



MINNESOTA
SPORTS FEDERATION
CORPORATE PARTNERS



AFFILIATED WITH
Minnesota Youth
Basketball Association
National Softball Federation

Dear Youth Volleyball Coach:

Welcome to the **38th Annual Minnesota Girls Volleyball Association State Championships** on **March 14 - March 15** in **Mora**.

Leagues or teams receiving notice of a forfeit in State Tournaments should verify the authenticity of the forfeit with MSF Offices.

Rules and regulations and other pertinent information are in this package of info. Please carefully review this information to avoid any misfortune which may disqualify your team from competition.

A team coach, or their representative, must check-in at tournament headquarters located at **Mora High School** at least 20 minutes prior to their first scheduled contest. At this time **any outstanding materials shall be turned in**. Teams without a properly completed roster will not be permitted to play. Players without proper documentation will be withheld from competition until they provide all necessary paperwork. Once the official roster has been submitted no players may be added. Teams found to have ineligible players will be immediately disqualified from competition. Teams are asked to support the tournament host by purchasing their food and beverages at the concession stands, if/when/where in operation. Coolers or lunches may not be brought into the facilities. **Inform your fans that a daily admission will be charged for the tournament. Players in uniform and coaches will be allowed free entrance to the tournament.**

Tournament Personnel include:

The Host Representative is:

Drew Szoka dszoka@moraschools.org (320) 237-1013

The Tournament Manager is:

Mick Stokes mrstokes@arvig.net (218) 371-7526

Arei Stokes arei.stokes@icloud.com (701) 509-5163

The Supervisor of Officials is:

Mick Stokes mrstokes@arvig.net (218) 371-7526

If any pre-tournament questions arise, please contact:

Perry Coonce perry@msf1.org (651) 451-3140 (2pm-6pm CT)

As a guest of the host community, it is asked that your team conduct itself in a responsible manner during their entire stay in the host city. Your observance of any special rules that the host has established will assure the tournament's success. As you know, without willing hosts we would not have postseason competition for the sports enthusiasts in the state of Minnesota. With your assistance, we can all be assured that our sports program will continue to grow and benefit thousands of participants each year.

In closing, it is the MSF's desire that your team performs to the best of their ability and enjoys the opportunity to participate against teams of their own caliber.

TEAMS

Teams must adhere to the following eligibility guidelines to participate in the MGVA ♦ MSF youth volleyball program. Teams that do not adhere to guidelines set forth in this guide are ineligible and their registration will be revoked.

General Rules

The player must meet only **one of the two criteria**:

- | | |
|-----------------|--|
| 18-Under | 1. Players who were born on or after May 1, 2007. |
| | 2. Players who are high school seniors during the 2025-26 academic school year and born after 5/1/06. |
| 17-Under | 1. Players who were born on or after May 1, 2008. |
| | 2. Players who are high school juniors during the 2025-26 academic school year and born after 5/1/07. |
| 16-Under | 1. Players who were born on or after May 1, 2009. |
| | 2. Players who are high school sophomores during the 2025-26 academic school year and born after 5/1/08. |
| 15-Under | 1. Players who were born on or after May 1, 2010. |
| | 2. Players who are in 9th Grade during the 2025-26 academic school year and born after 5/01/09. |
| 14-Under | 1. Players who were born on or after May 1, 2011. |
| | 2. Players who are in 8th Grade during the 2025-26 academic school year and born after 5/01/10. |
| 13-Under | 1. Players who were born on or after May 1, 2012. |
| | 2. Players who are in 7th Grade during the 2025-26 academic school year and born after 5/01/11. |
| 12-Under | 1. Players who were born on or after May 1, 2013. |
| | 2. Players who are in 6th Grade during the 2025-26 academic school year and born after 5/01/12. |
| 11-Under | 1. Players who were born on or after May 1, 2014. |
| | 2. Players who are in 5th Grade during the 2025-26 academic school year and born after 5/01/13. |

Note: An athlete can play up in an age division but not down. (Example: A 14-year-old can play on a 16 & under team.)

Teams **must have proof of age/grade at their bench for each player during all matches.** Team disqualification will result if a team is protested and cannot supply the proper credentials. **NOTE: Age waivers provided by the JVA or USAV WILL NOT be accepted by the MGVA ♦ MSF!!**

Individual players **may** participate in more than one age division if played on different days. However, a maximum of three players from any one team may play together on a second team in a different age division. Players may not play on more than one team in the **same** age division or play in two age divisions that are held on the same day.

