



SQUAD  
ROSTER

TEAM CAPTAIN

Beach Volleyball

Teams play 3 games, three females and three males in each  
(Subs must be of the same sex they replace)

Starting Team – Squad Leader \_\_\_\_\_

Female 1 _____	Male 4 _____
Female 2 _____	Male 5 _____
Female 3 _____	Male 6 _____
Sub 1 _____	Sub 4 _____
Sub 2 _____	Sub 5 _____
Sub 3 _____	Sub 6 _____

Beach Dodgeball

Three females and three males play five-minute games  
Win by eliminating the other team or by player advantage

Starting Team – Squad Leader \_\_\_\_\_

Female 1 _____	Male 4 _____
Female 2 _____	Male 5 _____
Female 3 _____	Male 6 _____
Sub 1 _____	Sub 3 _____
Sub 2 _____	Sub 4 _____

BOTE Beach Challenge

Three females and four males race for best time in 8 team heats  
Heat winner moves on to afternoon championships

Starting Team – Squad Leader \_\_\_\_\_

Female 1 Tube-rider and Izzy Dizzy _____	Male 4 Tube Rider _____
Female 2 Tube-rider and Izzy Dizzy _____	Male 5 Tube Rider _____
Female 3 Tube-rider and Kayak Paddler _____	Male 6 Tube Rider _____
Sub 1 _____	Male 7 Tube Rider and Kayak Paddler _____
Sub 2 _____	_____
Sub 3 _____	Sub 4 _____

Tug-of-War

Two females and three males tug 45 seconds  
Win outright or by center mark advantage after 45 seconds

Starting Team – Squad Leader \_\_\_\_\_

Female 1 _____	Male 3 _____	Sub 1 _____
Female 2 _____	Male 4 _____	Sub 2 _____
	Male 5 _____	Sub 3 _____
		Sub 4 _____

Corn Toss

Optional: Four squads/two players

Squad Leader – Starting Time \_\_\_\_\_

Squad 1 _____   _____	Squad 3 _____   _____	Squad 4 _____   _____
Match time _____	Match Time _____	Match Time _____
Squad 2 _____   _____		
Match Time _____		

Squads will compete until they are either eliminated during their assigned sessions or qualify for the **Championship Playoffs** that begin at 2:00 PM. Event times will be posted ten days prior to event at [SportsFest.com](http://SportsFest.com)

Team Members may participate in multiple events

Regarding **Volleyball**: Your team will be scheduled to compete in three matches against three different opponents between 9:30 and 1:30. You can have a core group of six members (three men/three women), play all three matches or have different members assigned to each match to involve as many members as possible. You may also substitute during each match. Be aware that one or more of your volleyball matches will likely conflict with your **TUG**, **Dodgeball** or **Corn-Toss** match times, especially if those squads continue winning.

**Have a Squad Leader for Each Event:**  
Delegate squad recruitment, squad preparation and day-of squad coordination. They are essential to helping you coordinate a smooth and successful day. You deserve to experience a "Wonderful" day at SportsFest.

**Important to note** that veteran teams average 20-Plus coed Team Members.