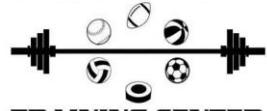


## Wednesday Co Ed 4's



### ATHLETIC PERFORMANCE



**WE WILL HELP YOU  
BECOME A BETTER ATHLETE!**



|         | Week 1 |    |    | Week 2 |    |    | Week 3 |    |    | Week 4 |    |    | Week 5 |    |    | Week 6 |    |   | Week 7 |    |   | Week 8 |    |   | PLAYOFFS |  |  |
|---------|--------|----|----|--------|----|----|--------|----|----|--------|----|----|--------|----|----|--------|----|---|--------|----|---|--------|----|---|----------|--|--|
|         | 7-Jan  |    |    | 14-Jan |    |    | 21-Jan |    |    | 28-Jan |    |    | 4-Feb  |    |    | 11-Feb |    |   | 18-Feb |    |   | 25-Feb |    |   | 4-Mar    |  |  |
| 6:00 PM | 1      | vs | 2  | 3      | vs | 9  | 2      | vs | 7  | 7      | vs | 9  | 4      | vs | 5  | 4      | vs | 2 | 10     | vs | 3 | 8      | vs | 6 |          |  |  |
| 6:50 PM | 3      | vs | 4  | 1      | vs | 6  | 1      | vs | 8  | 5      | vs | 10 | 6      | vs | 7  | 8      | vs | 5 | 1      | vs | 7 | 10     | vs | 4 |          |  |  |
| 7:35 PM | 5      | vs | 6  | 5      | vs | 7  | 3      | vs | 5  | 1      | vs | 4  | 8      | vs | 9  | 10     | vs | 7 | 9      | vs | 5 | 9      | vs | 2 |          |  |  |
| 8:20 PM | 7      | vs | 8  | 2      | vs | 10 | 4      | vs | 9  | 3      | vs | 8  | 1      | vs | 10 | 6      | vs | 3 | 6      | vs | 4 | 7      | vs | 3 |          |  |  |
| 9:10 PM | 9      | vs | 10 | 4      | vs | 8  | 6      | vs | 10 | 2      | vs | 6  | 2      | vs | 3  | 1      | vs | 9 | 8      | vs | 2 | 1      | vs | 5 |          |  |  |
| BYE     |        |    |    |        |    |    |        |    |    |        |    |    |        |    |    |        |    |   |        |    |   |        |    |   | 1-Jan    |  |  |
|         |        |    |    |        |    |    |        |    |    |        |    |    |        |    |    |        |    |   |        |    |   |        |    |   |          |  |  |

| CAPTAINS |            |    |          |
|----------|------------|----|----------|
| 1        | Monica     | 6  | David W  |
| 2        | Kristina M | 7  | Cecily G |
| 3        | Monica 1   | 8  | Joe F    |
| 4        | Joe W      | 9  | Dan T    |
| 5        | Dawn J     | 10 | Tim F    |

**3 games : All to 21 pts : Rally Scoring Cap at 23 pts**

**2/30 second timeouts allowed per team per game**

**Standard Net Rule still in effect : touching the net is a violation**

**Officials have the right to disqualify a player at any time for rude conduct**

**If the third set of a match needs to be shortened due to inclement weather or time**

**The referees will notify Brian or Steve first then captains will be informed prior to the start of the set**

#### League Rules

No blocking or attacking of serve

"Let" serve is in effect

Back row players may not block

Back row players may not attack a ball within 10ft of the net

Minimum of 3 to play in a Coed 6's league with 1 female, 2 players in a 4's league with 1 female

\$12 a match professional referee fee is paid before the start of Set 1

#### Forfeits

Scheduled match time is forfeit time

**If your team forfeits, the referee fees for BOTH teams will be paid by the forfeiting team with your forfeit fee that you paid at registration.**

**Within 24 hours you will bring your forfeit back up to a \$40 or you will be removed from the schedule for the rest of the session**