



## OVA Competition Matrix Train to Train Male



	4v4 Rallyball	6v6 Rallyball	Traditional Non-Specialized	15U Boys	16U Boys
<b>Playing Format</b>	4 on 4 Tripleball	6 on 6 Tripleball	6 on 6	6 on 6	6 on 6
<b>Game Day Roster (Game day only)</b>	Roster size of 10+ athletes Larger rosters are permitted to be split into 2 teams for the 4x4 competition.	10+ athletes	10+ athletes	10+ athletes	14 athletes (ideal 10)
<b>Substitutions</b>	Fairplay regulations	Fairplay regulations	Fairplay regulations	Pool Play = Fairplay Playoffs = 12 Sub Limited	Trillium - Fairplay for regular season pool play All other divisions 6 sub limited
<b>Competition hours per week</b>	4-5 hours	4-5 hours	4-5 hours		1-4 hours
<b>Training Hours/Week</b>					
<b>Volleyball Training</b>	6-10 hours	6-10 hours	6-10 hours	6-10 hours	4-5 hours
<b>Physical Preparation</b>	2-5 hours	2-5 hours	2-5 hours	2-5 hours	3-4 hours
<b>Mental Preparation</b>	2 hours	2 hours	2 hours	2 hours	2 hours
<b>Ontario Championship Requirements</b>	N/A	Two OVA Events	Two OVA Events	Two OVA Events	Two OVA Events
<b>Recommended Practice Duration</b>	90mins	90mins	90-120mins	90-120mins	90-120mins
<b>Maximum Game Duration</b>	2-3 sets	2-3 sets	2-3 sets	2-3 sets	3-5 sets
<b>Season Length</b>	16-28 weeks	26-34 Weeks	26-34 Weeks	26-34 Weeks	30-40 Weeks
<b>Training to Competition Ratio</b>	50% Training/50% Competition	70% Training/30% Competition	70% Training/30% Competition	70% Training/30% Competition	60% Training/40% Competition
<b>Percentage of team in each Tier<sup>1</sup></b>					
<b>Event #1*</b>	T=100%	T=100%	T=100%	TG=65%, C=25%, S=10%	T=55%, C=30%, P=15%
<b>Event #2*</b>	T=100%	T=100%	T=100%	TG=45%, TW=25%, C=20%, S=10%, P=5%	T=55%, C=30%, P=15%
<b>Event #3*</b>	T=100%	T=100%	T=60%, C=30%, S=10%	TG=45%, TW=25%, C=20%, S=10%, P=5%	T=55%, C=30%, P=15%
<b>Event #4*</b>	T=100%	T=60%, C=40%	T=45%, C=30%, S=15%, P=10%	TG=45%, TW=25%, C=20%, S=10%, P=5%	T=55%, C=30%, P=15%
<b>Event #5*</b>	T=100%	T=60%, C=40%	T=45%, C=30%, S=15%, P=10%		
<b>Specialization</b>	No	No	No	Yes	Yes
<b>Designated Setter</b>	Yes	Yes	Yes	No	No
<b>Libero</b>	No	No	No	No	Yes
<b>Over Hand Serve Receive</b>	No	No	No	Yes	Yes
<b>Net height</b>	2.1m	2.15m	2.15m	2.24m	2.35m
<b>Court Size</b>	7m x 7m	9m x 9m	9m x 9m	9m x 9m	9m x 9m
<b>Uniforms</b>	Matching shorts not required	Matching shorts not required	Matching shorts not required	Matching shorts not required	Matching shorts not required
<b>Official Ball</b>	Mikasa MVA Lite	MVA VQ200W-OVA*	MVA VQ200W-OVA*	MVA VQ200W-OVA*	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	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>	None	Single	Single	Single	Premier - Double
<b>Respect in Sport Required</b>	Yes	Yes	Yes	Yes	Yes
<b>Coaching Certification</b>	<a href="http://www.ontariovolleyball.org/coaches">www.ontariovolleyball.org/coaches</a>				
<b>Purple Card</b>	Yes	Yes	Yes	Yes	Yes

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

<sup>1</sup>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)