



**ONTARIO CHAMPIONSHIPS 2026**

**COMPETITION GUIDE**

# THANK YOU TO OUR OFFICIAL SPONSORS AND PARTNERS



# Pack Light Cheer Loud



Outside food, tables, chairs, coolers, appliances & potlucks are **NOT ALLOWED** at this tournament, based on venue regulations



# EVERYTHING YOU NEED TO KNOW AT A GLANCE

---

## BEFORE YOU ARRIVE

This manual is designed to complement the OVA Indoor Youth Competitions manual and should be used in conjunction with it.

For the most up to date information, please see the OVA website at <https://www.ontariovolleyball.org/enecareocs>

### Download the OVAchamps App

The OVAchamps app is your official guide to the Ontario Championships.

Instantly check scores and schedules, browse every team's roster and photos, get directions to and from Enercare Centre and discover what to do in Toronto. Plus, access exclusive OVA content before it gets published elsewhere, like discovering the 2026 OVA All Stars and Ken Davies and Evelyn Holick award winners!

Download the app today for iPhone, iPad, and Android by searching "OVAchamps" in the app store.

### Save the Hotline Phone Number

During event days, the Ontario Championships hotline can be reached at **647-467-5514** during the hours of 6:30am-10:30pm.

Use this phone number in the event of an emergency during the Championships or when it is necessary to contact an Event Staff member immediately.

## WHEN YOU ARRIVE

### Coaches Check-In

All coaches, Club or Team representative must check-in to have their team rosters confirmed prior to competing. Coaches check-in can be found in the pre-function space in the east end of the main Galleria (south of Hall D).

***All teams that are participating in the AM wave must check in the night prior to the competition between. All PM wave teams can either check in the night prior or on day one of the competition from 11:00am-3:00pm.***

*Please review section 3.0 for Team Check-In times and coach requirements.*

The individual completing check-in will be required to perform the following duties at check-in:

- Provide emergency contact information for the team
- Scratch all team personnel and players from the official roster who are not participating in the event.
- Sign off on the roster confirming its accuracy for the duration of the competition
- List your on-site contact phone number
- Provide written acknowledgment that the team understands and must compete at Ontario Championships as per the following:
  - 2026 OVA OC's Team Handbook
  - 2025-2026 Youth Competition Manual

- 2025-2026 Volleyball Canada rulebook
- VC/OVA Concussion Protocol
- OVA Code of Conduct
- Respect in Sport training requirements
- List your concussion designate

## WHILE YOU ARE HERE

### Scores & Schedules

All scores and schedules will be posted online Advanced Event Systems (AES) at <https://www.advancedeventsystems.com/events> . You can also easily access scores and schedules on AES using the OVACHamps app. Scores will be posted shortly after the conclusion of each match.

### News, Information & Fun

We strongly recommend following the OVA social media accounts for the most up-to-date event information, including important announcements, live event coverage, contests and more.

Follow **ova\_updates** on Instagram and Twitter and be sure to tag us using the hashtag **#OVACHamps**.

Event information can also be found online at <https://www.ontariovolleyball.org/ontario-championships>

### THEME DAYS!

For the 2nd year in a row, show your team spirit on the 2nd day of each event! Join the fun and don't forget to tag our socials!

- Friday April 17 - Superhero
- Monday April 20 - Safari Day (Animal or Tourist)
- Friday April 24 - Pajama Party

Theme Day participation is optional; it is not mandatory or expected. Theme Day attire must not interfere with your team uniform or player safety.

### Destination Toronto Special Offers and Passes

Building your Toronto itinerary just got easier! Visit major attractions, iconic museums, and craft breweries with convenient passes at budget-friendly prices.

Each pass contains a curated selection of unforgettable Toronto experiences, so you can immerse yourself in all that the city has to offer. Choose from various purchase options below based on how many days you want to experience, save the pass to your phone, and start exploring

<https://www.destinationtoronto.com/things-to-do/special-offers/>

### Reporting Incidents

There will be Event Security and off duty police officers present at the facility. They can be contacted by request via any OVA Referee Development Team Member (look for green shirts and black vests), OVA staff or Enercare Centre staff member. In the event of an emergency please call 911. The event tournament office is in room 105 in the main Galleria of Enercare if an OVA staff person is required.

### Event Staff

If you have any questions or concerns that aren't covered within this Handbook, or if a problem arises on

site, our Event Staff will be happy to assist you. Event Staff can be contacted using the above hotline phone numbers or can be found onsite in Room 105.

Our Ontario Championships Tournament Directors are:

**Mark Wiersma** – Manager of Indoor Programs [mwiersma@ontariovolleyball.org](mailto:mwiersma@ontariovolleyball.org)  
**Jacob Barker** – Youth Competitions Lead [jbarker@ontariovolleyball.org](mailto:jbarker@ontariovolleyball.org)  
**Claire Melanson** – Indoor Program Coordinator [cmelanson@ontariovolleyball.org](mailto:cmelanson@ontariovolleyball.org)  
**Hayden Cavender** – Program Coordinator [hcavender@ontariovolleyball.org](mailto:hcavender@ontariovolleyball.org)  
**Alishia Lidums** – Director of Operations [alidums@ontariovolleyball.org](mailto:alidums@ontariovolleyball.org)

# Table of Contents

|  |           |
|--|-----------|
| <b>1.0 ELIGIBILITY AND REGISTRATION</b> .....                          | <b>3</b>  |
| 1.1 Membership .....   | 3         |
| 1.2 Eligibility .....  | 3         |
| 1.3 Players .....  | 4         |
| 1.4 Annual Membership .....  | 4         |
| 1.5 Respect in sport .....   | 4         |
| 1.6 Multiple Teams .....   | 4         |
| 1.7 Multiple Ontario Championships.....                                | 4         |
| 1.8 Team Personnel/Person(s) in Authority.....                         | 4         |
| 1.9 Minimum Age.....   | 5         |
| 1.10 National Championship Rosters .....                               | 5         |
| 1.11 Official Roster.....  | 5         |
| 1.12 Roster Exemption Request.....                                     | 5         |
| 1.13 OVA Champs App Team Roster .....                                  | 5         |
| 1.14 Refund Policy .....   | 6         |
| <b>2.0 COMPETITION REGULATIONS &amp; PARTICIPANT INFORMATION</b> ..... | <b>6</b>  |
| 2.1 Playing on sport court .....                                       | 6         |
| 2.2 Game Day Scheduling.....   | 7         |
| 2.3 Lining and Scoring.....  | 7         |
| 2.4 Warm Up Protocol .....   | 7         |
| 2.5 Hitting Warm Up Protocol.....                                      | 8         |
| 2.6 Ball Free Warm Up Zone .....                                       | 8         |
| 2.7 Default Procedure .....  | 8         |
| 2.8 Protests.....  | 9         |
| 2.9 Pom poms.....  | 9         |
| 2.10 Noisemakers.....  | 10        |
| 2.11 Tripod and cell phone use .....                                   | 10        |
| 2.12 Cameras & Tablet use for filming.....                             | 10        |
| 2.13 No Side Switching Between Sets for All OVA Events.....            | 10        |
| <b>3.0 TEAM CHECK IN</b> .....   | <b>10</b> |
| 3.1 Team Check In .....  | 10        |
| 3.2 Check in Duties .....  | 11        |
| <b>4.0 SCHEDULES AND SEEDING</b> .....                                 | <b>11</b> |
| 4.1 Tournament Draw.....   | 11        |

|     |  |           |
|-----|--|-----------|
| 4.2 | Draw Principles .....  | 12        |
| 4.3 | Wave Times .....   | 12        |
|     | <b>Each Ontario Championship event is broken into two waves per day: .....</b> | <b>12</b> |
| 4.4 | Division Size .....  | 12        |
| 4.5 | Seeding .....  | 12        |
| 4.6 | Competition Schedules.....   | 12        |
| 4.7 | Advanced Event Systems (AES) .....   | 12        |
| 5.0 | <b>ONSITE MEDICAL &amp; FIRST AID PROTOCOLS .....</b>                          | <b>13</b> |
| 5.1 | Athletic Therapy .....   | 13        |
| 5.2 | First Aid Protocol .....   | 13        |
| 5.3 | Concussion Policy and Safety Protocols .....                                   | 13        |
| 5.4 | <b>EMERGENCY ACTION PLAN .....</b>   | <b>14</b> |
| 6.0 | <b>AWARDS .....</b>  | <b>14</b> |
| 6.1 | Awards of Excellence – 4v4-18U .....   | 14        |
| 6.2 | Grand Prix All Stars 2026.....   | 14        |
| 6.3 | Ken Davies and Evelyn Holick Award Presentations.....                          | 14        |
| 6.4 | Team Prizing.....  | 14        |
| 6.5 | Awards Presentations.....  | 14        |
| 7.0 | <b>CODE OF CONDUCT &amp; COMPETITION POLICIES .....</b>                        | <b>15</b> |
| 7.1 | Code of Conduct .....  | 15        |
| 7.2 | Purple Card Policy .....   | 15        |
| 8.0 | <b>TOURNAMENT &amp; VENUE INFORMATION .....</b>                                | <b>15</b> |
| 8.1 | Venue .....  | 15        |
| 8.2 | Enercare Centre Parking.....   | 15        |
| 8.3 | Food Services.....   | 16        |
| 8.4 | ATM Locations.....   | 17        |
| 8.5 | Outside Devices .....  | 17        |
| 8.5 | Food services only accepts credit card or debit cards. No cash.....            | 17        |
| 8.6 | Lost or Stolen Items .....   | 17        |
| 9.0 | <b>VENDOR HALL .....</b>   | <b>18</b> |
| 9.1 | Vendors.....   | 18        |
| 9.2 | Hours of Operation.....  | 18        |
| 9.3 | No Reserved Seating.....   | 18        |
| 9.4 | CanuckStuff Club House .....   | 18        |
| 9.5 | Team Ontario Athlete ID Process .....  | 18        |

