PICKLEBALL RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Current USA Pickleball rules will apply. Visit https://usapickleball.org/what-is-pickleball/ifp-official-rules/ for a copy of these rules.
2. Players will be required to provide their own paddles. Pickleballs will be provided by CCG.
3. Teams will consist of 2 players.
4. Each participating company will be allowed 1 Men's, 1 Women's, and 1 Co-ed team.
5. Winner's Bracket Format
    a. 1 Game to 15 – Win by 2 (Cap of 17)
    b. Switch sides once someone has 8 points.
6. Consolation Bracket Format
    a. 1 Game to 11 points – Win by 2 (Cap of 13)
    b. Switch sides once someone has 8 points.
7. The tournament format will be double elimination.

CCG Point System

- Medals will be awarded to the top three finishers in each category per division. Points will be awarded to the top six teams within each category per division, as follows:

Place	Points
1st	500
2nd	400
3rd	300
4th	200
5th	50
6th	50

- Participation points will be awarded for all individuals or teams in the CCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation in Pickleball competition are as follows:

Event	Participation Points
Pickleball	50/Team

- CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events.** It diminishes the spirit of the Games when a team or individual travels from across the Quad Cities to participate in one of these events, only to have their opponent forfeit. Penalty points will be assessed for the following events:

Event	Penalty Points
Pickleball	-50

SAND VOLLEYBALL (4V4) RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Current USA Beach Volleyball Rules will apply. Visit https://www.volleyballreftraining.com/ for a copy of these rules.
2. Teams will consist of 4 players with 2 men and 2 women preferred. Maximum roster size of 12 players. Maximum of 2 men on the court at one time.
3. Teams will play one game to a score of 30 points with a cap of 35 (must win by two). The consolation bracket will be 1 game to 21 points with a cap of 25. Rally scoring will be used in all game. Rally scoring will be used in all games.
4. The tournament format will be double elimination.
5. Games will be self-officiated by the teams playing. If a call cannot be agreed on, replay the point.

CCG Point System

- Medals will be awarded to the top three teams in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	800
2nd	600
3rd	400
4th	300
5th	150
6th	150

- Participation points will be awarded to all teams in the CCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Team Competition are as follows:

Event	Participation Points
Sand Volleyball	150/Team

- CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events.** It diminishes the spirit of the Games when a team or individual travels from across the Corridor to participate in one of these events, only to have their opponent forfeit. Penalty points will be assessed for the following events:

Event	Penalty Points
Sand Volleyball	-150

CORRIDOR CORPORATE GAMES

SPIKEBALL RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Current USA Spikeball will apply. Visit http://usaspikeball.com/official-rules for a copy of these rules.
2. Teams will consist of 2 players of either gender.   Up to two teams per company.
3. The tournament format will be double elimination.

CCG Point System

o Medals will be awarded to the top three finishers in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	500
2nd	400
3rd	300
4th	200
5th	50
6th	50

o Participation points will be awarded for all individuals or teams in the CCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation in Spikeball competition are as follows:

Event	Participation Points
Spikeball	50/Team

o CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events.** It diminishes the spirit of the Games when a team or individual travels from across the Corridor to participate in one of these events, only to have their opponent forfeit. Penalty points will be assessed for the following events:

Event	Penalty Points
Spikeball	-50

CORRIDOR CORPORATE GAMES

TRACK & FIELD RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Current USA Track & Field rules will apply unless otherwise noted. A copy of these rules can be found at http://www.usatf.org/About/Competition-Rules.aspx.
2. Each company may enter 2 males and 2 females in each individual event in each age group. For the 50+ age group, companies may enter 4 males and 4 females.
3. Relays - There are no age groups for relays. Companies may enter one team in each relay. Relays are coed (two men and two women) and may run in any order by gender.

Competition Information

Track participants are reminded that events are "running races" and not intended for walkers. To ensure the meet finishes in a timely manner, any walkers in a race will be asked to step off the track once all runners cross the finish line.

Age Groups

Men's and Women's divisions. Age groups are 18-29, 30-39, 40-49, 50+. Age based on the day of the meet.

- Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
- Categories for competition (medals and scoring) in the Track & Field Meet are as follows:
  - Medals will be awarded to the **top three finishers** (individual and relay).
  - The **top eight finishers** for individual events (by division) within the Track and Field Meet will be awarded points toward your company's point total.
  - The **top ten finishers** for relays (by division) within the Track and Field Meet will be awarded points toward your company's point total.
  - Track and Field events offered are as follows:
    - **400M** – Men's & Women's
    - **800M** – Men's and Women's
    - **Long Jump** – Men's and Women's
    - **Shot Put** – Men's and Women's
    - **4 X 100m Relay** – Men's and Women's
    - **Distance Medley Relay (200-200-400-800)** – Coed
    - **4 x 400m Relay -** Coed

CCG Point System

- **Individual Points**: The below table represents the individual place scoring.
- **Note:** 10 participation points will also be awarded for all individuals participating in individual events.

