



# Volleyball

## Session 3

### 2026 – 3A Low

3Low Teams and Contact Information			
Team #	Team Name	Team Captain	Phone Number
Team 1	G UNIT	Gerardo Cornejo	5736451309
Team 2	Dang it Bobby	Heather Gibson	5736945292
Team 3	Volleyball is My Therapy	David Litfin	5736907165
Team 4	Short Staffed	Emily Lottmann	5737894361
Team 5	Beards and Babes	Kyle Maddox	5736804681
Team 6	Notorious DIG	Kyle Morgan	6605631812
Team 7	Casual Sets	Byron Moseley	5734156731
Team 8	OC 28	Kylie Rakestraw	5736919430
Team 9	Nutcrackers	Tori Riley	5738267537
Team 10	S.H.R.	Steve Sandbothe	5732914003
Team 11	High Fives	Josh Scott	5736457133
Team 12	No Layups	Roosevelt Stallings	5732302465

Time	Court	3/5/26	3/12/26	3/19/26	3/26/26	4/2/26	4/9/26	4/16/26	4/23/26	4/30/26	5/7/26
5:45	GYM 2	4-6	7-12	10-6	1-11	9-3	4-11	12-6	5-9	7-6	5-11
6:35	GYM 2	10-3	2-4	12-1	7-10	6-5	1-10	9-2	10-8	11-2	2-7
7:25	GYM 2	5-1	11-10	4-5	8-12	12-4	3-12	5-10	2-12	9-10	12-9
8:15	GYM 2	9-7	6-3	3-2	3-5	11-8	6-9	7-4	3-7	8-4	6-1
5:45	MPC 1	8-2	8-5	9-8	4-9	7-1	2-5	11-3	4-1	1-3	10-4
8:15	GYM 1	12-11	1-9	11-7	2-6	10-2	8-7	1-8	6-11	5-12	3-8

1. All games are played on the **gym court 1, 2, or on MPC 1**, at the Firley YMCA on Ellis Blvd.



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2. Three games are played up to 23 with a 25 point cap. Rally scoring is used.
3. Jewelry may not be worn at any time. Religious and medical alert medals may be worn. However, religious medals must be taped and worn under the uniform. A medical alert medal must be taped to the uniform and may be visible.
4. First occurrence of jewelry having to be removed will result in a warning. The second occurrence, resulting in the game being stopped, will result in the team losing a point. Should a team be stopped for a third time, the game will be forfeited.
5. Game time is forfeit time. If a minimum of 4 players (2 girls & 2 guys) are not present at the scheduled time; it will be an automatic forfeit.
6. All teams need a minimum of 4 players (2 girls & 2 guys) to complete a match.
7. Please remember to conduct yourself in a professional manner while playing and observing at all YMCA sporting events.