Note: Two boys are eligible to be on the court at a time in 11's and 12's girls play. Only one may be in the front row at a time. Boys are not eligible for 13U or older.

Any teams found to have ineligible player(s) shall be immediately disqualified from MGVA ♦ MSF tournament play.

The Official MGVA ♦ MSF team roster found on the youth volleyball page at www.ms1.org, shall be properly completed and hand carried to the tournament. Teams with unsigned or improperly completed rosters shall not be allowed to participate. Once a roster has been submitted, no player(s) can be added (exception: see alternate rule below).

Roster Limit: 16 players plus two alternates per team. Alternates may participate only after one or more of the original 16 players have been removed from the official roster.

If player alternates are listed on the official roster form, they must be listed on the last two lines of the roster. When alternates are added to the playing roster:

1. Another player must be permanently removed from the playing roster.
2. Clearance must be given by the tournament manager.

Players

Signature: Signatures for all players participating in the tournament must appear on the official MGVA ♦ MSF tournament roster.

Parent

Permission: All players' names appearing on the official MGVA ♦ MSF tournament roster must be accompanied by their parent or legal guardians' signature, if a minor. Minor age players who participate without their parents' signature shall cause their team to be eliminated from competition.

Rosters which are incomplete or not legible will be rejected and the team eliminated from competition.

Age/Grade Verification:

Players appearing on the official tournament roster shall be prepared to prove their eligibility upon request of an MGVA ♦ MSF tournament representative. Team disqualification will result if a team is protested and cannot supply the proper credentials.

When all players on the team emanate from **one** school or recreation center, a local school/recreation center official (superintendent, principal, attendance officer, etc) may certify that the players listed on the roster attend that school/recreation center and that the dates of birth/grade are accurate by attaching a statement on school/recreation center letterhead verifying that the ages/grades for all players listed on the tournament roster are accurate.

When players on a team emanate from **more than one** school/recreation center within a sports community, verification of age/grade must be on the respective school letterheads and attached to the roster form. (Note: If all schools are located in the same school district the school district superintendents signature on school district letterhead is acceptable).

If age/grade verification cannot be made by utilizing one of the simplified methods above, one of the forms of verification shown below is required.

FOR AGE VERIFICATION

1. Birth Certificate
2. Drivers License or Drivers Permit
3. Valid Passport
4. Baptismal Certificate
5. Picture Student I.D. with age of player
6. Hospital Certificate
7. Certificate of age from Church Pastor on Church letterhead

If available, a current copy of your USAV North Country Region roster will be accepted in lieu of individual age documents. **NOTE: Age waivers provided by the USAV WILL NOT be accepted by the MGVA ♦ MSF.**

TEAMS NOT MEETING THE ABOVE REQUIREMENTS WILL NOT BE ALLOWED TO PARTICIPATE IN MGVA ♦ MSF TOURNAMENT PLAY!!

★★★ PLAYING RULES ★★★

All play shall be governed by Minnesota State High School League playing rules with the following modifications:

1. **Format:**

a. **Pool play**

<u># Of Teams In Pool</u>	<u># of Games Played Against Each Opponent in Pool</u>	<u># of Pts per game</u>	<u># of Teams that Advance</u>
3	3	21/23 cap	3
4	2	21/23 cap	4
5	2	21/23 cap	4
6	2	15/17 cap	4
7	2	15/17 cap	4

- b. In **championship and consolation series bracket play**: best two of three 21-point games will be played with a 23 point cap. 3rd game (if necessary) played to 15 points, 17 point cap. **Note: Cap is waived in championship match only.**
- c. In **“rally point” play**, a new point is initiated each time the official signals for service to begin.
- d. Point caps are waived in championship match of each age division.

