

**YMCA CORPORATE CUP
TOSS BALL**

PLACE: Riverside Park – Lowe field

DATE: Friday, September 29, 2006

TIME: Check – in 6:30pm, event at 7:00pm

RULES:

1. Games will be played on a regulation volleyball court.
2. Teams will consist of a maximum of 6 players, 3 males and 3 females
3. When all players on one team have been eliminated, the game is over.
4. The game will be played with a regulation volleyball.
5. A player is eliminated from the game when the ball is dropped or touches the ground.
6. If the ball touches the ground between two players, the player closest to the ball when it contacts the ground is eliminated. In the judgment of the referee, if a ball lands exactly between two players, then the two players may decide who is eliminated.
7. The ball must be thrown to the opposite side of the volleyball court from the point where the ball is caught.
8. If the ball touches the net, the player throwing the ball is eliminated. The ball is then given to a selected player on the team that was receiving the net ball. This player will be selected by the person eliminated.
9. When the ball touches the ground, the closest player to the spot remaining in the game, throws the ball to the opposite side from that spot.
10. If the ball is thrown outside the boundary line, the person throwing the ball is eliminated. A ball that hits the line is good.
11. A player may not leave his/her feet to throw the ball to the opposite side of the net.
12. The rules and scoring committee will settle all conflicts.

**YMCA CORPORATE CUP
SOFTBALL TOURNAMENT**

PLACE: Softball Complex
DATE: Saturday September 30, 2006
TIME: Check in 7am games start 7:30am

Rules:

1. Each team will have no more than **eighteen (18) participants**, having ten players (no more than six men or fewer than four women) on the field for defense. Fewer men (minimum of four) can play, but no fewer than eight total players.
2. Amateur Softball Association (ASA) rules for CO-ED play will apply with the exception of the following local rules, or event exceptions:
 - a. Extra Players will be allowed, however, there must be both a male and a female Extra Player.
 - b. Six men/four women on the field, any positions.(more women to 6 is acceptable)
 - c. if a player leaves the game, an out is scored in his/her place in the lineup.
 - d. The player preceding this automatic out may not be intentionally walked in order to get to the out.
3. Females can bat from either side (right or left). Males must bat from weak side - opposite hand. Opposing pitcher may ask batter to switch if they think "weak" side is not being followed.
4. No more than two men or women may bat back to back.
5. Any walk to a male batter will result in a two base award. The next batter (a female) will bat.
EXCEPTION: With two outs, the female batter has the option to walk or bat (once the first pitch is thrown she cannot change her mind)
6. Each team member must sign a waiver (event roster) prior to the team's first game of the tournament.
7. Each batter will begin with a 0/0 count. Third strike foul the batter is out.
8. Games will be a maximum of 40 minutes or seven innings whichever comes first.
9. Run rule is in effect, 15 runs after 3 innings.
10. If the format is determined to be a round robin, the following will break ties at the end:
 - a. Head to head
 - b. Total runs scored among the teams that are tied.
11. Games during the tournament that end in a tie will be broken according to ISA rules; last batter up will go to 2nd base, next batter in the lineup will bat starting with the regular 2/1 count, play will continue until the tie is broken.
12. Each team must provide **one person to umpire** the game immediately following the game just played. Regardless of which division is playing.
13. All teams must be ready to play at the times posted. Game time is forfeit time. Lineups must be turned in and coin tossed 15 min. prior to game time.
14. Teams will provide the game balls according to local ASA co-ed rules. Men - 12", Women - 11", 44 core.
15. **No titanium or any other illegal bats allowed.**
16. Sliding is allowed, but flagrant sliding will not be tolerated.
17. Numbers are not required on shirts.
18. There is no home run limit.
19. The **official score is the home team** after verification with the home plate umpire.
20. There will be no beer in the dugouts.
21. No pets allowed.

NO BEER/ALCOHOL MAY BE BROUGHT ONTO THE SOFTBALL COMPLEX

YMCA CORPORATE CUP

**YMCA CORPORATE CUP
GOLF TOURNAMENT RULES**

PLACE: Colony Creek Country Club
DATE: Sunday, October 1, 2006
TIME: All Division
Check-in 11:30 am, event at 12:00 pm

EVENT: Best Ball, Best Position, Four-Person Scramble, Shot Gun Start

Rules:

