



### **Match-eligibility for Torexe players**

The aim behind introducing these rules is to ensure players train regularly, mix with other club members and achieve a minimum level of fitness.

In order to play in a match where they are representing Torexe VC, (local or regional league, tournaments, etc.), a player must have fulfilled all of the following:

- Trained at least once in the 21 days prior to the match.
- Trained an average of at least once every 3 weeks (and at least twice) since the start of the season (see note below).

The start of a player's season is usually regarded as the start of the indoor training season for existing members (normally the beginning of September), or whenever the player joins the club if part-way through the season. In the case of layoff due to injury, the committee may decide to 'restart' a player's season from the time they resume training.

Any exceptions to the above are at the discretion of the Torexe committee.