2. **Timing Regulations:**
 - a. **Grace Period:** A ten minute grace period shall be allowed on the team's first scheduled game in pool play before a forfeit/tournament disqualification is declared. Game time is forfeit time for succeeding games. Any team that forfeits a game is considered to have forfeited the match and shall be immediately disqualified from the tournament. Teams that have five players ready to play may **not** utilize the grace period to wait for another player to arrive.
 - b. **Warm-up Procedures:** Ten minutes shall be allowed for warm-up prior to a team's first scheduled game in pool play. Thereafter a minimum of three minutes warm-up time shall be allowed for each set/match.
NOTE: Court warm-up time on a team's first pool game is 4 + 4 + 2 and (no net sharing) and thereafter, 2 + 2 + 1.
 - c. **Pool and Match Play:** There are no time limits in pool or match play.
 - d. **Time-outs:** Charged time-outs shall not exceed 45 seconds and each team is limited to two time-outs per game. **The time between games of a match shall be two minutes, which begins immediately after the winning point has been scored.**
3. **Referees are provided and line judges will not be used. If necessary, honor calls are expected.**
4. Net height shall be 7 feet for 11 & 12-Under.
Net height shall be 7 feet 4 1/8" inches for 13-, 14-, 15-, 16-, 17- and 18-Under.
5. **If a volleyball lite is available for 11 & 12's it shall be used and 11's are allowed to START serving motion 3'-4' onto the court when serving regardless of ball type. Regardless of ball type 12's must start serving motion behind service line but may finish one step onto the court.**
6. A team bench is limited to the eligible players listed on the official roster plus three non players (coach, water person, scorekeeper, etc.)
7. In pools where age divisions are combined, all results count.
8. Line-Up Slip: Once a player is listed on the MGVA ♦ MSF official line-up slip (that is given to the MGVA ♦ MSF manager, supervisor of officials or game official) as a starter, they are considered officially in the game and are subject to all MGVA ♦ MSF eligibility rules including subjecting their team to tournament disqualification if their name is not found on the tournament roster. Once an eligibility check has been completed and/or line-up slip presented to the game official, no names can be added.
9. A coin toss will determine serve/side.
10. A team may start, continue or finish a game with 5 players. If a sixth player arrives or returns they may not enter or reenter until the next game. When a team uses five players, three players shall be considered front row and two back row. When serving, five player teams are not penalized for the missing sixth player in the rotation.
11. Each player is allowed unlimited entries within the 18 sub team limit per game. As in the past the re-entering player shall assume their original position in the serving order in relation to their other teammates. A substitution is illegal when the substitute re-enters or attempts to re-enter as a 19th substitute. Starting the game counts as one entry. The re-entering player must assume their original position in relation to other teammates in the serving order. A team is allowed a maximum of 18 substitutions per game. Starting the game is not considered a substitution.
12. Use of the libero position is permitted and only one libero is permitted per game. The libero is allowed to serve.
13. A game which is suspended due to electrical interruption or for any other reason shall be resumed from the exact point of suspension.
14. Teams are asked to form a line at the conclusion of the game and shake hands.
15. Following the completion of the first round of tournament play, the official tournament schedule becomes the bracket board posted **online**. Coaches are responsible for checking the website at the time of team check-in and regularly thereafter before and after each game they play. Teams not showing up at the proper time or site, forfeit.
16. The tournament management reserves the right to switch officials during a two game set or match in an effort to keep the tournament running smoothly and on time. This is sometimes necessary due to a court which is running behind schedule. If possible, switches will be made **between** games of a set or match.
17. In case of an injury to a player the game official shall allow an individual(s) identifying themselves as a coach, relative or qualified medical person on the playing area to help provide medical assistance. The game official shall record the name of the individual(s) allowed on the playing area on the line-up slip. **Note:** If a qualified medical person has been provided by the MGVA ♦ MSF or tournament host, this shall be the only medical person allowed on the playing area unless the medical person provided requests or authorizes the assistance of another medically qualified person. (Coaches or relative(s) shall always be permitted on).

AWARDS:

One Pool
Medals - 1st, 2nd

Two Pools
Medals - 1st, 2nd
Consolation Champ

Three Pools or More
Champion Plaque
Finalist Plaque
Medals - 1st, 2nd, 3rd, 3rd
Consolation Champ

