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2017 Corporate Games Participant Guide

September 25 – October 1
www.ycorporategames.org

For more information:
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9th Annual YMCA Corporate Games

September 25 – October 1, 2017

The YMCA Corporate Games is a team event that mixes healthy living with healthy competition between Mid-South organizations. Gather your team and play in a variety of events, including those old field day favorites. Here at the Y, we believe that living an active lifestyle is important, and that it should be fun. People of all fitness levels and abilities are welcome. We also believe in the power of sports and teamwork. Participating in Corporate Games will give your company the opportunity to elevate organizational pride and grow in fellowship with colleagues.

Best of all, you will be helping the YMCA increase our access to all citizens in Memphis & the Mid-South community. The Y is committed to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. All proceeds raised from the Corporate Games will go to support youth and teen programming for the YMCA of Memphis & the Mid-South.

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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 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 according to the approval of your company's team captain. Employees' children are not eligible to participate.
3. Two companies may combine to enter a team. The two companies must have 150 or fewer employees total combined. If you're interested in this option, please contact Jessie Wiley, jessie.wiley@ymcamemphis.org for final approval.
4. Individuals may only represent one company.
5. Team entries must be from a business, non-profit or government entity (an employer).
6. One person from each company must serve as team captain.
7. A **mandatory captains' meeting** will take place on **Tuesday, September 19, 2017**. The meeting will be held at the new Church Health YMCA at Crosstown Concourse at 11:30 a.m. RSVP required to jessie.wiley@ymcamemphis.org.
 - Lunch will be provided at the 11:30 meeting
 - Event rosters and schedules will be discussed
 - Team T-shirts will be distributed
8. **The deadline for registration paperwork is August 18, 2017.**
Due at that time are:
 - a. The Team Registration Form
 - b. Payment of \$700 per team or sponsorship payment
 - c. Declaration of Event Participation
9. Final overall team rosters are due by email to jessie.wiley@ymcamemphis.org on **Friday, September 22** by 5:00 pm.
10. Players must sign a release of liability before playing in each event. Release will be available at sign-in.
11. Participants may have to show a photo ID before each event.
12. The Corporate Games Executive Committee reserves the right to review all team entries relative to eligibility.
13. Teams are divided into Divisions based on company size. Division A: Over 500 local employees. Division B: less than 500 local employees.

Team Composition

1. Teams may not exceed 45 participants.
2. All teams who register by the August 18 registration deadline will be supplied with a Corporate Games event t-shirt that should serve as your team's uniform. Corporate Games sponsors have first choice of available colors. T-shirt color choices will then be available on a first come basis. A color wheel will be provided once registration is received and sponsors have chosen their colors.
3. Each team member may participate in multiple events. However, some events will occur at the same time.
4. A company does not have to participate in each event.
5. There will be no limit to the number of persons on each event roster for substitutions. However, some events will not need substitutes.
6. 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.
7. For companies who have entered two teams, volunteer and spirit points will be distributed to the team with the highest score, unless otherwise requested.
8. If a company enters more than one 45-person team, a separate roster must be submitted for each team.

Event Overview

1. Event times and locations are subject to change. Please check the Corporate Games website for the most updated information.
2. Closing Ceremony Awards Reception: Awards will be distributed on Tuesday, Oct. 3 at DoubleTree by Hilton Memphis Downtown: 185 Union Ave. Memphis, TN 38103. Participants and employees are encouraged to attend to receive awards and hear winners announced. Please limit to 7 guests per team.
3. 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.
4. Pets are not allowed at any Corporate Games event.

