



September 21-26, 2010

Presented by



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Participant Handbook



YMCA of Memphis & the Mid-South

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*For more information on Corporate Games, contact Angela Wallace, 901-527-9622,
corpgames@ymcamemphis.org
www.ycorporategames.org*

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Tip Sheet for Corporate Games Coordinator

1. Promote the event within your organization whenever possible. Use a variety of methods to inform co-workers about the event and their opportunity to participate. This step is one of the most important to the success of this event.
2. Personally invite management level staff to participate in the event.
3. Seek support from management in the promotion of your organization's participation and recruitment of team members (i.e. - memos, emails, etc.).
4. Offer incentives for participation such as:
 - a. Company uniforms for each team member
 - b. Tickets to local community events
 - c. Memberships to the YMCA
 - d. Gift certificates to restaurants or shopping venues
5. **The deadline for registration paperwork is August 23, 2010.** Due at that time are:
 - a. The Team Registration Form (page 15)
 - b. Payment of \$400 per team or sponsorship payment
 - c. Overall Participation Roster (page 16)
 - d. Declaration of Event Participation (page 17)
6. Make plans to attend one of the two mandatory captains' meetings on **September 8, 2010** at the Fogelman Downtown YMCA at 11:30 a.m. or at the YMCA Association Support Center (6373 Quail Hollow, Suite 201) at 5:30 p.m. RSVP to corpgames@ymcamemphis.org.
7. Designate a game captain for each event team and organize opportunities for team members to meet and exchange contact information before the actual Corporate Games week.

About the Corporate Games

The purpose of the YMCA of Memphis & the Mid-South Corporate Games is to help businesses promote healthy lifestyles and wellness in the workplace while serving as an instant team-building tool. The event offers an opportunity to enhance employee morale and highlight the work of the YMCA. Participation is not only for those who are at a high level of fitness, but also for employees of varying degrees and abilities. The Corporate Games will encourage healthy competition and foster fellowship and corporate pride among employees and businesses. It will also provide a fun and exciting way to network with professionals across the Mid-South. The YMCA Corporate Games can be an exciting and fun weekend for your work group while supporting a great cause. Each company that participates will receive recognition as well, as they demonstrate community support and involvement.

All proceeds raised from the Corporate Games will go to support youth and teen programming for the YMCA of Memphis & the Mid-South.

Sponsor and Partner Information

The success of our games is due to these generous and supportive sponsors and partners:



General Event Information

Eligibility

1. Team members must be at least 18 years of age
2. Team members must be employed by the sponsoring company or agency in a part-time or full-time capacity at the time of the competition. Retirees of each company and spouses of current or retired employees may also participate.
3. Two companies/businesses may combine to enter a team. The two companies must have 125 or fewer employees total combined. If interested in this option, please contact Angela Wallace, corpgames@ymcamemphis.org for final approval.
4. Individuals may only represent one company.
5. One person from each company must serve as team captain.
6. A **mandatory captains' meeting** will take place on **Wednesday, September 8, 2010**. The team captain must choose to attend either the Fogelman Downtown meeting at 11:30 a.m. or the YMCA Association Support Center meeting at 5:30 p.m. RSVP required.
 - Lunch will be provided at the 11:30 meeting and snacks will be available at the 5:30 p.m. meeting
 - T-shirts will be distributed
 - Event details will be discussed

- Packets (including Guest Passes for participants) will be handed out
 - Team T-Shirt must be submitted (if participating in t-shirt competition)
7. The **Team Registration Form, Overall Participation Roster, and Declaration of Event Participation** must be submitted by the deadline of **August 23, 2010**. An entry that is not completed by August 23 (payment made in full and all forms submitted) will be considered late. The Overall Participation Roster and the Declaration of Event Participation may be submitted by email to corpgames@ymcamemphis.org. These forms are available through the Corporate Games website.
 8. Individual Event Rosters/Release of Liability Forms will be due at each event prior to start.
 9. If you are interested in entering a group to compete in Corporate Games that is not a formal company (ex. Fraternity, Church Group, etc.), please contact Angela Wallace (901.527.9622 or corpgames@ymcamemphis.org) for guidelines and approval.
 10. The Corporate Games Executive Committee reserves the right to review all team entries relative to eligibility.
 11. Division based on company size may be created depending on the number of teams registered.