**9.6 Event Photography & Team Photos.....19**

**9.7 OVA Champs App .....20**

**9.8 Destination Toronto Offers .....20**

**9.9 Toronto Marlies Ticket Discount .....20**

**10.0 SAFE SPORT .....21**

**10.1 Person in Authority Code of Conduct.....21**

**10.2 Person in Authority Code of Conduct – Purpose.....21**

**10.3 Policies .....21**

**10.4 Reporting a Complaint .....21**

**10.5 Mental Health.....22**

**10.6 Concussion Policy and Safety Protocols .....22**

***This Handbook is designed to complementary the OVA Indoor Youth Competitions manual and should be used in conjunction with it.***

***All teams are responsible for reviewing and understanding all information contained in this supplementary Handbook as well as the 2025-2026 OVA Youth Competitions Manual, and the 2025-2026 Volleyball Canada Rule Book.***

***For the most up to date information, please see the OVA website at <https://www.ontariovolleyball.org/enercareocs>***

## **1.0 ELIGIBILITY AND REGISTRATION**

---

### **1.0 REGISTRATION**

#### **1.1 Membership**

All players, coaches and team staff must be registered members in good standing with the OVA before they are eligible to participate in any activities associated with the OVA. Membership provides insurance coverage. If a player or team staff member participates in an OVA associated event without having paid an OVA membership fee, a fine will be charged to the associated Club and they will be placed in bad standing until the fine is paid in full. Any results or team finishes where an unregistered player has been listed on the score sheet may be forfeited.

- A player can only register and participate with one (1) Club
- Only those listed on the official roster are permitted to sit on the bench, and/or participate in the team warmup.
- OVA Memberships are non-refundable.

OVA members must be residents of Ontario. Any exception to this must have the approval of the OVA, Volleyball Canada and the provincial/territorial governing body where the individual resides. Contact the OVA office for further information and details of this membership approval process.

Please visit the OVA website [www.ontariovolleyball.org](http://www.ontariovolleyball.org) for MRS registration procedures.

The full OVA membership policy can be found on the OVA website.

#### **1.2 Eligibility**

**All teams must meet the following minimum criteria to be eligible to participate in Ontario Championships:**

- Fully registered as a Club team in good standing and may only use registered OVA members in good standing of that Club.
- All participants (including athletes and team personnel) must have completed the registration process through MRS. Only athletes that are properly registered and have a Respect in Sport certification number on their profile are eligible to participate in Ontario Championships.
- Have met the age division eligibility criteria for qualifying number events I.e., 2 events for TLS to 18U.
- Coaches meet the OVA Coach Eligibility Policy requirements.
- Meet any additional registration requirements of the OVA and Volleyball Canada.
- Any foreign team looking to participate must be registered and in good standing with their own National Federation.

An OVA representative in any capacity may request proof of age, OVA membership registration, or Coaches' Police Record Check/Vulnerable Sector Screening at any time prior to or during participation in Ontario Championships.

Fully registered youth teams are eligible for the Ontario Championships provided they meet the following requirements:

| Age Category         | Number of OVA Events        |
|----------------------|-----------------------------|
| 4v4 Rallyball        | No Eligibility Requirements |
| 6v6 Rallyball to 18U | 2                           |

Teams from Region 1 are exempt from eligibility requirements; however, they must adhere to the posted deadlines and follow OVA policies regarding Respect in Sport and screening.

### 1.3 Players

A team in the 4v4 division must have a minimum of 4 players listed and a suggested maximum of 8 players registered on their official roster.

A team in any of the 6v6-18U age categories must have a minimum of 8 players and a maximum of 15 players registered on their official roster. A maximum of 15 players can be in uniform, participate in the warm-up, and sit on the bench and be on the roster. For tournament play, the OVA will allow teams to play with 6 or more players due to unforeseen circumstances.

### 1.4 Annual Membership

To be eligible to participate in Ontario Championships, each athlete on the official roster must be registered as a Youth Recreational Player (4v4) or a Youth Competitive player with the OVA for TLS to 18U Divisions. Players can only appear on one roster.

### 1.5 Respect in sport

All players must have one parent/guardian complete the Respect in Sport (RIS) module and have the certificate number entered in the athletes' profile in the OVA's Membership Registration System (MRS) prior to participating in Ontario Championships.

### 1.6 Multiple Teams

A player can register and play with more than one team within the same Club. However, the player must declare which roster they wish to be on for Ontario Championships prior to the OVA roster lock date.

### 1.7 Multiple Ontario Championships

A player can only be listed on one roster (one per age category) per tournament/three-day event. If a player is found in violation of this rule, they are deemed **an ineligible player** and any matches he or she has participated in will be forfeited for that team.

### 1.8 Team Personnel/Person(s) in Authority

These are the individuals responsible for the coaching and management of the team; all personnel must be registered with the appropriate Leader membership with the OVA.

Please note the following guidelines for the official roster for Ontario Championships:

- A maximum of 5 team personnel that can sit on the bench\*
  - A minimum of one (1) individual who must be the Head Coach
  - Up to 4 Assistant Coaches
- Only those listed on the official roster are eligible to be on the score sheet and/or bench for any given match.

*\*Although the MRS allows for a maximum of twelve (12) team personnel, only five (5) of these individuals can be on the scoresheet and/or on the bench for any given match.*

All individuals who sit on the bench at an OVA sanctioned event **must have** an approved Head Coach or Assistant Coach role in MRS. The Coach Eligibility Policy can be found on the OVA website [HERE](#).

- For example: a team trainer that does not have a HC or AC role as part of their MRS profile is not able to sit on the team bench or be on the scoresheet in OVA sanctioned events.

- Individuals who do not have an approved coach role in MRS are not eligible to be listed on an OVA event scoresheet or sit on the bench. Ineligible individuals will be fined \$150 per occurrence, and match results may be forfeited.
- \*An individual is not permitted to be designated as Head Coach for two teams in the same tournament. The same individual may be designated as a Head Coach for one team and a different team personnel role for another in the same tournament.

### **1.9 Minimum Age**

All coaches and team personnel members that are on the official roster in MRS must be a minimum of 11 years of age.

Team personnel who are the parent/caregiver to any young children may leave the bench to attend to them during the match provided the referee has been informed in advance. If the parent is the Head Coach, the Assistant Coach would be permitted to temporarily act as head coach during this time.

Team personnel who are parents of an infant (under the age of 1) will be permitted to have the infant with them on the bench during matches. The infant must be appropriately secured in a hands-free baby carrier or in a stroller directly behind the bench. The team must notify OVA of this occurrence prior to the event to ensure that competition officials are aware of it. The team may be asked to complete a Risk Acknowledgement form as they are exposing the infant to a higher-risk environment.

New for 2026: Team personnel who are parents of children under the age of 11, and do not have additional parental support on site, while be supported by the OVA in having the child on the bench during matches. The child may not participate in warmup and must remain on the bench throughout the entirety of the match. The team must complete a Risk Acknowledgement form as they are exposing the child to a high risk environment.

### **1.10 National Championship Rosters**

Volleyball Canada uses the official team rosters from Ontario Championships for National Championships team check in and participation. Please ensure your roster in MRS matches who will be in attendance from OC's to National Championships. I.e., if a player is sick and you remove them from your roster for OC's at coach check in and/or MRS, they will not be eligible to play at National Championships. Please keep them listed on your roster and just scratch them on the scoresheet at Ontario Championships.

\*The number of permitted athletes on a scoresheet for VC NATIONALS may be different than the OVA. Please refer to Volleyball Canada's competition guide for their rules and regulations.

### **1.11 Official Roster**

The roster lock date in the MRS is February 23, 2026.

### **1.12 Roster Exemption Request**

Changes made to the official roster following the February 23<sup>rd</sup> roster lock date will only be considered under exceptional circumstances. All change requests must be filled out [HERE](#) via Cognito Forms. A \$50+hst fee will be charged per change request. If the request is denied the \$50 fee will be refunded.

- A Club will be fined \$150 per occurrence if found to have unregistered/ineligible players, coaches and/or team staff on their bench and results may be forfeited.
- For this reason, it is recommended that teams register more than the minimum number of participants on their official roster since only those on this roster can participate in a VC Championship.