Events	Location	Date (s)	Event Conflicts	Number on field	Minimum players to avoid forfeit*
Kickball	GameDay Fields	Division A: Monday, 9/25, 6:30 p.m. Division B: Tuesday, 9/26, 6:30 p.m. Division A & B Finals: Wednesday, 9/27, 6:30 p.m.	Possibly Cornhole if rain	10 (4 female)	6 (4 male/2 female)
Cornhole	GameDay Fields	Division B: Monday, 9/25, 6:30 p.m. Division A: Tuesday, 9/26, 6:30 p.m. (Rain date if needed: Wednesday, 9/27, 6:30 p.m.)	Possibly Kickball if rain	2 (1 female)	2 (at least 1 female)
Dodgeball	Bellevue Baptist Church (Div. A) and Ridgeway Baptist Church (Div. B)	Division A & B: Thursday, 9/28, 6:30 p.m.		6 (2 female)	3 (at least 1 female)
Indoor Mini-Triathlon	Fogelman Downtown YMCA	Division A & B: Friday, 9/29, anytime	Basketball	1- 3 (male or female)	Must complete three events
Competitive Basketball	Bellevue Baptist Church (Div. A) and Ridgeway Baptist Church (Div. B)	Division A & B: Friday, 9/29, 6:10 p.m.	Triathlon, Rec. Basketball	3	2 (no female requirement)
Recreational Basketball	Bellevue Baptist Church (Div. A) and Hope Presbyterian Church (Div. B)	Division A & B: Friday, 9/29, 6:10 p.m.	Triathlon, Comp. Basketball	3 (1 female)	2 (at least 1 female)
Bowling	Billy Hardwick's All Star Lanes	Division A & B: Saturday, 9/30, 9:00 a.m. or 11:00 a.m.		3 (1 female)	3 (1 female)
Volleyball	Memphis Metro Volleyball (Div. A) and Bellevue Baptist Church (Div. B)	Division A & B: Saturday, 9/30, 1:30 p.m.		6 (2 female)	3 (at least 1 female)
Field Day: Tug-of-War	May Fields	Division A & B: Sunday, 10/1, 2:00 p.m.	Horseshoes, possibly Hopper Ball	6 (2 female)	no minimum
Field Day: Horseshoes	May Fields	Division A & B: Sunday, 10/1, 2:00 p.m.	Tug-of-war & possibly relay races	2 (1 female)	2 (at least 1 female)
Field Day: Hopper Ball Relay Race	May Fields	Division A & B: Sunday, 10/1, 3:00 p.m.	Horseshoes, possibly Tug-of-War	4 (2 female)	2 (at least 1 female)
Field Day: Sack Relay Race	May Fields	Division A & B: Sunday, 10/1, 3:20 p.m.	Horseshoes	4 (2 female)	2 (at least 1 female)
Field Day: 3-Legged Relay Race	May Fields	Division A & B: Sunday, 10/1, 3:40 p.m.	Horseshoes	6 (2 female)	4 (at least 2 females)
Field Day: Water Balloon Toss	May Fields	Division A & B: Sunday, 10/1, anytime between 2:00 - 4:00 p.m.		2 (1 female)	2 (at least 1 female)
GameDay Fields: 7800 Fischer Steel Rd. Cordova, 38018 Bellevue Baptist: 2000 Appling Rd. Cordova, 38016 Ridgeway Baptist: 2500 Ridgeway Rd. Memphis, 38119 Hope Pres: 8500 Walnut Grove, Memphis, 38018 Fogelman Downtown YMCA: 245 Madison Ave, 38103		Billy Hardwick's: 1576 S. White Station Rd., 38119 Memphis Metro Volleyball: 2950 Brother Blvd, Bartlett, 38133 May Fields: 6415 Quince Rd., 38119		The YMCA suggests including more than this number on your roster	*This is the minimum number of players needed to avoid forfeit. Your team may consist of more than the minimum required number of females but not fewer

Event Week Schedule (Week View)

Monday, 9/25/17	Tuesday, 9/26/17	Wednesday, 9/27/17	Thursday, 9/28/17	Friday, 9/29/17	Saturday, 09/30/17	Sunday, 10/01/17
<p>EVENING (6:30 p.m.) Division A Kickball Division B Cornhole</p> <p>GameDay Fields 7800 Fischer Steel Rd. Cordova, TN 38018</p>	<p>EVENING (6:30 p.m.) Division B Kickball Division A Cornhole</p> <p>GameDay Fields 7800 Fischer Steel Rd. Cordova, TN 38018</p>	<p>EVENING (6:30 p.m.) Division A & B Kickball Finals</p> <p>GameDay Fields 7800 Fischer Steel Rd. Cordova, TN 38018</p> <p><i>Raindate for Kickball and Cornhole if needed</i></p>	<p>EVENING (6:30 p.m.) Division A & B Dodgeball</p> <p>TBD: Various gym locations</p>	<p>ANYTIME (5:00 a.m.–9:00 p.m.) Division A & B Triathlon</p> <p>Fogelman Downtown YMCA 245 Madison Ave. Memphis, TN 38103</p> <p>EVENING (6:10 p.m.) Division A & B 3-on-3 Rec. Basketball</p> <p>Division A & B 3-on-3 Competitive Basketball</p> <p>TBD: Various gym locations</p>	<p>MORNING (9:00 a.m.) Division A & B Bowling</p> <p>Billy Hardwick's 1576 S. White Station Memphis, TN 38117</p> <p>AFTERNOON (1:30 p.m.) Division A & B Volleyball</p> <p>TBD: Various gym locations</p>	<p>AFTERNOON (2:00 p.m.) Division A & B Field Day Events</p> <p>May Fields 6415 Quince Ave. Memphis, TN 38119</p>

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 at a YMCA event or 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 company will receive 45 YMCA guest passes valid September 1 – October 1, 2017. These passes can be used at any local YMCA. Only one guest pass per person. Families are not eligible to receive guest pass privileges. Driver's License and proof of employment may be required. Guest passes will be distributed to team captains via email by August 28, 2017.

