



### **Introduction**

The Corridor Corporate American Heart Association Challenge will take place from June \_\_\_\_ – July \_\_\_\_ of the competition year. No participation points are awarded for this Challenge. However, the company with the most employees to complete the training in each company division will be presented with the “Corridor Corporate Games Hands Only CPR” award. The American Heart Association will administer the Challenge.

### **General Guidelines**

Participants can participate in-person or virtually. In-person options are listed on the website and participants must sign up in advance for those spots.

\*\* Both options are a training only. This is not a CPR certification course.



# CORRIDOR CORPORATE *GAMES*

## 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. Consolation bracket – teams will play 1 game.
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 four teams within each division, as follows:

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200

- 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 - On or after the 7<sup>th</sup> team foul - 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.



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- 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

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

Place	Points
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300

- 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

- 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.



# CORRIDOR CORPORATE *GAMES*

## 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 four teams within each division, as follows:

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400

- 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.

### Point System

- Contestants in this category will compete only against teams in their company division.
- Participation points will be awarded based on the percentage of total company employees that complete the Burst Your Thirst Challenge (record once per week for 3 of the 4 weeks)
- Points vary based on company division. See below for points 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

- Additionally, placing points will be awarded to the top four companies (based on % of total employees recording three of the four weeks) within each division, as follows:

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200



# CORRIDOR CORPORATE *GAMES*

## CROSS COUNTRY RACE – 5K

### 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. All ages and genders of the 5K will run together in one race starting at 8:00 am.
2. 99% of the course is grass. Spikes may be worn but are not required.

### CCG Point System

- The Cross Country Race will be held as a single event. Individuals will compete within their gender and age group against competitors from all divisions
  - **Age Groups: 18-29, 30-39, 40-49, 50+**
- Points will be awarded to the top four finishers in each age group (**by division, gender, and age group**) as follows:

5K Cross Country Race	
Place	Points
1 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

- Participation points will be awarded for individuals in the Cross Country Race. To receive **10** participation points, individuals must complete the course as designed.





# **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](http://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

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

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200

- 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. 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.

### 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](http://CorridorCorporateGames.org) Website*

## 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. 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.

### 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](http://CorridorCorporateGames.org) Website*



# CORRIDOR CORPORATE GAMES

## 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 4 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



# CORRIDOR

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### **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.



# CORRIDOR

## CORPORATE *GAMES*

### CCG Point System

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

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400

- 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

- 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



# **CORRIDOR**

## **CORPORATE** *GAMES*

### **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.



# **CORRIDOR** **CORPORATE** *GAMES*

## **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**

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





# CORRIDOR CORPORATE *GAMES*

## GOLF – FOUR PERSON BEST SHOT RULES

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.

### CCG Point System

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

Place	Points
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300

- 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



# CORRIDOR CORPORATE *GAMES*

## KICKBALL RULES

### Eligibility

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

### Playing Field

1. The kickball diamond is a square with equal sides of 70 feet.
2. The pitching distance will be 50 feet in the center of the diamond, and directly aligned (diagonally) with first and third base.

### Team

1. Teams shall consist of 10 players with 5 males and 5 females. A team may play with 8 players but can never have more males than females in the lineup. You must alternate male/female in the batting order.
2. Defensive positions must have:
  - 2 Males / 2 Females in the outfield
  - 2 Males / 2 Females in the infield
  - 1 Male / 1 Female as the pitcher and catcher
3. Teams may choose to place all players present for the game in one big alternating male/female kicking order and use free substitution in the field. You can never have more males than females in the lineup. If using this form of lineup, the opposing team Manager must be made aware prior to the game.
4. Teams will keep their own score book. The score keeper's book will be the official book. Full proper last names and first initials of all players and substitutes must be legibly shown.

### Regulation Games

1. Games will be 4 innings or 30 minutes. An official game will be after 3 innings. Any inning started before the 30 minutes time limit will be completed if the home team is behind. If the game is tied, it must be played until the tie is broken. Extra innings start with runner on 2nd (the person who kicked last the inning before starts on 2nd). Game clock will only stop when directed by staff.
2. Mercy Rule: The 15-run rule will be in effect after 3 innings.
3. GAME TIME IS FORFEIT TIME

### Pitching/Fielding

1. A legal pitch must roll along the ground and bounce no higher than the top of the batter's knee while crossing the plate. Any pitch higher than the batter's knee as it crosses the plate shall be ruled a ball.
2. The strike zone will extend approximately one foot from each side of home plate, to discourage excessive "looking". Any ball entering this zone without being kicked will be called a strike.
3. The count begins at 1 ball, 1 strike.
4. A foul counts as a strike even on the third strike.
5. The play ends once the pitcher has the ball in control and is near the mound.