Individual Points	
Place	**Points**
1st	**10**
2nd	**8**
3rd	**6**

4th	**5**
5th	**4**
6th	**3**
7th	**2**
8th	1

- **Relay Points**: The below table represents the relay place scoring.
- **Note:** 20 participation points will also be awarded to teams participating in relays

Relay Points	
Place	**Points**
1st	**100**
2nd	**90**
3rd	**80**
4th	**70**
5th	**60**
6th	**50**
7th	40
8th	30
9th	20
10th	10

- **Bonus Team Points:** The below table represents the bonus team scoring. Points will be awarded to the top six companies based on **total placing points** (individual and relay) earned during the track meet within each division as follows:

Bonus Team Points	
Place	**Points**
1st	**500**
2nd	**400**
3rd	**350**
4th	**300**

5th	250
6th	200

CORRIDOR CORPORATE *GAMES*

TRIVIA RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Companies are allowed one team of 8 players of any gender. Companies may participate with less than 8 players. Due to space constraints, no spectators will be permitted.
2. Trivia will consist of 8 rounds of 8 questions per round.
3. Cell phones or mobile devices are not allowed during trivia. Those needing to take a phone call should step outside of the room and come back at the end of the round.
4. Spelling errors are permissible, but answers must be legible.
5. Each correctly answered question will be worth 1 point.
6. The teams with the highest cumulative scores in each company division of all 8 rounds will be declared the winners.
7. Tie-breaker procedure: A 1-question tiebreaker will be given. The team with the answer that is closest to correct will win the tie-breaker.

CCG Point System

- Medals will be awarded to the top three teams in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	1000
2nd	800
3rd	600
4th	400
5th	250
6th	250

- **Bonus Points:** In team trivia, points earned during the competition will be multiplied by 5 and added to the CCG points earned.

- Participation points will be awarded to all teams in the CCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Trivia are as follows:

Event	Participation Points
Trivia	250/Team

- CCG will assess Penalty Points to those companies whose team does not show up for Trivia.

Event	Penalty Points
Trivia	-250

CORRIDOR CORPORATE *GAMES*

TUG OF WAR RULES

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Companies may enter one coed team into the event. Teams should have at least three females.
2. A 2,000-pound weight limit per team will apply.
   a. Weigh-In
      i. All team members will weigh in, as a team, on one scale.
      ii. The only articles of clothing that can be removed during weigh-in are shoes and shirts (women must wear sports bras if removing their shirt)
         - Team has at least 3 women: Total weight limit 2000lbs
         - Team has at least 2 women: Total weight limit 1800lbs
         - Team has at least 1 woman: Total weight limit 1600lbs
         - Team has zero women: Total weight limit 1400lbs
3. Athletic shoes (i.e. running, tennis, cross trainers, hiking), aqua socks, work boots or bare feet only. No spikes or cleats will be allowed.
4. Gloves are allowed and recommended.
5. No wrapping of the rope around hands or waist. Serious injury may occur.
6. Deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping is not allowed.
7. Participants may use feet or hands only to gain foothold in the sand. <u>No tools will be allowed.</u> Extensive time will not be set aside to dig in and get set.
8. One-minute time limit per tug. The winning team will pull another team four feet across the center line. If no team has been pulled over the line at the end of the one-minute time limit, the tug will go to the team who has the advantage at that time.

CCG Point System

- Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	1000
2nd	800
3rd	600
4th	400
5th	250
6th	250

- Participation points will be awarded to all teams in the CCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Tug of War are as follows:

Event	Participation Points
Tug of War	250/Team

- CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events.** It diminishes the spirit of the Games when a team or individual travels from across the Corridor to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points

Tug of War	-250

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games in order to receive team points.

General Guidelines

1. Virtual classes are non-competitive, participation events.

CCG Virtual Tally Tracking/Point Scoring

- There will be four virtual events (Burst Your Thirst, Learn & Earn, Virtual Fitness Walk, and Virtual Interval Class) that will be scored in combination at the conclusion of the Corridor Corporate Games.
- Points won't directly be scored from each specific event, but instead a "point tracking tally" will be kept for each and will be based on the total number of participants that check in and/or completed the given virtual event.
- The top six companies in each division will receive "tally tracking points." These points will used as a placement tracking mechanism and not be added to the CCG Leaderboard.
- See below for virtual event tally tracking points.

