

UP & DOWN THE RIVER— MIXED ABILITIES



FORMAT DESCRIPTION

This is a great format for players of different levels while using varying court sizes. Players are challenged appropriately and motivated to get to the next court size and ball.

VARIATION

- Effective with large numbers of players and courts.
- Use traditional scoring or timed matches.

AGES

All ages welcome; recommended for ages 6 years old and up.

SETUP AND PLAY

- Determine how many kids you have at each level, and set up the courts accordingly.
- Designate one court as the high court and another as the low.
- In each round, players move up a court if they win and down one if they lose.
- If players win on the top court or lose on the bottom court, they stay on the same court.