Points Structure

Participation Points

General Participation Points

- 2 points will be awarded to each company that sends a representative to the mandatory captain's meeting on Tuesday, Sept. 19, 2017 at the Church Health YMCA.
- 10 bonus points will be awarded to any company that participates in every event of the Corporate Games.
- 1 bonus point per hour will be awarded for each volunteer that a company sends to assist with a Corporate Games event or designated volunteer event in 2017. This volunteer must register in advance by emailing Jimmy Corrigan, Corporate Games Volunteer Coordinator, at jcorrigan@ymcamemphis.org. Volunteer points will be capped at 30 total points.

Event Points

Points will be awarded for the following events:

- Kickball
- Cornhole
- Dodgeball
- Triathlon
- Competitive Basketball
- Recreational Basketball
- Bowling
- Volleyball
- Field Day: Tug-of-War
- Field Day: Horseshoes
- Field Day: Hopper Ball Race
- Field Day: Sack Race
- Field Day: 3-Legged Race
- Field Day: Water Balloon Toss

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
- 9th place and below earns 2 points

Team Spirit Points:

- 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 Ceremony Awards Reception.
- Company spirit will be judged on the following criteria:
 - Cohesiveness, Sportsmanship, Cheers/Chants, Supportiveness and Enthusiasm
 - Positive use of social media
 - Following and adhering to Corporate Games rules
- Team spirit awards will be provided for first through third place with appropriate points awarded per the point structure.

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. If still tied at this point, the total number of second place finishes will be included.

Rain Plan

In the event of rain during Kickball, Cornhole, or Field Day please check www.ymcamemphis.org or the YMCA of Memphis & the Mid-South's Facebook page for instructions.

Event Rules

Basketball: Recreational and Competitive

1. Played on half court by two teams of three players each.
2. **In the recreational tournament, at least one (1) female must be on the court at all times.** A minimum of two (2) players will be required to start a game.
3. Playing time shall be two halves of 8 minutes running time with an intermission of one minute. *The clock will stop on whistle (and at all made baskets) in the last thirty seconds of each half.
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) 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, steals or any change of possession, 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. Field goals will count as 2 points.
11. The three-point line IS in effect.
12. Foul shots are playable on the release as in college basketball rules.
13. Dunking is prohibited.
14. An individual must exit the game after five (5) personal fouls.
15. 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].
16. Prior to fifth team foul:
 - a. any common foul shall result in loss of possession for the offending team;
 - b. any shooting foul will result in two shots.
17. Upon the fifth team foul:
 - a. any common foul shall result in two shots
 - 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 two shots;
 - d. any shooting foul with a converted basket shall result in one free throw.
18. 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.
19. Pools will be determined by a blind draw. Pools may be realigned on-site in the event of forfeits. In the event of a tie, head-to-head competition result will determine placement.

20. The first place team in each pool will advance to a single elimination tournament that takes place Friday night immediately following pool play. Games won by play will receive higher priority scoring over games won by forfeit when determining placement.
21. Scoring will be as outlined under the point structure.

Bowling

1. Teams will consist of three (3) members, with at least one (1) female.
2. Each team will bowl three (3) games. Each game consists of ten (10) frames.
3. A player delivers two balls in each of the first nine frames unless a strike is scored. In the tenth frame, a player delivers three balls if a strike or spare is scored. Every frame must be completed by each player bowling in regular order.
4. Highest three game total pin-fall will determine the winner.
5. Bowling shoes must be worn at all times.
6. Bowlers must stay behind foul line. Fouls count as zero pin fall.
7. Scoring will be as outlined under the point structure.

Cornhole

1. Teams will consist of two (2) persons, with at least one (1) female.
2. Teams will play in two divisions in separate brackets. Brackets will be determined by blind draw. Each bracket will play a double elimination tournament.
3. Games will be played until the winning team scores 15 points or until a 15 minute time limit is reached. If teams are tied after 15 minutes, an additional round is played until a winner is reached.

