



2025-2026 Season

July 2025

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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 1949.

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, follow the self isolation instructions according to [Ottawa Public Health](#) if you are sick.
- Our facilities do not have any specific entry requirements currently.
- These rules may change at any time.

Concussion

All athletes must abide by the OCVL's Concussion Code of Conduct.

If any athlete is suspected of sustaining a concussion during sports they should be immediately removed from play. Any athlete who is suspected of having sustained a concussion during sports must not be allowed to return to the same game.

It is important that ALL athletes with a suspected concussion undergo medical assessment by a medical doctor or nurse practitioner, as soon as possible. It is also important that ALL athletes with a suspected concussion receive written medical clearance from a medical doctor or nurse practitioner before returning to sport activities.

Incidents and Injuries

All incidents and injuries are to be reported using our **online form** and are tracked for insurance and facility requirements.

Incidents include equipment issues, problems at the gymnasiums, accidents, etc.

Injuries include all minor and major injuries that require someone to come off the court, needs medical attention, icing, etc.

It is recommended that the person who was there and witnessed the situation, report the incident. It does not have to be the team captain. Only 1 report is required.

You must login to access the incident report, it is located on the left navigation bar. On your cell phone, login > click on the 3 horizontal bars on the top right > League Information > Incident Form.

Complete all the pertinent drop-down fields and select the 'Add' button. Complete the Description and Resolution fields and select either 'Save' or 'Save Incident and Send to League' buttons.



The 'Save' button is for when you are starting the incident and not ready to submit all the details, but plan to do so later. You can go back and access it from the 'Past Incidents' drop-down, update it and click the 'Save Incident and Send to League' button.

The 'Save Incident and Send to League' button will send an email to info@ocvl.ca and the person reporting the incident. Once an incident is sent to the league, it will be locked and not available for future editing but will be saved under the Past Incidents heading for viewing. If there are additional details you need to report after submitting the incident, please email them in.

Past Incidents will only display under the login of the individual who reported an incident. The team will not have access to view incidents reported, but the member reporting it can share the email they receive.

Volleyball

Rules

- Canadian Volleyball Association rules are to be followed for all games in this league, with a few modifications listed below.
- The OCVL is affiliated with the Ontario Volleyball Association (OVA) and uses 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, 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 against both teams. 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 Tiebreaker 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.



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- 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
 - 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.
- For the 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.
- **Spare players are permitted** as follows:
 - Players registered as spares in the OCVL database.



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- Players from another team can be borrowed, provided they are in the same tier or lower.
 - Spares are limited in the qualifying / ranking tournaments and for the playoffs (see playoff rules).
 - Every player **must be added to the online attendance** and scoresheet for tracking, including spares.
- A player must be on the team roster and have **8 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 13, 2025.
 - 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.
- **Scoresheets** will be provided at each facility. Team roster including spares, line-ups and game scores are to be entered each night and kept in the padfolio. Pre-printed labels are preferred for the team roster.
- **Online entry of win/loss** is required by both teams to update the schedule for the following week. A weekly email will be sent to team captains and team administrators to complete, or it can be completed from your Team Profile, Submit Results tab.
- **Online attendance** is to be completed after the win/loss entry from the email received or from your Team Profile, Attendance tab. Spare players are to be listed from the 'Select other attendees' drop-down list on the night they play.

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 **8 regular season matches** to qualify for 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.



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- 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 or 7th player on the court.
 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 **enter/update all contact info** – names, address, phone number and email address and **player information** section.
- Both **waivers** must be completed online to play in the league: Player Waiver and Concussion Waiver.
- For **players aged 16-17**, the following 2 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.
 1. Player Waiver
 2. Pre-season Education Sheet
- A **maximum of 2 underage players**, between the ages of 16-17, will be permitted to play with a team and requires executive approval.

Spare Player Registration

- All spare players wishing to play for a team with the OCVL **must be registered online** as a league member.
- Only team captains and administrators will have access to spares contact information.
- Please **do not create a duplicate record** in the database if you have forgotten your logon credentials. Email the webmaster (webmaster@ocvl.ca).
- Please enter/update all contact details, player details, and **select the spares check box** for the division you wish to spare for.
- Both **waivers** must be completed online to play in the league: Player Waiver and Concussion Waiver.
- For **players aged 16-17**, the following 2 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.
 1. Player Waiver
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Team Registration

