

## Eastern Volleyball Federation Tournament Series 2009-10

Team name:.....

Contact person .....

E mail address.....

Tel No: Home .....

Work .....

Mobile .....

The above team wishes to enter the following Tournament(s)

Please tick as appropriate

**Date                      Time                      Entries in by    Men    Women**

1	Sunday 4th October	9.30 - 6.00pm	Sunday 26th September		
2	Sunday 8th November	9.30 - 6.00pm	Sunday 1st November		
3	Sunday 6th December	9.30 - 6.00pm	Sunday 29 <sup>th</sup> November		
4	Sunday 10th January 2010	9.30 - 6.00pm	Sunday 3rd January		
5	Sunday 21 <sup>st</sup> February 2010	9.30- 6.00pm	Sunday 14 <sup>th</sup> February		
6	Sunday 14 <sup>th</sup> March 2010	9.30- 6.00pm	Sunday 7 <sup>th</sup> March		

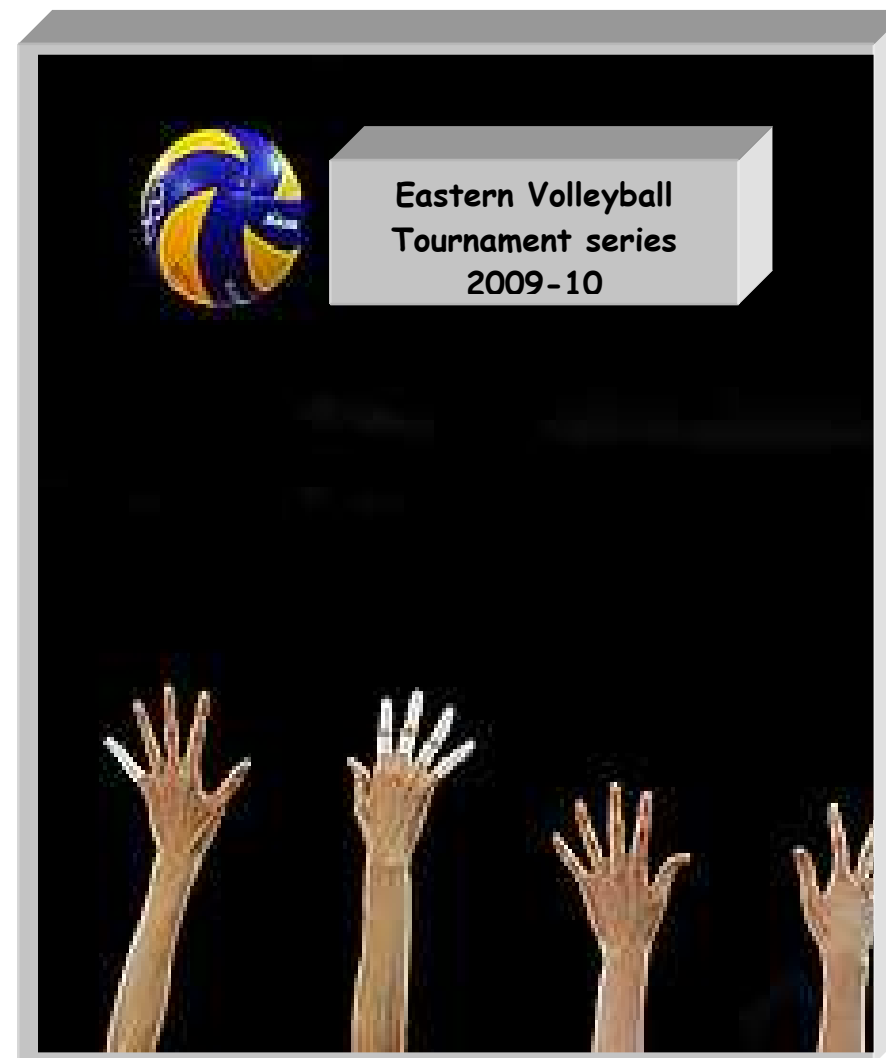
**ALSO PLEASE NOTE THIS ADDITIONAL EVENT**

**Open only to NVL and regional teams in the Eastern Region**

Eastern Region Championships	Sunday 25 <sup>th</sup> April	Sunday 11 <sup>th</sup> April		
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Return to *Keith Nicholls, Sportspark, UEA Norwich, NR4 7TJ*

e-mail [k.Nicholls@uea.ac.uk](mailto:k.Nicholls@uea.ac.uk) 01603 59238



A series of six one day tournaments open to men and women's teams of all levels.

**EASTERN TOURNAMENT SERIES 2009-10**

## COST

There will be a £12 fee per team per tournament (payable on the day to the Tournament Organiser). Teams entering for the first time must send a £25 deposit payable to Eastern Volleyball Federation (returnable if they attend all events entered for)

### ENTRY Procedure

DATES			
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Send entries on form overleaf- (state team, men's or women's event), team contact name, e-mail and telephone no.

Teams can enter one or all the tournaments. Each tournament carries points that over the series determine the Eastern Region men and women's teams for the Volleyball England Champions Cup. **Teams from outside the Region may play in tournaments but not represent the Region.**

## VENUE

Sportspark at the University of East Anglia, Norwich. This has four excellent volleyball courts with a sprung wooden floor plus good changing and café facilities. Further information can be found on the web [www.sportspark.co.uk](http://www.sportspark.co.uk)

## FORMAT

Matches are played using the SUPERSET 50 format. Fifty serves are played using rally points. Substitutions are as normal but there are timeouts after 20 and 40 serves. One "golden point" if score is 25:25.

Tournaments are normally in pools and teams are ranked and progress on the basis of the total points scored in matches. This format makes every match competitive up to the last serve.

## TIMES

Start times are 0930 and depending on entries the last match finishes at 1730.

## TEAMS

There are separate men and women's competitions and players may not play with the opposite gender.