



2025 OUA VOLLEYBALL OPERATIONS

MEN'S & WOMEN'S VOLLEYBALL | LEAGUE SERVICES & REGULATIONS

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1.0 Sport Governance

- 1.1.1 The league shall be called the OUA Volleyball Conference.
- 1.1.2 The purpose of the Conference shall be to encourage high-level performance in interuniversity volleyball, to supervise and control interuniversity volleyball participation within the Conference and to stimulate and promote a positive attitude towards sport and sportsmanship.
- 1.1.3 OUA Volleyball will abide by all relevant OUA and U SPORTS Policies and Procedures.
- 1.1.4 This document provides additional regulations that will be followed or supersede U SPORTS playing regulations.

Sport Leadership

OUA Lead: Lauren Breadner

Sport Admin Leads:

- MVB: Mack Abbott, McMaster University
- WVB: Darren Cates, University of Ottawa

Coach Representatives:

- MVB: James Gravelle, University of Windsor
- WVB: Kristine Drakich, University of Toronto

Ontario Volleyball:

Manager of Operations – Kelvin Cheng

2.0 Team Composition



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2.1 Team Complement

Maximum of 14 players and a coach shall constitute an official match roster. Additional staff may be added at a university's discretion.

2.2 Submission of Rosters

As per OUA eligibility deadlines.

2.3 In-Game Eligibility

As per OUA regulations and deadlines.

3.0 League Composition and Format

3.1 Teams

The Members of this conference for the women's and men's teams include:

Women's Teams

Brock University
University of Guelph
Lakehead University
McMaster University
Nipissing University
Queen's University
Royal Military College
TMU
University of Toronto
Trent University
University of Ottawa
University of Waterloo
University of Western
University of Windsor
York University

Men's Teams

Brock University
University of Guelph
McMaster University
Nipissing University
Queen's University
Royal Military College
TMU
University of Toronto
Trent University
University of Waterloo
University of Western
University of Windsor
York University



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3.2 Competition Composition

3.3 Design of Competition

Women's Competition

15 Teams, 1 division, 20 games with 4 non-combatants

Men's Competition

13 teams, 1 division, 20 games with 2 non-combatants

3.4 Competition Structure

3.4.1 Two (2) points shall be awarded for each match won and zero (0) points for a loss.

3.4.2 All matches to be the best three out of five.

3.4.3 The design of the schedule to be completed by the OUA office. All league matches must finish 1 week before the commencement of Quarter-final matches.

3.4.4 Final standings shall be determined at the completion of league play for all teams.

3.4.5 Final standings will be circulated by the OUA Office no later than 24hrs after the completion of the last match and will be posted on the OUA website.

3.5 Schedule

Confirmed by the OUA head office.

3.6 Conferences and Divisions

Divisions from OUA guidelines.

3.7 League Scoring

3.7.1 Score sheets are to be utilized electronically via Data Project

3.7.2 All OUA statistics are to be entered into the OUA database according to OUA policies.



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3.7.3 The game score sheet is to be uploaded to Perfbook and myAdBox immediately following the conclusion of the game. Failure to do so will result in a \$50.00 fine.

3.7.4 All statistics are to be uploaded to the Presto system. One upload will provide the stats to both the OUA & U SPORTS websites.

3.8 Tie Breakers

Tie Breaking Procedures

The OUA general tie breaking procedure will be followed with the following addition:

3.10.1 If a tie still exists after

- 1) Examination of head-to-head record in competition, then
- 2) Examination of all sets in head-to-head competition, followed by
- 3) Point difference of all sets in head-to-head competition (if all teams involved have played each other at least once)

3.9 Host Institution

Host teams must adhere to the OUA Hosting Policy and the following Sport Specific rules:

3.9.1 Gym time will be made available to the visiting team between 9:00am and 1:00pm on the match court on game day for a minimum of 30 minutes, where possible.

3.9.2 Host is to ensure that the match court is fully constructed and accessible to the teams one hour prior to the scheduled start time (Single game match).

3.9.3 Sixty minutes before game time (60:00) is put on the clock and is run down. Between 60-45 minutes, teams can share the court space (see OUA Hosting Policy, Appendix B) for more details) In the event that teams are delayed, the OUA Sports Operations Manual's procedures shall be followed.

