

2025 SAND LEAGUES & DESCRIPTIONS

SUNDAYS

High School Doubles:

2 Female players (8th-12 grade) on the court at a time. Roster Size can hold up to 5 individuals.

Adult Co-Ed 4s:

4 players (18 years and older) on the court at a time. Teams can be a mix of males and females, at least 1 female must be on the court at all times. Roster Size can hold up to 10 individuals.

MONDAYS

Women's Doubles:

2 Women on the court at a time. Roster Size can hold up to 5 individuals.

Middle School (MS) 4s:

4 female athletes in 7th-8th grade on the court at a time. Roster Size can hold up to 10 Individuals.

TUESDAYS

High School (HS) 4s:

4 players in 9th-12th grade on the court at a time. Teams must be females only. Roster Size can hold up to 10 individuals.

WEDNESDAYS

Adult Co-Ed 6s:

6 players (18 years and older) on the court at a time. Teams must have 2 females on the court at all times.

High School Co-Ed 4s:

4 players in 9th-12th grade on the court at a time. Teams can be a mix of males and females, 2 females must be on the court at all times. Roster Size can hold up to 10 individuals.

THURSDAYS

High School (HS) 6s:

6 players in 9th-12th grade on the court at a time. Teams are Female Athletes Only. Roster Size can hold up to 12 individuals.

Middle School (MS) 6s:

6 players in 7th-8th grade on the court at a time. Teams can be girls only OR be a Co-ed team with a minimum of 4 females on the court at all times. Roster Size can hold up to 12 individuals.

Grade School (GS) 6s:

6 players in 4th-6th grade on the court at a time. Teams can be girls only OR be a Co-ed team with a minimum of 4 females on the court at all times. Roster Size can hold up to 12 individuals.