### **1.13 OVA Champs App Team Roster**

All teams must upload their team photo and fill in their event roster at the team level in MRS to enter jersey numbers, positions (if applications), and height and upload their team photo by February 23, 2026 to have their team uploaded in the OVA Champs App in the "team" section.

#### **Steps for Editing and Uploading your Team Roster and Photo**

1. Login to MRS <https://mrs.ontariovolleyball.org/Account/Login>
2. On your homepage, click on your team's name under the "Teams" section

3. Ensure that your roster is correct (all coaching staff and athletes that will be participating in Ontario Championships are listed)
4. Click “edit roster”.
5. On the Edit roster page, all the athletes' names are pre-populated – all you need to do is enter all required roster information.
6. Click “Upload Team Photo”. Select your photo and click “Open”.
7. Once all information has been entered and you’ve uploaded your .jpeg file, hit save.
8. That’s it, you are done!

**Please note:** If an athlete or coach is missing from your team, they will not show up on the “Edit Roster” page. Prior to editing your roster, click “Add member” and enter the first and last name and select the member you want to add to your team. Once the roster is correct, then click “Edit Roster” and enter all required information and upload your team photo.

If you need assistance, please reach out to the OVA’s Membership Services Coordinator at [info@ontariovolleyball.org](mailto:info@ontariovolleyball.org) or 416-426-7132.

#### **1.14 Refund Policy**

The OVA will deduct a 10% administrative fee from all refund/cancellation requests for any OVA Indoor Ontario Championship event, cancelled prior to the registration deadline.

There will be no refund or credit issued for any cancellation requested after the registration deadline up until 60 days prior to the first day of the Championships.

There will be no refund or credit issued and the team will be fined \$300.00 for any cancellation requested within 60 days up to 30 days prior to the first day of the Championships.

Any cancellation within 30 days of the Championship will result in loss of the Championship entry fee and the team is fined \$600.

Failure to pay the fine within five (5) business days will result in the Club becoming members in bad standing and the Club teams will not be allowed to participate in any OVA event until the fine is paid in full.

All cancellation or refund requests must be made in writing to the OVA Program Coordinator responsible for the tournament age division.

Note: Any cancellations initiated by the OVA will be 100% refunded.

For the full policy, [click here](#)

## **2.0 COMPETITION REGULATIONS & PARTICIPANT INFORMATION**

*This section deals with the rules and regulations which govern Ontario Championships beyond the indoor rulebook. In addition, general information and guidelines for participants and spectators is covered here. PLEASE NOTE: all regulations in the 2025-2026 Youth Competitions Manual are still in effect.*

Participants, coaches, and team representatives are subject to and must obey all rules, policies and procedures of the Ontario Volleyball Association.

Please consult the [2025-26 Indoor Youth Competitions Manual](#) and the [2025-26 VC Rulebook](#) for a complete list of rules.

### **2.1 Playing on sport court**

The playing area includes the playing court and the free zone. Each team must play within its designated playing area.

Sport Court: The area beyond the edge of the sport court is designated as a non-playing zone. Therefore, the last point of contact prior to contact with the ball must be on the sport court and the player must always play the ball on the sport court tile with BOTH FEET touching the Sport Court.

Examples:

- One foot on the sport court, one foot on the cement while playing the ball = play is whistled dead.
- One foot on the sport court and one foot in the air while playing the ball, momentum carries you off the court before the 2<sup>nd</sup> foot can make contact with the sport court = play is whistled dead.
- Jump in the air, play the ball, and land off the sport court = play is whistled dead.
- Leave the playing area and step on a chair and play the ball = play is whistled dead.
- Play the ball on the sport court with both feet touching the Sport Court, the momentum of the athlete carries them off the court = play continues.

Any service action must be initiated with at least one foot in contact with the Sport Court.

**A Player may not cross the centre line inside or outside of the net post at any time to pursue the ball beyond the antenna.**

These rules are in place to minimize the risk to athletes.

## 2.2 Game Day Scheduling

The Tournament Director has the authority (in consultation with coaches and the Head Referee) to move matches ahead and/or move matches to a different court than scheduled, to avoid delays and shorten the length of the tournament day.

## 2.3 Lining and Scoring

The 24/25 Lining and Scoring protocol will continue for the 25/26 season. The lining and scoring for the 25/26 season will reflect the Volleyball Canada system which has been in place for the past three seasons and will be applied to all regular season events for the 15U to 18U divisions, including convention centre events and the Ontario Championships.

- Each team will be required to provide one athlete per game to act in the role of line judge.
- The athlete line judge will call lines for their own team (i.e. on the same side of the court as their own team bench) throughout the entirety of the match. Athlete line judges will be placed on opposite corners from each other.
- If the athlete acting as line judge is to be subbed into the match, the referee will provide adequate time for this change.
- Each team will be required to provide one volunteer per match to act in the role of Scorer or Assistant Scorer. This role may be completed by a parent or any supporter of the team. This individual should not be changed once the match protocols have started.

The Assistant Scorer will be responsible for the manual scoreboard while the Scorer will be responsible for the scoresheet.

4v4 – TLS – Each team will be responsible for two volunteers (one linesperson and one scorekeeper)

## 2.4 Warm Up Protocol

The hitting warm-up is an important part of game preparation; however, it does come with some inherent risks for both athletes and spectators. To reduce these risks, teams **must follow** these warmup guidelines during Ontario Championships:

- When one team has exclusive use of the court, the other team must either be at its team bench, out of the playing area or shagging balls for the opposing team (optional).
- Warming up with balls at the team bench, behind the court, or in the spectator walkways is not permitted.
- Teams are now required to warm-up baseline to net instead of sideline to sideline. This is to help cut down the number of rogue volleyballs affecting play in nearby courts.
- Athletes should not be crossing under the net during hitting warmups into the direct path of the balls.
- Athletes should run around the outside of the court to retrieve balls.

- Designate one side of the court as the attacking side and ask spectators to avoid sitting in the path of the attackers.
- Hitting should be directed away from courts with active games and from spectator seating areas, if possible.

The 2026 Ontario Championships will now follow the regular season Secondary Warm-up Protocol of a 2-4-4 for all matches within the tournament (Unless Noted Otherwise).

(2-4-4): For all matches within the Ontario Championships:

- Two (2) minutes of shared court time for ball handling
- Four (4) minutes of exclusive court time for serving Team
- Four (4) minutes of exclusive court time for the receiving Team
- No shared hitting and serving

The 18UG D1 T1/T2 and the 18UB D1T1 Best 3/5 matches will utilize a 10-5-5 warm-up

## 2.5 Hitting Warm Up Protocol

To reduce the incidence of injuries and concussions during warm-up and to further align with Volleyball Canada, updates have been made to the OVA's warm-up protocol. This protocol is to be followed by all teams during the designated on-court warm-up time:

- Designate one side of the court as the attacking side and ask spectators to avoid sitting in this area.
- Hitting should be directed away from courts with active games and from spectator seating areas.
- Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court. Coaches are no longer permitted inside the 3m line.
- Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
- If the team is using both sides of the court, i.e., full court game type activity – only one ball can be in play at any given time.
- Opposing teams are not permitted to use volleyballs in the free zone during the other team's allocated court time. It is recommended for the opposing team to support the retrieval of volleyballs for the team on the court.
- Athletes should not be crossing under the net during hitting warmups into the direct path of the balls.

RECOMMENDATION: The team that is not participating in the hitting warm up retrieves the balls for the on-court team.

## 2.6 Ball Free Warm Up Zone

One ball free warm up zone have been designated in Heritage Court. Please look for the large ceiling signage to direct you to the area.

Running is permitted within these areas. No ball handling is permitted in this area. Please be respectful of the teams playing matches on the courts next to the warm-up areas. No screaming, team cheers, or major distractions should be taking place in this area. It's strictly for running warmups. This is an unsupervised area enter at your own risk.

There is no **warming up in the hallways or main Galleria**. No volleyballs are allowed anywhere except on the playing courts. If a volleyball hits an overhead sprinkler, the alarm will sound, and the **entire facility will need to be evacuated** and play will be suspended until the fire department gives OVA staff the approval to re-enter the building. Please use the designated warm up area indicated above. Participants risk losing their volleyballs to security or Enercare staff if they do not abide by this rule.

## 2.7 Default Procedure

If a team is not in attendance for their scheduled match time, and it has been confirmed by the area supervisor/host that they are not currently playing another match at the facility, the referee will wait 10 minutes from the start time and then call a default for the 1st set. The referee will wait another 10 minutes, and if the team does not show up, they forfeit the match. The onsite team will win the match 25-0, 25-0 for 2/3 matches and 25-0, 25-0, 25-0 for 3/5 matches.

## 2.8 Protests

Any protest or appeal at Ontario Championships will be overseen by a Competition Jury, composed of any three of the following:

- Area Supervisor
- The Head Referee or approved designate
- OVA Staff Member or approved designate

The Competition Jury has the highest level of authority at the event and its decisions take precedence and cannot be appealed. They are in place to evaluate complaints and render decisions regarding issues that arise about the event organization and all technical matters. The Competition Jury may be called upon to make decisions on, but not limited to any of the following matters:

- Competition protests
- Player eligibility
- Uniforms
- Spectators
- Playing surface/area

The Head Official or approved designate will assume the role of Jury Chairperson.