3.9.4 A minimum of 25 minutes shall be allotted for warm up. For the second match of a double header, if more than 45 minutes are on the clock, teams can share the court for serve/pass until 25 minutes. If less than 25 minutes are on the clock, teams must remain



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only on their side of the net to warm up. Teams are not permitted to warm up outside of the playing area during the 5-5.

- 3.9.5 There will be court side water provide by the host institution.
- 3.9.6 Host is responsible for providing a minimum of 4 towels to the Scorer's table for the purposes of ball and floor wiping, in addition to 4 towels per team.
- 3.9.7 Any pre-game presentations are to be done in conjunction with the anthem, for a maximum of five (5) minutes. The opposing team will not be required to stand on the end line but should behave in a respectful manner.
- 3.9.8 Courts shall comply with the minimum specifications as outlined in the current VC Rule Book.
- 3.9.9 When the area surrounding the playing surface is not symmetrically set up (i.e. bleaches pulled out behind court on one side but not the other) the visiting team shall have the choice of side for warm-up.
- 3.9.1A score clock shall be in operation.
- 3.9.11 There shall be an announcer at all games. Game day programs with rosters for each team shall be made available.
- 3.9.13 The host institution must monitor the use of music to ensure that the language and lyrics are consistent with the OUA principles and that these lyrics will not demean, neither discriminate nor use profanity.
- 3.9.14 All OUA volleyball competitions must use a telescope like post and cable top nets
- 3.9.15 The host institution must provide a changeroom for officials and be sure they have access at least 90 minutes before the start of the game.

4.0 Playoff Composition and Championships



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The top eight men's and women's teams qualify for the OUA Volleyball playoffs. The championship begins with quarterfinal round, with all games hosted by the higher-seeded team. This hosting format continues through the semifinals and the championship final, ensuring the higher seed maintains home-court advantage throughout the playoffs.

4.1 **Playoff Structure**

Quarterfinals: No. 8 vs No. 1; No. 7 vs No. 2; No. 6 vs No. 3; No. 5 vs No. 4) (Thursday February 20 2026)

Semifinals: Winners (pure bracket format) (Friday February 27th 2026)

Quigley/ Forsyth Cup: Winners at highest seed (Friday March 6th 2026)

5.0 **Sport Rules and Regulations**

5.1 The playing rules for OUA Volleyball shall be the current official Volleyball Canada Men's or Women's Volleyball Rules taking into account:

5.1.1 OUA exceptions

5.1.2 U SPORTS exceptions

5.2 The following rules are noted as exceptions to USPORTS Men's or Women's Volleyball Rules:

5.2.1. That the official volleyball for both Men's and Women's regular season and OUA playoffs be the Mikasa MVA200.

5.2.2. The size of the official party (see 18.0)

5.2.3. The official warm-up period (see 16.3)

5.2.4. The game clock shall be set accordingly to the host time, and not altered unless both head coaches and officials agree to the change

5.2.5. Facilities re: spectators, court symmetry

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- 5.2.6. Assistant Coaches will be allowed to move freely on the bench, including the warmup zone. Only one assistant coach may stand at a time, with the caveat that the standing assistant coach return to the bench in a timely manner, and not remain in the free zone.
- 5.2.7. Time outs: as per current U SPORTS regulations.
 - 5.2.7.1. The length of a discretionary timeout shall be 60 seconds.
 - 5.2.7.2. Men's only: During time outs, players must go to bench area and all members of the team may participate in the time-out discussion. During the break between the 4th and 5th set, teams who chose to use the net for hitting must hit towards the side of the court they will occupy at the start in the 5th set
- 5.2.8. **Time between sets 1 and 2 is 3 minutes. Time between sets 2 & 3 is 5 minutes.**
- 5.2.9. Designation of the libero
 - 5.2.9.1. Each team has the right to designate from the list of players on the score sheet up to two specialist defensive players: Liberos
 - 5.2.9.2. The Libero(s) is to be recorded on the score sheet with the team roster, not on the special line. The number of Libero(s) is to be recorded on the line-up sheet for all sets
 - 5.2.9.3. The Libero on court is Acting Libero. If there is another Libero, he/she is the second Libero for the team. Only one Libero may be on court at any time.
 - 5.2.9.4. The libero may be designated as team captain.
- 5.2.10. Centre line exemption for the setter who is in the act of moving away from the net to play the second ball
- 5.2.11. Men's exception only – Teams will be allowed to hit towards the bench between the 4th and 5th sets.
- 5.2.12. Women's exception only- U SPORTS plays with an 8-limited substitution rule, while officials use a fast sub protocol.



