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# THE CHAMBER

## YPN - CORPORATE CUP

### COMPETITIVE DIVISION RULES PACKET

Thursday, May 24, 2018  
3:15 to 8 p.m.

Minnesota State University Moorhead

Alex Nemzek Hall  
649 17<sup>th</sup> Street South

Gerdin Wellness Center  
805 14<sup>th</sup> Street South

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#### Presenting Sponsors



#### Site Sponsor



#### Competition Sponsors



# General Rules and Information

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The purpose of the Corporate Cup is to promote community-wide interest and involvement in fitness and health activities and to help companies incorporate wellness within the workplace.

Specific rules have been developed for each event and are included in your team packet. General rules and eligibility requirements are provided below.

1. Teams will be comprised of no more than 15 persons. It is at the discretion of individual teams who will compete in which events. You will need a **minimum of three female team members** due to gender-specific rules. A minimum of eight people are required to compete in all events. Please review the rules of each event for gender requirements.
2. **Teams will be divided into a competitive and a recreational division. Please indicate which division your company wants to participate in when registering online.** The recreation division is defined as a team participating with the primary goal of having fun. The competitive division is defined as a team participating with the primary goal of winning.
3. Team members must be employed by the sponsoring company if the company has more than 50 employees. Companies with fewer than 50 employees can combine to create one team or include employee spouses. If you are unable to field a team from your pool of employees or you would like to combine three or more companies, please contact Alyssa Ralston at The Chamber.
4. Children of employees are not allowed to participate.
5. Team members can represent only one team. Each company can field one team and must choose which division to compete in.
6. The Corporate Cup is intended to provide fun, fair competition. Unsportsmanlike conduct could result in the removal of an individual or team.
7. Twenty points will be added to the team score for each participant 40-49 years of age. Fifty points will be added to the team score for each event participant 50 years of age or older. All participants' ages need to be written on the team's roster by 4 p.m. There will be no age points added after 4 p.m. on event day.
8. Teams who provide volunteer(s) will be awarded points based on the number of volunteers provided. Teams who provide one volunteer will be awarded 50 points. Teams who provide two to three volunteers will be awarded 100 points. Teams who provide more than four volunteers will be awarded 150 points. For scheduling purposes, volunteers will not be able to participate in events and do not need to be employed by your organization. Teams with volunteers committed who don't show up to the event will be deducted 100 points. Volunteers must be available from 2:30 to 8 p.m. the day of the event.
9. All participants must sign the "Participation Waiver Form," which is included in this packet. **All waivers must be turned in to The Chamber or emailed to [ARalston@fmwchamber.com](mailto:ARalston@fmwchamber.com) by Thursday, May 3.** If you need to make roster changes, you can do so the day of the event at the registration table located inside Nemzek. **Your team will be ineligible if you do not turn in a complete, signed waiver before competition starts at 3:15 p.m. on May 24.**
10. Final registration is due May 3, 2018, and **no refunds will be offered after this date.**
11. Should there be an overall tie, there will be a tie-breaking game of Tug of War for the teams to participate in. For individual events resulting in a tie, the points will be split between the two teams.
12. Courts will be monitored. If games get out of hand, it will result in a forfeited game. Second offenses will result in the individual causing commotion to be eliminated from participating in the remainder of the event.
13. **The Corporate Cup is committed to serving their participants and spectators with disabilities by providing reasonable accommodations to allow people with disabilities to participate equally. Upon request, we are willing to provide reasonable accommodations through modifying administrative policies and procedures and through providing adaptive or assistive equipment for event participants with disabilities. All requests for accommodations must be made no later than two weeks prior to the event date.**

Questions? Contact Alyssa Ralston at 218.359.0529 or [ARalston@fmwchamber.com](mailto:ARalston@fmwchamber.com).

