

YMCA Corporate Cup 2009

Schedule of Events



<u>DATE</u>	<u>DAY</u>	<u>CHECK-IN</u>	<u>START</u>	<u>DIVISION</u>	<u>EVENT</u>	<u>LOCATION</u>
7/13	Monday	-----	-----	All	Team entry deadline for 3 months free YMCA membership for 40 people	Register at YMCA
7/27	Monday	-----	6:30 pm	All	Captain's Meeting	YMCA Boardroom
8/17	Monday	-----	6:30 pm	All	Captain's Meeting	YMCA Boardroom (2 points)
9/01	Tuesday	-----	-----	All	Final team entry deadline	Register at YMCA
9/09	Wednesday	-----	6:30 pm	All	Captain's Meeting	YMCA Boardroom (2 points)
9/17	THURSDAY	-----	6:15 pm	ALL	OPENING CEREMONY	YMCA GYM
9/17	Thursday	6:30 pm	7:00 pm	1	Basketball	YMCA Gymnasium
9/17	Thursday	7:00 pm	7:30 pm	2	Basketball	YMCA Gymnasium
9/17	Thursday	7:30 pm	8:00 pm	3	Basketball	YMCA Gymnasium
9/17	Thursday	7:50 pm	8:20 pm	1	Swimming	YMCA Pool
9/17	Thursday	8:10 pm	8:40 pm	2	Swimming	YMCA Pool
9/17	Thursday	8:30 pm	9:00 pm	3	Swimming	YMCA Pool
9/19	Saturday	7:00 am	7:30 am	All	6-mile relay	Riverside Park Special Events Area
9/19	Saturday	8:00 am	8:30am	All	Cycling	Riverside Park Special Events Area
9/19	Saturday	9:00 am	9:30 am	All	1-mile walk/jog	Riverside Park Special Events Area
9/19	Saturday	10:30 am	11:00am	ALL	Tug-of-War	Riverside Park Rippamonti Field
9/19	Saturday	1:30 pm	2:00 pm	All	Toss Ball	Riverside Park Rippamonti Field
9/19	Saturday	6:00 pm	6:30 pm	TBA	Bowling	Woodlawn Bowling & Century lanes
9/20	Sunday	12:30 pm	1:00pm	All	Golf	Victoria Country Club
9/24	Thursday	6:30 pm	7:00 pm	All	Volleyball	Riverside Park Rippamonti Field
9/26	Saturday	9:30 am	10:00 am	Div order I, II, III	3-legged relay	Riverside Park Rippamonti Field
9/26	Saturday	10:30 am	11:00am	Div order I, II,III	Water balloon toss	Riverside Park Rippamonti Field
9/26	SATURDAY	-----	11:30 pm	ALL	COMPANY PICNIC	Riverside Park Rippamonti Field
9/26	Saturday	12:00pm	12:30 pm	All	Washers and Horseshoes	Riverside Park Special Events Area
9/26	Saturday	2:00 pm	2:30pm	Div. order I, II,III	4 X 80	Riverside Park Rippamonti Field
9/26	Saturday	3:00 pm	3:30 pm	All	Team broad jump	Riverside Park Rippamonti Field
9/26	Saturday	4:00 pm	4:30 pm	All	Kid's event	Riverside Park Rippamonti Fireld

PAST WINNERS

	<i>DIVISION 1</i>	<i>DIVISION 2</i>	<i>DIVISION 3</i>		<i>DIVISION 1</i>	<i>DIVISION 2</i>	<i>DIVISION 3</i>
2008	Longleaf	Victoria CPA's	Formosa	1996	Victoria TSCPA	Victoria College	VISD
2007	Victoria Nissan	Victoria College	Formosa	1995	Testengeer	BP Chemical	Inteplast
2006	Victoria Nissan	Victoria CPAs	Citizen's Medical Ctr	1994	Seadrift Coke	BP Chemical	Union Carbide
2005	24 th Judi Dist CSCD	Victoria CPAs	Citizen's Medical Ctr	1993	Carbon Graphite	BP Chemical	Union Carbide
2004	Victoria Eye Ctr	Victoria CPAs	Dow	1992	Carbon Graphite	BP Chemical	Union Carbide
2003	Victoria CPAs	Wells Fargo	Formosa Plastics	1991	South TX Savings	BP Chemical	DuPont
2002	Victoria CPAs	1 st Victoria Nat'l	Dow	1990	South TX Savings	BP Chemical	DeTar Hospital
2001	Victoria CPAs	1 st Victoria Nat'l	DuPont	1989	Carbon Graphite	Victoria Bank & Trst	Alcoa
2000	Guadalupe Dental	BP Chemical	Union Carbide	1988	Citizen's Nat'l Bank	Victoria Bank & Trst	Citizen's Medical Ctr
1999	Victoria CPAs	BP Chemical	Union Carbide	1987	PIA	Sohio	Citizen's Medical Ctr
1998	Victoria CPAs	BP Chemical	DuPont				

