



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GATHER YOUR TEAM!

2019 Corporate Games
Participant Guide

September 22 –28

PRESENTED BY:



www.ycorporategames.org

Table of Contents

General Event Information:	3
Event Information (days, times, locations and conflicts)	5
Code of Conduct	7
Points Structure	7
Event Rules	9
Registration Information	18

For more information on Corporate Games:
Contact Wesley Ashcraft, (901) 527-9622
wesley.ashcraft@ymcamemphis.org
www.ycorporategames.org

REVISED ON 8/05/2019

11th Annual YMCA Corporate Games

Presented By: Nike

September 22 – September 28, 2019

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.

Sponsors

Thank you for your support!



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 Wesley Ashcraft, wesley.ashcraft@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.
 - This year there will be NO captain's meeting. Emails will be sent for details.
 - T-shirts will be delivered to the team captain at no additional charge.
7. **The deadline for registration are as follows: Early Bird (Now-Aug 2, \$1,000) General Registration (Aug 2- Aug 23, \$1,250) Late Registration (Aug 23-Aug 30, \$1,350).** Due at that time are:
 - a. The Team Registration Form
 - b. Declaration of Event Participation (may be edited September 4, 2019)
8. Final overall team rosters are due by email to wesley.ashcraft@ymcamemphis.org on **Wednesday, September 18** by 5:00 pm. Team captain will be emailed a template.
9. Players must sign a release of liability before playing in each event. Release will be available at sign-in.
10. Participants must show a photo ID before each event.
11. The Corporate Games Committee reserves the right to review all team entries relative to eligibility.
12. 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 23 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 (not to exceed the 45 participants on the roster). 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. 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, October 1 location TBD. Participants and employees are encouraged to attend to receive awards and hear winners announced. Limited spots may be available per team depending on event registration.
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)	Number on field	Minimum players to avoid forfeit*	
Kickball	Snowden Grove Baseball Fields	Sunday, September 22 nd @ 1:00pm	10 (4 female)	6 (4 male/2 female)	
Dodgeball	Division A – Desoto Legacy Volleyball Club Division B – Streets Ministries	Monday, September 23 rd @ 6:00pm	6 (2 female)	3 (at least 1 female)	
Volleyball	Division A - Desoto Legacy Volleyball Club Division B - Memphis Juniors Volleyball	Tuesday, September 24 th @ 6:00pm	6 (2 female)	3 (at least 1 female)	
Bowling	Andy B's Bartlett	Wednesday, September 25 th 6:00pm* 7:30pm*	3 (1 female)	3 (at least 1 female)	
Basketball	Division A - MAM Grizzlies Center & Division B - Streets Ministries	Thursday, September 26 th @ 6:00pm	3 (1 female)	2 (at least 1 female)	
Trivia	The Peabody Memphis	Friday, September 27 th @ 6:30pm	Up to 5	1	
Field Day	Shelby Farms - Mullins Station Event Field	Saturday, September 28 th @ 1:00pm			
• Cornhole	Shelby Farms - Mullins Station Event Field	Saturday, September 28 th	2 (1 female)	2 (at least 1 female)	
• Tug-of-War	Shelby Farms - Mullins Station Event Field	Saturday, September 28 th	6 (2 female)	1	
• Relay race	Shelby Farms - Mullins Station Event Field	Saturday, September 28 th	4 (2 female)	4 (at least 2 female)	
<ul style="list-style-type: none"> • Snowden Grove Baseball Fields: Sunset Ln, Southaven, MS 38672 • Andy B's Bartlett: 6276 Stage Rd, 38134 • Memphis Juniors Volleyball: 6161 Shelby Oaks Dr, 38134 • The Peabody Memphis: 118 S 2nd St, Memphis, TN 38103 • Shelby Farms- Mullins Station Event Field • MAM Grizzlies Center - 2107 Ball Rd, Memphis TN 38114 • Streets Ministries – 430 Vance Ave, Memphis TN 38126 • Desoto Legacy Volleyball Club - 7360 US-51, Southaven, MS 38671 		<p style="color: red;">*please review final bracket for your teams official start time (Brackets will be sent out Tuesday, September 17th)*</p>		<p>The YMCA suggests including more than this number on your roster</p>	<p>* 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</p>

Event Week Schedule (Week View)

Sunday, 9/22/19	Monday, 9/23/19	Tuesday, 9/24/19	Wednesday, 9/25/19	Thursday, 9/26/19	Friday, 9/27/19	Saturday, 9/28/19
AFTERNOON (1:00 pm) <ul style="list-style-type: none"> Kickball 	EVENING (6:00 pm) <ul style="list-style-type: none"> Dodgeball 	EVENING (6:00 pm) <ul style="list-style-type: none"> Volleyball 	EVENING (6:00 pm or 7:30 pm) <ul style="list-style-type: none"> Bowling 	EVENING (6:00 pm) <ul style="list-style-type: none"> Basketball 	EVENING (6:30 pm) <ul style="list-style-type: none"> Trivia 	AFTERNOON (1:00 pm) <ul style="list-style-type: none"> Field Day Events Division A & B

Tuesday, October 1: Closing Ceremony Awards Reception, Location TBD

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 YMCA guest passes valid September 1 – September 30, 2019. 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 27, 2019.