DOUBLES PLAY:

Doubles is played by four players (two teams). In doubles play, one person will pitch/toss their cornhole bags from one of the cornhole boards and their teammate will stand at the other cornhole board. Once you have decided who will toss first, you need to alternate throws between the two players on the same side until all four cornhole bags have been thrown. Then the remaining two players on the other side will continue to alternate in the same manner until all cornhole bags are tossed and that round/inning is complete.

SCORING:

Cornhole bag (In-the-hole) refers to a cornhole bag landing inside the cornhole board hole and is valued at three points. It can be tossed through the hole on the cornhole board or come to rest inside the cornhole board hole (knocked in by another cornhole bag). The impact of the cornhole bags hitting the cornhole boards may cause light vibrations to move the bag ever so slightly.

Cornhole bag (In-the-count) refers to a cornhole bag landing on the cornhole board platform and valued at one point. The cornhole bag must not bounce onto the cornhole board or hit the ground at any time. If it does hit the ground and then lands on the cornhole board it is considered a foul, and that cornhole bag must be removed before play can continue.

Cornhole bag (Out-of-the-count) refers to a cornhole bag that has no scoring value. If the cornhole bag comes to rest other than in the hole or on the cornhole board platform, the toss is

considered a foul and out-of-the-count. The bag must be removed from the cornhole surface/area before play can continue.

The team that collects the most points after each round, throws first next round. If the score is tied or there is no score after the round, then the throw alternates teams from the previous round

The Cornhole game/match will be played until the first team of players reaches 15 points or more (you don't have to win by two). Each game will have a 15 minute time limit. If neither team has reached 15 by the end of the time limit, the team with the greatest number of points will be the winner. Keep in mind that the game can't end in the middle of a round/inning. Both players on each team must have an opportunity to toss their cornhole bags and complete the round/inning.

KEEPING SCORE:

Cornhole has cancellation scoring. This means once you have totaled each player's score, you subtract the lowest score from the highest score and whoever has points left over will score for their team for that inning.

Dodgeball

1. Teams consist of six (6) players per team, with at least two (2) female.
2. Teams must start with a minimum of three (3) players with at least one (1) female. If only (1) female is present, a team can play with a maximum of 5 players (4 males/1 female)
3. Six standard (8.5") balls will be used.
4. Teams will play in two divisions in separate brackets. Brackets will be determined by blind draw. Each bracket will play a double elimination tournament.
5. 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.
6. 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 attack lines on each side.
7. If an opposing player is hit with any ball, below the head, that has not yet touched the floor, wall, or ceiling, that player is "out." If a ball hits a player in the face after ricocheting from another part of the body, the player is out. If a player is only hit in the head or face, he or she may remain in the game.
8. Continued and intentional targeting of the face may result in a player being ejected from the game
9. Play continues until one team is eliminated.
10. Uniforms are considered part of a player's body.

11. Any ball that touches the floor, ceiling, or wall is a dead ball.
12. If a defender catches a "live" thrown ball, the thrower is out and one player from the defender's team then returns to the defenders side in order of first out, first in.
13. All players who have gotten "out" must stand on the same side of the court.
14. If a defender attempts to catch a live ball, but drops it, the defender is out.
15. 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.
16. If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.
17. A player may block a live ball, then throw the blocking ball down and catch a live ball.
18. A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball.
19. 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.
20. 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.
21. Unsportsmanlike conduct will result in immediate ejection from the game.
22. 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.
23. 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.
24. 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.
25. 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.
26. Footwear is a must - no player will be allowed to play without shoes.
27. 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.
28. Scoring will be as outlined under the point structure.

Field Day: Horseshoes

1. Teams will consist of two (2) players, with a minimum of 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. One member of each team is stationed at each pitching box. These team opponents at each pitching box will pitch against each other throughout the game.
5. Each player should position themselves in the pitching box at their end, and, using an underhand motion, toss a single horseshoe toward the pitching box at the opposite end of the horseshoe pit.
6. The player that pitches his/her two horseshoes first is determined by the team that has been awarded points most recently.
7. When pitching, aim for the stake and try to get a ringer. If a thrown horseshoe lands flat around a stake, this is known as a ringer. A ringer is worth three points.
8. If no player scores a ringer, the player whose horseshoe(s) lands closest to the stake (provided the horseshoe or a portion of the horseshoe lands within the pitching box) is awarded points. One point is awarded to a player if only one of his/hers horseshoes is closest to the stake (provided it is in the pitching box). His/her opponent would not receive any points, even if he/she has one or both horseshoes in the pitching box. Two points will be awarded to a player if both of his horseshoes are closest to the stake (provided they are both inside the pitching box). If a horseshoe lands against the stake, it is called a "leaner", and is then considered to be closest to the stake, therefore one point is awarded. No points are awarded for any horseshoes landing outside the pitching box.
9. If both players toss a ringer, they cancel each other out and the nearest of the other horseshoes are awarded a single point.
10. First team to score 11 is the winner. The scorekeeper has the final decision on all points awarded.
11. Scoring will be as outlined under the point structure.