GENERAL STATEMENT OF PURPOSE, RULES AND ELIGIBILITY

2009 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 26, 2009 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 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. **All participants must have a valid Texas Driver License or a Texas ID for all events. The team captain is responsible for informing participants.**
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 September 1, 2009. **To receive the YMCA membership each participant must go to the YMCA (Victoria or Port Lavaca) 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 9/1/09**. 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 17, 2009. Team rosters will include names of all employees and their spouses (stated next to the employee) 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:

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

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 or Event 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 or Event 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 1, 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 27, 2009	6:30pm	At YMCA Board Room
August 17, 2009	6:30pm	At YMCA Board Room
September 9, 2009	6:30pm	At YMCA 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.
7. **The Team Captain shall provide the events that the CEO is participating in by the last captains meeting September 9, 2009.**

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 17 through September 26, 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:

Volunteers must be at least 18 years of age. 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 YMCA or Riverside Park
DATE: Thursday September 17, Saturday September 19, or Thursday September 24.
TIME: During Opening Ceremony, **Toss Ball** 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 26, 2009.
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: Rippamonti Field at Riverside Park
DATE: Saturday, September 26, 2009
TIME: 11:30am

Rules:

The meat that will be judge is Beef Fajitas. Please bring **ONLY** the meat to the judges table, no sides.

YMCA CORPORATE CUP BASKETBALL 2 BALL RULES

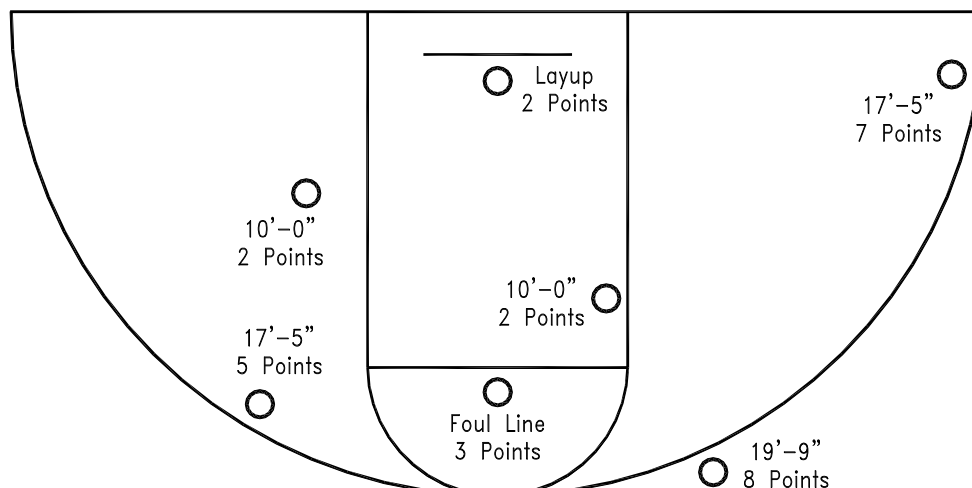
PLACE: Victoria YMCA
DATE: Thursday, September 17, 2009
TIME: Division I – Check-in 6:30pm; event at 7:00pm
Division II – Check-in 7:00pm; event at 7:30pm
Division III – Check-in 7:30pm; event at 8:00pm

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, **a total of seven spots**. 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 make two or more consecutive shots 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 SWIMMING RULES

PLACE: Victoria YMCA
DATE: Thursday, September 17, 2009
TIME: Division I - Check-in 7:50pm, event at 8:20pm
Division II - Check-in 8:10pm, event at 8:40pm
Division III - Check-in 8:30pm, event at 9:00pm

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. 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.

