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# THE CHAMBER YPN - CORPORATE CUP

## COMPETITIVE DIVISION RULES PACKET

**Thursday, May 21, 2020  
1:15 to 6:30 p.m.  
Minnesota State University Moorhead**

Alex Nemzek Hall  
649 17<sup>th</sup> Street South

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Presenting Sponsor



Site Sponsor



Competition Sponsors



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# General Rules and Information

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The purpose of the Corporate Cup is to promote community-wide interest and involvement in fitness and health activities and to help companies incorporate wellness within the workplace. Specific rules have been developed for each event and are included in your team packet. General rules and eligibility requirements are provided below.

1. Teams will be comprised of no more than 15 persons. It is at the discretion of individual teams who will compete in which events. You will need a **minimum of three female team members** due to gender-specific rules. A minimum of eight people is required to compete in all events. Please review the rules of each event for specific gender requirements.
2. **Each team is required to provide one volunteer (this individual does not count toward the 15-team member maximum).** Teams who provide one to two additional volunteers will be awarded an extra 100 points. Teams who provide three or more additional volunteers will be awarded an extra 200 points. For scheduling purposes, volunteers will not be able to participate in events and do not need to be employed by your organization. Teams whose required volunteer does not show up to the event will be deducted 500 points. Additional volunteers that do not show up or leave early will result in a 150-point deduction per absent volunteer. Volunteers must be available from 12:30 to 6:30 p.m. the day of the event. Part-time shifts or split shifts are not an option at this time.
3. **Teams will be divided into a competitive and a recreational division. Please indicate which division your company will participate in when registering online.** The recreational division is defined as a team participating with the primary goal of having fun. The competitive division is defined as a team participating with the primary goal of winning.
4. Team members must be employed by the sponsoring company if the company has more than 50 employees. Companies with fewer than 50 employees can combine to create one team or include employee spouses. If you are unable to field a team from your pool of employees or would like to combine three or more companies, please contact Alyssa Lakoduk at The Chamber.
5. **Any team that registers and does not participate, or leaves the competition early, will not be allowed to compete in the 2021 Corporate Cup.**
6. Children of employees are not allowed to participate.
7. Team members can represent only one team. Each company can field one team and must choose which division to compete in.
8. The Corporate Cup is intended to provide fun, fair competition. Unsportsmanlike conduct could result in the removal of an individual or team.
9. Twenty points will be added to the team score for each participant 40-49 years of age. Fifty points will be added to the team score for each event participant 50 years of age or older. All participants' ages need to be written on the team's roster by 3 p.m. There will be no age points added after 3 p.m. on event day. Fifty points will be added to the team score for each participant who is a member of YPN.
10. All participants must sign the "Participation Waiver Form," which is included in this packet. **All waivers must be turned in to The Chamber or emailed to Alakoduk@fmwfchamber.com by Friday, May 1.** If you need to make roster changes, you can do so the day of the event at the registration table located inside Nemzek. **Your team will be ineligible if you do not turn in a complete, signed waiver before competition starts at 1:30 p.m. on May 21.**
11. Final registration is due May 1, 2020 and **no refunds will be offered after this date.**
12. Should there be an overall tie, there will be a tie-breaking game of Tug of War for the teams to participate in. For individual events resulting in a tie, the points will be split between the two teams.
13. Courts will be monitored. If games get out of hand, it will result in a forfeited game. Second offenses will result in the individual causing commotion to be eliminated from participating for the remainder of the event.
14. **The Corporate Cup is committed to serving their participants and spectators with disabilities by providing reasonable accommodations to allow people with disabilities to participate equally. Upon request, we are willing to provide reasonable accommodations through modifying administrative policies and procedures and through providing adaptive or assistive equipment for event participants with disabilities. All requests for accommodations must be made no later than two weeks prior to the event date.**

Questions? Contact Alyssa Lakoduk at 218.359.0529 or ALakoduk@fmwfchamber.com.