Team Composition

1. Teams may not exceed 40 participants.
2. Each team must have identifying uniforms consisting of, at the minimum, matching t-shirts.
3. Each team member may participate in unlimited events. However, some events may be occurring at the same time.
4. A company does not have to participate in each event.
5. A company may choose to enter two event teams per 40-person teams for the following events: 3-on-3 Basketball, Tug-of-War, Mini-Triathlon, Horseshoes, and Punt, Pass, and Kick events.
6. There will be no limit to the number of persons on each event roster for substitutions. However, no person may participate on two different teams in any event. Some events will not need substitutes.
7. Companies that enter more than one team may not share or cross-enter members between teams. Each team scores its own points. No points will be shared or split.
8. If a company enters more than one 40-person team, a separate roster must be submitted for each team.

Event Overview

1. The 2nd Annual Corporate Games will take place Tuesday, September 21 through Sunday, September 26, 2010.

2. **Event times and locations are subject to change. Please check the Corporate Games website for the most updated information.**

3. **Event Locations are as follows.**
 - **Kickball presented by Regions:** Bellevue Baptist Church
 - **Basketball:** Olive Branch Family YMCA, YMCA at Schilling Farms, Thomas B. Davis YMCA and Mason YMCA
 - **Mini-Triathlon:** Louis T. Fogelman YMCA
 - **Dodgeball:** YMCA at Schilling Farms
 - **Volleyball presented by Memphis Pool:** YMCA at Schilling Farms
 - **Field Day presented by First Tennessee:** Punt, Pass and Kick, Tug-of-War, Horseshoes, Frisbee Golf, Sack Race, Tricycle Race, Three-Legged Race, and Closing Ceremonies: Bellevue Baptist Church

4. **Event times are as follows.**
 - **Kickball presented by Regions:** Preliminaries will be held Tuesday (09/21/10) and Thursday (09/23/10) evening. Games will begin at 6:00 p.m. The championship game will take place Sunday (09/26/10) 4:00 p.m. at Field Day.
 - **Basketball:** Pool play is Friday evening (09/24/10). Games begin at 6:00 p.m. Bracket play and championship will be held Saturday (09/25/10) morning. Saturday games will begin at 8:00 a.m.
 - **Mini-Triathlon:** Friday evening (09/24/10). Triathlon will begin at 6:30 p.m.
 - **Dodgeball:** Saturday morning (09/25/10) tentatively beginning at 9:00 a.m.
 - **Volleyball presented by Memphis Pool:** Saturday evening (09/25/10). Games begin at 4:00 p.m. tentatively.
 - **Field Day presented by First Tennessee:** Sunday starting at 1:30 p.m.
 - Tug-of-War and Horseshoe tournaments start at 2:00 p.m.
 - Tricycle Relay 2:00 p.m.
 - Sack Race Relay 3:00 p.m.
 - Three-legged Relay Race 3:30 p.m.
 - Punt, Pass and Kick and Frisbee Golf can be completed at team's discretion between 1:30 p.m. and 4:00 p.m.

5. **Closing Ceremonies:** Awards will be distributed on Sunday, September 26, 2010 at the conclusion of the Corporate Games field day events. This will be the culmination of the Corporate Games. All employees of each company, as well as family and friends, are encouraged to come and participate in a variety of events. There will be fun and games for all ages.

6. Specific rules have been developed for each event and are found later in this packet. Rules and eligibility requirements governing the general competition are provided below. The rules and regulations exist for the sole purpose of providing a fun, fair competition for all involved.

Code of Conduct

Participants must follow the YMCA of Memphis & the Mid-South Code of Conduct at all times. The YMCA Code of Conduct prohibits behavior that is considered inappropriate, including:

- Profanity or abusive language
- Theft of property
- Physical contact with other members, guests and staff

- Criminal conduct
- Use of tobacco products on site
- Consumption of illegal drugs or alcohol while on YMCA property
- Being under the influence of illegal drugs or alcohol while on YMCA property

In addition, unsportsmanlike behavior could result in the removal of the individual or the entire team.

