



THE EARLY CONTACT INITIATIVE 2023-2024



A special thank you to our OVA Members who worked tirelessly with the OVA staff to make modifications to the Early Contact Initiative to better serve our community:

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Long-Term Development (LTD) in Sport and Physical Activity is a framework for the development of every child, youth, and adult to enable optimal participation in sport and physical activity. It takes into account growth, maturation and development, trainability, and sport system alignment.

8 WHY IS CHANGE NEEDED?

With the release of the Long-Term Development Model 3.0 by Canadian Sport for Life (S4L), it became apparent that our competition system needed adjustments to address shortfalls and enhance the competition system’s ability to develop 11U-15U athletes in the Learn to Train (L2T) and Train to Train (T2T) stages.

10 THE EARLY CONTACT INITIATIVE (ECI)

The Early Contact Initiative (ECI) is a set of rules and an evolution of the competition pathway that will help clubs find developmentally appropriate opportunities for their young players while giving them the best experience possible for long term retention and success.

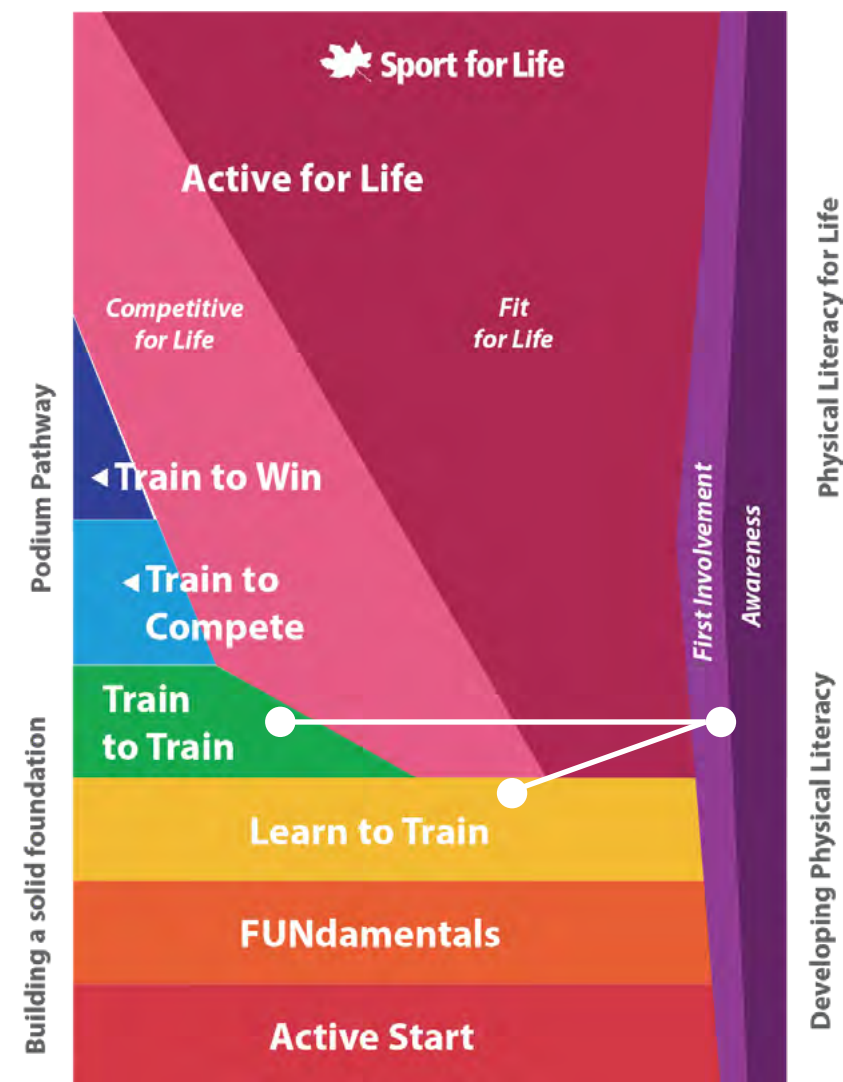
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An overview of the OVA Early Contact competition streams featuring the 4v4 Rallyball, 6v6 Rallyball, Traditional Limited-Specialized and its alignment to the LTD 3.0 Model.

18 ENTRY POINT SUMMARY

A detailed outline of the Early Contact rules for each of the 4v4 Rallyball, 6v6 Rallyball and Traditional Limited-Specialized (TLS) streams.

The Long Term Development in Sport and Physical Activity 3.0 Model



First Involvement and Awareness are integral components of everyone's initial experience in sport and physical activity. Physical literacy, while vital during the early stages, is not confined to the early stages—it can and should continue to be developed throughout the life course. The OVA's Early Contact Initiative seeks to better connect the LTD's First Involvement and Awareness to the Learn to Train and Train to Train Stages for athlete development.

LTD 3.0

"Long-Term Development in Sport and Physical Activity is a framework for the development of every child, youth, and adult to enable optimal participation in sport and physical activity. It takes into account growth, maturation and development, trainability, and sport system alignment"

What's new and enhanced in this 3rd edition?

The objective of the framework is to promote both sporting excellence at the highest international level and life-long engagement in health-enhancing physical activity. This third edition brings a number of important updates and enhancements.

