



2022-2023 Season

October 29, 2022

Contents

Overview	2
Return to Play	2
Volleyball.....	3
Rules.....	3
Playoffs.....	5
Player Registration	5
Team Registration	5
League Fees.....	6
Captain’s Responsibilities	6
Schedule.....	7
Facilities	8
Monday Evenings	8
Cite Collegiale.....	8
Louis Riel Dome.....	8
Carleton University – Norm Fenn Gym	8
De La Salle	9
Garneau High School.....	9
Fisher Park Community Centre	9
Tuesday Evenings.....	10
Louis Riel Dome.....	10
Nepean Sportsplex.....	10
Redeemer Christian H.S.	10
De La Salle	11
Longfields-Davidson High School.....	11



Overview

The OCVL is a not-for-profit competitive league, run by volunteers, that has been operating in the Ottawa area under different affiliations since the 1950's.

We are mainly an adult league, although club teams under the age of 18 are permitted with coach representation. There are currently two divisions in the league – Men's and Women's that run from September to April. The Men's division plays on Monday nights, the Women's division on Tuesday nights.

A Qualifying / Ranking tournament is held in mid-late September for proper seeding of teams, if required.

The OCVL season is played over a 22 week schedule run from mid-September to April and is based on a tiered ladder system within a 2 week cycle.

Playoffs involving all teams are held at the end of the season, with playoff seedings based on average individual team rankings over the last 12 weeks of the season.

Return to Play

Our return to play protocols are based on the current Ontario statutes and regulations as well as current Public Health requirements enabling a safe return to sport.

These Protocols may be updated at any time. Please be sure that you are referring to the most recent Version which will be posted from time to time on the OCVL's website www.ocvl.ca. Current health protocols:

- Please do not attend any volleyball games if you are sick.
- Before attending any games, conduct a [self-assessment](#) if you have any symptoms AND follow the [self-isolation](#) instructions according to Ottawa Public Health if you are sick.
- Our facilities do not have any specific entry requirements at this time.
- These rules may change at any time.



Volleyball

Rules

- Canadian Volleyball Association rules are to be followed for all games in this league.
- The OCVL uses Ontario Volleyball Association (OVA) officials for every match.
- Each tier will consist of **4 teams**, except in women's, it will have a 6-team and a 3-team tier due to the odd number of teams registered.
- Teams will play a **best of 5 game** with a winner every night, except in the 3-team tier.
- Sets to 25 with the 5th set to 15, must win by 2, unless there is a time cap.
- 3-team tier will play a best of 3 game. Sets to 25 with 3rd set to 15, must win by 2, unless there is a time cap.
- Plenty of time has been allocated to each gym, but occasionally time runs out. There are two time caps in force:
 - For the 1st match, the time cap is when the 2nd match begins (ie. 9:10pm match)
 - For the 2nd match, the time cap is when the gym closes (ie. 11pm)
 - The official will announce the possibility of a time cap at least 5 minutes before the time cap. Time-outs are not permitted once a time cap is indicated. When the time cap is reached, play will continue until the end of the point in play. The team in the lead at the end of that point is declared the winner. Should teams be tied at the end of that point, one more point is played to determine the winner.
 - 4 Set Night Tie-breaker is where only 4 sets are played, and each team has won 2 sets, the winner is determined by:
 1. Greatest difference between points scored and points against for the 4 sets.
This will only be done when 4 sets are played, including if the 4th set ended with a time cap.
 2. If still tied, the winner is the winner of 2 of the first 3 sets played.
- We will use the **OCVL Ladder System** within a 2-week cycle. After week 1, teams will move up, down or stay, within the tier, based on their win/loss. On week 2, teams will move up or down within the tier or to a different tier depending on their win/loss results.
 - Week 1 – teams 1 vs 2 play, teams 3 vs 4 play. Results for the following week are as follows:
 - Team 1 - winning team of team 1 vs 2
 - Team 2 – winning team of team 3 vs 4
 - Team 3 – losing team of team 1 vs 2
 - Team 4 – losing team of team 3 vs 4
 - Week 2 – games are played 1 vs 2 and 3 vs 4. The results for the following week are as follows:
 - Winning team of 1 vs 2 goes up a tier to Team 4 in the division above (except in tier 1, they will remain as Team 1)



OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

- Losing team of 1 vs 2 will become Team 3 in that tier
 - Winning team of 3 vs 4 will become Team 2 in that tier
 - Losing team of 3 vs 4 will become Team 1 in the tier below (except in the bottom tier, they will remain as Team 4)
- For 3-team tiers, a round-robin of games are played and the teams will be re-ranked 1st, 2nd or 3rd. After week 2 games are played, teams will re-rank:
 - 1st place team will go up a tier to Team 4 in the division above
 - 2nd place team will remain in the tier as Team 2
 - 3rd place team go down a tier to Team 1 in the division below
 - If there is a 3-way tie, the teams will maintain their existing rank.
 - The schedule is designed so that **no teams will play the split two weeks in a row**. Please check the schedule for the game times.
- **Minimum 5 players** on the court, must always have 3 players in the front row. Four or less players will result in a loss by default.
 - A **set default** occurs when a team does not have enough players “ready to play” at the scheduled start time of the match.
 - Subsequent set defaults occur every 10 minutes after that (ie. 7pm game = 1st set default at 7pm, 7:10pm = 2nd set default, 7:20pm = 3rd set default).
- **ALL players must be registered online** with waivers completed, before playing a match. This includes spare players. Waivers will not be provided at the gymnasiums.
- **Spares are permitted** as follows:
 - A player from another team can be borrowed.
 - A player in the same facility may play both the early and late game.
 - Players registered as spares in the OCVL database.
 - Spares are not permitted in the qualifying / ranking tournaments or the playoffs.
 - Every player **must be added to the online attendance** for tracking. Be sure to get the player’s name.
- A player must be on the team roster and have 10 regular season matches to be eligible for the playoffs.
- An official **game ball** is required for all games and is to be provided by the team players. The official Volleyball Canada ball is the Mikasa (yellow & blue ball). If both teams agree, any other official game ball is permitted.
- **Set up and take down** responsibilities:
 - Gyms with early & late games:
 - Week 1 – odd numbered team
 - Week 2 – even numbered team
 - 3-team tier – everyone help with set up and take down
 - Gyms with 1 game - set up by odd numbered team, takedown by even numbered team
- **Matching jerseys** are required by Monday, October 10, 2022.



- Jerseys must be numbered 1-99. The number must be placed on the jersey in the centre of the front and of the back. The number must be a minimum of 10 cm in height on the front and a minimum of 15 cm in height on the back.
- Jerseys/uniforms from prior years that do not comply with the uniform guidelines will be grandfathered.
- A libero jersey must have a different dominant colour and clearly contrast with the rest of the team.
- Spare players are required to wear matching jerseys.

Playoffs

- All teams will play in the playoffs.
- Playoff seeding is based on the average individual team ranking over the last 12 weeks of the season.
- A player must play 10 regular season matches to qualify for playoffs.
- Spares are not permitted to be used in playoffs.
- Playoffs will be hosted on the league night played, unless otherwise indicated.

Player Registration

- All players, coaches, team managers, team owners, referees and spares **must register online** as a league member.
- **Please** do not create a duplicate record in the database if you have forgotten your logon credentials. Email the webmaster (webmaster@ocvl.ca).
- Please **update all contact info** – names, address, phone number and email address.
- All 3 **waivers** must be completed online in order to play in the league: Player Waiver, Concussion Waiver, COVID-19 Waiver.
- For **players under 18**, the following 4 waivers must be printed and completed by a parent or guardian and emailed to the Executive Director, 48 hours or more prior to games starting – maryh.ocvl@gmail.com.
 - Player Waiver
 - Concussion Waiver
 - Concussion Code of Conduct & Acknowledgment form for Athletes and Parents/Guardians (for athletes under 18 years of age)
 - COVID-19 Waiver

Team Registration

- Registration will be open August 15, 2022 until September 2, 2022.
- The OCVL does not create teams and/or place individuals on a team. Creation of teams are the responsibility of a team captain/coach.



OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

- **Captains/Coaches** are responsible for registering a team, paying the **league fees** through PayPal and assigning players to their roster.
- **Priority** will be given to returning teams (minimum 5 returning players).
- If we have **more teams than gym space**, we will apply the following rules in order:
 1. Returning teams from the 2021-2022 and 2019-2020 will automatically be included in the season. The OCVL Executive will seed the teams using team results and player level data from previous seasons.
 2. If there are more returning teams than gym space, they will be randomly drawn.
 3. Remaining space will be used for new teams.
 4. New teams will be required to play in a qualifying / ranking tournament, unless otherwise indicated.
- A qualifying / ranking tournament will be run for new teams at Cite Collegiale beginning at 9am:
 - Men's division - Sept 10, 2022
 - Women's division – Sept 11, 2022

League Fees

- League fees are **\$2306 + \$150** bond (for new teams) + HST.
- **Any Returning Teams** from the 2019-2020 season that did not play in the 2021-2022 season, may still have a \$225 COVID rebate from the 2019-2020 season, provided a refund was not already given. This will automatically show up in the Team Administration > Payments page.
- League fees are due by the end of registration – September 2, 2022.