1. Each Corporate Cup team may enter one (1) golfing team consisting of four golfers with a minimum of one (1) male and one (1) female golfer and a **total of four golfers**.
2. Each team will play 18 holes of golf.
3. No handicapping will be used. The lowest team score will be the winner.
4. USGA Rules of Golf shall govern play, with the following local rules and exceptions.
 - A. Players may improve their lie by one club length, not closer to the hole, in fairways, rough, and bunkers. This does not include water hazards or lateral water hazards, where the original ball must be played as it lies and the other balls placed in as close as possible to the same lie and position.
 - B. The 14-club limit has been waived.
 - C. The one-ball rule is not in effect.
 - D. Putts inside the leather are good.
 - E. If you can't help your team off the tee, pick up.
5. Ties for 1st place only will be broken by a scorecard playoff, beginning with the number one handicapped hole and so on.
6. The Rules Committee will decide all rules decisions.
7. All men play gold tees. All ladies play white tees.
8. **Each team participant must wear a collard shirt. The shirt does not have to match the Corporate Cup team shirts. No tank tops or t-shirts are allowed for participants.**

NO ALCOHOL BEVERAGES MAY BE BROUGHT ON THE PREMISES.

**YMCA CORPORATE CUP
BOWLING EVENT RULES**

PLACE: Century Lanes
DATE: Sunday, October 1, 2006
TIME: All Division - Check in 6:00 pm, event at 6:30 pm

EVENT: Bowling

Rules:

1. Each team will consist of **four participants** (2 male, 2 female).
2. Standard bowling rules and scoring will apply, including the use of fouls, if the bowler steps past the foul line.
3. No handicapping will be used. Each person will bowl three games. The team score will be equal to the total of the scores for each of the four bowlers. The winner will be the team with the highest score.
4. The team will break down ties for 1st through 3rd with the most strikes in all three games.

WE STRONGLY RECOMMEND THIS BE A NON - SMOKING EVENT.

**YMCA CORPORATE CUP
1 MILE WALK/JOG - TIME PREDICTED RULES**

PLACE: Riverside Park
DATE: Monday, October 2, 2006
TIME: Check-in 5:00 pm, event at 5:30 pm

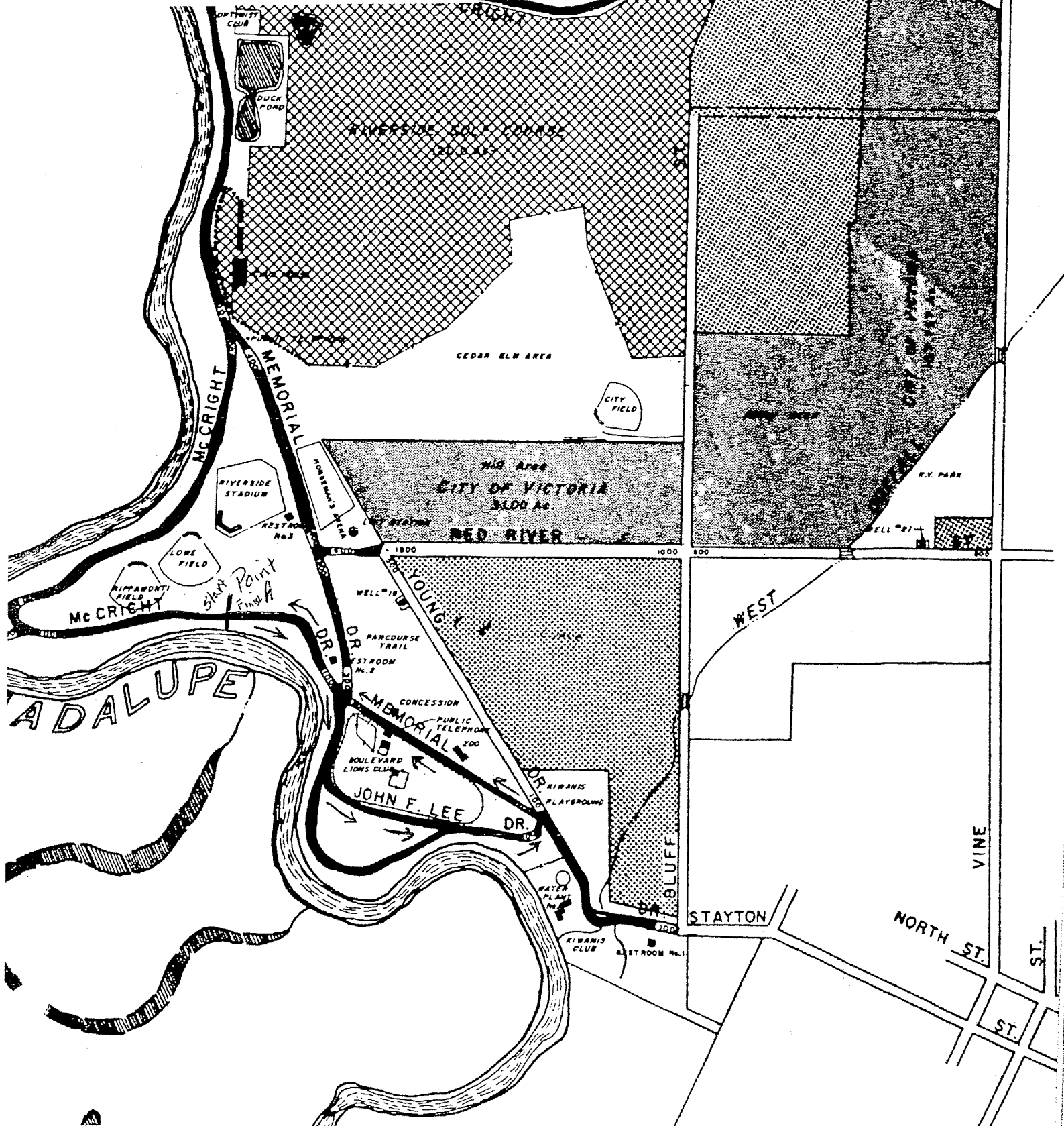
EVENT: One-Mile Team Walk/Jog - Time Predicted

