



2025/2026 What's New 2.0

TLS SERVE RECEIVE RULE

The TLS stream (Boys & Girls) are now permitted to receive a serve with an overhead motion using the fingers. This change aligns with Volleyball Canada's updated serve receive rule for the 2026 14U Nationals.

New Roster lock date

The roster lock date for both the Regular Season and the Ontario Championships has been updated to Monday, February 23, 2026, at 11:59 p.m. At that time, all rosters in MRS will be locked meaning clubs will not have the ability to make any further changes.

- After this deadline, no roster changes can be made. This includes athlete lateral movement, call-ups to older age groups, or coach changes.
- If a team requires a roster adjustment after the lock date, a Change Request Form will be available through Cognito Forms (\$50 per change). The OVA will review each request and provide a decision within 2 business days.
- If a team has an athlete or coach on the bench at an OVA sanctioned event that is not a full member in MRS or not on the team roster in MRS; the team will be sanctioned as per the OVA sanction chart which also can result in forfeited matches due to an ineligible person on the scoresheet.
- Teams have up to 15 athlete roster spots available in MRS. It is strongly recommended to fill all 15 spots with potential call-ups to ensure eligibility if a call-up is needed after the roster lock date.
- At the Ontario Championships coach check-in, coaches will be able to scratch any players or coaches not attending, which is a much simpler process than trying to add new participants at that time.

Roster Verification for all Regular Season Tournaments

Effective immediately, Head Coaches (HCs) are required to present a copy of their official MRS roster (printed or saved electronically on a phone) at the start of every match for all Regular Season Events.

The referee will compare the team's MRS roster to their roster sticker or list of names on the game sheet to confirm that all athletes and coaches listed on the game sheet also appear on the official MRS roster the HC is presenting.

- It is acceptable for the MRS roster to include additional individuals who are not listed on the roster sticker.
- However, it is not permitted for the roster sticker to include individuals who are missing from the MRS roster.

Step-by-Step Process for Head Coaches

- The Head Coach role in MRS now can view, edit and print team rosters.
- Log in to MRS (mrs.volleyball.ca) at least one week prior to your event.
- Click on "My Teams" and then click on your team from the list.
- Review your team roster to ensure all athletes and coaches are correctly listed.
 - Only individuals on the MRS roster are eligible to appear on the bench.
 - HCs may add or remove athletes/coaches who are already approved members in MRS.

- If an athlete or coach does not appear in MRS, they must register/create a profile.
- Once the roster is correct and includes all participants expected to appear on the game sheet, click the "Print Roster" button for a copy of the team roster. This can either be printed or saved as a pdf to a computer or a phone.
- At the start of each regular season match, present the MRS roster (paper or pdf) to the referee. The referee will verify that all participants on the roster sticker/game sheet are also included on the downloaded MRS roster.

Additional Notes

- Lateral athlete movement remains unlimited until the roster lock deadline of February 23, 2026.
 - Any lateral movement roster adjustments must be entered into MRS before each OVA regular season event and must appear on the official MRS roster presented to the referee prior to every regular season match.
 - Please see Section 4.9 of the Youth Competitions Manual for more information around lateral movement.
- Teams may continue to bring up to five underage athletes until the roster lock deadline of February 23, 2026.
 - Any underage athlete roster adjustments must be entered into MRS before each OVA regular season event and must appear on the official MRS roster presented to the referee prior to every regular season match.
 - Please see Section 4.8 of the Youth Competitions Manual for more information around athletes playing up.
- When a coach creates an MRS profile, they are only approved by the OVA once all certification and membership requirements are completed. This approval process may take up to two business days.
 - For this reason, it is important to review your team roster well in advance of your event to ensure all required coaches are listed. Please note that a missing coach cannot be added the day before or on the day of an event due to this timeline.

For the first season of implementing these new Regular Season roster checks, there will be a "soft launch" applied to the 2025 Provincial Cups when it comes to athletes only.

- Referees will still check the MRS roster download presented by the HC prior to each match, and the full process outlined above will be followed.
- Any coach or team staff members that are not listed on the roster from MRS will not be permitted to sit on the bench at any OVA tournament (Including the Provincial Cup).
- However, for the Provincial Cup events, there will be leniency if an athlete is missing from the downloaded roster and will be allowed to play. However, they must be added immediately after the tournament to the team roster in MRS.
- All errors or omissions in MRS rosters must be corrected before the Challenge Cup events, where the process will be enforced without exception.
- Beginning with Challenge Cups and for the remainder of the season, any coach or athlete not listed on the official MRS roster will not be permitted on the bench until they have been added to the MRS roster by the HC.

What to do if there is a missing athlete or coach on the downloaded MRS roster:

- The start time of a match will not be delayed to fix an MRS roster issue.
 - Coach Missing on MRS Roster (All OVA Events)
 - HC to add the missing coach to the MRS roster if the Coach has already been approved by the OVA and is in MRS. The HC can then show the updated roster to the referee prior to the start of the match.
 - If the missing coach is not in MRS, this means they have either not created an MRS profile yet or have created a profile but are missing some requirements which is why they have not been approved by the OVA yet.
 - PLEASE NOTE – It takes the OVA 1-2 Business days to approve a coach once all their requirements have been met.
 - If the missing coach is not in MRS, then they are not eligible to be on the bench until they have created an MRS profile, completed all coaching requirements and been

approved by the OVA. Once approved, the HC can then add the missing coach to the team's MRS roster.

- Athlete Missing on MRS Roster (Provincial Cup ONLY)
 - “Soft roster check” in place for athletes only for all Provincial Cups
 - If any athlete is missing, they must be added to the MRS roster immediately after the tournament
- Athlete Missing on MRS Roster (All Other Events)
 - HC to add the missing athlete to the MRS roster if there is still time before the start of the match. This should be possible if the athlete already has an active Competitive Athlete profile in MRS.
 - If the missing athlete is not in MRS, the athlete or parent will have to create a Competitive Athlete profile in MRS and once completed, the HC can then add the player to their MRS roster.
 - If the HC cannot add this athlete to their MRS roster prior to the start of the match, then the athlete will miss the match until they have been added to the roster.

Roster Verification for Ontario Championships

This process is still the same except for the new roster lock date of February 23, 2026 at 11:59pm. As of this date, all rosters will be locked in MRS and OVA staff will then download all rosters to be used to update the team rosters in the OVA Champs app and preparing the Ontario Championship coach check in sheets.

Clubs are no longer able to purchase coach memberships in MRS when adding coaches to team rosters

In previous OVA seasons (and during the last few weeks), the MRS was still programmed to allow clubs to purchase a coach role for a member when they were added to a team roster. We kept this functionality last season as a test as we understand the convenience of clubs being able to pay for their coaches' memberships on their behalf.

Unfortunately, this resulted in a large number of coaches being added to team rosters before their coach eligibility requirements were reviewed and approved by the OVA. With the new roster verification process being implemented this season, we absolutely cannot have coaches added to a team roster until they are approved in MRS.

Therefore, going forward coaches can only be added to a team roster after their coach eligibility requirements have been completed and they have been approved in MRS.

If you try to add a member to a team roster in MRS and the “head coach” or “assistant coach” options are not showing up, that means they do not have an approved coach role in MRS.

If you have any questions about the eligibility status of any of your coaches, please feel free to email: pia@ontariovolleyball.org.