

21st Annual Frostbite Invitational Tournament

Saturday, October 17, 2026 - 9:00 AM

Red Lake Falls High School & Red Lake Falls Elementary

Admission—all day prices: Kindergarten-Adults = \$5.00

We are looking forward to hosting the 2026 Frostbite Tournament! The winner in the Gold Division will receive a team plaque along with medals.

We have tried our best to #1 balance the pools and #2 allow the teams traveling greater distances to not compete in the first match while #3 alleviating repeat pool teams from the previous season. We apologize that this could not be achieved within every scenario but will continue to provide these three items in future years.

1. Pool play matches will be 2 out of 3 sets with no cap and follow MSHSL criteria.
2. Following pool play, all teams will be seeded #1-8 and placed into two divisions (Gold and Silver) of four teams for tournament play. Teams seeded #1-4 will play in the Gold Division and #5-8 will play in the Silver Division. Matches will continue to be 2 out of 3 sets with no cap and follow MSHSL criteria.
3. There will be a Championship match in each division.
4. If a tie occurs, the following procedure will be used:
 - Overall match record
 - Head-to-head competition (for ties with teams in pool play)
 - SET win-loss winning percentage in pool play
 - Point spread
 - Coin flip
5. If a ball from another court interferes with play, the referee may call a replay immediately IF IT INTERFERES WITH PLAY (a ball rolling through the back of the court is not sufficient to stop a play).
6. Players may not enter the adjacent court to play a ball.
7. There will be a 10 minute warm-up period (2-4-4) before each teams' first match and 5 minutes (1-2-2) thereafter; **hitting time MUST include serving time**. If warm-up activity interferes with an adjacent court, you will be asked to reduce the activity, or stop warm-ups all together, until the match is finished.
8. **Please provide a line judge when you play and bring your own warm-up balls.**
9. Locker Rooms are available. Locker Rooms will be shared with other teams so please keep your valuables locked/with you at all times.
10. Please Email rosters to **Nikki Gullingsrud - ngullingsrud@rlfedu.org** by Monday, Oct 5th, 2026.
11. Concessions will be available at both schools!
12. **Entry Fee is \$175 payable to Red Lake Falls Volleyball.**
Please mail to Nikki Gullingsrud, 905 Chicago Ave SW, Red Lake Falls, MN 56750
13. **Thank you for participating in the 2026 Frostbite Varsity Invitational Tournament! Enjoy the competition!!**

Please contact Nikki Gullingsrud at ngullingsrud@rlfedu.org or (218)784-8688 if needed.

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POOL A (RLF HS)

(404 Champagne Ave SW)

A1 = Red Lake Falls

A2 = Northern Freeze

A3 = Goodridge-Grygla

A4 = SAC

POOL B (RLF Elementary)

(601 1st St NE)

B1 = RLCC

B2 = Fertile-Beltrami

B3 = Clearbrook-Gonvick

B4 = BGMR

FROSTBITE TOURNAMENT SCHEDULE

Matches will run ahead of schedule if possible

	Pool A RLF High School (404 Champagne Ave SW)	Pool B RLF Elementary Gym (601 1 st St NE)
9:00 AM	A1 vs. A2	B1 vs. B2
Match #2	A3 vs. A4	B3 vs. B4
Match #3	A1 vs. A3	B1 vs. B3
Match #4	A2 vs. A4	B2 vs. B4
Match #5	A1 vs. A4	B1 vs. B4
Match #6	A2 vs. A3	B2 vs. B3
	GOLD Division RLF High School (404 Champagne Ave SW)	SILVER Division RLF Elementary School (601 1 st St NE)
Match #7	#1 vs. #4	#5 vs. #8
Match #8	#2 vs. #3	#6 vs. #7
Championship	Winners of Match #1 & #2 2026 Championship	Winners of Match #1 & #2