Rules:

1. Each Corporate Cup team may enter one (1) team consisting of six participants with all team members must complete the course. **A team without six walkers/joggers has an option to participate and take a five-minute penalty for each walker/jogger not participating.**
2. Each person must be able to complete the course in 30 minutes.
3. The team roster must be turned in 20 minutes before the race. Each participant should have his individual time prediction written on the roster, next to his name. Determining the difference of the participant's actual time from the predicted time will score the event. The "error" for each of the six walkers/joggers will then be added together to determine the team score. The team with the lowest "error" will be the winner. Note that the "error" will be difference from the predicted time. It will make no difference if the participant is too fast or too slow.
4. **No speedometers, watches, clocks, other forms of timing equipment, or another person pacing the rider are allowed. The penalty will result in disqualification.**
5. Only one race will be run. This race will be run in 6 waves with only one person from a competing team in each wave.
6. A participant who has not covered the full course may not cross the finish line as a competitor for team points.
7. All participants proceed through the funnel in order of finish and will receive a numbered ticket. Captains need to collect participant's number ticket and return all to the scorer's desk.
8. The course is indicated on the map provided.
9. **Participants must be in a forward progress throughout the course.**

1 Mile Walk/ Jog

Start at Point A, Walk or jog McCright to John F. Lee, take John F. Lee to Memorial and back to Point A.



**YMCA CORPORATE CUP
CO-ED VOLLEYBALL**

PLACE: Outdoor facility to be announced
DATE: Prelims - Monday, October 2, 2006
 Finals - Monday, October 2, 2006
TIME: Prelims - Check-in 6:00 pm, event at 6:30 pm
 Finals – after prelims

Rules:

1. Each team will consist of **fourteen participants** having three (3) men and (3) women on the court at one time.
2. **Format will be determined at the second captains meeting.**
3. There will be a 5-minute time limit for appearance of a team once a referee has signaled for a match to begin. Failure to be present will result in forfeiture of the event.
4. Each team will be allowed a 5-minute rest period between matches.
5. Each team must provide two (2) people to officiate. (If needed)
6. Teams will abide by the Specific Co-ed and General Playing Rules listed below:
 - A. The serving order and positions on the court at services shall be an alternate of male or female.
 - B. When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. There is no requirement for a male player to contact the ball regardless of the number of contacts.
 - C. Substitution method: One of the following 2 methods must be designated prior to the game and used throughout the entire match. (Must be male for male and female for female.)
 - a. Player A substitute for Player B – when player B wants to re-enter the game, he/she Must go back in for player A.
 - b. If you use the rotating method in Co-ed you must keep the man/women alternating position. Rotate in at the middle back position.
 - D. You can switch out of man/women alternating positions once the ball is served but you must return back to the original starting positions before the ball is served again.
 - E. Back row player may come to the front row to block, but cannot spike.

General Playing Rules:

1. Two 30-second time-outs are allowed per game. The team captain represented on the playing court must call time outs.
2. Two minutes maximum are allowed between games in a single match.
3. You must wait until the referee blows the whistle before serving the ball.
4. Once the referee blows his whistle for service you have five seconds to complete your service.
5. The ball may be hit with any part of the body.
6. Any player contacting the ball more than once, with whatever part of the body, without another player having touched it between these contacts, will be considered to have committed a double hit which is a fault. (Exception-BLOCKING).
7. A block does not count as a hit. The same player or players participating in a block shall have the right to make the next contact on the ball resulting as the first hit.
8. You cannot block or **attack-hit** the serve. (An attack-hit is; a player completes an attack-hit on the opponent's serve when the ball is entirely above the top of the net.)

