



# 34<sup>th</sup> ANNUAL

Competitive League Only

**CORPORATE  
CUP**

A YMCA Initiative

## **SOFTBALL: North Charleston Community Center**

1. Play by U.S.S.A. Rules, Double Elimination. Coed Competition. All bats and softballs will be provided by the YMCA.
2. Roster is limited to 20 players. - The same roster is maintained throughout the full competition. No substitutions or additions after initial submission of roster on the first day of play. Medical substitution is option with medical situation and documentation.
3. Pitcher may be man or woman.
4. All players will hit the same ball - 12". 40 Core
5. Each batter will start with a 1 ball and 1 strike count; thus each batter will be allowed 1 extra foul ball.
6. If a man walks, he gets to proceed to 2nd base and the woman next at bat has the choice of batting or walking.
7. Each team may bat 12 players and field 10. Teams may start and end with 8 players. There must be 4 women on the field at all times. There can be no more than 5 men on the field at any one time. When a player leaves the game and cannot be substituted for and then is scheduled to bat an out shall be declared for each turn at bat.
8. Any of the starting players may withdraw and re-enter once, provided such player occupies the same batting position whenever he is in the lineup. A substitute who is withdrawn may not re-enter. One courtesy runner per team, per gender, per inning. Runner must be player who made the last out (man for man, woman for woman). Batting lineups must alternate male/female or female/male or outs will apply when two of the same are back to back hitters.
9. Games will be 7 innings in length or one hour, whichever is shorter, with the following exceptions:
  - Games will be official if a team has a 15 run lead after 2, 3, or 4 innings of play or a team has a 10 run lead after 5 or 6 innings of play.
  - Games shall not exceed one hour in length.
  - A new inning may not start after the time limit has expired, unless there is a tie; however, if the time expires after a new inning begins the inning must be completed.
  - If at the expiration of time or the completing of 7 innings, a tie exists, an additional inning will be played until there is a lead at the conclusion of the inning.
  - Scorekeeper will announce the start of game out loud and signified to both teams after first pitch is thrown.
10. Scoring will be outlined under SCORING in General Statement of Purpose Rules & Eligibility.

11. No outfielders can come onto the infield when a female is up to bat to field a ball or attempt a force out.

12. Should the weather become inclement the format of the tournament may be altered. Teams are to stay until done – No Schedule timed brackets

**RAINOUT NOTE:**

If games have to be cancelled due to bad weather/field conditions and the event is not yet in point scoring placement, the Corporate Cup Director will change the event to a hitting contest. The company will have a male and female participant in the event. The participant will be allowed to select either a male/or female from their company's roster to pitch to them. The participant will be allowed 8 pitches total. The furthest hit will be measured and scored from where it first hits the ground.

Scoring will be divided as follows: men's section, 1st place 8 pts., 2nd place 7 pts., 3rd place 6 pts., 4th place 5 pts., 5th place 4 pts., 6th place 3 pts., 7th place 2 pts., and 8th place 1 pt. The same will be used for the women's section. Should the weather become such that play cannot continue all remaining teams will divide points evenly.

**COED VOLLEYBALL: Charleston Family YMCA**

One entry per team is allowed.

Matches will consist of best 2 out of 3 games to 21, cap at 23 points. If the third game is necessary we will play to 15 points, win by two points with the cap at 18 points. (All games will be rally-point.) Scoring will be conventional scoring outlined under SCORING in General Statement of Purpose Rules & Eligibility.

All players on the team roster are eligible to compete.

Teams may have up to six (6) competitors on the floor. A minimum of four (4) players must be on the court to start a game. Two (2) females must be on the court at all times. No more than three (3) males on the court at one time.

The ball must be released on the serve within five (5) seconds of the whistle to be legal.

The net service rule will apply.

A serve CANNOT be blocked or spiked. A block is NOT considered a hit.

NO backcourt players are allowed to participate in a block.

Unlimited substitution is allowed in the middle back position after rotation. Teams may substitute at any time and are not required to substitute every rotation. One for one is also allowed.

A female must make contact with the ball if there is more than one (1) hit on your side.

A max of 3 hits or touches per side. (an attempted block does not count as a touch)

Any ball touching the ceiling or light fixtures on same side as team hitting is considered legal and can be played if not on the third hit. However, if the ball touches the ceiling or light fixture on the opponent's side, a point or side-out will be awarded.

The basketball backboards and walls are out of play.

It is legal for the ball to contact any part of the body provided it does not come to rest.

Players may not touch the net or go under the net.

Players may not reach over the net and interfere with play unless it is a block on the third hit.

All players must be on the court prior to serve.

One 30 second time-out is allowed per team per game. The only other time-outs that will be allowed are for injuries.

Teams will play off for the eight- (8) scoring places in a double elimination bracket manner. Teams are to stay until done - No schedule timed brackets. USVBA rules apply. All cases not stipulated.

Scoring will be as follows: 1st place 16 pts., 2nd place 14 pts.; 3rd place 12 pts; 4th place 10 pts.; 5th place 8 pts.; 6th place 6 pts., 7th place 4 pts.; and 8th place 2 pts.

### **DARTS(301):** Bo Daddy's, South Charleston, WV

**The Object:** The game starts with a score of 301. The object is to get to exactly zero by throwing rounds of three darts and subtracting the sum of those darts from your current score. Games are played as "straight start" and "straight out" which is explained in THE PLAY section of this page.

**The Scoring:** Teams (one male and one female) with a double elimination format start with a score of 301 and take turns throwing darts to reduce their scores. Each time a dart scores points, the dart machine will remove that number from the running total. To win, a player must hit their remaining total exactly during their turn.

**The Play:** Teams will flip a coin to determine which team gets to throw first.

In a "straight start" game, the first player begins by throwing three darts trying to attain the highest score possible.