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5.2.13. Blood Rule – All blood soiled clothing must be replaced or neutralized/sterilized within 1 minute

5.3 Dress

5.3.1 Teams shall wear clearly contrasting colours.

5.3.2 The first game of a doubleheader weekend, the visiting team will wear light or white, and the host school will wear the opposite. On the second day of a doubleheader weekend, the visiting team will wear dark and the host will wear the opposite. Best efforts will be made to avoid conflicting jersey colours.

5.3.3 Playing numbers of each participant shall be submitted with the roster. The numbering on the uniforms shall be from 1-25.

5.3.4 Athletes may not strip down to their underclothing in the competition area once the official 60-minute warm-up period has begun or during the match.

5.3.5 The number size on uniforms shall follow current U SPORTS regulations

5.3.6 For OUA competition, players may wear uniform bottoms that differ in style and cut, provided the color and trim is identical (i.e., players could wear shorts, spandex of varying length or pants). Manufacturers' logos and lettering anywhere on uniforms are not required to be identical.



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6.0 Game Structure and Protocol (Discipline, Officials, Hosting, Equipment, Score Reporting)

6.1 Discipline

- 6.1.1 Issues related to discipline will proceed in accordance with the [OUA Policy on Member, Administrator, Participant, and Coach Discipline](#).
- 6.1.3 Any player or coach receiving a disqualification during a match will be automatically suspended for the next league/playoff match. This information is to be captured on the official game sheet
 - 6.1.3.1 The host is responsible for establishing a buffer zone between the team benches and the fans. The host's event manager is responsible to manage and supervise the area.
 - 6.1.3.2 Should team personnel have concerns regarding security/behavior/harassment, they are to be reported to the scorer's table, for reference to the event manager, as a standard operating procedure.
- 6.1.4 Student athletes suspended or ejected are not allowed within the field of play during competition.
- 6.1.5 Coaches ejected during a game are to leave the competition venue and cease all engagement with team until the end of the game. Coaches suspended for a game may not be within the competition venue as of 90 minutes prior to the game; during this time coaches may not have any interaction with the team until the game has been completed. Being in attendance of the game is strictly prohibited and coaches may not be in view of the game for any circumstance.
- 6.1.6 In accordance with the [OUA Policy on Member, Administrator, Participant, and Coach Discipline](#), a review panel shall be empowered to suspend players, coaches, managers and team officials in accordance with the OUA Rules and Canadian Volleyball International (FIVB) rules. Any matter brought to the appeals committee will be subject to the process outlined by the [OUA Appeal Policy](#).



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6.2 **Complaints**

Any complaint must be made in accordance with the [OUA Policy on Member, Administrator, Participant, and Coach Discipline and OUA Appeal Policy](#).

6.3 **Officials**

6.3.1 The OUA Sport Programming Coordinator shall send both the East and West Volleyball Schedule, comprised of both divisional and interlock play, to the OVA Officials' Chairperson for assignment.

6.3.2 Institutions are responsible for contacting the assigner and booking the exhibition game and submitting full payment to OVA. When cancelling an exhibition game, notice must be submitted at least 72 hours ahead of game time or institutions will be charged the full cost of officials.

6.3.3 All matches shall have Sport Governing Body (OVA) certified officials

6.3.4 Volleyball Canada National or Regional officials may be used. If necessary, Volleyball Canada Provincial referees may be used as umpires only, but not at the Championship Tournament.

6.3.5 The lines people for league matches shall be OVA Certified. Provincial rating or higher is recommended

6.3.6 The OUA Final shall have four (4) certified linespersons

6.3.7 An effort will be made to schedule officials with different teams throughout the season. In tournaments or league play, no official shall work more than three consecutive matches.

6.3.8 In order to be consider eligible for OUA playoff matches, Major Officials must have been involved in OUA competition during the regular season

6.4 **Officiating (Women Only)**

6.4.1 OUA directors ensure that there are qualified officials for all league matches as stated in the regulations (i.e. Lakehead).