- Registration will be open **July 18, 2025 until August 24, 2025**. We will have early bird pricing if registered and paid by Aug 9, 2025.
- The OCVL does not create teams and/or place individuals on a team. Creation of teams are the responsibility of a team owner/captain/coach.
- A player needs to be registered with the OCVL to add to a team roster.
- **Team Owners/Captains/Coaches** are responsible for:
 1. Registering a new team or a returning team
 2. Paying the **league fees** in full through PayPal or e-transfer to info@ocvl.ca
 3. Assigning or carrying forward players to their team roster
- Once a player is assigned to a team roster, a player invite email is sent for them to accept and complete their online waivers. Failing to accept the invite, will leave the players in pending status and will require captains to change their status to 'active'.
- It is recommended you **assign another player** the '**team administrator role**' in the database, to assist with entry of win/loss and attendance.
- If we have **more teams than gym space**, we will apply the following rules in order:
 1. Returning teams from 2024-2025 season will automatically be included in the season. Returning teams are defined as having a minimum of **4 returning players** from the same team and from the prior 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 La Cité Collégiale beginning at 9am on Sept 6, 2025 for the men's division and Sept 7, 2025 for the women's divisions.

League Fees

- Early bird registration - **\$2600** + HST if registered and paid by August 9, 2025
- After August 9, 2025 - **\$2750** + HST due by August 24, 2025
- League fees can be paid via PayPal or e-transfer to info@ocvl.ca
- A bond fee of \$150 is collected as a deposit to cover any fines during the season for uniform violations, defaults, etc.

Team Owner / 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, and put away according to each facilities requirement.



- **Entering line-ups** and roster on the paper scoresheet. Pre-printed labels are preferred for the roster.
- **Online entry** of win/loss and attendance.
- Taking home any OCVL equipment, where a facility will not permit storage.
- Ensuring the facility is left clean and tidy before leaving.



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Schedule

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

Week	Men's	Women's
1	September 15, 2025	September 16, 2025
2	September 22, 2025	September 23, 2025
3	September 29, 2025	September 30, 2025
4	October 6, 2025	October 7, 2025
5	October 20, 2025	October 14, 2025
6	October 27, 2025	October 21, 2025
7	November 3, 2025	October 28, 2025
8	November 10, 2025	November 4, 2025
9	November 17, 2025	November 11, 2025
10	November 24, 2025	November 18, 2025
11	December 1, 2025	November 25, 2025
12	December 8, 2025	December 2, 2025
13	December 15, 2025	January 6, 2026
14	January 5, 2026	January 13, 2026
15	January 12, 2026	January 20, 2026
16	January 19, 2026	January 27, 2026
17	January 26, 2026	February 3, 2026
18	February 2, 2026	February 10, 2026
19	February 9, 2026	February 17, 2026
20	February 23, 2026	February 24, 2026
21	March 9, 2026	March 3, 2026
22	March 23, 2026	March 10, 2026
Quarters	March 30, 2026	March 24, 2026
Semis	April 6, 2026	March 31, 2026
Finals	April 13, 2026	April 7, 2026

Facilities

Monday Evenings

La Cité Collégiale

- 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.

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 padfolio 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. Please log in to the gym page on ocvl.ca to see the locker combination.
- Game times: 7:20pm and 9:10pm.
- **Time cap** of 9:10pm for the 1st game and 11pm for the 2nd game.

Orleans Dome

- Parking is along the front, side and back of Garneau H.S. in the designated parking lots.
- Courts 1A, 1B, 2A & 2B will be used.
- **Set up and takedown** will be the responsibility of the OCVL members. All equipment belongs to the Dome.
- OCVL duffle bag with padfolio and 4 scoreboards will be stored in the storage room. Team captains are responsible for grabbing and returning these items each night.
- Game times: 7:00pm and 8:50pm.
- Permit is over at 10:55pm.
- No time caps are required at this facility.

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.



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- 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.
- No time caps are required at this facility.

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

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: 7:30pm.
- Permit is over at 10pm.
- No time caps are required at this facility.

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.
- All OCVL equipment is to be kept locked in the designated locker in the storage room. Please log in to the gym page on ocvl.ca to see the locker combination.
- Game times: 7:00pm and 8:50pm.
- Permit is over at 11pm.
- No time caps are required at this facility.



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.
- No time caps are required at this facility.

Orleans Dome

- Parking is along the front, side and back of Garneau H.S. in the designated parking lots.
- Courts 2A & 2B will be used.
- **Set up and takedown** will be the responsibility of the OCVL members. All equipment belongs to the Dome.
- OCVL duffle bag with padfolio and 4 scoreboards will be stored in the storage room. Team captains are responsible for grabbing and returning these items each night.
- Game times: 7:00pm and 8:50pm
- Permit is over at 10:55pm.
- No time caps are required at this facility.