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**THE CHAMBER**  
**YPN - CORPORATE CUP**

**RECREATIONAL 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



Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross & Blue Shield Association

Horizon Mutual Insurance Company



# 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 specific 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 four or more 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@fmwfcchamber.com](mailto:ARalston@fmwfcchamber.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@fmwfcchamber.com](mailto:ARalston@fmwfcchamber.com).

# Event Rules and Scoring

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## The Game

Location: Nemzek Football Field

*In the event of rain, this event will be cancelled.*

### Rules:

- Teams will consist of 6 players. **A minimum of 3 must be female.**
- A time clock will be set for 4 minutes.
- The object of the game is to complete the longest pass with a football to another teammate as a team.
- To begin, teammates stand arm's length away from each other, facing each other so all participants end up forming two lines.
- 3 teammates will rotate throwing on each side of the line.
- The first teammate with the ball will toss it to their partner.
- After making a pass, the passer will rotate out and the next teammate will take their place on the field.
- If the pass is caught, the receiving teammate will take a step back and pass the ball to the newly rotated in partner.
- If a pass is not caught, the players shall still rotate, but the team will need to start over and the next pass will be from arm's length.
- The team with the partners who are standing the farthest distance apart from each other when time is up is the winner.
- Teams may not interfere opposing team's throws.

### Scoring:

- 200 points for 1<sup>st</sup> place
- 150 points for 2<sup>nd</sup> place
- 100 points for 3<sup>rd</sup> place
- 50 for 4<sup>th</sup> place
- In the event of a tie, teams will split points for the place they tie for

## Human Tic Tac Toe

Location: Nemzek Hall Back Gym

### Rules:

- Teams will consist of 5 players. Each team will have 3 markers. **There are no gender rules for this event.**
- One player at a time will run from the base line and place a marker on the tic tac toe board. That player will then run back and tag the next team member. The next participant will then place their marker in an open spot on the board. This will continue until your team gets 3 in a row (horizontally, vertically or diagonally).
- If all 3 markers have been played and there is no tic tac toe, the next player in line will run down and move one of their own team markers into an open spot until your team gets 3 in a row. The opposing team will be trying to score on the same board.
- If the marker lands in between spaces on the board, the marker does not count and the next player will need to move it.
- The first team to get 3 in a row gets a point. The board will cleared and another round will begin.
- An 8-minute continuous clock will be used. The team with the most points after 8 minutes or the 1<sup>st</sup> team to 5 points will be declared the winner.
- The entire must stay behind the line while the game is in progress.

### 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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## Volleyball

Location: Nemzek Hall

### Rules:

- Each side will include 6 players. **A minimum of 3 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 10 minutes have been played, the teams will change sides. The side with the most points after 20 minutes will be declared the winner.
- A 20-minute continuous clock will be used. The clock will only be stopped in case of an injury.
- If the score is tied after 20 minutes, play will continue until one side scores.
- If the ball hits anything on the ceiling on your side of the net and you have a hit left, you can still play it.
- 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

## Tug of War

Location: Nemzek Stadium

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

### Rules:

- Teams will consist of 8 participants. **A minimum of 3 players must be female.**
- This event will be played throughout the night, no brackets. Best two out of three pulls wins the match.
- Only the last puller in line may wrap the rope around his/her body.
- **Gloves are recommended but not provided.**
- No substitutions will be allowed during pulls.
- Each match will last no longer than 30 seconds – once the first member of the defeated team is pulled across the center starting line, the opposing team wins.

### Scoring:

- 150 points for winning team
- 50 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

## Frisbee Golf

Location: Nemzek North Soccer Field

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

### Rules:

- Teams will consist of 4 people per team. **There are no gender rules for this event.**
- 10 minute maximum playing time
- Each of the 3 holes begin at a tee area. After each throw, rotate players.
- Where the disc lands, the next person will throw from the exact spot it landed.
- 1 point is counted each time the disc is thrown. The goal is to play each hole in the fewest throws possible. The team with the lowest score for the entire course wins.
- The frisbee must make it into the basket in order to finish the hole.

### Scoring:

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

# Event Rules and Scoring

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## Scooter Dodgeball

Location: Nemzek Back Gym

### *Rules:*

- Teams will consist of 6 participants. **A minimum of 3 players must be female.**
- The object of the game is to eliminate the opposing team members by striking them with a dodgeball.
- The match will last 10 minutes and the team with the most team members in the game when time expires wins.
- If an entire team is eliminated from play, the opposing team wins.
- If there is a tie, winner will be decided by a game of rock, paper, scissors.
- Each team member must start with one hand on their back wall. Play begins on the referees' signal of "Go" and "Dodge" after the 5-second grace period after the initial rush.
- A player is out if:
  - They throw a ball that is caught by the other team.
  - They get hit by a ball thrown by the other team. (If the ball does bounce off an opposing player and is then caught the thrower will then be out. This is true even if a different player catches the ball. However, if the ball bounces off another ball, the ball is dead.) Players may use the ball to block; however, if the ball is knocked out of their hand while blocking, they will be out.
  - They hit another player above the shoulders.
  - They cross the center line.
  - They get off their scooter. (If a player falls off their scooter, they must immediately get back on. While off the scooter the player may not throw, catch, block, or interact in anyway with the game. A player can be eliminated if they are struck by a ball thrown by an opponent while off their scooter.)
- A player is not out if:
  - Their ball is caught off the wall or ceiling.
  - They get hit above the shoulders.

