

# WELCOME TO ROCKETS BLAST

11s Division Saturday February 7th, 2026  
North Dodge Athletic Club 2400 North Dodge St. Iowa City, IA

**Spectator Information** Some chairs are provided. But you may bring your own 'bag' chair if you take it with you when your team is not playing, or leave it and let others use your chair. Spectator space is limited so if your team is not playing, you can visit the lobby, or dedicated team camp area. Admission for all Adults and Seniors not listed on the roster - \$5. Children 3 to 12 years old - \$3. Ndac can be cold and we may run a large fan to distribute heat and keep humidity down, so dress appropriately.

North Dodge Athletic Club will open at 7:40am. When you drive down the hill go straight to the back of NDAC - there's a white "bubble addition" with a red door. That door leads directly into the gym. You may also use the front entrance which takes you past the lobby/ concession area, team camp area, the swimming pool and into the gym. There's a designated area (racquetball court) for team camps, but space is limited. Please clean your area before leaving. Spectators NOT watching their team should go to the lobby or the team camp area.

**Food** - NDAC is a private club and they do have full concessions that offer healthy food, plus other stuff. They have smoothies, protein shakes, bagels & cream cheese, muffins, fruit, protein bars, chips, snacks, pizza, walking tacos, and all kinds of drinks including coffee. Please patronize the wonderful food stand. Please eat in the lobby/concession area. Only water is allowed in the gym. No Stanley cups or anything that will spill if knocked over.

**Schedules** (and results) are available on [tm2sign.com](http://tm2sign.com)

**Warm-Ups:** Each team's first match will be 10 mins (2 mins ball handling, 4 mins whole court for each team). Subsequent matches will be 6 minute warm-ups (3 mins each team). Coaches START warm-ups immediately after previous match finishes. We will play ahead of schedule when possible. 3 team pool may have full 10 minute warm-up.

**Pool Play:** 4 team pool play will be 2 sets to 21 points, no cap. 3 team pool will be 3 sets to 21 points, no cap. Pool finishes and tie-breaking procedures are per USAV guidelines. An adult ref with a whistle must oversee the match, if a junior athlete is reffing.

**Bracket Play:** 1st & 2nd will advance to championship; 3rd & 4th to Consolation. Bracket play will be best 2 out of 3 sets to 21 points (15 in a 3rd set). An adult MUST be the 1st referee during bracket play.

**Donations for Nigerian Volleyball kids.** We are collecting gently used volleyball items to send to Nigeria for their volleyball program. They have over 900 athletes who would cherish anything you can give them - shoes, knee and elbow pads (even singles), backpacks, spandex, shorts, socks. We'll take care of the shipping, so if you have stuff you can't use anymore - put it to good use! We have a drop off area for any items you bring in. They also take old nets, ball carts, and balls if they are still somewhat workable/usable. Thanks so much for helping out these Nigerian volleyball players!

There will not be a coaches meeting. Tournament rules will be reviewed at check-in. Bring an up to date roster; do NOT email it in advance. For Questions, please contact Kyla Rodgers at [319\) 330-9499](tel:3193309499). Have FUN!!!