### Kicking

1. All kicks must be made by foot.
2. All kicks must be taken at or behind the home plate. If the ball is kicked in front of home plate, the play will be called dead (This call must be made immediately), and the result will be a called strike.
3. Bunting is allowed. Bunt line will be drawn at 20 feet.

### Running

1. Runners must stay within the base line. Runners who are obstructed by passive fielders (fielders not making a play on the ball) within the base line shall be awarded the next base.
2. Neither stealing nor leading off base is allowed. A runner off of his or her base when the ball is kicked is out.
3. Hitting a runner's neck or head with the ball is not allowed. Any runner hit in the neck or head shall be awarded the next base. A runner may not intentionally put his or her head in the path of the ball while being tagged out or the result will be an out.
4. If a kicked ball is in fair territory and hits the runner or the kicker himself, the player is out.
5. It is the responsibility of the runner to avoid collision. Please save yourself and your opponents from injury by paying attention. Ties go to the runner... there's no need to take out the baseman.

### Officials & Sportsmanship

1. Teams will self-officiate their games
2. Each manager will be held responsible for the conduct of his or her team players and is responsible to see that all rules are observed.



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3. Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, vulgarity, or profanity will not be tolerated at any time. Any player removed from a game for breaking Rules of Conduct will receive an automatic one game suspension to be served in the next consecutive game.
4. The CCG staff reserves the right through its representatives to control all activities and to eject any person(s) from the facility who deviates from the rules and regulations of said facility or poses a threat to safety of self or others.

### Rosters

1. No player is allowed to play on more than one team within the Corridor Corporate Games. Any violation of these rules will result in suspension.
2. The roster must have a minimum of 10 players and a maximum roster of 20 players. All players must be 18 years of age or older.

### CCG Point System

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

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400

- 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 kickball are as follows:

Event	Participation Points
Kickball	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
Kickball	-250



# **CORRIDOR** **CORPORATE** *GAMES*

## **Learn and Earn Webinars**

### **Eligibility**

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

### **General Guidelines**

1. These are informational webinars. You may watch each webinar with-in one week of its respective posting date.
2. Links to view the webinars will be posted on the CCG website and in the designated weekly email with an end date and time that it must be watched by, in order to earn points
3. In order to earn company points, each participant must check-in using the online check-in system.

### **CCG Point System**

- Participants will be awarded **5** participation points for each webinar attended. No medals will be awarded.



# CORRIDOR CORPORATE *GAMES*

## MEALS FROM THE HEARTLAND CHALLENGE

### Introduction

Participation points are not awarded for the Meals from the Heartland Challenge, however, the company logging the most volunteers to pack meals will be presented with the “Corridor Corporate Games Meals from the Heartland Challenge” award. Meals from the Heartland will administer the Challenge.

### General Guidelines

1. Send volunteers to help at the Meals from the Heartland Cedar Rapids Hunger Fight event at the Doubletree by Hilton Cedar Rapids Convention Complex.
  - a. Register your volunteers beginning in May at <https://mealsfromtheheartland.org/event/cedar-rapids-hunger-fight/>
  - b. Meals from the Heartland will keep a tally of each volunteer shift.
  - c. Packaging shifts run for approximately two hours and will be offered on the following dates and time frame:
  - d. Host/ Sponsor a “Mobile Meal Packaging Event” with Meals from the Heartland at your company location. Funding is required at \$0.20 per meal for Mobile Meal Packaging Events. This is a great way to increase participation, maximize your impact, and minimize downtime.

Participants must register with your company in order to be counted. At the end of the challenge, whichever company from each division has the most volunteers wins the “Corridor Corporate Games Meals from the Heartland Challenge” award. The winning companies in each division will receive an award.

Packaging meals is a fun, social, hands-on and competitive way to give back and serve others. Family and friends are welcome to package meals for you company. This event is great for anyone ages 14 and up. The best part? Most of the meals that are packaged at this event will be staying in the Cedar Rapids area to feed hungry people through HACAP.



# CORRIDOR CORPORATE *GAMES*

## MINI GOLF – BEST SHOT 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 limited to two open teams. Mini golf will be played in best shot format.
2. 1 stroke per person per shot attempt.
3. Local scramble rules apply.
4. Tiebreakers will be determined based on best score from hole 17. If it is still tied, then hole 16, etc.
  - a. Hole 18 is a unique set-up. For this hole both teams will select one team member to tee off at the same time as the selected person from the opposing team. The first person to have their ball go in the cup receives 1 stroke for the hole. The other team receives 2 strokes.
5. Tee times will be assigned. Please arrive early. Please check-in 15-20 minutes before your tee time.
6. Please bring your own golf ball and putter to use. There will be a limited supply of golf balls and putters.