18. **Infectious Disease Control Rule:** A player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment has been administered. Appropriate treatment is:
1. Bleeding has stopped
 2. Injury is covered
 3. Uniform changed (color difference will be allowed) or disinfected with acceptable disinfectant*
 4. Competition area/equipment disinfected with acceptable disinfectant
- If treatment can be administered within three minutes, the individual would not have to leave the game. Otherwise, substitution of the individual must take place.
- *Acceptable disinfectants are:
1. A solution of 1/4 cup of sodium hypochlorite and one gallon of water
 2. A solution of 1/4 cup of 70% isopropyl alcohol one gallon of water
 3. A commercially produced infectious disease spray
19. We are strongly recommending at least one adult chaperone (18 or over) to be present and responsible for each six (6) athletes at the tournament (e.g. 6 athletes = 1 chaperone; 7-12 athletes = 2 chaperones). Coaches may not act as a chaperone for any team.
20. Teams are asked to keep the playing facility clean by removing all trash (i.e. drink containers, food wrappers, etc.) from the team bench area at the conclusion of each game. The MGVA ♦ MSF greatly appreciates your interest, presence and cooperation in making these tournaments a successful and meaningful experience for our young athletes. The normal participant in the tournaments is well-mannered, well-disciplined and very cooperative. Our greatest concern is that there will be no incidents during the tournaments, which reflect poorly upon any individuals, teams or organizations. We ask for your cooperation toward meeting these goals.
21. **Disqualification:** A player/coach/team shall be immediately disqualified from the MGVA ♦ MSF program for any of the following acts:
1. Failure to comply with the eligibility rules set forth in this guide.
 2. Commission of fraud, such as playing under an assumed name, falsifying a roster, giving false information to tournament officials.
 3. Failure to provide a 24-hour notice when forfeiting a tournament contest. (Carries penalty of team ineligibility for tournament play the following year).
 4. Unsportsmanlike conduct.
 5. Tendering non-sufficient funds or stopping payment on checks.
 6. Causing damage to playing facilities, equipment or accommodations.
 7. Possession/use of controlled substances and/or chemicals (local law enforcement agencies will be contacted). Includes tobacco products, alcohol, drugs, etc.
22. Any player, coach or bench personnel that is ejected from a game for an act of inappropriate conduct shall be disqualified from the remainder of the tournament and must leave the team bench area.
23. MGVA ♦ MSF tournament managers and the supervisor of officials have the authority to eject belligerent players, coaches or managers prior to and after a game has been officially completed.
24. **Reinstatement:** Suspensions shall be immediate and remain in effect until such time that the suspended party appears before the MGVA ♦ MSF Sportsmanship and Eligibility Committee.
25. There shall be no tobacco or consumption of alcohol in, near or adjacent to the facility. If violations are observed, report to the tournament manager immediately.
26. When a concessions stand is in operation, coolers and picnic lunches may not be brought into a facility, **NO EXCEPTIONS.** Food and beverages are not allowed inside the gymnasiums utilized in MGVA ♦ MSF tournament play.
27. **ELIGIBILITY:**
Players may only play in one age division per day. If a player participates in a second age division per day, the second team the player plays with will be disqualified.
28. **FORFEITS:**
- a. If, due to a no show, a pool is reduced to four teams, then each team will play a three game set against the other three teams in the pool. (If the no show occurs in the second two game set of the pool, and it wasn't known in time, the two teams that played in the first two game set shall play a third game after the last scheduled set of their respective pool).
 - b. If, due to a no show, a pool has only two teams, then the teams shall play two three game sets to 30 against each other.
 - c. Should a forfeit occur within a pool at any time, all points awarded to previous opponents of the forfeiting team shall be canceled. The forfeiting team is out of the tournament and may not play any remaining games. Teams affected by forfeits should report to the tournament manager immediately for further instructions.
 - d. Teams which do not qualify to advance from pool play to bracket play should check with tournament management prior to leaving the site in case there is a forfeit position available that needs to be filled.

29. **PROTESTS:**
- Protests - You may not protest a judgment call. Protests on the interpretation of game rules shall be decided on the court. Decisions of the supervisor of officials or their designee are final.
 - Eligibility Protests - You may protest a players eligibility prior to or during a contest but not after a game has been officially completed. The MGVA ♦ MSF reserves the right to investigate eligibility matters at any time, including after a game or tournament is concluded. The MGVA ♦ MSF has the right to take action deemed appropriate.
 - In the event a team is disqualified from tournament competition, it only affects the status of the last team the disqualified team played and then only if a protest had been filed by the team prior to the completion of the game.
 - Team coaches must point out any discrepancies in pool play results within 10 minutes after posting. After that time, pool results become final unless a mistake can be corrected by MGVA ♦ MSF tournament management without substantial hardship or delay of the tournament (games will not be replayed). Thus, teams should not consider the posted results final until 10 minutes after posting.
30. **EQUIPMENT:**
- Game balls are supplied by the teams.** Each team shall supply one properly inflated official game volleyball in good playing condition for each game they play in. If two teams cannot mutually agree on an official game ball and the referee determines both balls meet requirements a coin toss shall determine the game ball.
Note: If a volleylite ball is available, it shall be used in the 11 and 12-Under Division.
 - All teams must supply and wear jerseys with at least a 4" high number (6" high is recommended) on either the front or the back of the jersey (number on front is recommended). Numbers on shorts or sleeves do not meet this requirement. Tape numbers are not acceptable. Shirt bodies must be of identical color. Illegally uniformed player(s) shall be withheld from competition by their team until they become legal. If a player(s) violates this rule by entering the game prior to becoming legal they shall be disqualified from that game.
 - MSHSL jewelry rules will be enforced. Exception: Hard or metal hair clips. The official's judgment regarding illegal equipment is final.
 - Teams are responsible to supply their own first aid equipment which must include infectious disease control solution. Trainers are not provided.**

