:** The requirements for Head Coaches and Assistant Coaches are now the same. **All coaches listed on the scoresheet** must have completed *Foundations of Volleyball* and the *Making Ethical Decision* online evaluation.
- Coaches who are only present in the training environment and do not sit on the bench at OVA events can register in the role of Practice Coach in MRS. Practice Coaches are not required to complete *Foundations of Volleyball* or the *Making Ethical Decisions* online evaluation.
- It is highly recommended that all coaches complete the NCCP Anti-Racism in Coaching e-learning module in The Locker. All coaches will be required to complete this module to be eligible in 2024-25
- Teams with the intention of attending Nationals should verify the Volleyball Canada Coach Eligibility policy as it has further requirements than the OVA policy.

ONTARIO CHAMPIONSHIPS 2024

Ottawa and Waterloo will be the host cities for the 2024 Ontario Championships!

- The Ontario Championships is a STAY TO PLAY event.
 - The Stay to Play policy is mandatory for OVA teams and is used to assist in actualizing the room night requirements for the OVA to receive discounted facility rentals as well as obtain grants through host cities to be able to afford large facility rentals. Without Stay to Play, the OVA would not be able to obtain rentals for large facilities across Ontario.
 - All travelling teams (125kms+/one way) are required to book hotel rooms through Hudson Travel Group (HTG Sports) to be eligible to play in both the RIM Park and EY Centre Ontario Championships. Teams participating at the Ontario Championships are not required to stay in a hotel but if they choose to stay in a hotel then they must still book through HTG.
 - The hotel booking process through HTG will be released in later October.
 - ***REMINDER*** – even though the 2024 Ontario Championship age division splits are now posted. Teams may not book hotels on their own and must wait for the HTG hotel booking process to begin. Any hotels booked outside of HTG will need to be cancelled and new rooms booked with HTG.
- As we are back to multiple weekend events, playing up may be an option for various age divisions, however, the number of spots available per age division will be **LIMITED**.

- Teams who are interested in playing up and who have played in at least 2 events at the older age group throughout the regular season will be required to register on a waitlist. This waitlist will require teams to provide a \$200 deposit.
 - If your team is selected from the waitlist to participate in the event and your team registers for the event, your deposit will be refunded.
 - If your team is selected from the waitlist and your team declines the position, your deposit will be forfeited.
 - If your team is not selected from the waitlist, your deposit will be refunded.
- IF there are open spots in an age group, underage teams will be selected through one of two methods based on the OC age group divisional breakdown they are looking to register for.
 - Underage team selection process for age groups with only 1 division:
 - A random draw will take place with all underage teams on the waitlist. Teams will be drawn at random until the desired number of open spots have been filled to create even schedules.
 - For example: Five 16UB teams have registered for the 17UB OC waitlist. If there are three spots available, three teams will be drawn at random to fill those three spots. These three teams will be seeded in the tournament draw according to their top 2 average while playing up at 17UB events during the regular season.
 - Underage team selection process for age groups with 2 or more divisions:
 - A random draw will take place with underage waitlist teams that have a top 2 average that places them in the last division of the age group.
 - If additional spots are still needed, a 2nd random draw will take place with underage waitlist teams that have a top 2 average that places them in the 2nd last division of the age group.
 - This process will continue until all open spots have been filled.
 - Example: The 16UG age group has four divisions and a total of two openings for the entire age group. A random draw will take place between the 15UG underage waitlist teams that have a top 2 average at the 16UG age group that would place them into Division 4. If there are three 15UG waitlist teams for example that meet this criteria, a random draw will take place between those three teams to fill in those two open spots. These two teams will be seeded in Division 4 based on their top 2 average while playing up at 16UG events during the regular season.
 - If there was only one 15UG team that had a top 2 average that placed them into Division 4, that team would automatically be selected and the process would then move to underage teams that qualify for Division 3 and a random draw would take place between those 15UG teams to fill in the final remaining spot in Division 3.
- Deposits have been implemented to control registration numbers and to ensure deadlines will be met when creating team splits and schedules.

LONG TERM DEVELOPMENT (LTD) 3.0

Volleyball Canada has released the updated LTD model. Please click [HERE](#) to download a copy and learn more about how to develop athletes into lifelong volleyball players- Volleyball For Life.

SPORT SCIENCE SUPPORT FOR CLUBS

In January of 2023, OVA hired Holly Pitters in the role of Sport Science Lead and became the first provincial sport organization in Ontario with a dedicated sport science role on staff. Holly is a certified strength & conditioning coach and a registered dietitian. She has developed a sport science curriculum following Volleyball Canada's Long Term Development guidelines and is implementing it with the Team Ontario programs in the summer of 2023.