# Event Rules and Scoring

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## Basket Pong

Location: Wellness Center

### *Rules:*

- Teams will consist of 8 players. **A minimum of 2 players must be female.**
- 2 groups of 10 buckets will be placed in a triangle, with nothing in the buckets.
- First possession will be determined by a game of rock, paper, scissors.
- Teams will toss the basketballs into the buckets. Once the ball lands in the bucket, you can pull the bucket out.
- After each throw, the player must retrieve their ball and bring it back. The next player then can go.
- Teams will alternate tosses.
- Zero interference with the opposing team's shots or balls will not be allowed.
- If the team chooses, you are allowed 2 re-racks of the buckets, which can only be done by the player before they shoot.
- Trick shots or bounce shots will be permitted, but will not allow additional buckets to be removed in doing so.
- The team to eliminate all buckets first wins. If after 10 minutes neither team has eliminated all buckets, the team with most buckets eliminated wins.

### *Scoring:*

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, both teams will be awarded 200 points

## Life-Sized Memory Game

Location: Wellness Center – Basketball Court 2

### *Rules:*

- Teams will consist of 8 players. **There are no gender rules for this event.**
- An 8-minute continuous clock will be used.
- 2 teams will play against each other on separate boards
- One player at a time will run to the board to flip two cards in attempt to make a match. If no match is made, cards must be turned back over and the player will run back where the next player will do the same.
- The first team to find all matches and clear the board wins or the team with the most matches after 8 minutes wins.
- Team members who are waiting for their turn or not participating must stay behind the baseline.

### *Scoring:*

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, both teams are awarded 200 points

# Event Rules and Scoring

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## Sand Volleyball

Location: Sand Volleyball Court – Dahl Hall

*In the event of rain, this event will be moved to Nemzek Hall.*

### *Rules:*

- Teams will consist of 4 players. **A minimum of 2 players on the court at all times must be female.**
- Serve or side will be determined by a game of rock, paper, scissors.
- The game will be divided into two halves. After the first 7 1/2 minutes have been played, the teams will change sides. The side with the most points after 15 minutes will be declared the winner.
- A 15 minute continuous clock will be used; the clock will only be stopped in case of an injury.
- If the score is tied after 15 minutes, play will continue until one side scores.
- You cannot block a serve.
- Serves that hit the net are considered good serves and should be played.
- Kicking is allowed. Players can hit the ball with any body part with the exception of “carrying” with their hands.

### *Scoring:*

- 300 points for winning team
- 100 points for losing team

# Event Rules and Scoring

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## Kickball

Location: Nemzek South Field

*In the event of rain, this event will be replaced and moved to Nemzek Hall.*

### Rules:

- Teams will consist of 8 participants. **A minimum of 3 players must be female.**
- All games will be six innings/team or a **20 minute maximum** – will use final points from last completed inning.
- Home and away will be decided by a game of rock, paper, scissors.
- All kicks must be made by foot or leg, below the knee.
- All fielders except the catcher must remain in fair territory behind the first-third base diagonal.
- A fielder can get a runner out by reaching a base first, with the ball in hand, or by throwing the ball directly at the runner and hitting him/her below the neck (unless the runner is sliding).
- Runners will be allowed a maximum of one base on an overthrow. However, runners must get to the base safely, as it is not an automatic right for the runner to advance.
- Three strikes make an out, four balls advances the runner to first base, all fouls result in strikes.
- Three outs end an inning.
- Each kicker will be allowed to kick only once per inning. When the eighth kicker is up, they are allowed to run until they reach home, get out, or the third out is reached (whichever comes first).

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, each team will be awarded 200 points

## Capture the Cones

Location: Tennis Courts at Nemzek South Field

*In the event of rain, this event will be moved to Nemzek Wrestling Room*

### Rules:

- Teams will consist of 6 participants. **A minimum of 2 players must be female.**
- A 10-minute continuous clock will be used.
- Each player will wear a flag around their waist. If this flag is pulled you must retreat back to the far end of your side and replace your flag before re-entering the game. Failure to do so will result in being pulled from the game.
- The purpose of the game is to retrieve all 10 of opposing team's cones and bring them back to your team's side.
- If your flag is pulled while retrieving the cone, you must drop it where you are caught.
- Each team is not allowed to "guard" their cones.
- Teams are able to steal back their cones.
- At the end of 10 minutes, whichever team has the most cones wins.