Volleyball cont.

9. You may reach across the net to block providing:
 - A. The opponents have completed their three hits.
 - B. The ball is clearly going to cross the net even though the opponents have not used all three hits.
OR
 - C. After a spike or when someone intentionally directs the ball to the opponent's court. OR
 - D. If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
10. You cannot reach across the net to spike or hit the ball. When you spike you must make contact on your side. However, if the follow through of the spiker's hand and arm crosses the net, this is "not" a fault.
11. Never are you allowed to make contact with the net during play.
12. If the ball has already hit the ground and play is "DEAD", then net contact is not a fault. The referees determine this.

TIE – BREAKERS for top three places, be determined by:

- A. Head to Head
- B. Total points scored among teams that are tied
- C. Total points scored among total pool play

**YMCA CORPORATE CUP
SWIMMING EVENT RULES**

PLACE: Victoria YMCA
DATE: Thursday, October 5, 2006
TIME: *Div. I*, check-in 5:30 pm, event at 6:00 pm
Div. II, check-in 5:50 pm, event at 6:20 pm
Div. III, check-in 6:10 pm, event at 6:40 pm
EVENT: 100-Yard Freestyle Relay- CO-ED

Rules:

1. In all Division, the 100-Yard Relay team will consist of one co-ed team made up of three (3) **participants** (swimmers) with a minimum of one (1) male and one (1) female participating. One swimmer does a 50 yards leg, (50 consist of two lengths of the pool). Two swimmers doing a 25 yards leg (25 consists of one length of the pool).

First leg	50 yards
Second leg	25 yards
Third leg	25 yards
2. The hand touch is not required at the turn. It is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool course.
3. A swimmer shall have finished his leg when any part of his person touches solid wall or pad at end of pool. No swimmer shall start until his/her teammate has concluded his leg.
4. No swimmer shall swim more than one leg in any relay event.
5. The first leg may start the race in the pool or utilize a standing start from the pool deck.
6. Swimmers who fail to appear in time for the command "swimmers take your mark" will be disqualified.
7. False Starts:
 - A. Any swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command "swimmers take your mark" shall be charged with a false start. The Starter shall immediately release all other swimmers with the command "stand up".
 - B. When the starting signal is given and one or more swimmers have obtained an unfair advantage by leaving their mark early, all swimmers shall be recalled at once by a second signal. The Starter shall indicate the swimmer(s) to be charged with the false start.
 - C. A swimmer drawn off of his mark by the actions of another swimmer may be relieved of a false start at the Starter's discretion.
 - D. A swimmer who fails to appear at his mark in time for the initial start of the race may not be permitted to enter the race should a false start be declared on that race.
 - E. Only one false start per team will be allowed at the start of the race. A second false start results in disqualification.
8. Racing Regulations:
 - A. The hand touch is not required at the turn. Any part of the body touching the end wall is sufficient.
 - B. The swimmer will have finished the race or his leg, when any part of his body touches the end wall.
 - C. A swimmer whose feet have lost touch with the pool deck before his preceding teammate touches the end wall shall be disqualified.
 - D. Disqualification will result if a team member other than the designated swimmer enters the pool Before all teams have finished the race.

Swimming cont.

9. Racing Etiquette:
 - A. Any swimmer who acts in an unsportsmanlike manner may be disqualified.
 - B. A swimmer must start and finish a race in his assigned lane. Interfering with another swimmer shall be cause for disqualification.
 - C. Standing on the bottom during a race shall not disqualify a swimmer but he must not walk, spring from the bottom or leave the pool.
 - D. No flippers, fins, snorkels or any other equipment are allowed. Goggles and swimcaps are permitted.
 - E. Swimmer may enter the water to get wet before the Starter calls the swimmers to their mark.
10. Disqualification of an individual results in team disqualification.

