



2019 Team Handbook

1ST ANNUAL CORPORATE CHALLENGE

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BARBARA B. JORDAN YMCA



2019 Corporate Challenge

IMPORTANT DEADLINES & MEETINGS

September 1		Employees must be hired by this date to be eligible to compete
September 16	5:00pm	1 st Captains Meeting Team Registration Forms & Payment Due
September 23	5:00pm	Mandatory 2 nd Captains Meeting All Paperwork must be in <i>Waivers, Roster, Event Sign-ups</i>
September 23-October 30		Competition Dates
October 30		Evaluation Forms Due by start of 5k
November 4	5:00pm	Follow-up Meeting

2019 Corporate Challenge

SCHEDULE OF EVENTS

Monday, September 23

12:00pm T-Shirt Design due via email: breanna@bbjymca.org

T-shirt entries will be voted on by an un-biased 3rd party for bonus points.

Wednesday, September 25

6:00pm 5k Run/Walk @ Jimmy Nash City Park

Tuesday, October 1

6:30pm Euchre Tournament @ Location TBA

Tuesday, October 8

6:30pm Cornhole Tournament @ BBJ YMCA

Saturday, October 12

9:00am 3 on 3 Basketball Tournament @ BBJ YMCA or MHS

11:00am 3-Point Shooting Contest @ BBJ YMCA or MHS

Wednesday, October 16

6:30pm Softball Homerun Derby @ MHS

Saturday, October 19

9:00am Flag Football @ Wooden Middle School

11:00am Punt-Pass-Kick @ Wooden Middle School

Tuesday, October 22

6:30pm Bench Press Competition @ BBJ YMCA

Wednesday, October 30

6:00pm 5k Run/ Walk @ Burkhart Creek Park



2019 Corporate Challenge

INTRODUCTION

The Barbara B. Jordan YMCA is offering this annual Corporate Challenge for area businesses and organizations in Morgan County. There are several benefits to participating in the Corporate Challenge; they include health promotion, team building, camaraderie development, and a fun social event.

Can small companies compete?

Absolutely, this event is for all size companies and corporations. Most events require 2 to 4 participants, which makes it easy for any company to compete.

Do I have to be an "athlete" to compete?

No, while this is a competition, it is a very relaxed and enjoyable atmosphere. We have something for everyone from the weekend warrior to the ultra-competitive.

Who organizes the company team?

Each company designates a 'team captain' and that captain would be the point of contact for us to ensure that all paperwork is completed.

How do we enter a team?

The first thing to do is contact the Program Director at the YMCA. He/she will send you an entry packet, you'll complete it and send it back. You will get a list of important dates and event meetings from there.



2019 Corporate Challenge

EVENT DESCRIPTIONS

- 3 on 3 Basketball** 4 participants, any combination of men/women. Double elimination tournament
- 3-point Shooting** Individual competition. \$10 per entry at the door. 5 racks of 5 shots. Each rack contains a money ball. Participants will have 70 seconds to shoot. Top 8 advance 1st round, final 4 advance to 2nd round.
- 5k Run/Walk** Individual competition. Top 5 finishers scored for men and women; 2 participation points awarded per additional person.
- Bench Press Comp.** Individual competition. \$10 per entry at the door. Heaviest 5 weights lifted for a single rep will be scored, 2 points participation.
- Cornhole** 2 participants, any combination of men/women. Double elimination tournament.
- Euchre** 2 participants, any combination of men/women. Tournament format will be double elimination. Rules according to Hoyle.
- Flag Football** 4 participants, any combination of men/women. \$10 per additional participant (up to 8 people). 1st to 10 points wins.
- Homerun Derby** Each person receives seven swings and accumulates points according to distance.
- Punt, Pass, & Kick** Each individual will punt, pass, and kick a football. Distances will be measured and scored in the male/female divisions.
- T-Shirt Design** Free event for bonus points. Designs due Sept. 23. Wearing shirts at events earns bonus points. Best overall design awarded points.

2019 Corporate Challenge

TEAM COMPOSITION & FEES

1. Each company pays an entry fee of \$250 which covers 1 team entry in each event, 1 male and 1 female entry in each individual event, all awards, officials, fees, etc.
2. An additional entry in an event will be assessed an additional fee of \$10 per person, per event. (Additional entries will not be able to score in the top 5 for your company but will be able to take away scoring opportunities for others as well as earn participation points).
3. More than one team may be entered from a company. The team captain should identify each team with "I", "II", or "III, designation (or A, B, C).
4. If a company enters more than one team, no team member may participate for more than one team. If the roster lists them under Team A, then they may not participate on Team B or Team C as well.
5. Each company is to have a Team Captain who is responsible for all organization and communication necessary prior to and during the competition.
6. A company entering a team may have no more than 3 team entries in each event. Only the highest finishing entry for each company will be scored.



