

‘Intense’ Four Square World Championships returning to Bridgton

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BRIDGTON — Competitors from across the country and beyond sporting names like “The Assassin” will flood into this small town this week for a competition that takes a low-intensity childhood playground game to a whole new level: the Four Square World Championships!

Kicking off this Saturday at Bridgton Town Hall, the championships began in 2005 when local resident Peter Lowell launched the. What started as a small gathering of like-minded individuals has since blossomed into an internationally recognized competition, attracting top-tier players and enthusiastic fans alike.

For Eric Costanza, a seasoned competitor known in the Four Square community as “The Assassin,” the championships are a significant part of his competitive journey. The 43-year-old Northbridge, Massachusetts, man stumbled upon the 2023 world championships online, signed up and won in impressive fashion.

“That victory wasn’t just for me — it was for my family, and the community that supported me,” Costanza said, adding that his three children have also been inspired to get involved. “In 2024, my son CJ (and I) played constantly, even in our garage during the winter.” CJ, 9 years old, said competing that year was

“one of the best experiences of my life.”

‘The dream came alive’

Daniel Richmond, 38, of Houston, Texas, will be competing for the second time. “I learned about the world championships just by googling ‘Four Square’ to see if my memories of it were some kind of hallucination,” he said. “I’m so looking forward to it. That’s not sarcasm! I’m really excited,” Richmond said. “For me, the most rewarding part is competing. To quote Lumière from ‘Beauty and the Beast’: ‘Ten years I was rusting, needing so much more than dusting, needing exercise! A chance to use my skills!’”

Gary Colello, Bridgton’s director of recreation, admits, “I didn’t realize how intense it really is and how seriously they take it,” Colello said. “It’s a great opportunity for people to have an alternate sport competition. Colello also shared his excitement about the potential for future growth as the event has seen competitors coming from places like Virginia, New York, England, Jamaica and even Newfoundland.

The game itself may seem simple on the surface, but its rules and competition can be intense. The main goal is to be the last player to survive. You survive by



Four Square competitors play in the championship round in 2024 at the Bridgton Recreation Department. The 2025 championships were held Saturday in Bridgton. Four Square World Championships

The annual event brings players from around the globe to the small town for some serious competition in the playground sport.

outmaneuvering opponents and getting them to commit an out. Players who commit outs are sent to the back of the line, and the objective is to climb to square four and stay there for as long as possible in an effort to eliminate the rest of the competition.

High hopes

Colello said he has high hopes to see the event covered by ESPN Ocho in the future as the championships have evolved into something much more than a casual event. While the road to making this event a larger spectacle is still in progress, the enthusiasm is palpable. The championships offer not just a distinctive athletic challenge, but also a sense of camaraderie among participants. “The competition is about skill, but also about having fun,” Richmond said.

For everyone involved, whether it’s the organizers, the competitors, or the fans, the Four Square World Championships are a chance to celebrate the simple joy of the game — and perhaps, to make a lasting memory or two along the way.

“The fact that this quirky childhood game has become something we share as a family, creating these once-in-a-lifetime moments together, is truly magical,” Costanza said.