

4 Person Relay

1. A minimum of one runner per foursome must be female.
2. Maximum of two relays per team.
3. Distance – 4 x 200 meter relay. Each runner will run one lap around the track.
4. Runner must hand off baton to other runner without dropping it. If dropped, runner may not advance until baton is picked up.
5. There will be multiple timed heats as needed.

800 Individual Run

1. Each team may have up to 5 participants.
2. The **top 10** males will be given points as well as the **top 10** females.
3. Distance – 800 meters, 4 times around track.
4. There will be multiple timed heats as needed.
5. Cross Country Scoring

400 Individual Walk

1. Each team may have up to 5 participants.
2. The **top 10** males will be given points as well as the **top 10** females.
3. Distance – 400 meters, 2 times around track.
4. **NO RUNNING WILL BE PERMITTED.** One foot **MUST** be in contact with the ground at all times.
5. There will be multiple timed heats as needed.
6. Cross Country Scoring.

HOT SHOT SOCCER

The Corporate Cup Hot Shot Soccer Challenge is a fast paced event similar to the Shooting Stars event that takes place during NBA All Star Weekend. Here's a sample video:

Team Durant – Round 1 | February 15, 2014 | 2014 NBA Sear Shooting Stars

<https://www.youtube.com/watch?v=4wGFpEngA4g>

Rules are as follows:

1. Each team may have up to two entries.
2. Each team entry will consist of up to 3 players.
3. There will be 4 spots numbered on the playing field. Each player will choose one spot to kick from between numbers 1-3. Once the player at spot #1 makes their shot in the goal, the player at spot #2 can attempt their shot. The player at spot #3 can attempt their shot after the player at spot #2 makes their goal. If there are less than three participants, a player will shoot from two spots.
4. After making the shot at your designated spot, the player should go to spot #4. Once all players are at spot 4 they will alternate taking shots at the goal until one player makes a goal.
5. The time will stop once a goal from spot #4 is made.
6. This is a timed event. Once the official's whistle blows it will signal the start of the event allowing the player at spot #1 to make a shot attempt.
7. There will be multiple balls available if you miss. Volunteers will retrieve and return balls to all stations.
8. Non participating team members may help set up balls for the kickers.
9. The team with the fastest time wins.

DODGEBALL

1. Co-ed teams with seven players on the court per team, minimum two players must be female.
2. One entry per team.
3. Games are played on a volleyball court.
4. Each team is by the centerline and must stay within that centerline, sidelines, and baseline.
5. Games will begin with 6 dodgeballs located on the centerline, 3 of which are left of the center mark and 3 to the right of the center mark, and teams must begin behind their respective base line.
6. The Court Monitor's whistle will begin each match.
7. Teams will advance to the centerline and may only obtain the balls to the right of the center mark. Balls must be returned to behind the baseline before they can be thrown.
8. Dead balls are balls that hit an official, the ground, or the wall. Dead balls will have no effect if they hit someone or are caught.
9. The only time players may leave the court is to retrieve a stray ball that has rolled out of bounds.
10. Players retrieving balls may not be thrown at until they have gotten back in their boundary. If a player goes out of bounds to avoid getting out, the player will be called out.
11. Players holding a ball may bat other balls away with that ball. However, if the thrown ball knocks the ball out of their hands that player will be out.
12. Foot faults will be called by the monitor. A warning will be given for a minor foot fault, the player will be ruled out for blatant foot faults.
13. A time penalty will be enforced if one team controls all 6 balls longer than 5 seconds. Time will be a judgment call by the court monitor. Penalty is turning all 6 balls over to the opposing team. (This rule only applies to the advantage team or a tie between the teams).
14. Once a team has 3 or fewer players, or the clock is under 2 minutes, the opponents' boundaries are extended to the advanced (2nd) line.

Putting a Player Out:

1. Hit an opponent with a thrown ball, before it hits the ground and **BELOW THE OPPONENT'S SHOULDERS** (If a player is hit above the shoulders, the player that

threw the ball will be called out. However, if a player ducks or purposefully moves the head to block a ball or if a player is on the ground and is hit above the shoulders, the hit player will be called out.) or,

2. Catch an opponent's thrown ball BEFORE it becomes a DEAD ball.
3. When a player is out, he/she must sit on a designated "out" bench and may not help retrieve balls for the team.

Dead Ball / Live Ball:

1. A ball becomes dead when it contacts the ground, wall, basketball backboard, or any other structure.
2. A ball becomes dead when it makes contact with another ball.
3. A ball becomes dead when it is caught.

***Note – a ball remains live until doing one of the above. Therefore, a single live ball can put out multiple players until it becomes dead.*

Game Format:

1. Each match will be a best-of-3 series. The first team to win 2 games will be the winner.
2. Each game will run a maximum of 5 minutes in length.

Winning:

1. Eliminate the entire opposing team before the time limit.
2. Have more inside (players on court) players when time is up, than your opponent
3. In the event of a tie, there will be a Sudden Death overtime, involving only the inside players at the end of regulation. The first team to eliminate an opponent (1) will be the winner.