# Event Rules and Scoring

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## Mission Impossible

Location: Tennis Courts

*In the event of rain, this event will be replaced and moved to Nemzek Hall.*

### Rules:

- Teams will consist of 8 players. **There are no gender rules for this event.**
- An 8-minute continuous clock will be used. First team to get the entire team to the finish line wins. If neither team makes it to the finish line, the furthest team on the course will win. Team placement will be marked by the player that is closest to the start line.
- Each team will compete on one side of the tennis court with course obstacles and supplies. Both sides of the tennis court will have identical course obstacles and supplies.
- The goal of the game is to move the entire team from the starting line to finish line without touching the ground.
- If any player touches the ground, that individual player must start from the beginning and get back to their team.

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, both teams are awarded 200 points

## Life-Sized Memory Game

Location: Nemzek Hall – Dance Studio

### Rules:

- Teams will consist of 8 players. **A minimum of 3 players must be female.**
- An 8-minute continuous clock will be used.
- 2 teams will play against each other on separate boards
- One player at a time will run to the board to flip two cards in attempt to make a match. If no match is made, cards must be turned back over and the player will run back where the next player will do the same.
- The first team to find all matches and clear the board wins or the team with the most matches after 8 minutes wins.
- Team members who are waiting for their turn or not participating must stay behind the baseline.

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, both teams are awarded 200 points

# Event Rules and Scoring

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## Sand Volleyball

Location: Sand Volleyball Court – Dahl Hall

*In the event of rain, this event will be moved to Nemzek Hall.*

### Rules:

- Teams will consist of 4 players. **A minimum of 2 players on the court at all times must be female.**
- Serve or side will be determined by a game of rock, paper, scissors.
- The game will be divided into two halves. After the first 7 1/2 minutes have been played, the teams will change sides. The side with the most points after 15 minutes will be declared the winner.
- A 15-minute continuous clock will be used; the clock will only be stopped in case of an injury.
- If the score is tied after 15 minutes, play will continue until one side scores.
- You cannot block a serve.
- Serves that hit the net are considered good serves and should be played.
- Kicking is allowed. Players can hit the ball with any body part with the exception of “carrying” with their hands.

### Scoring:

- 300 points for winning team
- 100 points for losing team

## Tug of War

Location: Nemzek – Northside of Track

*In the event of rain, this event will be moved to Nemzek Hall.*

### Rules:

- Teams will consist of 8 participants. **A minimum of 3 players must be female.**
- This event will be played throughout the night, no brackets. Best two out of three pulls wins the match.
- Only the last puller in line may wrap the rope around his/her body.
- **Gloves are recommended but not provided.**
- No substitutions will be allowed during pulls.
- Each match will last no longer than 30 seconds – once the first member of the defeated team is pulled across the center starting line, the opposing team wins.

### Scoring:

- 150 points for winning team
- 50 points for losing team

# Event Rules and Scoring

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## Kickball

Location: Nemzek South Field

*In the event of rain, this event will be replaced and moved to Nemzek Hall.*

### Rules:

- Teams will consist of 8 participants. **A minimum of 3 players must be female.**
- All games will be six innings/team or a **20-minute maximum** – will use final points from last completed inning.
- Home and away will be decided by a game of rock, paper, scissors.
- All kicks must be made by foot or leg, below the knee.
- All fielders, except the catcher, must remain in fair territory behind the first-third base diagonal.
- A fielder can get a runner out by reaching a base first, with the ball in hand, or by throwing the ball directly at the runner and hitting him/her below the neck (unless the runner is sliding).
- Runners will be allowed a maximum of one base on an overthrow. However, runners must get to the base safely, as it is not an automatic right for the runner to advance. This rule only applies if the overthrow results in the ball leaving the field of play.
- Three strikes make an out; four balls advances the runner to first base; all fouls result in strikes.
- Three outs end an inning.
- Each kicker will be allowed to kick only once per inning. When the eighth kicker is up, they are allowed to run until they reach home, get out, or the third out is reached (whichever comes first).
- No leading off the base. One foot must stay on the base.