From Sport and Physical Activity to Quality Sport and Physical Activity: Not all sport and physical activity experiences are good. We want "good programs, delivered by good people, in good places." Good programs are developmentally appropriate, based on the physical, cognitive, emotional and moral stages of development of participants. Quality sport and physical activity ensures that safe sport is an essential element for all people involved.

From Long-Term Athlete Development to Long-Term Development in Sport and Physical Activity: The new name is more inclusive and retains the critical concept of good development as a lengthy process, while becoming more accessible to those in the recreation, education, and health sectors.

Physical literacy has evolved: There has been an increased emphasis on

the psychological components of physical literacy, including confidence and motivation as well as social connectedness, which are all critical for physical literacy development through the life course.

More emphasis on the adolescent participant: Adolescence is a time when many youth become less active and involved with sport and physical activity, while others develop into high performance athletes. We provide more insight into the wider needs of the adolescent athlete in this Early Contact Initiative model.

Over the fall and winter months (2020-2021) and in partnership with the Indoor Volleyball Development Committee (IVDC), the EARLY CONTACT INITIATIVE (ECI) was created to address the specific needs of our entry point athletes.

"Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."

- The International Physical Literacy Association, May 2014

For more information visit: [PHYSICALLITERACY.CA](https://www.physicalliteracy.ca)

Quality Sport

Quality sport based on Long Term Development in Sport and Physical Activity is ...



... leading to **individual excellence and optimum health**

GUIDING PRINCIPLES

Long-Term Development in Sport and Physical Activity is built on four guiding principles:

QUALITY

IS KEY

Every child, youth and adult deserves a quality experience every time they participate in physical activity or sport. Quality means good programs, in good places, delivered by good people.

OPTIMAL

PROGRAMMING IS CRITICAL

This means giving every participant in sport and physical activity what they need, when they need it, and in the way they need it to make the most progress. Optimization is participant centred and developmentally appropriate.

INCLUSION

IS NON-NEGOTIABLE

Inclusion is both the removal of physical, cultural, economic, and attitudinal barriers to participation, and the designing of activities so that individuals are not excluded. Being allowed to take part is not enough. Every participant must feel safe, welcomed, and included. Supports need to be in place to engage and support the diverse needs of participants, across all the dimensions that make up that individual.

Every program and service should be set up to welcome all—inclusion is a topic because our system currently excludes. We must reframe to: everyone has the opportunity, and exclusion is the exception rather than the norm.

COLLABORATION

MAKES THE SYSTEM BETTER

Individuals and organizations will deliver more quality experiences when they work together. Communities, sport organizations, and the health and education sectors all benefit from alignment of programming and collaboration. For example, one participant may be active in different sports or physical activities, including recreation or club programs, physical education, as well as school sport.

If the organizations pull that participant in different directions, good development is less likely to happen. Through system alignment, participants are the winners.

You can learn more about Long Term Development (LTD 3.0) via Volleyball Canada’s [“Roadmap to Volleyball in Canada”](#)



WHY IS CHANGE NEEDED?

The Indoor Volleyball Development Committee (IVDC) of the OVA was made up of 9 people from an array of clubs across the province. Boys and girls volleyball, big city, big club, small town, small club, are all represented. This committee was tasked with helping restructure the OVA youth competitions model to better align with the principles of the new Long Term Development 3.0 document, as laid out by Sport Canada and Volleyball Canada.

This change was proposed to our Youth Competition Structure in order to implement more of the Long Term Development (LTD) Model with a focus on the following core principles:

- Increase the Fun Factor and Inclusiveness with Fair Play and Limited Specialization at the younger ages while transitioning into the Traditional game as athletes and teams progress.
- Emphasize "Stage of Development" rather than "Chronological Age"
- Support efficient periodization
- Delay specialization
- Provide flexibility for clubs and coaches to choose what is best for their players and provide them with a fun and developmentally appropriate experience
- Remove adult training and competition programs we impose on developing athletes by making the game fit the players
- Reduce the time and costs of travel, accommodations and meals
- Allow athletes to develop at their own pace
- Place the health and needs of kids first!

"The OVA has worked to align our ECI competition streams with research-based and LTD defined characteristics of a quality, positive, developmentally beneficial youth sport experience"

CHARACTERISTICS OF A PROGRAM THAT PUTS THE HEALTH AND NEEDS OF KIDS FIRST



Source:
The Canadian Sport for Life Long Term Development (LTD 3.0)



Childhood success is not a reliable predictor of future success

Young people are different and development does not occur in a straight forward manner-or at the same speed. Competitive sporting opportunities need to reflect this rather than investing (time and money) in just those who show the most promise at a young age. All young people deserve quality sport experiences and the opportunity to shine.

A focus on winning rather than on development

It's time to stop focusing on high performance and overemphasizing 'winning' in youth sport. This approach is creating a lack of balance and leads to high workload and high pressure for children too soon. A focus on development and getting better is what young people want and what successful athletes and people focus on.

Identifying athletes early and specializing early on is taking its toll on young people

Too many young people are specializing in one sport in the belief that this is the best way for them to develop into elite adults. In truth, burnout, overuse injuries and declining motivation are more likely to be outcomes of early specialization. Sport leaders need to delay selection decisions, proactively managing young people at risk of overtraining and overloading and find ways to keep them involved in a range of quality experiences in competitive sport - for longer.