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 and around it, 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 marker and back wins.
7. If necessary, teams will compete in heats.
8. Scoring will be as outlined under the point structure.

Field Day: Three-Legged Relay Race

1. Teams will consist of six (6) persons, with at least two (2) females.
2. Three 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 crosses 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 third 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. Teams will compete in heats, and the best times place.
9. Scoring will be as outlined under the point structure.

Field Day: Hopper Ball Relay Race

1. Teams will consist of four (4) persons, with at least two (2) females.
2. Each participant will complete one lap of the relay.
3. Participants must "hop" on their respective balls – no running is allowed.
4. The event will be run in heats and overall times will be used to award team points to the fastest teams.
5. Each participant will hop the course, and the next participant may not start until the first rider has crossed the finish line.
6. Interference with the other hoppers will result in disqualification.
7. This is a timed event, i.e. race against the clock.
8. Scoring will be outlined as under the points structure.

Field Day: Tug-Of-War

1. Teams will consist of six (6) participants, with at least two (2) females.
2. 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.
3. The referee will indicate with a whistle when each tug begins and when each match is over.
4. One person from each team is required to signal to the referee when their team is ready to start the tug.
5. Sides of the rope will be determined by a coin flip.
6. 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.
7. Gloves should be worn. Spiked shoes or cleats are not allowed.
8. There will be a 3-minute rest period if a team is scheduled to pull back-to-back.
9. Scoring will be as outlined under the point structure.

Field Day: Water Balloon Toss

1. Teams will consist of two (2) persons, with at least one female.
2. Each participant will throw a water balloon for their partner to catch, and one team member will back-up between each throw. When the water balloon is not caught and thus hits the ground OR the balloon breaks when caught the team stops play. Then, the distance between the last successful throw is measured.
3. Teams will get to toss for two rounds and the best distance of the two rounds will be counted.
4. The team with the greatest total distance apart achieved will be the winner.
5. If two teams tie with the same distance achieved, then the second toss will determine the winner. Scoring will be as outlined under the point structure.
6. Teams will be able to participate in this event anytime during the event time frame on page distributed at the Captain's Luncheon.

Indoor Mini-Triathlon

1. Teams may consist of one, two, or three people, either male or female.
2. The participant(s) will be responsible for completing the following legs of the triathlon:
 - a. 10 mile stationary bike ride
 - b. 2.5 mile run (treadmill)
 - c. 500 meter swim (10 laps which is 20 lengths of the pool)
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.

Kickball

1. Maximum of 10 players on the field, with at least four (4) females at all times. If fewer than 10 players are available to start the game, the ratios of men to women are as follows
 - a. 9 on field: at least 4 women (must play with a catcher with 9 and 10 players)
 - b. 8 on field: at least 3 women
 - c. 7 on field: at least 3 women
 - d. 6 on field: at least 2 women
2. All games are 3 innings or 30 minutes maximum time length.
3. No metal spikes will be allowed.
4. The pitcher and fielders must stay behind the pitcher's mound until the ball is kicked.
5. 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 as field conditions permit. If the kicker does contact the ball in front of home plate it will be considered a foul.
6. Pitches must be rolled underhand towards home plate. Pitches may not be bounced towards the kicker. Pitches must be rolled at a reasonable pace.
7. No intentional bunting. All kickers must either follow through on the kick, or the ball must be kicked hard enough to roll past the 1st/2nd/3rd base with a reasonable amount of momentum. An intentional bunt in the opinion of the official is an automatic foul.