The following types of issues can be protested or appealed:

- An improper decision by the referee who did not apply the rules or regulations.
- An improper decision of the scorer who made a mistake on the rotational order or on the score.
- Please note that **judgement calls cannot be protested**. A referee's decision regarding a playing action (i.e., ball handling or misconduct) cannot be protested.
- The protest will be accepted or rejected prior to the resumption of play by the Competition jury.

To officially protest or appeal a decision, the captain must launch the protest **immediately** to the first referee who will then indicate to the scorekeeper that a protest has been initiated. The scorekeeper will be responsible for notifying the area supervisor, who will contact the Head Official.

In the case of an incident during a match, the protest must be requested at the moment the incident occurs and before play resumes. Please remember that NO match will be replayed, as protests must be placed the moment of the incident.

In the event of a protest, the following will occur:

- The referee will notify both teams that there is a protest.
- The coach of the protesting team will be reminded that they must pay the \$100 protest fee via the MRS system post match and the Head Ref is to record the protest.
- Both teams will be asked to stay on the court until the final decision is rendered.
- The Chairperson of the Jury will convene the jury.
- The jury will interview the coach of the protesting team.
- The jury will interview all involved parties, as they see fit i.e., opposing coach, official, captain, athletes, etc.
- The jury will deliberate and render a decision.
- The chairperson of the jury will inform all parties involved of the decision made.
  - Refusal means that the point, game or match result stands as played.
  - Acceptance involves replaying of the event in whole or in part depending on the judgment of the Jury.
- Once the match has ended, the captain must describe the incident on the scoresheet or on a paper to be attached to the scoresheet before he signs off the scoresheet.

**Note: Judgement calls are not permitted to be protested (i.e. ball handling)**

## 2.9 Pom poms

The use of Pom Poms will not be allowed on the team benches or the area where athletes stand at the end of their team bench at regular season or Ontario Championship events. This is

due to the amount of tinsel that makes its way onto the court, creating an unsafe playing surface for athletes.

Spectators may still use Pom Poms to cheer on the athletes in the spectator seating area ONLY.

### 2.10 Noisemakers

The OVA acknowledges that competition venues maybe loud and encourages spectators to take precautions, as needed, to protect hearing, especially that of young children/infants.

The use of any type of noise makers (cowbells, air horns, drums, whistles, etc) are not prohibited. The use of noisemakers may to led the confiscation of the item and/or removal of the individual from the facility.

### 2.11 Tripod and cell phone use

The recreational use of cell phones or tripods on the bench is not permitted. The use of cell phones and other devices is permitted when collecting data.

### 2.12 Cameras & Tablet use for filming

Teams are permitted to record matches throughout the tournament, however, please note:

- a) Tripods are not permitted on the sport court nor can they be placed in any team or player areas (team bench, warm up zone, serving zone)
- b) OVA is not responsible for any damage to the camera or related equipment.
- c) OVA reserves the right to restrict/deny the filming of any matches for safety/any other reasons.

### 2.13 No Side Switching Between Sets for All OVA Events

The 25/26 season will adopt and expand the 24/25 Convention Centre pilot to no side switching in-between sets for ALL regular season events in addition to the Convention Centre and Ontario Championship events.

- If the head referee determines there is a clear advantage on one side, then a side switch will take place between sets for that court. The head referee will make the decision at the start of the day as to which courts in the venue (if any) will require a side switch to maintain consistency throughout the day for all teams.
- Any side switching decision must be made before the start of the match. A side switching request mid match will not be accepted unless there was a change to the venue's structure.

## 3.0 TEAM CHECK IN

### 3.1 Team Check In

The OVA will be running a **mandatory** team check in the evening prior to day one of each competition for all AM wave teams. The morning check-in on day one (1) of competition **is for PM wave teams only.**

Team check in and team package pickup will take place in the Galleria in the **east end** of the **building below Hall C and D.**

Team check in will take place on the following days/times:

| Event                                     | AM Teams        | PM Teams       |
|---|-----------------|----------------|
| Event #1 - April 16-18 - TLSB, 15UG, 17U  | April 15, 2026  | April 16, 2026 |
|   | 5:00PM - 9:00PM | 11:00 - 3:00PM |
| Event #2 - April 19-21 - 6v6G, TLSG, 15UB | April 18, 2026  | April 19, 2026 |
|   | 4:00PM - 8:00PM | 11:00 - 3:00PM |
| Event #3 - April 23-25 - 6v6B, 16U, 18U   | April 22, 2026  | April 23, 2026 |
|   | 5:00PM - 9:00PM | 11:00 - 3:00PM |

All teams must check in during their published check in time. If necessary, AM teams can request late check in for the morning of their tournament. The deadline to request late check in is April 12, 2026 and a fee of \$50 + HST at the following link:

<https://www.cognitofrms.com/OntarioVolleyballAssociation/CoachLateCheckInRegistration>.

Teams that request late check in must check in before their first match to pick up their roster in room 105.

Any team that does not check in prior to their first match is subject to a fine of \$150. The team will not be allowed to participate until the team is fully checked in and the fine is paid in full. Any matches completed prior to checking in will be recorded as forfeited.

Only team personnel on the official team roster can check in their team and pick up their team package. Players are not required at check in. If a member of team staff cannot attend team check in, another team representative may do so in their place (i.e. a team manager or parent team contact), however, they must provide written consent from a member of the team personnel.

The team package includes all weekend accreditation badges (required for team coaches, players, and team personnel to gain access to the court areas), giveaways, Award of Excellence medals, etc.

### **3.2 Check in Duties**

The Head Coach/Team designate completing check in will be required to perform the following duties at check in:

- Scratch all team personnel and players from the official roster who are not participating in the event
- Sign off on the roster confirming its accuracy for the duration of the competition
- Provide local emergency contact information
- Pick up Award of Excellence medals
- Provide written acknowledgment that the team understands and must compete at Ontario Championships as per the following:
  - 2026 OVA OC's Team Handbook
  - 2025-2026 Youth Competition Manual
  - 2025-2026 Volleyball Canada rulebook
  - VC/OVA Concussion Protocol
  - OVA Code of Conduct
  - Respect in Sport training requirements

Athlete proof of age checks will not be completed during the coach check in process. However, the OVA reserves the right to verify the age of any players on the official roster at any time during the event. Therefore, coaches must carry proof of age of all players throughout the entirety of the event.

The Head coach/Team representative will receive an approved roster upon completion of check in. The Head Coach must always keep the approved roster on hand for verification by tournament officials at every match.

## **4.0 SCHEDULES AND SEEDING**

### **4.1 Tournament Draw**

Ontario Championships are a two (2) day event for the 4v4 divisions with pool play on day 1 and playoffs on day 2.

The 6v6-18U divisions are 3-day events with pool play on day 1, power pools on day 2 and playoffs taking place on day 3.

The 18U division 1 will have a modified high-performance format with 3/5 matches and limited matches per day. The rationale for the format is to:

- Continue to expose teams to a higher level of competition
- Emphasize like competition with heavily weighted must win situations
- Allow for match preparation, including rest and recovery periods and scouting opportunities for game planning

- Create spotlight matches with an increased level of media exposure as well as exposure to a dynamic playing environment
- Provide 18U players with the match type they will experience at the next level (OUA, OCAA)

#### **4.2 Draw Principles**

Each Ontario Championships schedule varies from age category due to number of teams and number of courts. Many variables may affect how the tournament should be organized. Ontario Volleyball uses the below set of guidelines to determine how the draws will be structured.

- 4v4 teams will be guaranteed 5 matches for their 2-day event.
- All 6v6-18U teams are guaranteed a minimum of 7 matches at any Ontario Championship 3-day event (6 for 18U Division 1).
- Matches are best two of three in pools with 4-5 teams.
- Matches are three straight sets to 25 in a pool with 3 teams.
- Matches are two straight sets to 25 in pools with 6+ teams.
- Matches will be 3/5 for the 18U Division 1 Championships on day 2 and 3.

#### **4.3 Wave Times**

**Each Ontario Championship event is broken into two waves per day:**

- A morning wave which runs approximately from 7:30am to 2:30pm
- An afternoon wave which runs from approximately 3:00pm to 10:00pm

Each team will play in one wave per day. Teams may move from one wave to another from day 1 to 2 or day 2.

The OVA reserves the right to not schedule an event with waves.

#### **4.4 Division Size**

- The preferred size for a division is 32 teams.
- The minimum size for a division is 6 teams.
- The maximum size for a division is 48 teams.

#### **4.5 Seeding**

Ontario Championships seeding is based on the average of a team's top two (2) results from the current season in the age group they are competing in. The final regular season rankings will be used to break any ties in OC's seedings. Region 1 teams who did not compete in a regular season event will be treated on a case-by-case basis when it comes to their division/seed at the Ontario Championships.

