

# Beach Volley

## Lecture 12

Tournament's organisation

Protection of players

# Scheduling a tournament

- Pools
  - 3 teams
  - 4 teams
  - 6 teams
  - 4 X 3 teams
  - 4 X 4 teams
- Double Knock-out system
  - 4 teams
  - 8 teams
  - 12 teams
  - 16 teams
  - 32 teams

# Organisation of a tournament (plan)

- Golden Cup
  - Syntagma square
  - June (various dates per year)
- Number of participants
  - Male 46 teams
  - Female 36 teams
- Number of matches
  - 29 for qualification to the main draw (male)
  - 19 to the main draw (male)
  - 22 for qualification to the main draw (female)
  - 19 to the main draw (female)



## Organisation of a tournament (staff)

- Specialties
  - Officials (16)
  - Tutors of the courts (4)
  - Admin(10)
  - Doctor (1)
  - Volunteers (10)
  - Photographers (1)
  - Journalists (6)
  - Security guards (4)
  - D.J. (2)
  - Cleaners (2)
- In total: 56 persons



# Organisation of a tournament (equipment)

- Audience: 800 spectators
- Equipment
  - 28 advertising billboards
  - 10 balls
  - 15 tables
  - 1 set of court equipment
  - 7 refrigerators
  - 250 chairs
  - 1 Isobox for the office
  - 4 sunshades big
  - 6 small sunshades
  - 12 fans
  - Audio system
- Budget: 200K €



# Organisation of a tournament (Echo-parallel actions)

- Live streaming
- Social
  - FB
  - Insta
- TV live
  - Live from National Network
- Parallel actions
  - National Champ Juniors
  - Skin protection campaign
  - Show off games (oldies, stars, etc)
  - Volunteering