Remember why young people participate in sport - it's about fun, the challenge, being part of a team or group, being with friends and self-improvement

Source:
Sport New Zealand - Balance is Better

WHAT IS THE EARLY CONTACT INITIATIVE?

“The Early Contact Initiative is a set of rules and an evolution of the competition pathway that will help clubs find developmentally appropriate opportunities for their young players while giving them the best experience possible for long term retention and success”



Developmentally appropriate competition formats = better access to volleyball for late entry athletes i.e. not chronological age based competitions.

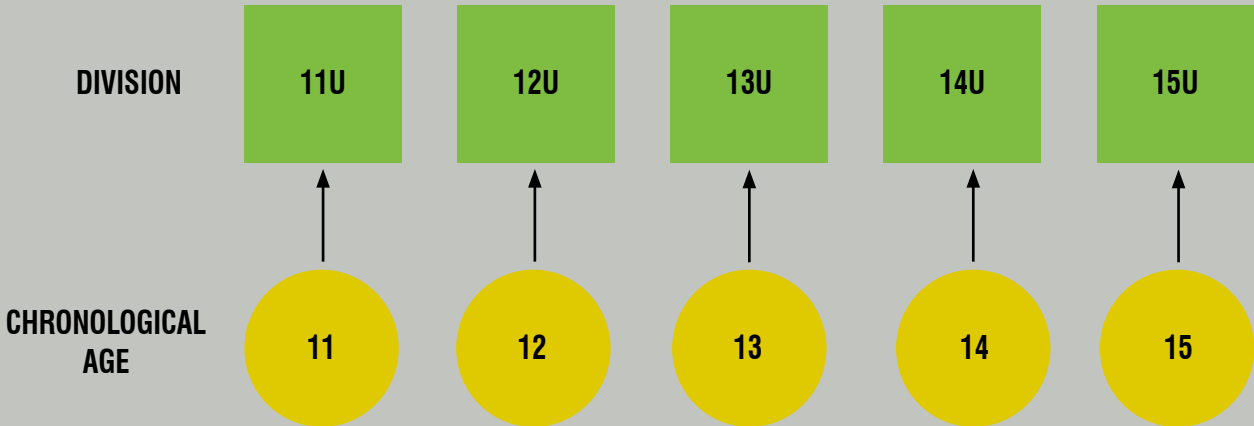
Gaps identified after reviewing the OVA competition stream for 11-14U included: early specialization; barriers of entry (cost, travel, etc); length of playing days; poor periodization; and challenge vs competitive events.

Once these were identified, the OVA staff, in collaboration with the Indoor Development Committee (IVDC), designed the Early Contact initiative.

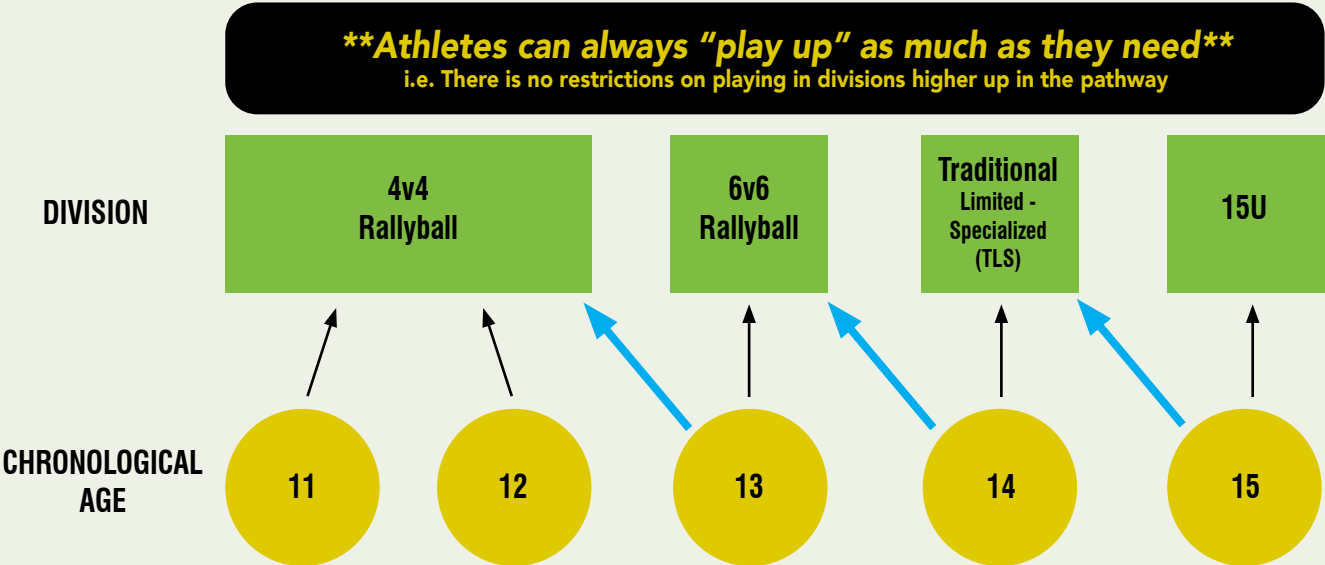
The ECI is designed to assist players, coaches, and administrators with finding the appropriate entry point along the pathway of volleyball in Ontario.

