2017 Hampton Roads Corporate Challenge
Team Manual

2017 Corporate Challenge
April 12-22
Team Building • Increase Office Morale • Encourage Health and Wellness • Fun Networking

Hosted by: Hampton Roads Sports Commission
Presented by: Optima Health

Golf Basketball Bowling Cornhole Kickball Ropes Course Tug of War 5k Volleyball

2017 Hampton Roads Corporate Challenge

500 East Main Street Norfolk VA 23510  757-664-2576  www.HamptonRoadsSports.org
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REGISTRATION INFORMATION

To view the event website, visit the following website: www.HamptonRoadsSports.org/CorporateChallenge

EVENT LOCATIONS

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>SPORT</th>
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<tr>
<td>Wednesday</td>
<td>12:00pm – 2:00pm</td>
<td>Bowling</td>
<td>Pinboy’s Virginia Beach</td>
<td>1577 Laskin Road Virginia Beach, VA 23451</td>
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<tr>
<td>Thursday</td>
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<td>Golf</td>
<td>Cypress Point Country Club</td>
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<tr>
<td>Tuesday</td>
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<td>Kickball</td>
<td>Princess Anne Athletic Complex (PAAC)</td>
<td>4001 Dam Neck Road Virginia Beach, VA 23456</td>
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<tr>
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<td>Basketball</td>
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<tr>
<td>Thursday</td>
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<td>Ropes Course</td>
<td>The Adventure Park</td>
<td>801 General Booth Blvd. Virginia Beach, VA 23451</td>
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<td>1577 Laskin Road Virginia Beach, VA 23451</td>
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<td>5K Run</td>
<td>Chesapeake City Park</td>
<td>900 Greenbrier Road Chesapeake, VA 23320</td>
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<td>Cornhole</td>
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<td>900 Greenbrier Road Chesapeake, VA 23320</td>
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<tr>
<td>Saturday</td>
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<td>Tug-of-war</td>
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<td>900 Greenbrier Road Chesapeake, VA 23320</td>
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EVENT POINT SYSTEMS

SPORT TROPHIES (1st, 2nd and 3rd place will receive trophies)

Here is the breakdown of each sport:

Basketball, Bowling, Cornhole, Golf, Kickball, Ropes Course, 5K Run, Tug of War, Volleyball, Foodbank

CORPORATE CUP POINTS

The overall winners (1st, 2nd and 3rd place) of the Corporate Challenge with the highest cumulative point total between April 12th-22nd win money for the charity of their choice. The maximum points a company can earn throughout the event is 5,500 points (5,000 through sporting events and 500 through the Foodbank).

SCORING SYSTEM

Basketball, Bowling, Cornhole, Golf, Kickball, Ropes Course, 5K Run, Tug of War, Volleyball, Foodbank

1st place— 500 points
2nd place—450 points
3rd place—400 points
4th place—350 points
5th place—300 points
6th place—280 points
7th place— 260 points
8th place—240 points
9th place—220 points
10th place—200 points
11th place and up—100 points

*Companies can collect canned food items for the Foodbank. For every item of food donated, your company receives one point. You can receive a maximum of 500 points, but can donate more than 500 canned food items.

*If companies have more than one team in a specific sport, you will only receive points for the highest placed team towards your overall point total.
EVENT FORMAT

- **BASKETBALL (3v3)**
  - Up to 10 players per team
  - 3 game guarantee

- **BOWLING**
  - Up to 6 players per team
  - 2 game guarantee

- **CORNHOLE**
  - Up to 4 players per team
  - 2 game guarantee

- **GOLF**
  - Up to 4 players per team
  - Best ball

- **KICKBALL**
  - Up to 14 players per team (Up to 10 players on the field. 3 females on the field at all times)
  - 3 game guarantee

- **ROPE COURSE**
  - Up to 4 people per team

- **5K RUN**
  - Up to 10 runners per team

- **TUG-OF-WAR**
  - Up to 6 people per team

- **VOLLEYBALL**
  - Up to 12 people per team (Up to 6 players on the court. 2 females on court at all times)
  - 3 game guarantee
The Hampton Roads Sports Commission will be teaming up with the Foodbank of Southeastern Virginia and the Eastern Shore for this year’s charity component. Companies will have the opportunity to collect food items during the Corporate Challenge for points toward their overall total score.

The company earns one point per every food item they collect. They can receive a maximum of 500 points (500 points is the amount given to the first place winner). For instance, if your company collects 150 cans, then you will receive 150 points, 370 cans then you will receive 370 points, etc.

