



ELEVATE SPORTS

RULES FOR VOLLEYBALL, BASKETBALL, SOCCER, AND ULTIMATE

Athletes Will:

- Only play on one (1) team in chosen sport
- Be at games 15 minutes early
- Have team jerseys for games, with numbers on front or back
- Always honor the ref's decisions
- Follow the rules communicated
- NOT wear cleats OR turf cleats on PLNU fields
- NOT bring food OR drinks which are not water on to the field, track, or in to Golden Gym

Locations and Estimated Times:

Basketball

Point Loma - Golden Gym

Friday afternoon, Saturday all day, & Sunday afternoon Semi's & Finals

Volleyball

Point Loma - Golden Gym

Friday afternoon, Saturday all day, & Sunday afternoon Semi's & Finals

Soccer

Ryan Family YMCA

Saturday all day

***This venue is off campus 10 mins.*

Ultimate Frisbee will be played on the main PLNU soccer field Friday afternoon, Saturday all day, and championships will take place on Sunday afternoon*. We try to get every team 3 games in the ultimate frisbee tournament. Remember, there are **NO cleats or turf cleats on the PLNU soccer or baseball field** and there are NO food or drinks allowed on the track or soccer field.

**If PLNU hosts the NCCA Super Regional Baseball Tournament during Elev8, the Ultimate schedule and location will change.*

Sports Specific Information

Basketball

- You will be guaranteed two game slots. The first game slot will be for determining the layout of our playoff bracket and once playoffs begin it will be single elimination.
- The first game slot will see you play two different teams, switching opponents at half time with the other court. The winning team on the west court will begin a new competition against the team who was winning on the east court and the teams who were losing on both courts will begin to play one another as well.
- For game play rules, see PLNU's listed rules attached to the Elev8 Website

Volleyball

- You will be guaranteed two match slots. The first game slot will be for determining the layout of our playoff bracket and once playoffs begin it will be single elimination.
- Each playoff match will be a best of 3 with the first two games to 21 and the third will be to 15
- For game play rules, see PLNU's listed rules attached to the Elev8 Website

Soccer

- 7 on 7, co-ed, with two girls minimum. Games will have two 15 minute halves, a 5 minute halftime, and, if necessary, overtime will be golden goal for a period of 5 minutes before going to PK's. Absolutely no sliding. Any slide will be a yellow card.
- This event takes place at the Ryan Family YMCA - 4390 Valeta Street - San Diego CA, 92107
- For game play rules, see PLNU's listed rules attached to the Elev8 Website