

GENERAL STATEMENT OF PURPOSE, RULES AND ELIGIBILITY

2008 VICTORIA YMCA CORPORATE CUP

The purpose of the YMCA of The Golden Crescent Corporate Cup is "to promote Community-wide interest and involvement in fitness and health activities." Toward this end, measures are being taken to help assure fair and equitable competition for all participants.

Specific rules have been developed for each of the events; these rules will be enclosed in your team packet. However, those rules and eligibility requirements governing the competition in general are provided below:

ELIGIBILITY

1. Team members must be at least **18** years of age.
2. Team members must be employed by the sponsoring company or agency at the time of the competition or, if laid off, must still be covered under the company's health insurance plan. In addition, contract labor and part-time personnel that are supplying a required service for that company through September 27, 2008 are eligible to participate with that company. **If contract laborers are used, the total number of employees of the contracted Company must be included in the total number of employees. This will determine the division the sponsoring company would fall into.**
3. **Two companies/businesses may combine to enter a team. The two companies/businesses must have a total combined of 125 or less employees.** Any group or association interested can submit a written request for approval to the Executive Committee.
4. In all divisions unlimited spouse participation will be allowed. (Spouses are considered a legally married partner for the purpose of Corporate Cup).
5. Team members must be employed within one of the following counties: Victoria, Calhoun, Refugio, Jackson, Goliad, Dewitt and Lavaca.
6. Team members must print and sign their name on the **Corporate Cup waiver (Event Roster)** prior to **each** competition.
7. Individuals not employed by a corporation, company or agency may enter the competition provided they form teams as representatives of their professional group(s). Examples are as follows: Victoria County Medical Society, Victoria Bar Association, etc. Groups needing special assistance may submit a written request.
8. The Corporate Cup Executive Committee reserves the right to review all team entries relative to eligibility.
9. In order to obtain full use of all Corporate Cup benefits (which include **40 YMCA** membership) teams must return official entry forms and fees by July 1. No entries will be accepted after August 25, 2008. **To receive the YMCA membership each participant must go to the YMCA (Victoria, Port Lavaca or Hallettsville) to fill out a waiver card.**

10. Assignment of teams to divisions based on the number of employees will be as follows:

- Division I 0 - 125
- Division II 126 - 400
- Division III 401 & up

However, the Corporate Cup Executive committee will reserve the right to realign the divisions based on the number of teams entered in each.

Another Division will cross over the boundaries of employee numbers. There will be a Master's Division in which all team members must be over the **age of 42 by 9/1/08**. Master's Division teams will compete against other Master's teams exclusively regardless of whether their corporate sponsor is in Division I,II or III. Master's Division teams will compete with Division I teams provided there is not enough Master teams to make a Division.

TEAM COMPOSITION

1. Each team must have identifying uniforms consisting of, at the minimum, matching T-shirts.
2. **The team rosters must be typed and in alphabetical order, (last name first) and due at first captains meeting August 25, 2008. Team rosters will include names of all employees and their spouses by the sponsoring company or agency.** Failure to do so may result in loss of points in which the rules committee will determine. **If a company has two teams, each team must provide a separate roster. A company is allowed to highlight the participant names on an overall team roster as long as the company provides two separate team rosters.**
3. Each team member may participate in unlimited events.

Events listed below:

1 Mile Walk/Jog	Volleyball Tournament
Toss Ball	6 Mile Relay
Softball Tournament	4x80 Relay
Cycling	Tug-Of-War
Washers	3-Legged Relay
Bowling	Balloon Toss
Coed Swimming	Team Broad Jump
Basketball 2 Ball	

4. Corporations 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 except for the CEO points.
5. If you have read through the rules please fax confirmation to Rosalinda Ramirez, 575-4608.

PROTESTS

1. Protests are to be made to the Rules Committee in writing within 20 minutes after the event in which the alleged infraction took place if there is only one (1) heat.
2. A verbal protest by the Team Captain must be registered with the Referee/Starter before the start of the next heat of the same event when more than one (1) heat is being run. A written follow-up must be completed by the Team Captain and registered with the Rules Committee within 20 minutes after the event in which the alleged infraction took place.
3. Decisions of the Corporate Cup Rules Committee are to be considered final and upheld by all involved.
4. The Corporate Cup Executive Committee reserves the right to review all protests.
5. Teams shall be limited to three (3) protests during the entire competition.

RULES VIOLATIONS

1. Teams or team members found in violation of event rules will be disqualified from the event in which the infraction was noted. Teams finishing behind the disqualified group will be moved up in the point standing accordingly.
2. The YMCA Corporate Cup Executive Committee reserves the right to review all violations.

DRAWS/POINTS

1. All lane assignments and round positions will be done by draw.
2. Points will be awarded to each team that participates and successfully completes an event. Failure to enter an event, scratch in an event or forfeit of an event will result in no points awarded for that event.