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
6 MILE RELAY RULES**

PLACE: Riverside Park
DATE: Saturday, September 19, 2009
TIME: Check-in 7:00am; event at 7:30am

Rules:

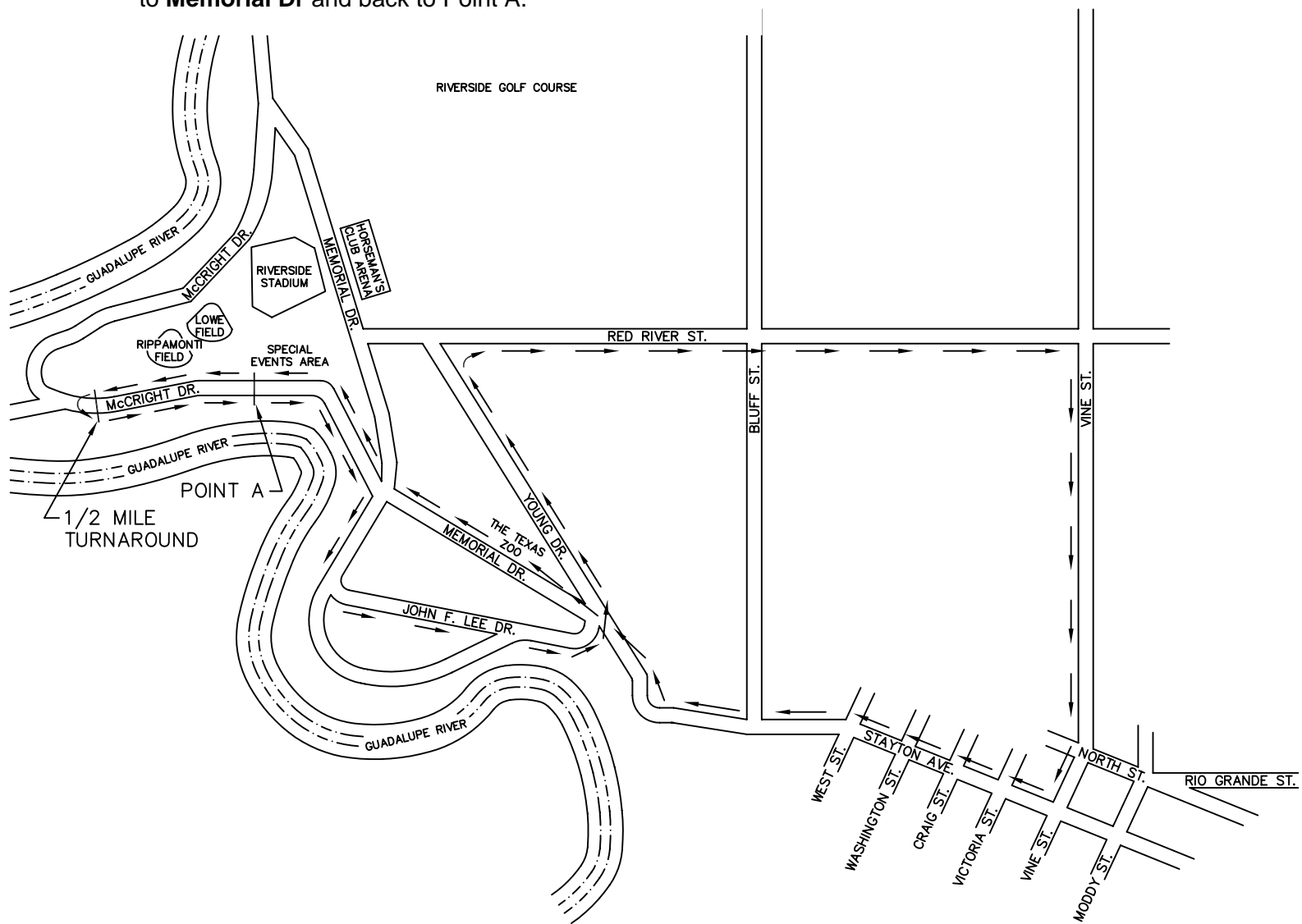
1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN**.
3. Can **PARTICIPATE** only on **ONE** team throughout Corporate Cup, regardless of division.
4. Each Corporate Cup Team may enter one (1) relay team to include **five (5) participants**; with a minimum of two (2) women and two (2) men participating.
5. There are 5 legs of the race. The distance and order of the legs are as follows:
 - Leg 1 – 3.2 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

3.2 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.

