



2023-2024 Season

September 2023

Contents

Overview	2
Health Protocols.....	2
Volleyball.....	3
Rules.....	3
Playoffs.....	5
Player Registration	5
Team Registration	6
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
Garneau High School.....	9
Fisher Park Community Centre	9
Kanata Montessori.....	9
St-Laurent Academy.....	10
Tuesday Evenings.....	10
Louis Riel Dome.....	10
Nepean Sportsplex.....	10
Redeemer Christian H.S.	10
Longfields-Davidson High School.....	11
St-Laurent Academy.....	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.

The OCVL is an adult league, although underage players 16+ are permitted with executive approval, a maximum of 2 players per team. Consideration will be given to club teams 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.

Health Protocols

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 COVID-19 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.

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.



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**.
- Teams will play a **best of 5 game** with a winner every night.
- Sets to 25 with the 5th 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)
 - 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



OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

- 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 the 2023-2024 regular season, excluding playoffs, a **minimum of 5 players** will be permitted on the court in the following circumstances: an injury, a late player, or a last-minute cancellation. This 5-player rule has been introduced to allow the play to continue. Four or less players will result in a loss by default. When only 5 players are on the court, the following rules apply:
 1. The team must always have 3 players in the front row.
 2. If starting a set with 5 players, the set must finish with 5 players.
 3. When playing with 6 regular players and a libero, should a regular player get injured, the team may continue the set with only the 5 regular players. The libero must sit off for the rest of the set and cannot become the 6th regular player until the following set(s).
- 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:
 - 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** and scoresheet for tracking, including spares.
 - Players from another team roster cannot be borrowed.
- 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 V200W (yellow & blue ball). If both teams agree, any other official game ball is permitted.
- **Set up and take down** responsibilities:
 - Week 1 – odd numbered team
 - Week 2 – even numbered team
- **Matching jerseys** are required by Monday, October 9, 2023.
 - 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.
 - An athlete is bound to a single number for the entire duration of a match.



- 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.
- A **minimum of 6 players** are required on the court regardless of circumstances.
- **If you do not have 6 eligible players:**
 - You will require **permission in advance for each game** from the OCVL Executive to use a spare.
 - Permission will only be provided in the following order:
 1. The next most eligible player from the team roster;
 2. A spare who has played with your team at least once in the season
 3. Max 1 spare per team as the 6th player, not 7th, 8th or 9th player, regardless of position played
 4. Once a spare plays on a team in playoffs, they must then be added to the team roster
 5. A player from another team cannot be used in the 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.
- Both **waivers** must be completed online to play in the league: Player Waiver and Concussion Waiver.
- For **players aged 16-17**, the following 3 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)
- A **maximum of 2 underage players**, between the ages of 16-17, will be permitted to play with a team and requires executive approval.



Team Registration

- Registration will be open August 1, 2023 until August 27, 2023.
- The OCVL does not create teams and/or place individuals on a team. Creation of teams are the responsibility of a team captain/coach.
- **Captains/Coaches** are responsible for:
 1. Registering a team
 2. Paying the **league fees** through PayPal
 3. Assigning players to their roster.
- Returning teams are defined as having a minimum of 5 returning players from the same team and from the prior season.
- If we have **more teams than gym space**, we will apply the following rules in order:
 1. Returning teams from the 2022-2023 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 9, 2023
 - Women's division – Sept 10, 2023

League Fees

- League fees are **\$2610 + \$150** bond (for new teams) + HST.
- Leagues fees are due by the end of registration – August 27, 2023.

