



FIRST COAST GAMES 2024 ROSTER BREAKDOWN

Opening Ceremony: Open to all company employees who registered for the program.

Basketball: Each team shall consist of 4 players. There must be at least one female on the court at all times. A roster may have a maximum of 15 players.

Volleyball: A team consists of 6 players. There must always be at least 2 females and 2 males on the court at all times. There is a maximum of 15 players allowed on a roster.

Softball: A full team consists of 10 players (5 females and 5 males). Each team may have a maximum of 20 players on a roster.

Dodge Ball: Teams will be composed of 6 players. There is a maximum of 18 players on a roster. There must be at least 2 females on the court at the beginning of each game. Players may substitute for one another in between games.

Tennis: Teams will consist of at least 6 players for each team - Men's Doubles Team, Women's Doubles Team and Mixed Doubles Team. *Note: All three matches will begin at the same time; therefore, a player will not be allowed to play in more than one match in a round. *A maximum of 10 players will be allowed on a roster.*

Flag Football: Each team will field 5 players. Teams must have at least 1 female on the field at a time. Each team may have a maximum of 14 participants on their roster.

Soccer: Each team will field 7 total players (6 field players plus a goalkeeper) and 17 substitutes. Teams must have a minimum of 2 females on the field at all times. The maximum number of players on a roster is 24.

Corn Hole: Teams will be composed of a minimum 4 players. There is a maximum of 10 players on a roster. Each company may have TWO teams of 2. There must be at least 1 female on the overall team. Players may substitute for one another in between games.

Kickball: Each team will have a minimum of 10 players (5 males and 5 females). Everyone on the roster will kick, in alternating gender order. If there is an odd number of participants, one person will become a substitute that can be inserted in the lineup to replace the same gender in the order. Each team may have a maximum of 20 players on a roster.

Pickle Ball: Teams will consist of at least 6 players for each team: Men's Doubles Team, Women's Doubles Team and Mixed Doubles Team. *Note: All three matches will begin at the same time; therefore, a player will not be allowed to play in more than one match in a round. *A maximum of 10 players will be allowed on a roster.*

Bowling: Each team shall be composed of 4 players. There shall be a minimum of one female and one male on each team. A maximum of 8 players will be allowed on each roster.

Scavenger Hunt: Teams will be composed of 6 players. There is a maximum of 12 players on a roster. There must be at least 2 females on the team.

Healthy Living Challenge: Open to up to any 10 employees who register for the program.

Closing Ceremony 5K: open to all company employees who registered for the program + the entire community for a small fee.