1/2 Mile Leg: Start at Point A, go on **McCright** turnaround mark and back to Point A.

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



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

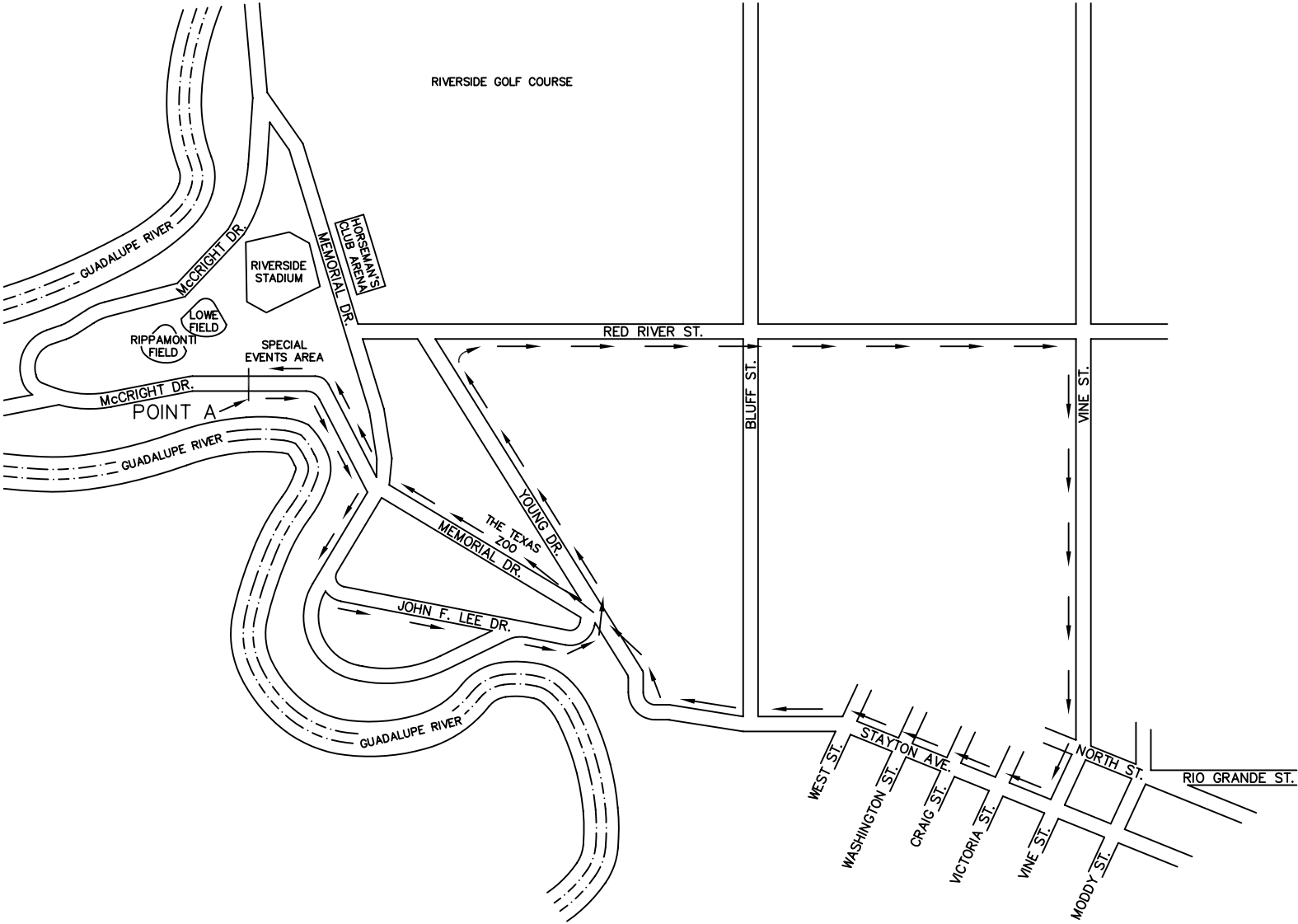
PLACE: Riverside Park
DATE: Saturday, September 19, 2009
TIME: Check-in 8:00am, event at 8:30am

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 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 5 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.

