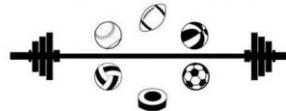


Thursday Co Ed 6's



ATHLETIC PERFORMANCE



TRAINING CENTER

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								
	8-Jan		15-Jan		22-Jan		29-Jan		5-Feb		12-Feb		19-Feb		26-Feb		5-Mar								
6:00 PM	1	vs	2	9	vs	5	5	vs	7	1	vs	8	6	vs	7	6	vs	3	3	vs	8	9	vs	2	
6:50 PM	3	vs	4	8	vs	2	5	vs	2	6	vs	9	8	vs	9	1	vs	9	1	vs	4	7	vs	3	
7:40 PM	5	vs	6	1	vs	3	4	vs	8	4	vs	9	4	vs	5	8	vs	5	2	vs	6	7	vs	4	
8:30 PM	7	vs	8	1	vs	7	3	vs	9	2	vs	7	1	vs	3	4	vs	7	5	vs	2	8	vs	6	
9:20 PM	9	vs	8	4	vs	6	1	vs	6	3	vs	5	2	vs	3	4	vs	2	7	vs	9	1	vs	5	
BYE																							11-Jan		

CAPTAINS			
1	Rozalind C	6	Adam B
2	Becki R	7	Brian H
3	Philip E	8	Mike C
4	Margo B	9	Stephanie S
5	Marlon R	10	

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