PLEASE CAREFULLY READ ALL INFORMATION TO AVOID MISFORTUNE WHICH MAY DISQUALIFY YOUR TEAM FROM TOURNAMENT COMPETITION!!

★★★ INVITATIONAL TOURNAMENTS ★★★

Teams/Clubs interested in conducting invitational tournaments that do not conflict with the MGVA ♦ MSF's may list them at no charge on the MGVA ♦ MSF website and if forwarded to MSF Offices by December 1, your flyer will be mailed by MGVA ♦ MSF Offices in our mass mailing. Contact staff@msf1.org.

★★★ INSURANCE ★★★

Should your team, club or tournament desire excess medical or liability insurance contact perry@msf1.org for more information. This is the equivalent of insurance provided by other organizations but at a much lower cost.





Minnesota Girls Volleyball Association Minnesota Sports Federation



TOURNAMENT INFORMATION

1. The official tournament schedule is the bracket board posted at the tournament headquarters. Check this continually for changes. It is your responsibility to keep abreast of all changes affecting your team's play.
2. 4-4-2 warmup shall be used on a teams first set. Thereafter, including match play, the warm-up shall be 2-2-1.
3. Following their first set teams should be prepared to play early if their courts is running ahead of schedule.
4. Team coaches must point out any discrepancies in pool play results within 10 minutes after posting. After that time, pool results become final unless a mistake can be corrected by MSF tournament management without substantial hardship or delay of the tournament (games will not be replayed). Thus, teams should not consider the posted results final until 10 minutes after posting.
5. Tie breaking and seeding procedures will be posted at the tournament site. If questions arise after reading the procedures, please confer with the MSF manager for an explanation. **DO NOT WAIT UNTIL THE LAST MINUTE TO RESOLVE YOUR QUESTIONS.**
6. Top two teams in pool play advance to championship series and third and fourth advance to consolation bracket. Fifth and sixth place teams in five or six team pools do not advance.
7. Should a forfeit occur within a pool at any time, all points awarded to previous opponents of the forfeiting team shall be canceled. The forfeiting team is out of the tournament and may not play any remaining games. Teams affected by forfeits should report to the tournament manager immediately for further instructions.
8. If, due to a no show, a pool has only three teams, then each team will play a three game set against the other two teams in the pool. (If the no show occurs in the second two game set of the pool, the two teams that played in the first two game set shall play a third game after the last scheduled set of the respective pool.
9. If a tie exists in won/loss record in pool play, a cumulative point system shall be utilized to determine the top teams in each pool. The following point system shall be utilized.
 - A. Three points shall be awarded for each two or three game set in the following manner:
 1. One point for each game victory
 2. One point shall be awarded to the team which scored the most points in a two or three game set.
 3. Should a tie exist for the most points scored in a two game set, each team shall be awarded ½ point.

10. Pool Play:

<u># Of Teams in Pool</u>	<u># of Games Played Against Each Opponent in Pool</u>	<u># of Pts per game</u>	<u># of Teams That Advance</u>
3	3	21/23	3
4	2	21/23	4
5	2	21/23	4
6	2	15/17	4
7	2	15/17	4

11. Championship and Consolation Series Bracket Play: Best two of three 21-point games with a 23 point cap. 3rd game (if necessary) played to 15 points, 17 point cap. **Note: Cap is waived in Championship match only.**
12. **Referees are provided and line judges will not be used. If necessary, honor calls are expected.**