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, each team will be awarded 200 points

# Event Rules and Scoring

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## Ultimate Frisbee

Location: Nemzek East Fields

*In the event of rain, this event will be replaced and moved to Nemzek Hall.*

### Rules:

- Teams will consist of 7 participants. **A minimum of 3 players must be female.**
- An 8-minute continuous clock will be used; the clock will only be stopped in case of an injury.
- The home and away teams will be decided by a game of rock, paper, scissors. The home team will be the first team to receive and the away team will decide which end zone they want to start in.
- After 5 minutes, on the next change in Frisbee possession, teams will switch end zones they are attacking.
- The game starts with both teams starting on the goal lines.
- Defense will throw the disc down field. The receiving team can either catch the disc or let it fall and pick it up.
- The team with the disc tries to move the disc down the field by throwing it to other teammates
- Players with the disc cannot run with it. After catching the disc, no more than three steps can be taken.
- The team may advance the disc in any direction by completing a pass to a teammate.
- The person with the disk has 10 seconds to throw the disc. The defender guarding the thrower counts out the stall count.
- When a pass isn't complete due to it being dropped, blocked, intercepted or out of bounds, it is a turnover and the defense takes position of the disc from that spot.
- One point is awarded when the player catches the disk in the end zone they are attacking.
- Once a point is scored, both teams must return to their defending end zone.
- Subs can be made between points or in case of injury.
- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- Both defense and offense players can call fouls in addition to the volunteer referees.

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, both teams are awarded 200 points.



# Event Rules and Scoring

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## Endurance Obstacle Course

Location: Eastside of Track

*In the event of rain, this event will be moved to Nemzek Hall.*

### *Rules:*

- Teams will consist of six participants – down & back per pair. **A minimum of 2 players must be female.**
- Teams will be scored on their overall time to complete the course with first place going to the team with the lowest time.
- Time is marked when the last team member reaches the finish line.