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, each team will be awarded 200 points

# Event Rules and Scoring

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## Ultimate Frisbee

Location: Nemzek East Fields

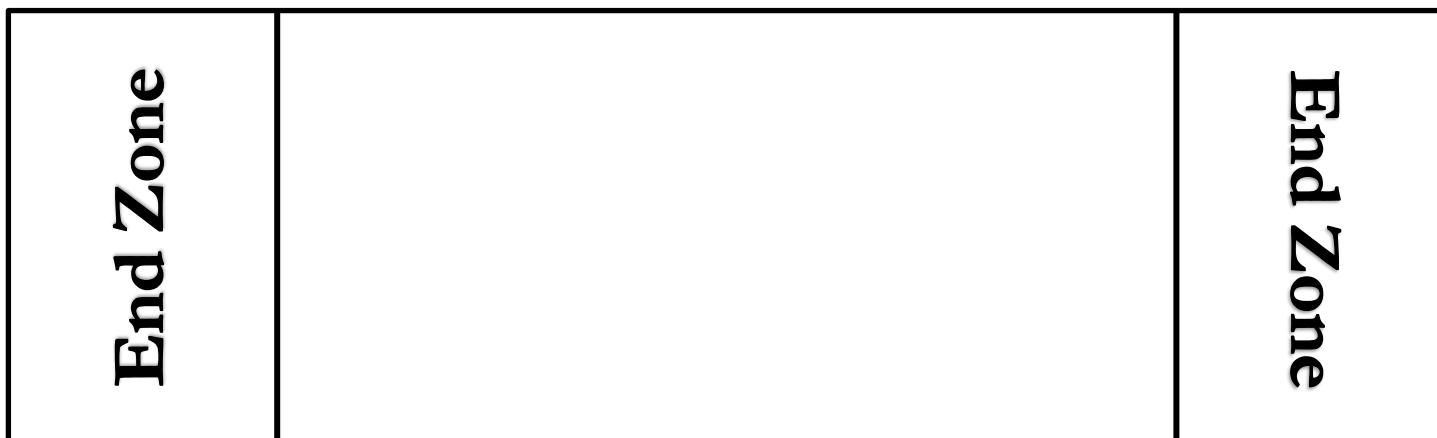
*In the event of rain, this event will be replaced and moved to Nemzek Hall.*

### Rules:

- Teams will consist of 7 participants. **A minimum of 3 players must be female.**
- A 10-minute continuous clock will be used; the clock will only be stopped in case of an injury.
- The home and away teams will be decided by a game of rock, paper, scissors. The home team will be the first team to receive and the away team will decide which end zone they want to start in.
- After 5 minutes, on the next change in Frisbee possession, teams will switch end zones they are attacking.
- The game starts with both teams starting on the goal lines.
- Defense will throw the disc down field. The receiving team can either catch the disc or let it fall and pick it up.
- The team with the disc tries to move the disc down the field by throwing it to other teammates
- Players with the disc cannot run with it. After catching the disc, no more than three steps can be taken.
- The team may advance the disc in any direction by completing a pass to a teammate.
- The person with the disk has 10 seconds to throw the disc. The defender guarding the thrower counts out the stall count.
- When a pass isn't complete due to it being dropped, blocked, intercepted or out of bounds it is a turnover and the defense takes position of the disc from that spot.
- One point is awarded when the player catches the disk in the end zone they are attacking.
- Once a point is scored, both teams must return to their defending end zone.
- Subs can be made between points or in case of injury.
- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- Both defense and offense players can call fouls in addition to the volunteer referees.

