



International  
Quadball  
Association



# BOOST UP

MEMBERSHIP DEPARTMENT  
CONTEST



## Boost Up Contest

*A contest made by Expansion - Membership*

The purpose of the Boost Up Contest is to support and empower National Governing Bodies (NGBs) within the International Quadball Association (IQA) to overcome challenges and grow their quadball communities. This contest aims to help NGBs address declining player and team numbers, foster inclusivity, and strengthen their presence within their respective countries.

In order to participate, NGBs must fill out the [form](#) and meet the requirements. Below are the contest rules:

### Rules

- 1. Eligibility:** Only NGBs affiliated with the IQA, in good standing and have hosted at least one event in 2024 are eligible to participate in the contest.
- 2. Registration:** NGBs must complete the registration process, providing relevant information about their current status, challenges, and past events. You have 3 weeks to register with this [form](#)
- 3. In Trouble Criteria:** NGBs must meet at least two of the following criteria to be considered "in trouble":
  - Have 4 teams or fewer.
  - Have fewer than 50 players.
  - Have 5 volunteers or fewer, in the entire NGB

The department will assess the possibility of making extraordinary exceptions, please explain in the final form, if needed.

- 4. Selection:** A maximum of 7 NGBs meeting the "in trouble" criteria will be selected to participate in the contest.
- 5. Investment:** Selected NGBs will receive USD30 each to invest in **social media promotion**.
- 6. Accomplishments:** NGBs are required to work towards specific accomplishments designed to help improve their situation. These can include hosting events, creating promotional content, and more.
- 7. Progress Updates:** NGBs must regularly update their progress on the contest webpage, providing evidence of their achievements.
- 8. Contest Period:** The contest begins on March 10, 2025, and concludes on August 10, 2025.

9. **Evaluation:** The accomplishments and evidence submitted by NGBs will be reviewed and scored according to the 'possible achievements' (pg. 4).
10. **Winner Selection:** The NGB with the highest score at the end of the contest period will be declared the winner.
11. **Prize:** The winning NGB will receive a 250 USD prize to further support their quadball community growth.

## Objectives

1. **Stimulate Growth:** The primary objective of the "Boost Up" contest is to stimulate growth in quadball participation by NGBs experiencing challenges in terms of player and team numbers.
2. **Enhance Engagement:** The contest aims to enhance engagement and commitment among NGBs, encouraging them to actively seek ways to improve their situation.
3. **Promote Creativity:** By assigning specific accomplishments, the contest encourages NGBs to be creative in their approach to growing the sport within their countries.
4. **Foster Inclusivity:** The contest reinforces the IQA's core value of inclusivity by supporting NGBs in reaching out to diverse communities and demographics.
5. **Strengthen Global Presence:** The contest helps NGBs strengthen their presence within their respective countries, contributing to the global reach of quadball.
6. **Share Best Practices:** The contest encourages NGBs to share their success stories and best practices, fostering a supportive network of growth within the quadball community.

By adhering to these rules and objectives, the "Boost Up" contest will serve as a catalyst for positive change, helping NGBs overcome challenges and grow their quadball communities while staying true to the sport's core values and principles.

At the conclusion of the registration process (Feb 24 - Mar 10 2025), the IQA Expansion Department will review all submitted applications. We will select a maximum of 7 NGBs that not only meet the "in trouble" criteria but also demonstrate significant potential for growth and development within their respective quadball communities. The chosen NGBs will be contacted by the Finance team to facilitate the disbursement of financial support. Additionally, we will provide them with a second form, to be completed with the progress and accomplishments achieved as a result of their participation in the "Boost Up" contest. This form must be submitted by July 03, 2025. We look forward to

supporting the selected NGBs in their journey to boost their quadball communities and foster growth within the sport.

## Possible Achievements

In the 'Boost Up' contest, we encourage NGBs to embark on a journey of growth and development within the quadball community. To support this endeavor, we've outlined a set of exciting and impactful achievements that NGBs can work towards. These achievements are designed to not only boost participation but also inspire creativity, innovation, and community engagement. Whether you're hosting events, creating compelling content, or reaching out to new audiences, these achievements are the stepping stones to a more vibrant and inclusive quadball experience. Keep in mind that there is no maximum or minimum number of times to perform any of these options: the sky's the limit. Take this opportunity to chart your course toward progress and demonstrate your NGB's commitment to the future of quadball.

- **Host a Local Tournament or "Come and Try" Event (20 points)**

Hosting a local tournament or "come and try" event is a powerful way to attract new players and spectators while showcasing the excitement of quadball.