Points Structure

Participation Points

General Participation Points

- 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. This volunteer must register in advance through volunteer sign up link. Direct questions to Jimmy Corrigan, Corporate Games Volunteer Coordinator, at jcorrigan@ymcamemphis.org. Volunteer points will be capped at 20 total points.

Event Points

Points will be awarded for the following events:

- Basketball
- Bowling
- Dodgeball
- Field Day: Cornhole
- Field Day: Tug-of-War
- Field Day: Relay Race
- Field Day: Mini Games
- Kickball
- Volleyball
- Trivia

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 on Tuesday, October 1.
- 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 or field day please check www.ymcamemphis.org or the YMCA of Memphis & the Mid-South's Facebook page for instructions.

Event Rules

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

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 **single elimination tournament**.
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 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)

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.

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.

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. The highest and lowest individual score of the 3 games, will be dropped from the total score.
5. Highest three game total pin-fall will determine the winner.
6. Bowling shoes must be worn at all times.

Basketball

1. Played on half court by two teams of three players each.
2. A minimum of two (2) players will be required to start a game. One player must be a female.
3. Playing time shall be two halves of 7 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. Teams will play in two divisions (A & B) in separate brackets. Brackets will be determined by a blind draw. Each bracket will play a double elimination tournament.
 20. Scoring will be as outlined under the point structure.

Trivia

1. Teams will consist of up to five (5) participants, with a minimum of one (1) person per team.
2. There are no specific male-to-female ratios for this event.
3. There will be 4 total rounds of trivia with varying categories.
4. Participants will use one personal device (phone or tablet) per team, by signing into the website provided, along with a specific pin number. Please bring your device fully charged.
5. The Corporate Games staff shall penalize any player or team for unsportsmanlike conduct, such as cheating.

Field Day: 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.

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: Relay Races

1. Teams will consist of four (4) persons, with at least two (2) females.
2. Relay race will consist of three (3) legs (raced in this order for all teams)
 - a. Hopper Ball
 - b. Sack Race
 - c. Three-legged Race
3. Each leg of the race will be one lap – from start to a cone on the other side of the course and back
4. All participants must complete a full lap – around the cone and crossing the start line before the next participant may start their leg of the race.
5. For the three-legged leg of the race, 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.
6. For the Hopper Ball relay, participants must “hop” on their respective balls – no running or walking while carrying the ball is allowed.
7. Teams will compete in heats, and the best times place.
8. Scoring will be as outlined under the point structure.

Field Day: Matrix Mini Games

1. Individuals (or pairs for Water Balloon Toss) may participate in any/all of the Mini Games with the highest scoring representative from each team qualifying for the team points. There are no gender requirements for the Mini Games.
2. Each Mini Game may be completed any time during Field Day.

Matrix Fitness Challenge:

- Participants will be timed for their completion of the five stations and their team will be awarded five points for having a participant complete the challenge.
- The participant with the quickest time for each division completing all five stations will earn his/her team 10 additional points, for a maximum of 15 points.
- Five Fitness Stations (In Honor of the 11th Annual YMCA Corporate Games)
- Form and quality of movement will be closely monitored, and outlined before each participant starts.
 1. Matrix Stationary Bike: 11 Calories (Based on METs)
 2. Upper Strength: 11 Pushups
 3. Lower Strength: 11 Squats
 4. Core Strength: 11 Sit-Ups
 5. Matrix Rowing Machine: 1100 Meter Row

Horseshoe Toss:

- Individual participants will have three opportunities to toss one horseshoe toward the target with the stake as the bullseye.
- The participant's three throws will be added together and the sum will be added to their team's point total.
 - Outermost Ring- 1 point
 - Middle Ring- 2 points
 - "Ringer" (Bullseye)- 5 points
 - Outside the target- 0 points

Water Balloon Toss:

- Pairs of participants from the same team will be measured on their distance from each other for each completed toss. After each successful toss, one participant will take a step backwards, increasing the distance between the two of them.
 - A toss is completed when the water balloon is caught and remains intact with no leaks.
- The pair with the longest distance between them, after a successful throw, will be considered the winner.
- Each team will receive 5 points for participating. The longest distance thrown for each division will receive an additional 10 points, for a maximum of 15 points.



Register Online by August 23 at WWW.YCORPORATEGAMES.ORG

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

- Company Name
- Team Captain Name
- Team name(s)
- Team Captain Cell Phone (for text messages for weather related issues)
- Address
- Email
- Number of employees in company locally

At time of registration, teams will also need to select the events in which the team will be participating from the events below. You may add events until September 4. If you need to forfeit an event before or during event week, please contact Wesley Ashcraft: wesley.ashcraft@ymcamemphis.org

- Kickball
- Dodgeball
- Volleyball
- Bowling
- Basketball
- Trivia
- Corhole
- Tug-Of-War
- Relay Race

After registration and payment is submitted, teams will be emailed a confirmation along with a color pallet 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 wesley.ashcraft@ymcamemphis.org by Friday, September 18 at 5:00 pm.