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- 6.4.2 Lakehead is responsible for securing appropriately leveled officials. They may use either OVA or MVA officials to fulfill the Regional rating requirement. Failing alternative solutions between Lakehead and the OVA or MVA for league matches, one of the opponents traveling contingents of 15 must be an official. The officials travel, accommodation and meal costs will be covered by Lakehead.
- 6.5 **Assigning Officials for OUA Playoffs (Includes quarter final matches and Final Four Tournament)**
- 6.5.1 In order to be considered eligible for OUA playoff matches, Major Officials must have been involved in OUA competition during the regular season. The number of matches officiated by each official to be circulated as part of the voting process.
- 6.5.2 Lines people will be assigned to all OUA playoff matches
- 6.5.3 The coordination of the selection of officials for the OUA Volleyball Championship shall be coordinated by the OVA Provincial Officials Chair. The OUA Championships will have a minimum of four (4) officials assigned. Further, these assignments shall be based on annual evaluations, and discussion between the OVA Officials Chair and OUA.
- 6.5.4 The OVA Officials Chair, by January 10th shall provide the OUA Sport Programming Coordinator with a list of officials who are eligible for playoff consideration. This list shall be forwarded to the OUA coaches a ballot for voting procedure, with headshots included where possible – through which the OUA Coaches shall rank vote (similar to OUA all-stars). Coaches will rank their top 6 officials (1 thru 6). If a coach does not rank six, their ballot is spoiled. The Sport Operations Coordinator shall tabulate the vote and provide a prioritized list, back to the officials' chair, for consideration for playoff assignments.
- 6.5.5 Each of the four officials selected will be required to officiate a quarter-final match, and semifinal match, then either the Gold or Bronze medal match (semifinals, Gold and Bronze to be played at the Final Four Tournament).
- 6.5.6 All Referees must hold a Regional rating or higher.
- 6.5.7 For playoff matches, the First Referee must hold a minimum of a National rating.



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- 6.5.8 Provincial rating or higher is recommended for all linespersons.
- 6.5.9 It is strongly recommended that at least 50% of officials assigned to the Women's Ontario Championships or playoff structure be female.

6.6 Conduct and Evaluations

- 6.6.1 Coaches' concerns regarding officiating shall be forwarded to the OUA Chief Operating Officer this information shall be shared with the Provincial Officials chair, as required.
- 6.6.2 The OUA will coordinate an Officials' evaluation in conjunction with OVA at the Christmas Break of the season and prior to playoffs. Summarized results of the evaluation will be circulated to the Conference Officials Chair and coaches. Results will be taken into consideration in the selection process for Championship Officials assignments.
- 6.6.3 The OVA Officials Committee will have access to all OUA game video for the purposes of quality assurance.

7.0 Game Film (Film / Video Exchanges)

- 7.1 Teams must adhere to the OUA Hosting Policy and specific to men's and women's volleyball:

All teams will strive towards the following standards:

The host is required to record a **continuous** digital record of the match from a stationary, elevated at a minimum of 10 feet end view of the entire court (only between the volleyball sidelines and free zone. The free zone shall measure 5m from the side lines and 6.5 m from the end lines). The film must contain:

- All sets
- Timeouts (Technical and requested by the team)
- Team activity including the team handshakes at the end of the match.
- All numbers must be visible



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It shall be the responsibility of the Home Team, to capture a digital recording of the complete match to the standards outlined above. The recording should be checked between each set to verify that the match is being recorded correctly.

Game film must be uploaded within a 6-hour window from the conclusion of the competition. OUA Central will enforce the following offences for missing game film:

First Offence: \$100 fine accompanied with a 7-day lockout

Second Offence: \$250 fine accompanied with a 7-day lockout

Third Offence: \$500 fine and lock out accompanied by a review completed by respective Sport Committee.

In any of the aforementioned situations, should the issue not be corrected within 3 days, an additional fine of same value plus an additional 7-day lockout will be applied. Missing game film must be communicated to OUA Central. Special circumstances will be heard on an individual basis.

Teams must upload last official pre-season game by the Monday prior to the commencement of the OUA Volleyball schedule.

The home team should contact Perfbook for 24/7 customer support

The visiting team must be contacted immediately and advise of the problem.

8.0 Awards and All-Stars

8.1 Awards

8.1.1 The annual OUA Women's Champion shall receive the Quigley Cup.

8.1.2 The annual OUA Men's Champion shall receive The Forsyth Memorial Trophy (Founded in 1968 in memory of Jim Forsyth, by members of the University of Toronto 1967-68 team).