If a player is ejected from any competition for unsportsmanlike behavior, they will be asked to leave the facility immediately.

Guest Passes

Each team member will receive a card that entitles them (and members of their immediate family) to be a guest from September 11 – September 26, 2010, at any local YMCA facilities. Guest passes will be distributed to team captains at the captains' meeting on Wednesday, September 8.

Guest membership will give participants the opportunity to train in the YMCA facilities. Bonus points for the Corporate Games will be awarded to those participants that work-out from September 11 – September 23, 2010. Also, September 19 – October 3, 2010 the YMCA will waive the joining fee for any Corporate Games participant (up to \$75 savings).

Point Structure

Participation Points

- General Participation Points
 - 10 bonus points will be awarded to the team with the highest number of different members that participate in team events.
 - 2 points will be awarded to each company that sends a representative to the mandatory captain's meeting on Wednesday, September 8.
 - 10 bonus points will be awarded to any company that participates in every event of the Corporate Games.
 - Employees must participate in at least one event in order to be counted towards bonus participation points.
- Participation Points for Guest Passes
 - Each time a team member uses a YMCA facility over the course of the 2-week pass period, that team will be awarded 1 bonus point. The team member must sign in on the Corporate Games usage chart located at the Welcome Center of each YMCA branch upon entering the YMCA in order to be credited.
 - The maximum allowable participation points for Guest Pass usage per team, as outlined above is 100.

Event Points

- Points will be awarded for the following events:
 - T-Shirt Competition
 - Kickball
 - Mini-Triathlon
 - Basketball
 - Volleyball
 - Dodgeball

- Field Day
 - Tug-of-War
 - Frisbee Golf
 - Horseshoes
 - Punt, Pass and Kick
 - Races (3-Legged Race, Sack Race, Tricycle Race)
- Points will be awarded in the Corporate Games for events as follows:
 - 1st Place earns 20 points
 - 2nd Place earns 18 points
 - 3rd Place earns 16 points
 - 4th Place earns 14 points
 - 5th Place earns 12 points
 - 6th Place earns 10 points
 - 7th Place earns 8 points
 - 8th Place earns 6 points
- Each team will earn 2 points for its company for each event that it participates in if the team does not earn a first – eighth place finish.
- The point structure for each event is detailed under each event’s information section.

Points for Spirit of the Games

- A panel of judges made up of YMCA staff and volunteers will evaluate Corporate Games teams for “spirit.” The winning company will be announced at the closing ceremonies
- Company “spirit” will be judged on the following criteria:
 - Cohesiveness: Strong effort and teamwork displayed by all team members.
 - Sportsmanship: Display of positive attitude and fair play
 - Cheers/Chants: Use of cheers and chants to promote a positive competitive spirit of friendly competition.
 - Supportiveness: Active and supportive encouragement of all teammates
 - Enthusiasm: Appearance of being excited, “fired-up,” etc.
 - Use of a team uniform in the spirit of Corporate Games
- Profanity or abusive language of any sort will not be tolerated
- One team will be named the “Spirit of 2010” and will receive 20 bonus points in addition to event points earned.

Overall Tiebreakers

If teams are tied overall on the final day of competition, the total number of first places (per team) throughout the Corporate Games will decide the placement of the teams.

Event Rules

T-Shirt Competition

1. Each team can design a t-shirt for its participants to wear during competition.
2. One t-shirt per team should be turned in to the Corporate Games staff at the captain’s meeting on Wednesday, September 8.
3. Each t-shirt must include the company’s logo and the Corporate Games logo. Other design elements are at the discretion of each company.

4. Scoring will be as outlined under the point structure.

Regions Kickball Overview

1. Participants are divided into two teams, the kicking team and the pitching team. There must be a minimum of seven players on the field and a maximum of 10. The duration of games will be 45 minutes. Event officials will be on site to monitor games, but individual games will not have a specifically assigned umpire until the championship match.