- Clubs will now have more flexible and developmentally-appropriate competition opportunities for their younger players while providing the best experience possible for long term retention and success.
- The Early Contact Initiative focuses on several key factors, including:
- Delaying specialization to avoid burnout, injury and limited development
 - Increased focus on development over winning
 - Offering age and stage appropriate development activities with improved playing formats such as 4v4 Rallyball, 6v6 Rallyball, Traditional Limited Specialized (TLS)
 - Ensuring court size and net height are appropriate to physical and cognitive stage development
 - Ensuring this first experience is fun, enjoyable and occurs in child-friendly environments
 - Ensuring kids fall in love with the game through fun and inclusive games
 - Supporting coaches so they will make the volleyball experience a challenging, positive and nurturing one for all young players regardless of ability, leading to Volleyball for Life.

TRADITIONAL COMPETITION



WITH EARLY CONTACT RULES



*Male: Sept 1, 2009
*Female: Sept 1, 2009

*See page 22 for details on TLS eligibility for 15 year olds



THE ECI COMPETITION STREAM

“These new adaptations will be aligned with [Volleyball Canada’s LTD 3.0](#) (when released) and allows for more entry points for athletes at every stage of development”

STAGE COLOURS

The LTD Stage Colours are represented in a gradient, in order to illustrate adoption of the new LTD 3.0 enhancement of “Developmentally Appropriate Stages.” The primary focus in athlete development is not age, but how participants develop capabilities to move from stage to stage.



Entry Point #1

4v4 RALLYBALL

FEWER PLAYERS ON COURT

PLAYERS MORE INVOLVED

MORE BALL TOUCHES

MORE FUN & ENGAGEMENT

Experience has shown that the level of difficulty of 6v6 for kids under 13 years old significantly decreases the number of participants who join volleyball and decreases the number of opportunities to develop many aspects of the game, other than serving and receiving.

In environments where volleyball has been adapted to lengthen the number of exchanges and promote the success of individual actions, tens of thousands of players are experiencing success, discovering, and staying in our sport.

4v4 RALLYBALL

- Format geared towards entry level teams and athletes or those wanting more touches to be successful at the next level
- Less players on court = players more involved and more touches
- Rallyball follows Volleyball Canada's Tripleball rules
- All events are developmentally focused and maximize number of games played
- Development of a membership and fee structure to eliminate cost barrier
- 2-day Ontario Championship with medals.

4v4 RALLYBALL SUMMARY	
Formerly	11U / 12U
Eligible Birth Years for 2022-2023 Season	2012 & Under 24-month Eligibility (Jan 1st, 2011)
Divisions	Male/Co-ed, Female
Number of Events	4 events per regular season
Event Structure	Regional Competitions with various round robin formats
Substitutions	Rotational
Court Size	7m x 14m or as close as the facility has available. Badminton doubles court
Playing Time	Fair Play
Net Height	2.15m Female, 2.2m Male/Coed
Specialization	None

Entry Point #2

6v6 RALLYBALL

LESS ACES & MISSED SERVES

MORE OPPORTUNITIES FOR BUMP • SET • HIT

MORE RALLIES

>50% of serves end the rally at younger ages

>95% of free balls lead to an attack in Rallyball which follows Volleyball Canada's Tripleball rules

2X the number of contacts

6v6 RALLYBALL

- Format geared towards teams and athletes with exposure to Tripleball rules in the 4v4 format and those needing more rallies to learn the flow of the game
- This stage in the system is geared towards entry level teams and athletes as well as teams and athletes that want more touches to be successful at the next level.
- Great opportunity to develop fundamental skills and introduce the systems and tactics of 6v6 volleyball
- Kickstart event: development focused matches against teams within close proximity
- Challenge events: tournament results are tracked, with medals and ranking points awarded at the event of the event
- Teams will self-declare either Championship (Tier 1) or Trillium (Tier 2) for each event to ensure matches are played against teams with a similar skill level
- 3-day Ontario Championship

6v6 RALLYBALL SUMMARY	
Formerly	13U
Eligible Birth Years for 2022-2023 Season	2011 & Under 24-month Eligibility (Jan 1st, 2010)
Divisions	Male/Female
Number of Events	4 events per regular season
Event Structure	Kickstart event followed by 3 challenge events
Substitutions	Fairplay
Court Size	9m x 18m
Net Height	2.15m Female, 2.2m Male
Specialization	None

Entry Point #3

TRADITIONAL LIMITED-SPECIALIZED (TLS)

DELAYS SPECILIZATION

Early specialization has been linked to burn out and higher injury rates

PLAYING MULTIPLE POSITIONS

Leads to a better understanding of the game and the development of transferable skills

SUPPORTS LONG-TERM PARTICIPATION

Gives athletes the confidence to play multiple positions



TLS

- This stage in the system is geared towards entry level teams and athletes as well as teams and athletes that just want more touches to be successful at the next level
- Focus on developing all skills in a regular 6v6 game context. Players learn the game from multiple positions while learning the technical and tactical aspects of the traditional volleyball game
- Kickstart event: development focused matches against teams within close proximity. Teams will also self-declare either Championship or Trillium for their kickstart event and first challenge event to ensure the matches played are still competitively balanced
- Challenge events: tournament results are tracked, with medals and ranking points awarded at the event of the event. As the season goes on, teams will be placed in tournaments with teams of a similar skill level for competitively balanced matches
- 15U athletes CANNOT play down in 4v4 or 6v6 Rallyball.