Each dart is scored by the number where it lands. The thin inner ring is worth 3 times the number indicated and the thin outer ring worth 2 times the number indicated while the two large sections score exactly the number indicated. Both the outer ring and the inner circle of the bulls-eye are worth 50. Thus the highest attainable score with three darts is 180 by hitting three triple 20's.

Play continues alternating the players on each team. In a "straight out" game no double is needed to win, you must simply arrive at zero points. Therefore, if you had a score of 32, simply hitting two single 16's will win the game.

Busting is when you exceed the total you have remaining. When this occurs, your turn is immediately over whether you have thrown one, two or three darts and your score returns to what it was before your turn started.

Each game is limited to 28 rounds (each player taking 7 turns), at which time the team with the lowest total is declared the winner. The team that wins 2 out of 3 games advances to the next round.

Event scoring will be conventional scoring outlined under SCORING in General Statement of Purpose, Rules and Eligibility.

### 8 Ball Billiard's: 21 Pool, Sissonville, WV

Teams consist of 1 male and 1 female. This will be a double elimination tournament with the best 8 teams playing for 1st through 8th place.

**HOW TO RACK:** To begin the game of 8-ball, the colored balls are placed randomly in a triangle, called a "rack". The base of the rack is parallel to the short end of the pool table and is positioned so the ball in the tip of the rack is located on the foot spot. The 8-ball is centered while the two corners are occupied by two opposite groups with one being a solid ball and one stripe ball. The game begins with the cue ball in hand anywhere behind the head string.

#### LEGAL BREAK SHOT

No ball is called and the cue ball is not required to hit any particular object ball first. If the breaker pockets a ball and does not foul, he/she continues at the table and the table remains open.

- a. If the cue ball is touched by the cue tip and does not meet the legal break requirement, it is a foul and gives the non-breaker an option of accepting the table in position and shooting, or requesting the offending player to re-break.
- b. If the cue ball is pocketed or driven off the table it is a foul and the non-breaking player has cue ball in hand behind the head string or from the "kitchen."
- c. If any numbered ball leaves the table or comes to rest on top of a rail, it is a foul and the non-breaking player has cue, to shoot from behind the Head Spot

#### BALL POCKETED ON BREAK

Legally pocketing the 8-ball on the break wins the game for the breaker, assuming no other foul has been committed.



## CALL POCKET

In Call Pocket, it is encouraged that all balls be specified along with their intended pocket. Any bank shot (object ball to rail), kick shot (rail(s) to object ball), or combinations (2 or more balls from either group) must be called to their designated pocket or they are considered a miss. When a player successfully pockets his/her designated object balls they continue their inning until either a miss or foul occurs.

a. After a player calls a shot all made ball stay in if the call shot is made. Made balls are spotted if the ball that was called is missed. If you make your opponents ball, it stays in.

## CUE BALL FOULS ONLY:

a. Touching the cue ball: Touching or causing even the slightest movement of the cue ball (other than a normal shot), even accidentally, is a foul.

b. SCRATCH: Pocketing the cue ball or driving it off the table is a foul. Ball will be placed in the Kitchen area by opponent for their next shot. If a scratch occurs while shooting the 8-ball, the person or team shooting has lost the game.

## SAFETY PLAY

For reasons of strategy, a player may choose to pocket an object ball, and also discontinue his/her inning, by declaring "safety" to the opponent prior to the shot. The player calling "safety" must be sure that the opponent is aware of the declaration.

## LOSS OF GAME

**OPPONENT WINS:** The opponent legally pockets the 8-ball

**BALL FOUL:** When the 8-ball is removed from the table; when the 8-ball is pocketed in the wrong pocket or out of sequence; or when the 8-ball is pocketed while a foul occurred (i.e., shooting player pockets the 8-ball and simultaneously scratches).

**BALL TAPPING:** Tapping balls is not permitted. The penalty for ball tapping shall result in the loss of the current game after a clear warning has been granted to the offender. Only tournament officials may tap in balls when warranted.

**COACHING ASSISTANCE:** A player is only allotted the right to ask a team member for input or advice in the planning or preparing to execute a shot once per game and only during their inning. Should the player receive advice from anyone other than a teammate spontaneously or purposely the current game shall be forfeited in favor of the opponent. When the shooting player decides to receive instruction from his/her team, the player is to call a "Time Out." When a "Time Out" is called, the player is to then name one of their team members. The team member selected is to immediately assist the player without conferring with other members and may not use any items or tools to aid the shooting player.

**HORSESHOES:** Coonskin Park

There will be one entry per team consisting of two participants -one (1) female and one (1) male. This will be a double elimination tournament with the best 8 teams playing for 1st through 8th place.

The official rules of Horseshoe Pitchers Association of America (NHPA) will be used for play with the following adjustments for the benefit of the Corporate Cup:

Pitching distances will be 37' for both men and women. All participants must pitch shoe from behind foul line. Each game will be played to 21 points.

Ringer - A ringer is a shoe, which comes to rest encircling the stake. Both heels of the shoe must clear the stake in order for a shoe to be declared a ringer.

Shoe In Count - A shoe which is not a ringer but comes to rest with any portion of it within 6 inches of any part of the stake is a shoe in Count.

Shoe Out of Count - A shoe which comes rest further than 6 inches from the stake is a shoe out of Count and has no scoring value.

Scoring - All initial games prior to placement games will score closest to the pin with one point earned on each round. During placement games for 1st -8th place the following scoring rules apply. Ringers cancel each other. A ringer of one contestant shall cancel a ringer of the other contestant and those shoes shall not score any points. Any un-cancelled (live) ringer scores three (3) points.

Shoe in Count - A shoe in Count shall score one point under the following conditions:

- If there are cancelled ringers and no live ringer, the closest shoe in Count to the stake shall score one point.
- If there are no ringers, the closest shoe in Count shall score one point. Points will only be awarded to the pitcher who is closest to the peg.