Pitching Team

2. The pitching team fields players in a manner similar to baseball. This side consists of a pitcher and catcher; first, second and third baseman; and three outfielders. If an eighth player is not available, teams can play without a catcher. The pitcher rolls the ball toward the kicker; the ball must be rolling on the ground as it passes over home plate. Once a ball is in play, members of the pitching team try to get the kicker out either by tagging him with the ball or, while holding the ball, touching the base the player is headed for. When the pitching team earns three outs, the inning is over and the teams trade places.

Kicking Team

3. The kicking team places one player behind home plate who is responsible for kicking the ball into play. Kickers must be in the kicking box and behind home plate when they make contact with the pitch. The ball is hit either fair or foul. Foul balls are kicks that land the ball anywhere outside the playing field, and are considered strikes. When the kicker gets three strikes, he is out and the next player in line kicks. Players must kick the ball into fair territory and run to first base. If a player is already on first base, he advances to second base, and so on. Players must make it to the base without being tagged out by an opposing player. A kicker who rounds all three bases and tags home plate scores a run. The team with the most runs at the end of 45 minutes will win the game.

Regions Kickball Rules

1. Teams will consist of ten (10) players, with at least four (4) females at all times. A minimum of seven (7) players (with at least 3 women) will be required to start a game.
2. Maximum number of players on the roster for each team will be 20.
3. All games are four innings or 45 minutes maximum time length.
4. No metal spikes will be allowed.
5. The pitcher and fielders must stay behind the pitcher's mound until the ball is kicked.
6. The catcher or kicker is not allowed to cross home plate until the ball is contacted. The kicker may not attempt to kick the ball in front of home plate. If the kicker does contact the ball in front of home plate it will be considered a foul.
7. Pitches must be rolled underhand towards home plate. Pitches may not be bounced towards the kicker. Pitches must be rolled at a reasonable pace.
8. Bunting is not allowed. An intentional bunt in the opinion of the official is an automatic foul.
9. The official will be available to enforce rules upon request, but is the responsibility of each team to fairly and honestly monitor their own games.
10. A count of four (4) fouls is an out.

11. Teams must have male then female in the kicking order, allowing for only two males to bat consecutively at only one point in the kicking order.
12. A foul kick may be caught by the defense and will be considered an out.
13. When the ball is kicked in the air and is touched by a player in FOUL territory and is dropped, the ball is FOUL. If the ball is touched in FAIR territory before going into FOUL territory, the ball is FAIR.
14. Fielders must stay out of the baseline and cannot block the base. Runners hindered by any fielder within the baseline, not making an active play for the ball, shall be safe at the plate to which they were running.
15. Players may not re-enter the game once he/she has been removed from the kicking order.
16. All players in the field must be listed in the kicking order. There are no designated kickers allowed.
17. No leadoffs or stealing, as runners can leave the base once the ball is hit by the kicker. If a runner leaves early, the ball is dead and the runner is declared out. If this is the third out of the inning, the kicker is the first up in the next inning.
18. Once the pitcher has the ball and is on the mound, the play ends.
19. Players are considered out by one of the following means:
 - a. Striking out
 - b. A fly ball caught by the defense
 - c. Runner thrown out at one of the lead bases
 - d. Runner being tagged by the ball
 - e. Infield fly rule
 - f. Fouling out
 - g. Runner leaving base too early
 - h. A runner being struck by a thrown ball below the head while attempting to advance or return to a base
20. Competition will be double elimination tournament.
21. Scoring will be as outlined under the point structure.

Indoor Mini-Triathlon

1. Teams will consist of three (3) persons, with at least one (1) female.
2. Each person will be responsible for completing one of the following legs of the triathlon:
 - a. 10 mile stationary bike ride
 - b. 2.6 mile run (treadmill or track)
 - c. .5 mile swim
3. Each leg will be timed and added to the other two legs to determine each team's total time. The lowest cumulative total will be the winner.
4. Scoring will be as outlined under the point structure.