MINNESOTA SPORTS FEDERATION

ROUND ROBIN INFORMATION

1. Each team will play a two game set against the other three to seven teams in their pool. The # of points played in each game is designated on the tournament schedule.
2. If, due to a no show, a pool has only three teams, then each team will play a three game set against the other two teams in the pool. (If the no show occurs in the second two game set of the pool, the two teams that played in the first two game set shall play a third game after the last scheduled set of the respective pool).
3. Should a forfeit within a pool occur at any time, all points previously awarded to the current or previous opponent(s) of the forfeiting team shall be canceled. (A team which forfeits a game may not advance to the championship series and is eliminated from pool play.)
4. The top two-four teams in each three, four, five, six or seven team pool shall advance to the single elimination championship/consolation series. The championship and consolation series shall be played on a rally match basis with no time limits.
5. If a tie exists in won/loss record in pool play the below pool standings point system shall be the second criteria utilized to determine the top teams in each pool.
 - A. Three points shall be awarded for each two or three game set in the following manner:
 1. One point for each game victory.
 2. One point shall be awarded to the team which scored the most points in a two game set.
 3. Should a tie exist for the most points scored in a two game set, each team shall be awarded $\frac{1}{2}$ point.
NOTE: No extra point for the most points scored is awarded when an odd number of games are played.
6. Complete pool play tie breaking procedures will be posted at the tournament site.



Minnesota Sports Federation State Volleyball Tournament



Pool Standings Points will be awarded as follows:
One (1) point for each win

One (1) point for the most points scored in the set

Exception: when an odd # of games are played in a set, an extra point for the most points scored is not awarded.

Placing Teams in Bracket

Teams will be ranked out of pool play and into bracket play based on their win/loss record.

When a tie in win/loss records occurs the ranking will be determined by the tie breaking procedures listed below.

Tie Breaker Procedures

***Two (2) Team Breaker Procedure:**

A two (2) team tie in the win/loss record in pool play will be broken in the following manner:

1. Winner of head-to-head pool standings points total.
If a still tied...
2. Highest pool standings points total between the two tied teams in all of pool play.
If a still tied...
3. Best point differential between the two tied teams in all of pool play.
If a still tied...
4. Fewest points allowed between the two tied teams allowed in all of pool play.
If a still tied...
5. Most points scored between the two tied teams in all of pool play.
If a still tied...
6. Coin flip.

***Three (3) Team Tie Breaker Procedure:**

A three (3) team tie in the win/loss record in pool play will be broken in the following manner:

- (A) Highest pool standings points total between the three tied teams.
~If this tie breaker sets one team apart and the remaining two teams are still tied refer back to the Two-Team-Tie Breaker #1-6 until tie is broken.
If a three (3) team tie still exists advance to tie breaker (B).
- (B) Best point differential between the three tied teams.
~If this tie breaker sets one team apart and the remaining two teams are still tied refer back to the Two-Team-Tie Breaker #1-6 until tie is broken.
If a three (3) team tie still exists advance to tie breaker (C).
- (C) Fewest points allowed between the three tied teams.
~If this tie breaker sets one team apart and the remaining two teams are still tied refer back to the Two-Team-Tie Breaker #1-6 until tie is broken.
If a three (3) team tie still exists advance to tie breaker (D).
- (D) Highest pool standings points total in all of pool play.
~If this tie breaker sets one team apart and the remaining two teams are still tied refer back to the Two-Team-Tie Breaker #1-6 until tie is broken.
If a three (3) team tie still exists advance to tie breaker (E).
- (E) Best point differential in all of pool play.
~If this tie breaker sets one team apart and the remaining two teams are still tied refer back to the Two-Team-Tie Breaker #1-6 until tie is broken.
If a three (3) team tie still exists advance to tie breaker (F).
- (F) Fewest points allowed in all of pool play.
~If this tie breaker sets one team apart and the remaining two teams are still tied refer back to the Two-Team-Tie Breaker #1-6 until tie is broken.
If a three (3) team tie still exists advance to tie breaker (G).
- (G) Most points scored in all of pool play.
~If this tie breaker sets one team apart and the remaining two teams are still tied refer back to the Two-Team-Tie Breaker #1-6 until tie is broken.

**IF A THREE (3) TEAM TIE STILL EXISTS, RANDOMLY DRAWN NUMBERS
1, 2, AND 3 WILL DETERMINE THE SEEDING.**

FORFEITS: Should a forfeit occur within a pool at any time, the game results of the forfeiting team shall be cancelled. A team which forfeits a game may not advance to the championship series, however, the forfeiting team may play the remainder of their pool play schedule as exhibition games provided their opponents agree to play. Exhibition game results will not be included in the win/loss records or used in tie-breaker procedures.