Teams in the 4v4 Division have a random seed.

#### **4.6 Competition Schedules**

The OVA strives to release the schedules one month prior to the event start date. Schedules will be determined final after completion of the coach check in and once all teams have checked in. Final Schedules are posted on AES.

The OVA reserves the right to move a match to a different court at their discretion. Teams must abide by these changes or will be subject to the forfeit procedure found in the rulebook. A match may start early with agreement from both teams, the competition staff and the referees.

#### **4.7 Advanced Event Systems (AES)**

AES.com is available via smart phones or personal computers and laptops. To check results, please visit <https://www.advancedeventsystems.com/> and select the tournament of your choice on the home screen.

All matches will be scored via paper scoresheets. There are no carbon copy duplicates for coaching staff.

## 5.0 ONSITE MEDICAL & FIRST AID PROTOCOLS

Medical services will be provided to all participating teams free of charge via certified athletic therapists. Services for athletes include first aid response, concussion management, as well as athletic taping (athlete must provide their own tape).

### 5.1 Athletic Therapy

Athletic Therapists will be on site to assist with athlete injuries, tape wrapping, etc. Please bring your own tape to utilize the athletic therapist services.

**Athlete/Team emergency medical services and athletic therapy provided by Wishbone Athletics Inc.**

ATs are in 3 locations:

- Medical Room West 102A
- Satellite location located under Hall G
- Medical Room East 109A

**Hours:**

- 7:00am-10:30pm on the first two days of competition\*
- 7:00am-7:00pm on playoff days\*

*\*Or until the last match is completed for the day.*

**Athletic therapists will provide taping services to athletes who supply their own athletic tape. If an athlete does not have tape, they can purchase the following from the AT's on site for taping purposes:**

- White Zinc Tape: \$4/roll
- K-Tape: \$10/roll
- Stretch tape: \$5/roll

### 5.2 First Aid Protocol

The procedures that are to be followed when an individual requires any first aid treatment are:

1. If an injury occurs on court, please proceed to one of the Area Supervisors and have them radio OVA staff to call for medical assistance on court. Be sure to tell the Area Supervisor which court # medical is required on.
2. Tournament Staff will then contact First Aid and/or Athletic Therapists on site and will direct them to the injury location.
3. For all other medical needs, please proceed to room 102A, 109A or Hall G.
4. If you are unable to walk to the first aid room and require immediate assistance, please call the Youth Competitions hotline at **647-467-5514**.

**The medical staff are available for first aid treatment and emergencies only.**

**Athletic Therapists will be on site to provide taping services, diagnose concussions and other athletic injuries. All athletes must bring their own supplies to be taped on site.**

### 5.3 Concussion Policy and Safety Protocols

Concussions are very common in volleyball and should be taken seriously. Ontario Volleyball has developed the OVA's Concussion Policy and protocols to help guide the management of athletes who may have a suspected concussion as a result of participation in OVA. You can find the concussion policy here. Each year, all OVA members must review the OVA Concussion Code of Conduct related to their role. They must also review the applicable Concussion Awareness Resources at [Ontario.ca/concussions](http://Ontario.ca/concussions). The updated version of the OVA Concussion Policy from January 2026 can be found [HERE](#).

During member registration individuals must acknowledge that they have completed these reviews in order to complete the registration process. To further support a safe sporting environment, the OVA modified the warmup protocol (point 6.5) for 2022-23 and beyond. This new protocol will be mandatory at all OVA events to help minimize the potential for concussions

during warmups. All coaches are required to take the free E-learning module 'Making Head Way' from the CAC. The CAC has many other helpful concussion resources found here. Parachute is Canada's national charity dedicated to injury prevention, and they have a great concussion protocol resource located [HERE](#).

Please see the OVA website for more information on concussion prevention, identification, management, and treatment.

#### **5.4 EMERGENCY ACTION PLAN**

As the Enercare Centre at Exhibition Place is over 1,000,000 sq ft in size, there is a complete emergency action plan that all participants and spectators should familiarize themselves with.

Please see the EAP online at <https://www.ontariovolleyball.org/ocs-venue>

## **6.0 AWARDS**

### **6.1 Awards of Excellence – 4v4-18U**

All coaches will receive the Award of Excellence medal upon check in. Please note, Awards of Excellence presentations will be the responsibility of each individual team (there are no time slots or presentations scheduled for these awards on site). Please make arrangements within your team to present this award.

Please ensure that the OVA office has received your Award of Excellence ballot as the OVA will be posting the names of all Award of Excellence winners on the Ontario Championships website after the Championships have completed.

### **6.2 Grand Prix All Stars 2026**

Will be given to selected athletes from the 16U-18U divisions.

The 17U Grand Prix All Star presentations will take place on Thursday April 16<sup>th</sup> at 3:00pm on the Awards stage in Heritage Court.

The 16U and 18U Grand Prix All Star presentations will be run prior to the Ken Davies and Evelyn Holick Award Presentations on Thursday April 23 at 3:00pm on the stage in Heritage Court.

### **6.3 Ken Davies and Evelyn Holick Award Presentations**

These presentations will take place on Thursday April 23 at 3:00pm on the Awards Stage in Heritage Court. Winners will be announced prior to Ontario Championships and featured prominently on the OC's website, App and social media channels.

### **6.4 Team Prizing**

- Division 1, Tier 1 Champions
  - Championship banner
  - "Champion" T-shirts
  - Gold, silver and bronze medals
  - Hats
- Division 2-4, Tier 1 Champions
  - Divisional 2-4 Championship banners
  - T-shirt
  - Gold, silver and bronze medals
- Tiers 2 – Tier 4:
  - Gold, silver and bronze medals

### **6.5 Awards Presentations**

The Awards presentations for all divisions and tiers will take place on the Awards Stage area in Heritage Court. Please ensure your team exits the stage swiftly to take advantage of the OVA backdrops beside the stage to capture your team photos.

## 7.0 CODE OF CONDUCT & COMPETITION POLICIES

### 7.1 Code of Conduct

The [2025-2026 Volleyball Canada Indoor Rulebook](#) details Code of Ethics for Referees, the Code of Conduct for all participants, Anti-Doping Policy and Disciplinary Action. Any breach of these policies are subject to fines and/or sanctions as per the OVA Code of conduct and/or the OVA Youth Competitions sanction chart.

In addition, the [Ontario Volleyball Code of Conduct](#) must be followed by all participants, including parents and spectators. Anyone found in violation of the OVA Code of Conduct may be asked to leave the tournament and may face additional sanctions.

A member, club or team that is sanctioned in any way will be placed in bad standing with the OVA and Volleyball Canada. The Club or Team will remain in bad standing until any fines have been paid in full to the OVA and/or completion of required activities. While a Club or Team is in bad standing, they will not be able to participate in any further OVA or VC competitions or register for any events sanctioned by the OVA or VC.

### 7.2 Purple Card Policy

The Purple Card policy is in effect for all age divisions. Please see the [OVA Youth Competition Manual](#) for the full policy.

## 8.0 TOURNAMENT & VENUE INFORMATION

---

### 8.1 Venue

This year, the Ontario Championships will take place in Toronto at the Enercare Centre at Exhibition Place, 100 Princes' Blvd, Toronto. For more information, visit their website: <https://www.enercarecentre.com/>

Enercare Centre is still open to the public during 2026 Ontario Championships and therefore, we ask teams to be respectful of the space. Please ensure your **teams are not blocking any walking spaces by leaving their bags or team equipment in open spaces.**

Meeting rooms are not to be used for team meetings or team storage rooms. Please respect the space.

### 8.2 Enercare Centre Parking

The Enercare Centre offers 5,800 parking spaces located adjacent to one of Toronto's main highways, the Gardiner Expressway, including 1,300 underground parking spaces.

Parking is available to the public in the following lots: Enercare Centre Garage 850 and surface lots 851, 854, 855, 856, 857, 858, and 859

Due to the FIFA World Cup preparations at BMO field, there parking lot and road closures at Enercare Centre and Exhibition Place.

**NOTE: LOT 852 AND 853 ARE NOT IN USE FOR ONTARIO CHAMPIONSHPS DUD TO FIFA WORLD CUP PREPARATIONS. These are the two largest lots beside Enercare Centre.**

All surface lots are now Green P parking lots. Please download the Green P parking app to your phone or visit <https://mobilepay.greenp.com/>

PLEASE [CLICK HERE](#) FOR PARKING RATES AT ENERCARE

Below is a map of the event area. It highlights the facility entrances, designated parking areas, taxi standing area and TTC/GO stops. When planning your trip, please be advised of the following:

- Park in designated parking areas only

- Surface parking lots are always open, and visitors can use the Pay and Display machines or Mobile Pay
- Open times for underground parking may vary
- Exhibition Place provides a total of 88 accessible parking spaces throughout all its surface parking lots and indoor garage. All spaces are located near the entrances to the lots and/or close to the pedestrian access points to buildings and event space. Regular parking rates apply.
- Electric vehicles charging spots are located in the underground parking garage

For the most up-to-date parking rates please click here:

<https://www.explace.on.ca/visiting-us/getting-here/>

#### Forms of Payment

- Credit Card
- Green P Mobile App \*except Lot 850/Enercare Parking Garage

Please follow these rules to avoid getting a ticket:

- Do not park in fire routes
- Do not park on any grassy areas or on marked no-parking lines
- Do not park in an accessible parking space if you do not have a permit
- Do not park in the quick drop-off/pick-up area

This is a huge tournament with thousands of people scheduled to be onsite. Please plan ahead and follow the parking rules to make your stay as enjoyable as possible.