OVERALL TIEBREAKERS

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

DROPPING EVENTS OR POINTS

1. All Division I and Masters Division teams will have the two lowest scored events dropped automatically from the final score. Either the events not participated in or the event they place low in their division.
2. All Division II and III teams will have **the lowest scored event dropped automatically from the final score.**
3. If a team has chosen not to participate in an event, please identify by September 2, before the brackets are drawn up.
4. Banner, CEO, and Volunteer points are not considered events, which **may not** be dropped.

CAPTAIN'S MEETINGS

Three Captain's meetings will be held during the months of July, August and September. The Captain of each team or a representative from that team must be present at each meeting. For the August and September meeting attended an additional two (2) points will be awarded. Being a total of four (4) additional points. These points will be added at the end of competition.

Schedule Captains meeting:

July 21, 2008	6:30pm	At YMCA Youth/ Teen Center, Board Room
August 25, 2008	6:30pm	At YMCA Youth/ Teen Center, Board Room
September 8, 2008	6:30pm	At YMCA Youth/ Teen Center, Board Room

Points Awarded for CEO Participation

PLACE: All Event Locations

TIME: During all Corporate Cup Events

Rules:

1. Teams can receive 5 points added to their score if their CEO actually participates in any Corporate Cup event. An additional 5 points will be added if the CEO actually participates in more than one event, for a maximum of 10 points that can be obtained for his/her participation.
2. Points will be added to Team scores just prior to the Awards Ceremony after all events have been completed.
3. If a CEO represents multiple teams in the competition he/she will compete on any one team, but points will be awarded to all teams that the CEO represents. Example: If a bank has two teams and their CEO participates in the 1 Mile Walk/Jog and Cycling for one team, each of the bank teams would receive an additional 10 points.
4. A CEO is defined as the company's highest-ranking local manager. A place will be allowed on the team registration form for designation and identification of this person. If the CEO has circumstances which will not allow him/her to participate due to medical or being out of town - work related, a letter from the CEO to the Cup Director will be required designating his/her **second in command as the alternate**. (This is NOT if the CEO does not wish to participate, it is if the CEO is legitimately out of town). Any clarification should be directed to the Rules & Scoring Committee.
5. If the event in which the CEO participates is the event that the team decides to drop, the CEO points will still be awarded to the team. **If a team cannot compete in an event (example: lack of participants) like the 1 Mile Walk/Jog, a team must participate in that event in order to receive the CEO points.**
6. If two companies combine in forming a team and have two CEO'S each CEO needs to do at least one event to receive their five points. With a total of 10 points maximum.

Background: The intent of awarding points for CEO participation is to encourage management participation and support of their competing teams. It is felt that in doing so, greater overall acceptance and employee participation may result. With an overall higher degree of management support, event and team sponsorships should increase, as will the quality of this community fitness program and competition. It is not the intent of this addition to either penalize or give advantage to any team or group.

VOLUNTEER PROGRAM

PLACE: Assigned Corporate Cup Events
TIME: September 18 through September 27, during all Cup events

A great way for a team to earn some extra points! Volunteers are needed to help with each event. Team Volunteers will be well informed of their specific duties, time and location of the event for which they are helping. The Human Resources committee of the Corporate Cup will make assignments of the events. Each volunteer will receive a Corporate Cup Volunteer T-shirt and a point for their team.

Rules:

Each team is limited to 4 volunteers with a maximum of four (4) points earned for their team. Each team will be assigned an event for which they will supply four volunteers. **Teams will turn in a list of which session of events (1st, 2nd, and 3rd preference) they would like to be responsible for by the second captains' meeting.**

Volunteers must sign in with the human resources committee member at the assigned event in order to receive the point for their team. The volunteers must stay for the duration (or find a replacement) that they were assigned to, otherwise no points will be awarded.

Of course, teams may supply more volunteers if desired, but no additional points will be awarded.

BANNER COMPETITION RULES

PLACE: Victoria Softball Complex or Riverside Park
DATE: Thursday September 18, Friday September 19, Saturday September 20, or Thursday September 25.
TIME: During Opening Ceremony, Softball or Volleyball.
EVENT: Banner Competition

Rules:

1. **Two points** will be awarded to each team that displays a banner. Showing no banner will result in 0 points.
2. Banner must display the name of the Corporation or the Team name in addition to any other information the team may desire.