Virtual Event Tally Tracking	
1st	10 pts
2nd	9 pts
3rd	8 pts
4th	7 pts
5th	6 pts
6th	5 pts
7th+	0 pts

- At the end of games, tally tracking points from all four virtual events will be combined, totaled, and scored. The top six companies placing in each division will earn points to be added to the CCG Leaderboard. If there is a tie, teams will split both placing points evenly.

- See below for virtual event final scoring.

Final Virtual Event Scoring	
1st	500 pts
2nd	400 pts
3rd	300 pts
4th	200 pts
5th	50 pts
6th	50 pts

Final Combined Scoring Sample
1. Below you will find a sample of the four events tallied, totaled and scored.

Team	BYT	Virtual L&E	Virtual Walk	Virtual Fit Class	Tally Points	CCG Scoreboard points
Company A	3rd = 8pts	1st = 10 pts	4th = 7pts	1st = 10 pts	35 pts (1st)	500 pts
Company B	1st = 10pts	2nd = 9 pts	6th = 5pts	5th = 6 pts	30 pts (3rd)	300 pts
Company C	2nd = 9pts	3rd = 8pts	5th = 6pts	3rd = 8pts	31 pts (2nd)	400 pts
Company D	4th = 7pts	4th = 7 pts	3rd = 8pts	6th = 5 pts	27 pts (6th)	50 pts
Company E	6th = 5pts	5th = 6 pts	2nd = 9pts	2nd = 9 pts	29 pts (4th)	300 pts
Company F	5th = 6pts	6th = 5pts	1st = 10pts	4th = 7pts	28 pts (5th)	50 pts

Fitness Walk Rules

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games in order to receive team points.

General Guidelines

1. This is a non-competitive walk. You may walk at your own pace and choose your own path. Participants must walk for at least 30 minutes.

CCG Virtual Tally Tracking/Point Scoring

- There will be four virtual events (Burst Your Thirst, Learn & Earn, Virtual Fitness Walk, and Virtual Interval Class) that will be scored in combination at the conclusion of the Corridor Corporate Games.
- Points won't directly be scored from each specific event, but instead a "point tracking tally" will be kept for each and will be based on the total number of participants that check in and/or completed the given virtual event.
- The top six companies in each division will receive "tally tracking points." These points will used as a placement tracking mechanism and not be added to the CCG Leaderboard.
- See below for virtual event tally tracking points.

Virtual Event Tally Tracking	
1st	10 pts
2nd	9 pts
3rd	8 pts
4th	7 pts
5th	6 pts
6th	5 pts
7th+	0 pts

- At the end of games, tally tracking points from all four virtual events will be combined, totaled, and scored. The top six companies placing in each division will earn points to be added to the CCG Leaderboard. If there is a tie, teams will split both placing points evenly.

- See below for virtual event final scoring.

Final Virtual Event Scoring	
1st	500 pts
2nd	400 pts
3rd	300 pts
4th	200 pts
5th	50 pts
6th	50 pts

Final Combined Scoring Sample

1. Below you will find a sample of the four events tallied, totaled and scored.

Team	BYT	Virtual L&E	Virtual Walk	Virtual Fit Class	Tally Points	CCG Scoreboard points
Company A	3rd = 8pts	1st = 10 pts	4th = 7pts	1st = 10 pts	35 pts (1st)	500 pts
Company B	1st = 10pts	2nd = 9 pts	6th = 5pts	5th = 6 pts	30 pts (3rd)	300 pts
Company C	2nd = 9pts	3rd = 8pts	5th = 6pts	3rd = 8pts	31 pts (2nd)	400 pts
Company D	4th = 7pts	4th = 7 pts	3rd = 8pts	6th = 5 pts	27 pts (6th)	50 pts
Company E	6th = 5pts	5th = 6 pts	2nd = 9pts	2nd = 9 pts	29 pts (4th)	300 pts
Company F	5th = 6pts	6th = 5pts	1st = 10pts	4th = 7pts	28 pts (5th)	50 pts

SUNRISE YOGA

<u>Eligibility</u>

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games in order to receive team points. Sunrise Yoga at Lowe Park is open to the public and participants are encouraged to bring friends and family members.

<u>CCG Point System</u>

- o Participants will be awarded **25** participation points. No medals will be awarded.

