

| Sport | Full Team | Minimum Per Gender | Maximum Per Gender | Total Minimum |
|-----------------------------|---|---------------------------|---------------------------|--------------------------|
| COED Soccer | 11 | 2 | 6 | 7 |
| Men's Football | 6 | 4 | 6 | 4 |
| COED Football | 6 | 2 | 3 | 4 |
| COED Table Tennis | 10 | 2 | 5 | Enough to play 5 matches |
| COED Volleyball | 6 | 2 | 4 | 4 |
| COED Pickleball | 6 | 1 | 1 | 2 |
| Men's A/B/C Hoops | 5 | 3 | 5 | 3 |
| Women's Hoops | 5 | 3 | 5 | 3 |
| Men's/Women's Squash | 8 | 3 men, 2 women | 5 men, 3 women | 3 men, 2 women |
| COED Bowling | 4 | 1 | 3 | 4 |
| COED Innertube Waterpolo | 6 | 2 | 4 | 4 |
| COED Broomball | 6 | 2 | 4 | 4 |
| COED Indoor Soccer | 5 | 1 | 3 | 3 |
| COED Softball | 9 | 3 | 5 | 7 |
| COED Ultimate | 7 | 2 | 5 | 4 |
| COED Spikeball | 6 | 1 | 5 | 4 |
| COED Dodgeball | 8 | 2 | 5 | 4 |
| COED Swimming | Unlimited number of swimmer, but each swimmer can do a maximum of 4 events. Each mixed event requires one per gender. | | | |
| Men's/Women's Cross Country | Unlimited number of runners. Only 4 runners can score and the 5th and 6th runners displace. | | | |
| COED Golf | Unlimited number of golfers per team. One per gender is required. | | | |