SPIRIT COMPETITION RULES

PLACE: All Event Locations
TIME: During all Corporate Cup Events
EVENT: Spirit Competition

Rules:

1. A panel of judges will evaluate each Corporate Cup Company for "spirit". The winning companies will be announced at the close of competition Saturday, September 27, 2008.
2. Company "spirit" will be judged on the following criteria:
 - A. Company spirit during competition,
 1. Cohesiveness - Strong effort displayed by all team members.
 2. Sportsmanship - Display of positive attitude and fair play.
 3. Cheers/Chants - Use of Cheers and Chants to promote a competitive spirit.
 4. Enthusiasm - Appearance of being "fired-up", excited, etc.
 5. Banner Display - Use of banner at all events.
3. Each Division will have a traveling trophy in the "spirit" competition; no points awarded to the teams.
4. Although disqualification as such does not exist in this event, poor sportsmanship, etc. will hurt a company's chances in obtaining the traveling trophy.
5. No air horns or drums allowed during inside events.

COMPANY PICNIC

PLACE: Special Events Area at Riverside Park
DATE: Saturday, September 27, 2008
TIME: 11:30am

Rules:

1. **No fires started before 9:00am, due to smoke during the morning events.**

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

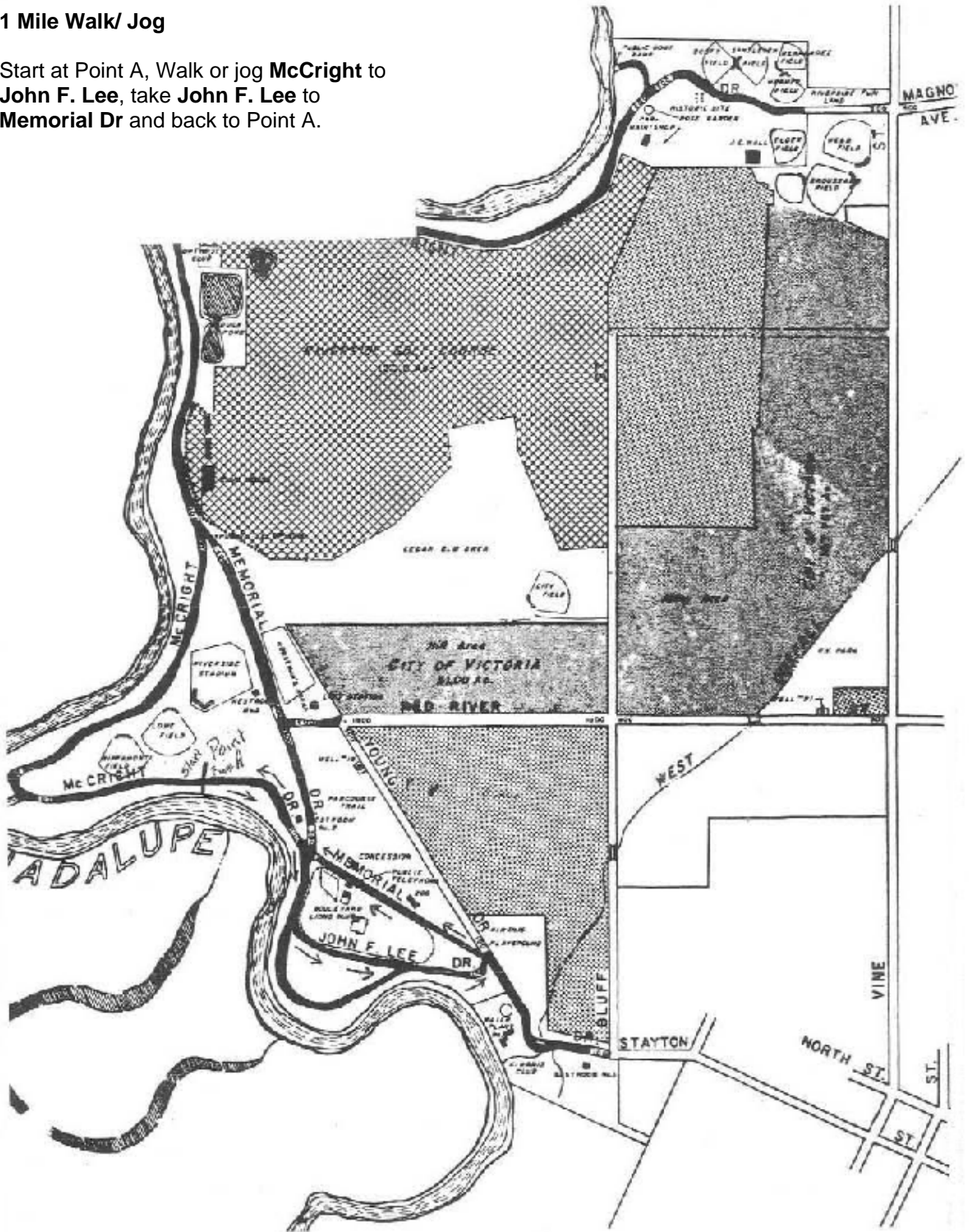
PLACE: Riverside Park
DATE: Thursday, September 18, 2008
TIME: Check-in 6:00pm, event at 6:30pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN.**
3. **Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.**
4. Each Corporate Cup team may enter one (1) team. **Each team may consist of six participants with a minimum of five participants.** All team members must complete the course. **A team without five walkers/joggers will take a five-minute penalty for each walker/jogger not participating.**
5. Each person must be able to complete the course in 30 minutes.
6. The team roster must be turned in 20 minutes before the race with **the fastest predicted time going first, then the second fastest, etc.** 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 walker/jogger with the largest "error" from each team will be drop. The "error" for each of the five remaining 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.
7. **No speedometers, watches, clocks, other forms of timing equipment, or another person pacing the participant are allowed. The penalty will result in disqualification.**
8. 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.
9. A participant who has not covered the full course may not cross the finish line as a competitor for team points.
10. 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.
11. The course is indicated on the map provided.
12. **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 Dr** and back to Point A.