Captain's Responsibilities

- **Registering & paying** for the team.
- **Inviting players** to their roster.
- Ensuring all team player **waivers** are completed online (or on paper and emailed to the OCVL for members under 18).
- **Ensuring setup** and take-down of the nets are completed, where applicable.
- **Entering line-ups** and roster on the score sheet. Pre-printed labels are preferred.
- Mandatory entry of win/loss and attendance. **Failure to do attendance will result in a fine** (\$25 – Player/Team Misconduct). Attendance is to be completed on both the scoresheet and online.
- It is recommended you **assign another player** the 'team administrator role' in the database, to assist with entry of win/loss and attendance.
- Taking home any OCVL equipment, where a facility will not permit storage.



OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

Schedule

- There will be 22 weeks of regular season games and 3 weeks of playoffs.

Week	Men's Division	Women's Division
1	Monday, September 19, 2022	Tuesday, September 20, 2022
2	Monday, September 26, 2022	Tuesday, September 27, 2022
3	Monday, October 3, 2022	Tuesday, October 4, 2022
4	Monday, October 17, 2022	Tuesday, October 11, 2022
5	Monday, October 31, 2022	Tuesday, October 18, 2022
6	Monday, November 7, 2022	Tuesday, October 25, 2022
7	Monday, November 14, 2022	Tuesday, November 1, 2022
8	Monday, November 21, 2022	Tuesday, November 8, 2022
9	Monday, November 28, 2022	Tuesday, November 15, 2022
10	Monday, December 5, 2022	Tuesday, November 22, 2022
11	Monday, December 12, 2022	Tuesday, November 29, 2022
12	Monday, December 19, 2022	Tuesday, December 6, 2022
13	Monday, January 9, 2023	Tuesday, January 10, 2023
14	Monday, January 16, 2023	Tuesday, January 17, 2023
15	Monday, January 23, 2023	Tuesday, January 24, 2023
16	Monday, January 30, 2023	Tuesday, January 31, 2023
17	Monday, February 6, 2023	Tuesday, February 7, 2023
18	Monday, February 13, 2023	Tuesday, February 14, 2023
19	Monday, February 27, 2023	Tuesday, February 21, 2023
20	Monday, March 6, 2023	Tuesday, February 28, 2023
21	Monday, March 20, 2023	Tuesday, March 7, 2023
22	Monday, March 27, 2023	Tuesday, March 21, 2023
Quarters	Monday, April 3, 2023	Tuesday, March 28, 2023
Semis	Monday, April 17, 2023	Tuesday, April 4, 2023
Finals	Monday, April 24, 2023	Tuesday, April 11, 2023

Facilities

Monday Evenings

Cite Collegiale

- The Athletic Facility Main Entrance is in **building H** located to the right of the college roundabout.
- The facility will do set-up and take-down of the nets. Help with the set up and take-down of the referee stands is appreciated.
- All equipment belongs to La Cite.
- Game times: 7:20pm and 9:10pm
- **Time cap** of 9:10pm for the 1st game and 11pm for the 2nd game.
- Please keep the facility clean from garbage and remove your outdoor shoes.

Louis Riel Dome

- Courts are inside the DOME at the far end of the soccer fields.
- **Set up and takedown** will be the responsibility of the OCVL members. All equipment belongs to the Dome.
- OCVL briefcase and 2 scoreboards will be stored in **locker #100**. Team captains are responsible for grabbing and returning these items each night. The locker is in the building portion of the dome, across from the bathrooms just before you enter the actual dome. Blue lock on locker with combination: **23-1-22**. If you forget the combo, you can ask them to open it with the key.
- Game times: 7:20pm and 9:10pm
- **Time cap** of 9:10pm for the 1st game and 11pm for the 2nd game.

Carleton University – Norm Fenn Gym

- Entry to the Norm Fenn Gym can be made through the **Ice House Lobby**.
- **Parking** is now included in our permit and available in P3 only (beside the Ice House).
 - You must either scan our printed QR code with your smartphone or use the link below to record your licence plate number. They both take you to the same place.
 - The parking can only be accessed 15 minutes prior to our booking time, 6:45pm and expires at the end of our booking time, 11pm.
 - **Link for parking:** <https://hotspotparking.com/tapPoster/park/CarletonTemp013>
 - **QR code** to scan on your phone





OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

- **Set up and takedown** will be the responsibility of the OCVL members. We are only using Carleton's poles and referee stands.
- The OCVL will supply the nets, antennas, scoreboards and scoresheets in a hockey bag.
- The **hockey bag** will need to be taken home by the winning team of the late match and returned for set-up the following week.
- Game times: 7:20pm and 9:10pm.
- **Time cap** of 9:10pm for the 1st game and 11pm for the 2nd game.