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of the tie, both teams are awarded 200 points



# Event Rules and Scoring

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## Endurance Obstacle Course

Location: Wellness Center – Upstairs Track

### *Rules:*

- Teams will consist of six participants – two per lap. **There are no gender rules for this event.**
- Teams will be scored on their overall time to complete the one-lap course with first place going to the team with the lowest time.
- Time is marked when the last team member reaches the finish line.

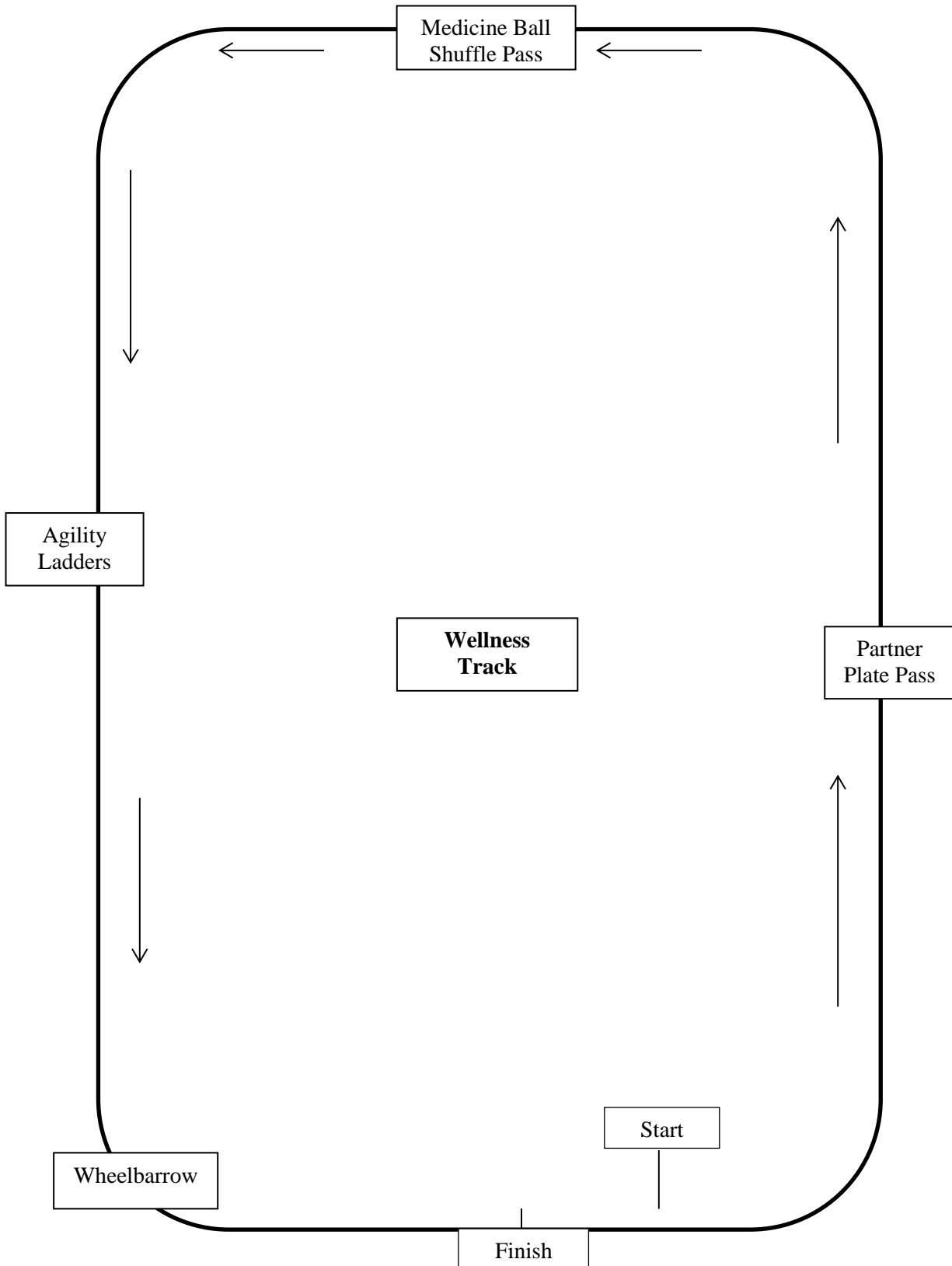
### *Events:*

- Partner Plate Pass – using 25 pound plates, use the plates as a stepping point, pick up a plate step to that plate, pick up another and repeat until the end.
- Medicine Ball Shuffle Pass – Shuffle from start to finish passing the medicine ball back and forth.
- Agility Ladders – Run in and out of ladder, while holding medicine ball above your head.
- Wheelbarrow – One person is the wheelbarrow, the other person walks the wheelbarrow to the end of the course and tags the next pair to go.

### *Scoring:*

- 300 points – 1<sup>st</sup>
  - 275 points – 2<sup>nd</sup>
  - 250 points – 3<sup>rd</sup>
  - 225 points – 4<sup>th</sup>
  - 200 points – 5<sup>th</sup>
  - 175 points – 6<sup>th</sup>
  - 150 points – 7<sup>th</sup>
  - 125 points – 8<sup>th</sup>
  - 100 points – 9<sup>th</sup>
  - 50 points – participation
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# Map of Obstacle Course





# Event Rules and Scoring

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## Team/CEO Challenge

Location: Nemzek Hall

### Rules:

- 7 team members are needed to play, including a CEO or an individual from upper management.
- Each team will compete in Minute to Win It game.
- All teams in each division will participate at once.
- The challenge will be revealed the day of the event.

### Scoring:

- 250 points – 1<sup>st</sup>
- 225 points – 2<sup>nd</sup>
- 200 points – 3<sup>rd</sup>
- 175 points – 4<sup>th</sup>
- 150 points – 5<sup>th</sup>
- 125 points – 6<sup>th</sup>
- 100 points – 7<sup>th</sup>
- 75 points – 8<sup>th</sup>
- 50 points – 9<sup>th</sup>
- 25 points – participation