The event should feature quadball matches, be open to the community, and encourage newcomers to try the sport. Make sure to mention it on social media, invite family and friends (you don't have to play to attend), and above all try to invite people from the area. Posters and simple flyers in strategic places can help you with advertising the event. It does not have to be in a paid venue, it can be in an open space that is visited regularly. Matches can be shorter adaptations, fewer players, etc. The idea is that it is viable, exposes the sport and does not generate expenses or a lot of logistics.

While we recommend that the event be free, a good idea as a plus, to do something parallel, is to offer food and drink for the attendees. Basic things that they can buy at a low price and then sell or you can even prepare them.

See [Boost Up Guide I](#) for this.

- **Organize a Fundraising Campaign (15 points)**

Fundraising campaigns are essential for financial sustainability. They can help raise funds for equipment, facilities, and operational expenses.

Your NGBs could outline a clear fundraising plan, target goals, and methods for engaging the community.

The more clear you are about the objective, the easier it will be to achieve it. It doesn't have to be anything big, the idea is a feasible proposal with a consistent plan.

The most important thing about fundraising is word of mouth. Get everyone involved, talk to your friends and family. Do something simple, but do something that will reach the goal.

People are always willing to help if they know the cause, so tell them how much money you need, what will be done with it, show the beneficiaries, etc. The more people know who they are helping, the more they will help.

See [Boost Up Guide II](#) for this.

- **Create and Promote a Podcast Episode about Quadball** (10 points)

Podcasts are a fantastic way to engage with your audience and provide in-depth content about quadball.

Your NGB should produce and promote a podcast episode related to quadball, including discussions, interviews, or game analyses.

You can even make it a little more open, to sports in general, or atypical sports. This way you can interview more people, reach more people and spread the word about quadball at the same time.

Most people use Spotify to upload their podcasts. You can even record them on video and upload the most attractive clips to tiktok. Two types of content in one job.

Collaborate with other podcasters, invite more well-known people, maybe even from other countries. Don't limit yourself, you don't have to start with professional stuff, a good idea and an excellent attitude can make something very attractive without spending money.

You can create your own channel on the platform of your choice. On behalf of the IQA, we offer our YouTube channel to publish any episodes you wish to share.

- **Host a Youth Event** (15 points)

Encouraging youth participation is crucial for the long-term growth of quadball. A youth event introduces younger individuals to the sport.

Young people usually means an involved family.

While children and teenagers may not play in official championships, they can help a lot to spread the word, grow the number of people consuming the sport, increase revenues and, in the future, become more steady players.

The event should target children and teenagers, providing an age-appropriate introduction to quadball, adaptations if needed.

Share ideas for organizing youth-friendly events, including coaching, games, and activities to keep them engaged.

While we recommend that the event be free, a good idea is to offer food and drink for the attendees. Basic things that they can buy at a low price and then sell or you can even prepare them.

- **Produce 2 or more Posts with Advertising on any social media platform that allows paid advertising** (5 points)

Paid advertising on popular social media platforms is an effective way to reach a wider audience and promote quadball. It is mandatory that all money received for this contest is allocated toward this achievement.

NGBs should create and promote at least two posts featuring engaging quadball content using paid advertising on Facebook and/or Instagram.

The most important thing is that it is eye-catching, clear and tells the message you want to give. The audience you choose must be the right one. You can ask IQA for help in this area.

- **Create a TikTok Video about the Sport** (5 points)

TikTok's short-form videos can go viral and attract a younger audience. Creating quadball-related content on TikTok can be highly effective.

You could produce and share an entertaining TikTok video showcasing the sport.

You could analyze content creation for TikTok, trending challenges, and use of relevant hashtags to increase visibility.

- **Launch a Social Media Recruitment Campaign** (5 points)

A recruitment campaign on social media is a proactive approach to attract new players, volunteers, and fans.

You could design and implement a campaign that focuses on attracting new participants to quadball.

You can look at what the big NGBs are doing and what of those actions can be adapted to you.

## Conclusion

As we embark on this exciting journey together, the Boost Up Contest promises to be a transformative experience for the quadball community. It's not just a competition; it's an

opportunity to reignite the spirit of quadball, unleash your creativity, and make a lasting impact. We believe in your potential to overcome challenges and create a vibrant, inclusive, and thriving quadball community. Each achievement represents a step towards a brighter future for the sport we all cherish. Let's seize this moment, inspire change, and bring quadball to new heights. The Boost Up Contest is your canvas, and the quadball community is your masterpiece waiting to be painted. Together, we'll make a difference and ensure that the heart of quadball beats stronger than ever. Join us in this incredible journey of growth, camaraderie, and triumph.

Let's boost up together!

Sincerely

The Expansion Department