YMCA CORPORATE CUP TOSS BALL RULES

PLACE: Special Events Area/Lowe Field, Riverside Park

DATE: Thursday, September 18, 2008

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

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Games will be played on a regulation volleyball court.
5. Each team will consist of 12 participants having 3 males and 3 females on the court at one time.
6. When all players on one team have been eliminated, the game is over.
7. The game will be played with a regulation volleyball.
8. The game will begin with the first toss thrown in from the back row of the court.
9. A player is eliminated from the game when the ball is dropped or touches the ground.
10. 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.
11. The ball must be thrown to the opposite side of the volleyball court from the point where the ball is caught.
12. 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.
13. 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.
14. If the ball is thrown outside the boundary line, the person throwing the ball is eliminated. A ball that hits the line is good.
15. A player may not leave his/her feet to throw the ball to the opposite side of the net, one foot must remain on the ground.
16. No gloves may be used.
17. No substitutions are allowed in a game. However, a player may come out of the game if an injury occurs (man for man and woman for woman). A player that has not been in the same game.
18. The rules and scoring committee will settle all conflicts.

YMCA CORPORATE CUP SOFTBALL RULES

PLACE: Victoria Softball Complex
DATE: Friday, September 19, 2008
TIME: Check in 5:30pm games 6:00pm
DATE: Saturday September 20, 2008
TIME: Check in 7:00am games start 7:30am

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. 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.
5. 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.
6. 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.
7. No more than two men or women may bat back to back.
8. If a male batter is walked, he goes to second regardless if there is a male or female batter behind him. The next batter 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).
9. Each team member must sign a waiver (event roster) prior to the team's first game of the tournament.
10. Each batter will begin with a 0/0 count. Third strike foul the batter is out.
11. Games will be a maximum of 40 minutes or seven innings whichever comes first.
12. Run rule is in effect, 15 runs after 3 innings.
13. 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.
14. 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.
15. Each team must provide **one person to umpire** the game immediately following the game just played. Regardless of which division is playing. **Failure to do this will result in a penalty, the team will start their following game with two outs, their first bat.**
16. 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.
17. Teams will provide the game balls according to local ASA co-ed rules. Men - 12", Women - 11", 44 core.
18. **No titanium or any other illegal bats allowed.**
19. Sliding is allowed, but flagrant sliding will not be tolerated

Softball cont.

20. Numbers are not required on shirts.
21. There is no home run limit.
22. The **official score is the home team** after verification with the home plate umpire.
23. There will be no beer in the dugouts.
24. No pets allowed.