3.2 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 back at Point A.



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

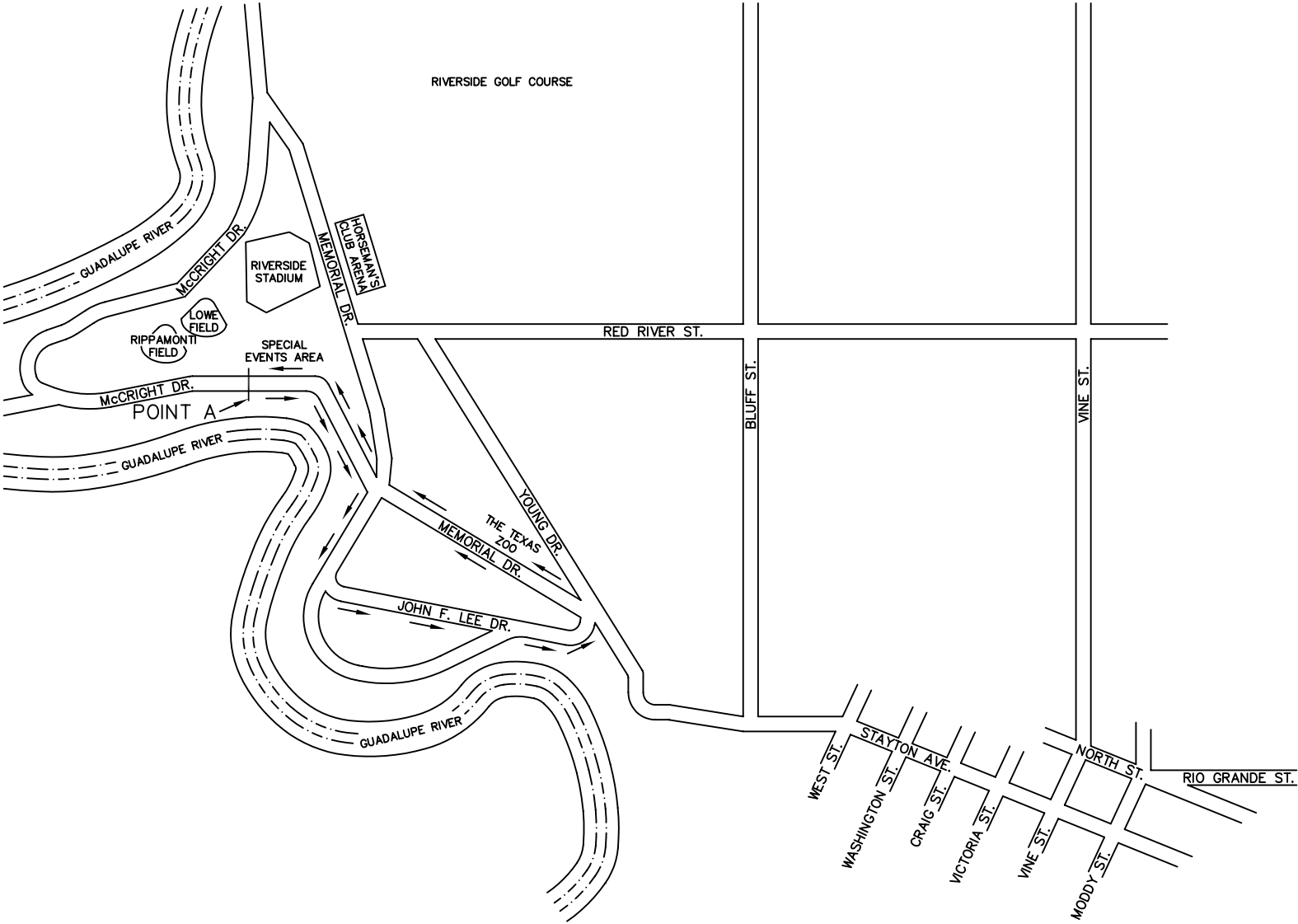
PLACE: Riverside Park
DATE: Saturday, September 19, 2009
TIME: Check-in 9:00am, event at 9:30am

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 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 **McCrigh** to **John F. Lee**, take **John F. Lee** to **Memorial Dr** and back to Point A.