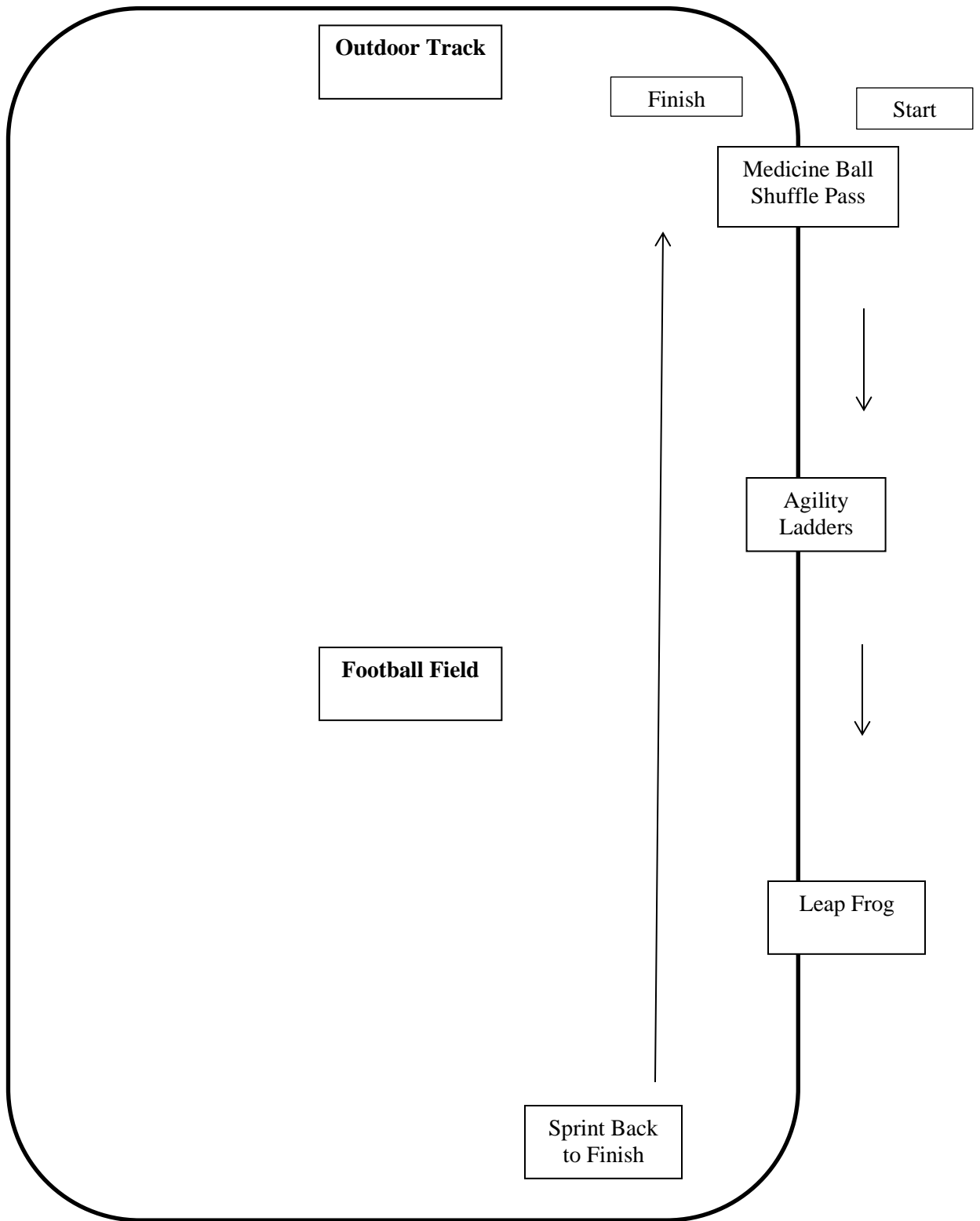
### *Events:*

- Medicine Ball Shuffle Pass – Shuffle from start to finish passing the medicine ball back and forth.
- Agility Ladders – Run in and out of ladder, while holding medicine ball above your head.
- Leap Frog – Players take turns leaping over one another from start of this leg to the end.
- Sprint - Full sprint back to the start line.

### *Scoring:*

- 300 points – 1st
  - 275 points – 2nd
  - 250 points – 3rd
  - 225 points – 4th
  - 200 points – 5th
  - 175 points – 6th
  - 150 points – 7th
  - 125 points – 8th
  - 100 points – 9th
  - 50 points – participation
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# Map of Obstacle Course





# Event Rules and Scoring

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## Football – Round the World

