Levels of Competition Offered

1. **Recreational Co-ed**: The lowest level of competition. Teams are generally required a set number of players from the opposite gender on the playing surface at all times depending on the sport. The Recreational league is for players with minimal experience who are looking to meet new people and have a good time.

2. **Competitive Co-ed**: This level of competition is higher than the Rec league however it also requires a set number of players from the opposite gender on the playing surface at all times. This league is for players who are experienced and are looking for good competition while also having some fun.

3. **Competitive Open**: This is the most competitive league. There are no set rules on having players of the opposite gender on the playing surface. Teams can either be all male, all female, or mixed up. Generally, this league is for players who are looking for the most competition and is taken more seriously.