A "leaner" is considered a Shoe in Count and the pitcher will be awarded one point.

Scoring will be conventional scoring outlined under SCORING in General Statement of Purpose, Rules and Eligibility.

### **PUTT - PUTT GOLF – Downtown Art Walk (participation points only)**

There will be one entry per team consisting of two participants (1) male and (1) female.

Event will be downtown during the Art Walk (location to be determined). Show up anytime between 6 and 7:30 p.m.

Smaller putt-putt set-ups will be established on several streets throughout a several block radius. Just complete one course and will be awarded the points. Feel free to walk around and complete as many courses as you want and/or enjoy the Art Walk event.

Scoring will be divided as follows: Both show up 16 points, one shows up 8 points, none show up 0 points.

### **Team Trivia: Buffalo Wild Wings (Cross Lanes)**

[www .teamtriviawv.com](http://www.teamtriviawv.com)

Teams: Teams are made up of 4 players (any coed combination).

#### How it Works

Team Trivia@ is played in rounds. Each round has three questions in different categories. The first three rounds have point values available in five (5), three (3), and one (1). You can use these point values in any order and apply them to your answers, but you can only use each point value once per round.

The halftime question typically will have four correct answers, and each correct answer by the player will give them two (2) points.

After the halftime question, the point values in each of the next three rounds change to six (6), four (4), and two (2). Again, these values can only be used once in each round.

The final question is then asked and each team will wager a point value of up to 15 points. If a team answers the question correctly, it receives the number of points wagered. If the team's answer is incorrect, the team will then have wagered points subtracted from its previous total. A team may choose not to answer the final question or wager "zero" points and submit an answer. In either case, such team's point total for the game would not change.

The Team Trivia@ winner is the team with the most points at the conclusion of the final question. Tie breakers are handled by the host for any teams tied for 1st, 2<sup>nd</sup> or 3<sup>rd</sup> places. For places 4-8 remaining points will be distributed as needed taking the combined points for of the two next places to evenly distribute between any teams with equal scores.

#### The Rules:

- NO CHEATING -This means NO cell phones and no reference materials
- Don't shout out the answers
- One answer per team -your team's answer must be turned in by the end of the song
- Answers that have been turned in are final -no corrections
- Rulings made by the Trivia Host are final

#### Free Answer

Each day on the [www.teamtriviawv.com](http://www.teamtriviawv.com) website, a free question and answer is provided. The player is able to access this information prior to the start of Trivia on that particular day and use the free answer. For example: On the

website for Friday, April 26, 2016 the free answer for the day is:

Q: What word is used to describe "a naturally occurring programmed and targeted cause of cellular death?"

A: Apoptosis

### **SINGLES TABLE TENNIS: North Charleston Recreation Center**

One entry per team is allowed (1 male and 1 female)

A game shall be won by the first person scoring 11 points unless both people score 10 points, when the game shall be won by the first person subsequently gaining a lead of 2 points. Alternate serves until one player has a 2 point lead. A match shall be best two out of 3 games.

After deciding the serve, each player will serve two (2) points each.

If a player serves a net ball (called a "let serve"), the point is replayed. (There are no limits to the number of let serves a player may serve).

The server can serve anywhere: short, long, straight, or cross court.

If you volley the ball while it is still above the table surface, you lose the point.

If you move the table, or touch it with your free hand, during the rally, you lose the point.

If you or your clothing touches the net or post during the rally, you lose the point.

If your shot hits a wall, the ceiling, or misses the opponent's side of the table, you lose the point.

Change ends of the table after each game.

The player who serves at the beginning of a game is the receiver at the beginning of the next game.

If you hit the table with your paddle in frustration, you may be disqualified.

Scoring will be divided as follows: in the men's section, 1st place 8 pts., 2nd place 7 pts., 3rd place 6 pts., 4th place 5 pts., 5th place 4 pts., 6th place 3 pts., 7th place 2 pts., and 8th place 1 pt. The same will be used for the women's section.

### **BASKETBALL HOOP SHOOT: Charleston Family YMCA**

SEPARATE MEN AND WOMEN'S BALLS WILL BE USED

Each team will consist of four (4) participants - 2 females and 2 males. Both couples (1 man and 1 woman) will go to one basket. Of each couple, one will be designated the "shooter" and one the "retriever". Each couple will have two balls to start with -- one in the shooter's hand and the other in the retrievers. At the whistle, the shooter will attempt to make as many baskets as possible in 1 minute. Each shooter must attempt at least one shot from each of the five zones before a second shot is attempted from any zone then he/she may shoot the remainder from any zone he/she wishes. At the end of the 1-minute, the retriever will become the shooter and the first shooter will retrieve for 1 minute.

Both feet must be in the box when the shot is initiated.

There will be one attempt line judge and one scoring judge per basket. One judge will assure that all zones are attempted; another judge will track how many shots were made and from where.

Balls at last whistle will be the decision of the judges. Points for each shot are awarded according to attached chart.

There will be one runner to pick up score sheets, one scorer to total these sheets, and one final scorekeeper to record total team points.