Location: Nemzek Football Field

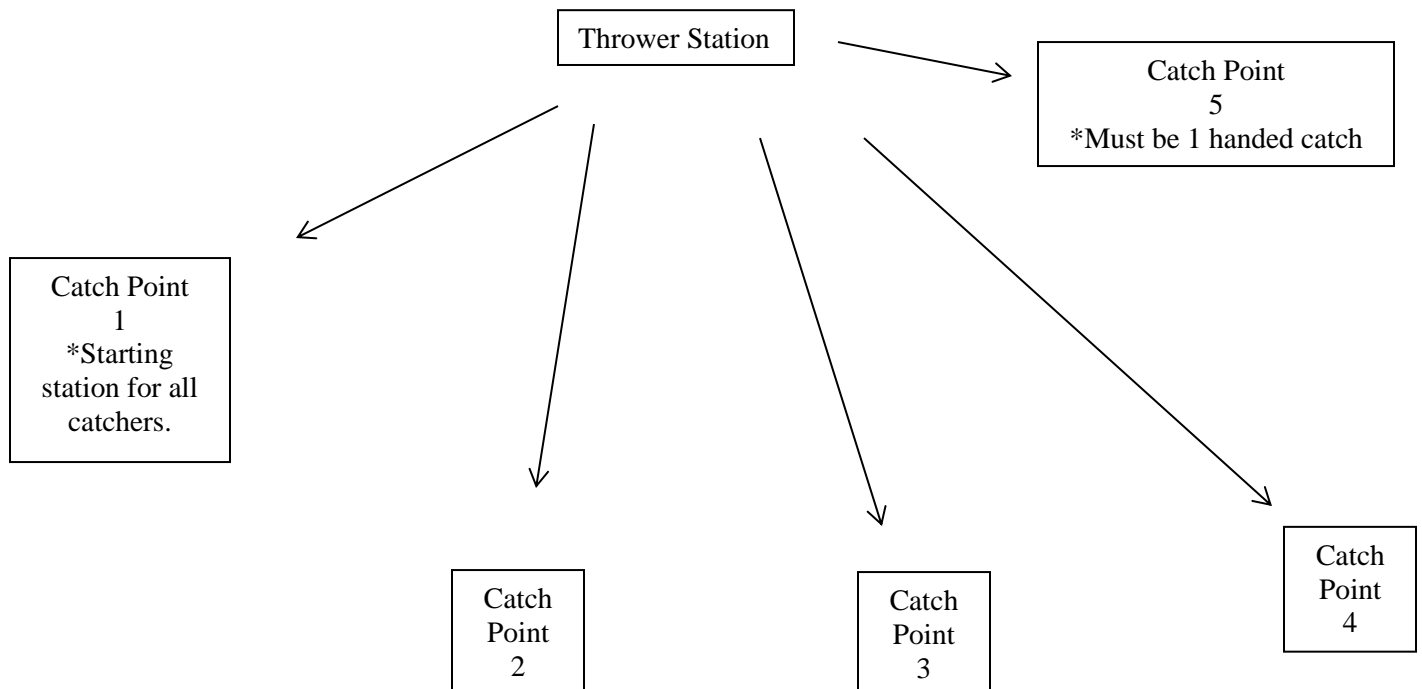
*In the event of rain, this event will be replaced and moved to Nemzek Hall.*

### Rules:

- Teams will consist of 6 players. **A minimum of 2 must be female.**
- A time clock will be set for 4 minutes.
- Each team will designate one thrower.
- 5 catchers will be designated, and line up at Catch Point 1.
- Each catcher will work from Catch Point 1, to 2, 3, 4, and final 5.
- Once catcher has completed Catch Point 5 the next catcher in line can begin.
- Time is marked when the last Catcher completes Catch Point 5.
- All other team members can help with shagging the footballs, and getting them back to the thrower.

### Scoring:

- 300 points – 1st
- 275 points – 2nd
- 250 points – 3rd
- 225 points – 4th
- 200 points – 5th
- 175 points – 6th
- 150 points – 7th
- 125 points – 8th
- 100 points – 9th
- 50 points - participation



# Event Rules and Scoring

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## Rainbow Road Relay

Location: Nemzek Football Field, South End

*In the event of rain, this event will be replaced and moved to Nemzek Hall.*

### Rules:

- Teams will consist of 7 players. **A minimum of 3 players must be female.**
- A 5-minute continuous clock will be used.
- Each team will be responsible for drawing a rainbow.
- Markers will be hidden under cones on the football field. In ROYGBIV order, a team must run to complete their rainbow, utilizing the drawing paper as their team baton.
- One player at a time will run to and flip cones to find their color of the rainbow. Once they have drawn their arch of the rainbow, they will place the marker back under the cone and return to the line and hand of their baton to the next teammate.
- Team members who are waiting for their turn or not participating must stay behind the baseline.
- Teams will be scored on their overall time to complete the course with first place going to the team with the lowest time.
- Time is marked when the last team member reaches the finish line after completing the last arch of the rainbow.

