



Better, Healthier You
Fitness Facility

COED VOLLEYBALL LEAGUE PLAY



Welcome to the Optimal You Fitness Facility Volleyball League! Thank you for signing up and supporting recreational league at the Better, Healthier You Fitness Facility. Here is an overview of how the league will go this spring.

- All participants must have an active membership to the Better, Healthier You Fitness Facility. If you need to sign-up, please ([CLICK HERE](#)) to visit the membership page of our website. You will need to fill out the [application form](#) as well as a [health history form](#).
- All participants must scan their card (Check-In) at the Better, Healthier You Fitness Facility Fitness Desk prior to playing.
- League play will be round robin style. Seeding for single elimination tournament will be based on records.
- League is attentively scheduled for 12 weeks in duration. 8-10 weeks of divisional pool play and 2 weeks of single elimination tournament play. (*league length will be determined by the number of teams playing*)
- Teams, captain's name, email, game schedule and standing will be posted on the [Volleyball League Play](#) page of the Better, Healthier You Fitness Facility Website.
- Captains of the winning team must report their score via website ([CLICK HERE](#)) within 24 hours of game played.
- Games will be played on campus at the Better, Healthier You Fitness Facility Gymnasium.
- Games will be scheduled on Thursdays between 3:00pm - 5:30pm, with Tuesday evenings being available for make-up games if needed. All divisional pool play scores must be reported no later than Wednesday, December 5, 2024 at 6:00pm noon EST.
- The Better, Healthier You Facility Gymnasium can also be reserved for other days/times if needed. Please contact the Better, Healthier You Fitness facility: fitness_facility@amway.com to check for availability.
- For a complete list of league rules, ([CLICK HERE](#)).
- Tournament play will begin December 12, 2024. More details to be announced once divisional pool play is completed.