

COURT 1 (2 to 21) East Gym		
Time	Play	Ref
9:00 - 9:40	10 - 6	21
9:40 - 10:20	10 - 21	6
10:20 - 10:50	6 - 21	10
<b>10:50 - 10:55</b>	<b>Change Courts</b>	
10:55 - 11:25	10 - 15	17
11:25 - 11:55	10 - 17	15
11:55 - 12:25	15 - 17	10
2nd Wave		
12:40 - 1:20	35 - 28	26
1:20 - 2:00	35 - 26	28
2:00 - 2:30	28 - 26	35
<b>2:30 - 2:35</b>	<b>Change Courts</b>	
2:35 - 3:05	35 - 25	27
3:05 - 3:35	35 - 27	25
3:35 - 4:05	25 - 27	35

COURT 2 (2 to 21) East Gym		
Time	Play	Ref
9:00 - 9:40	15 - 18	20
9:40 - 10:20	15 - 20	18
10:20 - 10:50	18 - 20	15
<b>10:50 - 10:55</b>	<b>Change Courts</b>	
10:55 - 11:25	6 - 18	13
11:25 - 11:55	6 - 13	18
11:55 - 12:25	18 - 13	6
2nd Wave		
12:40 - 1:20	25 - 24	31
1:20 - 2:00	25 - 31	24
2:00 - 2:30	24 - 31	25
<b>2:30 - 2:35</b>	<b>Change Courts</b>	
2:35 - 3:05	28 - 24	32
3:05 - 3:35	28 - 32	24
3:35 - 4:05	24 - 32	28

COURT 3 (2 to 21) West Gym		
Time	Play	Ref
9:00 - 9:40	17 - 13	9
9:40 - 10:20	17 - 9	13
10:20 - 10:50	13 - 9	17
<b>10:50 - 10:55</b>	<b>Change Courts</b>	
10:55 - 11:25	21 - 20	9
11:25 - 11:55	21 - 9	20
11:55 - 12:25	20 - 9	21
2nd Wave		
12:40 - 1:20	27 - 32	29
1:20 - 2:00	27 - 29	32
2:00 - 2:30	32 - 29	27
<b>2:30 - 2:35</b>	<b>Change Courts</b>	
2:35 - 3:05	26 - 31	29
3:05 - 3:35	26 - 29	31
3:35 - 4:05	31 - 29	26

12u Teams	
Rams 12u Gold	1
Norwalk 12u Purple	2
PCM 12u Mustangs Maroon	3
Indianola 12u Gold	4
PCM 12u Mustangs Gold	5
Pella Thunder 12u Black	6
Johnston 12u Purple	7
Pella Thunder 12u White	8
Indianola 12u Purple	9
Norwalk 12u Gold	10
Ankeny 12u Flash Force	11
Iowa Heart 12u Silver	12
Johnston 12u Gold	13
Riders 12u Navy	14
Riders 12u Silver	15
Urbandale 12u Jhawks	16
Road Runner 12u	17
Norwalk 12u Black	18
Iowa Heart 12u White	19
Rams 12u Black	20
MSTM 12u	21

COURT/MATCH FORMAT
Bye teams are highlighted.
No shared Warm-up.
<u>Warm-up Protocol</u>
For the first two matches of each wave, each team will have the court for 5 minutes for their warm-up.
<u>Match Points</u>
Courts 1-3 will play 2 sets, Cap of 21, Win by 1
Court 4 will play 2 sets, Cap of 25, Win by 1

COURT 4 (2 to 25) West Gym		
Time	Play	Ref
9:00 - 9:45	2 - 14	4
9:45 - 10:30	4 - 7	2
10:30 - 11:05	2 - 7	14
11:05 - 11:40	4 - 14	2
11:40 - 12:15	14 - 7	4
12:15 - 12:50	2 - 4	7
2nd Wave		
1:00 - 1:45	3 - 16	12
1:45 - 2:30	12 - 19	3
2:30 - 3:05	3 - 19	16
3:05 - 3:40	12 - 16	3
3:40 - 4:15	16 - 19	12
4:15 - 4:50	3 - 12	19

GENERAL REMINDERS
Please use good judgement with respect to COVID concerns. If someone is sick, please ask them to stay at home.
Players need to bring their own water.
League will provide warm-up volleyballs, though you may bring your own.
Teams will not switch sides.
Please observe social distancing whenever possible.
<b>Please do not bring popcorn!!!!</b>

11u Teams	
Rams 11u Black	22
Riders 11u Navy	23
Pella Thunder 11u White	24
MSTM 11u	25
Pella Thunder 11u Black	26
Riders 11u Silver	27
PowerPlex 11u	28
Iowa Heart 11u	29
Norwalk 11u Purple	30
Road Runner 11u	31
Rams 11u Gold	32
Indianola 11u Gold	33
Riders 11u White	34
PCM 11u Mustangs	35

# 12U/11U Mid Iowa Volleyball League - JANUARY 23