

GENERAL STATEMENT OF PURPOSE, RULES AND ELIGIBILITY

2024 BARBARA BAUER BRIGGS YMCA CORPORATE CUP

The purpose of the YMCA of The Golden Crescent Corporate Cup is "to promote Community-wide interest and involvement in fitness and health activities." Toward this end, measures are being taken to help assure fair and equitable competition for all participants.

Specific rules have been developed for each of the events; these rules will be enclosed in your team packet. However, those rules and eligibility requirements governing the competition in general are provided below:

ELIGIBILITY

1. **In all Divisions (I, II, III)** team members must be at least **18** years of age.
2. **Divisions I, II and III** team members must be employed by the sponsoring company, **organization** or agency at the time of the competition or, if laid off, must still be covered under the company's health insurance plan. In addition, contract labor and part-time personnel that are supplying a required service for that company through September 22, 2024 are eligible to participate with that company. **If contract laborers are used, the total number of employees of the contracted Company must be included in the total number of employees. This will determine the division the sponsoring company would fall into.**
3. **Divisions I, II and III** two companies/businesses may combine to enter a team. The two companies/businesses must have a **total combined of 125 or less employees**. Any group or association interested can submit a written request for approval to the Executive Committee.
4. **Divisions I, II and III** unlimited spouse participation will be allowed. **(Spouses are considered a married partner and or "significant other" for the purpose of Corporate Cup).**
5. **Divisions I, II and III** team members **must be employed** within one of the following counties: Victoria, Calhoun, Refugio, Jackson, Goliad, Dewitt and Lavaca.
6. **Divisions I, II and III** team members must print and sign their name on the **Corporate Cup waiver (Event Roster)** prior to **each** competition. **All participants must have a valid Texas Driver License or a Texas ID for all events. The team captain is responsible for informing participants.**
7. Individuals not employed by a corporation, company or agency may enter the competition provided they form teams as representatives of their professional group(s). Examples are as follows: Victoria County Medical Society, Victoria Bar Association, etc. Groups needing special assistance may submit a written request.
8. The Corporate Cup Executive Committee reserves the right to review all team entries relative to eligibility.
9. In order to obtain full use of all Corporate Cup benefits **Divisions I, II and III** (which include **30 YMCA** membership) teams must return official entry forms and fees by July 8, 2024. No entries will be accepted after August 19, 2024. The YMCA memberships are to individuals who do not have an existing membership. **To receive the YMCA membership each participant must go to the YMCA (Victoria or Port Lavaca) to fill out a waiver card.**
10. Assignment of teams to divisions based on the number of employees will be as follows:

Division I 0 - 125
Division II 126 - 400
Division III 401 & up

However, the Corporate Cup Executive committee will reserve the right to realign the divisions based on the number of teams entered in each.

TEAM COMPOSITION

1. It is highly recommended and preferred that each team must have identifying uniforms consisting of, **at the minimum, matching T-shirts**. However, if a team does not have uniforms, this can not be use for grounds of a protest.
2. **Divisions I, II and III the team rosters must be typed and in alphabetical order, (last name first) and due on August 19, 2024. Team rosters will include names of all employees and their spouse or significant other (stated next to the employee) by the sponsoring company, organization or agency.** Failure to do so may result in loss of points in which the rules committee will determine. **If a company has two teams, each team must provide a separate roster.** A company is allowed to highlight the participant names on an overall team roster as long as the company provides two separate team rosters.
3. Each team member may participate in unlimited events.

Events listed below:

Kickball	Obstacle Course
Basketball	Tug-Of-War
6 Mile Relay	Broad-Jump
Boardwalk	Balloon Toss

4. **Divisions I, II and III** Corporations that enter more than one team may not share or cross-enter members between teams. Each team scores its own points. No points will be shared or split except for the **CEO points**.
5. If you have read through the rules please email confirmation to Rosalinda Ramirez, rramirez@ymcavictoria.org

RESCHEDULE OR CANCEL EVENTS

1. The Corporate Cup Executive Committee reserves the right to reschedule or cancel an event due to circumstances beyond our control.

PROTESTS

1. Protests are to be made to the Rules Committee in writing within 20 minutes after the event in which the alleged infraction took place if there is only one (1) heat.
2. A verbal protest by the Team or Event Captain must be registered with the Referee/Starter before the start of the next heat of the same event when more than one (1) heat is being run. A written follow-up must be completed by the Team or Event Captain and registered with the Rules Committee within 20 minutes after the event in which the alleged infraction took place. **The written protest shall have a time, date and a signature by the Team Captain or Event Captain.**
3. Decisions of the Corporate Cup Rules Committee are to be considered final and upheld by all involved.
4. The Corporate Cup Executive Committee reserves the right to review all protests.
5. Teams shall be limited to three (3) protests during the entire competition.

RULES VIOLATIONS

1. Teams or team members found in violation of event rules will be disqualified from the event in which the infraction was noted. Teams finishing behind the disqualified group will be moved up in the point standing accordingly.
2. The YMCA Corporate Cup Executive Committee reserves the right to review all violations.

DRAWS/POINTS

1. All lane assignments and round positions will be done by draw.
2. Points will be awarded to each team that participates and successfully completes an event. Failure to enter an event, scratch in an event or forfeit of an event will result in no points awarded for that event.

OVERALL TIEBREAKERS

1. If the top three teams are tied overall on the final day, the total number of first places (per team) throughout Corporate Cup will decide the placement of the teams.