BAGS TOURNAMENT RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Teammates must stand on opposite sides.
2. Team listed second throws first.
3. Each player will throw 4 bags per inning.
4. Players may throw from either side of the board. You must throw from the same position at the beginning of each inning.
5. Player's feet must remain behind the front of the board upon the release of the bag.
6. The team that scores will throw first – if it's a tie the preceding team will throw again.
7. One game to 21 will be played.
8. No Baggos (bag cannot hit the ground first and roll onto the board).
9. 15-minute time limit per game – if the 15-minute time limit is up, the team leading at the end of the current inning will be declared the winner of that game.
10. Teams may bring their own bags to use.

Scoring

1. Hole-Ins = 3 points
2. On-the-Board = 1 point
3. In cancellation scoring, bags in-the-hole and on-the-board cancel each other out
4. First team to 21 points is the winner

CCG Point System

- Medals will be awarded to the top three finishers in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	500
2nd	400
3rd	300
4th	200
5th	50
6th	50

- Participation points will be awarded for all individuals or teams in the CCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation bags competition are as follows:

Event	Participation Points
Bags	50/Team

- CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events.** It diminishes the spirit of the Games when a team or individual travels from across the Corridor to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Bags	-50

CORRIDOR CORPORATE GAMES

3 ON 3 BASKETBALL RULES

TEAM RESPONSIBILITIES

1. Captains from each team are required to report to the scorekeeper prior to the start of the game to complete score sheet.
2. Each team is required to provide a game ball.
3. All players must be regular employees (full or part-time), interns or retirees of companies registered for the CCG.
4. Information pertaining to on court activities:
   - A. Play can be stopped for safety reasons by event staff or court monitors with the existing score declared final.
   - B. Each team consists of three players and three substitutes. (A substitute is not mandatory.) Substitutions may be made only on dead ball situations
   - C. Players may appear on only one roster. Players may be required to present proof of identification (driver's license) at tournament check-in and upon request throughout the tournament.
5. Teams are expected to be ready to play at game start time. *Forfeit time is at the scheduled start time of your team's game, provided both teams are done with their previous game*
6. All games must **start and finish with at least 2 players** on each team.
7. Teams are encouraged to wear matching colored shirts with numbers on the front or back, but it is not required.
8. The CCG is the final authority on all matters regarding rule and regulation disputes. Any areas or matters not specifically covered within the rules will be at the sole discretion of the tournament committee.

PLAYING RULES

SCORING / CLOCK MANAGEMENT:

1. The game will consist of 11 points scored or a 10-minute running clock except during time-outs. A coin flip will determine first possession. The alternate possession rule will be in effect after the coin toss.
   - A. All baskets will be 1 point unless clearly shot from behind the 19' 9" line. Baskets made from behind this line are worth 2 points.
   - B. If neither team has reached 11 points by the end of the 10-minute regulation, the team with the most points at the end of the time limit will be declared the winner.
   - C. **Overtime:** If the teams are tied at the end of regulation, a 1 minute, running clock overtime will be played to determine the winner (no cap of 11 points). If no winner is determined after one overtime period, the second overtime will result in sudden death. A coin flip will be used to determine first possession at the start of each overtime.
   - D. Each team is allowed 1 time-out per game (30 seconds in length).
     The clock will stop during time-outs, and time-outs can be taken any time during regulation play. Teams will not have a time-out during overtime periods.
     The clock will stop in the event of an injury.
   - E. The court monitor will be the official time keeper and scorer.

"TAKING BACK", "CHECKING", BALL POSSESSION, AND FOULS:

1. **The ball must be taken back behind the 2 point arc on each change of possession**.
   - A. Change of possession includes a defensive rebound, made basket, "air ball" recovered by the defensive team, a turnover or a stolen ball by the defensive team.
   - B. Taking back means both feet of the ball handler must be behind the check line. Failure to do this will result in loss of possession.
   - C. After all out-of-bounds, fouls, and made baskets, the ball must be taken back to the top of the 2 point line and "checked". **"Checking" consists of bouncing the ball to the defense who then bounces the ball back to the offense**.
   - D. The ball must be passed in after being "checked" by the opposing team on a made basket or dead ball situation. If the ball is dribbled in, the ball must be rechecked then put into play, no change of possession should occur.
   - E. The back side of the backboard is out-of-bounds; if the ball goes over the backboard or comes in contact with any of the basket supports, it is out-of-bounds. However, the sides and bottom of the backboard are in-bounds.
   - F. A jump ball will be awarded by alternate possession following the coin-toss to open the game.
2. **Officials will call fouls and violations**.
   - A. Anytime a basket is MADE and a FOUL is called, the basket counts and possession goes to the defensive team.
   - B. Anytime a basket is MISSED and a FOUL is called, the player who is fouled will shoot one, dead-ball free throws worth one (1) point. Possession will alternate following the free throw and the defensive team will take over.
   - C. Non-shooting fouls - <u>On or after the 7th team foul</u> - teams will enter a bonus situation and be awarded a free throw worth one (1) point. If made the free throw is made, possession goes to the defense. If the free throw is missed, the offensive team retains possession.
   - D. If any individual player **commits 4 personal fouls,** he/she is to be considered "fouled out" of that game and must leave the court. The player will be allowed to play again once a new game for their team starts.