**YMCA CORPORATE CUP
BASKETBALL 2 BALL**

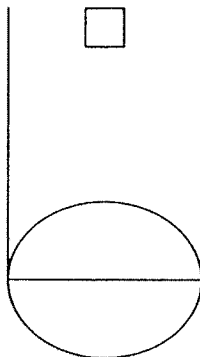
PLACE: Victoria YMCA
DATE: Thursday, October 5, 2006
TIME: Division I – Check-in 6:30 pm; event at 7:00 pm
Division II – Check-in 7:00 pm; event at 7:30 pm
Division III – Check-in 7:30 pm; event at 8:00 pm

Rules:

1. Each team will consist of **two (2) males and two (2) females**.
2. Teams will consist of two males or two females or two coed teams, each Corporate Company will have two teams. **A Corporate Company may have a minimum of one coed team, if needed.**
3. Each two-player team has one minute to score as many baskets as possible from any of the six shooting spots or layups identified on the court.
4. Each shooting spot point value is indicated on each shooting spot. Point values range from 2 to 8 points.
3. The team with the two highest combined scores wins.
4. Order of shooting will be decided by draw for divisions and teams.
5. Participants may use the YMCA balls or choice of their own. Women may use a women's size ball if preferred. **Co-ed teams must use an official men's size ball.**

Rules to begin

1. One player begins on the half court line with the ball. The second player begins at any place within the half court area.
2. The referee indicates when play begins. The player at half court dribbles to any shooting spot and either shoots or passes the ball.
3. A player cannot shoot consecutively from the same spot. All invalid shots will not be counted.
4. One player cannot shoot consecutive baskets. When shooting, the player must begin with a portion of one-foot touching the shooting spot. Jump shots are allowed.
5. **Each team can score a maximum of two layups worth two points each during the one-minute competition.**
6. No street or outdoor shoes allowed.



**YMCA CORPORATE CUP
6-MILE RELAY RULES**

PLACE: Special Events Area - Riverside Park

DATE: Saturday, October 7, 2006

TIME: Check-in 7:15 am; event at 7:45 am

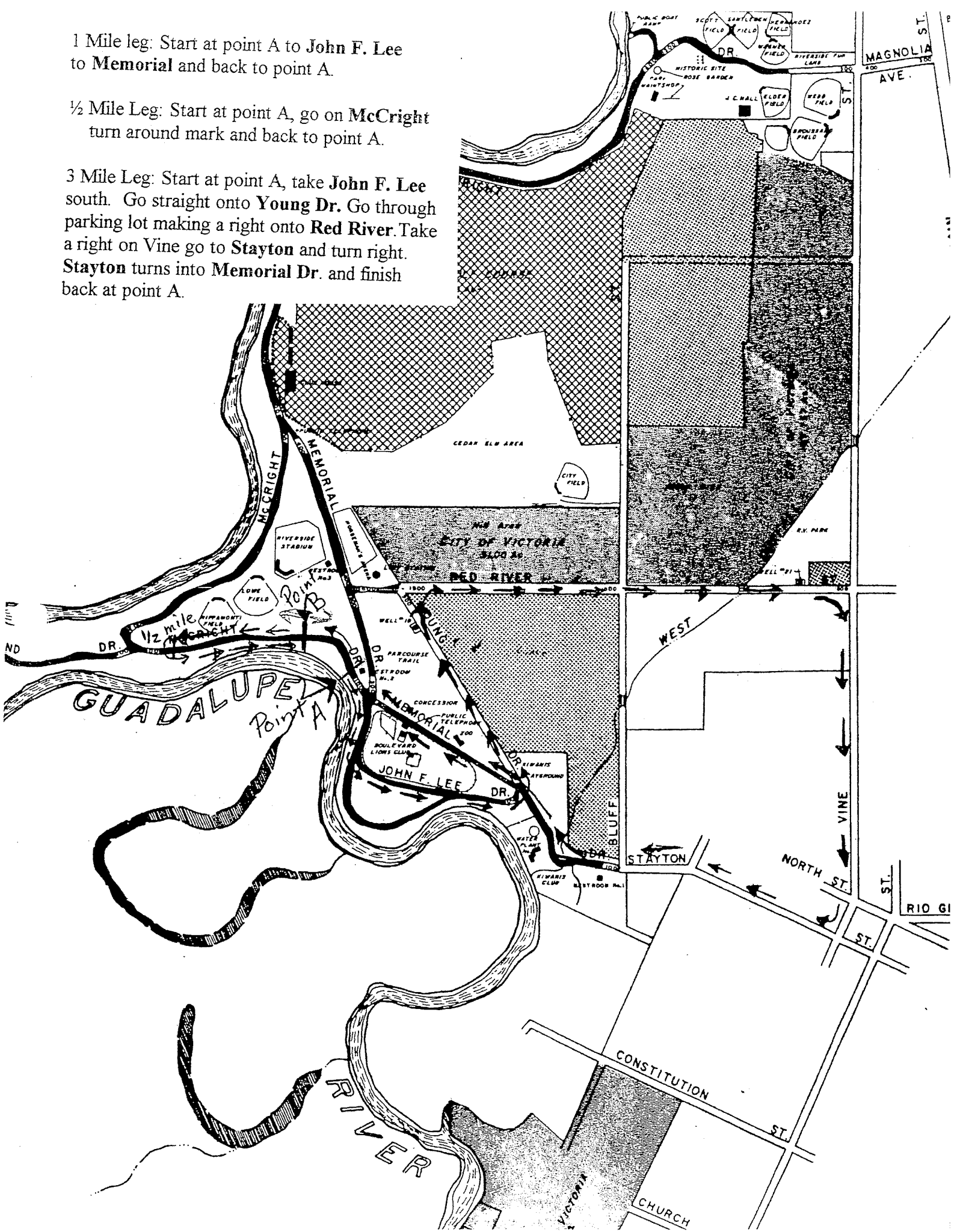
Rules:

1. Each Corporate Cup Team may enter one (1) relay team to include **five (5) participants;** with a minimum of two (2) women and two (2) men participating.
2. There are 5 legs of the race. The distance and order of the legs are as follows:
 - Leg 1 - 1 mile
 - Leg 2 - 1/2 mile
 - Leg 3 - 1 mile
 - Leg 4 - 1/2 mile
 - Leg 5 - 3 mile
3. Runners will pass batons in the exchange zone. The area of exchange is to be 20 yards long. Incorrect baton exchanges will result in disqualification. The incoming runner may not exit the exchange zone without having passed the baton to the next runner. The receiving runner may not exit the exchange zone without having received the baton. Dropping the baton is permitted; however, interference with other competitors is not.
4. The course is indicated on the map provided.
5. A runner who has not covered the full course may not cross the finish line as a competitor for team points.
6. All runners proceed through the funnel in order of finish and will receive a numbered ticket. Each captain will collect runner's numbered ticket and return to the scorer's desk.
7. Winners will be determined by best team time.
8. Only entrants are allowed to run the course, no pacing along side.

1 Mile leg: Start at point A to John F. Lee to Memorial and back to point A.

1/2 Mile Leg: Start at point A, go on McCright turn around mark and back to point A.

3 Mile Leg: Start at point A, take John F. Lee south. Go straight onto Young Dr. Go through parking lot making a right onto Red River. Take a right on Vine go to Stayton and turn right. Stayton turns into Memorial Dr. and finish back at point A.



**YMCA CORPORATE CUP
TIME - PREDICTED CYCLING EVENT RULES**

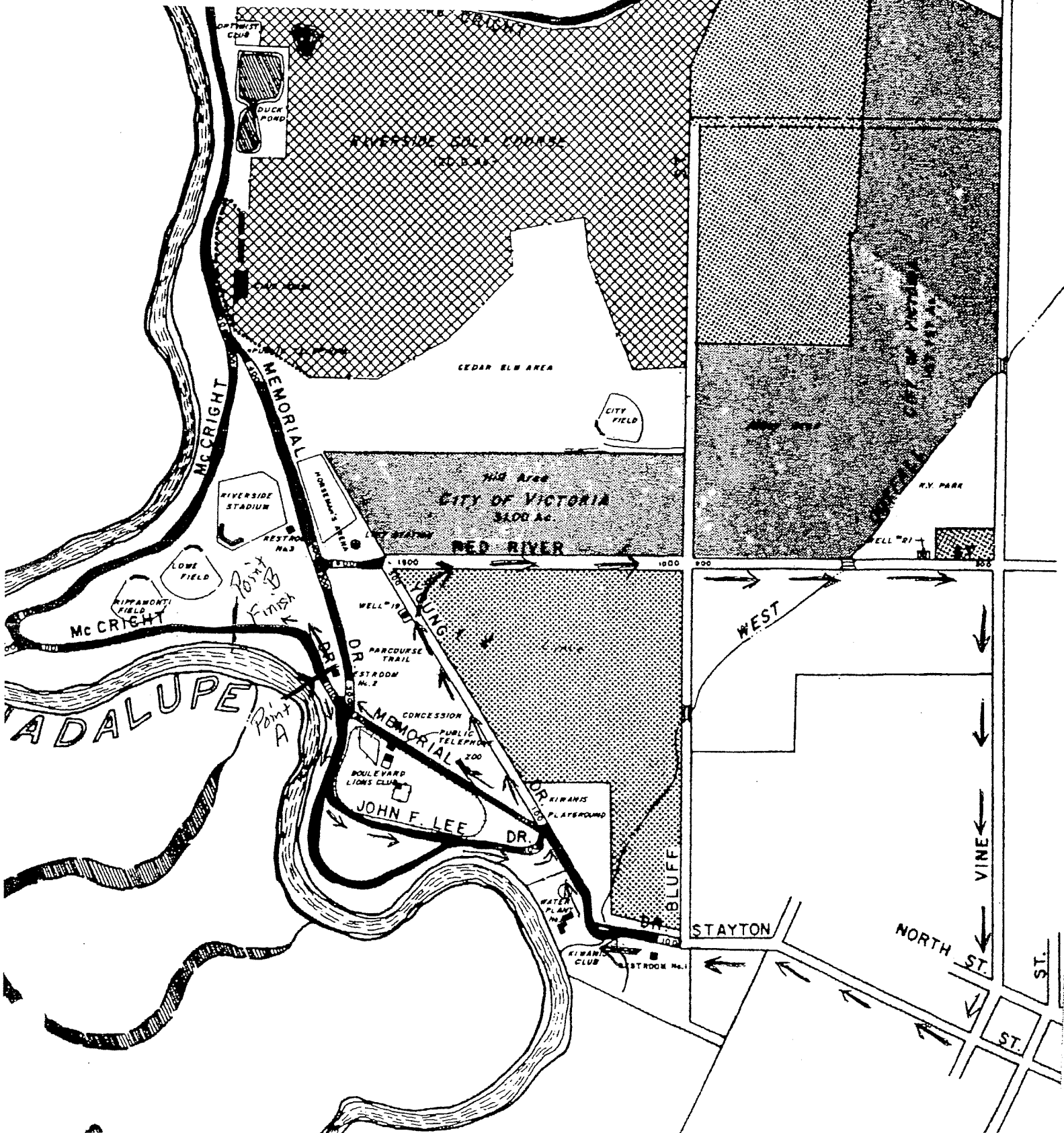
PLACE: Riverside Park
DATE: Saturday, October 7, 2006
TIME: Check-in 8:30 am, event at 9:00 am

