



LEAGUE PLAY MIX & MATCH VOLLEYBALL LEAGUE OVERVIEW

A blue silhouette of a volleyball player in mid-air, jumping to hit a ball. The ball is a small blue circle positioned above the player's head.

Welcome to the Optimal You Fitness Facility Volleyball League! Thank you for signing up and excited to try this new twist on our volleyball league this year. Here is a general overview of the league.

- All participants must have an active membership to the Optimal 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](#).
- Teams are designed to balance out with variety of skill levels and evenly distributed on each team, so please register your skill level honestly.
- All participants must scan their card (Check-In) at the Optimal 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 2-4 weeks of single elimination tournament play. (*league length will be determined by the number of teams playing*)
- Teams, names, emails, game schedule and standings will be posted on the [Mix&Match Volleyball League Play](#) page of the Optimal You Fitness Facility Website.
- Each team will designate a "Team Captain." Team Captain 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 Optimal You Fitness Facility Gymnasium.
- Games will be scheduled on Tuesdays between 11am - 2:45pm, with Thursdays being available for make-up games if needed. All divisional pool play scores must be reported no later than Wednesday, May 8, 2024 at 12pm noon EST.
- The Optimal You Fitness Facility Gymnasium can also be reserved for other days/times if needed. Please contact the Optimal You Fitness facility: fitness_facility@amway.com to check for availability.
- For a complete list of league rules, ([CLICK HERE](#)).
- Tournament play will begin May 14, 2024. More details to be announced once divisional pool play is completed.