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- 8.1.3 The annual OUA Men's and Women's final Champions shall each receive the OUA banner.
- 8.1.4 The championship team is responsible for the engraving costs of the trophy.
- 8.1.5 Winning institutions are responsible for the maintenance of OUA Championship and Major Award Trophies. This includes updating the name plates and/or shields each year the trophy is awarded, repairing and updating trophies as needed, and the replacement of lost or stolen trophies while in their possession. All costs associated with the above are to be the responsibility of the institution. In addition, failure to bring the championship trophy and/or major award trophy(s) will result in a \$500 fine.

8.2 Medals

OUA gold medals shall be awarded to each member and coach of the championship teams (men and women). OUA silver medals shall be awarded to each member and coach of the second-place teams (men and women). OUA bronze medals shall be awarded to each member and coach of the third-place teams (men and women). Medal allotment is 22 per team.

8.3 All-Stars

- 8.3.1 For details on all stars and individual awards selection procedure, please refer to Appendix A. The criteria for these selections will be circulated by the OUA Sport Operations Coordinator.
- 8.3.2 OUA volleyball awards and all-stars to follow the U SPORTS model when determining structure



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Date	Details
February 11 th 2026	Nominations Open
February 16 th 2026	Nominations Close
February 17 th , 2026	Coaches Voting Opens
February 20 th 2026	Coaches Voting Closes
Week of March 2 nd 2026	Results Released by OUA Office
March 6 th , 2026	OUA Volleyball Championship

9.0 Coaches Meetings

9.1

Please refer to the OUA Coach Engagement Procedure.



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Appendix A

OUA MEN'S & WOMEN'S VOLLEYBALL INDIVIDUAL AWARDS AND ALL-STARS SELECTION PROCESS

The selection process shall consist of two (2) rounds:

Round One: Coaches Nominations

Round Two: Coaches Voting

1.0 AWARDS & ALL-STARS

- 1.1 There shall be 7 athletes named to the OUA Men's Volleyball "First" Team, 7 athletes named to the OUA "Second" All Star Team, 7 athletes named to the OUA "Third" All Star Team and 7 athletes named to the OUA All Rookie Team. Coaches can vote for a non-combatant player.
- 1.2 One athlete shall be named the OUA Player of the Year.
- 1.3 There shall be 7 athletes who are under 21 years of age (as of September 1st of the current season) and in their first year of eligibility, named to the OUA All-Rookie Team.
- 1.4 One athlete shall be named the OUA Rookie of the Year.
One athlete shall receive the Champion of EDI Award.
- 1.5 There shall be one coach named the OUA Coach of the Year.
There shall be one athlete named the OUA Dale Iwanoczko Award (MVB) as the nominee for the TSN-Dale Iwanoczko U SPORTS Award.
There shall be one athlete named the OUA Therese Quigley Award (WVB) as the nominee for the Therese Quigley U SPORTS Award.

2.0 NOMINATION PROCESS

- 2.1 There shall be 7 athletes named to the OUA Men's Volleyball "First" Team, 7 athletes named to the OUA "Second" All Star Team, 7 athletes named to the OUA "Third" All Star Team and 7 athletes named to the OUA All Rookie Team.
- 2.2 Each coach shall nominate up to 7 players in preferred order, from their own team, for OUA All-Star consideration
- 2.3 All coaches shall be nominated for the OUA Coach of the Year.
- 2.4 Nominations shall be uploaded online. Directions and deadlines will be sent to all

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coaches, prior to the last league game.

- 2.5 In addition, coaches may nominate one person for the TSN-Dale Iwanoczko award (MVB) and the Therese Quigley award (WVB) and must include all relevant information, as per the U SPORTS regulations, for this category.
- 2.6 In addition, coaches may nominate one person for the Champion of EDI Award and must include all relevant information.