DROPPING EVENTS OR POINTS

1. **All Divisions (I, II, III) teams will have the lowest scored event dropped automatically from the final score.** Either the events not participated in or the event they place low in their division.
2. **If a team has chosen not to participate in an event, please identify by August 19, before the brackets are drawn up.**
3. Banner, CEO, and Volunteer points are not considered events, which **may not** be dropped.

CAPTAIN'S MEETINGS

Two Captain's meetings will be held in the month of August. The Captain of each team or a representative from that team must be present at each meeting. **For each meeting attended an additional two (2) points will be awarded. Being a total of four (4) additional points.** These points will be added at the end of competition.

Schedule Captains meeting:

August 5, 2024	6:30pm	At YMCA Board Room
August 26, 2024	6:30pm	At YMCA Board Room

CEO EVENTS

Divisions I, II and III the CEO or Team Captain is required to email Rosalinda Ramirez, rramirez@ymcavictoria.org, which events the CEO will be participating in for Corporate Cup.

When emailing, include the following;

Company Name: _____

CEO Name: _____

Events: _____

Email no later than September 4, 2024. **Teams will be awarded an additional two (2) points if requirements are completed.** If changes occur, from the original email, after September 4, 2024, teams need to contact Rosalinda Ramirez ASAP by text (361-220-0308) or email. Teams must receive a confirmation from Rosalinda Ramirez in order for changes to take effect.

Points Awarded for CEO Participation

PLACE: All Event Locations

TIME: During all Corporate Cup Events

Rules:

1. **Divisions I, II and III** teams can receive **3 points** added to their score if their CEO actually participates in any Corporate Cup event. An additional **3 points** will be added if the CEO actually participates in more than one event, for a maximum of **6 points** that can be obtained for his/her participation.
2. Points will be added to Team scores just prior to the Awards Ceremony after all events have been completed.
3. If a CEO represents multiple teams in the competition, he/she will compete on any one team, but points will be awarded to all teams that the CEO represents. Example: If a bank has two teams and their CEO participates in the 1 Mile Walk/Jog and Cycling for one team, each of the bank teams would receive an additional 6 points.
4. A CEO is defined as the company's highest-ranking local manager. A place will be allowed on the team registration form for designation and identification of this person. If the CEO has circumstances which will not allow him/her to participate due to medical or being out of town - work related, **the CEO shall call Rosalinda Ramirez (361-220-0308) to inform her who will be participating in the CEO's place. This alternate should be the company's second highest-ranking local manager** (This is NOT if the CEO does not wish to participate, it is if the CEO is legitimately out of town). Any clarification should be directed to the Rules & Scoring Committee.
5. If the event in which the CEO participates is the event that the team decides to drop, the CEO points will still be awarded to the team. **If a team cannot compete in an event (example: lack of participants) like the Cycling, a team must participate in that event in order to receive the CEO points.**
6. If two companies combine in forming a team and have two CEO'S each CEO needs to do at least one event to receive their five points. With a total of 6 points maximum.

Background: The intent of awarding points for CEO participation is to encourage management participation and support of their competing teams. It is felt that in doing so, greater overall acceptance and employee participation may result. With an overall higher degree of management support, event and team sponsorships should increase, as will the quality of this community fitness program and competition. It is not the intent of this addition to either penalize or give advantage to any team or group.

VOLUNTEER PROGRAM

PLACE: Assigned Corporate Cup Events
TIME: September 14 through September 21, during all Cup events

A great way for a team to earn some extra points! Volunteers are needed to help with each event. Team Volunteers will be well informed of their specific duties, time and location of the event for which they are helping. The Human Resources committee of the Corporate Cup will make assignments of the events. Each volunteer will receive a Corporate Cup Volunteer T-shirt and a point for their team.

Rules:

Volunteers must be at least **18 years of age**. Each team is limited to 4 volunteers with a maximum of four (4) points earned for their team. Each team will be assigned an event for which they will supply four volunteers. **Teams will turn in a list of which session of events (1st, 2nd, and 3rd preference) they would like to be responsible for by the second captains' meeting.**

Volunteers must sign in with the human resources committee member at the assigned event in order to receive the point for their team. The volunteers must stay for the duration (or find a replacement, **18 or older**) that they were assigned to, otherwise no points will be awarded.

Of course, teams may supply more volunteers if desired, but no additional points will be awarded.

BANNER COMPETITION RULES

PLACE: Adult Softball Complex
DATE: Saturday, September 14, 2024
TIME: Check-in event at 9:00am (During the Opening Ceremony)

EVENT: Banner Competition

Rules:

1. **Seven points** will be awarded to each team that carries a banner during the Opening Ceremonies. Showing no banner will result in 0 points. Banners must meet the following criteria:
 - A. Must display Company or Team name.
2. The banner must be a **HOMEMADE SIGN** on a twin size sheet (max. size 96" x 66"). All or any portion of the sheet may be used to create the banner. The sheet may be any color desired.
3. The banner cannot be a print out or professionally made.
4. Points will be awarded as the banner is presented during the Opening Ceremonies.

SPIRIT COMPETITION RULES

PLACE: All Event Locations

TIME: During all Corporate Cup Events

EVENT: Spirit Competition

Rules:

1. A panel of judges will evaluate each Corporate Cup Company for "spirit". The winning companies will be announced at the close of competition Saturday, September 21, 2024.
2. Company "spirit" will be judged on the following criteria:
 - A. Company spirit during competition,
 1. Cohesiveness - Strong effort displayed by all team members.
 2. Sportsmanship - Display of positive attitude and fair play.
 3. Cheers/Chants - Use of Cheers and Chants to promote a competitive spirit.
 4. Enthusiasm - Appearance of being "fired-up", excited, etc.
 5. Banner Display - Use of banner at all events.
3. Each Division will have a traveling trophy in the "spirit" competition; no points awarded to the teams.
4. Although disqualification as such does not exist in this event, poor sportsmanship, etc. will hurt a company's chances in obtaining the traveling trophy.
5. No air horns or drums allowed during inside events.

