

Rosters

To avoid receiving an automatic loss due to an incomplete roster, all teams must meet the minimum roster requirements, which is set at the total number of players needed on the court/field.

Indoor Sports	Format (s)	Total # of Players Required on the Court	Total # of Females Required on the Court
Badminton	Co-ed	2	1
	Open	2	0
Ball Hockey	3 on 3	3 + goalie	1
	4 on 4	4 + goalie	2
Basketball	Standard + Premium	5	2
	Draft	5	0
Bowling – 5-Pin	Open	2	0
Cornhole	Open	2	0
Curling	All	4	0
Darts	Open	2	0
Dodgeball	All	6	2
Ice Hockey	3 on 3	3 + goalie	0
Lawn Bowling	Open	4	0
Multi-Sport	All	6	2
Multi-Sport 2's	All	2	1
Pickleball	All	2	1
Futsal Soccer	All	5 + goalie	2
Turf Soccer	5 vs. 5	4 + goalie	2
Squash	All	2	0
Indoor Tennis	All	2	1
Indoor Volleyball	Co-ed	6	2
	Women's	6	6

Outdoor Sports	Format (s)	Total # of Players Required on the Court	Total # of Females Required on the Court
Flag Football	All	5	2
Flag Rugby	7 on 7	7	2
Kickball	All	10	3
Outdoor Soccer	6 vs. 6	5 + goalie	2
	8 vs. 8	7 + goalie	3
	11 vs. 11	10 + goalie	3
Slo-Pitch	All	10	3
Spikeball	All	2	0
Tennis	Co-ed	2	1
	Open	2	0
Ultimate	All	5	2
Beach Volleyball	4's	4	1
	6's	6	2
Grass Volleyball	All	6	2



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