### *Scoring:*

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

# Event Rules and Scoring

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## Obstacle Course

Location: Nemzek Stadium

*In the event of rain, this event will be cancelled.*

### *Rules:*

- Teams will consist of 8 participants. **There are no gender rules for this event.**
- Teams will complete a lap around the outdoor track in pairs (1/4 lap per pair).
- Both team members must complete each task before either one is allowed to continue to the next station.
- 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.
- Additional information will be available about this event at a later date.

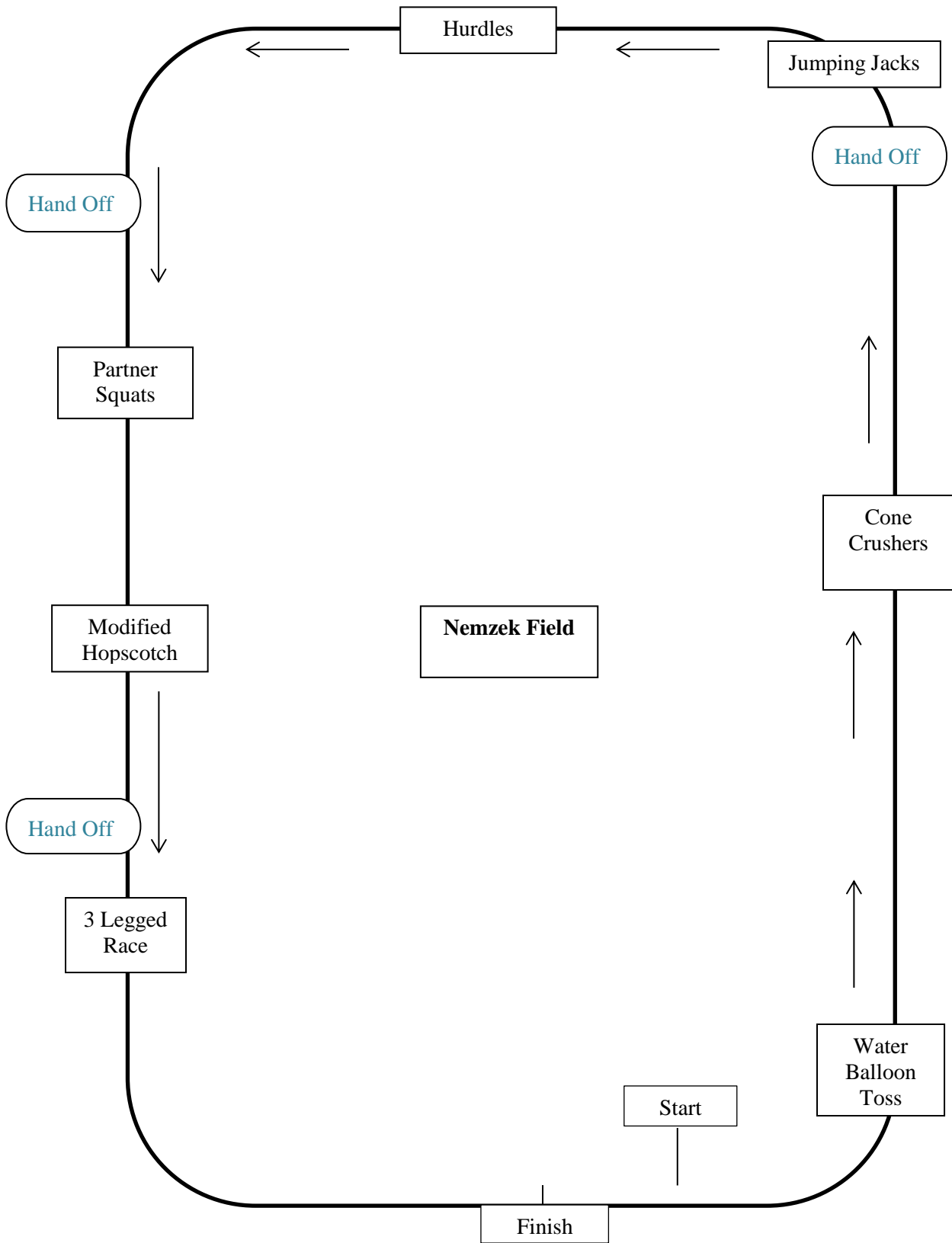
### *Events:*

- Water Balloon Toss – Toss a water balloon back and forth with partner, if you drop the water balloon, restart.
- Cone Crushers – Run to cone, then back to base lane, then to the next cone (repeat).
- Jumping Jacks – 10 jumping jacks.
- Hurdles – Run over OR under hurdles. If you knock it over, restart.
- Partner Squats – Partners will be back to back doing squats the length of the run.
- Modified Hopscotch – Hop in and out of squares.
- 3 Legged Race – Each person must put 1 leg into the bag, work together to run to the finish line.