COMPANY PICNIC

PLACE: Lowe Field, Riverside Park

DATE: Saturday, September 21, 2024

TIME: Check-in 1:00pm, event at 1:15pm

Rules:

1. The meat that will be judge is **Beef Fajitas**. Please bring ONLY the meat to the judges table, no sides.

YMCA CORPORATE CUP KICKBALL RULES

PLACE: Adult Softball Complex
DATE: Saturday, September 14, 2024
TIME: Check in 9:30am, games start 10:00am

Rules:

1. **Per the Victoria Parks and Rec. Department no beer/alcohol may be brought onto the softball complex or the parking lot.**
2. **No beer/alcohol may be consumed by any participant while playing in a game. There will be no beer/alcohol in the dugouts.**
3. Must be 18 years of age.
4. Must be an employee or spouse, NO CHILDREN.
5. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
6. Each team will have no more than **eighteen (18) participants**, having ten players (no more than six men or fewer than four women) on the field for defense. Fewer men (minimum of four) can play, but no fewer than eight total players.
7. This is a non-sanction tournament.
8. World Adult Kickball Association (WAKA) and Texas Amateur Athletic Federation (TAAF) rules for CO-ED play will apply with the exception of the following local rules, or event exceptions:
 - A. Extra Players will be allowed, however, there must be both a male and a female Extra Player.
 - B. Six men/four women on the field, any positions.(more women to 6 is acceptable)
 - C. If a player leaves the game, an out is scored in his/her place in the lineup.
 - D. The player preceding this automatic out may not be intentionally walked in order to get to the out.
9. No more than two men or women may kick back to back.
10. If a male kicker is walked, he goes to second regardless if there is a male or female kicker behind him. The next kicker will kick. **EXCEPTION: With two outs, the female kicker has the option to walk or kick** (once the first pitch is thrown she cannot change her mind).
11. Each team member must sign a waiver (event roster) prior to the team's first game of the tournament.
12. Each kicker will begin with a 0/0 count. Third strike foul the batter is out.
13. Games will be a maximum of 40 minutes or seven innings whichever comes first.
14. Run rule is in effect, 20 runs after 3 innings, 15 runs after 4 innings, 10 runs after 5 innings.
15. Games during the tournament that end in a tie will be broken accordingly; last two kickers up will go to 2nd and 3rd base, next kicker in the lineup will kick starting with the regular 3/2 count, play will continue until the tie is broken.
16. Each team must provide **one person to keep score** the game immediately following the game just played. Regardless of which division is playing. **Failure to do this will result in a penalty, the team will start their following game with two outs, their first kick.**
17. All teams must be ready to play at the times posted. Game time is forfeit time. Lineups must be turned in and coin tossed 15 min. prior to game time.
18. YMCA will provide all game balls, red 10" playground ball.
19. The pitching strip is in the center of the diamond directly aligned with the 1st-3rd base diagonal.
20. The pitching mound extends 8'-0" in diameter from the center of the pitching strip (also known as pitching circle).

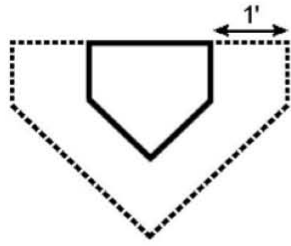
Kickball cont.

Kickball cont.

21. Pitching:
 - A. NO "bouncies" (excessively bounced pitch) are allowed.
 - B. The pitcher must start the act of pitching within the pitching mound.
 - C. The pitcher must stay behind the pitching strip until the ball is kicked.
 - D. No part of the pitcher's front foot may be in front of or across the front edge of the pitching strip. Failure to abide by this rule results in a ball.
 - E. No player (except catcher) can cross the pitching strip until the ball is kicked.
 - F. The strike zone extends to 1 foot on either side of home plate, and 1 foot high. A pitch outside the strike zone is a ball. (See Diagram 1, Pg 9)
 - G. Balls must be pitched by hand (one hand only).
22. Kicking;
 - A. All kicks must be made by foot or leg, below the knee.
 - B. Any ball touched by the foot or leg below the knee is a kick.
 - C. All kicks must occur as follows:
 - a.a At or behind home plate. The kicker may step on home plate to kick, however no part of the planted foot may be in front of or cross the front edge of the home plate.
 - a.b Within the kicking box. The kicker must have at least a portion of the plant foot within the kicking box during the kick. The kicker may line up outside of the kicking box.
 - D. Bunting is allowed. If the ball stops in the area marked in front of home plate it is an out, unless the defense touches the ball before it comes to a complete stop.
 - E. "Digging out" in the kicking box is not allowed.
23. A runner touched by the ball or who touches the ball at ANY time while not on base while the ball is in play is automatically out.
24. Once the pitcher has the ball in control and retains possession on the mound (in the pitching circle), the play ends. Runners who are off base at this time, half way or more, and in forward motion may advance only one base. Runners who are off base at this time, less than half way, and not in forward motion must return to the base from which they were running.
25. Sliding is not allowed, men or women, and will result in an out. However, diving or sliding back to the base is allowed. But if you are hit with a thrown ball or tagged with the ball while diving back on any part of your body, it will be considered an out.
26. Stealing or leading off the base is not allowed and will result in an out.
27. A runner that is tagged from the shoulders and below is allowed. If the ball is thrown, it must be below the waist.
28. Hitting a runner above the waist with the ball is not allowed. Any runner hit above the waist is safe, and advances to the base they were running toward when the ball hit them. If the runner intentionally uses their upper body (above the waist) to block the ball, and is so called by the Umpire, the runner is out.
29. For examples of fair and foul balls see Diagram 2, Pg 9.
30. Numbers are not required on shirts.
31. The **official score will be the two volunteers** after verification with the home plate umpire.