**We recommend that teams carpool whenever possible or take public transit to cut down on the number of vehicles at the facility.**



### 8.3 Food Services

Enercare Food Services – Food services will be located throughout Enercare Centre with the main food court being in Hall G. Healthy food options will be available on site.

Satellite coffee and food stations will be set up in the main Galleria.

**Food services ONLY ACCEPTS CARD PAYMENTS. NO CASH ACCEPTED.** Please plan accordingly.

Reminder:

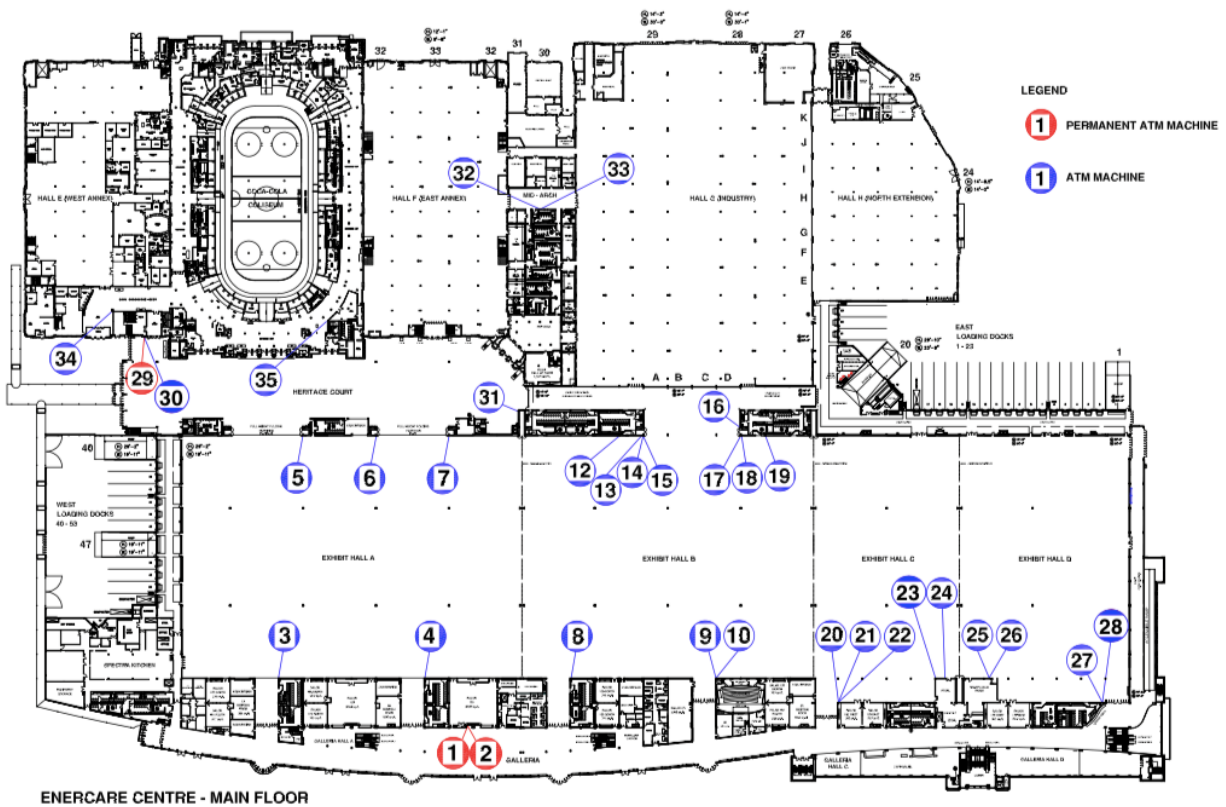
1. **No outside food permitted.**

2. No buffet style set ups permitted.
3. No coolers permitted.
4. No outside tables or chairs permitted.

For the most up to date information on food services, please visit the OVA website:  
<https://www.ontariovolleyball.org/ocs-foodservices>

#### 8.4 ATM Locations

There are 3 permanent ATM machines located around Enercare Centre. Please review the map below to familiarize yourself with the locations. As a reminder, Enercare food services only accepts credit cards and debit cards.



#### 8.5 Outside Devices

**Crock pots, hot plates, “buffet tables” and coolers are not allowed to be set up and used in the facility. THESE ITEMS ARE NOT ALLOWED TO BE BROUGHT INTO THE FACILITY AND WILL BE CONFISCATED BY SECURITY OR ENERCARE STAFF.** Participants are encouraged to use food services in Hall G and in the main Galleria.

#### 8.5 Food services only accepts credit card or debit cards. No cash.

#### 8.6 Lost or Stolen Items

**The OVA, the City of Toronto and Enercare Centre staff are not responsible for lost or stolen personal items.** Remember to always take your personal belongings with you and do not leave anything unattended.

Any found items will be placed in the lost and found bins which are located at Info Booth East and Info Booth West. At the end of the event, all items will be turned into Enercare Security and will be held for 30 days. After 30 days, all unclaimed items will be disposed of. Please call 416-263-3333 to arrange for the pickup of lost and found items.

#### 8.7 UNATTENDED BAGS AND ITEMS WILL BE CONFISCATED BY SECURITY AND ENERCARE STAFF.

#### 8.8 As coaches and chaperones, we ask that you please supervise your athletes on and off the court in order to make it the most enjoyable experience for everyone.

#### 8.9 As with most sporting events, spectators should enter at their own risk as volleyballs may leave the playing area at any time and may hit spectators. The Ontario Volleyball Association is not responsible for spectator injury incurred while watching volleyball matches. Please be aware of your surroundings.

- 8.10** Only authorized photographers employed by the OVA for Ontario Championships are allowed on the playing area, sport court or stand between courts due to liability reasons. Parents and/or spectators are not allowed to be on the playing area, on the sport court or standing between the courts to take photographs. If they are found to be in violation of this rule, they will be asked to leave the prohibited area immediately. If parents/spectators disregard this rule multiple times, they will be asked to leave the venue by OVA Staff, Facility staff, the Head Official, Area Supervisors or the working referees.

**For any tournament related emergencies regarding scheduling, teams dropping out last minute, etc, during the weekend of play, please contact the Tournament Hotline at 647-467-5514**

## 9.0 VENDOR HALL

### 9.1 Vendors

All tournament vendors and the event photographer are in Hall G. The onsite photographer will be located here for participants to purchase event photos. CanuckStuff will be located in Hall G as well as Room 107.

For an up-to-date listing of onsite vendors, please visit the OVA Champs App.

### 9.2 Hours of Operation

| DATE              | OPENING TIME | CLOSING TIME |
|-------------------|--------------|--------------|
| Thursday April 16 | 8:30AM       | 10:00PM      |
| Friday April 17   | 8:30AM       | 10:00PM      |
| Saturday April 18 | 8:30AM       | 5:00PM       |
| Sunday April 19   | 8:30AM       | 10:00PM      |
| Monday April 20   | 8:30AM       | 10:00PM      |
| Tuesday April 21  | 8:30AM       | 5:00PM       |
| Thursday April 23 | 8:30AM       | 10:00PM      |
| Friday April 24   | 8:30AM       | 10:00PM      |
| Saturday April 25 | 8:30AM       | 5:00PM       |

**Please note:** the vendor hall doors will be locked nightly at 10:00pm or 5:00pm as per the schedule above. All unattended bags and items will be moved out of the vendor hall and placed in front of the roll down silver door. The OVA and Enercare Centre are not responsible for lost or stolen items.

### 9.3 No Reserved Seating

Tables in the designated cafeteria in Hall G are not reserved table space. After your team has finished eating, please remove your belongings. Unattended bags that are left on the tables without any team present will be moved off to create space for other teams. Please be considerate of the space at Enercare, as well as of other teams.

### 9.4 CanuckStuff Club House

New this year! Come the OVA is setting up an Athlete Fun Zone in Hall G. Come check out the large selection of games to play during your off rounds!

### 9.5 Team Ontario Athlete ID Process

The Athlete Identification Process is used to select athletes for the Team Ontario indoor and beach programs. ALL athletes that registered to be identified for Team Ontario programs (Tall Maples, Team Ontario Regional Program, Team Ontario Indoor, Team Ontario Beach) need to complete physical testing during Ontario Championships as part of the application process.

Athletes can attend the booth at any time while it's open, and the process should take about 10 minutes per athlete.