Rules:

1. Each Corporate Cup team may enter one (1) cycling team consisting of three cyclists. All team members must complete the course. A team without three riders has an option to participate and take a three-minute penalty for each rider not participating.
2. Each rider must be able to complete the course within a 45-minute time span.
3. The team roster must be turned in 20 minutes before the race. Each rider should have his individual time prediction written on the roster, next to his name. Determining the difference of the rider's actual time from the predicted time will score the event. The "error" for each of the three riders will then be added together to determine the team score. The team with the lowest total "error" will be the winner. Note that the "error" will be the difference from the predicted time. It will make no difference if the rider is too fast or too slow.
4. **No speedometers, watches, clocks, other forms of timing equipment, or another person pacing the rider are allowed. The penalty will result in disqualification.**
5. **Riders are not allowed to use radios or wear headsets. Cellular phones are prohibited.**
6. **Every rider shall wear a protective, securely fastened helmet. The rider is responsible for his own helmet, making sure it provides sufficient protection and does not restrict the riders' vision.** The last captain's meeting should bring all equipment questions forward.
7. Riders must wear a shirt or jersey, shoes, cycling shorts or other appropriate pants. Long pants must be kept from interfering with the bicycle chains or spokes.
8. The course is indicated on the map provided.
9. Racing Regulations:
 - A. False starts will be signaled with a double gunshot.
 - B. Cyclists will start without a holder, one foot on the ground and may not receive a push.
 - C. Racers will be sent off in 3 waves with **only 1 team member allowed per wave.**
10. Racing Etiquette:
 - A. No rider may make an abrupt motion so as to interfere with the forward progress of another rider, either intentionally or by accident.
 - B. Competitors may dismount at their pleasure, stay on course, but must not interfere with other riders.
 - C. Any rider who appears to present a danger to the other competitors may be disqualified by the chief referee either before or during the race.

3.1 Mile Cycling

Start at Point A, take John F. Lee south. Go straight onto Young Dr., through the parking lot making a right onto Red River. Turn right on Vine and go to Stayton, turn right which turns into Memorial and finish up at Point B.



