



# **CORRIDOR** *Corporate Games*

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## **AHA CORRIDOR HEART WALK**

### **Introduction**

The American Heart Association Corridor Heart Walk will take place Saturday May 2<sup>nd</sup> at Kinnick Stadium. No participation points are awarded for the AHA Heart Walk. However, the company logging the most walkers in each company division will be presented with the “American Heart Association Corridor Heart Walk” award. The American Heart Association will administer the challenge.

### **General Guidelines**

1. Send participants to the AHA Corridor Heart Walk
2. AHA will keep a tally of each walker.



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## 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 directly across from each other.
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. No bust.
8. No Bagos (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

- 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
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	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 bags competition are as follows:

Event	Participation Points
Bags	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.

Event	Penalty Points
Bags	-50



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## 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. The defense will receive the ball after made or missed free throws.
  - 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

- 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
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300
5 <sup>th</sup>	150
6 <sup>th</sup>	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



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## 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 4 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

- 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
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300
5 <sup>th</sup>	150
6 <sup>th</sup>	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 bowling are as follows:

Event	Participation Points
Bowling	150/Team

- o 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	-150



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### 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.
4. Riders have the option to choose their starting point
5. You may ride one way or both. Maps available at [corridorcorporategames.org](http://corridorcorporategames.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 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.



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## 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. Companies will be allowed 1 Men's team and 1 Women's team.
2. Format will be Best Shot Doubles.
3. This event will be a shotgun start. All teams will start at the same time from different holes. You must be checked in 30 minutes prior to the start time to allow time to walk to your assigned starting hole.

### CCG Point System

- o Medals will be awarded to the top three finishers, per gender in each division. Points will be awarded to the top six 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
5 <sup>th</sup>	50
6 <sup>th</sup>	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



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## 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 3 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 player's 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 game. **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 is posted on the venue and the [CorridorCorporateGames.org](http://CorridorCorporateGames.org) Website*



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## GOLF – DOUBLES BEST SHOT

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 two men's and two women's teams.
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. 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

- 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
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	50

- 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 golf are as follows:

Event	Participation Points
Golf Four Person Best Shot	50/Team

- o 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	-50



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## 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 the 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 sides 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



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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.

Even when only 1 player remains on a team and a catch is made. Only the next eligible player is brought back into the game, NOT the entire team.

##### **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.



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## 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
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	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 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



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### 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 baseline. 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



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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.
  
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 the 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 the 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

- 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
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	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 kickball are as follows:

Event	Participation Points
Kickball	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
Kickball	-250



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## **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.



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## 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. Tiebreakers will be determined based on best score from hole 18. If it is still tied, then hole 17, etc.
4. Tee times will be assigned. Please arrive early. Please check-in 15-20 minutes before your tee time.
5. Please bring your own golf ball and putter to use. There will be a limited supply of golf balls and putters.

### 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>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	50

- 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 mini golf are as follows:

Event	Participation Points
Mini Golf	50/Team

- o 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

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## 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 \$0.25 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 8 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 Food Reservoir.



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## 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 6 points.
7. The tournament format will be double elimination.

### CCG Point System

- o 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
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	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 Pickleball competition are as follows:

Event	Participation Points
Pickleball	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 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



# CORRIDOR Corporate Games

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## 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 the Solon Beef Days Fun Run/5K. 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, 50-59, 60+**
- 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.
- **Participation points will not be awarded if the event is cancelled.**



# CORRIDOR Corporate Games

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## SAND VOLLEYBALL (6V6) 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.
2. Teams will consist of 6 players with 3 men and 3 women preferred. Maximum roster size of 20 players. Maximum of 3 men on the court at one time.
3. Teams will play one game to a score of 21 points with a cap of 25 (must win by two). The consolation bracket will be one game to 11 points with a cap of 15. 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

- 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
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	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 Team Competition are as follows:

Event	Participation Points
Sand Volleyball	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. Penalty points will be assessed for the following events:

Event	Penalty Points
Sand Volleyball	-250



# CORRIDOR Corporate Games

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## SPEED PUZZLE 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

Team & Eligibility:

- Each company may enter one team.
- Each team will consist of five players.