Volleyball presented by Memphis Pool

1. Teams may have six (6) competitors on the floor, with at least one (1) female at all times. A minimum of four (4) players will be required to start a game.
2. Teams may sub in players as they rotate into the service position.
3. Players must be on the court prior to serve.
4. The maximum number of touches per side at a time is three. Attempted blocks do not count as a touch.
5. No blocking of the serve will be allowed.
6. Net service rule will apply.

7. Attacks and blocks are only allowed from front row players.
8. Any ball touching the ceiling or light fixtures and falling on the same side will be playable by that team, unless it was the third contact. If a ball touching the ceiling or light fixtures crosses the net and falls on the other team's side, it is considered out of play, and a point will be awarded.
9. Any ball touching a basketball goal or wall is out of play.
10. A contact can be made with any part of the body, so long as it does not come to rest.
11. Players may not touch the net or go under the net.
12. Players may not reach over the net and interfere with play unless it is an attempted block of attack.
13. One 30-second time out per team is allowed each game.
14. Pools, if necessary, will be determined by a blind draw. In the event of a tie, number of sets lost will be considered. If there is still a tie, number of points allowed will be tallied. After this tie break, there will be a coin toss if needed.
15. For pool play, matches will consist of one game. First to reach 21 points will win each game. Team must win by 2 with the cap at 25 points. All games will be rally scoring.
16. Top eight teams will face off in bracket style play. Matches will consist of best 2 out of 3 games. First to reach 21 points will win each game. Team must win by 2 with the cap at 25 points. All games will be rally scoring.
17. USVBA rules will apply for all cases not stipulated.
18. Scoring will be as outlined under the point structure.

Basketball

1. Played on half court by two teams of three players each
2. **On the Event Declaration Form, a team must choose to play in the Recreational Tournament or the Competitive Tournament. In the recreational tournament, at least one (1) female must be on the court at all times.**
3. Playing time shall be two halves of 8 minutes running time with an intermission of one minute.
4. A tie score at end of regulation time will result in a 2 minute running clock overtime period with ball possession determined by coin flip. If still tied, a coin flip will determine first possession. First team to score will be winner.
5. One time out permitted per team per half [one additional for entire overtime]. Time outs will be 30 seconds in duration.
6. Substitutions may be made after a basket, a foul shot or any stoppage of play.
7. The winner of the coin toss shall take first ball possession and the loser shall take ball possession to start the second half. Ball possession changes hands after each basket unless a foul is awarded.
8. Deliberate stalling or attempts to freeze the ball shall result in a warning. The Corporate Games staff (or official in later rounds) will then administer a 10 second count within which a shot must be taken. If no shot, ball possession is lost.
9. The imaginary "check line" shall be the 3-point line. To start each half, after a score or after a foul is awarded, a player must put the ball in play from the check line. On defensive rebounds or steals, the ball must be returned to the check line and the player in possession of the ball may maintain control and attempt to score.
10. All field goals will count as 2 points. The three-point line is not in effect.
11. The top of the backboard is out of bounds. The sides of the backboard are in play.
12. Officials will not be provided until later rounds. Participants will call their own fouls immediately at the time of the occurrence, or not at all. The fouled team will retain the ball.

13. An individual player can not foul out of a game but may be ejected by the staff or official for cause.
14. All common personal and technical fouls shall be counted against a team total. Upon the fifth team foul, a bonus shall be awarded for the remainder of the game [as in a regular game – upon the seventh].
15. Prior to fifth team foul:
 - a. any common foul shall result in loss of possession for the offending team;
 - b. any offensive foul shall result in disallowing a converted basket and loss of possession;
 - c. any shooting foul will result in one shot.
16. Upon the fifth team foul:
 - a. any common foul shall result in one shot;
 - b. any offensive foul shall result in disallowing any converted basket and a change of possession;
 - c. any shooting foul with a missed basket shall result in one shot;
 - d. any shooting foul with a converted basket shall result in one foul shot after which possession changes.
16. The Corporate Games staff or officials shall penalize any player or substitute for unsportsmanlike conduct by immediate ejection. Any ejected player must immediately leave the facility.
17. Pools, if necessary, will be determined by a blind draw. In the event of a tie, head-to-head competition result will determine placement.
18. Top eight teams will face off in bracket style play.
19. Scoring will be as outlined under the point structure.

