The league will run for 4 weeks in May 2023.

Scheduled play will be Monday's 2:45-4:30 & Friday's 2:30-5:00

Start day: **Friday, May 5th** End day: **Friday, June 2nd** (no session on Monday, May 22)

Each dual meet will feature **3 female** and **1 male** pairs to represent the school.

Female teams will be self-ranked by the school, prior to each dual meet.

Team roster size is unlimited, comprised of students in Grade 10-12. Recommended minimum roster is 10 athletes. (2-4 boys, 6-8 girls)

Team selection criteria is at the discretion of the school.

Additional teams representing a school will be allowed if space is available. Players can only be placed on **one** team roster.

Registration opens Monday, April 3. Deadline is Monday, April 17.

Final schedule will be released by Friday, April 28th

All equipment and associated costs will be covered by MVC.

Team uniforms are encouraged and will be the responsibility of the participating school.

Click HERE for more information