2019 Corporate Challenge

ELIGIBILITY & SUBSTITUTIONS

1. Team members must be at least 16 years of age to enter (all participants under 18 will require a Parent/Legal Guardian signature on the Participant Waiver.)
2. Team members must be employed and receiving a paycheck from the sponsoring company, corporation, organization, or agency at the time of participation. Eligible employees include part-time employees and graduate assistants. If an employee is laid off, they must still be covered under the company's health insurance plan. Doctors, or those who practice/work at more than one facility, may participate for only one organization. These physicians must also receive a paycheck from the organization.
3. Employees must receive a paycheck to be considered eligible. No other form of compensation is acceptable.
4. New, seasonal, and temporary employees must have a start date of no later than **October 1, 2019**.
5. Temporary or contracted employees who work within the confines of another company are eligible only if:
 - a. Their employment goes beyond October 30, 2019.
 - b. They meet all other eligibility requirements as outlined in this section.
 - c. The temporary service or contracted employer does not have a team of their own in the Corporate Challenge.
6. Team members must complete and sign a Corporate Challenge Participant Waiver prior to participation in any YMCA sponsored training event or competition.
7. Team members may only participate for one company throughout the duration of the Corporate Challenge.
8. A company or organization which may not have enough employees to field a team may enter the competition by collaborating with another business having trouble forming a team. The collaboration must be approved by the Corporate Challenge committee. All scored points within a combined team will be evenly split between both businesses.

9. The Corporate Challenge Committee reserves the right to review all team entries relative to eligibility.

10. A **spouse** may participate only if **all** the following guidelines are met.
 - a. No more than 50% of a company team may consist of non-employed spouses.
 - b. Multiple spouses can be used for an event if spouses do not make up more than 50% of the team.
(for example: cornhole can include 1 spouse etc.)
 - c. A spouse may only participate in two events
 - d. All spouses must be identified on the team roster.
 - e. The person must be a legal spouse of an employee.
(boyfriends, girlfriends, or live ins are not eligible).
 - f. If spouse is employed by another company participating in the Corporate Challenge, they may only participate for one of the teams.

SUBSTITUTIONS

1. The substitute meets all applicable eligibility requirements,
 - a. including age & gender.
2. The substitute has completed and turned in a participation waiver prior to participating in the event.
3. Rosters for each event will include the number of participants in
 - a. the event and all substitutes listed for the event.
4. All event participants must check in with event volunteer prior to
 - a. the start of the event.

IF A TEAM DOES NOT HAVE ENOUGH PARTICIPANTS FOR AN EVENT THEY ARE SCHEDULED TO PLAY, THEY HAVE 15 MINUTES TO FIND SUBS. IF THEY DO NOT HAVE ENOUGH PLAYERS AT THE END OF THE 15 MINUTES, THEY FORFEIT.



2019 Corporate Challenge

TEAM CAPTAINS

A. Recruiting

One of the hardest things you will encounter as a team captain is recruiting employees for your team. If your company or organization is such that you are spread out over town, you will have a more difficult job. You will want to recruit participants from every area or department. This is not always an easy task. Each organization varies from one to the next. Therefore, there are no hard and fast rules for accomplishing your goal. The following are some suggestions that have been helpful in the past:

1. Carefully choose a few people from each main department or branch to help you recruit. You must be certain that the employee understands fully what the Corporate Challenge is about and that they are motivated to help you.
2. Meet on a regular basis with these individuals to plan and implement strategies. Communication is the key! Make it a goal that no one will come up to you two days before the competition and say, "I have never heard anything about the Corporate Challenge". Make sure the people you choose have a good relationship with those around them. They must have an outgoing personality to talk to and encourage employees to sign up.
3. Bulletin boards and information given out with paychecks is a good way to get the information to the employees. However, do not rely on these alone. You cannot guarantee that everyone will see these notices or more importantly, understand them. One-on-one communication is always the best way to communicate your message.
4. Plan to have a sign-up party. This could be a good time to make sure everyone signs their waivers, making you one step ahead. It is also a good time to find out what events are of the most interest.
5. Set up a table outside the lunchroom or break room and talk with people as they go in or out.
6. Monthly or weekly employee meetings are also a very good way to present the program. Invite the Program Director to come and make a presentation to your group. This is a good time to explain what the Corporate Challenge is about and answer any questions.
7. Contests can provide motivation for your recruitment plan. Perhaps the department or branch that shows the greatest percentage of participation could be rewarded in some way by the company.

B. Waivers

All participants will need to complete a waiver form. Please follow these basic rules:

1. Do not hand someone a form and ask him or her to return it after they have filled it out. Have them fill out the waiver and give it to you immediately.
2. These waivers can be filled out and returned at a meeting or gathering prior to the event. Be certain that the waivers are filled out in their entirety. A missing signature or date of birth will only result in the waiver being returned for completion.
3. Keep copies of all waivers in case one would get misplaced.



