

5K RUN

1. The course will begin and end at the Memorial Health System Wayne Street Campus. Race will use the bike path course. The course distance is a 5K.
2. Each team can have a maximum of 5 runners for this event.
3. The **top 10** males will be given points as well as the **top 10** females.
4. Runners must complete the 5K in 60 minutes or less to receive participation points.

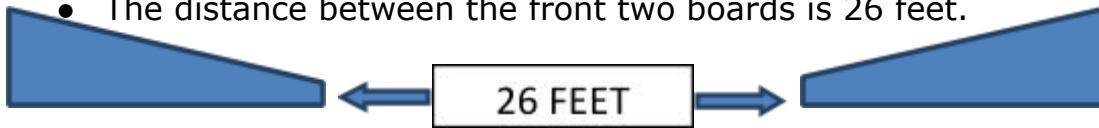
1.5 MILE WALK

1. The course will begin and end at the Memorial Health System Wayne Street Campus. Race will use the bike path course.
2. Each team can have a maximum of 5 walkers for this event.
3. The **top 10** males will be given points as well as the **top 10** females.
4. Participants must complete the entire 1.5 miles in 60 minutes or less to receive participation points.
5. **NO RUNNING WILL BE PERMITTED.** One foot **MUST** be in contact with the ground at all times.
6. Walkers may wear watches to keep track of time.

CORNHOLE

1. Distance

- The distance between the front two boards is 26 feet.



2. Tournament Play

- Each team may have a maximum of 3 entries (2 participants per entry, up to 6 participants total) for this event.
- Tournament will be Single-Elimination Format. Games will be played in numbered order.

3. Illegal

- i. Throwing out of turn.
- ii. Stepping beyond the front of own board while throwing.
- iii. Landing bag on board after bag contacts the ground/grass.
- iv. Interfering with board while partner's bag is in flight.
- v. Interfering with opponent's bag while in flight.
- vi. Interfering with board while opponent's bag is in flight.
- vii. Interfering with opponent while throwing.

- **Penalty:** In i, ii, iii, & iv bag shall be removed from board and no points taken for that bag. In v, vi, & vii the thrower gets choice of taking the result of 1st throw or re-throwing.

4. Cornhole bags will be available. Teams may bring in their own bags, must be regulation.

5. Scoring

- On the board (without touching grass) - 1 point
- In the hole - 3 points
- Opposing bags on the board cancel each other. Only one team can score in a round. Scores should be verified after each round.
- **Each player will have 5 turns to throw 4 bags. The highest team score upon completion will be the winner. If a tie, will continue with each player having 1 turn to throw four bags, after all four players throw bags, highest score wins. If tie, continue to repeat until a winner is determined.**

TUG-OF-WAR

1. Double Elimination Tournament.
2. Max of 1 entry per team.
3. That entry shall consist of up to 5 participants.
4. All tugs will be conducted on a natural grass surface.
5. All participants are advised but not required to wear long-sleeved shirts and gloves.
6. Boots may be worn including combat, hiking, or other types with Vibram soles. NO spikes, cleats, studs, hob-nails or other metal or plastic fittings allowed. This includes soccer or football shoes with rubber cleats.
7. NO sticky substances may be used on hands or gloves.
8. Teams may line up holding the rope as they choose. The anchor (last person) will be permitted to "tie-in."
9. No tugging of the rope should take place until the whistle is blown by the official.

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. Spikes (football or soccer cleats) are permitted but not required.
4. 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.
5. 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.
6. The time will stop once a goal from spot #4 is made.
7. 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.
8. There will be multiple balls available if you miss. Volunteers will retrieve and return balls to all stations.
9. Non participating team members may help set up balls for the kickers.
10. The team with the fastest time wins.