***NO BEER/ALCOHOL MAY BE BROUGHT ONTO
THE SOFTBALL COMPLEX OR THE PARKING LOT***

Diagram 1 - Kickball Strike Zone



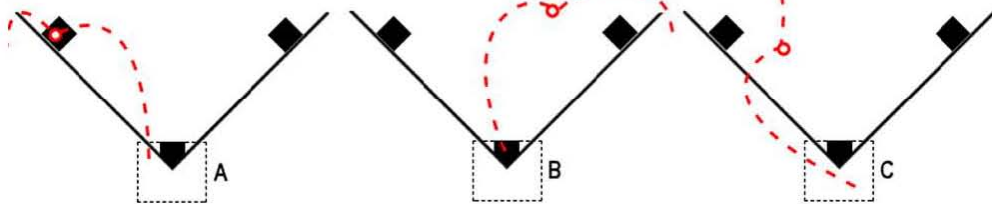
TOP VIEW
(not to scale)



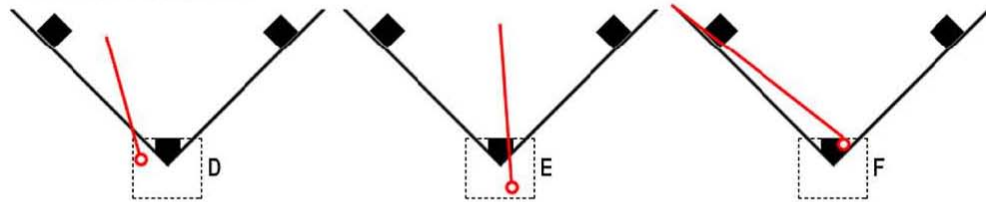
3-D VIEW
(not to scale)

Diagram 2 - Fair and Foul Examples

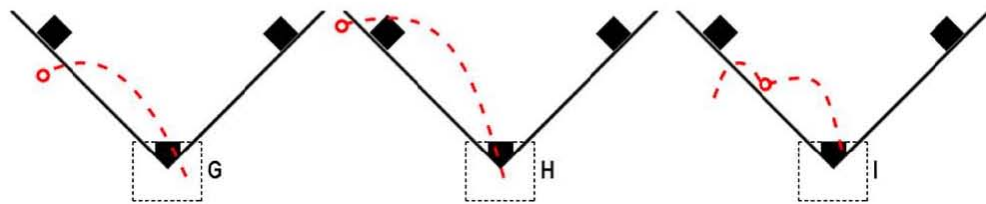
FAIR FLYS



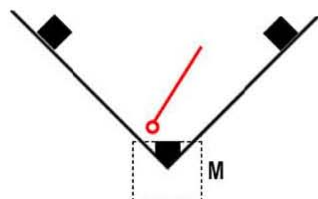
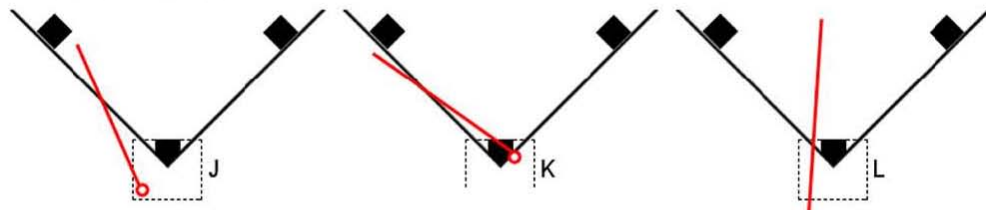
FAIR GROUNDERS



FOUL FLYS



FOUL GROUNDERS



	Path of ball in the air
	Path of ball on the ground
	First ground contact point
LEGEND	

YMCA CORPORATE CUP BASKETBALL 2 BALL RULES

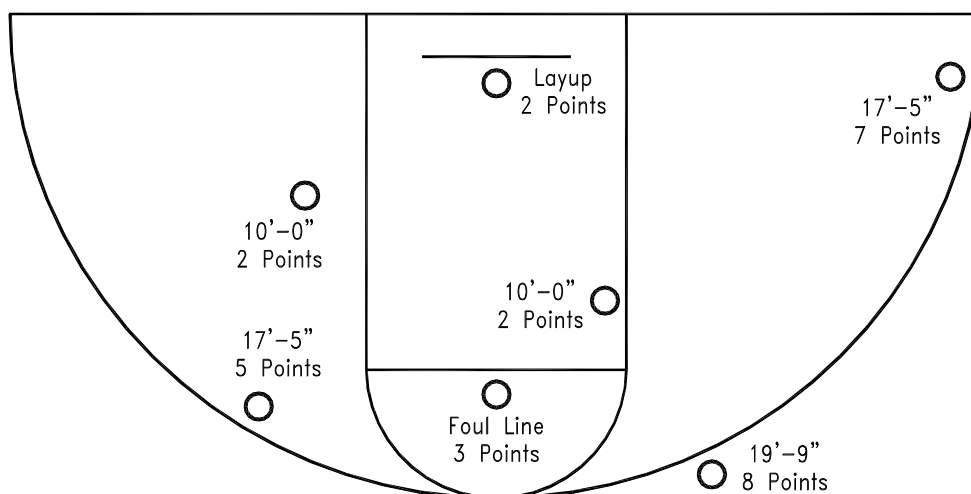
PLACE: Victoria YMCA
DATE: Thursday, September 19, 2024
TIME: Division I – Check-in 6:00pm, event at 6:30pm
 Division II – Check-in 6:30pm, event at 7:00pm
 Division III – Check-in 7:00pm, event at 7:30pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN**.
3. Can **PARTICIPATE** only on **ONE** team throughout Corporate Cup, regardless of division.
4. Each team will consist of **four participants** (2 males, 2 females).
5. Teams will consist of two males or two females or two coed teams, each Corporate Company will have two teams. **A Corporate Company may have a minimum of one coed team, if needed.**
6. Each two person team has one minute to score as many baskets as possible from any of the six shooting spots or layups identified on the court.
7. Each shooting spot point value is indicated on each shooting spot, a total of seven spots. Point values range from 2 to 8 points.
8. The team with the two highest combined scores wins.
9. Order of shooting will be decided by draw for divisions and teams.
10. Participants may use the YMCA balls or choice of their own. Women may use a women's size ball if preferred. **Co-ed teams must use an official men's size ball.**