Corridor Corporate Games – Revised 9/28/23

E. **Intentional/Flagrant/Technical Fouls** will result in ejection from the game and award the opposing team two points and the ball. A second offense will result in ejection from the tournament.
3. **NO DUNKING ALLOWED AT ANY TIME.** If this occurs, point and possession will be lost. Dunking during pre-game will result in a technical foul.
4. Any player or fan involved in fighting or continuous misconduct during a game (including: abusive behavior and/or language; flagrant and/or excessive fouls; rough play; and abusive behavior toward the court monitors, tournament officials, event staff and all other players) will be disqualified from the tournament. All disqualified players or fans must leave the tournament site.
5. **Stalling during a 3 on 3 game defies the principles of street basketball**. An unwritten 30 second clock is in effect at all times, and may be enforced by the court monitor at his/her discretion. Failure to attempt a shot in 30 seconds, after being warned by the court monitor, will result in a loss of possession.

CCG POINT SYSTEM

o Medals will be awarded to the top three teams in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	800
2nd	600
3rd	400
4th	300
5th	150
6th	150

o Participation points will be awarded to all teams in the CCG. To receive participation points, teams must complete the event as designed. Points for participation per team in basketball are as follows:

Event	Participation Points
Basketball 3-on-3	150/Team

o CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events.** It diminishes the spirit of the Games when a team or individual travels from across the Corridor to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Basketball 3-on-3	-150

CORRIDOR CORPORATE *GAMES*

BLOOD DONATION CHALLENGE

Introduction

The Corridor Corporate Games Blood Donation Challenge will take place from May 1 – July 31 of the competition year. No participation points are awarded for the Blood Donation Challenge. However, the company logging the most presenting donors in each company division will be presented with the "Corridor Corporate Games Blood Donation Challenge" award. DeGowin Blood Center at the University of Iowa and ImpactLife administer the Challenge.

General Guidelines

1. Sponsor/Host a blood drive with DeGowin Blood Center or ImpactLife.
2. Send donors to the DeGowin Blood Center or an ImpactLife Center location, register under your company name and donate.
3. Both Blood Centers will keep a tally of each registered donor.

Any company who sponsors/hosts a blood drive will be awarded for each presenting donor, regardless of company affiliation. A company can also send donors into any of the DeGowin Blood Center or ImpactLife locations to donate and receive credit. At the end of the challenge, whichever company from each division has the most presenting donors wins the "CCG Blood Donation Challenge Award." The winning companies in each division will receive an award at the CCG Awards Ceremony.

BOWLING RULES

This tournament will be conducted in accordance with the United States Bowling Congress (USBC) rules. Only the CCG additions listed below are to have precedence over USBC rules. For a copy of USBC rules, visit http://www.bowl.com/rules/.

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Teams will be made up of 5 players. Coed teams must have a minimum of two women. Employees can only bowl on one team per session.
2. Participants will bowl two games. Team scores from both games will be added up to create a final team score.
3. Results will be based on team score within each CCG division.

CCG Point System

- Medals will be awarded to the top three teams in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	1000
2nd	800
3rd	600
4th	400
5th	250
6th	250

- Participation points will be awarded to all teams in the CCG. To receive participation points, teams must complete the event as designed. Points for participation per team in bowling are as follows:

Event	Participation Points
Bowling	250/Team

- CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events, as well as bowling.**

Event	Penalty Points
Bowling	-250

CORRIDOR CORPORATE *GAMES*

BURST YOUR THIRST CHALLENGE
Sponsored by Live Healthy Iowa

Eligibility

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Guidelines

1. Teams of 2-10 employees compete in a web-based competition tracking water consumption and minutes of physical activity. Companies can have as many teams as they wish. Each team member will have access to a personal online dashboard to record data throughout the challenge.
2. Participants who record at least once per week for three of the four weeks will count towards company participation points.