GOLF PUTTING CONTEST

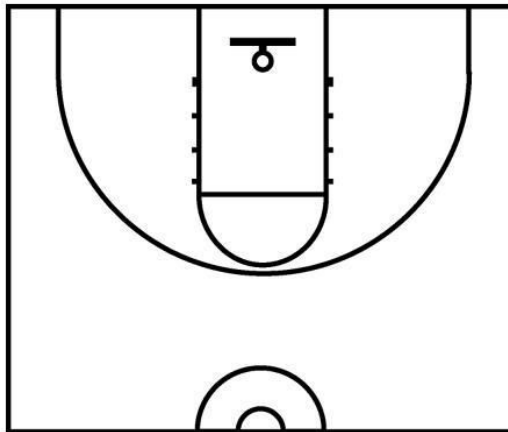
1. Teams may have a maximum of 5 participants.
2. The **top 10** males and the **top 10** females will be given points.
3. There will be five designated spots to putt.
4. Each player will use a regular golf ball and putter and have one attempt to putt from each spot.
5. Players who sink all five shots will continue and putt again.
6. Once there are less than 10 males / females that sink all five, those that sink five will continue for top finishers; those that have four will continue for remaining finishing spots.
7. Example: 15 males and 15 females sink five, others sink less. Those 15 males and 15 females putt again, all others no longer in competition. Next round, 5 males and 6 females sink five putts, 8 males and 7 females sink four putts, 1 male and 1 female sink three putts. The five males that sank five putts continue in competition for 1st through 5th place. The 6 females that sank five putts continue for 1st through 6th place. Upon finishing this round, the 8 males that sank four putts, putt again and continue as above until 10 top finishers are determine. Same process for the 7 females that sank four putts. The one male and one female that sank 3 putts are no longer in the competition.
8. Putting will continue until 10 winners are determined for males and for females.

FOOTBALL – PUNT, PASS, KICK

1. Each team may have two entries
2. Each entry will consist of three players.
3. Each player will either punt, pass or kick the football at a designated target.
4. Each player will make three attempts. The closest distance of the three attempts to the target will be used.
5. Distance will be measured for each the punt, pass and kick from where the football stops. The three distances will be combined for one total distance.
6. Shortest distance will be the winner.

BASKETBALL HOT SHOT

1. Each participant will have two minutes to complete.
2. There will be five different shooting locations. First five shots must be in order: A, B (under basket), C, D (sideline), and E (top of key). Upon completion of the five shots, can shoot from any spot(s) for remainder of the 2 minutes.
3. Points for each location:
Spots A and B = 1 point – right and left side line shots
Spots C and D = 3 points – right and left outside the key shots
Spot E = 5 points – 3 point range, top of key



4. May use a teammate to rebound balls.
5. Each team may have up to 3 participants.

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 – Dizzy Bat

Each team will designate a player to this station, the player will be given a bat. The end of the bat should be on the ground and remain there at all times. Two hands should remain on the handle of the bat. Player must do **6** continuous rotations and run the length of the grass field to the next person. A slap of the hands will initiate the start of the next station.

Station #2 – Piggyback Relay

There will be two participants at this station. One participant will have to carry their partner on their back, piggyback style. The carrier will then have to weave in and out of 4 traffic cones with tennis balls on top of them. As they are weaving through the cones, the partner that is being carried will have to pick up the tennis balls on top of the cones. The carrier will then weave back through the 4 cones while the person being carried has to place the tennis balls back on top of the cones without them falling. If the person being carried was to drop a tennis ball, the carrier will stop, the person being carried will get down to get the ball then get back into piggyback position, and the carrier would continue their weave. Once the cone weave has been completed and all of the tennis balls have been placed back on top of the cones, a team member can tag the hand of the person doing the next station.

Station #3 – Egg Carry

The participant will carry a raw egg on a spoon without touching the egg approximately twenty yards. One hand is holding the spoon, other hand behind your back. Should the egg fall, the participant must return to the start of station #3, get a new egg, and begin again, until reaching station #4.

Station #4 – Three-Legged Race

Two participants will tie one of each of their legs together in two places (directly below the knee and at ankle) They must run together to the station #5, approximately twenty yards.

Station #5 – Tire Race/Army Crawl

Once slap is exchanged with team member from previous station, the participant of station #5 will have 8-10 tires in front of them. They will proceed to run through the tires, one foot touching the ground in each tire until they reach the army crawl. At the army crawl, the participant will crawl using only their forearms and knees to crawl under the net. Participant will run to the finish line.

Updated July 11, 2016