Dodgeball

1. Teams consist of six (6) players per team, with at least two (2) female starting each game.
2. Teams must start with a minimum of four players, one of which must be female.
3. Six standard (8.5") balls will be used.
4. Players take a position behind their end line to start each game. After a signal by the official, teams approach the centerlines to retrieve the balls.
5. Balls must be taken back across their attack line before they can be thrown at an opposing player. If the ball is not taken behind the attack line before it is thrown, the throw will not count and the person at fault is out. There are 2 attack lines on each side, just a little away from the center line.
6. If an opposing player is hit with any ball that has not yet touched the floor, wall, or ceiling, that player is "out."
7. Play continues until one team is eliminated.
8. Uniforms are considered part of a player's body.
9. Any ball that touches the floor, ceiling or wall is a dead ball.
10. If a defender catches a "live" thrown ball the thrower is out and one player for the defenders team then returns to the defenders side in order of first out, first in.
11. If a defender attempts to catch a live ball, but drops it, the defender is out.
12. The defender may block a live ball with another ball. That ball is still a live ball however, until it hits the floor, wall or ceiling.
13. If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.
14. A player may block a live ball, then throw the blocking ball down and catch a live ball.
15. A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball.

16. Any throw from out of bounds will not be counted. You must start and finish your throw in bounds for it to count. If you are hit while out of bounds, you are out. You may defend yourself by dodging, blocking or catching, but you may not retaliate.
17. Players who have been called out may retrieve stray balls for their teammates. If you are on the sideline batting balls back to your team, you may only do so up to the attack line to prevent blocking the view of the officials.
18. Unsportsmanlike conduct will result in immediate ejection from the game.
19. If a ball hits multiple people while still live (has not hit floor, ceiling, wall or anything connected to them) all of the players are out.
20. If a ball hits a player and a teammate catches that ball while still live, the thrower is out, the player initially hit by the ball stays in and the team with the catch brings a player back in the game.
21. The official is the final authority on all calls. Players are asked to self-police and accept when hit and act accordingly. Any player arguing calls repeatedly will be asked to sit for one game at the discretion of the official.
22. If a player sustains an injury in the middle of a match, you are allowed to substitute in the next player in the queue to return as if a catch was made. If this rule is invoked, the injured player will not be able to return to play for the remainder of the match.
23. Footwear is a must - no player will be allowed to play without shoes.
24. Games will be given a 15 minute time limit. After the time has expired, the winning team will be the one with the most people remaining in play. In the event of a tie, the team who scored the first out will be deemed the winner.
25. Teams will face off in double elimination bracket style play. A match consists of a 5 game series. Teams change court/sides after each game.
26. Scoring will be as outlined under the point structure.

First Tennessee Field Day: Frisbee Golf

1. Teams will consist of four (4) participants, with at least 2 females.
2. One round of golf will be played by each participant.
3. Stroke play will be the method of scoring. Each toss will count as one stroke, with the object being to acquire the lowest score in reaching the flag with your Frisbee.
4. Tee throws must be completed within or behind the designated tee area. Do not throw until the players in front of you are out of range.
5. After teeing off, the player whose disc is farthest from the hole always throws first. The player with the least amount of throws on the previous hole is the first to tee off on the next hole.
6. Scoring will be as outlined under the point structure.

First Tennessee Field Day: Punt, Pass and Kick

1. Teams will consist of two (2) persons, 1 male and 1 female.
2. Each participant will be allowed one punt, one pass, and one placekick.
3. 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 70 (100-30 feet). Scores will be based on exact feet and inches. No participants will receive a negative score.
4. A team's final score is the cumulative total of its two participants.
5. If a participant goes over the line prior to releasing or making contact with ball, he/she will be penalized 5 feet. (Exception: in kicking, a participant may go over the line without

- penalty, provided the tee is placed on or behind the line.)
6. Scores will be determined from where a participant's punt, pass, or kick first makes contact with the ground.
 7. 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.
 8. Scoring will be as outlined under the point structure.