#### **PHYSICAL TESTING DATES & TIMES**

**See below for our physical testing dates and times:**

Thu, Apr 16, 2026 — 8:45am - 5:00pm

Fri, Apr 17, 2026 — 8:45am - 5:00pm

Sun, Apr 19, 2026 — 8:45am - 5:00pm

Mon, Apr 20, 2026 — 8:45am - 5:00pm

Thu, Apr 23, 2026 — 8:45am - 5:00pm

Fri, Apr 24, 2026 — 11:45am - 4:00pm

#### **Physical testing stations:**

*\*Note- the information below refers to tests from 2025. Tests are subject to change in 2026, but the information below should provide a general idea.*

*A mandatory warm-up will be provided to all athletes to complete prior to jump and velocity testing. Only athletes that are coming directly from a match that they actively participated in will be allowed to skip warm-up.*

#### **HEIGHT**

- A measurement of the athlete's height will be taken with shoes off.
- With the athlete's shoes off, they will step onto the platform of a stadiometer and face outwards. They will be instructed to stand flat-footed, tall, and with the chin tucked. A headpiece will be lowered until it contacts the head of the athlete. The device will indicate the athlete's height for the evaluator.

#### **STANDING ONE HAND REACH**

- A measurement of the athlete's standing vertical reach with their dominant hand.
- Dependent on space, this test will either be done with a vertec device or with a tape measure and a wall
- With the athlete's shoes on, they will stand perpendicular to a wall and reach as high as possible with their dominant hand. Athlete's must remain flat footed during the test. The highest point of contact will be measured to determine the athlete's one hand reach.

#### **SPIKE TOUCH (APPROACH JUMP)**

- A measure of lower body power output
- The athlete will complete their spike approach jump while reaching up and touching the highest point that they can on the vertec device with their dominant hand. The athlete must take off from two feet.
- Athlete's will receive some coaching during the testing to help maximize their results
- Athlete's will receive 3-5 jump attempts and the testing will conclude once there are 2 consecutive misses. Athletes will rest 15-30 seconds between attempts.
- The highest touched point will be recorded and converted into a vertical jump measurement by subtracting the athlete's standing reach from their jumping reach.
- Coaches will utilize both the absolute vertical jump measurement (i.e 25 inches) as well as the highest touched point (i.e 120 inches or 10'0") to help with the selection process.
- The absolute vertical jump measurement is a measurement that can determine an athlete's lower body power output. Not only is it important for the athlete's jumping ability, but it can also serve as an indicator for speed, agility, and stability on the court.

#### **ATTACK VELOCITY**

- A measure of rotational power and arm swing technique.
- The athlete will stand in front of a 10x10ft cage with a volleyball. The athlete will self-toss and attack the ball into the cage producing their fastest arm swing.
- Athletes will be given 2 warm-up swings followed by a maximum of 6 attempts.
- Pocket radar technology will be tracking the ball's velocity in km/h. The athletes highest score will be recorded.
- Athletes will receive some coaching during the test to help maximize their results.

### **9.6 Event Photography & Team Photos**

Sign up to capture your athletes or team’s memories through Fotoreflexion. There are many photo and video options available to choose from.

Sign up for your team packages by visiting: <https://fotoreflexion.com/ova/>



### 9.7 OVA Champs App

The OVAchamps app offers everything you need to know for Ontario Championships right at your fingertips. Check results and schedules instantly, browse team rosters and photos, check out profiles of all our All-Stars and award winners! Plus, you can discover everything Toronto has to offer including where to eat, and what to see and do after your matches.



What are you waiting for? You gotta get the app! Search “OVAchamps” in the App Store or Google Play today!

### 9.8 Destination Toronto Offers

Building your Toronto itinerary just got easier! Visit major attractions, iconic museums, and craft breweries with convenient passes at budget-friendly prices.

Each pass contains a curated selection of unforgettable Toronto experiences, so you can immerse yourself in all that the city has to offer. Choose from various purchase options below based on how many days you want to experience, save the pass to your phone, and start exploring.

Please visit <https://www.destinationtoronto.com/things-to-do/special-offers/> for more information.

|  |   |
|--|---|
|  <p><b>1-Day Toronto Museum Pass</b></p> <ul style="list-style-type: none"><li>• Admission to 4 iconic Toronto museums</li><li>• Savings of over 70% on regularly-priced admission</li><li>• Choose from Adult, Child or Senior options</li><li>• Must use within 90 days of purchase</li><li>• Expires 24 hours after first redemption</li><li>• Purchase, share and track your Pass usage from your smartphone</li><li>• Good for one admission to each attraction during the timeframe purchased (activated on initial use)</li></ul> <p><b>CS\$25.00 - CS\$45.00</b></p> <p><a href="#">Buy 1 Day Pass</a> <a href="#">Learn More</a></p> |  <p><b>3-Day Toronto Museum Pass</b></p> <ul style="list-style-type: none"><li>• Admission to 4 iconic Toronto museums</li><li>• Savings of over 40% on regularly-priced admission</li><li>• Choose from Adult, Child or Senior options</li><li>• Must use within 90 days of purchase</li><li>• Expires 72 hours after first redemption</li><li>• Purchase, share and track your Pass usage from your smartphone</li><li>• Good for one admission to each attraction during the timeframe purchased (activated on initial use)</li></ul> <p><b>CS\$45.00 - CS\$85.00</b></p> <p><a href="#">Buy 3 Day Pass</a> <a href="#">Learn More</a></p> |
|--|---|

#### How this Pass Works



##### Step 1 - Get Your Pass

This mobile exclusive passport is a collection of museums in Toronto to experience.



##### Step 2 - Receive Text

Your passport will be instantly delivered to your phone via text and email and is ready to use immediately! There is no app to download. Your pass can be saved to your phone's home screen for easy one-tap access.



##### Step 3 - Redeem

When visiting a participating business, simply present your phone to the attendant or staff member to redeem admission.

### 9.9 Toronto Marlies Ticket Discount

If you're looking to check out the Toronto Marlies while in Toronto, use promo code MARLIESOVA for a discount brought to you by MLSE.

## 10.0 SAFE SPORT

The OVA is committed to practicing safe sport and ensuring our athletes are provided with a safe and healthy environment in which to learn and develop. Safe sport practices are the responsibility of all members, including coaches, parents/guardians, athletes, referees, club administrators and volunteers.

### 10.1 Person in Authority Code of Conduct

The OVA values the safety, rights and wellbeing of our athletes and their families. It is the responsibility of every OVA club, coach, volunteer and staff member to participate in the effort to create a safe environment for all OVA participants. Coaches play a vital role in shaping the youth of tomorrow through sport.

The OVA relies on them and other persons in authority to be role models and to put young athletes on a path to success. The dynamic between coach and athlete gives rise to a power imbalance and a culture of unquestioned trust that can result in abuse. As such, it is imperative that all persons in positions of authority (PIA) be held to a high standard of conduct. A PIA is any person who holds a position of authority over a Vulnerable individual pursuant to the role assigned to them. Persons in Authority include, but are not limited to, Club Directors and Club staff, Coaches, Managers, Trainers, Referees, Chaperones and persons who manage finances.

Abuse in sport, particularly sexual abuse and the grooming behaviour that precedes it, destroys the positive impact of sport and causes untold harm to victims and those around them. Consequently, the OVA has a strong obligation to establish and maintain systems that prevent abuse and respond to conduct that poses risk to OVA athletes.

### 10.2 Person in Authority Code of Conduct – Purpose

This Person in Authority Code of Conduct is intended to protect OVA participants from abuse. It provides guidelines for conduct that are consistent with the development of healthy relationships between adult persons in authority and youth sport participants. The Code provides behaviour guideposts that identify inappropriate or concerning behaviour at an early stage to help better protect athletes and coaches.

OVA Safe Sport Person In Authority Code of Conduct & Rule of Two Clarification policies can be found [HERE](#).

### 10.3 Policies

Ontario Volleyball has adopted several policies aimed at addressing the maltreatment of individuals in sport. These policies include:

- Person in Authority (PIA) Code of Conduct
- Discipline and Complaints Policy
- Code of Conduct
- Screening Policy A full list of Ontario Volleyball policies can be found [HERE](#)

### 10.4 Reporting a Complaint

Ontario Volleyball Association has zero tolerance for any type of abuse. Individuals are required to report abuse or suspected abuse. If you are the victim of abuse, harassment, or discrimination, please don't hesitate to report it.

Any Individual (as defined in the OVA Discipline & Complaints Policy) may report a Complaint to Ontario Volleyball Association (OVA) or the Discipline Chair. Sport Dispute Management Inc. (SDM) has been appointed by the OVA Ethics Committee as the independent third-party Discipline Chair to administer complaints. To file a complaint, please use the [secure and confidential SDM Intake Form](#). If OVA receives a complaint directly it will be forwarded to Sport Dispute Management Inc, the appointed Discipline Chair. All complaints will be processed in accordance with the OVA Discipline & Complaints Policy.