You are able to drop off the food items at the last event day your company is competing in. When dropping off the food items, please let us know how many food items you are giving us at that time. The Hampton Roads Sports Commission will keep tally of how many your company has collected. Please make sure to have all of your food items to us by Saturday, April 22nd at the 5K, Tug-of-War and Cornhole competition by 10am.
WAIVER

Hampton Roads Corporate Challenge Waiver

Each Corporate Challenge participant must read and sign the Hampton Roads Corporate Challenge Release and Waiver of Liability. Please sign with your legal name and date the signature. YOU MUST SIGN THE RELEASE AND WAIVER OF LIABILITY IN ORDER TO PARTICIPATE.

Release and Waiver of Liability

In consideration of my participation in the Corporate Challenge, a corporate health, sports and fitness event, I, the undersigned:

1. Certify that I am physically fit and apparently healthy and able to participate in all events and have not been advised otherwise by a qualified medical person.

2. I hereby acknowledge that each of the events is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in any of the events or while on the premises of any of the events. On behalf of myself and my heirs, successors, and assigns, I hereby release and hold harmless and covenant not to file suit against Hampton Roads Sports Commission, and/or any of the events’ owners, operators, organizers, promoters, volunteers, participants, participating companies, advertisers, managers or sponsors, owners or lessees of the real property at which the events and conducted, or their respective agents or employees, from any loss, liability, damage or claims I may have arising out of my participation in any of the events, including but not limited to claims for death, disability, personal injury or damage suffered by me or others, whether some be caused by falls, contact with other participants or site conditions.

3. Consent to receive medical treatment should an injury, accident, illness, and/or any other circumstances occur in which treatment is deemed necessary by qualified medical personnel during any sanctioned Corporate Challenge event.
2017 HAMPTON ROADS CORPORATE CHALLENGE

WAIVER FORM

Company Name: ____________________________ Date: ____________________________

Sport/Event: ____________________________________________________________________________

By signing this voluntarily, I warrant that I have read and understand the contents and meaning of the release and waiver of right to sue and agree to be legally bound by all of its terms and conditions.

PRINT NAME

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SIGNATURE AND DATE

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3V3 BASKETBALL RULES

Team Composition:

Teams: Each team will consist of 3 players on the court. A minimum of 2 players are required to start and continue the game.

Reserves: Each team may have up to 3 reserves.

Game Play:

Timing:

Each game has a time limit of 20 minutes. The team leading after 20 minutes will be declared the winner.

The clock will run the entire time, unless stopped due to injury. There are no timeouts.

If the game is tied after 20 minutes, the game will go to a sudden death overtime. The first team to score will be declared the winner. Overtime will be started immediately following regulation with a coin toss.

Starting the Game: Possession to start the game and sudden death will be determined by a coin toss.

Check Line: The check line is anywhere beyond the three point arc. To start the game, possession after a score, overtime, or after a foul, a player must check the ball with the opposite team behind the check line at the top of the key. After an opposing team passes the ball back to the offensive team, the offensive player must pass the ball to a teammate to start play. If the defense gains possession off of a missed basket or turnover, they must take the ball behind the check line and then attempt a shot, the shot will be blown dead and the opposite team will be awarded the ball at the top of the key, behind the check line.

Scoring: 2 points will be scored if a player makes a basket inside the three point arc. 3 points will be scored if a player makes the basket outside of the three point arc.

Substitutions: A substitute who desires to enter shall report to the scorer, giving his/her number and wait for the official to signal the player onto the court. Substitutions can be made after a basket is made, a foul, or stoppage of play by an official.

Fouls: A player cannot “foul out” of a game. Fouls in the act of shooting will result in one free throw that will be worth 1, 2, or 3 points depending on where the shot was taken from and whether or not the shot went in. Fouls not in the act of shooting will result in the team being awarded possession of the ball at the check line.
3v3 BASKETBALL RULES cont.

Free Throws:
- If a player is fouled during a shot from inside the arc, they will shoot one free throw worth 2 points.
- If a player is fouled during a shot from outside the arc, they will shoot one free throw worth 3 points.
- Anytime a player is fouled and makes the basket, they will receive one free throw worth 1 point.
- After free throws are over, the ball goes to the team that committed the foul.

Technical Fouls: If a player/team is assessed a technical foul by the game officials, the opposing team will be awarded 2 points and the possession of the ball.
- Individual Technical Fouls: 2 non-administrative technical fouls issued to one player will result in the ejection of that player.
- Team Technical Fouls: 3 non-administrative technical fouls issued to a team will result in the immediate forfeiture of the game.