Captain's Responsibilities

- **Registering & paying** for the team.
- **Inviting players** to their roster.
- Ensuring all team player **waivers** are completed online (for members under 18, they must be emailed to the OCVL).
- Ensuring all players are showing as **'active'** on the team management page.
- **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 for the roster.
- 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 18, 2023	Tuesday, September 19, 2023
2	Monday, September 25, 2023	Tuesday, September 26, 2023
3	Monday, October 2, 2023	Tuesday, October 3, 2023
4	Monday, October 16, 2023	Tuesday, October 10, 2023
5	Monday, October 23, 2023	Tuesday, October 17, 2023
6	Monday, October 30, 2023	Tuesday, October 24, 2023
7	Monday, November 6, 2023	Tuesday, November 7, 2023
8	Monday, November 13, 2023	Tuesday, November 14, 2023
9	Monday, November 20, 2023	Tuesday, November 21, 2023
10	Monday, November 27, 2023	Tuesday, November 28, 2023
11	Monday, December 4, 2023	Tuesday, December 5, 2023
12	Monday, December 11, 2023	Tuesday, December 12, 2023
13	Monday, December 18, 2023	Tuesday, January 9, 2024
14	Monday, January 8, 2024	Tuesday, January 16, 2024
15	Monday, January 15, 2024	Tuesday, January 23, 2024
16	Monday, January 22, 2024	Tuesday, January 30, 2024
17	Monday, January 29, 2024	Tuesday, February 6, 2024
18	Monday, February 5, 2024	Tuesday, February 13, 2024
19	Monday, February 12, 2024	Tuesday, February 20, 2024
20	Monday, February 26, 2024	Tuesday, February 27, 2024
21	Monday, March 4, 2024	Tuesday, March 5, 2024
22	Monday, March 18, 2024	Tuesday, March 19, 2024
Quarters	Monday, March 25, 2024	Tuesday, March 26, 2024
Semis	Monday, April 1, 2024	Tuesday, April 2, 2024
Finals	Monday, April 8, 2024	Tuesday, April 9, 2024



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: **8-58-41**. 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).
 - The parking can only be accessed 15 minutes prior to our booking time, 6:45pm and expires 15 minutes after our booking time, 11:15pm.
 - **Link for parking:** [HotSpot \(hotspotparking.com\)](https://hotspotparking.com) or <https://hotspotparking.com/tapPoster/park/CarletonTemp111>
 - **Discount Code: OCVL23**
- **Set up and takedown** will be the responsibility of the OCVL members. We are using Carleton's nets, poles, antennas and referee stands.
- The OCVL will supply the scoreboards and scoresheets in a duffle bag.
- The **duffle 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.



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.

Kanata Montessori

- Entrance & exit:
 - 1 person to go through the front entrance, door code is **8221**
 - The side gym door is to be opened for everyone else, it automatically locks behind you
 - Exit the gym door only
- **Set up and takedown** will be the responsibility of the OCVL members. All equipment belongs to the school.
- An OCVL padfolio will be kept in the storage room with the scoresheets.
- Game times: 7:00pm and 9:00pm.
- Permit is over at 11pm.



St-Laurent Academy

- Entrance is at the front of the school, door code is **1984**.
- There is **no set up or takedown**. The school wants the equipment to be left up for their morning volleyball practices.
- OCVL scoreboards, scoresheets and first aid kit will be located in the cardio room (room 109) in the cabinet labelled 'EPI & Inhalers'. Please return them at the end of the evening.
- Do not use the emergency exit door unless the fire alarm sounds.
- Games times: 7:00pm and 9:00pm
- Permit is over at 11pm.

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: **8-58-41**. 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 in a hockey bag.
- The hockey bag will be left in the storage room with a lock on it, code **619**.
- Game times: 7pm and 9pm.
- Permit is over at 11pm.



Longfields-Davidson High School

- **Gyms 155 & 157** 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.

St-Laurent Academy

- Entrance is at the front of the school, door code is **1984**.
- There is **no set up or takedown**. The school wants the equipment to be left up for their morning volleyball practices.
- OCVL scoreboards, scoresheets and first aid kit will be located in the cardio room (room 109) in the cabinet labelled 'EPI & Inhalers'. Please return them at the end of the evening.
- Do not use the emergency exit door unless the fire alarm sounds.
- Games times: 7:00pm and 9:00pm
- Permit is over at 11pm.