



Lunds Volleybollklubb (LVK) invites you to play in a recreational league in

Volleyball

season 2024-2025!

New time 20:00-22:00

Where, when and how?

LVK arranges two different recreational leagues, both of which are played in **Fäladshallen** on **Thursday nights** from September to May. The "mixed", played at 20:00, is for mixed teams, maximum three boys and at least two girls. The "free", played at 21:00, is for freely composed teams. You can participate in both leagues, but only in one team in each league during the season.

When does it start?

The season starts with the Pomona Cup, from August 22nd to September 12th between 20:00-22:00. The leagues start on September 19th with "mixed" at 20:00 and "free" at 22:00.

Pomona Cup

New for this season is that we start with a 4 rounds cup for all teams that have signed up for the league. The result from all 4 rounds will decide the first winner of the perpetual trophy "the golden apple".

Fees and registration

The team fee which is SEK 3000 for the whole season 2024-25. All players in a team must be members of Lunds VK. The membership/license fee is 470 SEK per season and includes a license with SVBF which also means the player is insured.

Registration of a team for the season is done through an email to motionsserie@lundsvk.se. The mail should contain name of the team, which league (mix, free or both), name and address to the team leader who will get the invoice for the team fee, and at least name of 4 players in the team. New club members also need to be registered on this link: [medlemsformuläret](#).

Registration is for the whole season of 2024-2025 and is binding.

To join the first round of the Pomona Cup a team must be registered no later than **August 20th**. Teams that sign up later can still play the remaining rounds if they sign up no later than the Tuesday before that weeks round.

To join the league which starts on September 19th a team must be registered no later than **September 16th**.

This is a recreational league however players who take part in the Swedish Volleyball leagues are also welcome if they play in division 2 or lower (women) or division 3 or lower (men).

If you have any questions about the leagues please send them to motionsserie@lundsvk.se.

Verksamhetsgruppen: Annki Bengtsson, Niklas Brunlid, Pontus Eklund, Karin Jönsson och Patrick Lendelund

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