Rules to begin:

1. One player begins on the half court line with the ball. The second player begins at any place within the half court area.
2. The referee indicates when play begins. The player at half court dribbles to any shooting spot and either shoots or passes the ball.
3. A player cannot make two or more consecutive shots from the same spot. All invalid shots will not be counted.
4. One player cannot shoot consecutive baskets. When shooting, the player must begin with a portion of one-foot touching the shooting spot. Jump shots are allowed.
5. **Each two person team can score a maximum of two layups worth two points each during the one-minute competition.**
6. No street or outdoor shoes allowed.



YMCA CORPORATE CUP 6 MILE RELAY RULES

PLACE: Riverside Park
DATE: Saturday, September 21, 2024
TIME: Check-in 7:45am, event at 8:15am

Rules:

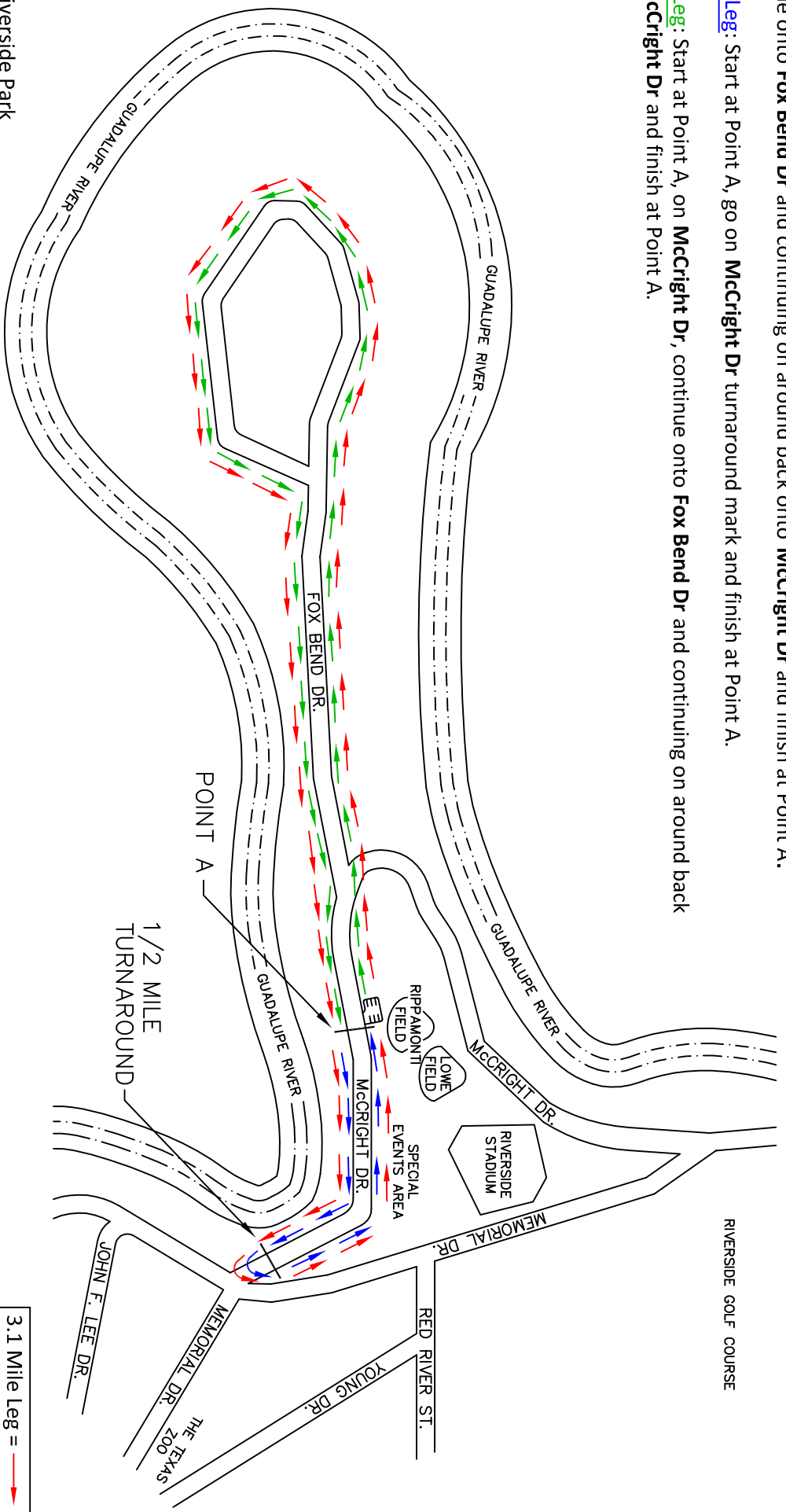
1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each Corporate Cup Team may enter one (1) relay team to include **five (5) participants**; with a minimum of two (2) women and two (2) men participating.
5. There are 5 legs of the race. The distance and order of the legs are as follows:
 - Leg 1 – 3.1 mile
 - Leg 2 - 1/2 mile
 - Leg 3 - 1 mile
 - Leg 4 - 1/2 mile
 - Leg 5 - 1 mile
6. Runners will pass batons in the exchange zone. Incorrect baton exchanges will result in disqualification. The incoming runner may not exit the exchange zone without having passed the baton to the next runner. The receiving runner may not exit the exchange zone without having received the baton. Dropping the baton is permitted; however, interference with other competitors is not.
7. The course is indicated on the map provided.
8. A runner who has not covered the full course may not cross the finish line as a competitor for team points.
9. Before the start of the race, the anchor (Leg 5) of each team will receive a wristband by a volunteer or Corporate Cup Committee member. At the end of the race, all anchors will proceed through a funnel in order of finish. Anchors must turn the batons back in at the sign-in table.
10. Winners will be determined by best team time.
11. Only entrants are allowed to run the course, no pacing along side.
12. Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed.

