



LEAGUE PLAY MIX & MATCH VOLLEYBALL LEAGUE OVERVIEW

A blue silhouette of a volleyball player in mid-air, reaching up to hit a ball.

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. 11 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, 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 - 1:30pm, with Thursdays being available for make-up games if needed. All divisional pool play scores must be reported no later than Wednesday, May 15, 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 21, 2024. More details to be announced once divisional pool play is completed.