



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. Teams will play until one team has won 2 games and is declared the winner. Consolation bracket – teams will play 1 game.
8. No Baggos (bag cannot hit the ground first and roll onto the board).
9. 10 minute time limit per game – if the ten minute time limit is up, the team leading at the end of the current inning will be declared the winner of that game.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 four teams within each division, as follows:

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

- 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 15 points scored or a 15 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 15 points by the end of the 15 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 15 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 7th 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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	800
2 nd	600
3 rd	400
4 th	300

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

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

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

Event	Penalty Points
Basketball 3-on-3	-150



CORRIDOR CORPORATE *GAMES*

BASKETBALL SHOOTING

Eligibility

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

General Rules

Company participation is unlimited, however only the top 2 males and top 2 females per event per age group (18-29, 30-39, 40-49, 50+) can score placing points for their company. All participants will receive participation points. Participants will provide their own regulation sized basketballs.

FREE THROW COMPETITION

Two (2) rounds of 15 free throws from standard distance.

Results

Results will be determined by a combined score from both rounds. Ties will be broken based on the best score of the two rounds for each tied participant. If participants are still tied, the tie-breaker will be most consecutive shots made (may carry over between rounds). If there remains a tie after consecutive shot tie breakers are exhausted, both participants will be awarded the place.

3-POINT COMPETITION

One (1) round of 15 3-point shots, taken from anywhere outside the 3-point arc. Shots are worth one (1) point each, except for shots 5, 10, and 15. These are considered “money balls” and will be worth two (2) points each.

Results

Results will be determined by total points earned during the round. Ties will be broken based on the number of “money balls” made, then by number of consecutive shots made. If there remains a tie after consecutive shot tie breakers are exhausted, both participants will be awarded the place.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

CCG Point System

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

Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- **10** participation points will be awarded for individuals in Basketball Free Throw as well as 3-Point participation.



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 Mississippi Valley Regional Blood Center will administer the Challenge.

General Guidelines

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

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 Mississippi Valley Regional Blood Center 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.
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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	1000
2 nd	800
3 rd	600
4 th	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 bowling are as follows:

Event	Participation Points
Bowling	250/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	-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 five of the six weeks will count towards company participation points.

CCG Point System

- o Contestants in this category will compete only against teams in their company division.
- o 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 5 of the 6 weeks)
- o 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 5 of 6 weeks = 300 % of employees that complete 5 of 6 weeks = 20% Total Points = 20% * 50 = 1000 points
2	25	Total # of employees = 300 Total # of employees that complete 5 of 6 weeks = 150 % of employees that complete 5 of 6 weeks = 50% Total Points = 50% * 25 = 1250 points
3	10	Total # of employees = 100 Total # of employees that complete 5 of 6 weeks = 90 % of employees that complete 5 of 6 weeks = 90% Total Points = 90% * 10 = 900 points

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

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



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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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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
1st	60
2nd	40
3rd	30
4th	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 Iowa City. 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 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 at House Divided between 1pm and 3pm in order to receive participation points.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

CCG Point System

- o 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 st	500
2 nd	400
3 rd	300
4 th	200

- 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



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) competing on a side; others will be available as substitutes. Teams may begin with fewer than 6 players but no more than 3 men. 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



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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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.



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 st	1000
2 nd	800
3 rd	600
4 th	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*

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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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) team.
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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	800
2 nd	600
3 rd	400
4 th	300

- 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	150/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	-150



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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 register individually using his or her email. The email must be associated with a company so CCG can track company points.
4. Two different Learn and Earn webinars will be offered, and you may participate and earn company points from both. Participation per company is unlimited

CCG Point System

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



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. There can be no more men than women on the court at one time.
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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	1000
2 nd	800
3 rd	600
4 th	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*

