

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 ticket or tow vehicles 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 Isaac Walton League parking lot.

ADMISSION: We will be charging \$5 for adults and \$3 for children 9-and-under as well as grandparents.

ADULT AT SK TABLE: The Iowa Region requires an adult to help at the scorekeeper's table on younger teams. They need a USAV membership thus do not have to pay admission. Please have that person print out a copy of the team roster and show it at the gate.

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, fruits, juices and coffee are available in the morning. Pizza, walking tacos, nachos, pretzels, hot dogs, chips, granola bars, popcorn, smoothies, DQ blizzards, and drinks are available all day.

SEATING: There are chairs in the facility but some people still opt to bring their own folding canvas chairs. They are more comfortable.

COACHES: There will be no coaches' meeting. Please turn in a current roster to the site director (SD). The SD will show you the court you're on.

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: The Iowa Region has sent multiple emails on what each team needs to officiate so I won't go over them here. Please make sure your team knows what personnel is needed for your particular age group.

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.

AWARDS: Is given to the first-place team.

CAP: There is never a cap in any of the sets played and you have to win by two points for everything.

BALLS: You will need to provide warm-up balls.

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