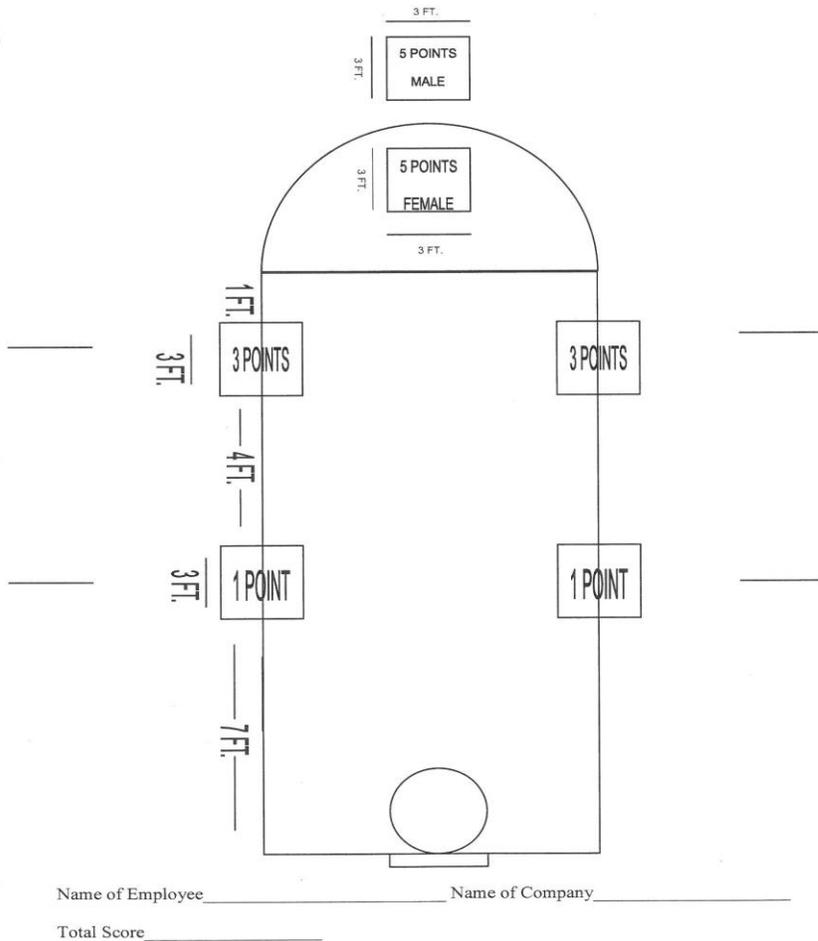
The eight top team scores will be used to determine place and points in each Division. Scoring will be conventional scoring outlined under SCORING in General Statement of Purpose, Rules & Eligibility.

Women can choose which size ball to use, but the men must use the larger ball, 29.5.

Brackets and court assignments should be announced before play starts.

A drawing can be requested from the YMCA staff that shows the court layout for this competition.

# CORPORATE CUP HOOP SHOOT



**CLOSEST TO THE PIN GOLF EVENT:** Coonskin Park (Hole 1): 100 yards for the women, 110 yards for the men)

Teams will consist of 1 male and 1 female, and each will take two shots.

There will be one circle area marked around the hole and if a player hits it inside it, will earn five (5) points. If a player hits it anywhere on the green will result in three (3) points. If a player hits it anywhere on the fairway will result in one (1) point. If a player hits a hole in one, it is worth 10 points.

We will have a female winner and a male winner for each division based on total points from the two shots taken. It will not be a combined measurement of the two.

Scoring will be divided as follows for both the men's and women's competition: 1st place 8 pts., 2nd place 7 pts., 3rd place 6 pts., 4th place 5 pts., 5th place 4 pts., 6th place 3 pts., 7th place 2 pts., and 8th place 1 pt.

Ties will result in a shootout (one shot) with the places given to closest to hole.

## **TENNIS: Charleston Family YMCA**

1. Play will be governed by United States Tennis Association rules except as modified by the Corporate Cup Committee specifically for this event.
2. Event will include mixed doubles (One male, one female) with a double elimination format.
3. Scoring will be conventional scoring outlined under SCORING in General Statement of Purpose, Rules & Eligibility.
4. Matches will consist of one (1) eight (8) games pro-set. If the match goes to an 8-8 tie a regular tie-breaker will determine the winner. The winner of the tie-breaker will be the first team to seven (7) points win by two (2).

## **SOCCER: Charleston Family YMCA**

Each company will have a team consisting of 2 males and 2 females and the competition will played out as head to head matchups between two companies in a bracket style format and double elimination.

Each company will get a total of 12 shots on the goal against a goaltender from the other company.

These shots will consist of 3 from each male participant and 3 from each female participant. (See diagram 1 for location of each shot)

Each set of 3 shots must occur within a 60 second time limit.

Each male and female participant will be required to be the goaltender against the shots coming from the other company's participants.

In regulation, males shoot against males and females shoot against females. "You will shoot against the same representative from the other team that goal tends your shot"

Goaltender is required to start each kick with heels on the goal line.

Goaltender must return to starting position after each shot and shooter must allow readiness between shots. The Official will monitor shooter and goaltender readiness before each shot.

The company with the most goals after the 12 shots wins the match.

If there is a tie after the 12 shots, the match will go into overtime.

Each company will pick its best participant in overtime; regardless of gender, to shoot and goal tend 3 shots. (Same shots as diagram 1)

Each set of 3 shots must occur within a 60 second time limit.

The team with more goals from these 3 shots advances.

If a tie remains after the first round of overtime, 3 shots will come from the next participant the team chooses. This will continue until all participants have had a chance to break the tie in overtime.

If a tie still remains after the fourth round of overtime, the teams will compete in sudden death from the penalty kick distance. Each team will get 1 shot until a winner is determined. This one shot will come from the same rotation used in picking overtime participants.

Teams will play off for the eight-(8) scoring places in bracket manner. Scoring will be as follows: 1st place 16 pts., 2nd place 14 pts.; 3rd place 12 pts.; 4th place 10 pts.; 5th place 8 pts.; 6th place 6 pts., 7th place 4 pts.; and 8th place 2 pts.

## **CORNHOLE: Downtown YMCA**

Will be played co-ed doubles (1 male and 1 female). Two players are partners against another team of two.

The Cornhole court is a rectangular area 8 ft. wide and boards are placed 27' apart front to front or 33' apart measuring from the back of each facing board. The court consists of 2 boards, 4 designated pitcher's boxes and foul lines.