### Scoring:

- 300 points – 1st
- 275 points – 2nd
- 250 points – 3rd
- 225 points – 4th
- 200 points – 5th
- 175 points – 6th
- 150 points – 7th
- 125 points – 8th
- 100 points – 9th
- 50 points - participation

# Event Rules and Scoring

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## Cup Flip

Location: ½ Nemzek Back Gym

### Rules:

- Teams will consist of 5 players. **There are no gender rules for this event.**
- A 5-minute continuous clock will be used.
- 2 teams will play against each other.
- Team captains will play rock paper scissors. The winner gets to choose if they are the 'right side up' or 'upside down' team.
- Teams will position themselves outside the boundary until the signal to start the game.
- Teams will be tasked to flip cups right side up or up side down.
- The team with the most cups their direction at the end of time wins.
- Teams will be penalized by losing one player if they
  - Guard cups
  - Kick a cup out of line and do not replace it
  - Intentional physical contact with opposing team (no pushing out of the way if going for the same cup)
- When time is called, all players must stand straight with their hands in the air. If a team flips a cup after time is called, the opposing team will get 2 points toward their final cup count (the team causing the infraction will have 2 points subtracted).

### Scoring:

- 300 points for winning team
- 100 points for losing team
- In the event of a tie, both teams are awarded 200 points

## Team/CEO Challenge

Location: Nemzek Hall

### Rules:

- 7 team members are needed to play, including a CEO or an individual from upper management.
- Each team will compete in Minute to Win It game.
- All teams in each division will participate at once.
- The challenge will be revealed the day of the event.

### Scoring:

- 250 points – 1st
- 225 points – 2nd
- 200 points – 3rd
- 175 points – 4th
- 150 points – 5th
- 125 points – 6th
- 100 points – 7th
- 75 points – 8th
- 50 points – 9th
- 25 points – participation

# Scoring Summary

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Event	Maximum Points
Tug of War	150
Mission Impossible	300
Sand Volleyball	300
Ultimate Frisbee	300
Kickball	300
Round the World	300
Life-Sized Memory	300
Rainbow Road Relay	300
Cup Flip	300
Endurance Obstacle Course	300
Team Challenge	250
<b>Total</b>	<b>3,100</b>

Bonus Points	Points Available
Volunteers	
REQUIRED 1	
- 2-3	100
- 4+	200
Age 40 – 49	20/person
Age 50+	50/person
YPN Members	50/YPN member

#FMWFCorpCup

# The Chamber - Corporate Cup Team Roster

COMPANY NAME: \_\_\_\_\_

This form **must** be turned in with team roster by **May 1**. You have several options to submit it:

1) **Email:** [ALakoduk@fmwfchamber.com](mailto:ALakoduk@fmwfchamber.com) **Fax:** 218.233.1200 (attn: Alyssa Lakoduk) **Mail:** The Chamber, 202 1<sup>st</sup> Ave N, Moorhead, MN 56560 (attn: Alyssa Lakoduk). If you team has last minute roster changes, you may turn in the updated form at the registration table in Nemzek at the event.

Print Name	Date	Check if you are in the following age group: (for bonus points)		YPN Member
		40-49	50+	
<b><u>My Company's Volunteers</u></b> <b><u>(1 REQUIRED)</u></b>	<b><u>Phone</u></b>	<b><u>Email</u></b>		

**Volunteer(s)**

Teams are required to provide 1 volunteer. Teams who provide one or two additional volunteers will be awarded 100 points. And teams who provide three or more additional volunteers will be awarded 200 points. If the 1 required volunteer doesn't show up to the event the team will be deducted 500 points. In order for volunteers to be sorted and trained, all volunteers must be registered by May 1.

# Corporate Cup Volunteer Registration Sheet

Thursday, May 21  
12:30 p.m. to 6:30 p.m.