8. 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.
9. A count of four (4) fouls is an out.
10. Kicking order must alternate by gender. Teams will be asked to submit a male and a female batting order to the official before each game. Thus, teams will alternate between male and female kickers going through each respective male batter list and female batter list. Teams CANNOT change the kicking order once it has been established. All players in the dugout MUST kick, but do not have to field.
11. Kicking order resumes in subsequent innings with next batter in 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. *Fielders cannot switch positions within the same inning.
16. *Females and males must be equally represented in both the infield and outfield, or if there is imbalance within the makeup of those in attendance, all efforts must be made to achieve gender balance within the infield and outfield. (For example, if five (5) women and three (3) men are in attendance, at least one (1) male and three (3) females must be in either the outfield or infield.)
17. *The outfield is defined as the grassy area behind the infield. Outfielders must remain in the grass until the ball is kicked.
18. 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.
19. Once the pitcher has the ball and is on the mound, the play ends.
20. The runner gets 1 base on an overthrow ONLY if the ball is thrown "out of play." Out of play means: if the ball has been thrown over the fence or in the dugout.
21. Players are considered out by one of the following means:
 - a. Four fouls
 - 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. Runner leaving base too early
 - g. A runner being struck by a thrown ball below the head while attempting to advance
or return to a base
22. Teams will play in two divisions in separate brackets. Brackets will be determined by blind draw. Each bracket will play a double elimination tournament with the conclusion of the bracket to be completed on the second night of play. One additional game to determine seventh and eighth place will be played on the second night.
23. Scoring will be as outlined under the point structure.
24. **Tie Breaking Rules***: If a game is tied at the end of three innings, the 4th inning will start with a runner on second base (the player who made the last out during the last inning) and kicking order will resume where it left off. The full 4th inning will be played. At the end of the 4th inning if the score is still tied and the time limit has not been reached, the 5th inning will be played in the same manner. If the score is still tied at the end of the 5th inning an accuracy kick will be utilized to determine the winner.

For the "Accuracy Kick" competition

- a. Each team will designate one kicker
- b. Each kicker will get one practice kick
- c. The home team will kick first
- d. The ball will be placed on home plate. The kicker will kick it towards 2nd base.
- e. The ball that ends up closest to 2nd base wins the game (the ball can go past 2nd base)

Volleyball

1. Teams may have six (6) competitors on the floor, with at least two (2) females.
2. A minimum of three (3) players will be required to start a game with at least one (1) female. If only (1) female is present, a team can play with a maximum of 5 players (4 males/1 female)
3. Teams will play in two divisions in separate brackets. Brackets will be determined by blind draw. Each bracket will play a double elimination tournament.
4. Teams may sub in players as they rotate into the service position.
5. Players must be on the court prior to serve.
6. The maximum number of touches per side at a time is three. Attempted blocks do not count as a touch.
7. No blocking of the serve will be allowed.
8. Net service rule will apply.
9. Attacks and blocks are only allowed from front row players.
10. 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.
11. Any ball touching a basketball goal or wall is out of play.
12. A contact can be made with any part of the body, so long as it does not come to rest.
13. Players may not touch the net or go under the net.
14. Players may not reach over the net and interfere with play unless it is an attempted block of attack.
15. One 30-second timeout per team is allowed each game.
16. The 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.
17. USVBA rules will apply for all cases not stipulated.
18. Scoring will be as outlined under the point structure.

The YMCA reserves the right to amend rules governing competition of any events prior to the event starting.



Register Online by August 18 at WWW.YCORPORATEGAMES.ORG

To complete the registration process, please be prepared with the following information

- Company Name
- Team Captain Name
- Team name(s) (Optional)
- Business Phone
- Team Captain Cell Phone (for text messages for weather related issues)
- Address
- Email
- Payment of \$700 by credit card (you will have option to pay by check by requesting an invoice)
- Option to pay an additional \$150 for company name on sleeve
- Number of employees in company locally
- T-shirt sizes for up to 45 team t-shirts (Optional until Friday, Aug.25)

At time of registration, teams will also need to select the events in which the team will be participating from the events below. Events cannot be added after registration is submitted.

- Kickball
- Cornhole
- Dodgeball
- Triathlon
- 3-on-3 Basketball-Competitive
- 3-on-3 Basketball-Recreational
- Bowling
- Volleyball
- Horseshoes
- Sack Relay Race
- Three-legged Relay Race
- Hopper Ball Relay Race
- Tug-Of-War
- Water Balloon Toss

After registration and payment is submitted, teams will be emailed a confirmation along with a color wheel to select available t-shirt colors.

Overall team roster: Once registration has been received, YMCA staff will email you the roster template for you to complete. Team roster is due via email to jessie.wiley@ymcamemphis.org by Friday, Sept. 22 at 5:00 p.m.