



LEAGUE PLAY

**VOLLEYBALL**



Welcome to the Optimal You Fitness Facility Volleyball League! Thank you for signing up and taking this first step of bringing recreation league back to the Amway campus. We are excited to start providing more programs and services to our members. Here is an overview of how the league will go this spring.

- 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](#).
- 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, captain's name, email, game schedule and standing will be posted on the [Volleyball League Play](#) page of the Optimal 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 Optimal You Fitness Facility Gymnasium.
- Games will be scheduled on Tuesdays between 11am - 2pm, with Thursdays being available for make-up games if needed. All divisional pool play scores must be reported no later than Wednesday, November 22, 2023 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](mailto:fitness_facility@amway.com) to check for availability.
- For a complete list of league rules, ([CLICK HERE](#)).
- Tournament play will begin November 28, 2023. More details to be announced once divisional pool play is completed.