

## **Co-ed Teams - 40+ women/50+ men**

7-3 format. Big ball/small ball. 6-12ft arc. Teams should be competitive while focusing on fun.

Players should be able to:

- Throw the ball overhand
- Catch a ball that is hit at them or thrown to them
- Run the bases
- Hit the ball to the outfield
- Know the rules of slo-pitch

Nights of Play – Tues & Thurs

Length of Season – start early May, ends by mid-September