A pitcher's box is at each end of the court and on both sides of each board. Each corn hole player must remain in the pitcher's box while pitching bags.

The front edge of each cornhole board is the foul line. This applies to all games.

Cornhole bags are made from two fabric squares with nylon double stitched seam on all four sides. Each bag measures 6" x 5"

In doubles play, the coin toss winner has the choice of picking who pitches against whom and which side of the board to play from. The coin toss winner also decides who pitches first.

In doubles play, each player's partner is directly across from them in the opposite box at the other board. So each team has one player throwing from the left pitcher's box and one throwing from the right. Each player is assigned a pitcher's box and will be required to pitch from their box the entire game.

Every match is broken down into frames of play. During each frame of play each player must pitch all four bags. In doubles play, the "headboard" players (players pitching first) alternate until they've pitched all 8 bags. The "footboard" players (players throwing second) then call out the score before removing the bags. Once the footboard players also pitch in the same manner, their frame is completed.

The player who scored in the preceding frame shall pitch first in the next frame. If neither pitcher scores, the player who pitched first in the preceding frame shall pitch first in the next frame.

Players must switch "pitchers boxes" after each game

A bag in the hole is a bag thrown through the hold in the board. A bag can be pushed in by another bag. 1 corn hole = 3 pts

A bag that is not in the hole but lands with any portion resting on the board is a "woody" or "boarder". It may not touch the ground before landing on the board. 1 woody = 1 pt.

Games will be played up to 21 and a team does not have to win by 2 or more points.

One game to 21 points with double elimination format. Points will be tabulated as in horse shoes with net points.

### **CYCLING: Kanawha State Forest**

There will be one entry per team consisting of two participants - [1] female and [1] male. Others may join the team as company support but will not be tracked. All people participating must have a helmet.

Event will be at Kanawha State Forest and will be a 10K event. Cyclists will start at Shelter number eight (8) and go along the main road to the main entrance, and return to Shelter 8. Cyclists will repeat a second time, serving as the 10K event.

Scoring will be divided as follows: Top 4 male and female finishers will earn 16 points. 5<sup>th</sup> – 8<sup>th</sup> place male and female finishers will earn 12 points. Anyone else who finishes, male and female, will earn 8 points. Anyone else who started the event but did not finish will earn 4 points. No shows earn 0 points.

Cyclists have the responsibility of checking in at the finish table immediately after they finish the race.

### ***PUNT PASS & KICK: Laidley Field***

*One entry per team is allowed (1 male and 1 female)*

*Each participant will be allowed one punt, one pass, and one place kick as part of his/her competition. (Ball will be supplied)*

*Scores are based on both distance and accuracy. Example: If a participant passes the ball 100 feet, but the ball lands 30 feet to the right of the measuring tape, the final score would be 100-30 = 70. Scores will be based on exact feet and inches (no partial Inches 'round to nearest inch). No participant will receive a negative score; instead their score will be "0."*

*A participant's final score is his/her cumulative total for the three individual events. Example: If participant scores (40) for punting, (60) for passing, and (22) for kicking, the participant's final score is 122.*

*If a participant goes over the line prior to or before releasing or making contact with the ball, he/she will be penalized five (5) feet. Exception: in kicking, a participant may go over the line without penalty provided the tee is placed on or behind the line.*

*There is no violation if the kicking tee is kicked with the football during the kicking event.*

*Scores will be determined from where a participant's punt/pass/kick first makes contact with the ground. Bounces or rolls do not add to the score.*

*If a participant tries to punt, pass, or kick and misses the ball completely, it DOES NOT count as an attempt and another attempt is allowed.*

*Scoring will be divided as follows: in the men's section, 1st place 8 pts., 2nd place 7 pts., 3rd place 6 pts., 4th place 5 pts., 5th place 4 pts., 6th place 3 pts., 7th place 2 pts., and 8th place 1 pt. The same will be used for the women's section.*

## **SWIMMING EVENT: Charleston Family YMCA**

### **COMBINED AGE SWIM RELAY**

There will be one entry per team, consisting of four (4) participants - two females and 2 males. All four participants combined age must equal 120 years of age or greater. Each will swim a 25-yard length of the pool in any order, totaling 100 yards.

Participants may swim any style.

Teams will be assigned a lane of the pool. Swimmers will line up in their lane (in any order), two on each end of the pool. The first and third swimmer will begin at deep end of pool and may dive from starting blocks. Swimmer 2 and 4 will begin IN the pool at the shallow end. Swimmers 2 and 4 must stay in contact with the pool wall before starting and are not permitted to dive. When a swimmer touches the edge of the pool, the next swimmer may leave to continue the race.

#### Common Rules for events

A three (3) second time penalty will be assessed for each time a participant leaves early on the exchange, gets out of their lane, or uses lane lines or side of the pool to help propel self through water.

Diving in at the shallow end will result in team disqualification, per event.

Order of swimmers is at the decision of each team in each race.

Each team will race only one time.

Swimmers may warm up 15 minutes prior to their division start time.

Scoring will be conventional scoring outlined under SCORING in General Statement of Purpose Rules & Eligibility.

### **\*SACK RELAY RACE: Charleston Family YMCA**

One entry per team is allowed (2 males and 2 females)

Two participants (one male, one female) will be on one end with the other two on the other end of the course.

Each player puts both legs into sack and hops 25 yards to the cone or designated marked point. Then they will get out of the sack and the next person in line gets in the sack and repeats the course. All four participants will have hopped 100 yards (equivalent of a football field).

The first team of four to the finish line wins.

Scoring will be as follows: 1st place 16 pts., 2nd place 14 pts.; 3rd place 12 pts; 4th place 10 pts.; 5th place 8 pts.; 6th place 6 pts., 7th place 4 pts.; and 8th place 2 pts.