Intentional Fouls: These fouls are judgment calls by the official that appear to be designed, premeditated, or excessive in nature. If a player is assessed an intentional fouled, the opposing team will be awarded 2 points and possession of the ball.

Flagrant Fouls: Flagrant fouls are violent or savage in nature. They will result in the immediate ejection of the guilty player. If a player is assessed a flagrant foul, the opposing team will be awarded 2 points and possession of the ball. Flagrant fouls include, but are not limited to:
- Violent contact such as: striking, kicking, and kneeing.
- Extreme or persistent, vulgar, or abusive conduct at any time.
- Fighting.
BOWLING RULES

Team Composition:
- Each team shall consist of up to six participants

Game Play:
- Each player will bowl two games.
- The top 3 scores from each team will count towards the team's total score.
- The team with the highest point total at the end of the second game will be the winner.
- In case of a tie, one bowler from each team involved will bowl the 10th frame and the winner of that frame will be declared the winner.

GOLF RULES

Team Composition:
- 4 golfers per team

Game Play:
Format: Best Ball

All players drive tee shots, then chooses the best ball. Everyone hits from that position and proceeds in that format until hole is completed.

Men play white tees; Ladies play red tees.

Mulligans: One mulligan package per person, per team allowed (max of four). You may only use one mulligan per hole.

Rules: Play USGA Rules with the following additions:
- You may move your ball one club length, no closer to the hole anywhere. If you elect to play a ball in the rough you shall play from the rough. If you elect to play a ball in a bunker or hazard you shall play from the bunker or hazard. You cannot change the conditions.
- In the event you have a threesome, your team must designate players A, B and C and then alternate the fourth shot throughout the round.
CORNHOLE RULES

Cornhole Foul Lines: The front edge of the cornhole board is the foul line.

Game Play:
Traditional 21:
• The game shall be played to the pre-determined number of twenty-one (21) points. The first player/team to reach (or exceed) that amount at the conclusion of a frame is the winner.

Timing:
• There shall be no stalling during the game. Winner will be the team that is leading after 15 minutes of play.

Cancellation Scoring:
• In cancellation scoring, the points of one player cancel out the points of their opponent. Using this method, only one player/team can score in each frame.

Frame:
• A frame consists of a player pitching his/her four bags from one board to another. Players must pitch all four bags from the same side of the board in a frame.

Foul Bags:
• Bags contacting the ground before reaching the playing surface and bags pitched when a player has crossed the foul line are Foul Bags. If a foul bag lands on the playing surface or comes to rest touching the ground and the board, it must be removed immediately.

On the Board: is worth one (1) point

In the hole: (Corn hole): is worth three (3) points

Team Composition:
• Two game guarantee

Doubles Play:
• Team A competes against Team B – each team is comprised of two (2) people.
• Players at the headboard will alternate pitching bags until each player has pitched all (4) of his/her bags.

Pitching the Next Frame:
• The player/team who scored in the preceding frame shall pitch first in the next frame.
Board Measurements/ Layout:

Dimensions - A cornhole / Corn Toss court shall be a level rectangular area 10 ft wide and a minimum of 45 ft long. The court should consist of two corn platforms, designated pitchers boxes and foul lines. A north-south setting is recommended for outdoor courts to minimize the effects of the sun.

Pitcher's Box - The pitcher's box is the rectangle 4 ft by 3 ft at each end of the court, parallel and on both sides of cornhole platforms. Each contestant must remain in the pitchers box while pitching the corn bag.

Multiple Courts - To eliminate distraction and safely separate activity, Cornhole / Corn Toss courts adjacent to each other shall be a minimum of 10 feet apart. A greater distance (at least 12 feet) is preferable.

Foul Lines – There are two sets of foul lines: (1) open adult play and (2) junior play. The open adult play foul lines shall be defined as an imaginary line 30 ft. from the beginning of the hole in the opposite cornhole platform. For cornhole / Corn Toss sets that meet ACA specifications, this foul line will be parallel to the front of the cornhole platform. The junior play foul lines shall be defined as an imaginary line 21 ft. from the beginning of the hole in the opposite cornhole platform. See the diagram below.

Covered Or Indoor Courts - The regulations for covered and indoor cornhole / Corn Toss courts are exactly the same with the additional stipulation that they shall have a minimum 12 foot vertical clearance to the lowest possible obstruction.
**KICKBALL RULES**

**Team Composition:**
- Kickball is played with 10 fielders, 4 innings
- Each team must field eight (8) and no more than ten (10) players; and the 10\(^{th}\) player must play the position of catcher. They must also always have three (3) women on the field at all times. Teams are limited to 14 participants per team.
- The 10 fielders do not have to be in the kicking order, but have to be on the roster.
- The team Captain or assigned team members will exchange their team written kicking orders upon game check in with the official.