VIRTUAL CHALLENGE NAME THAT TUNE VIRTUAL TEAM 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 10 players of any gender. Companies may participate with less than 10 players.
2. Name that Tune will be played webinar-style over Zoom. Teams will need to create their own group chat using another method in order to communicate. Only one team member should access the answer sheet. A link and PIN will be provided to each company prior to the game.
3. Trivia will consist of 8 rounds of 8 questions per round.
4. Cell phones or mobile devices are not allowed during trivia.
5. Spelling errors are permissible, but answers must be legible.
6. Each correctly answered question will be worth up to 2 points. One point for the song, one point for the artist. There are 128 possible points.
7. The teams with the highest cumulative scores in each company division of all 8 rounds will be declared the winners.
8. Tie-breaker procedure: If teams are tied after all 8 rounds are completed (1st-4th places only), 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

- 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 st	700
2 nd	500
3 rd	400
4 th	300

- o **Bonus Points:** In team trivia, points earned during the competition will be 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	200/Team



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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 4th Fest. Route details and additional information will be posted on the CCG website.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	60
2 nd	40
3 rd	30
4 th	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. Maximum roster size of 8 players. There can be no more men than women 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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	800
2 nd	600
3 rd	400
4 th	300

- 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	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. Penalty points will be assessed for the following events:

Event	Penalty Points
Sand Volleyball	-150



CORRIDOR CORPORATE *GAMES*

SCAVENGER HUNT

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. 5 Corporate Games QR codes have been placed at accessible locations throughout the Cedar Rapids/Iowa City metro area.
2. Each day a new clue will be announced for each of the 5 locations to help participants locate the QR code.
3. This is a team activity. Once a company participant solves the clue, they are encouraged to go to that location, scan the QR code to check-in, and earn their company points.
 - a. **The employee who checks in MUST be logged into their Corporate Games Manager account and see the green confirmation screen stating that the check-in has been successful in order to guarantee that the company will receive credit for the check-in.**
4. This event has unlimited participation, but is scored as a team event. Only one person per company needs to scan check-in for the company to receive points.
5. Bonus points are awarded to the first company in each division that is first to find a QR code. Check-ins are time stamped and will be tracked.

CCG Point System

- o No medals will be awarded. Points are not stackable. Finding all 5 QR codes is worth 750 points.

# of QR Codes Found	Points
5	750
4	600
3	450
2	300
1	150

- o **Bonus Points:** The company that finds a QR code first in each division will receive 150 bonus points per QR code found first.



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://usaspikball.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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	500
2 nd	400
3 rd	300
4 th	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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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

- o Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
- o Categories for competition in the Track & Field Meet are as follows:
 - **100M** – Men’s & Women’s
 - **400M** – Men’s & Women’s
 - **1600M** – Men’s and Women’s
 - **Long Jump** – Men’s and Women’s
 - **Shot Put** – Men’s and Women’s
 - **4 X 100 m** – Coed
 - **4 X 400 m** – Coed
- o 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 st	10
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	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.



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- 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:

Place	Points
1 st	40
2 nd	32
3 rd	24
4 th	20
5 th	16
6 th	12
7 th	8
8 th	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 st	500
2 nd	400
3 rd	300
4 th	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

- 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 st	1000
2 nd	800
3 rd	600
4 th	400

- o **Bonus Points:** In team trivia, points earned during the competition will be multiplied by 5 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*

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. A minimum of three females must be on the team.
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)
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. 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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

CCG Point System

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

Place	Points
1 st	1000
2 nd	800
3 rd	600
4 th	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 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*

ULTIMATE 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. USA Ultimate rules will apply. As always, Spirit of the Game should prevail for both players and spectators. Visit <http://www.usultimate.org/resources/officiating/rules/default.aspx> for complete rules.
2. Competition is 7 vs. 7 of any gender. Maximum roster size is 20 per company team.
3. Games will begin at the same time on each field. A horn will signal the start of each round of games. Games will be played to 9 points or 30 minutes, whichever comes first. A second horn will sound at 30 minutes to end the round.
4. The tournament format will be double elimination.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 st	1000
2 nd	800
3 rd	600
4 th	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 Ultimate are as follows:

Event	Participation Points
Ultimate	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
Ultimate	-250



CORRIDOR **CORPORATE** *GAMES*

VIRTUAL 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.

General Guidelines

1. This is a non-competitive tour ride. You may ride at your own pace.
2. Helmets are required.
3. Choose your favorite bike trail and ride at least 30 minutes
4. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions.

CCG Point System

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



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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.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

CCG Point System

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