6 Mile Relay

3.1 Mile Leg (consist of 2 Laps): Start at Point A, go on **McCrighth Dr** to 1/2 Mile turnaround mark and continue onto **Fox Bend Dr** and continuing on around back onto **McCrighth Dr** and finish at Point A.

1/2 Mile Leg: Start at Point A, go on **McCrighth Dr** turnaround mark and finish at Point A.

1 Mile Leg: Start at Point A, on **McCrighth Dr**, continue onto **Fox Bend Dr** and continuing on around back onto **McCrighth Dr** and finish at Point A.



Place: Riverside Park
Date: Saturday, September 21, 2024
Time: Check-in 7:45am; Event at 8:15am

YMCA CORPORATE CUP BOARDWALK RULES

PLACE: Lowe Field, Riverside Park
DATE: Saturday, September 21, 2024
TIME: Check-in 9:15am, event at 10:00am
Order of competition: Div. I, II, III

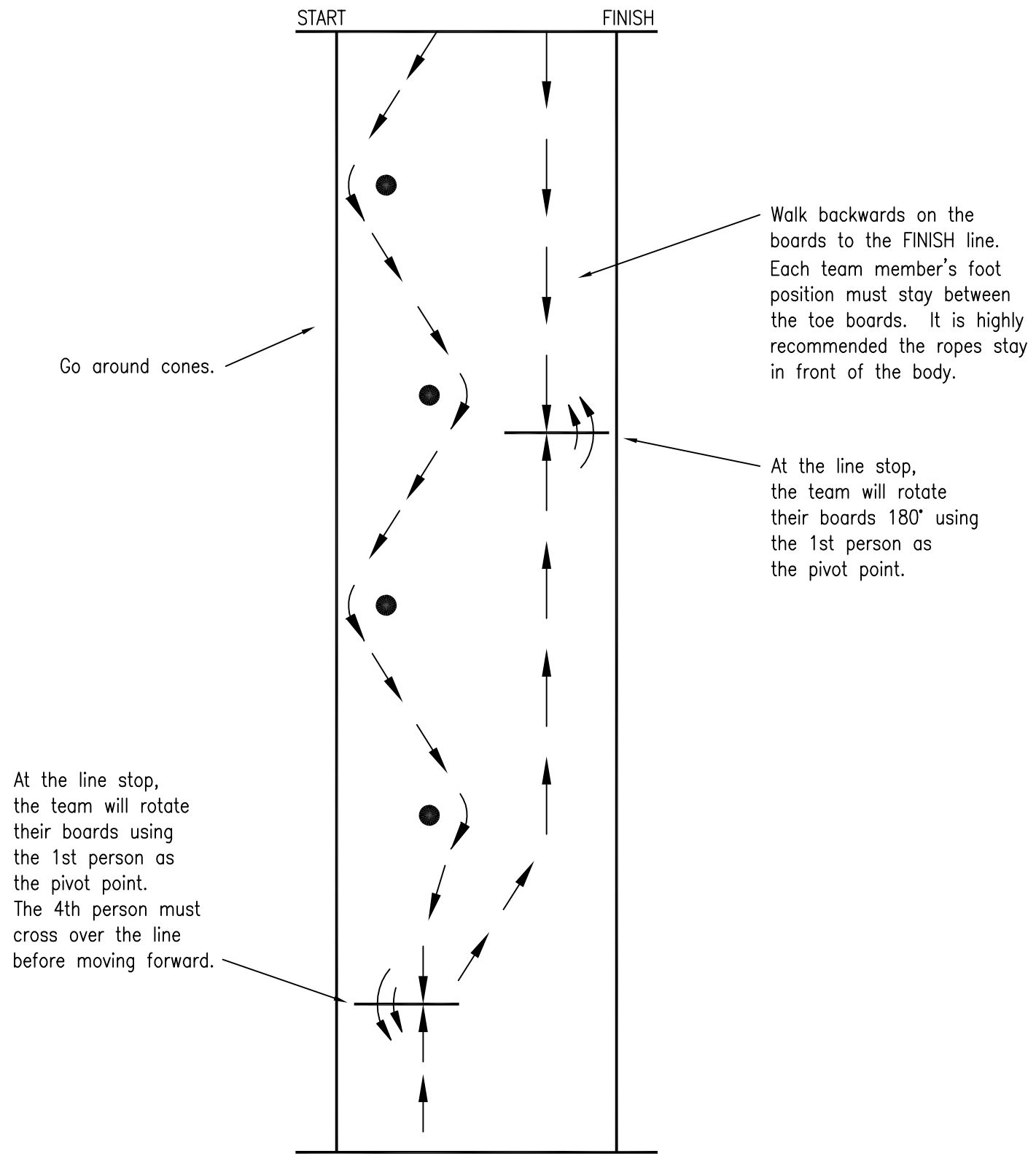
Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN**.
3. Can **PARTICIPATE** only on **ONE** team throughout Corporate Cup, regardless of division.
4. Each team will consist of **four participants** (2 males, 2 females).
5. Each pair of boards will be 8' in length and cut from 1x6 wood. The first rope "handle" is attached at 23" from the rear of the board, the next three handles are at 21" intervals.
6. With boards lying parallel to each other, each team member will place right foot on one board, left foot on the other. Holding the handles, each team will walk their boards through a cone course to the finish line. If any member falls off the board, that member must get on board again at the point of falling off and the team continues to the finish line.
7. All participants must stay in their assigned lanes. Interference with other participants will result in disqualification.
8. Teams must cross the finish line with all eight feet on the boards or they will be disqualified.
9. The YMCA will provide boards for the event.
10. The boards cannot be used backwards, an arrow will show the way for forward progress.
11. Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed.