3.0 OUA ALL-STAR VOTING PROCEDURE

- 3.1 Online voting will occur and will include the online statistics to support the nominations. Full directions will be emailed to all coaches and volleyball institutions, for the coaches' vote. Voting coaches must follow the preferred order in which players were nominated. The player receiving the highest recognition on an individual vote sheet shall be awarded 14 points, the second choice shall receive 13 points, etc. Each coach MUST include 14 choices, with their lowest choice receiving 1 point. Coaches must indicate their rank order via the online nomination process.
- 3.2 Nominations will be compiled online and sent to coaches immediately following the last league game. Deadlines for votes will be sent to all coaches in advance of voting. Coaches may NOT vote for their own players, but they can vote for non-combatants.
- 3.3 Award winners will be announced, by the OUA office, as soon as available.
- 3.4 The 7 athletes who receive the most points shall be First Team All-Stars, next 7 shall be Second Team All-Stars, and the next 7 shall be Third Team All-Stars. The 7 rookie athletes that receive the most points shall be named to the All Rookie Team. The athlete who earns the most votes shall be named the OUA Player of the Year and the rookie who earns the most votes shall be named the Rookie of the Year.
- 3.5 In the event of a tie, the athlete who appears on the most ballots shall be declared ahead in the tie. If a tie continues to exist, the athlete who has the most top votes shall be declared ahead. Should the tie remain, it will be broken according to the OUA All-Star and Awards Policy.
- 3.6.1 The top 7 ranked All-Stars and the top 6 All Rookies will be nominated for consideration for U SPORTS Volleyball All-Canadian and All Rookie Awards.
- 3.6.2 All other award winners (Player of the Year, Rookie of the Year, Coach of the Year and the Dale Iwanoczko/Therese Quigley) will be put forward as the U SPORTS Nominees.

4.0 MAJOR AWARDS

Player of the Year and Rookie of the Year are automatically determined based on the player with the highest number of votes in the OUA All-Star & Rookie All-Star categories.



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- Recipient of the OUA Rookie of Year must be 21 years of age or younger as of September in the current academic year and be in their first year of Canadian Interuniversity Sport eligibility.

4.1 COACH OF THE YEAR

All OUA coaches' names shall appear. Coaches shall vote for 4 coaches, in ranked order, giving 4 points to their top choice and points to their second choice, etc. The coach who receives the most points shall be named OUA Coach of the Year.

4.1.1 In the event of a tie, the coach who appears on the most ballots shall be declared ahead in the tie. If a tie continues to exist, the coach who has the most top votes shall be declared ahead. Should the tie remain, it will be broken according to the OUA All-Star and Awards Policy.

4.1.2 Criteria for selection of Coach of the Year includes:

- i) Regular season record/results
- ii) Overall season record, including non-conference/exhibition results, tournament titles, etc...
- iii) Significant improvement/progress either throughout the season or from last season
- iv) Promotion of athletes to status of conference All-Star, All-Canadian, etc.

4.2 DALE IWANOCZKO (MVB) & THERESE QUIGLEY (WVB) AWARD

4.2.1 Rewards excellence in the student-athlete: The recipient exhibits outstanding achievement in three areas: volleyball, academics, and community involvement. As per the U SPORTS procedure, nominations shall include additional material addressing Academics, Athletics and Community Service. Items must be factual in nature and may not include opinions or judgments by the coach. Online nominations will present the opportunity for additional coaches' comments in relation to the criteria of the award.

4.2.2 The OUA office shall edit the nominations, where appropriate, for conformity and consistency.

4.2.3 All nominees are to be ranked by all institutions. Coaches may NOT vote for a nominee from their own team. Points will be awarded based on the number of nominees to be ranked by each coach. If there are six nominees, then the top selection of each coach will receive 6 points, the second choice will be awarded 5 points, and the last choice shall receive 1 point.

4.2.4 In the event of a tie, it will be broken according to the OUA All-Star and Awards Policy.

4.2.5 The winner of the OUA Dale Iwanoczko and OUA Therese Quigley Award will be put forward as the nominee for the U SPORTS award.



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4.3 CHAMPION OF EDI AWARD

Recognition of efforts in Equity, Diversity, and Inclusion (EDI) means anyone who takes action to promote the representation of different groups of individuals- including ethnic/ culture backgrounds, persons of disabilities, LGBTQ2S+ communities, and women in sport.

This award is presented in recognition of a student-athlete, coach, or administrator in OUA Women's & Men's Volleyball for their work in supporting equity, diversity, and inclusion efforts on and off campus. This award is presented to a candidate for outstanding contributions to OUA Soccer or its Members.

5.0 FINES

OUA members and playing privilege institutions will be fined \$250 per incident for not meeting nomination and/or voting deadlines for OUA All-Star and Awards and U SPORTS Nominations where applicable.