## 10.5 Mental Health

Volleyball Canada believes the mental health and safety of athletes is vital to strong performances on the court. We are encouraging everyone to make mental health a priority by providing a mental health checklist, as well as sharing useful links. For you to perform your best on court you must take care of yourself off court. The Canadian Centre for Mental Health and Sport (CMHS) is a registered charity supporting the mental health and performance of competitive and high-performance athletes, coaches, and performing artists. The CCMHS is the first Centre in Canada to offer collaborative sport/performance-focused mental health care services designed to help athletes, coaches, and performing artists achieve their performance goals while preserving their mental health and well-being. The CCMHS provides mental health services to competitive and high-performance athletes and coaches, as well as competitive performing artists. Here are the eligibility criteria:

- Must be 16 years of age or older
- Must be a Canadian citizen or permanent resident
- Must participate in a sport or performance domain at a competitive or high performance level
- Must be experiencing mental health challenges

Disclaimer: The Canadian Centre for Mental Health is not a partner of Volleyball Canada, they are a resource for mental health, we do not control who is approved for treatment. Kids Help Line If you are feeling depressed or anxious, please tell someone you trust or contact the Kids Help Line 1-800-668-6868 or text 686868.

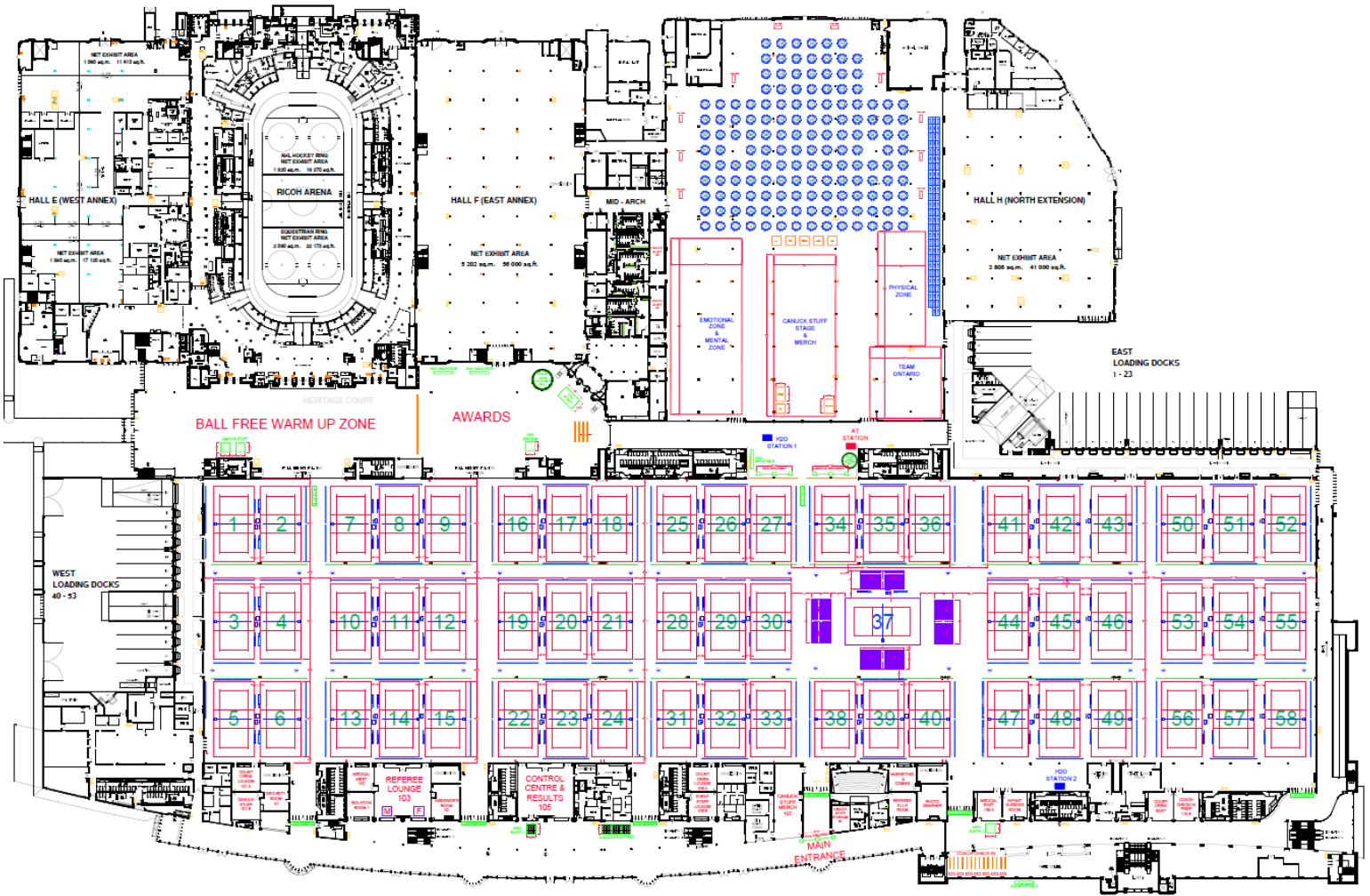
## 10.6 Concussion Policy and Safety Protocols

Concussions are very common in volleyball and should be taken seriously. Ontario Volleyball has developed the OVA's Concussion Policy and protocols to help guide the management of athletes who may have a suspected concussion as a result of participation in OVA. You can find the concussion policy [here](#). Each year, all OVA members must review the OVA Concussion Code of Conduct related to their role. They must also review the applicable Concussion Awareness Resources at [Ontario.ca/concussions](http://Ontario.ca/concussions). The updated version of the OVA Concussion Policy from January 2026 can be found [HERE](#).

During member registration individuals must acknowledge that they have completed these reviews in order to complete the registration process. To further support a safe sporting environment, the OVA modified the warmup protocol (point 6.5) for 2022-23 and beyond. This new protocol will be mandatory at all OVA events to help minimize the potential for concussions during warmups. All coaches are required to take the free E-learning module 'Making Head Way' from the CAC. The CAC has many other helpful concussion resources found [here](#). Parachute is Canada's national charity dedicated to injury prevention, and they have a great concussion protocol resource located [HERE](#).

Please see the OVA website for more information on concussion prevention, identification, management, and treatment.

# APPENDIX A: COURT MAP



**APPENDIX B: PARKING MAP AND ROAD CLOSURES**

## APPENDIX C: GETTING INTO ENERCARE CENTRE

### BY CAR

#### **From the East**

1. Take the Gardiner Expressway west to Spadina/Lake Shore Boulevard cutoff and follow the signs for Lakeshore Boulevard.
2. Take Lake Shore Boulevard to Strachan Avenue and enter via Fleet St. (just north of the Princes Gates).

#### **From the West**

1. Take the Gardiner Expressway east to Lake Shore Boulevard
2. Stay on Lakeshore Blvd. East
3. There are three entrance points (at the traffic lights) to Exhibition Place from Lake Shore Boulevard - British Columbia Drive, Ontario Drive and Newfoundland Drive.

#### **From Pearson International Airport**

1. Exit 427 south to Gardiner Expressway East.
2. Take the Gardiner Expressway east to Lake Shore Boulevard.
3. There are three entrance points (at the traffic lights) to Exhibition Place from Lake Shore Boulevard - British Columbia Drive, Ontario Drive and Newfoundland Drive.

#### **From City Centre Airport**

1. Take Bathurst Street north to Lakeshore Blvd. West.
2. Take Lake Shore Boulevard west, turn north on Strachan Avenue and enter via Fleet St (just north of the Princes Gates), or turn North onto Fort York Road, and west at the lights on to Strachan Avenue into Exhibition Place.

### VIA PUBLIC TRANSPORTATION:

There are two stations on Exhibition Grounds and numerous parking locations both above and below ground.

1. **29 Dufferin Bus** - Take the Bloor subway to Dufferin Station, board the #29 bus south to Exhibition Place. [TTC 29 Dufferin](#)
2. **121A/C Fort York-Esplanade** - This bus route originates at Front St East at Parliament St. and will drop passengers off at Princes' Gates loop. [TTC 121 Fort-York Esplanade](#)
3. **511 Bathurst Streetcar** - Take the Bloor subway to Bathurst Station, board the #511 streetcar south to Exhibition Place. [TTC 511 Bathurst](#)

**4. 509 Harbourfront Streetcar** - Take the Yonge-University subway to Union Station. Take the 509 Streetcar from the Union Station southbound streetcar tunnel towards Exhibition Place [TTC 509 Harbourfront](#)

**NOTE:**

1. There are two streetcar stops at Exhibition Place, at Strachan Avenue, and at Exhibition Loop, adjacent to the Horse Palace/GO Station.
2. For events held at Enercare Centre & Beanfield Centre please use the Strachan Avenue stop adjacent to the Princes' Gates.
3. For events in BMO Field, Ricoh Coliseum, Queen Elizabeth Building or Better Living Centre please use the the TTC loop at the end of the line.

**5. Exhibition GO**

If travelling to Exhibition Place by GO Transit, please get off at the [Exhibition GO](#) station. For more information, visit the TTC at [www.ttc.ca](http://www.ttc.ca) or call 416-393-4636 or GO Transit at [www.gotransit.com](http://www.gotransit.com) or call 1-888-GET-ON-GO (438-6646) toll-free or 1-800-387-3652 (TTY teletypewriters only).