Objective:

- The goal is to complete a 300 -piece puzzle in the shortest time possible.

Time Limit:

- Each team will have 1 hour to complete the puzzle.
- The puzzle is considered complete when all pieces are connected correctly.

Puzzle Details:

- The puzzle will be a standard 500-piece jigsaw puzzle.
- Each team has been given the same puzzle.

Puzzle Area:

- A designated workspace will be provided for each team.

Breaks:

- Teams may take breaks during the competition, but the clock continues to run.

Disqualification:

- Teams are disqualified if any team members are caught tampering with another team's puzzle pieces or workspace.
- The puzzle must be solved solely using the pieces provided; no external tools or assistance are allowed.

### 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
1 <sup>st</sup>	800
2 <sup>nd</sup>	600
3 <sup>rd</sup>	400
4 <sup>th</sup>	300
5 <sup>th</sup>	150
6 <sup>th</sup>	150

- 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 are as follows:

Event	Participation Points
Speed Puzzle	150/Team



# CORRIDOR Corporate Games

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## 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
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200
5 <sup>th</sup>	50
6 <sup>th</sup>	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

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## 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, 50-59, 60+. 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 dash**  
**Coed - 4x200m relay**  
**800m run**  
**200m dash**  
**Coed 4x100m relay**  
**Coed 4x400m Relay**  
**Shot Put**  
**Long Jump**

### 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
1 <sup>st</sup>	10
2 <sup>nd</sup>	8



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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

- **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
1 <sup>st</sup>	100
2 <sup>nd</sup>	90
3 <sup>rd</sup>	80
4 <sup>th</sup>	70
5 <sup>th</sup>	60
6 <sup>th</sup>	50
7 <sup>th</sup>	40
8 <sup>th</sup>	30
9 <sup>th</sup>	20
10 <sup>th</sup>	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
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	350
4 <sup>th</sup>	300
5 <sup>th</sup>	250
6 <sup>th</sup>	200



# CORRIDOR Corporate Games

PRESENTED BY Wellmark  

## 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.
2. Trivia will consist of 8 rounds of 8 questions per round.
3. The Corporate Games staff or Trivia Host will announce times when phones are allowed in between rounds. No phones will be allowed until ALL answer sheets have been submitted AND the trivia host has announced the correct answers. The Corporate Games staff and Trivia Host will monitor this and have the right to administer penalty points as they see fit for violators of this rule.
4. Spelling errors are permissible, but answers must be legible.
5. The teams with the highest cumulative scores in each company division of all 8 rounds will be declared the winners.
6. Tie-breaker procedure: A 1-question tiebreaker will be given if the top 3 teams are tied. The team with the answer that is closest to correct will win the tie-breaker.

### 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
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	250

- o **Bonus Points:** In team trivia, points earned during the competition will be multiplied by 3 and added to the CCG points earned.
- 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 Trivia are as follows:

Event	Participation Points
Trivia	250/Team

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

Event	Penalty Points
Trivia	-250



# CORRIDOR Corporate Games

PRESENTED BY Wellmark  

## 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 co-ed team into the event. Teams have a maximum of 5 men on the rope. 10 team members on the rope.
2. Athletic shoes (i.e. running, tennis, cross trainers, hiking), aqua socks, work boots or bare feet only. No spikes or cleats will be allowed.
3. Gloves are allowed and recommended.
4. No wrapping of the rope around hands or waist. Serious injury may occur.
5. Deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping is not allowed.
6. 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.
7. 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

- 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
1 <sup>st</sup>	1000
2 <sup>nd</sup>	800
3 <sup>rd</sup>	600
4 <sup>th</sup>	400
5 <sup>th</sup>	250
6 <sup>th</sup>	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 Tug of War are as follows:

Event	Participation Points
Tug of War	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
Tug of War	-250



# **CORRIDOR** *Corporate Games*

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**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.