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APPENDIX B OUA Volleyball Hosting Protocol

The following additional items are to be included in operating hosting procedures for volleyball:

1. Court and Equipment

- a. Courts shall comply with the minimum specifications as outlined in the current VC Rule Book.
- b. The host determines the home side. A coin toss with the official determines the option of side, serve, or receive. All OUA volleyball competitions must use telescopic posts and cable top nets.
- c. The official volleyball for both men's and women's games is the Mikasa MVA 200.
- d. 3-ball system shall be used for all OUA matches including providing trained personnel to operate the 3-ball system. This crew is also to assist in controlling the balls during each team hitting component of the official warm-up.
- e. There shall be a minimum of four bench towels provided for each team.
- f. There shall be a sufficient number of lineup cards for each match which coaches are required to submit to the scoring table their starting lineups prior to each set.
- g. Host institution are to makes available 12 game ready balls per team for warm up

Prior to the Match (if first or only match)

60 minute on clock (i.e. actual time 4:55pm)

- a. Clock started by host institution
- b. Visual clock shall remain on countdown and be the sole source of official time for purposes of warm-up and the match start time (i.e. Officials personal watches shall not have a bearing on the "clock"). The time may not be changed and must remain available to both coaches.
- c. There will be shared court time from 60-45 minutes prior to game start time. This would allow both teams access to the full court for serve/pass warm up. **For safety reasons, servers are not allowed to enter serve/receive court of opponent when serving.**
- d. Coaches and officials are informed of any protocol/promotional changes.
- e. Institutions have been asked (but are not required) to have a Senior Manager on site to implement match management protocols. They should introduce themselves to the officials and work out relevant details, at this time.



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45 minutes on clock (i.e. actual time 5:10pm)

- a. Shared court time ends and team remain on their side of the net

25 minutes on clock (i.e. actual time 5:30pm)

- a. Officials call captains
- b. Coin toss

10 minutes on clock (i.e. actual time 5:45pm)

- a. **Official blows whistle to start 5-5 warm up.** Clock is stopped until the team with the first serve takes the court. Clock begins with their first hit.
- b. Team with the first service has access to the court. Note: Team not on the court is not permitted to use balls both inside and outside of the playing area.
- c. ANNOUNCER – Announces full roster for the team that is on the court. Position, #, and name.

5 minutes on clock (i.e. actual time 5:50pm)

- a. Clock is stopped until other team takes the court. Clock begins with their first hit.
- b. Other team will have access to the full court for warm up. Note: Team not on the court is not permitted to use balls both inside and outside of the playing area.
- c. ANNOUNCER – Announces full roster of the team that is on the court. Position, #, and name.

0 minutes on the clock (i.e. actual time 5:55pm)

Warm up ends. Match start time is 6:00pm, the following occurs with the first serve at conclusion.

- a. Both teams return to the benches – meet with coach for 1 minute
- b. Officials take the sideline in front of score able for introductions
- c. All players take the baseline (unless no anthems – then only starters take the baseline)
- d. **ANNOUNCER** introduces officials
- e. Canadian National Anthem if applicable
- f. Players return to benches for final remarks while officials take their positions
- g. Starters take baseline, substitutes on bench or in warm-up zone
- h. While line-ups are being checked, starters are introduced.



VOLLEYBALL OPERATIONS

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Prior to the Second Match

All teams are guaranteed 25 minutes on the court for warm up. Once the completion of adjusting the net height, 25 minutes shall appear on the official game clock. At 10 minutes on the clock, the officials shall blow the whistle to start the 5-5 warm up.

Post-Game Protocol

Upon completion of the match, the teams line up on the baseline and then the official can close the game with players shaking hands. The match protocol shall be distributed by the convenor prior to the first match of the season, each year. Any alterations to the prescribed protocol require advance notice (prior to warm-up) to both the visiting coach and the officials. There may be a maximum of a 5-minute break, for promotional purposes only, between sets 2 and 3. Advance notification (prior to the match) to the visiting coach and the officials is required. Teams have the option to leave the gym during this break, without seeking permission of the officials.



VOLLEYBALL OPERATIONS

MEN'S & WOMENS VOLLEYBALL | 2025-26

OUA Game Day – Volleyball Pre-Game Protocol

6:00pm Game Time (First Game)