YMCA CORPORATE CUP TUG OF WAR RULES

PLACE: Rippamonti Field, Riverside Park
DATE: Saturday, September 19, 2009
TIME: Check-in 10:30am, event at 11:00am

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. For Division I, each team may consist of no more than 8 participants (4 male, 4 female) and for Divisions II and III; each team may 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. **Lines will be marked** 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 line 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 it around their waist.**
10. **No tying of rope is permitted by any participant.**
11. Gloves should be worn. Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed.
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 TOSS BALL RULES

PLACE: Rippamonti Field, Riverside Park
DATE: Saturday, September 19, 2009
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. Games will be played on a regulation volleyball court.
5. Each team may 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. When catching the ball, a person may not pass the ball to a teammate.
12. The player tossing the ball must throw the ball over the net on one throw without dropping the ball.
13. The ball must be thrown to the opposite side of the volleyball court from the point where the ball is caught.
14. 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.
15. 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.
16. If the ball is thrown outside the boundary line, the person throwing the ball is eliminated. A ball that hits the line is good.
17. 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.
18. No gloves may be used.
19. No substitutions are allowed in a game. However, if a player is injured during a game, that player can be replaced (man for man, woman for woman) by another player that has not been in the same game.
20. The rules and scoring committee will settle all conflicts.

YMCA CORPORATE CUP BOWLING RULES

PLACE: Woodlawn Bowling Center & Century Lanes

DATE: Saturday, September 19, 2009

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 GOLF TOURNAMENT RULES

PLACE: Victoria Country Club

DATE: Sunday, September 20, 2009

TIME: Check-in 12:30 pm, event at 1:00 pm

EVENT: Best Ball, Best Position, 2-Person Scramble, Shot Gun Start

Rules:

1. Each Corporate Cup team may enter one (1) golfing team consisting of 4 golfers with a minimum of one (1) male and one (1) female golfer and a **total of four golfers**.
2. The (4) person team will be divided into (2) teams with (2) people on each team. Each (2) person team will be paired with another (2) person team from another company (not necessarily one from the same division)
3. Each 2-person team will play 18 holes of golf using best ball, best position format.
4. Each 2-person team will score their own card, but have the other 2-person team sign off on card as the attest
5. Each team's final score will be an aggregate of each 2-person team
6. No handicapping will be used. The lowest team score will be the winner.
7. 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.
8. Ties for 1st place only will be broken by a scorecard playoff, beginning with the number one handicapped hole and so on.
9. The Rules Committee will decide all rules decisions.
10. All men play gold tees. All ladies play white tees.
11. **Each team participant must wear a collar 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 COED VOLLEYBALL RULES

PLACE: Rippamonti Field, Riverside Park
DATE: Prelims – Thursday, September 24, 2009
 Finals - Thursday, September 24, 2009
TIME: Prelims - Check-in 6:30pm, event at 7:00pm
 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 may 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.

Volleyball cont.

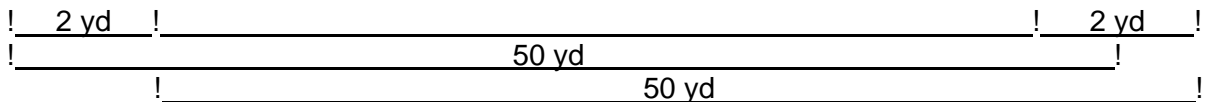
10. You may reach across the net to block providing:
 - A. The opponents have completed their three hits.
 - B. The ball is clearly going to cross the net even though the opponents have not used all three hits.
 - C. After a spike or when someone intentionally directs the ball to the opponent's court.
 - 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.