First Tennessee Field Day: Tug-Of-War

1. Teams will consist of six (6) participants, with at least 1 female. One male and one female alternate can be listed and used, only in the event of an injury.
2. Teams must utilize the same persons for every tug.
3. The rope will be approximately 1 ¼ inches in diameter and approximately 75 feet long with a flag attached to the center.
4. Cones will be set up 5 feet 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.
5. The referee will indicate with a whistle when each tug begins and when each match is over.
6. One person from each team is required to signal to the referee when their team is ready to start the tug.
7. Sides of the rope will be determined by a coin flip.
8. Participants other than the anchor may not wrap the rope around their hands or bodies. Only the anchor person may secure the rope by wrapping or tying around the waist. However it is not allowed to be wrapped around his/her hands.
9. Gloves should be worn. Spiked shoes or cleats are not allowed.
10. Competition will be double elimination bracket style play. Initial tug-of-wars will be randomly arranged.
11. There will be a 3-minute rest period if a team is scheduled to pull back-to-back.
12. Scoring will be as outlined under the point structure.

First Tennessee Field Day: Horseshoes

1. Teams will consist of two (2) players, 1 male and 1 female.
2. A coin flip will determine which team goes first.
3. Pitching boxes will be forty feet apart. The pitching box will be approximately six feet in diameter. Located in the center will be a stake 12-15" above the ground and roughly 1" in diameter. The stake is the horseshoe target.
4. Each player should position themselves in the pitching box at their end, and, using an underhand motion, toss the horseshoe toward the pitching box at the opposite end of the horseshoe pit.
5. Each player tosses two horseshoes while his or her teammate is stationed at the other end of the pitch.
6. Try to get a ringer. If a player's horseshoe lands flat around the stake, this is known as a ringer. A ringer is worth three points.
7. If no player scores a ringer, the player whose horseshoe lands closest to the stake is awarded one point.
8. If both players toss a ringer, they cancel each other out and the nearest of the other horseshoes is awarded a single point.
9. First team to 21 is winner.
10. Teams will play in a single-elimination bracket-style tournament.
11. Scoring will be as outlined under the point structure.

First Tennessee Field Day: Three-Legged Relay Race

1. Teams will consist of eight (8) persons, with at least four (4) females.
2. Four two person pairs will be attached at the ankle and will race for one leg of the relay.
3. At the whistle, one pair of teammates must travel three-legged across the distance.
4. The distance of each leg will be determined the day of the event.
5. After the pair cross the line at the other end of the course, the second pair of team members travels in the opposite direction the same distance.
6. The race is finished when the fourth pair crosses the original start line.
7. All participants must walk/run on their own power over the entire distance. No team member may carry, lift or drag his/her partner at any time.
8. If necessary, teams will compete in heats.
9. Scoring will be as outlined under the point structure.

First Tennessee Field Day: Sack Relay Race

1. Teams will consist of four (4) persons, with at least two (2) females.
2. The first group of participants will line up on the starting line in their sacks with team members in line behind them.
3. A marker will be placed 10 to 20 feet from the starting line.
4. When the whistle blows, the first team member will hop to the marker around it and then hop back to the starting line and tag the next person in line.
5. The next person in the line hops into the sack and repeats the trip around the marker.
6. The first team to successfully get all participants around the cone and back wins.
7. If necessary, teams will compete in heats.
8. Scoring will be outlined under the point structure.

First Tennessee Field Day: Tricycle Relay Race

1. Teams will consist of four (4) persons, with at least two (2) females.
2. Each participant will complete one lap of this relay. Riders **must** remain seated at all times while pedaling to protect riders and tricycles.
3. The event will be run in heats and overall times will be used to award team points to the fastest teams.
4. Each participant will ride to four stations and will then have to complete office related tasks (sealing envelopes, pulling staples, writing on post-it notes, etc.) The next participant may not start until the first rider has crossed the finish line.
6. Interference with the other riders will result in disqualification.
7. This is a timed event, i.e. race against the clock. The eight fastest teams earn additional team points.
8. Scoring will be outlined as under the points structure.