## Scoring Summary

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Event	Maximum Points
Basket Pong	300
Capture the Cone	300
Sand Volleyball	300
Ultimate Frisbee	300
Kickball	300
Life-Sized Memory	300
Endurance Obstacle Course	300
Team Challenge	250
<b>Total</b>	<b>2350</b>

Bonus Points	Points Available
Volunteers	
- 1	50
- 2-3	100
- 4+	150
Age 40 – 49	20/person
Age 50+	50/person

#FMWFCorpCup

# The Chamber - Corporate Cup Participation Waiver Form

COMPANY NAME: \_\_\_\_\_

This form **must** be turned in with signatures before your team's first game. You have several options to submit it.

1) **Email:** [ARalston@fmwfchamber.com](mailto:ARalston@fmwfchamber.com) **Fax:** 218.233.1200 (attn: Alyssa Ralston) **Mail:** The Chamber, 202 1<sup>st</sup> Ave N, Moorhead, MN 56560 (attn: Alyssa Ralston). If your team has last minute roster changes, you may turn in the updated form at the registration table in Nemzek at the event.

Acceptance of the entry in these events is without responsibility of any kind by the Fargo Moorhead West Fargo Chamber, Minnesota State University Moorhead, or any other entity sponsoring the event. Participants will be engaging in athletic activities that carry a risk of physical injury. By signing below, I do hereby, for and on behalf of myself and my heirs and legal representatives and/or legal guardian, agree to waive any claim, including physical injury, I may have against the Fargo Moorhead West Fargo Chamber, Minnesota State University Moorhead, any and all of its employees, full or part-time, any volunteers, officials, or others supervising the event, and any of the sponsoring firms, and agree to hold such entities and persons harmless from any liability which may occur during or otherwise arising out of the event.

Print Name	Signature	Date	Check if you are in the following age group: (for bonus points)	
			40-49	50+
My Company's Volunteers	Name	Phone	Email	

**Volunteer(s)** Teams who provide one volunteer will be awarded 50 points. Teams who provide two to three volunteers will be awarded 100 points. And teams who provide four or more volunteers will be awarded 150 points. Teams with volunteers committed who don't show up to the event will be deducted 100 points.