### *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
Scooter Dodgeball	300
Human Tic Tac Toe	300
Volleyball	300
Tug of War	150
Frisbee Golf	300
Kickball	300
Obstacle Course	300
The Game	200
Team Challenge	250
<b>Total</b>	<b>2400</b>

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

#FMWF CorpCup

# 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 you 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.

			Check if you are in the following age group: (for bonus points)	
Print Name	Signature	Date	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

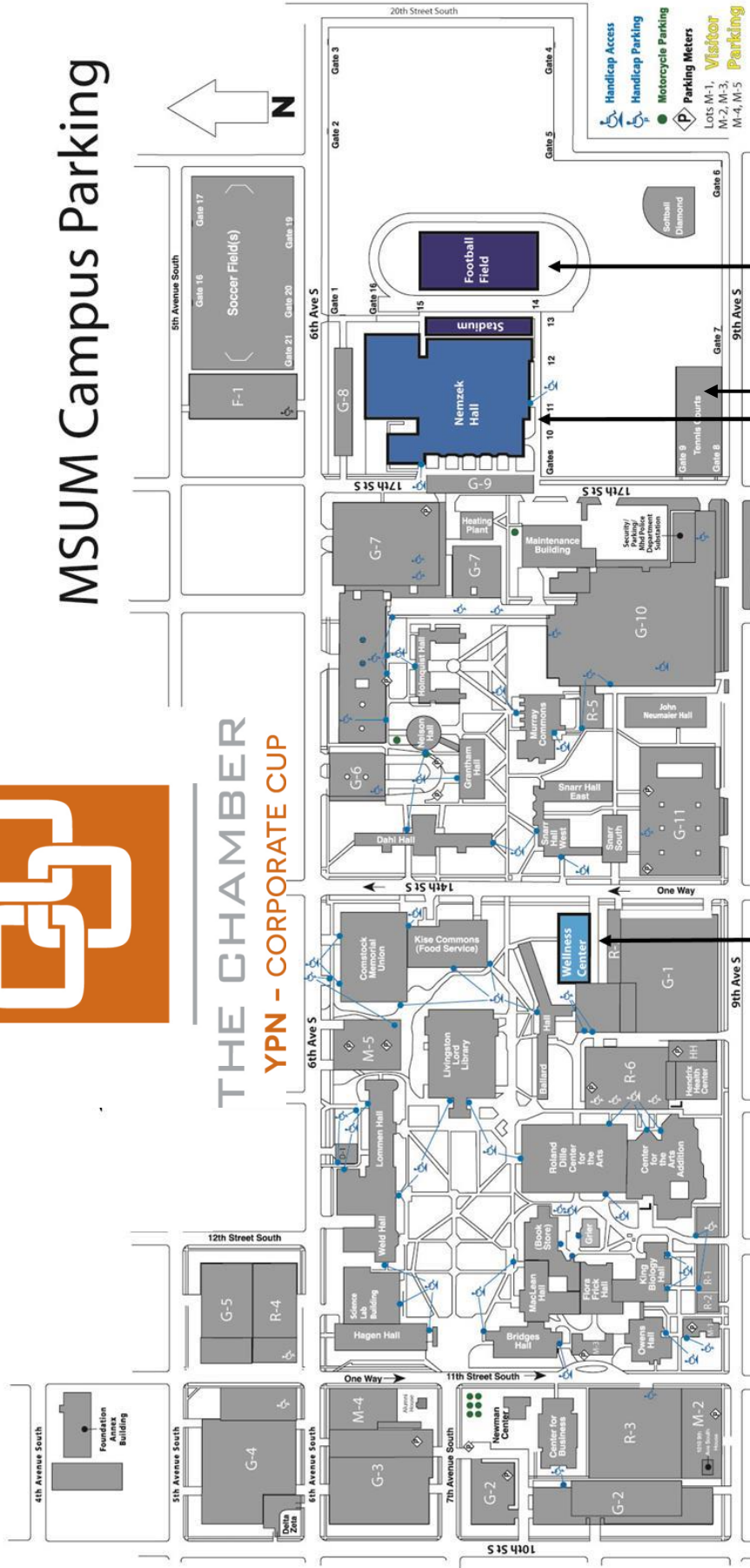
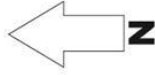
All volunteers will receive a t-shirt to be worn at the event while assisting with assigned tasks. Please indicate your t-shirt size.

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

**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.

**Nemzek Fieldhouse/Hall**

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

**Wellness Center**

- Basketball
- Endurance Obstacle Course
- Memory Game

**IMPORTANT REMINDERS:**

- Please arrive at the outdoor track no later than 3:45 p.m.
- You may park anywhere on campus.
- Must wear clean shoes for indoor activities. Also, no black soled shoes allowed.
- Locations are subject to change

**Tennis Courts**

- Capture the Cone

Nemzek Stadium/Ross Masanz Track

Nemzek Fieldhouse/Hall

Wellness Center

2015 Corporate Cup • Thursday, May 21 • 3:45 to 9 p.m.  
Minnesota State University Moorhead, 1104 7th Ave S