NO BEER/ALCOHOL MAY BE BROUGHT ONTO THE SOFTBALL COMPLEX

YMCA CORPORATE CUP CYCLING - TIME PREDICTED RULES

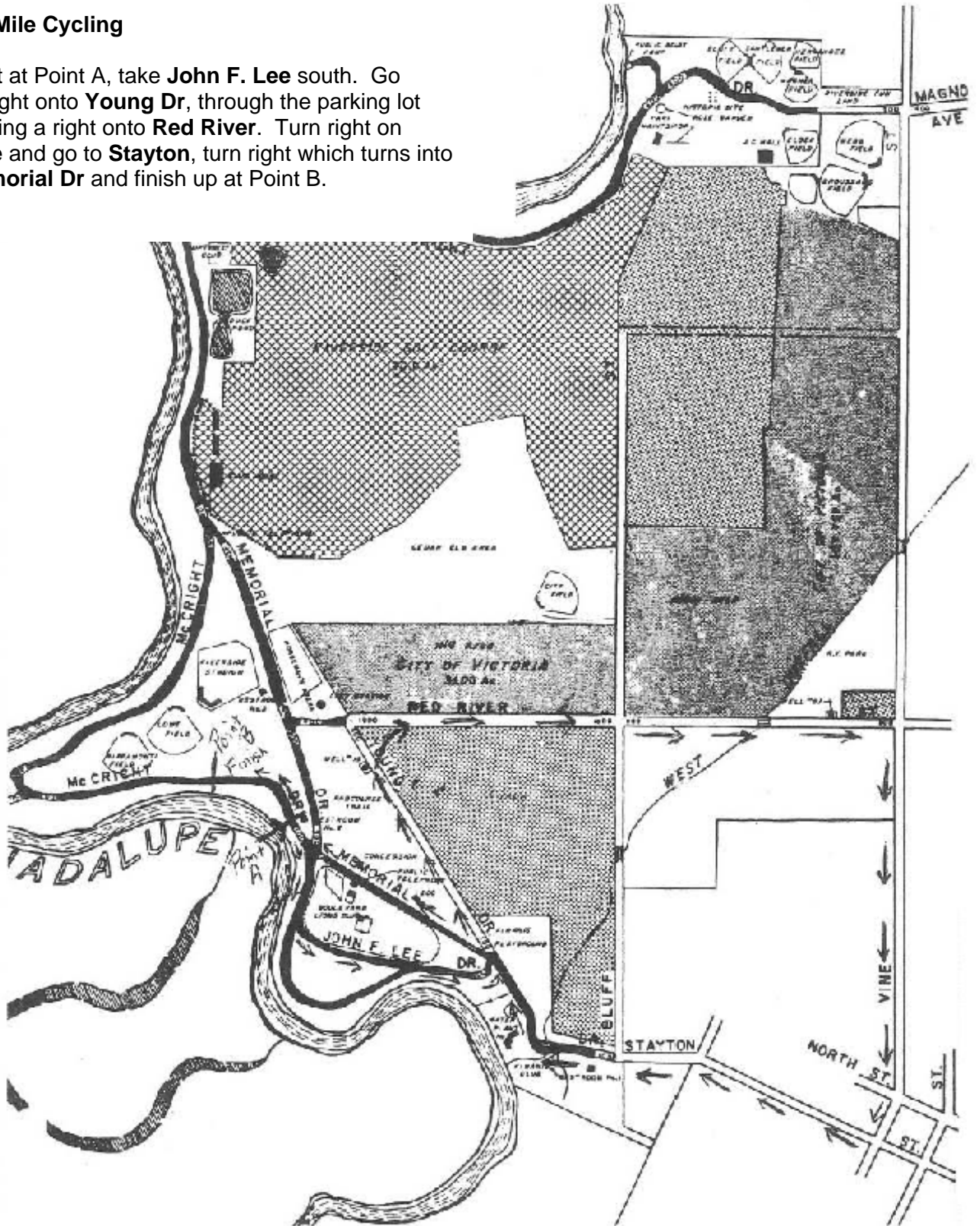
PLACE: Riverside Park
DATE: Sunday, September 21, 2008
TIME: Check-in 1:30pm, event at 2:00pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN.**
3. **Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.**
4. Each Corporate Cup team may enter one (1) cycling team. **Each team may consist of five participants with a minimum of three participants.** All team members must complete the course. **A team without three riders will take a five-minute penalty for each rider not participating.**
5. Each rider must be able to complete the course within a 45-minute time span.
6. The team roster must be turned in 20 minutes before the race with **the fastest predicted time going first, then the second fastest, etc.** 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 two riders with the largest "error" from each team will be drop. The "error" for each of the three remaining 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.
7. **No speedometers, watches, clocks, other forms of timing equipment, or another person pacing the rider are allowed. The penalty will result in disqualification.**
8. **Riders are not allowed to use radios or wear headsets. Cellular phones are prohibited.**
9. **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.
10. 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.
11. The course is indicated on the map provided.
12. 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.**
13. 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 Dr** and finish up at Point B.



YMCA CORPORATE CUP WASHERS RULES

PLACE: Special Events Area, Riverside Park

DATE: Sunday, September 21, 2008

TIME: Check-in 2:45pm, event at 3:15pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Teams will be made up of **one male and one female**.
5. This is a double elimination tournament.
6. Teams will flip a coin to determine who throws first.
7. 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.
8. The team that reaches 21 points first is the winner.
9. 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.**
10. The distance from cup to cup is 21 feet. The cup is a 3" diameter hole and 3½" deep. A 1" diameter washer (approximately 1 1/16"ID x 2 1/2"OD) shall be used in the tournament.
11. 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.
12. Washer pit dimensions are 3'-0"x3'-0".
13. The Rules and Scoring Committee will settle all conflicts.

YMCA CORPORATE CUP BOWLING RULES

PLACE: Century Lanes
DATE: Sunday, September 21, 2008
TIME: Check in 6:00pm, event at 6:30pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each team will consist of **four participants** (2 male, 2 female).
5. Standard bowling rules and scoring will apply, including the use of fouls, if the bowler steps past the foul line.
6. 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.
7. The team will break down ties for 1st place only with the most strikes in all three games.