# Organisation of a tournament (age categories)

## ΚΑΤΗΓΟΡΙΕΣ ΔΙΟΡΓΑΝΩΣΕΩΝ BEACH VOLLEY 2023 - ΣΥΝΟΠΤΙΚΟΣ ΠΙΝΑΚΑΣ

|                             |                                 |                    |              | Προστασία<br>Ημερομηνίας | Περιορισμός<br>συμμετοχής<br>αθλητών | Minimum αριθμός ομάδων |   |   | Χρηματικά έπαθλα<br>(min) |         | Min<br>αριθμός<br>γηπέδων | Min<br>ημέρες<br>αγώνων | Υποχρέωση<br>φιλοξενίας<br>ομάδων | Απαιτούμενα<br>δωμάτια<br>φιλοξενίας<br>(δίκλινα) | Υποχρέωση<br>Τηλεοπτικής<br>Μετάδοσης | Υποχρέωση<br>επίσημων<br>διαιτητών | Ποσοστό<br>marketing<br>σε τοπικό | Παράβολο<br>συμμετοχής<br>ομάδων | Εγγραφή<br>αθλητών<br>σε μητρώο | Συντελεστής<br>βαθμολογίας | Παράβολο<br>διοργάνωσης |
|-----------------------------|---------------------------------|--------------------|--------------|--------------------------|--------------------------------------|------------------------|---|---|---------------------------|---------|---------------------------|-------------------------|-----------------------------------|---------------------------------------------------|---------------------------------------|------------------------------------|-----------------------------------|----------------------------------|---------------------------------|----------------------------|-------------------------|
|                             |                                 |                    |              |                          |                                      | A                      | Γ | M | A                         | Γ       |                           |                         |                                   |                                                   |                                       |                                    |                                   |                                  |                                 |                            |                         |
| SENIORS<br>(MEN &<br>WOMEN) | NATIONAL<br>TOUR                | MASTERS &<br>FINAL | 5-STAR ***** | NAI                      | ΌΧΙ                                  | 8                      | 8 | 0 | 5.000 €                   | 5.000 € | 1*                        | 3                       | MD                                | 60                                                | NAI                                   | NAI                                | 40%                               | ΕΟΠΕ                             | NAI                             | έως 2                      | 7.500 €                 |
|                             |                                 |                    | 4-STAR ****  | NAI                      | ΌΧΙ                                  | 8                      | 8 | 0 | 3.000 €                   | 3.000 € | 1*                        | 3                       | MD                                | 50                                                | NAI                                   | NAI                                | 40%                               | ΕΟΠΕ                             | NAI                             | έως 1,5                    | 4.000 €                 |
|                             |                                 | OPEN               | 3-STAR ***   | NAI                      | ΌΧΙ                                  | 8                      | 8 | 8 | 1.500 €                   | 1.500 € | 1*                        | 2                       | MD                                | max 30                                            | ΟΧΙ                                   | NAI                                | 90%                               | ΤΟΠΙΚΟΣ                          | NAI                             | έως 1                      | 250 €                   |
|                             |                                 |                    | 2-STAR **    | ΌΧΙ                      | ΌΧΙ                                  | 8                      | 8 | 8 | 750 €                     | 750 €   | 1*                        | 2                       | Top-8 tour / Top-4 event          | max 12                                            | ΟΧΙ                                   | NAI                                | 90%                               | ΤΟΠΙΚΟΣ                          | NAI                             | έως 0,5                    | 250 €                   |
|                             |                                 |                    | 1-STAR *     | ΌΧΙ                      | ΌΧΙ                                  | 8                      | 8 | 8 | 250 €                     | 250 €   | 1                         | 1                       | ΟΧΙ                               | max 5                                             | ΟΧΙ                                   | NAI                                | 90%                               | ΤΟΠΙΚΟΣ                          | NAI                             | έως 0,2                    | 250 €                   |
|                             | SATELLITE                       |                    |              | ΌΧΙ                      | NAI                                  | 8                      | 8 | 8 | έως €200 ανά τουρνουά     |         | 1                         | 1                       | ΟΧΙ                               | 0                                                 | ΟΧΙ                                   | ΟΧΙ                                | TOTAL                             | ΤΟΠΙΚΟΣ                          | ΟΧΙ                             | ΟΧΙ                        | AD/HOC                  |
|                             | SPECIAL EVENT                   |                    |              | ΌΧΙ                      | NAI                                  | 8                      | 8 | 8 | AD/HOC                    | AD/HOC  | 1                         | 1                       | ΟΧΙ                               | AD/HOC                                            | ΟΧΙ                                   | AD/HOC                             | TOTAL                             | ΤΟΠΙΚΟΣ                          | AD/HOC                          | ΟΧΙ                        | AD/HOC                  |
|                             |                                 |                    |              |                          |                                      |                        |   |   |                           |         |                           |                         |                                   |                                                   |                                       |                                    |                                   |                                  |                                 |                            |                         |
| JUNIORS                     | JUNIORS FINALS (all categories) |                    |              | NAI                      | ΌΧΙ                                  | 8                      | 8 | 8 |                           |         | 2                         | 2                       | MD                                | 40                                                | ΟΧΙ                                   | NAI                                | 40%                               | ΕΟΠΕ                             | NAI                             | 1                          | 0 €                     |
|                             | JUNIORS OPEN                    |                    |              | ΌΧΙ                      | ΌΧΙ                                  | 8                      | 8 | 8 |                           |         | 1*                        | 2                       | ΟΧΙ                               | έως 5                                             | ΟΧΙ                                   | NAI                                | 90%                               | ΤΟΠΙΚΟΣ                          | NAI                             | max 0,5                    | 0 €                     |
|                             | REGIONAL FINALS                 |                    |              | ΌΧΙ                      | NAI                                  | 8                      | 8 | 8 |                           |         | 1                         | 1                       | ΟΧΙ                               | 1                                                 | ΟΧΙ                                   | NAI                                | TOTAL                             | ΤΟΠΙΚΟΣ                          | NAI                             | max 0,5                    | 0 €                     |
|                             | JUNIORS SATELLITE               |                    |              | ΌΧΙ                      | NAI                                  | 8                      | 8 | 8 |                           |         | 1                         | 1                       | ΟΧΙ                               | 0                                                 | ΟΧΙ                                   | ΟΧΙ                                | TOTAL                             | ΤΟΠΙΚΟΣ                          | ΌΧΙ                             | ΟΧΙ                        | AD/HOC                  |

# Protection of players

- Nutrition

- Dietary recommendation
- 55%-65% carbohydrates
- 25%-30% fat
- 10%-15% proteins
- Carbohydrates with many small, rich meals
- Drinks 30-80 gr/l of carbohydrates
- optimal daily nutritional balance (outside competitions)
- energy recovery after competitions (and in between)

## Protection of players

- Exercise clothing
  - Cotton and linen easily absorb moisture
  - Thick shirts and rubber or plastic clothing create relatively high humidity close to the skin
  - Dark colors absorb light rays and add radiant heat
  - Light colors reflect thermal rays away from the body
  - Special fabrics (moisture wicking/synthetics) provide optimal heat and moisture transfer from the skin to the environment

## Protection of players

- Prevention of problems caused by solar radiation and heat
  - Shirt and Hat
  - Sunscreen
  - Sunglasses
  - Stay in the shade during breaks
  - Hydration
  - Antitetanus serum

# Protection of players

- Heat illnesses

- Heat cramps

- involuntary muscle contractions that occur after intense muscle activity. sodium and electrolyte deficiency due to high sweat rates

- Heat exhaustion

- the most common condition develops in the untrained, unacclimatized and dehydrated individual
    - ineffective adaptation of the circulatory system depletion of extracellular fluid (plasma) from excessive sweating

- External heat stroke

- the most serious condition requires immediate medical attention

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Tournament's organisation

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