De La Salle

- The double gym on the **3rd floor** will be used as 1 large court.
- **Parking and entrance** to the school is at the **front only - Door J**. Once inside, turn right and go to the end of the hallway towards Door E and go upstairs from there. The gym is straight ahead on the right. The doors in the back will no longer be available for us to use.
- The doors must be locked at all times at this facility. A **resource person** contracted by OCVL will be at the door to permit entry beginning at 6:15pm.
- There will be 2 resource people on site to assist with entry, set up, takedown, emergencies, contacts for the school and scorekeeping (if scorekeeping needed).
- **Set up and takedown** will be the responsibility of the OCVL members. We are only using De La Salle's poles. We are not permitted to use the padding around the poles or the referee stands.
- The OCVL will supply the nets, antennas, scoreboards and scoresheets in a hockey bag.
- The hockey bag with OCVL equipment will be taken home by the Dynes Resource person.
- Game time: 7:00pm.
- Permit is over at 10pm.

Garneau High School

- Parking and entrance is at the back of the school.
- **Set up and takedown** will be the responsibility of the OCVL members. We are only using their poles.
- We will use 1 large court.
- The OCVL will supply the nets, antennas, scoreboards and scoresheets in a hockey bag.
- The **hockey bag** will need to be taken home by the returning team and returned for set-up the following week.
- Game time: 8:20pm.
- Permit is over at 10:30pm.

Fisher Park Community Centre

- Entrance is at the front of the school.
- **Set up and takedown** will be the responsibility of the OCVL members. We are using their poles and referee stands.
- We will use 1 large court.



- The OCVL will supply the nets, antennas, scoreboards and scoresheets in a hockey bag.
- The **hockey bag** with OCVL equipment is to be kept in the City of Ottawa storage room.
- Game time: 8:20pm.
- Permit is over at 10:00pm. Must be out of the facility by 10:15pm.

Tuesday Evenings

Louis Riel Dome

- Courts are inside the DOME at the far end of the soccer fields.
- **Set up and takedown** will be the responsibility of the OCVL members. All equipment belongs to the Dome.
- OCVL briefcase and 2 scoreboards will be stored in **locker #100**. Team captains are responsible for grabbing and returning these items each night. The locker is in the building portion of the dome, across from the bathrooms just before you enter the actual dome. Blue lock on locker with combination: **23-1-22**. If you forget the combo, you can ask them to open it with the key.
- Game times: 7:20pm and 9:10pm
- **Time cap** of 9:10pm for the 1st game and 11pm for the 2nd game.

Nepean Sportsplex

- Enter the facility at Entrance 4 (in the back) only.
- The facility will do set-up and take-down of the nets, but OCVL members are required to help. All equipment belongs to the Sportsplex.
- An OCVL duffle bag will be at the front desk with the scoresheets and scoreboards. These are to be returned to the front desk each evening.
- Game time: 7:20pm
- Permit is over at 10pm.

Redeemer Christian H.S.

- Enter at the front entrance only, exit by the cafeteria doors.
- **Set up and takedown** will be the responsibility of the OCVL members.
- We are only using Redeemer's poles and referee stands.
- The OCVL will supply the nets, antennas, scoreboards and scoresheets. These will be in the designated **OCVL locker G25**. All OCVL equipment is to be returned to the locker.
- Court 1 will host Tier 5, with the **3-team tier** format beginning at 7pm.
- Court 2 game times: 7pm and 9pm.
- Permit is over at 11pm.
- **Note**, the 3-Team tier weekly schedule will automatically modify the match order so that no team will play the split two weeks in a row. Always check the schedule for your start time!



De La Salle

- The double gym on the **3rd floor** will be used as 1 large court.
- **Parking and entrance** to the school is at the **front only - Door J**. Once inside, turn right and go to the end of the hallway towards Door E and go upstairs from there. The gym is straight ahead on the right. The doors in the back will no longer be available for us to use.
- The doors must be locked at all times at this facility. A **resource person** contracted by OCVL will be at the door to permit entry beginning at 6:15pm.
- There will be 2 resource people on site to assist with entry, set up, takedown, emergencies, contacts for the school and scorekeeping (if scorekeeping needed).
- **Set up and takedown** will be the responsibility of the OCVL members. We are only using De La Salle's poles. We are not permitted to use the padding around the poles or the referee stands.
- The OCVL will supply the nets, antennas, scoreboards and scoresheets in a hockey bag.
- The hockey bag with OCVL equipment will be taken home by the Dynes Resource person.
- Game time: 7:00pm.
- Permit is over at 10pm.

Longfields-Davidson High School

- **Gyms C & D** will be used with 2 courts.
- Parking and entrance is at the front of the school facing Berrigan Drive.
- **Set up and takedown** will be the responsibility of the OCVL members.
- We are only using their poles and referee stands.
- The OCVL will supply the nets, antennas, scoreboards and scoresheets in a hockey bag.
- The hockey bag with OCVL equipment is to be kept in the storage room.
- Game times: 7:20pm.
- Permit is over at 10pm.