**YMCA CORPORATE CUP
THREE-LEGGED RELAY RULES**

PLACE: Rippamonti Field, Riverside Park
DATE: Saturday, September 26, 2009
TIME: Check-in 9:30am, event at 10:00am
Order of competition: Div. I, II, III

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. The second 2-Person team may not start until the first 2-Person team has crossed the first line of the two-yard zone. The second 2-Person team will then start from behind the second line of this zone and run their 50 yard leg. The same rule will apply for the third 2-Person team.**



8. Teams may run or walk, whichever they prefer.
9. **All 2-Person teams must stay in their assigned lanes. Interference with other 2-Person teams will result in disqualification.**
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: Rippamonti Field, Riverside Park
DATE: Saturday, September 26, 2009
TIME: Check-in 10:30am, event at 11:00am
Order of competition: Div. I, II, III

Rules:

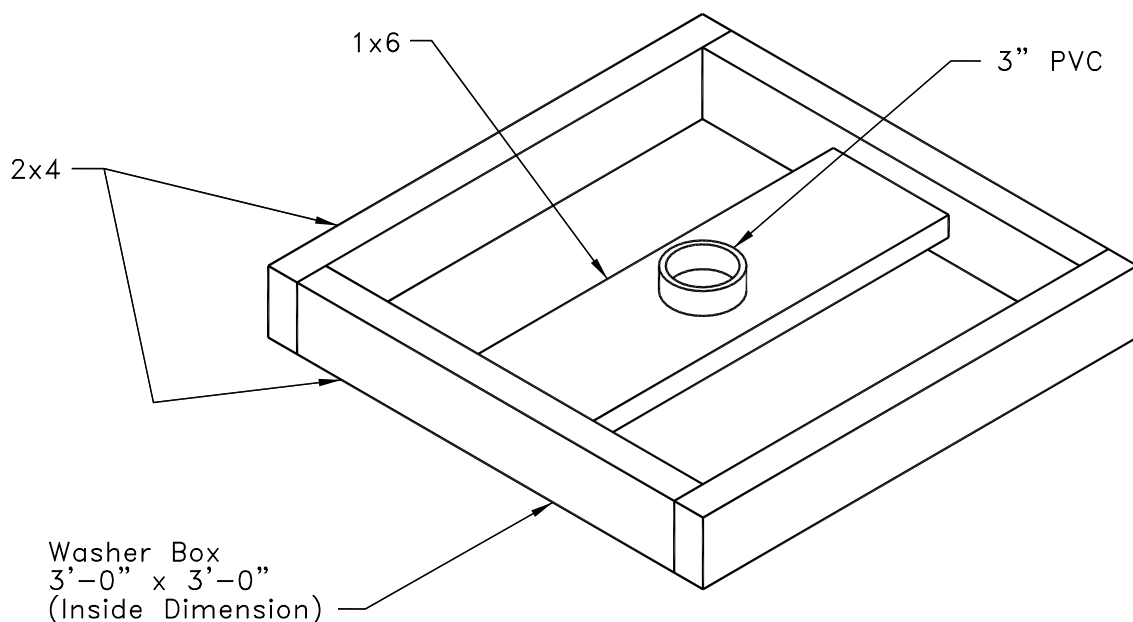
1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Teams will consist of 4 people, 2 males and 2 females, making up two pairs of team members. Each pair will hold a small towel between them, with which they will catch and toss the balloon.
5. First toss will begin with team pairs standing 12 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 approximately 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 WASHERS RULES

PLACE: Special Events Area, Riverside Park
DATE: Saturday, September 26, 2009
TIME: Check-in 12:00pm, event at 12:30pm

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. Teams will be made up of **one male and one female.**
5. Teams will flip a coin to determine who throws first.
6. 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.
7. The team that reaches 21 points first is the winner.
8. 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.**
9. 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.
10. 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.
11. Washer pit dimensions are 3'-0"x3'-0".
12. The Rules and Scoring Committee will settle all conflicts.