INDOOR VOLLEYBALL

1. Teams must always play a minimum of three females. There is unlimited substitution. Maximum of 12 people on the roster.
2. One entry per team.
3. This will be a double elimination tournament. All warm ups will be done in a designated warm-up area. There is no grace period. Teams must be ready to play at game time and all the games will be played back to back. If a team isn't ready to play, they forfeit the game.
4. There will be one thirty (30) second time-out per game.
5. You have 5 seconds to serve the ball. You must bump or set the serve (no blocking or spiking). A block doesn't count as a hit.
6. A back row player cannot spike or block in front of the 10' line.
7. All matches will be played to the best two out of three games.
8. Only the playing event captain of a team shall be the spokesperson for the team and address the referee.
9. The referee is in full control of the match and his/her decisions are final. The referee has the power to settle any questions not covered in rules and has the power to overrule decisions made by linespersons, when, in the referee's opinion, they have made an error.
10. The ball must be cleanly hit at all times (including serve).
11. Lifts, carries and throws will be called.
12. Double hits are illegal, except on a hard spike or hard serve.
13. The team which receives the ball for service (following a side out) shall rotate one position clockwise before serving.
14. Three hits are allowed on a side. (A block doesn't count as a hit).

15. The ball must rebound cleanly and may be hit with any part of the body above and including the waist.
16. The walls and basketball goals are out of play. The ceiling is in play if hit on your own side.
17. Net Height – 8 feet.
18. Rally scoring applies and will be best out of 3 games and will play to 21.

OBSTACLE COURSE

1. Teams will consist of a minimum of 4, maximum of 7 players.
2. This is a timed event so the top 10 teams with the fastest times will earn points.
3. Each team member will complete a station in the course. Team members can complete multiple stations as long as those stations aren't consecutive (If you do station #1 you can't do station #2).

The stations are as follows:

Station #1 – Zig Zag Basketball

One participant will run zig zag through cones while bouncing a basketball. Must bounce basketball at all times. No double dribbling permitted. If they lose control of the BB, must return to the beginning of the station.

Station #2 – Ping Pong Bounce

One participant must hit a ping pong ball with a paddle into a bucket on other side of table. Each table will have 2 participants at a time. There is no penalty if one participants ping pong balls hits on the other side. Must land ping pong ball in bucket on your side of table. Must run to next station.

Station #3 – Dodgeball Bowling

One participant must knock down 3 bowling pins with dodgeballs. May make multiple throws to accomplish. Teammates may shag balls for the thrower. After pins knocked down, must run to the next station.

Station #4 – Volleyball Hit

Two participants must volley back and forth over the net a total of six times continuously, 3 bumps / sets per person. Ball may not hit the ground. Participant may not catch the ball and throw. Must be either bumps or sets. Upon completion both participants must run to next station.

Station #5 – Zig Zag Soccer

Two participants will pass soccer ball back and forth from ten different spots marked by cones. Must kick soccer ball at all times. If you touch with hands, must return to beginning of the station and begin again. Both participants and soccer ball must cross the finish line.

Final team time is determined when both participants from the Soccer Zig Zag and the soccer ball crosses the finish line.

Ping Pong

Game: The first player to reach 21 points wins the game, but the winner must have at least a 2-point lead.

Players: Each team may have up to three entries. Men and women play together.

Scoring: Cross country scoring.

Order of Play: One player who is designated to be the Server by a coin toss puts the ball into play by serving the ball over the net to the Receiver.

Serving: The ball is tossed up with the free hand only (without putting any spin on it) so that it's visible at all times. As the ball comes down, it is hit with the paddle so that it first hits the Server's side of the table before going over the net. The ball must be hit on the first attempt. On the serve, the racket must be behind the end of the table.

Change of Service: The service passes from one player to another after every 5 points is scored. If the score reaches 20-20, the serving order stays the same, but each server only gets 1 serve instead of 5.

Service Return: The ball must be hit directly over the net and touch the opponent's court. If the ball touches the net or its supports and lands in fair territory, it's a good return. The ball may not bounce twice before returning it.

Volleying – Hitting the ball before it has touched the table on the Receiver's side of the court is not allowed, and the Receiver loses a point. The ball is considered out of play if it touches any object other than the net, supports, playing surface, racket, or racket hand below the wrist.

A strike is good if:

- the racket hits the ball.
- the ball hits the racket hand below the wrist

A strike is NOT good if:

- it's made with the hand.
- it's made with a racket that has been dropped or thrown.

Points

A player scores a point when his opponent:

- fails to make a good serve.
- fails to make a good return.
- strikes the ball out of order in a doubles game.
- touches the playing surface with his free hand while the ball is in play.
- contacts the ball before it has passed over the end line or side lines without touching the playing surface.
- touches the net with his racket or any part of his body.
- moves the playing surface while the ball is in play.

Let – A let is a rally that results in no points being scored. It occurs when:

- the ball touches the net or its supports on the serve, provided the serve is otherwise good or has been volleyed by the Receiver.
- the Server puts the ball in play before the Receiver is ready.
- the ball is broken during play.

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