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:
Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION





2026 MGVA ♦ MSF YOUTH VOLLEYBALL PLAYER WAIVER, RELEASE OF LIABILITY, INDEMNIFICATION AGREEMENT AND OFFICIAL TEAM ROSTER



Team Name: _____ **Age:** 11-U 12-U 13-U 14-U 15-U 16-U 17-U 18-U

Community: _____ **Team Color** _____ **Email** _____

Team Coach: _____ **Phone Tournament Day Contact (** _____ **)** _____

Address _____ **City** _____ **State** _____ **Zip** _____

PLAYER STATEMENT: Each player shall read the following statements before signing the roster. I am a member in good standing of the above team and I am eligible under local sports community and MSF eligibility rules to compete with this team in local sports community and MSF tournament play. I understand that my signature may appear on only one tournament roster in the same age division. I agree to abide by the rules and regulations established for local community and MSF play.

HOLD HARMLESS WAIVER OF LIABILITY: I, the undersigned player, acknowledge, agree and understand that: 1. Voluntarily and of my own free will, I elect to participate as a member of the volleyball team indicated above. 2. I understand that there are certain risks and hazards involved in participating in volleyball that may result in injury or death to me or other players, including, but not limited to those hazards associated with playing conditions, equipment and other participants. 3. I understand that the very nature of the game of volleyball is hazardous and risky, including, but not limited to, the acts of running, jumping, stretching, diving, and collisions with other players and with stationary objects, all of which can cause serious injury or death to me and to other players. Further, I, the undersigned player, agree that in consideration for the right to play as a member of the team designated above and in consideration for permission to play on the courts arranged for by the team: 1. I voluntarily elect to accept and assume all risks of injury incurred or suffered by me (a) while practicing or playing as a member of the team so designated, (b) while serving in a non-playing capacity as a team member during practice or play by other teams or by both players on my team, and (c) while on or upon the premises of any and all of the courts arranged for by my team for practice or play. 2. I release, discharge and agree not to sue the team designated above, the facility owner or other entity designated above, the Minnesota Sports Federation, or their owners, officers, agents, servants, associations, employees, or any person or entity connected with the team, Minnesota Sports Federation for any claim, damages, costs or cause of action which I have or may in the future have as a result of injuries or damages sustained or incurred by me from whatever cause including but not limited to the negligence, breach of contract or wrongful conduct of the parties hereby released.

Print or Type Player's Name	Player's Signature	Parent's or Legal Guardian's Signature	Residence Address	City	State	Zip	School	Grade in School	Birth date M/D/Y	Uniform Number
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										
11.										
12.										
13.										
14.										

Statement of Team Coach: I hereby verify that each player appearing on this MSF tournament roster qualifies under the eligibility rules outlined in the MSF program guide. I understand that a violation of MSF eligibility rules will result in the automatic disqualification of the team and may result in the probation and/or suspension of our sports community from future MSF participation.

Team Coach's Signature (type to sign digitally)

HAND CARRY THIS OFFICIAL ROSTER TO THE TOURNAMENT SITE

IMPORTANT: After completing this roster, make several copies for your files.

★ TEAM COACH CHECKLIST FOR TOURNAMENT PLAY ★

- * Signatures of all players and parents/guardians must be on this official tournament roster before it is submitted at the tournament site.
- * Players appearing on this official tournament roster shall be prepared to prove their eligibility upon request of an MSF tournament representative.
- * Age/Grade verification requirements can be found in current Youth Volleyball Guidebook.

All of the above requirements must be met at team check-in and throughout tournament play.