*****The YMCA reserves the right to amend rules governing competition of any events prior to the event starting. The YMCA will inform all teams of any changes, in a timely manner, if necessary.*****



YMCA of Memphis & the Mid-South 2010 Corporate Games Team Registration

Company Name: _____

Address: _____

City, State, Zip: _____

Team Name: _____

Team Captain: _____

Day Phone: _____ Email: _____

Total Number of Company Employees: _____

How did you hear about Corporate Games? _____

Entry fee of \$400 includes up to 40 team members who will each compete in the Corporate Games and receive a t-shirt, goodie bag, and 2-week free guest pass at the Y. Registrations must be received by August 23, 2010. *Registrations received between August 24 and September 1, 2010 will be assessed a \$50 late fee and will only be accepted if space is available.*

To enter a team, please complete this form and mail with payment to:

Corporate Games Registration
YMCA of Memphis & the Mid-South
6373 Quail Hollow Road, Suite 201
Memphis, TN 38120
Or fax to: 901.766.7685

Method of payment:

Check Visa MasterCard Discover American Express

Name on Card: _____

Account Number: _____

Expiration Date: _____ CVV# _____

Signature: _____

Contact Angela Wallace at 901.527.9622 or corpgames@ymcamemphis.org with questions or visit the website (www.ycorporategames.org) for more information.



YMCA Of Memphis & the Mid-South Overall Participant Roster

****due with initial registration by August 23, 2010****
Also available in electronic version

Company Name: _____

Team Name: _____

	<u>Printed Name</u>	<u>Email Address</u>	<u>T-Shirt Size</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____
16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____

Please make a copy of this page if you have more than 20 participants on your team.



YMCA Of Memphis & the Mid-South Declaration of Event Participation

****due with initial registration by August 23, 2010****
Also available in electronic version

Company Name: _____

Our company will be entering a team in the following events (please mark all that apply):

Team Name: _____

- _____ **Basketball** (choose recreational or competitive tournament)
 ___Recreation or ___ Competitive
- _____ **Volleyball**
- _____ **Dodgeball**
- _____ **Kickball**
- _____ **Mini-Triathlon**
- _____ **Tug-Of-War**

- _____ **Frisbee Golf**
- _____ **Punt, Pass, and Kick**
- _____ **Horseshoes**
- _____ **Sack Race**
- _____ **Three-Legged Race**
- _____ **Tricycle Race**

Our company will be entering one additional team in the following events (please mark all that apply):

Team Name: _____

- _____ **Basketball** (choose recreational or competitive tournament)
 ___Recreation or ___ Competitive
- _____ **Mini-Triathlon**
- _____ **Tug-Of-War**
- _____ **Punt, Pass, and Kick**
- _____ **Horseshoes**

Reminder: Once an individual has declared participation on a team roster, he/she cannot participate on another team for any event



YMCA Of Memphis & the Mid-South Event Participation Roster/ Release of Liability

**** Due at each individual event****

The YMCA of Memphis & the Mid-South will not assume responsibility for any injury incurred while participating in any athletic event, sports, program, or any physically related activity. Nor will the YMCA of Memphis & the Mid-South be liable for lost or stolen items while program participants are using YMCA facilities or are on the YMCA premises. I, the undersigned for myself, my heirs and assigns do hereby release the YMCA of Memphis & the Mid-South, its employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation. I also assume full responsibility for removing myself from any media opportunities that I do not wish to participate in. I also agree to adhere to the YMCA Code of Conduct.

Company Name: _____

Team Name: _____

Event: _____

Event Captain: _____

	<u>Printed Name</u>	<u>Signature</u>	<u>Date</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____
16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____

Please make a copy of this page if you have more than 20 participants on your team. This roster MUST be filled out and submitted at the time of the event to staff on-site.