TLS SUMMARY	
Formerly	14U
Eligible Birth Years for the 2022-2023 Season	2010 & Under. 16 month eligibility (Sept 1st, 2009 or younger). Athletes born between Jan 1st, 2009 and Aug 31st, 2009 are eligible via application.
Divisions	Female/Male
Number of Events	4 events per regular season
Event Structure	1 kickstart event followed by 3 challenge events
Substitutions	Fairplay
Court Size	9m x 18m
Net Height	2.15m Female, 2.2m Male
Specialization	<ul style="list-style-type: none">• No specialization for the first two events.• Afterwards, teams are permitted to use a 6-2, 4-2, or 6-3 system if they wish.• No 5-1 system is permitted!



Entry Point Summary

4v4 Rallyball

	4v4 RALLYBALL
Eligible Birth Years	24 month eligibility - January 1st, 2011
Gendered Divisions	<ul style="list-style-type: none">Male/CoedFemale
Tiering	No divisional splits
Recommended roster size	<ul style="list-style-type: none">Recommended roster size of 6+ AthletesLarger rosters are encouraged to be split into 2 teams for the 4v4 competitionA team that is split up with be placed in the same event
Event 1	<ul style="list-style-type: none">4v4 RallyballEvent sized based on registrations and venue availabilityVarious round robin formats depending on tournament sizePreferred format - 3 sets to 15 (however maybe adjusted depending on the number of teams at an event)Club hosted
Event 2	<ul style="list-style-type: none">4v4 RallyballEvent sized based on registrations and venue availabilityVarious round robin formats depending on tournament sizePreferred format - 3 sets to 15 (however maybe adjusted depending on the number of teams at an event)Club hosted
Event 3	<ul style="list-style-type: none">4v4 RallyballEvent sized based on registrations and venue availabilityVarious round robin formats depending on tournament sizePreferred format - 3 sets to 15 (however maybe adjusted depending on the number of teams at an event)Club hosted
Event 4	<ul style="list-style-type: none">4v4 RallyballEvent sized based on registrations and venue availabilityVarious round robin formats depending on tournament sizePreferred format - 3 sets to 15 (however maybe adjusted depending on the number of teams at an event)Club hosted
Ontario Championships	2 Day - Challenge Event with medals
Ontario Championships Eligibility	Not Applicable
Designated Setting Position	Teams must designate the setting position and maintain it for the full set. The designated setting position must be front row. Refer to Regulation 6.8 of the OVA's Youth Competitions Manual 2023-2024 .
Libero	No
Overhand Serve Receive	No
Ball	VUL 500

	4v4 RALLYBALL
Court Size	7m x 14m or as close as the facility has available / Badminton Double
Net Height	<ul style="list-style-type: none">2.15m Female2.20m Male/Coed
Playing Regulations	<p>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.</p> <p>All team members must play in each set. The only exception to this rule is if a team has more than 10 players on their roster, in which case they can be split into two groups who each participate in a single set. If the match goes to a third set tiebreaker, the coach can play one of the groups a second time in the match.</p> <ul style="list-style-type: none">Teams can use a diamond or square (2 front, 2 back) defensive formation. (See below diagram)Teams must designate the setter position and maintain it for the whole set. The designated setting position must be front row. <p>NOTE: The server is always the player who has just rotated from the front row to the back row.</p> <p>Example in box formation: the player who was just in the front row right side position (#1 in the diagram below) will be the server once they complete a rotation.</p> <p>Example in diamond formation: the player who was just in the front row middle (#2 in the diagram below) and is rotating to the position on the right is now the server.</p> <ul style="list-style-type: none">The player(s) in the backcourt (serve receiver/server) are permitted to attack from anywhere on the court. <div><div><p>Front Row</p><p>Backrow</p><p>SQUARE</p></div><div><p>Front Row</p><p>Backrow</p><p>DIAMOND</p></div></div>
Warm Up Protocol	<p>First match of the day:</p> <ul style="list-style-type: none">5 min - shared court4 min - exclusive serving team4 min - exclusive receiving team <p>All remaining matches:</p> <ul style="list-style-type: none">2 min - shared court4 min - exclusive serving team4 min - exclusive receiving team <p>NO shared hitting or travelling under net</p>
Substitutions	Fairplay
Specialization	Not permitted

Entry Point Summary

4v4 Rallyball

	4v4 RALLYBALL
Playing Time	Rotational play
Ranking Points	A team's set ratio from Bugarski Cup will be used to seed teams for Ontario Championships
Medals	No medals until Ontario Championships
Referees	Single referees provided
Athlete Membership Level	Recreational membership - upgrade to full competitive player required if participating in 6v6 Rallyball or Traditional Limited Specialized (TLS)
Coaching Eligibility	<p>MANDATORY ELIGIBILITY REQUIREMENTS FOR OVA COACHES</p> <p>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 complete the following requirements prior to their registration as an OVA member.</p> <ul style="list-style-type: none"> Abide by the OVA Screening Policy <ul style="list-style-type: none"> Submit a Level 2 Criminal Record & Judicial Matters Check (CRJMC) or Enhanced Police Information Check (E-PIC) completed within 3 years. Complete the OVA Screening Disclosure Form via MRS registration Complete the following training <ul style="list-style-type: none"> Making Head Way (Free) Coaches Association of Canada Safe Sports Training (Free) <p>All individuals in a Head Coach or Assistant Coach role and all individuals acting as a Head Coach or Assistant Coach during an OVA event must also complete the following training prior to their registration as a member of the OVA:</p> <ul style="list-style-type: none"> Foundations of Volleyball (\$89) Making Ethical Decisions Online Evaluation (\$85 or free if course was completed) <p>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.</p> <p>It is the responsibility of OVA Clubs to verify the eligibility of their coaches prior to having them register as members and listing them on their Club Information Form at the start of the season.</p> <p>Individuals who have not completed the above requirements are not eligible to be listed on an OVA event scoresheet. Ineligible individuals will be fined \$150 per occurrence and match results may be forfeited.</p>