### **DISC GOLF: Coonskin Park (Hole 1)**

One entry per team is allowed (1 male and 1 female)

Disc Golf is played like traditional "ball" golf, but with flying discs instead of balls and clubs.

One point (stroke) is counted each time the disc is thrown and when a penalty is incurred.

All teams will play two designated holes (Hole 1 and 2)

The goal is to play the hole in the fewest strokes possible.

The team with the lowest total strokes for the hole wins.

The hole begins with a tee throw within or behind the designated tee area.

The lie is the spot where the player's previous throw has landed. The player's subsequent throw is made from directly behind the marked lie.

After teeing off, the player whose disc is farthest from the hole always throws first.

A disc that comes to rest in the Disc Hole basket or chains constitutes successful completion of that hole.

If there is a tie, each company will pick its best participant, regardless of gender, to play one hole. The team with the fewest strokes possible wins. If still tied, teams will split points.

Scoring will be as follows: 1st place 16 pts., 2nd place 14 pts.; 3rd place 12 pts; 4th place 10 pts.; 5th place 8 pts.; 6th place 6 pts., 7th place 4 pts.; and 8th place 2 pts.

### **Common Courtesy Rules**

Remain quiet and avoid unnecessary movements while others are throwing

Stand behind the player who is throwing until throw is complete

Remove own disc from Disc Hole basket or chains after completing the hole.

**\*SCRABBLE:** Charleston Family YMCA

One entry per team is allowed (1 male and 1 female)

The two participants on a team will work together to play against two players on another team.

Object is to score more points at the end of the game than your opponents.

All teams will play one full game (no point limit or time restriction) with the places 3<sup>rd</sup> through 8<sup>th</sup> determined based on total points.

The top two teams with the most amount of points have the option to play one final game against each other for the championship, or just split points.

The two participants on each team will have their own board/tiles and when it is their team's turn to play, they both can work together on each other's board/tiles.

There will be a game board, 100 letter tiles, a letter bag, and four racks.

Of the 100 tiles, 98 of them will contain letters and point values. There are two blank tiles that can be used as wild cards to take the place of any letter. When a blank is played, it will remain in the game as the letter it substituted for.

Words can only be used across or down. Diagonal words are not allowed.

#### **Tile and point values are**

0 Points – Blank Tile

1 Point – A, E, I, L, N, O, R, S, T, and U

2 Points – D and G

3 Points – B, C, M, and P

4 Points – F, H, V, W, and Y

5 Points – K

8 Points – J and X

10 Points – Q and Z

#### **Extra Point Values**

Double Letter Scores – The light blue cells on the board will double the value of the tile placed

Triple Letter Scores – The dark blue cells on the board will be worth triple the amount of the tile placed

Double word scores – The light red cells on the board will double the entire value of the word

Triple word scores – The dark red cells on the board will triple the entire value of the word

#### **Starting the Game**

Without looking at any of the tiles in the bag, players will take one tile. The player that has the letter that is closest to "A" will begin the game. A blank tile will win the start of the game. The tiles are then replaced to the bag and used in the remainder of the game.

Every player will start their turn by drawing seven tiles from the scrabble bag. There are three options during any turn. The player can place a word, they can exchange tiles for new tiles or they can choose to pass.

When a player chooses to exchange tiles, they can choose to exchange one or all of the tiles they currently hold. After tiles are exchanged, the turn is over and players will have to wait until their next turn to place a word on the board.

Players can choose to pass at any time. They will forfeit that turn and hope to be able to play the next time. If any player passes two times in a row, the game will end and the one with the highest score will win.

### **The First Word Score**

When the game begins, the first player will place their word on the star spin in the centre of the board. The star is a double square and will offer a double word score. All players following will build their words off of this word, extending the game to other squares on the board.

Play passes to the left. The second player, and then each in turn, adds one or more letters to those already played to form new words. All letters played on a turn must be placed in one row across or down the board, to form at least one complete word. If, at the same time, they touch others letters in adjacent rows, those must also form complete words, crossword fashion, with all such letters. The player gets full credit for all words formed or modified on his or her turn.

### **Replacing Scrabble Tiles**

Once tiles are played on the board, players will draw new tiles to replace those. Players will always have seven tiles during the game. Drawing tiles is always done without looking into the bag so that letters are always unknown.

### **The 50 Point Bonus**

When players use all seven tiles to create a word on the board, they will receive a 50 point bonus, in addition to the value of the word. If the game is near the end and players are not holding seven tiles, they do not get the bonus for using all their tiles. It is only for seven letter words placed.

### **The End of the Scrabble Game**

Once all tiles are gone from the bag and a single player has placed all their tiles, the game will end and the player with the highest score wins.

### **Tallying Scrabble Scores**

When the game ends, each player will count all points that are remaining on their tiles that have not been played. This amount will be deducted from the final score.

An added bonus is awarded to the player that ended the game and has no remaining tiles. The tile values of all remaining players will be added to the score of the player who is out of tiles to produce the final score for the game.

The scrabble player with the highest score after all final scores are tallied wins.

### **Accepted Scrabble Words**

Any word that is found in a standard English dictionary can be used in the game of Scrabble. Words that are not allowed to be played include suffixes, prefixes, and abbreviations. Any word that requires the use of a hyphen, apostrophe, or capital letter cannot be played.

### **Challenges**

Any play may be challenged before the next player starts a turn. If the play challenged is unacceptable, the challenged player takes back his or her tiles and loses that turn. If the play challenged is acceptable, the challenger loses his or her next turn. Consult the dictionary for challenges only. If any word is unacceptable, then the entire play is unacceptable. Only one turn is lost on any challenge.