YMCA CORPORATE CUP SWIMMING RULES

PLACE: Victoria YMCA
DATE: Monday, September 22, 2008
TIME: Division III - Check-in 5:30pm, event at 6:00pm
Division I - Check-in 5:50pm, event at 6:20pm
Division II - Check-in 6:10pm, event at 6:40pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. 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
5. 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.
6. 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.
7. No swimmer shall swim more than one leg in any relay event.
8. The first leg may start the race in the pool or utilize a standing start from the pool deck.
9. Swimmers who fail to appear in time for the command "swimmers take your mark" will be disqualified.
10. 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 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.
11. 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.

12. 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.

13. Disqualification of an individual results in team disqualification.

YMCA CORPORATE CUP BASKETBALL 2 BALL RULES

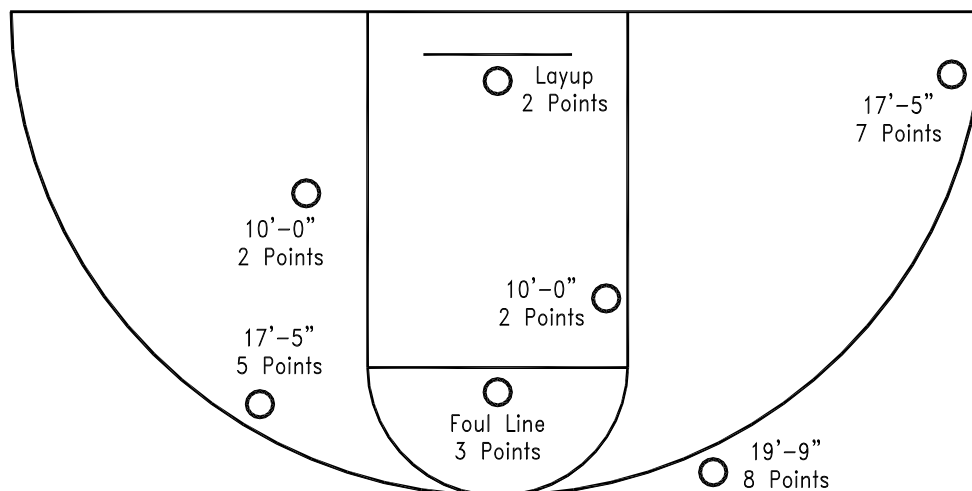
PLACE: Victoria YMCA
DATE: Monday, September 22, 2008
TIME: Division III – Check-in 6:30pm; event at 7:00pm
Division I – Check-in 7:00pm; event at 7:30pm
Division II – Check-in 7:30pm; event at 8:00pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN.**
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each team will consist of **four participants** (2 males, 2 females).
5. 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.**
6. 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.
7. Each shooting spot point value is indicated on each shooting spot. Point values range from 2 to 8 points.
8. The team with the two highest combined scores wins.
9. Order of shooting will be decided by draw for divisions and teams.
10. 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 COED VOLLEYBALL RULES

PLACE: Special Events Area/Lowe Field, Riverside Park
DATE: Prelims – Thursday, September 25, 2008
 Finals - Thursday, September 25, 2008
TIME: Prelims - Check-in 5:30pm, event at 6:00pm
 Finals – after prelims

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each team will consist of **fourteen participants** having three (3) men and (3) women on the court at one time.
5. 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.
6. Each team will be allowed a 5-minute rest period between matches.
7. Each team must provide **two (2) people to officiate and call lines.**
8. 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. On a serve, the ball hits the net and goes over, the ball is live.
7. 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).
8. 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.
9. 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.

10. 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.
 - C. After a spike or when someone intentionally directs the ball to the opponent's court.
 - D. If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
11. 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.
12. Never are you allowed to make contact with the net during play.
13. 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 6 MILE RELAY RULES

PLACE: Riverside Park
DATE: Saturday, September 27, 2008
TIME: Check-in 7:30am; event at 8:00am

Rules:

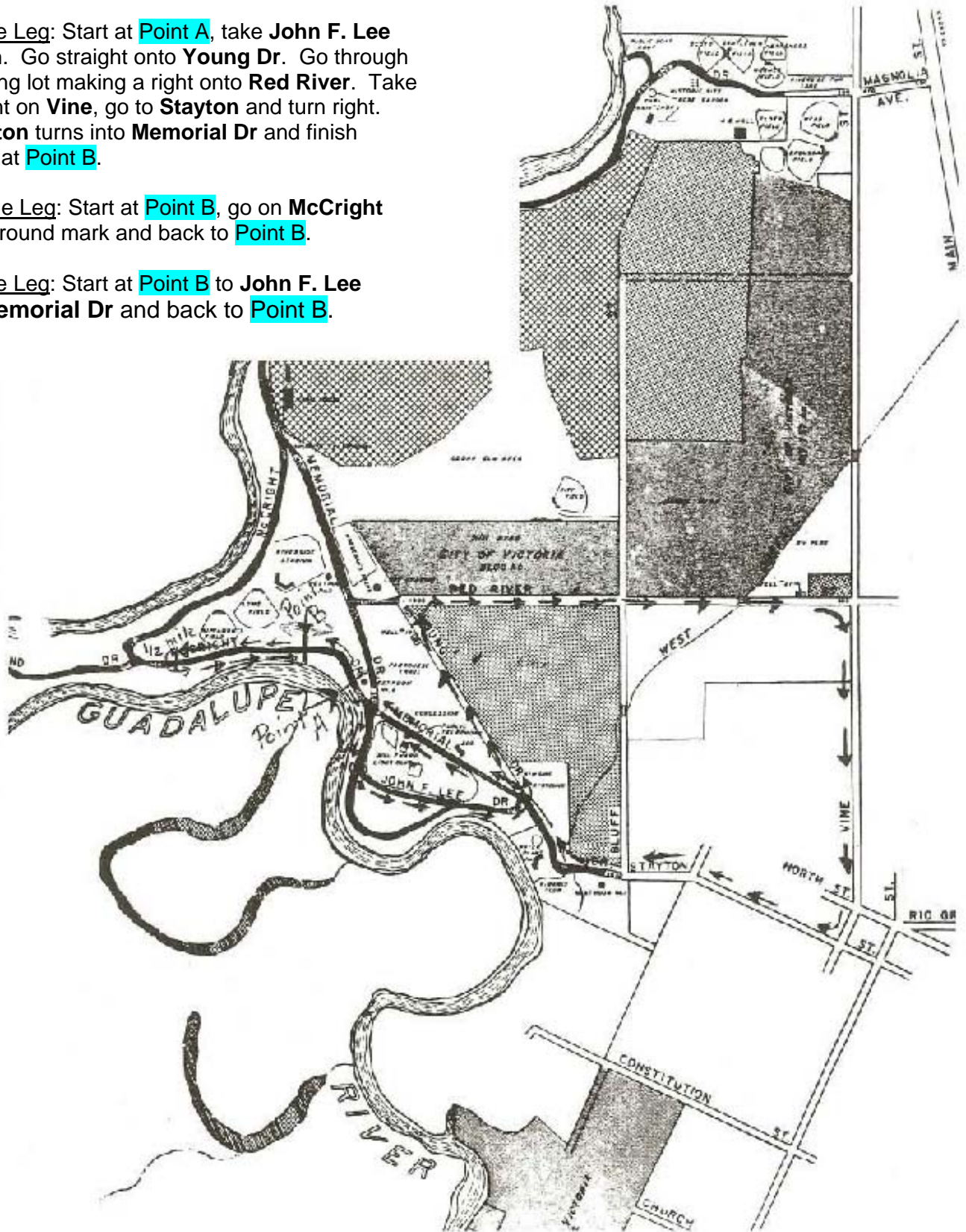
1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each Corporate Cup Team may enter one (1) relay team to include **five (5) participants**; with a minimum of two (2) women and two (2) men participating.
5. There are 5 legs of the race. The distance and order of the legs are as follows:
 - Leg 1 - 3 mile
 - Leg 2 - 1/2 mile
 - Leg 3 - 1 mile
 - Leg 4 - 1/2 mile
 - Leg 5 - 1 mile
6. 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.
7. The course is indicated on the map provided.
8. A runner who has not covered the full course may not cross the finish line as a competitor for team points.
9. 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.
10. Winners will be determined by best team time.
11. Only entrants are allowed to run the course, no pacing along side.

6 Mile Relay

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 B**.

½ Mile Leg: Start at **Point B**, go on **McCright** turnaround mark and back to **Point B**.

1 Mile Leg: Start at **Point B** to **John F. Lee** to **Memorial Dr** and back to **Point B**.

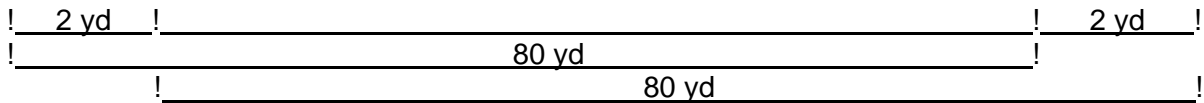


**YMCA CORPORATE CUP
4x80 RELAY RULES**

PLACE: Special Events Area/Lowe Field, Riverside Park
DATE: Saturday, September 27, 2008
TIME: Check-in 9:00am, event at 9:30am
Order of competition: Div. III, I, II

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN**.
3. Can **PARTICIPATE** only on **ONE** team throughout Corporate Cup, regardless of division.
4. Each team will consist of **four participants** having two (2) men and (2) women.
5. Each participant will be running an 80 yard leg.
6. The first person will start at one end of the lane. They will exchange a baton with the second person at the opposite end of the lane. The baton exchange will take place after the first person crosses the first line of a two-yard zone. The second person will start from behind the second line of this zone and complete their leg. The same rule will apply for the third and fourth legs.



