



Brent Rasmussen
 Mortgage Specialists, LLC
 8420 W Dodge Rd Ste 113
 Omaha, NE 68114



EXPERIENCE the Action of Sitting Volleyball



12th Annual Sitting VB Tournament
 Hosted by



March 5th, 2015
9:30 a.m. - 3:00 p.m.

**Nebraska Elite Sports & Fitness
 Complex**

1212 N 102nd St.
 Omaha, NE 68114

TOURNAMENT DETAILS

- 1 Competitive and 1 Recreational Divisions
- \$30/Player for Adult or \$25/player with student id
- Each pool play match will be 3 games
- The first two games will be played to 25 points and the final game will be to 15 points
- Rally scoring will be used in all games
- Referees will be players from each team, with two line judges (line judges will be players from teams – each team will be assigned to refereeing per schedule).
- Official WOVD rules will be followed. Rules are available at <http://www.sittingvolleyball.org/rules.htm>
- Tournament will be a round robin finished with bracketing to determine one winning team for each division
- Trophies will be awarded to the top finishing team. Awards will also be given for the best hitter, best setter, and best libero/defense. A MVP award will be given to the best overall player of the tournament.

ADDITIONAL INFORMATION

- Free lunch provided to players on Saturday
- Must Register on 2nd page to receive Team Shirts with e-mail confirm stating you have registered

Hotels

Staybridge Suites 402-933-8901
 7825 Davenport St
 Omaha, NE 68114
 (Big rooms to share: 2 queen beds, 1 king bed, two bathrooms)

La Quinta 402-493-1900
 3330 N. 104th
 Omaha, NE 68134

Hampton Inn 402-391-5300
 9720 West Dodge Road
 Omaha, NE 68114

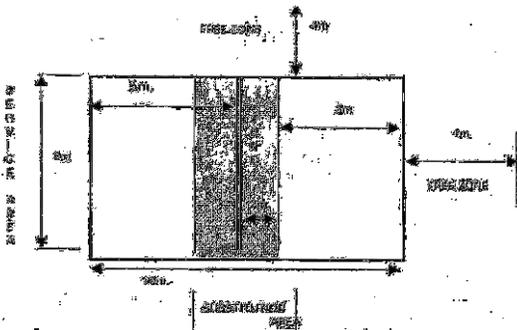
QUALIFIED PLAYERS

- Disabled athletes, able-bodied athletes, males, females, high school, college students and adults will be accepted. Anyone is eligible as long as they can safely compete and are willing to follow the rules of Sitting Volleyball. Competitive play is the goal. If you are interested in playing, but do not have a team, we are able to place you with one.

SITTING VOLLEYBALL RULES AND GUIDELINES

- The court size and height of the net are modified for sitting volleyball. Modifications to gym space are acceptable for local play, as long as both courts are equal in size. Most programs use a normal net that is 1m wide and 10m long, attached to the standards of a 9 x 18m court.
- The regulation sitting court size is 6 x 10m. Boundary lines are included in the court. The centerline divides the court into two courts, 6 x 5m each. The net is 1.15m for men and 1.05m for women.
- Regarding the zone lines, the attack lines are drawn parallel to the centerline and 2m from the middle of the centerline. The service zone is marked with two lines, each 15cm long and placed inside the service zone at the end of each court, 20cm behind and perpendicular to the end line. Both are drawn as an extension of each sideline.

SITTING VOLLEYBALL COURT DIAGRAM



KEY RULE MODIFICATIONS

- The position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may lie in the attack or free zone outside the court.
- "Bottom" is defined as the upper part of the body, from shoulder to one's buttocks.
- Touching the opponent's court beyond the centerline with a hand is permitted, if some part of the penetrating hand remains either in contact with or directly above the center line. To contact the opponent's court with any other part of the body is prohibited. The player may penetrate into the opponent's space under the net, provided there is no interference with the opponent.
- The player is not allowed to lift his/her bottom from the court when executing any type of attack-hit. The back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.
- The player must have contact with the court with some part of the upper part of the body at all times when playing the ball, except when making a defensive free zone play. In such defensive play, a loss of contact with the court is permitted for a moment.
- The referee's official hand signal of "lifting from the court" is raising the upper hand and forearm positioned parallel to the floor and mirror imaging the lower hand and forearm.
- Referees in sitting volleyball must stand to the sides of the court due to the height of the net and the fact that the players are in a seated position.

SIGN UP AT SITTINGVOLLEYBALL.ORG

**ENTRY FORM DEADLINE FEB 20TH
MUST HAVE TO RECEIVE T-SHIRTS**

March 5th, 2016
9:30 a.m. – 3:00 p.m.

**Nebraska Elite Sports & Fitness
Complex**

1212 N 102nd St.
Omaha, NE 68114

Individual or Team Captain Name _____

Competitive or Rec Div _____

Phone _____

E-mail Address _____

Team Name _____

Team Roster and Shirt Sizes:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

For additional information regarding the tournament or to register, call Brent Rasmussen at 402-991-5153 (work) or 402-578-0008 (cell) or email to rasmussenbrent@yahoo.com or brent@mtg-specialists.com