### **\*Axes and Ales – Axes and Ales**

*One entry per team is allowed (1 male and 1 female)*

*We will have two separate sessions consisting of 55 minutes (10 minute mandatory safety orientation session and 45 minutes of game play).*

*All participants must attend a 10 minute mandatory safety orientation session before the competition.*

*We will have two courts going at the same time with each court consisting of one team (1 male, 1 female).*

*Each team of two throws as many axes as they can in a 15 minute span, alternating male and female.*

After the 15 minutes has elapsed, two more teams will participate (one team to one court, the other team to the other court).

The process will continue until there are three separate sessions of 15 minutes, totaling 45 minutes of game play.

There will be a target set-up (consisting of 5 points for a bullseye, and areas consisting of 4, 3, 2, and 1 point).

Scoring will be done by total points earned per team. The team accumulating the most points will win. Second place goes to the team accumulating the second highest total, etc.

## Example

### 6:00 Mandatory 10-minute safety orientation

Court A

Team A (6:10-6:25)

Team C (6:25-6:40)

Team E (6:40-6:55)

Court B

Team B (6:10-6:25)

Team D (6:25-6:40)

Team F (6:40-6:55)

### 6:55 Mandatory 10-minute-safety orientation

Court A

Team G (7:05-7:20)

Team I (7:20-7:35)

Team K (7:35-7:50)

Court B

Team H (7:05-7:20)

Team J (7:20-7:35)

Team L (7:35-7:50)



The two session format accommodates 12 teams. If there are more than 12 teams in a division, we would extend a third session to another court, and possibly add more time for the top teams that scored to possibly throw for another 15 minutes or 30 minutes, based on time.

Consequently, if there are fewer than 12 teams in a division or if there is no shows, we could possibly add more time for the top teams that scored to possibly throw for another 15 minutes or 30 minutes, based on time.

Tiebreakers will be decided by whichever team hit more bullseyes. If still tied, whichever team hit more 4-pointers will win, and etc. If still tied after all five possible point totals, could go to a sudden death throw off.

## Rules from the Axes and Ales Website

### Indoor Axe-Throwing

Throw **real** axes to **real** wood on our digital game boards or our innovative projected images

All players are required to attend a SAFETY ORIENTATION SESSION offered at the beginning of every court session, regardless of their skill level or prior experience, no exceptions, and must agree to review and sign a LIABILITY WAIVER.

### RULES AND REGULATIONS:

1. Unsafe and reckless behavior will not be tolerated. Management reserves the right to prohibit a player from their experience at any time for failure to adhere to these Safety Rules and Regulations and for any other behavior Management determines as unsafe.
2. All players must be 21 yrs and older; no exceptions.
3. All players must wear closed-toed shoes; no exceptions. Sandals, flip flops and open-toed or unsecured footwear is NOT permitted.
4. Only one (1) player is allowed in the designated court area at a time. When it is not a player's turn to throw the axe, they must remain at the court-side table; only the player throwing the axe may be inside the court playing area.
5. Players must observe and follow the play signals at all times.
6. Players must position both feet firmly on the throwing mat with feet evenly spaced apart and toes forward-facing during the entire action of throwing the axe.
7. Axes must be held in one hand only; two-handed axe-throwing is not permitted.
8. Axes may NOT be thrown sideways or from under-hand positions; players must throw the axe by positioning it to one side of their head and by using a forward-throwing motion ONLY.
9. During the action of throwing the axe, the axe must be thrown from a point of rest and not in motion before it is released from the player's hand; an axe may NOT be hurled or swung in a continuous motion or released from a player's hand while it is in motion.
10. Axes may not be handed-off from one player to the next player; players will retrieve an axe from the location where the previous player's axe landed; before throwing, a player will retrieve the previous player's axe from the court floor or from the axe board.

**TRACK AND FIELD EVENTS:** Laidley Field

## **OPEN 5000 METER RUN**

### **35 + OVER 5000 METER RUN**

Men and women run together. Participants in the 35 & Over event must be 35 years of age or older.

Each team will be allowed only one (1) female and one (1) male.

Event will be held at Laidley Field and returning to the field for the finish line. Course map will be supplied.

Scoring will be divided as follows: in the men's section, the top 8 places will be determined by the top 8 fastest male times and likewise for the women's section -- 1st place 8 pts., 2nd place 7 pts., 3rd place 6 pts., 4th place 5 pts, 5th place 4 pts., 6th place 3 pts., 7th place 2 pts., and 8th place 1 pt.

Runners have the responsibility of checking in at the finish table immediately after they finish the race. Runners must return numbered sticks to finish line table upon completion of race.

### **5000 METER TEAM WALK- Men and Women walk together.**

There will be one entry per team consisting of four participants – two (2) females and two (2) males. Others may join the team as company support but will not be tracked.

Event will be held at Laidley Field and returning to the field for the finish line. Course map will be supplied.

Scoring will be divided as follows: All four (4) walkers finish 16pts, three (3) 12 pts., two (2) 8pts., one (1) 4pts.

Walkers have the responsibility of checking in at the finish table immediately after they finish the race, Walkers should not participate that need to be back at the facility for an early upcoming event. Events will not be held up waiting for participants.

**SHOT PUT-** Each team shall consist of one (1) female and one (1) male. Each member of the team shall be allowed two puts; weight of the shot put will be 8lbs. 13oz. for women & 12 lbs. for men, Only legal puts will be measured, A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle.

No harness or mechanical device attached to hand or arm shall be used.

Gloves are not permitted.

The put must be made from inside the circle

It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the stop-board or the band) or the ground outside the circle, or the top or end of the stop-board before the put is marked. It is also a foul if the shot does not fall within the sector lines, or if the competitor, after having completed the put, does not leave through the back half of the circle. A foul put is not measured but is counted as a trial.