# Corporate Cup Volunteer Registration Sheet

Thursday, May 24  
3:15 p.m. to 8 p.m.

Minnesota State University Moorhead, 1104 Seventh Avenue South

Your team has the opportunity to provide volunteers to help with the Corporate Cup. Interested volunteers should fill out this form and email it to [ARalston@fmwfchamber.com](mailto:ARalston@fmwfchamber.com) **no later than Thursday, May 3.**

## VOLUNTEER REQUIREMENTS

- Volunteer cannot be a competing team member.
- Volunteers do not need to be employed by the company they are representing.
- Volunteers will be given a Corporate Cup t-shirt and must wear it while assisting with events.
- Volunteers must be at least 16 years of age.
- Volunteers need to be available from 2:30 to 8 p.m.
- If your team provides a volunteer and they back out, you will be deducted 100 points per volunteer. **Be sure your volunteer is committed to attending.** We understand that schedules can change at the last minute so you can provide a substitute volunteer if your original volunteer backs out, as long as they fill the same position.

## VOLUNTEER REGISTRATION

Team volunteer is representing: \_\_\_\_\_

Volunteer name: \_\_\_\_\_

Volunteer email: \_\_\_\_\_

Volunteer phone #: \_\_\_\_\_

## VOLUNTEER OPPORTUNITIES

Please rank your volunteer choices. For sporting events volunteers, are not required to referee, you simply need to keep score. The planning committee will put together the volunteer schedule and contact volunteers the week of May 14 with final assignments and times. For scheduling purposes, volunteers need to be available from 2:30 to 8 p.m.

- |  |  |
|--|--|
| <input type="checkbox"/> Volleyball        | <input type="checkbox"/> Capture the Cone          |
| <input type="checkbox"/> Basket Pong       | <input type="checkbox"/> Tug of War                |
| <input type="checkbox"/> Kickball          | <input type="checkbox"/> Scooter Dodgeball         |
| <input type="checkbox"/> Obstacle Course   | <input type="checkbox"/> Human Tic Tac Toe         |
| <input type="checkbox"/> Ultimate Frisbee  | <input type="checkbox"/> Sand Volleyball           |
| <input type="checkbox"/> Frisbee Golf      | <input type="checkbox"/> Endurance Obstacle Course |
| <input type="checkbox"/> Life Sized Memory | <input type="checkbox"/> No preference             |