*Minnesota State University Moorhead, 1104 Seventh Avenue South*

Your team has the opportunity to provide volunteers to help with the Corporate Cup. Interested volunteers should fill out this form and email it to [ALakoduk@fmwfcchamber.com](mailto:ALakoduk@fmwfcchamber.com) **no later than Friday, May 1.**

## VOLUNTEER REQUIREMENTS

- Volunteer cannot be a competing team member.
- Volunteers do not need to be employed by the company they are representing.
- Volunteers will be given a Corporate Cup t-shirt and must wear it while assisting with events.
- Volunteers must be at least 16 years of age.
- Volunteers need to be available from 12:30 to 6:30 p.m.
- Volunteers must stay to assist with the CEO Challenge (approx. start time 5:45).
- If your team's required volunteer does not show up, you will be deducted 500 points. Additional volunteers that no show will be an additional 200 point deduction each. If your volunteer leaves before the end of the event, there will be a 150 point deduction. **Be sure your volunteer is committed to attending.** We understand that schedules can change at the last minute so you can provide a substitute volunteer if your original volunteer backs out, as long as they fill the same position.

## VOLUNTEER REGISTRATION

Team volunteer is representing: \_\_\_\_\_

Volunteer name: \_\_\_\_\_

Volunteer email: \_\_\_\_\_

Volunteer phone #: \_\_\_\_\_

## VOLUNTEER OPPORTUNITIES

Please rank your volunteer choices. For sporting events, volunteers are not required to referee, you simply need to keep score. The planning committee will put together the volunteer schedule and contact volunteers the week of May 14 with final assignments and times. For scheduling purposes, volunteers need to be available from 12:30 to 6:30 p.m.

- |   |  |
|---|--|
| <input type="checkbox"/> Volleyball                 | <input type="checkbox"/> Human Foosball            |
| <input type="checkbox"/> Ultimate Frisbee           | <input type="checkbox"/> Rainbow Road Relay        |
| <input type="checkbox"/> Kickball                   | <input type="checkbox"/> Cup Flip                  |
| <input type="checkbox"/> Obstacle Course            | <input type="checkbox"/> Tug of War                |
| <input type="checkbox"/> Target Chipping            | <input type="checkbox"/> Sand Volleyball           |
| <input type="checkbox"/> Mission Impossible         | <input type="checkbox"/> Endurance Obstacle Course |
| <input type="checkbox"/> Life-Size Crossword Puzzle | <input type="checkbox"/> No preference             |

If a team does not show up, we may ask for a group of volunteers to make a team to fill in. If you would be interested in being added to the volunteer team short list, check this box:

Volunteer Team list

\*Please come prepared with the appropriate active/footwear if you check this box

## VOLUNTEER T-SHIRT

All volunteers will receive a t-shirt to be worn at the event while assisting with assigned tasks. Please indicate your t-shirt size.

S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_ XXXL\_\_\_

**Email this form to [ALakoduk@fmwfcchamber.com](mailto:ALakoduk@fmwfcchamber.com). Questions? Call Alyssa at 218.359.0529.**



# MSUM Campus Parking

## THE CHAMBER YPN - CORPORATE CUP



**IMPORTANT REMINDERS:**

- Please arrive at the outdoor track no later than 1:15 p.m.
- You may park anywhere on campus.
- Must wear clean shoes for indoor activities. No black soled shoes allowed.
- Locations are subject to change
- **Light** refreshments will be available throughout competition for participants (food is not for spectators of the event).

**Dahli Hall**

- Sand Volleyball

**Tennis Courts**

- Mission Impossible

**Nemzek Fieldhouse/Hall**

- Volleyball
- Life- Size Crossword
- Life-sized Memory
- Flip Cup
- Food/water
- Information booth
- Score table

**Nemzek Stadium/Ross Masanz Track**

- Opening Ceremony\*
- Obstacle Course
- Kickball
- Target Chipping
- Round the World—Football
- Rainbow Road Relay
- CEO Challenge
- Tug of War

\*We will move the Opening Ceremony, CEO Challenge and outdoor events indoors in the event of rain.

- Handicap Access
- Handicap Parking
- Motorcycle Parking
- Parking Meters
- Lots M-1, M-2, M-3, M-4, M-5
- Visitor Parking

**East fields**  
Ultimate Frisbee  
Human Football

**Football Field**

**Nemzek Hall**

**Stadium**

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