NO PENALTY SECONDS
MUST COMPLETE COURSE

BOARDWALK

Place: Low Field, Riverside Park
Date: Saturday, Sept 21, 2024
Check-in 9:15am; Event at 10:00am



NOTE:

- 1. Teams must stay within boundaries.

YMCA CORPORATE CUP OBSTACLE COURSE RULES

PLACE: Lowe Field, Riverside Park
DATE: Saturday, September 21, 2024
TIME: Check-in 11:00am, event at 11:30am
Order of competition: Div. I, II, III

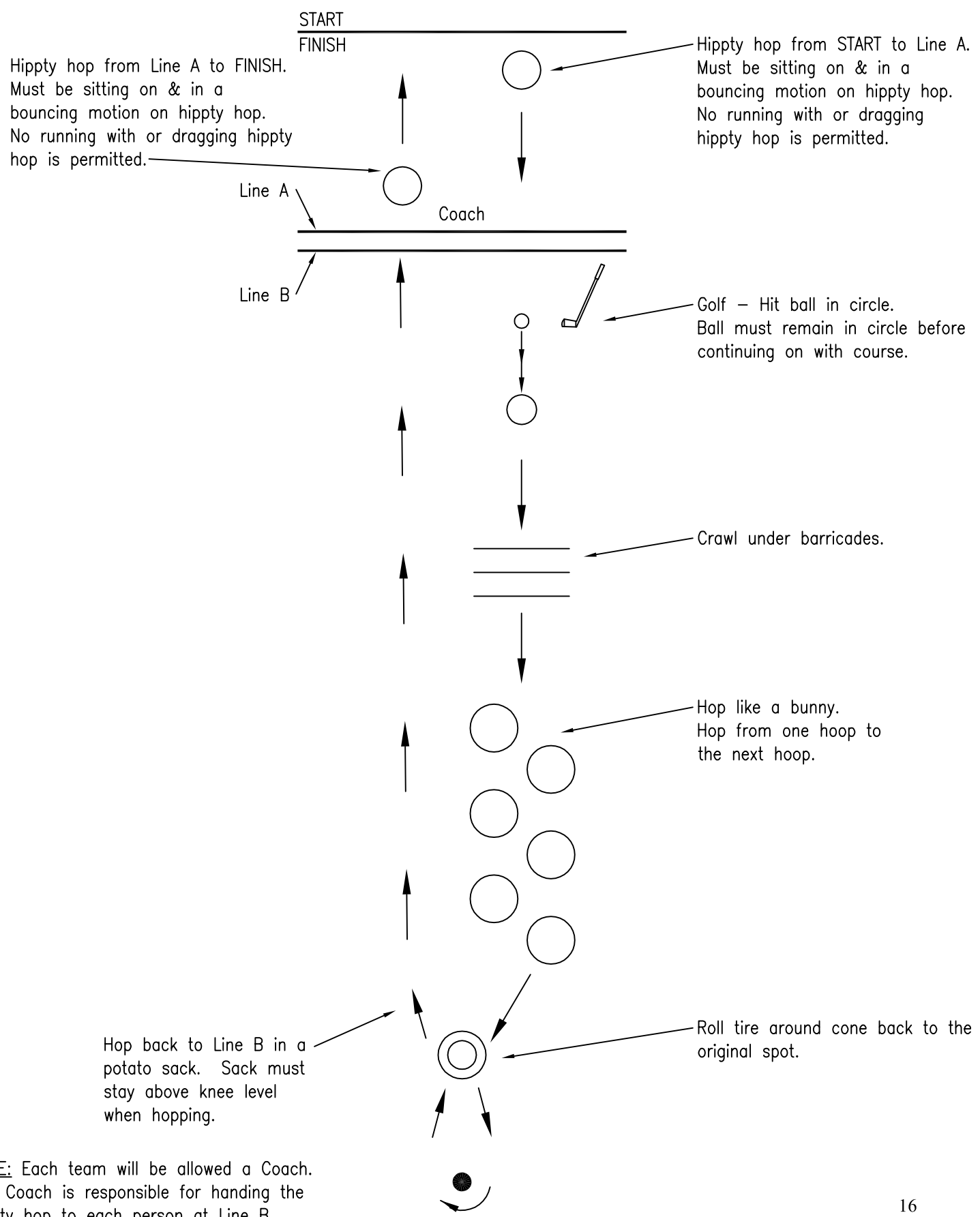
Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, NO CHILDREN.
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each team will consist of **four participants** (2 males, 2 females).
5. No person shall compete in more than one leg of the course.
6. Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed
7. All participants must stay in their assigned lanes. Interference with other participants will result in disqualification.
8. **The time stops when any part of the body crosses the finish line.**