BYT "Place Tracking" System

- o Participants in this category will only compete against teams in their respective company's division.
- o A "Place Tracking" mechanism has been set in place to determine companies' overall event placing.
- o Place tracking varies based on company division size (see table below).
- o Placing will be determined based on the percentage of total company employees that complete the Burst Your Thirst Challenge (recording at least once per week, 3 of the 4 weeks) and will be used to determine the number of tally tracking points earned by a company for the overall virtual event scoring. (tally tracking defined below).
- o Place tracking totals will used as a placement tracking mechanism and not be added to the CCG Leaderboard.
- o See tables below for tracking details and examples.

Division	Points per 1%	Example
1	50	Total # of employees = 1500 Total # of employees that complete 3 of 4 weeks = 300 % of employees that complete 3 of 4 weeks = 20% Total Points = 20% * 50 = 1000 points
2	25	Total # of employees = 300 Total # of employees that complete 3 of 4 weeks = 150 % of employees that complete 3 of 4 weeks = 50% Total Points = 50% * 25 = 1250 points
3	10	Total # of employees = 100 Total # of employees that complete 3 of 4 weeks = 90 % of employees that complete 3 of 4 weeks = 90% Total Points = 90% * 10 = 900 points

CCG Virtual Tally Tracking/Point Scoring

- There will be four virtual events (Burst Your Thirst, Learn & Earn, Virtual Fitness Walk, and Virtual Interval Class) that will be scored in combination at the conclusion of the Corridor Corporate Games.
- Points won't directly be scored from each specific event, but instead a "point tracking tally" will be kept for each and will be based on the total number of participants that check in and/or completed the given virtual event.
- The top six companies in each division will receive "tally tracking points." These points will used as a placement tracking mechanism and not be added to the CCG Leaderboard.
- See below for virtual event tally tracking points.

Virtual Event Tally Tracking	
1st	10 pts
2nd	9 pts
3rd	8 pts
4th	7 pts
5th	6 pts
6th	5 pts
7th+	0 pts

- At the end of games, tally tracking points from all four virtual events will be combined, totaled, and scored. The top six companies placing in each division will earn points to be added to the CCG Leaderboard. If there is a tie, teams will split both placing points evenly.

- See below for virtual event final scoring.

Final Virtual Event Scoring	
1st	500 pts
2nd	400 pts
3rd	300 pts
4th	200 pts
5th	50 pts
6th	50 pts

Final Combined Scoring Sample

1. Below you will find a sample of the four events tallied, totaled and scored.

Team	BYT	Virtual L&E	Virtual Walk	Virtual Fit Class	Tally Points	CCG Scoreboard points
Company A	3rd = 8pts	1st = 10 pts	4th = 7pts	1st = 10 pts	35 pts (1st)	500 pts
Company B	1st = 10pts	2nd = 9 pts	6th = 5pts	5th = 6 pts	30 pts (3rd)	300 pts
Company C	2nd = 9pts	3rd = 8pts	5th = 6pts	3rd = 8pts	31 pts (2nd)	400 pts
Company D	4th = 7pts	4th = 7 pts	3rd = 8pts	6th = 5 pts	27 pts (6th)	50 pts
Company E	6th = 5pts	5th = 6 pts	2nd = 9pts	2nd = 9 pts	29 pts (4th)	300 pts
Company F	5th = 6pts	6th = 5pts	1st = 10pts	4th = 7pts	28 pts (5th)	50 pts

CORRIDOR CORPORATE GAMES

CYCLING TOUR RIDE

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to ride in groups.

General Guidelines

1. This is a non-competitive tour ride. You may ride at your own pace.
2. Helmets are required.
3. The course will feature one check-in location: House Divided Brewery in Ely
4. Riders have the option to choose their starting point: Lion Bridge Brewing Company in Cedar Rapids or Big Grove Brewing in Solon. Both routes will be approximately 8 miles each way. There will not be a check in table at the starting points.
5. You may ride one way or both. Maps available at corridordorporategames.org.
6. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions.
7. Participants will check in at the CCG table at House Divided between 1pm and 3pm in order to receive participation points.

CCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.

CORRIDOR CORPORATE *GAMES*

DISC GOLF RULES

This tournament will be conducted in accordance with the Professional Disc Golf Association (PDGA) rules. Only the CCG additions listed below are to have precedence over PDGA rules. For a copy of PDGA rules, visit http://www.pdga.com/rules.

