



Time/Courts	Doors open at 7am. 1st match of the tournament is 8am -- some courts may start at 9am for pools of 3. Schedules are posted on AES .. \$5 entry fee. We make every attempt to have tournaments end by 5pm.
Location/ Contact	Address:UW Health Sports Factory 305 S. Madison Rockford, IL 61104 Contact: Christy Sitze 779-861-2544 or email powerupvb@gmail.com
Required Forms	Power Up Tournament Series is a JVA Event. All coaches must carry physical copies of the JVA Participant Release of Liability and a Medical Release Form for each of their players. USA Volleyball Medical Release Forms are accepted.
Check-In	Coach must sign the event sign-in form upon arrival. The event sign in form ensures that you are carrying hard copies of the release of liability and medical release forms for each of your players and that you will find the tournament director for proper forms if a member of your team is injured.
Coaches meeting	During sign-in, please ask the desk if you have any questions about the format for the day.
Rosters	Please email an official copy of your roster to powerupvb@gmail.com at least 3 days before the event. You may also upload your roster to AES. Please make sure jerseys #s are accurate. We will print them out and have them on hand at the tournament so that you can make changes and sign if you need to.
Format	Pool play followed by tournament play. Pool matches are 2 sets to 25. Quarter finals are 1 set to 25 (change at 13). Semi-finals and Championship are best 2 out of 3 sets with the 3rd set played to 15 points. No cap. Up refs provided. 1) win-loss record, 2) head-to-head (includes head-to-head point differential), 3) total point spread of all pool play matches, 4) coin toss. All teams must stay through all officiating duties. Winner of the gold championship match receives a medal. Tie breaking: Tie-Breaking Procedure: 1)set win-loss record 2) head-to-head (includes head-to-head point differential (includes head-to-head point differential or percentage), 3) total point spread of all pool play matches or percentage of points 4) coin toss
Warm-Ups	1st match: 2 minutes shared (coin flip)/4 minutes serving team/4 minutes receiving team. Every other match: 3 minutes serving team/3 minutes receiving team. No ball handling during off times. 2 minutes between sets.
Volleyballs	Please bring your own volleyballs.
Facility Rules	No outside food allowed except for water bottles. No animals unless it is a service animal. No smoking on facility grounds. No spectator chairs. No firearms. Concessions and food are provided.
Behavior	Power Up promotes a positive atmosphere. We have the right to remove any spectator, coach, or participant that displays behaviors that are disruptive to the event
All- Tournament Team	Coaches will vote after pool play on players that showed exceptional playing/sportsmanship. (Coaches do not vote for their own team). In order to advance to playoffs, you must hand in a fully completed sheet. Results will be posted by the Wednesday after each tournament. Results will be emailed and posted on the Power Up Volleyball website and Facebook page.
Series points	Whether you enter one or multiple dates, the points you score will be totalled and entered into the series.
Cancellations	In the event of a cancellation, we will post on www.powerupvb.com and send an email to coaches.

THE LARGEST FULL DAY TOURNAMENT SERIES IN NORTHWEST ILLINOIS!