



## OVA Competition Matrix Learn to Compete Female



	16U Girls	17U Girls	18U Girls
<b>Playing Format</b>	6 on 6	6 on 6	6 on 6
<b>Game Day Roster (Game day only)</b>	14 athletes (ideal 10)	14 athletes (ideal 10)	14 athletes (ideal 10)
<b>Substitutions</b>	Trillium - Fairplay for regular season pool play All other divisions 6 sub limited	6 Sub limited	6 Sub limited
<b>Competition hours per week</b>	1-4 hours	1-4 hours	1-4 hours
<b>Training Hours/Week</b>			
<b>Volleyball Training</b>	4-5 hours	4-5 hours	4-5 hours
<b>Physical Preparation</b>	3-4 hours	3-4 hours	3-4 hours
<b>Mental Preparation</b>	2 hours	2 hours	2 hours
<b>Ontario Championship Requirements</b>	Two OVA Events	Two OVA Events	Two OVA Events
<b>Recommended Practice Duration</b>	90-120mins	90-120mins	90-120mins
<b>Maximum Game Duration</b>	3-5 sets	3-5 sets	3-5 sets
<b>Season Length</b>	30-40 Weeks	30-40 Weeks	30-40 Weeks
<b>Training to Competition Ratio</b>	60% Training/40% Competition	60% Training/40% Competition	60% Training/40% Competition
<b>Percentage of team in each division</b>			
<b>Event #1*</b>	T=60%, C=25%, S=10%, P=5%	T=55%, C=22%, S=15, P=8%	T=40%, C=30%, S=20%, P=10%
<b>Event #2*</b>	TG=45%, TW=25%, C=20%, S=10%, P=5%	T=55%, C=22%, S=15, P=8%	T=40%, C=30%, S=20%, P=10%
<b>Event #3*</b>	TG=45%, TW=25%, C=20%, S=10%, P=5%	T=55%, C=22%, S=15, P=8%	T=40%, C=30%, S=20%, P=10%
<b>Event #4*</b>	TG=45%, TW=25%, C=20%, S=10%, P=5%	T=55%, C=22%, S=15, P=8%	T=40%, C=30%, S=20%, P=10%
<b>Event #5* (18U ONLY)</b>	N/A	N/A	T=40%, C=30%, S=20%, P=10%
<b>Libero</b>	Yes	Yes	Yes
<b>Over Hand Serve Receive</b>	Yes	Yes	Yes
<b>Net height</b>	2.24m	2.24m	2.24m
<b>Court Size</b>	9m x 9m	9m x 9m	9m x 9m
<b>Uniforms</b>	Matching shorts not required	Matching shorts not required	Matching shorts not required
<b>Official Ball</b>	Mikasa MVA V200W	Mikasa MVA V200W	Mikasa MVA V200W
<b>Warm up Protocol</b>	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	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	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
<b>Assignment of Officials</b>	Premier - Double Select and Lower - Single	Premier - Double Select and Lower - Single	Premier - Double Select and Lower - Single
<b>Respect in Sport Required</b>	Yes	Yes	Yes
<b>Coaching Certification</b>	<a href="https://cdn4.sportngin.com/attachments/document/44f2-1591880/2019_Coach_Certification_Policy.pdf?_ga=2.93687709.1868630462.1566825511-1883300612.1560534166">https://cdn4.sportngin.com/attachments/document/44f2-1591880/2019_Coach_Certification_Policy.pdf?_ga=2.93687709.1868630462.1566825511-1883300612.1560534166</a>		
<b>Purple Card</b>	Yes	Yes	Yes

\*percentages are based on ideals and may fluctuate between 3-5%

†The tiers are as follows: TG or TW=Trillium White or Trillium Green (development focused), C = Championship (higher level of competition), S=Select (Competitive play for the 14U-17U Girls), P=Premier (highest level of competition for the age division)