

FACILITY: MVP Sports will open 45 minutes before the first match. The facility address is 4600 Park Avenue in Des Moines. Zip is 50321.

PARKING: Please do not block drive lanes. The fire marshal do periodic drive-bys and will have vehicles towed if they block emergency vehicles from entering the parking lot. There is additional parking in the back of the building, on the gravel road on the east side of the property or across the street at the Izaak Walton League parking lot. Do not park in the apartment lot across the bike trail.

ADMISSION: We will be charging \$5 for adults and \$2 for children 9-and-under.

SEATING: There are chairs in the facility but for your parents' long-term comfort, I suggest bringing folding canvas chairs.

FOOD OR COOLERS: No outside food, drinks or coolers will be allowed into the facility. Please ensure everyone is aware of this rule. There is a concession stand in the facility. Breakfast pizza, breakfast sandwiches, fruit, juice and coffee are available in the morning. Pizza, walking tacos, nachos, pretzels, hot dogs, chips, granola bars, popcorn, smoothies, DQ blizzards, Starbucks cold coffees, flavored teas, gatorade, sodas & energy drinks are also available.

COACHES / ROSTER: There will be no coaches' meeting. Please turn in a current roster to the site director (SD). The SD will not have access to a laptop or a printer so please make sure you have a copy of your roster ready to turn in. The SD will show you the court you're on.

ADULT AT THE S/K TABLE: The Iowa Region requires an adult scorekeeper to help at the scorekeeper's table on 12/13/14u teams. They need a USA Volleyball membership and do not have to pay admission. Please have that person print out a copy of the team roster (it needs to have them on it) and show it at the gate.

WARM-UPS: Each team's first warm-up will be 10 minutes - 2 minutes shared ball handling, 4 minutes for serving team, 4 minutes for receiving team. After every team has played, warm-ups will be six minutes - 3 minutes for serving team, 3 minutes for receiving team. If a team has a court, the opponent must stay near their bench. Better yet, have them shag balls for the team hitting. Refing team, as a courtesy, please let the coach know when there is 1 minute left in their warm-up in case they want to serve.

OFFICIATING: Round-robin formats are a little different from a normal pool / bracket play. I'll allow a good junior player to be the R1 throughout the day but if you are the work team for a match with two very good teams, you might want to have an adult work the match.

IF YOU ARE THE OFFICIATING TEAM FOR THE NEXT MATCH, BE PROMPT IN STARTING WARM-UPS AND CAPTAIN'S COIN TOSS FOR THE NEXT MATCH! All teams are expected to play ahead of schedule. We don't want to be in gym any later than we have to be.

Teams can rest instead of using their allotted time to warm-up.

FORMAT: This is a round-robin format which gives all teams maximum matches. There is no bracket play. Please note there is never a cap in any of the sets played and you have to win by two points for everything.

AWARDS: Is given to the first-place team.

BALLS: I will have warm-up balls for everyone.

QUESTIONS: Call or text Emilio Mendoza at 515-770-5399. You can also email me at emiliosportsu@gmail.com.