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Entry Point Summary

6v6 Rallyball

	6v6 RALLYBALL
Eligible Birth Years	2011 & Under24-month Eligibility (Jan 1st, 2010)
Gendered Divisions	<ul style="list-style-type: none">MaleFemale
Tiering	<ul style="list-style-type: none">Girls – Self Declare into Championship (Tier 1) or Trillium (Tier 2)Boys – No Tiering
Recommended roster size	<ul style="list-style-type: none">10+ Athletes
Event 1	<ul style="list-style-type: none">Kickstart Event (no playoffs or points awarded, pool play matches only)Self-declare for either Championship (Tier 1) or Trillium (Tier 2) - Girls OnlySet ratio from Event 1 will be used to seed Event 2
Event 2	Girls <ul style="list-style-type: none">Challenge eventsSelf-declare for either Championship (Tier 1) or Trillium (Tier 2)Full playoffs and points awarded Boys (No self declare) <ul style="list-style-type: none">Challenge eventsFull playoffs and points awarded
Event 3	Girls <ul style="list-style-type: none">Challenge eventsSelf-declare for either Championship (Tier 1) or Trillium (Tier 2)Full playoffs and points awarded Boys (No self declare) <ul style="list-style-type: none">Challenge eventsFull playoffs and points awarded
Event 4	Girls <ul style="list-style-type: none">Challenge eventsSelf-declare for either Championship (Tier 1) or Trillium (Tier 2)Full playoffs and points awarded Boys (No self declare) <ul style="list-style-type: none">Challenge eventsFull playoffs and points awarded
Ontario Championships	3 Day - Challenge Event
Ontario Championships Eligibility	2 Events - A teams rank going into the Ontario Championships will be based on their top 2 average from 6v6 Rallyball Challenge Events
Designated Setting Position	The setter is allowed to come out of position #1, 2 or 3. The setter position must remain the same the entire set.
Libero	No
Overhand Serve Receive	No
Ball	VQ200W-OVA
Court Size	9m x 18m
Net Height	<ul style="list-style-type: none">2.15m Female2.20m Male
Serving Regulations	Please see section 6.6 of the 2023/24 Youth Competitions Manual for the OVA Step-In Rule

	6v6 RALLYBALL
Playing Regulations	<p>The goal of Tripleball is to promote better skill development, participation, meaningful competition, and fun.</p> <p>Overview of the Tripleball Sequence:</p> <p>a). The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).</p> <ul style="list-style-type: none">* 1st rally – introduced by the server* 2nd rally – tossed ball given to the receiving team* 3rd rally – tossed ball given to the serving team <p>b). The service rotates between teams after each three-ball sequence.</p> <p>c). A team must rotate and introduce a new server when it is their turn to serve.</p> <p>d). Every ball introduced is worth one point.</p> <p>6v6 Rallyball Rules</p> <p>a). Requests for substitutions can only occur between a three-ball sequence</p> <p>b). In the deciding set, teams switch sides once a team reaches 8 points. If this occurs during a three-ball sequence, then the change of court will be made after the sequence is completed.</p> <p>c). Teams are required to declare on the scoresheet a designated setter position on the court prior to the start of each set.</p> <p>Example: if a team circles position 3 on their lineup, the athlete in position 3 is the “setter” throughout that set.</p> <p>Rule Clarification – the setter is allowed to come out of position #1, #2 or #3. The setter position must remain the same for the entire set. Other players are permitted to perform the second contact if needed, but it is up to the official’s discretion to issue a warning to the team if they feel that the team is not using their designated setter position properly. Further discipline is possible if the team refuses to follow this rule.</p> <p>d). The free ball toss is to occur when the three front row athletes are standing at the net and ready to transition. Once there is a verbal/non-verbal cue (tosser can say “Free Ball” or slap the volleyball), athletes are permitted to transition off the net.</p> <p>e). The freeball introduction toss can be directed to position 5 or 6. The toss must be consistent each match.</p> <p>f). Free balls must be received with a forearm pass, otherwise a replay will occur.</p> <p>g). An overpass from the free ball toss is not a re-toss. Play continues.</p> <p>h). When serving, players cannot switch positions after the serve. Players must remain in their rotational order until the ball crosses back to their side of the net. Once the ball crosses back over to their side, 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.</p> <p>i). When in serve reception, the players’ serve reception configuration needs to be the same throughout the set along with the designated setter position.</p> <p>Common Misinterpretations of the Rule:</p> <p>Teams can isolate players in serve reception in certain rotations</p> <p>FALSE: Teams need to keep the same serve-reception configuration through the whole set. A position can be isolated (ex. Athlete in position 1), but that position needs to be consistently isolated throughout the set.</p> <p>j). To improve the follow of the game, it is recommended that each team provide a ball retriever who collects the balls from athletes at the end of a rally. Please remain a safe distance from the court during play.</p> <p>Continued on next page ...</p>