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Teams will be made up of 2 men or 2 women.
2. Format will be Best Shot Doubles
3. Tee times will be assigned, with two teams teeing off every 7 minutes. You must be checked in and ready to play 20 minutes before your tee time.

CCG Point System

- o Medals will be awarded to the top three finishers in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	500
2nd	400
3rd	300
4th	200
5th	50
6th	50

- o Participation points will be awarded for all individuals or teams in the CCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation in Individual or Doubles (per team) Competition are as follows:

Event	Participation Points
Disc Golf	50/Team

DODGEBALL POINTS OF EMPHASIS

Each game begins with 6 players (3 men and 3 women).
Best 2 out of 3 games. Games will have a time limit of 4 minutes.

Initial Rush
On the initial rush, each team is only allowed to retrieve the three (3) balls on their right. A ball may not be thrown until it is brought back past the attack line. Following the initial rush, balls may be thrown from any location within the players half of the court.

Elimination
An OUT is scored by:
- Hitting an opposing player with a LIVE thrown ball below the head.
- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball.
- Stepping out of bounds to avoid being hit.

Dead Balls
A ball is "dead" if it hits an opposing player, the floor, wall, ceiling or any other object. Once a ball is considered dead, it won't eliminate a player. A ball hitting multiple players from the same team, only eliminates the first player hit.

Players may use a held ball to block live balls being thrown at them, but the ball is still live until it hits something to render it dead. If a thrown ball is deflected off a held ball (blocked) and it hits a player, including the player who blocked the ball, that player is eliminated. If a ball is dropped due to blocking a thrown ball, the player dropping the ball is eliminated.

Catching A Ball & Re-Entry Rule
If a ball is caught, the opposing player who threw the ball is out and the team catching the ball may bring the next eligible player back into the games. **Players must re-enter the game in the order they were knocked out**.

Retrieving Balls
During play, all players must remain within boundary lines with the following exception:
- Players may leave the court to retrieve stray balls BUT ARE CONSIDERED **"LIVE"** and may be hit.
- If a ball is caught by a player retrieving a stray ball out of bounds, the opposing player is eliminated and an eliminated player may re-enter the court.
- Players must be within boundary lines to throw a ball

Complete set of rules are posted on the venue and the CorridorCorporateGames.org Website

DODGEBALL RULES

The following is the Corridor Corporate Games addition to the Official NADA Rule Book. Only the CCG rule additions listed below are to have precedence over the NADA Rules. All other rules will follow the Official NADA Rule Book.

Eligibility
All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

Rules Enforcement & Court Monitors
CCG rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.

Timing and Winning a Game
Play will consist of matches in a "best-of-three" format in which the first team to win two (2) games will be declared winner of the match. The first team to legally eliminate all opposing players will be declared the winner.

A 3 minute time limit has been established for each contest. If neither team has been eliminated at the end of regulation, the team with the greater number of players will be declared the winner. If an equal number of players remain after regulation, a sudden-death overtime match will be played.

Overtime Procedure
The sudden-death overtime match will begin with all original players, who started the game, on the court. The first team to eliminate one (1) opposing player will be declared the winner.

Official Rules & Regulations

RULE 1: Players, Field and Equipment

Team
Teams will be made up of 6-12 players. Each game begins with 6 players (3 men and 3 women preferred) competing on a side; others will be available as substitutes. Teams may begin with fewer than 6 players. No more than 3 men are allowed on the court at one time.
Substitutes may enter the game only during time-outs or in the case of injury. When a substitution is made, males are required to substitute for males and females substitute for females. Players who started the game and have been eliminated may not substitute. Eliminated players may only re-enter the game on a caught ball or to begin overtime.

Boundaries
Field of play is 60 feet long by 30 feet wide. Attack lines will be 10 feet from the center line.
A player shall not:
- Cross the side-line or end-line with both feet or will be considered out.
- Leave the playing field (side-line or end-line) to avoid being hit by, or attempt to catch, a ball.
- Have one foot cross over the center-line and contact the ground on their opponent's side of the court.

Exception during the "opening rush" many players will cross the center-line. Court monitors should refrain from calling players OUT at this time unless a definite advantage is gained by the action; such as a whole foot across the center-line.

Team will switch side after each game.

Equipment
Balls will be provided. Balls are not to be intentionally altered or manipulated. All clothes/uniforms are considered part of the player's body

Retrieving Balls

During play, all players must remain within boundary lines with the following exception:

- Players may leave the court to retrieve stray balls BUT ARE CONSIDERED **"LIVE"** and may be hit.
- If a ball is caught by a player retrieving a stray ball out of bounds, the opposing player is eliminated and an eliminated player may re-enter the court.
- Players must be within boundary lines to throw a ball

Balls leaving the playing area may be rolled back onto the playing area by anyone (reserve players or spectators) around the court.