**NO PENALTY SECONDS
MUST COMPLETE COURSE**

OBSTACLE COURSE

Place: Lowe Field, Riverside Park
Date: Saturday, Sept 21, 2024
Check-in 11:00am; Event at 11:30am



NOTE: Each team will be allowed a Coach. The Coach is responsible for handing the hipity hop to each person at Line B and resetting the ball for the putter.

YMCA CORPORATE CUP TUG OF WAR RULES

PLACE: Lowe Field, Riverside Park
DATE: Saturday, September 21, 2024
TIME: Check-in 1:30pm, event at 2:00pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN.**
3. Can **PARTICIPATE** only on **ONE** team throughout Corporate Cup, regardless of division.
4. For **Division I**, each team may consist of no more than 8 participants (4 male, 4 female) and for **Divisions II, III**; each team will consist of no more than 10 participants (5 male, 5 female). For all divisions, males and females will be alternately arranged (male, female, male, etc.). Teams may have less than the specified number as long as male, female arrangement is maintained.
5. **A team may have 2 substitutes (1 male, 1 female).**
6. The rope will be 1¼" in diameter and 75 feet long with three flags attached to the rope. One flag in the middle and the other two shall be 5'-0" from the center each way.
7. A cone will be placed on the ground in line with the middle flag. The object is to pull the opposing team so that the outer flag crosses the cone.
8. The referee will indicate with a whistle when the match is over and declare the winner.
9. **Participants other than the anchor cannot wrap the rope around their hands or bodies. Only the anchor can secure the rope by wrapping it around their waist.**
10. **No tying of rope is permitted by any participant.**
11. **All team participants must be in the same direction when pulling, no one is allowed to turn around backwards.**
12. Gloves should be worn. Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed.
13. There will be a 3-minute time limit for appearance of a late team. Failure to be present will result in forfeiture of the event.
14. Sides of the rope from which teams will pull will be decided by a flip of a coin.
15. One person from each team is required to signal to the referee when their team is ready to start the pull.
16. If pulling back to back a 3-minute rest period will occur if needed.

YMCA CORPORATE CUP TEAM BROAD JUMP RULES

PLACE: Lowe Field, Riverside Park
DATE: Saturday, September 21, 2024
TIME: Check-in 2:45pm, event at 3:15pm

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN.**
3. Can PARTICIPATE only on ONE team throughout Corporate Cup, regardless of division.
4. Each team may consist of **8 participants** four (4) male and four (4) female. **If needed teams may jump with fewer participants.**
5. The team will begin with the first jumper: from a standing position; jumps forward and stands in his place. Then another team member stands next to his teammate and jumps forward. Etc...
6. All eight members will jump in a straight line to determine the farthest distance a team can broad jump.
7. Places will be determined by the total distance jump.
8. An order of jump will be determined before the last Captains meeting.
9. When a person is jumping and they land with their feet uneven, the next jumper will start at the closest foot of the previous jump. **If a person falls or steps back during their jump, the next jumper will start from the furthest point back of the previous jump. Participants must move forward only.**
10. No interference from teammates or opposing teams is allowed.
11. Must take off with both feet at the same time, no staggering.
12. Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed.

YMCA CORPORATE CUP WATER BALLOON TOSS RULES

PLACE: Lowe Field, Riverside Park
DATE: Saturday, September 21, 2024
TIME: Check-in 3:45pm, event at 4:15pm
Order of competition: Div. I, II, III

Rules:

1. Must be 18 years of age.
2. Must be an employee or spouse, **NO CHILDREN.**
3. Can **PARTICIPATE** only on **ONE** team throughout Corporate Cup, regardless of division.
4. Teams will consist of 4 people, 2 males and 2 females, making up two pairs of team members. Each pair will hold a small towel between them, with which they will catch and toss the balloon.
5. First toss will begin with team pairs standing 15 feet apart. At each toss (toss off included) (signaled by a blow of the air horn) only one team pair will move backward the distance designated by the committee person in charge. The stationary team pair must stay behind the line, if either member of the stationary pair crosses the line, team will be disqualified. **If multiple teams break their balloon on the same toss, they will be allowed one more toss from the same line.**
Example: There are 10 teams in the event. After the first toss has been completed, there are 5 teams that missed their toss. Those 5 teams will now compete for Places 6th through 10th. There will be a toss off among the 5 teams. During the toss off there are 2 teams that missed their toss. These 2 teams will be tied for 9th and 10th Place. The other 3 teams will be tied for 6th, 7th and 8th Place.
6. The team that gains the greatest distance between team pairs without breaking the water balloon is the winner.
7. Water balloons will approximately weigh 1 lb.
8. The YMCA will provide 10 regulation balloons to each team **at the second captain's meeting.**
9. **The balloon must be caught with the towel, if the balloon lands on the ground without breaking, it'll be consider a miss.**
10. Gloves may not be worn during the event.
11. Towel dimensions are **approximately** 14"x24".
12. **Metal spikes are not allowed. Softball or soccer shoes with rubber cleats are allowed.**