Scoring will be divided as follows: in the men's section, 1st place 8 pts., 2nd place 7 pts., 3rd place 6 pts., 4th place 5 pts., 5th place 4 pts., 6th place 3 pts., 7th place 2 pts., and 8th place 1 pt. The same will be used for the women's section

## **OPEN 100 METER DASH**

### **35 & OVER 100 METER DASH (Age Graded)**

Only one (1) female and one (1) male entry per team, per event. Participants in the 35 & Over event must be 35 years of age or older.

Heats will run on the morning of the competition and will constitute timed finals.

#### **Common Rules for Both Events**

Team members electing to compete in the 35 & Over 100m Dash will be permitted to compete in the Open 100 m Dash.

Heat composition and lane assignments will be randomly selected once all the team entries have been received. Each participant must report to the proper starting line when the event is called. If a participant is not at the starting line when his or her heat is scheduled, it will be presumed that the participant has elected not to compete in this event.

Two false starts will result in disqualification.

No spikes exceeding 1/4 inch in length will be allowed.

Scoring will be divided as follows: in the men's section, 1st place 8 pts., 2nd place 7 pts., 3rd place 6 pts., 4th place 5 pts., 5th place 4 pts., 6th placed 3 pts., 7th place 2 pts., and 8th place 1 pt. The same will be used for the women's section. All standard NAIA track and field rules will apply to this event.

## **OBSTACLE COURSE-COMPETITION:**

Each team entry shall consist of two (2) females and two (2) males. The male portion of the team entry and then the female portion shall complete the ninety-yard course. One (1) male will complete the first three events and the second male will complete the second three events. Females will do the same with the first female completing the first three events and the second female completing the second three events.

The obstacle course shall consist of the following barriers:

- (1) Figure 8 sprint
- (2) Low zig-zag balance beam;
- (3) High-stepping an obstacle;
- (4) Exchange zone; Hands must touch
- (5) A tunnel;

- (6) A barrier jump; i.e., 36" high jump; and
- (7) Twenty yard sprint.

All participants are individually responsible for successfully negotiating each obstacle.

There are two levels of penalties:

- o Minus three (3) seconds when an obstacle is clearly attempted but not successfully completed.
- o Minus ten (10) seconds when there is no "honest" effort has been made by the participant to complete an obstacle.

Event judges will automatically assess penalties for each violation and will not be responsible for notifying competitors of their violations during the event.

Heat composition and/or lane assignments will be randomly selected and announced the day of the competition. Each team will run only one race.

No practice runs.

Scoring will be divided as follows: in the men's section, 1st place 8 pts., 2nd place 7pts., 3rd place 6 pts., 4th place 5 pts., 5th place 4pts., 6th place 3pts. 7th place 2 pts., and 8th place 1 pt. The same will be used for the women's section.

**800 METER MEDLEY COMBINED RELAY**—There will be one entry per team consisting of four participants – two (2) females and two (2) males --in this event which will consist of a total distance of 800 meters. Each runner will advance around the track in the following order and distance:

100 --100 --200 --400

\*\*\* There must be at least one participant, male or female, that is 35 years of age or older.

One lap around the track equals 400 meters. One (1) female must run a distance greater than 100 meters.

Teams will be assigned a lane and a baton, which will be passed from participant to participant. The last runner may cut into the inside lane provided that he or she has at least 1-1 /2 strides on any runner to his or her inside and does not interfere with any other runner's progress.

Batons must be exchanged within the designated areas only. The penalty for incorrect baton exchange will be disqualification.

All heats will be run as timed finals.

Heat composition and lane assignments will be randomly selected once all team entries have been received. Each team captain will be responsible for having his or her team at the starting line in the proper order when their heat is called to the starting line. If a team is not at the starting line when his or her heat is scheduled, it will be presumed that the team has elected not to compete.

Two false starts will be grounds for disqualification,

No spikes exceeding 1/4 inch in length will be allowed.

All standard NAIA track and field rules will apply to this event.

Eight (8) fastest team times will be used to determine place and points in each Division. Scoring will be conventional as outlined under SCORING in General Statement of Purpose, Rules & Eligibility.

**TUG OF WAR**—Teams will be allowed one entry consisting of up to 10 participants. Each team may have up to six (6) male participants. Participants will then be alternately arranged from rear to front in male, female, male fashion.

The rope will be approximately 1-1/4 inch in diameter and approximately 75 feet long with a red flag attached to the center.

Cones will be set up 3 yards on either side of the centerline. The object is to pull the opposing team so that the flag crosses the plane of the cone on your side of the centerline.

The referee will indicate when each tug is over and declare the winner.

Participants other than the anchor cannot wrap the rope around their hands or bodies. The anchorpersons may secure the rope only by wrapping it around the back once but will not be allowed to wrap it around his or her hands, or be inside the loop.

Rubber sole shoes and gloves should be worn. Cleated shoes, turf shoes, or sport hiking boots will not be allowed. NO EXCEPTIONS. ABSOLUTLY NO BARE FEET!

Competition is double elimination except that all-scoring places will be determined by tug-offs.

Several tug-offs will be run simultaneously at several stations with randomly selected team entries. The winning team from each station will compete in the final tug-off in order to determine the winner.

All teams must maintain the same team for every tug.

Scoring will be as follows: 1st place 16 pts., 2nd place 14 pts., 3rd place 12 pts., 4th place 10 pts., 5th place 8 pts., 6th place 6 pts., 7th place 4 pts., 8th place 2 pts.

**NOTE:**

The Track and Field event is officiated by the Kanawha Valley Track and Field Officials Association who are volunteering their time and expertise to the event. These are experienced and certified personnel who oversee all track and field events for Laidley Field. In recognition of their efforts and support, the Corporate Cup event helps support their scholarship program for West Virginia high school track and field student athletes which they award annually.

The utmost respect for their direction and oversight of these events is expected throughout the day. Any questions regarding scoring, an events execution, etc. must come to designated YMCA staff through the company team captain and reviews will be conducted with all parties for a timely decision.