7. All runners will start from a standing start. Starting blocks, blocking or wedging will not be allowed.
8. Dropping the baton is permitted but must be retrieved before crossing the finish line, however, interference with other teams is not. All persons must stay in their assigned lanes.
9. No person shall compete in more than one leg of the relay.
10. Teams must completely cross the finish line or they will be disqualified.

YMCA CORPORATE CUP TUG OF WAR RULES

PLACE: Special Events Area/Lowe Field, Riverside Park

DATE: Saturday, September 27, 2008

TIME: Check-in 10:15am, event at 10:45am

Rules:

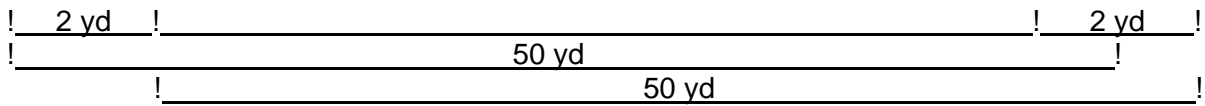
1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. For Division I, each team will consist of no more than 8 participants (4 male, 4 female) and for Divisions II and III; each team will consist of no more than 10 participants (5 male, 5 female). For all divisions, males and females will be alternately arranged (male, female, male, etc.). Teams may have less than the specified number as long as male, female arrangement is maintained.
5. **A team may have 2 alternates (1 male, 1 female) in case of injury, ONLY (Being tired does NOT count).**
6. The rope will be 1¼" in diameter and 75 feet long with a flag attached to the center.
7. 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.
8. The referee will indicate with a whistle when the match is over and declare the winner.
9. **Participants other than the anchor cannot wrap the rope around their hands or bodies. Only the anchor can secure the rope by wrapping or tying around the waist.**
10. Gloves should be worn. Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed.
11. Competition will consist of a double elimination format.
12. There will be a 3-minute time limit for appearance of a late team. Failure to be present will result in forfeiture of the event.
13. Sides of the rope from which teams will pull will be decided by a flip of a coin.
14. One person from each team is required to signal to the referee when their team is ready to start the pull.
15. If pulling back to back a 3-minute rest period will occur if needed.

YMCA CORPORATE CUP THREE-LEGGED RELAY RULES

PLACE: Special Events Area/Lowe Field, Riverside Park
DATE: Saturday, September 27, 2008
TIME: Check-in 12:45pm, event at 1:15pm
Order of competition: Div. III, I, II

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each team will consist of **six participants** having **three (3) men and (3) women**, making up **three** 2-Person teams. 2-Person teams may be 2 males or 2 females or 2 coeds.
5. Each 2-Person team will be bound by bandanas (supplied by the YMCA) at the knee and ankle.
6. The relay will consist of four 50 yard legs. The first and fourth 50 yard legs will be run by the same 2-Person team.
7. 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 2-Person team.



8. Teams may run or walk, whichever they prefer.
9. 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.
10. Bandanas must stay in place (no sliding down) when crossing the exchange zone or finish line, if not teams will be disqualified.
11. Teams must completely cross the finish line or they will be disqualified.

YMCA CORPORATE CUP WATER BALLOON TOSS RULES

PLACE: Special Events Area/Lowe Field, Riverside Park

DATE: Saturday, September 27, 2008

TIME: Check-in 1:45pm, event at 2:15pm
Order of competition: Div. III, I, II

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. 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.
5. First toss will begin with team pairs standing 15 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.
6. The team that gains the greatest distance between team pairs without breaking the water balloon is the winner.
7. Water balloons will be 5" balloons filled to a weight of 1 lb.
8. 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.
9. **The balloon must be caught, if the balloon lands on the ground, a team is DQ.**
10. Gloves may not be worn during the event.
11. Towel dimensions are **approximately** 14"x24".

YMCA CORPORATE CUP TEAM BROAD JUMP RULES

PLACE: Special Events Area/Lowe Field, Riverside Park

DATE: Saturday, September 27, 2008

TIME: Check-in 2:45pm, event at 3:15pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each team may consist of **10 players'** five (5) male and five (5) female. **If needed teams may jump with fewer players.**
5. 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...
6. All ten members will jump in a straight line to determine the farthest distance a team can broad jump.
7. Places will be determined by the total distance jump.
8. An order of jump will be determined before the last Captains meeting.
9. 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.
10. No interference from teammates or opposing teams is allowed.
11. Must take off with both feet at the same time, no staggering.