As of September 2023, OVA members will be able to access Holly's services to meet their strength & conditioning and nutrition training needs. There will be various levels of remote or in-person services available:

- Club-wide support
- Team support
- Individual athlete support

There will be limited availability and the services will be offered to members on a first come first served basis. The full list of services with prices will be available to members in August 2023. Individuals, teams or clubs interested in acquiring the services of the OVA Sport Science Lead can complete the [Sport Science Service Interest Form](#) to receive email notifications when the registration opens.

HUDL: VIDEO ANALYSIS TOOL FOR CLUBS

In late 2022, OVA and Hudl teamed up to equip OVA clubs with the best video and data solutions in volleyball. The partnership between OVA and Hudl continues in 2023-24. Clubs will have access to special OVA pricing for a range of video analysis services.

No matter what age or skill level, Hudl provides easy-to-use video and data tools that drive athlete development. Teams can upload practice footage to give athletes a chance to review the skills they learned. Games can be uploaded and analyzed for detailed insights on the team performance. Athletes and coaches alike can select their favourite clips and put them together in playlists that can be shared outside of Hudl. These features give coaches a wide range of teaching tools to enhance their players development of technical and tactical skills.

Learn more on what Hudl can do for your club/team [HERE](#)

Hudl will host an informational webinar for OVA members in August. Date and registration details will be shared on our website and on social media.

ATHLETE DEVELOPMENT OPPORTUNITIES ON THE BEACH

"Indoor on the Beach" Team Program

The popular *Indoor on the Beach* program will be back in 2023-24. Club teams will have a chance to book a 2-hour session with a Team Ontario beach coach for a fun practice on the sand at the Volleyball Canada Beach High Performance training center at Downsview Park in Toronto. These sessions offer a chance to:

- Improve relationships through fun team bonding
- Improve physical literacy for ball control
- Improve power for jumping and endurance for long rallies
- Create meaningful ball contacts for all athletes that transfer well to indoor volleyball

Make sure to include a session on the sand in your 2023-24 seasonal plan. For more information on this team-focused program, click [HERE](#)

Individual Drop-In Program

The *Beach Drop-In* program will also be back in 2023-24 and will allow individual athletes to sign up for a beach training session. The purpose of this program is to provide the opportunity for athletes to develop their beach volleyball skills during the indoor season. This program is suited to athletes who are both new or experienced to beach volleyball. Attention will be taken so that athletes are training in an environment suited to their needs and their development level. Find out more [HERE](#)

ADMINISTRATION

REMINDER - Starting September 1st, all Athletes, Coaches and Club personnel must register in the OVA Membership Registration System (MRS) prior to participating in any OVA or Club activity (including tryouts). This is necessary to ensure compliance with provincial concussion legislation (Rowan's Law) and to sign off on the online waivers of liability prior to participating in any OVA related activities.

- A Tryout Player role of \$0 is in the system so that players are not required to pay for a membership prior to being selected to a team.
 - Players who are selected for the team will then have to upgrade to a paid membership prior to attending Club practices or if Clubs wish to pay for the full membership for the athlete, they can do so while creating their Club teams and adding players to those teams.
 - Clubs must ensure that athletes and/or parents/guardians show proof of MRS registration on the first night of tryouts for a club via smartphone screen or paper print out.
 - The Early Re-signed and Re-signed athletes will be responsible for registration prior to attending Club practices.
 - Club coaches must also be registered in MRS prior to running tryouts, practices, etc. All individuals must sign into MRS and register to sign off on Rowan's Law education and waivers. Once again, if Clubs wish to pay the full membership of their coaches and other club staff, Coaches and Club staff can register as a volunteer (\$0 fee) and then Club admins can pay Club staff membership fees when adding team staff to each team.

REGISTRATION DEADLINES

- All registration deadlines for regular season events will be SIX WEEKS prior. This includes the first event of the season. Please be sure to review the Youth Competitions Manual and mark your calendars with the posted deadlines for the events you are interested in.
- *REMINDER* 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.
 - UNDER NO CIRCUMSTANCES will a team be granted late entry into a regular season tournament if it creates uneven pools (i.e. a 10 team on 3 courts).
- A soft uniform rule will be in effect for the first event of the season (Provincial Cups).

OVA and VOLLEYBALL CANADA MEMBERSHIP FEE INCREASE

Ontario Volleyball will be raising its membership fees for the 2023/2024 season as outlined in the [Membership Policy](#). There will be no increase in membership fees for recreational athletes or referees. While your fees are increasing, please remember that your membership comes with a growing list of discounts on things like volleyball gear, insurance, awards and more. A full list can be found on our [Member Benefits](#) page.

Volleyball Canada will be increasing their membership fee to \$35, up \$2 from the 2023/2024 season. Volleyball Canada membership is included in your OVA membership fees. All Membership fees are plus HST.

- **Membership Fees \$97.15**
 - Volleyball Canada \$35.00
 - Ontario Volleyball \$55.00 + HST \$7.15 (Total \$62.15)