

Sport	Ideal Roster Size		Total # of Females
Sport		required on the court	required on the court
Indoor			
Basketball	9-10 (4 F)	5	2
Dodgeball	9-10 (4 F)	6	2
Floor Hockey	9-10 (4 F)	4 + Goalie	2
Handball - Gym	9-10 (4 F)	5 + Goalie	2
Indoor Soccer	9-10 (4 F)	4 + Goalie	2
Indoor Ultimate	9-10 (4 F)	5	2
Indoor Volleyball	8 (3 F)	6	2
Outdoor			
Beach Volleyball	8 (3 F)	6	2
Flag Football	10-12 (4 F)	5	2
Field Handball	10-12 (5 F)	7 + Goalie	3
Kickball	10-12 (4 F)	10	3
Outdoor Soccer	10-12 (5 F)	7 + Goalie	3
Slo-Pitch	10-12 (4 F)	10	3
Street Hockey	10-12 (4 F)	5 + Goalie	2
Ultimate	10-12 (5 F)	7	3
2's			
Co-Ed – All sports	2 (1F)	2	1
Open – All sports	2	2	0
Squash	2	1 (per court)	0