

Levels of Play and Descriptions

BEACH 6's		
NIGHT	LEVEL	DESCRIPTION
MON, TUES OR WEDS	Intermediate 6's	The intermediate level is geared towards participants who are still relatively new to the sport but are seeking a little bit more competition. You can think of it as the "middle of the road" level. Participants that play at this level have a good knowledge of the rules and the game and are ready to become more competitive but are still not all that serious. Most participants at this level have played for a few seasons. This is a great level for those teams that have had success at the recreational level and are now ready to step their game up!
THURSDAY	Recreational 6's	The recreational level is geared towards participants that are just looking to have fun. So you don't know what a bump, set or spike is? Or, you may not know how to do those... This is the most basic level that the Stamford Recreation Division offers, you can think of it as the "beginners" level. Participants that play at this level are out to enjoy themselves and not out for the sheer competition of the sport. Most players have not played on an organized team before or have only played for a couple of seasons. This is a great level for beginning teams to start and a great way to begin your team's dynasty.

BEACH 4's		
NIGHT	LEVEL	DESCRIPTION
THURSDAY	Competitive 4's	This division is for experienced players. This is a fast-paced division where you will see high levels of skill. You will see good team work and most players will be matched evenly in terms of their skill level. Organized attacks will be made consistently in this league. Team Goal: 3 hits each time in an organized, well-controlled attack.

