



OVA Competition Matrix Learn to Compete Male



	17U Boys	18U Boys
Playing Format	6 on 6	6 on 6
Game Day Roster (Game day only)	14 athletes (ideal 10)	14 athletes (ideal 10)
Substitutions	6 sub limited	6 sub limited
Competition hours per week	1-4 hours	1-4 hours
Training Hours/Week		
Volleyball Training	4-5 hours	4-5 hours
Physical Preparation	3-4 hours	3-4 hours
Mental Preparation	2 hours	2 hours
Ontario Championship Requirements	Two OVA Events	Two OVA Events
Recommended Practice Duration	90-120mins	90-120mins
Maximum Game Duration	3-5 sets	3-5 sets
Season Length	30-40 Weeks	30-40 Weeks
Training to Competition Ratio	60% Training/40% Competition	60% Training/40% Competition
Percentage of team in each division ²		
Event #1*	T=55% C=25%, P=20%	C=70%, P=30%
Event #2*	T=55% C=25%, P=20%	C=70%, P=30%
Event #3*	T=55% C=25%, P=20%	C=70%, P=30%
Event #4*	T=55% C=25%, P=20%	C=70%, P=30%
Event #5* (18UB ONLY)	N/A	C=80%, P=20%
Specialization	Yes	Yes
Designated Setter	No	No
Libero	Yes	Yes
Over Hand Serve Receive	Yes	Yes
Net height	2.43m	2.43m
Court Size	9m x 9m	9m x 9m
Uniforms	Matching shorts not required	Matching shorts not required
Official Ball	Mikasa MVA V200W	Mikasa MVA V200W
Warm up Protocol	First match of the day: 5 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team All remaining matches: 2 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team NO shared hitting or travelling under net	First match of the day: 5 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team All remaining matches: 2 min - shared court 4 min - exclusive serving team 4 min - exclusive receiving team NO shared hitting or travelling under net
Assignment of Officials	Premier - Double	Premier - Double
	Select and Lower - Single	Select and Lower - Single
Respect in Sport Required	Yes	Yes
Coaching Requirement	https://cdn4.sportngin.com/attachments/document/4412-1591880/2019_Coach_Certification_Policy.pdf?ga=2.93687709.1868630462.1566825511-1883300612.1560534166	
Purple Card	Yes	Yes

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

¹The tiers are as follows: TG or TW= Trilium White or Trilium Green (development focused), C = Championship (higher level of competition), S=Select (Competitive play for the 14U-17U Girls), P=Premier (highest level of competition for the age division)