

## 2026 SAND LEAGUES & DESCRIPTIONS

### SUNDAYS

#### **High School Doubles:**

2 Female players (8th-12 grade) on the court at a time.

#### **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.

### MONDAYS

#### **Women's Doubles:**

2 Women on the court at a time.

#### **Middle School (MS) 4s: 8 Team Max**

4 female athletes going into 7th-8th grade on the court at a time.

#### **High School (HS) 4s: 8 Team Max**

4 players in 9th-12th grade on the court at a time. Teams must be females only.

### TUESDAYS

#### **High School (HS) 4s: 8 Team Max**

4 players in 9th-12th grade on the court at a time. Teams must be females only.

#### **Middle School (MS) 4s: 8 Team Max**

4 female athletes going into 7th-8th grade on the court at a time.

### 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.

### THURSDAYS

#### **High School (HS) 6s: 8 Teams Max**

6 players in 9th-12th 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.

#### **Middle School (MS) 6s: 8 Teams Max**

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.

#### **Grade School (GS) 6s: 8 Teams Max**

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.