	6v6 RALLYBALL
Playing Regulations (continued)	<p>Guidelines for Tossers:</p> <ol style="list-style-type: none">1. The Head Coach, Assistant Coach or a competent volunteer may be the Tosser and introduce balls to their own team.2. 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.3. 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.4. The free ball will be introduced directly to the athlete in position 5 or 6, otherwise a replay will occur.5. 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.
Warm Up Protocol	<p>First match of the day: 5 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team</p> <p>All remaining matches: 2 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team</p> <p>NO shared hitting or travelling under net</p>
Substitutions	<ul style="list-style-type: none">• Fairplay• Requests for substitutions can only occur between a triple ball sequence
Specialization	Not permitted. Setting position must be indicated on the lineup card prior to each set
Playing Time	Fairplay
Ranking Points	Points will be awarded for Challenge events
Medals	Medals will be awarded for Challenge events and Ontario Championships

	6v6 RALLYBALL
Referees	Single referees provided
Athlete Membership Level	Full competitive membership
Coaching Eligibility	<p>MANDATORY ELIGIBILITY REQUIREMENTS FOR OVA COACHES</p> <p>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 complete the following requirements prior to their registration as an OVA member.</p> <ul style="list-style-type: none">• Abide by the OVA Screening Policy<ul style="list-style-type: none">o Submit a Level 2 Criminal Record & Judicial Matters Check (CRJMC) or Enhanced Police Information Check (E-PIC) completed within 3 years.o Complete the OVA Screening Disclosure Form via MRS registration• Complete the following training<ul style="list-style-type: none">o Making Head Way (Free)o Coaches Association of Canada Safe Sports Training (Free) <p>All individuals in a Head Coach or Assistant Coach role and all individuals acting as a Head Coach or Assistant Coach during an OVA event must also complete the following training prior to their registration as a member of the OVA:</p> <ul style="list-style-type: none">o Foundations of Volleyball (\$89)o Making Ethical Decisions Online Evaluation (\$85 or free if course was completed) <p>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.</p> <p>It is the responsibility of OVA Clubs to verify the eligibility of their coaches prior to having them register as members and listing them on their Club Information Form at the start of the season.</p> <p>Individuals who have not completed the above requirements are not eligible to be listed on an OVA event scoresheet. Ineligible individuals will be fined \$150 per occurrence and match results may be forfeited.</p>

Entry Point Summary

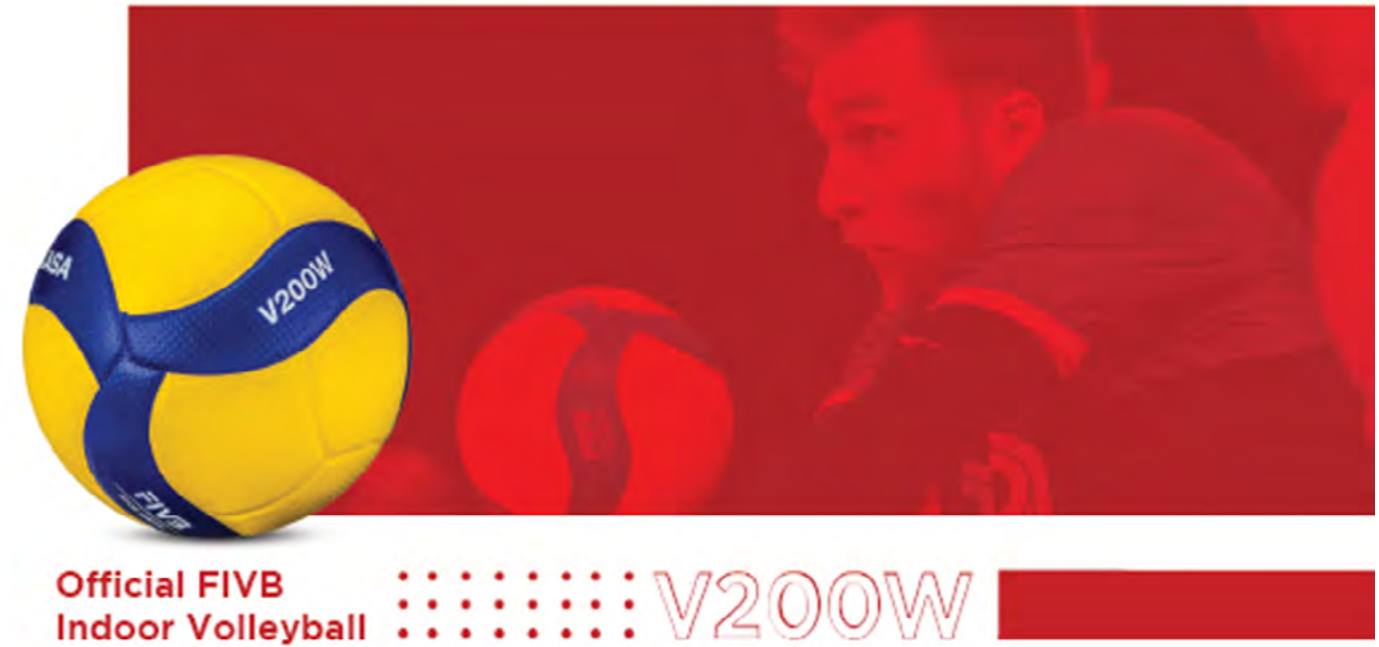
Traditional Limited-Specialized (TLS)