### CCG Point System

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

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200

- 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 mini golf are as follows:

Event	Participation Points
Mini Golf	50/Team

- CCG will assess Penalty Points to those companies whose competitors **do not show up for Mini-Golf**

Event	Penalty Points
Mini Golf	-50



# CORRIDOR CORPORATE *GAMES*

## MUD VOLLEYBALL 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 consist of 6 players with 3 men and 3 women. Maximum roster size is 12. Minimum on court is 4 players with at least two women.
2. Games are played to 30 points (capped at 30).
3. General volleyball rules still apply (3 hits per side, rotation of players, serve behind the line, etc.)
4. Must rotate girl-guy-girl-guy-girl-guy on each side.
5. Each team will be allowed one 30 second time out per game.
6. No play will be allowed outside of the court for safety reasons.
7. Team captains may substitute an unlimited number of times.
8. The tournament format will be double elimination.
9. Games will be self-officiated by the teams playing. If a call cannot be agreed on, replay the point.

### CCG Point System

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

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400

- 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 mud volleyball are as follows:

Event	Participation Points
Mud Volleyball	250/Team

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

Event	Penalty Points
Mud Volleyball	-250



# **CORRIDOR** **CORPORATE** *GAMES*

## **NATURE 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 nature walk. You may walk at your own pace and choose from three different paths. No trails are hard surface and are sandy. Pets may accompany participants; however, they must be on a leash. There is a play area (Wickiup Wandering Woods) for children.

### **CCG Point System**

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





# CORRIDOR CORPORATE *GAMES*

## ROAD RACE RULES

### Eligibility

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

### General Guidelines

The road race will be held as a subdivision of Coralville Parks & Recreation's 4<sup>th</sup> Fest. Route details and additional information will be posted on the CCG website.

### CCG Point System

- Individuals in the 5K Road Race will compete within their age group against competitors from all divisions.
  - **Age Groups: 18-29, 30-39, 40-49, 50+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

5K Road Race	
Place	Points
1 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

- Participation points will be awarded for individuals in the 5K Race. To receive **10** participation points, individuals must complete the course as designed.



# CORRIDOR CORPORATE *GAMES*

## 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 two out of three games to a score of 25 points with no cap (must win by two). The third and deciding game will be to 15 points with no cap (must win by two). Consolation bracket will be 1 game to 25 points with no cap.
4. Rally scoring will be used in all games.
5. The tournament format will be double elimination.
6. 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 four teams within each division, as follows:

Place	Points
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300

- 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

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

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200

- 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

- 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.

### CCG Point System

- Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
- Categories for competition in the Track & Field Meet are as follows:
  - **100M** – Men's & Women's
  - **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 100 m** – Coed
  - **800m Sprint Med** – Coed
- Medals will be awarded to the top three finishers. The top four finishers for **individual events (by division)** within the Track and Field Meet will be awarded points toward your company's Track & Field total as follows:

Place	Points
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	5
5 <sup>th</sup>	4
6 <sup>th</sup>	3
7 <sup>th</sup>	2
8 <sup>th</sup>	1

- Participation points will be awarded for all individuals participating in individual events. To receive **10** participation points, individuals must complete the event as designed.
- Medals will be awarded to the top three relay teams. The top four relay teams (**by division**) within the Track and Field Meet will be awarded points toward your company's Track & Field total as follows:



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Place	Points
1 <sup>st</sup>	40
2 <sup>nd</sup>	32
3 <sup>rd</sup>	24
4 <sup>th</sup>	20
5 <sup>th</sup>	16
6 <sup>th</sup>	12
7 <sup>th</sup>	8
8 <sup>th</sup>	4

- Participation points will be awarded for all teams participating in relays. To receive **40** participation points per team, teams must complete the relay as designed.
- **Team Points** will be awarded to the top four companies based on **total placing points** earned during the track meet within each division as follows:

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	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 four teams within each division, as follows:

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400

- **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. No tools will be allowed. 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 four teams within each division, as follows:

Place	Points
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400

- 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



# **CORRIDOR** **CORPORATE** *GAMES*

## **VIRTUAL FITNESS CLASSES**

### **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 Point System**

- Participants will be awarded **5** participation points. No medals will be awarded.





# **CORRIDOR** **CORPORATE** *GAMES*

## **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 Point System**

- Participants will be awarded **5** participation points. No medals will be awarded.



# **CORRIDOR** **CORPORATE** *GAMES*

## **SUNRISE YOGA**

### **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. Sunrise Yoga at Lowe Park is open to the public and participants are encouraged to bring friends and family members.

### **CCG Point System**

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