**YMCA CORPORATE CUP
WASHERS COMPETITION**

PLACE: Special Events Area, Riverside Park
DATE: Saturday, October 07, 2006
TIME: All Divisions – Check-in 9:30am, event at 10:00am

Rules:

1. Teams will be made up of **one male and one female**.
2. This is a double elimination tournament.
3. Teams will flip a coin to determine who throws first.
4. One team member throws three (3) washers, and then the opposing team member throws three (3) washers. The team with the highest points scores all the points. If two ringers from the same team and one ringer from the other team, only one ringer counts for the team that had two ringers.
5. The team that reaches 21 points first is the winner.
6. Scoring:
 - 5 points in the cup (ringer)
 - 3 points on the edge (**Daylight Rule: Must see through the inside diameter of the washer into the cup.**)
 - 1 point closest to the cup **in the washer pit**
7. The distance from cup to cup is 21 feet. The cup is a 3” diameter hole and 3½” deep. A 1” diameter washer (inside diameter of the washer) shall be used in the tournament.
8. Any method of throwing may be used (end over end, spinning, etc.). **Thrower may not step in the washer pit when throwing. Thrower may step on the side of the washer pit but not past the cup.** Foot fouls are called by the opponent at the end of the court and are a loss of that washer only.
9. Washer pit dimensions are 3’-0”x3’-0”.
10. The Rules and Scoring Committee will settle all conflicts.

**YMCA CORPORATE CUP
THREE-LEGGED RELAY**

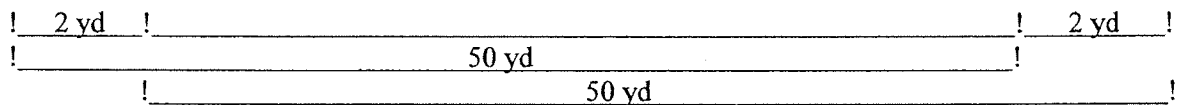
PLACE: Riverside Park - Lowe Field

DATE: Saturday, October 7, 2006

TIME: Check-in 12:00pm, event at 12:30pm

Rules:

1. Each team will consist of **eight participants** having four (4) men and (4) women, making up four 2-Person teams. 2-Person teams may be 2 males or 2 females or 2 coeds.
2. Each 2-Person team will be bound by elastic tubing (supplied by the YMCA) at the knee and ankle.
3. The first 2-Person team will start at one end of the lane. They will exchange a baton with the second 2-Person team at the opposite end of the lane. The baton exchange will take place after the first 2-Person team crosses the first line of a two-yard zone. The second 2-Person team will start from behind the second line of this zone and complete their leg. The same rule will apply for the third and fourth 2-Person teams.



4. Teams may run or walk, whichever they prefer.
5. Dropping the baton is permitted but must be retrieved before crossing the finish line, however, interference with other teams is not. All 2-Person teams must stay in their assigned lanes.
6. No 2-Person team shall compete in more than one leg of the relay.
7. Teams must completely cross the finish line or they will be disqualified.

**YMCA CORPORATE CUP
WATER BALLOON TOSS**

PLACE: Special Events Area, Riverside Park
DATE: Saturday, October 7, 2006
TIME: Check-in 1:00 pm, event at 1:30 pm
Order of competition: Div. I, II, III

Rules:

1. Teams will consist of 4 people, 2 males and 2 females, making up two pairs of team members. Each pair will hold a small towel between them, with which they will catch and toss the balloon.
2. First toss will begin with team pairs standing 10 feet apart. At each toss (signaled by a blow of the whistle) only one team pair will move backward the distance designated by the committee person in charge. The stationary team pair must stay behind the line, if either member of the stationary pair crosses the line, team will be disqualified.
3. The team that gains the greatest distance between team pairs without breaking the water balloon is the winner.
4. Water balloons will be 5" balloons filled to a weight of 1 lb.
5. If teams want to practice before the event, **NOT the day of the event**, the YMCA will provide **at the second captain's meeting** 20 regulation balloons to each team.
- 6. The balloon must be caught, if the balloon lands on the ground, a team is DQ.**
7. Gloves may not be worn during the event.
8. Towel dimensions are approximately 14"x24".

**YMCA CORPORATE CUP
TEAM BROAD JUMP**

PLACE: Special Events Area at Riverside
DATE: Saturday, Saturday 7, 2006
TIME: Check-in 2:00 pm, event at 2:30 pm

EVENT: **Team Broad Jump**

Rules:

1. Each team will consist of **10 players'** five(5) male and five(5) female.
2. The team will begin with the first jumper: from a standing position; jumps forward and stands in his place. Then another team member stands next to his teammate and jumps forward. Etc...
3. All ten members will jump in a straight line to determine the farthest distance a team can broad jump.
4. Places will be determined by the total distance jump.
5. An order of jump will be determined before the last Captains meeting.
6. When a person is jumping and they land with their feet uneven, the next jumper will start at the closest foot of the previous jump.
7. No interference from teammates or opposing teams is allowed.
8. Must take off with both feet at the same time, no staggering.