## VOLUNTEER T-SHIRT

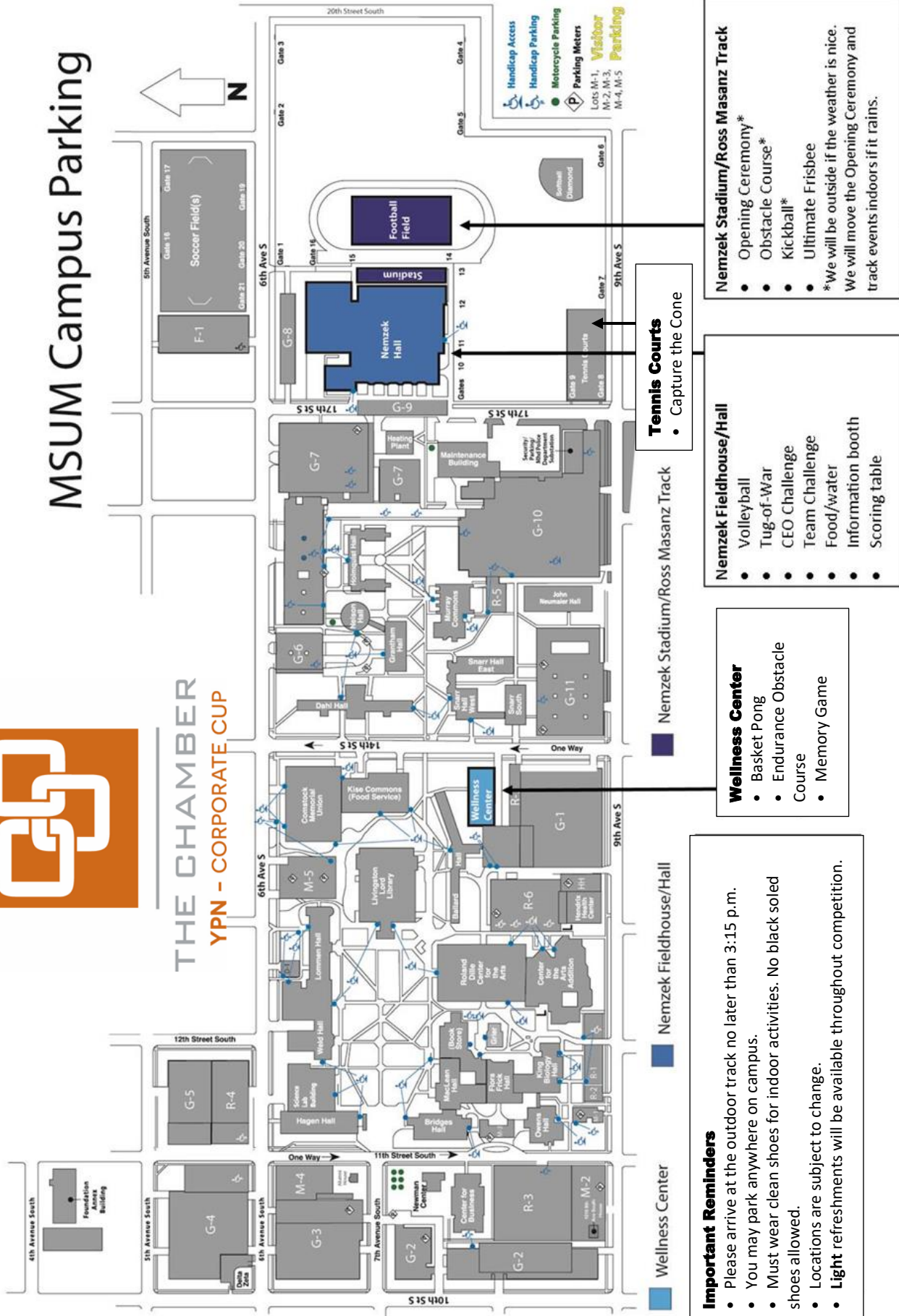
All volunteers will receive a t-shirt to be worn at the event while assisting with assigned tasks. Please indicate your t-shirt size.

S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_ XXXL\_\_\_

**Email this form to [ARalston@fmwfchamber.com](mailto:ARalston@fmwfchamber.com). Questions? Call Alyssa at 218.359.0529.**



# MSUM Campus Parking



## THE CHAMBER YPN - CORPORATE CUP

### Important Reminders

- Please arrive at the outdoor track no later than 3:15 p.m.
- You may park anywhere on campus.
- Must wear clean shoes for indoor activities. No black soled shoes allowed.
- Locations are subject to change.
- Light refreshments will be available throughout competition.

### Wellness Center

- Basketball
- Endurance Obstacle Course
- Memory Game

### Nemzek Fieldhouse/Hall

- Volleyball
- Tug-of-War
- CEO Challenge
- Team Challenge
- Food/water
- Information booth
- Scoring table

### Nemzek Stadium/Ross Masanz Track

- Opening Ceremony\*
  - Obstacle Course\*
  - Kickball\*
  - Ultimate Frisbee
- \*We will be outside if the weather is nice. We will move the Opening Ceremony and track events indoors if it rains.

### Tennis Courts

- Capture the Cone

2018 Corporate Cup • Thursday, May 24 • 3:15 to 8 p.m.

Minnesota State University Moorhead, 1104 7th Ave S



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FARIB, MOORHEAD, WEST FARIB