	TRADITIONAL LIMITED-SPECIALIZED (TLS)
Eligible Birth Years	<ul style="list-style-type: none">2010 & Under (TLS athletes cannot play down in 4v4 events)16 month eligibility (September to December, 2009) - Female & MaleAthletes born between January 1 - August 31, 2009 may be eligible to participate in the TLS Division through an application process (click here for application form).
Gendered Divisions	<ul style="list-style-type: none">MaleFemale
Tiering	Gradual progression to Premier/Select (Girls), Championship and Trillium Tiers
Recommended roster size	10+ Athletes
Event 1 Provincial Cup	<ul style="list-style-type: none">Kickstart eventTeams will be required to self-declare into Championship (Tier 1) or Trillium (Tier 2) for a round robin style event (no playoffs or medals).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.Non- Specialization: 6-6 only. All positions event.
Event 2 Challenge Cup	<ul style="list-style-type: none">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:Trillium, Championship and Select divisions for the girls McGregor CupChampionship and Premier divisions for the boys McGregor Cup
Event 3 McGregor Cup	<ul style="list-style-type: none">No self declareThere will be playoffs, medals, and points at this event.There will be no relegation going into the Bugarski CupGirls - The top Select teams will move up to Premier, the top Championship teams will move up to Select and the top Trillium teams will move up to Championship from the McGregor Cup to the Bugarski Cup.Boys – The top Championship teams will be promoted to Premier from the McGregor Cup to the Bugarski Cup.Limited-Specialization: 4-2, 6-2, 6-3 permitted. No 5-1 permitted.

	TRADITIONAL LIMITED-SPECIALIZED (TLS)
Event 4 Bugarski Cup	<ul style="list-style-type: none">No Self declareThere will be playoffs, medals, and points at this event.Limited-Specialization: 4-2, 6-2, 6-3 permitted. No 5-1 permitted.
Ontario Championships	3 Day - Challenge Event
Ontario Championships Eligibility	2 Events - A teams rank going into the Ontario Championships will be based on their top 2 average. The top 2 average will not include Provincial Cup points, only the best two results from Challenge, McGregor, and Bugarski Cup.
Designated Setting Position	Yes
Libero	No
Overhand Serve Receive	No
Ball	VQ200W-OVA
Court Size	9m x 18m
Net Height	<ul style="list-style-type: none">2.15m Female2.20m Male
Serving Regulations	5 serve maximum for a serving position. If a server serves 5 straight points, their team will rotate and a new server will begin serving. Clarification: This rule refers to the serving position, not just the individual server. For example, if Player A serves 4 times in a row and is substituted for Player B, Player B can only serve a maximum of 1 time before the team rotates.
Warm Up Protocol	First match of the day: 5 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team All remaining matches: 2 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team NO shared hitting or travelling under net

	TRADITIONAL LIMITED-SPECIALIZED (TLS)
Substitutions	Fairplay
Specialization	<ul style="list-style-type: none">• No specialization for first two events.• Afterwards, teams are permitted to use a 6-2, 4-2 or 6-3 system if they wish.• No 5-1 system is permitted!
Playing Time	Fairplay
Ranking Points	Points will be awarded for all events but OC seeding will be only based on a team's top 2 average from the Challenge, McGregor and Bugarski Cups.
Medals	Medals will be awarded for Challenge events and Ontario Championships
Referees	Single referees provided
Athlete Membership Level	Full competitive membership
Coaching Eligibility	<p>MANDATORY ELIGIBILITY REQUIREMENTS FOR OVA COACHES</p> <p>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 complete the following requirements prior to their registration as an OVA member.</p> <ul style="list-style-type: none">• Abide by the OVA Screening Policy<ul style="list-style-type: none">◦ Submit a Level 2 Criminal Record & Judicial Matters Check (CRJMC) or Enhanced Police Information Check (E-PIC) completed within 3 years.◦ Complete the OVA Screening Disclosure Form via MRS registration• Complete the following training<ul style="list-style-type: none">◦ Making Head Way (Free)◦ Coaches Association of Canada Safe Sports Training (Free) <p>All individuals in a Head Coach or Assistant Coach role and all individuals acting as a Head Coach or Assistant Coach during an OVA event must also complete the following training prior to their registration as a member of the OVA:</p> <ul style="list-style-type: none">◦ Foundations of Volleyball (\$89)◦ Making Ethical Decisions Online Evaluation (\$85 or free if course was completed) <p>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.</p> <p>It is the responsibility of OVA Clubs to verify the eligibility of their coaches prior to having them register as members and listing them on their Club Information Form at the start of the season.</p> <p>Individuals who have not completed the above requirements are not eligible to be listed on an OVA event scoresheet. Ineligible individuals will be fined \$150 per occurrence and match results may be forfeited.</p>



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