**Equipment and Regulation Time:**
- Rubber soled athletic shoes are suggested, cleats are also permitted. Some type of shoe must be worn.
- At the discretion of the tournament coordinator, a single time limit may be set for all games. Such a time limit may not be shorter than 20 minutes and cannot exceed 45 minutes.

**Game Play:**
- Any runner hit in the neck or head is safe, and advances to the base they were running toward when the ball hits the runner
- Sliding as a base runner is an automatic out.
- Pitcher must roll the ball. If a ball comes above the thigh it is a redo.
- Players may not leave base until the ball is kicked. Once the ball is kicked; runners must tag up if the ball is caught in the air by the opposing team.
- Once the pitcher has the ball in control and on the mound, the play ends.

**Fouls & Strikes:**
- A count of four (4) fouls is an out. Foul balls count as strikes.

The spirit of these rules is to ensure a fun environment and participant enjoyment. All games are to be played in a sportsmanlike manner. If necessary, any inconsistencies, discrepancies, and misunderstandings in accordance with the spirit of these rules, will be addressed. These rules are subject to change without notice.
ROPES COURSE RULES

DESCRIPTION:
A fun adventure for climbers of all ages and skill levels! Divide up the Adventure Park’s selection of 4 trails (one yellow, one green, one blue, one black). The team with the best combined times wins! What’s more fun than a barrel of monkeys?

Participants will all be provided with harnesses and climbing gear. The Adventure Park will help climbers gear-up, provide a briefing about how the gear works, and let them practice. Climbers from each team will decide who is going to take on the yellow trail, who is going to climb on green, who is on blue, and who is on black.

TIMING:
A will be the timing company will use an electronic timing system. Each participant will have a RFID tag that will trigger their start time when they cross a starting pad and end their portion of the race when they pass a finish line.

RULES:
- The times for each individual on a team will be added together for a total team time.
- Once you cross the starting line, your time will start. Once your run is completed, you will cross the finish line.
- If you are touched on the shoulder or another competitor catches up to you, you should let them play through at first opportunity.
- For this competition, we will allow more than one climber per element, however, safety is our number one concern and it will be up to our staff member’s discretion.
- If you are attached to the black clip, you have the right of way to continue on.
- Please be sure to only use your trolley on zip lines. Remember, these are designated with blue tweezles.
- Our designated pathways are marked, please use the gravel or paved paths when you complete your trails. (Monitors and Signs to help direct)
- All participants must weigh less than 265 pounds to participate.
TUG-OF-WAR RULES

The Rope:
The game involves usage of single equipment i.e. a rope. There is a red mark made in the middle of the rope. This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game. A white mark is made exactly 13 feet from the red mark on both sides of the rope. The game is won when either side with this white mark crosses the center point.

Team Composition:
According to the rules of tug of war, each team can accommodate a maximum of 6 members.

How to Play:
As mentioned earlier, the center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.

Competition:
There are 3 different commands that the judge gives to the players. The judge first announces “Pick up the rope”, he then says “Take the string”, and finally he tells the players to “Pull”. Once the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Fouls:
There is a particular technique that needs to be applied while playing this game, if not then there will be a foul which can call in for disqualifications. For e.g. lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called ‘locking’. Touching the ground for a longer period of time is also considered as a foul.

5K RUN RULES

- Runners will run the 5K course around the Chesapeake City Park.
- Two laps will be taken around the park; the course will be on the sidewalk and on the grass
- Bibs must be worn for scores to count and a timing company will be using an electronic timing system.
- Top 3 fastest times per team will determine the winner
VOLLEYBALL RULES

Team Composition:

Teams consist of up to 12 players – maximum of 6 players on the court at one time (2 females must be on the court at all times).
Minimum of 4 players to start and finish a game.

Game Play:

There must be three designated players in the front row (before the 10 ft line) and three designated players in the back row (behind the 10 ft line) on every serve.
Players will rotate positions clockwise every time a team receives service back (side out).
The server will change every time a team receives service back (side out).

Scoring:

All games will be played to 15 (rally scoring, win by 2)

Rules:

The ball must be returned over the net in 3 hits or less.
When a ball touches a boundary line, it is considered in play.
Players are not permitted to scoop, hold, lift, or push the ball.
One may play the ball twice during a volley, but not twice in succession, unless played directly off a block.

Substitutions:

Open substitution for all players

Equipment:

Net Height – 7’ 11 5/8”