



Human Foos-Bowl Fest

Sponsored by the QND Wrestling team

October 5th starting at 11am
HELD AT QUINCY NOTRE DAME HIGH SCHOOL
1400 South 11th Street
Quincy, IL 62301

-Send registrations to the attention of Adam Steinkamp
Phone #217-440-3046

\$60 team fee (\$75 if postmarked after 9/30)

6 starters per team w/ 2 subs max.

-Round robin play with group winners advancing to the winners' bracket

-Teams can be co-ed.

TEAM NAME: _____

Team Captain: _____

Phone #: _____

T-shirt preorder for \$10 ea

Adult: Small _____ Medium _____ Large _____ XL _____ 2XL _____

Game Play

- Players will be positioned at the appropriate places in the arena. 6 players w/ up to 2 subs.
- Players must keep **both hands** on their respective handles at all times, and **one foot** must be touching the ground. **Shoulders** must be kept above the bar at all times.
- The game starts by the ref rolling the ball into play from the mid-field area.
- Play continues until a penalty occurs, a goal is scored, or the timer runs out.
- Players can only move laterally from side to side. Mid-Fielders and forwards must work together to move side to side. **Teamwork is key.**