Actual Time	Visible Clock	Protocol
4:55pm	60:00	Sixty minutes before game time (60:00) is put on the clock and is run down; there will be shared court time from 60 minutes to 45 minutes prior to the game start time. This would allow both teams access to the full court for serve/pass warm up.
5:10pm	45:00	Shared court tie ends, and teams remain on their side of the net
5:30pm	25:00	Officials call captains (Coin toss)
5:45pm	10:00	Officials will blow the whistle to start 5-5. The team with the first service will have access to the court for warm-up. Full roster is announced. Teams are not permitted to warm up outside of the playing area during the 5-5.
5:50pm	5:00	Other team will have access to the court for warm-up. Full roster is announced. Teams are not permitted to warm up outside of the playing area during the 5-5.
5:55pm	0:00	Teams clear the court – meet with coach for 1 minute. Officials take the sideline in front of score table for introductions. All players take the baseline (unless no anthems – then only starters take the baseline) ANNOUNCER introduces officials Canada National Anthem if applicable Players return to benches for final remarks while officials take their positions. Starters take the baseline, substitutes on bench or in warm up zone While line-ups are being checked, starters are introduced Clock is set to 3 minutes
6:00pm	3:00	Opening Serve – Game starts
Intermissions: 3 min. between all sets, except sets 2&3 where a 5 min. break will be applied.		



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OUA Game Day – Volleyball Pre-Game Protocol

7:30pm Game Time (Second Game)

25 minutes shall be allotted for warm up (15 mins + 5-5 warm up)

For a second match of a double header:

- The 25-minute warm-up period will begin when the officials of the second match determine that the court is available. Teams will have a 25-minute warm-up, but the clock will only start once the net height has been adjusted by the event staff and checked by the officials. The total match warm-up will be twenty five (25) minutes, including 5-5 and introductions. The 5-5 hitting and serving warm-up will begin at the 10-minute mark of the 25-minute countdown.
- Matches must not start earlier than the advertised time.

Actual Time	Visible Clock	Protocol
Immediately following the first game		Host crew to change net height Teams may warm up on the court (no balls unless permission of host to do so.) Officials will call Captains for Coin Toss Rosters/Signatures secured Officials check net height
		Clock is set for 25:00min. for countdown once the net is set up
	25:00	Officials call captains (coin toss)
	10:00	Officials will blow the whistle to start 5-5. The team with first service will have access to the court for warm-up. Full roster is announced. Teams are not permitted to warm up outside of the playing area during the 5-5.
	5:00	Other team will have access to the court for warm-up. Full roster is announced. Teams are not permitted to warm up outside of the playing area during the 5-5.
	0:00	Teams clear the court – meet with coach for 1 minute. Officials take the sideline in front of score table for introductions. All players take



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8:03*

0:00

the baseline (unless no anthems – then only starters take the baseline). ANNOUNCER introduces officials. National Anthem if applicable. ANNOUNCER introduces officials. Canada National Anthem if applicable. Layers return to benches for final remarks while officials take their positions. Starters take baseline, substitutes on bench or in warm-up zone. While line ups are being checked, starters are introduced. Clock is set to 3 minutes
Opening Serve – Game starts

Intermissions: 3 min. between all sets, except sets 2&3 where a 5 min. break will be applied.

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MEN'S & WOMEN'S VOLLEYBALL | LEAGUE | 2025-26



APPENDIX C

2025-26 OUA INFRACTIONS & SANCTIONS CHART

LEAGUE



2025-26 OUA INFRACTIONS & SANCTIONS CHART



LEAGUE SPORT

MEN'S & WOMEN'S VOLLEYBALL				
INFRACTION TYPE	DESCRIPTION	1ST TIME	SANCTION 2ND TIME	3RD TIME or MORE
COACH	Coach Ejection	1 Game (\$500 Fine)	3 Games (\$1,500 Fine)	Suspended for Season (Min. 10 Games & \$5,000 Fine)
Accumulation - Yellow Cards	Accumulated Yellow Cards in a Season (Excluding Delay of Game)	1 Game (3 Total Cards)	3 Games (5 Total Cards)	Suspended for Season (Min. 10 Games) - (7 Total Cards)
Red Card	Action contrary to good manners or moral principles	Loss of serve	1 Game Suspension	
Yellow & Red Cards (Expulsion)	Offensive Conduct - defamatory or insulting words or gestures or any action expressing contempt	1 Game	3 Games	Suspended for Season (Min. 10 Games)
Disqualification	Aggression - actual physical attack or aggressive or threatening behaviour	Suspended Pending Review		
Abuse of Official (Verbal)	Including but not limited to: Swearing, Prolonged argument over calls	2 Games + Review	Suspended for Season (Min. 10 Games)	
Abuse of Official (Physical)	Including but not limited to: Deliberate contact with official	Suspended Pending Review		

All games listed are additional games to be served from the game which the violation occurred

*** All coach ejections will be subject review by OUA Central*