RULE 2: Game Play

The Game
Initial Rush

On the initial rush, each team is only allowed to retrieve the three (3) balls on their right. This avoids potential collisions. A ball may not be thrown until it is brought back past the attack line. Following the initial rush, balls may be thrown from any location within the players half of the court.

Elimination

An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball below the head:
  > **NOTE:** *if a player ducks or takes a position with their head below where their shoulders would normally be when standing, ie. Crouching, kneeling, sitting, diving, rolling or laying and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.*
- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball. (Usually occurs when a ball is being used to block a thrown ball).
- An opposing player stepping out of bounds to avoid being hit.

Catching A Ball & Re-Entry Rule

If a ball is caught, the opposing player who threw the ball is out and the team catching the ball may bring the next eligible player back into the games. Players must re-enter the game in the order they were knocked out. Balls may not be caught off of a deflection of another player or wall.

Dead Balls

A ball is "dead" if it hits an opposing player, the floor, wall, ceiling or any other object. Once a ball is considered dead, it won't eliminate a player. A ball hitting multiple players from the same team, only eliminates the first player hit.

Players may use a held ball to block live balls being thrown at them. Once a thrown ball hits a held ball, the thrown ball is considered dead and the player holding the held ball is not eliminated. If the thrown ball hits the player before hitting the held ball, that player is eliminated. If a ball is dropped due to blocking a thrown ball, the player dropping the ball is eliminated.

If a team possesses all six (6) balls, they must return at least one ball to the opponent's side of the court.

Time-Outs

Each team will be allowed (1) 20 second time-out per game.

Scoring

Play will consist of matches in a "best-of-three" format in which the first team to win two (2) games will be declared winner of the match.

CCG Point System

- o Medals will be awarded to the top three teams in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	1000
2nd	800
3rd	600
4th	400
5th	250
6th	250

- o Participation points will be awarded to all teams in the CCG. To receive participation points, teams must complete the event as designed. Points for participation per team in dodgeball are as follows:

Event	Participation Points
Dodgeball	250/Team

- o CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events.** It diminishes the spirit of the Games when a team or individual travels from across the Corridor to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Dodgeball	-250

FISHING

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games in order to receive team points. Friends and family members may attend but are not allowed to earn company points.

General Guidelines

1. This is a non-competitive event. Participants must provide their own fishing pole, bait and lures.
2. This event takes place during Free Fishing Weekend in Iowa. Fishing licenses are not required for this event but are strongly encouraged. We also encourage you to have a life jacket or flotation device with you.
3. All local and state fishing laws will apply.
4. Participants must show proof of a function fishing pole.
5. Participants may fish at another location but must check-in with the Corporate Games staff at the designated location per the Corporate Games website.

CCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.

FITNESS WALK

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to walk in groups.

General Guidelines

1. This is a non-competitive walk. You may walk, jog, or skate at your own pace. Pets may accompany participants; however, they must be on a leash.

CCG Point System

   o Participants will be awarded **25** participation points. No medals will be awarded.

GOLF – FOUR PERSON SCRAMBLE

This tournament will be conducted in accordance with the United States Golf Association (USGA) rules. Only the CCG additions listed below are to have precedence over USGA rules. For a copy of USGA rules, visit http://www.usga.org/rules-hub.html.

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Rules

1. Companies are limited to one men's, one women's, and one coed (2 male and 2 female preferred) team. For Coed, Maximum of 2 men in the group and only 1 stroke per person per shot attempt.
2. Tee times will be assigned. Please arrive early. You must check in 30 minutes before your tee time.
3. Local scramble rules will apply.
4. Participants are responsible for cart rental. Cart fees and payment information will be listed on the CCG website.
5. There is a 2-putt max. If everyone on the team misses the first putt, pick it up and move onto the next hole. The ball must be on the green to be part of the 2 putt max. Balls putted from off the green/fringe are not included in the 2-putt max.

CCG Point System

- Medals will be awarded to the top three teams in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1st	800
2nd	600
3rd	400
4th	300
5th	150
6th	150

- Participation points will be awarded to all teams in the CCG. To receive participation points, teams must complete the event as designed. Points for participation per team in golf are as follows:

Event	Participation Points
Golf Four Person Best Shot	150/Team

- CCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events, as well as Golf.**

Event	Penalty Points
Golf 4 Person Best Shot	-150