**MORA
HOTEL INFORMATION
2026**

HOTELS

AmericInn by Wyndham Mora

1877 Frontage Rd, MN 55051

www.wyndhamhotels.com

320-679-5700

Grand Hinckley Inn

777 Lady Luck Dr, Hinckley MN 55037

www.grandcasinomn.com

800-468-3517

Hinckley Casino Hotel

777 Lady Luck Dr, Hinckley, MN 55037

www.grandcasinomn.com

320-384-7328

Days Inn by Wyndham Hinckley

104 Grindstone Ct I-35, Hinckley, MN 55037

www.wyndhamhotels.com

320-384-7751

Americas Best Value Inn Hinckely

325 Fire Monument Rd, Hinckley, MN 55037

www.redlion.com

320-384-6112

GrandStay Hotel & Suites Cambridge

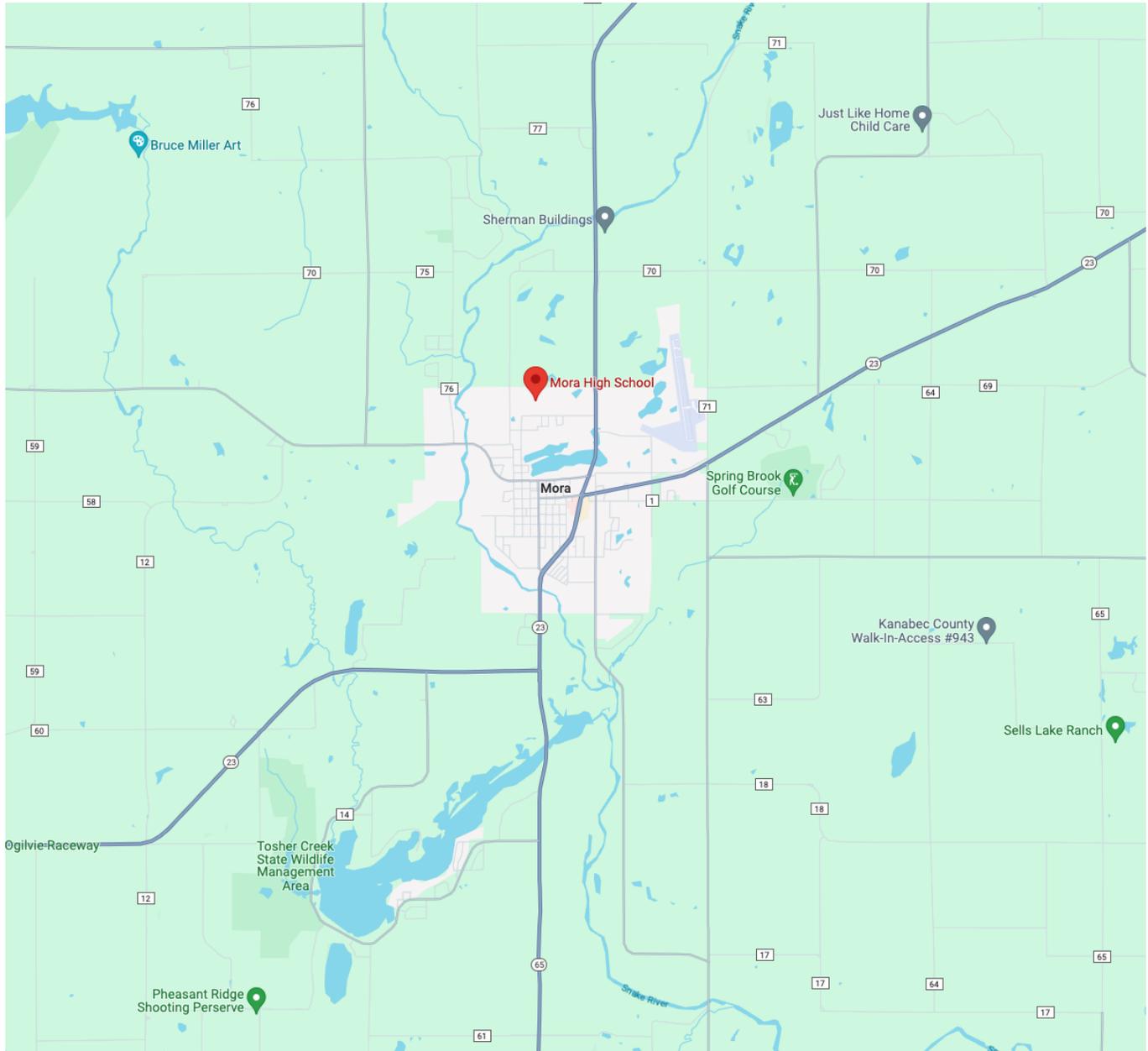
300 Garfield St S, Cambridge, MN 55008

www.grandstayhospitality.com

763-689-0542



Minnesota Girls Volleyball Association Minnesota Sports Federation



**Mora High School (Main Entrance)
118 9th Street • Mora, MN 55051**