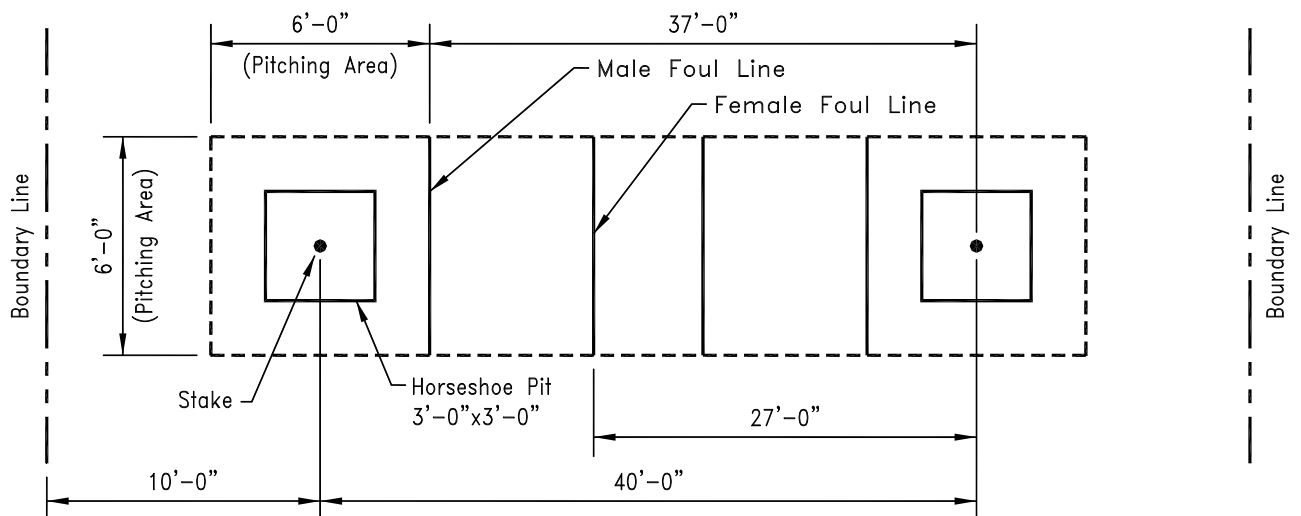


YMCA CORPORATE CUP HORSESHOES RULES

PLACE: Special Events Area, Riverside Park
DATE: Saturday, September 26, 2009
TIME: Check-in 12:00pm, event at 12:30pm

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. Teams will be made up of **one male and one female**.
5. Teams will flip a coin to determine who throws first.
6. One team member throws two (2) horseshoes, and then the opposing team member throws two (2) horseshoes. 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.
7. The team that reaches 21 points first is the winner.
8. Scoring:
 - 5 points encircling the stake (ringer)
 - 3 points touching the stake but not a ringer (leaner)
 - 1 point closest to the stake
9. The distance from stake to stake is 40 feet. The horseshoe pit dimensions are 3'-0"x3'-0" which is cover with dirt.
10. Male participants may pitch from any place on the court and observe the 37 foot foul lines. Female participants may pitch from any place on the court and observe the 27 foot foul lines. Foot fouls are called by the opponent at the end of the court and are a loss of that horseshoe only.
11. **Only participants, volunteers and R/S Committee are allow in the pitching area. All others must remain behind the boundary lines.**
12. The Rules and Scoring Committee will settle all conflicts.

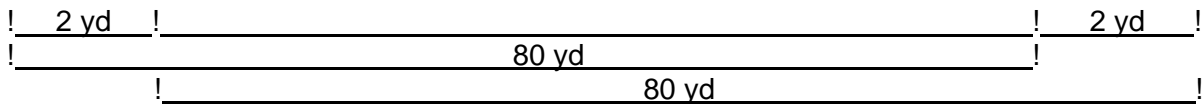


**YMCA CORPORATE CUP
4x80 RELAY RULES**

PLACE: Rippamonti Field, Riverside Park
DATE: Saturday, September 26, 2009
TIME: Check-in 2:00pm, event at 2:30pm
Order of competition: Div. I, II, III

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 runner will start at one end of the lane. The second runner may not start until the first runner has crossed the first line of the two-yard zone. The second runner will then start from behind the second line of this zone and run their 80 yard 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. **All runners must stay in their assigned lanes. Interference with other runners will result in disqualification.**
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 TEAM BROAD JUMP RULES

PLACE: Rippamonti Field, Riverside Park
DATE: Saturday, September 26, 2009
TIME: Check-in 3:00pm, event at 3:30pm

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 may consist of **10 participants** five (5) male and five (5) female. **If needed teams may jump with fewer participants.**
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.