2019 Corporate Challenge

RULE VIOLATIONS & PROTESTS

A. Rule Violations

Teams with members found in violation of eligibility or 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 standings accordingly. No points will be awarded to the disqualified team for the event.

B. Protests

1. Protests affecting the eligibility of any team member must be made to the Program Director after the infraction is observed. The Program Director reserves the right to investigate any individual suspected of violating eligibility at any time.
2. Any protest arising from the competition itself, such as a rule violation, shall be made by the team captain to the Program Director. The protest must be filed within 15 minutes after the event where the alleged infraction took place and before the next event begins.
3. Protests regarding preliminary results must be made by the team captain within one hour after those results have been posted.
4. The YMCA Program Directors reserve the right to review all protests.
Their review is final.



2019 Corporate Challenge

SCORING

Top 5 Points

Each event will use the following scoring procedures, in some cases Top 5 scores will be taken for both male/female divisions:

1st Place – 50 points

2nd Place – 40 points

3rd Place – 30 points

4th Place – 20 points

5th Place – 10 points

*If a team enters an event but does not score any points in the top 5, they will be awarded 2 points for participation

Bonus Points:

1. Any team that wears their Corporate Challenge T-shirts receives 25 points per event. **All members of the participating roster must be wearing their team shirt to earn points.**
2. Any team's highest official participation receives 25 points. Must inform Program Director prior to start of competition to receive points (examples: CEO, President, Plant Manager). No points will be awarded if notified after the start of the competition.
3. Bonus points are also given for volunteers (see page 13).
4. Any additional participating team that does not score in top 5 will be awarded 2 bonus points for participation.

Awards:

Teams will compete for the overall award. The winning team will receive a Corporate Challenge Trophy as well as their name on the Corporate Challenge Plaque that will hang in the Barbara B. Jordan YMCA.

Team Sportsmanship / Spirit Award:

One of the main objectives of the Corporate Challenge is to build corporate loyalty and team spirit. To recognize this, an award will be given to the team/company that shows the most team spirit and sportsmanship throughout the competition.

NOTE: A team can be disqualified by the Program Director at any time from an event for showing poor sportsmanship.

2019 Corporate Challenge

VOLUNTEERS

Volunteers are important in everything the YMCA does. The YMCA is founded on volunteerism and feels it is important to recognize outstanding volunteers in the community. A trophy will be given to the team with the most volunteer points.

Each company has the opportunity to provide volunteers from their company to help at any or all the events. These volunteers will be eligible to receive points for their team if they meet the following criteria:

1. Volunteers must meet the eligibility requirements as outlined under "Eligibility".
2. Volunteers must be listed on team rosters and noted as "Volunteer".
3. They may not volunteer for an event in which they are participating.
4. Volunteers must be present for the duration of the event, unless dismissed by the YMCA Staff. Each volunteer must check in 15 minutes prior to the event to receive point credit. If the scheduled volunteer is not present by 10 minutes prior to the event start, that volunteer opportunity will be filled on a first come, first served basis.
5. Volunteers may only volunteer for one participating team if a company has two or more teams participating.
6. Team volunteers receive 5 points each toward the final team score.
7. If a volunteer does not show up for the event that he/she is signed up to help with, 5 points will be deducted from the team score.
8. Volunteer information can be found at the YMCA from the Program Director.
9. Volunteers must complete the Participant Waiver.
10. Spouses are eligible to volunteer for more than one event.

2019 Corporate Challenge

EVENT RULES

The following pages will list all the rules and specific descriptions for scoring and game play rules of each of our 11 events that will take place in the Corporate Challenge.

THE MISSION BEHIND THE COMPETITION

The Y for All Campaign

As a participant in Corporate Challenge, you support the Y cause! Corporate Challenge is held to benefit the Y for All Annual Campaign, which is our fundraising campaign to make sure the Y's facilities and services remain accessible to everyone in our community.

100 percent of Y for All funds come from generous donations from the community. Those donations are then given back to those in the community who need a little support. Y for All provides financial assistance for Y memberships and programs, such as camp and early childhood education.

2019 Corporate Challenge

3-ON-3 BASKETBALL

1. Team composition: All-male or all-female teams with three or four players per team. Teams cannot play with only two people.
2. If time permits, this will be a double elimination tournament. Winner's Bracket games are played to 15 points, win by two, or 20 minutes - whichever comes first. Loser's Bracket games will be played to 10 points, win by two, with a 15-minute time limit.
3. Each basket counts as one point. If made behind the three-point line, it will count as two points.
4. No stalling is permitted. First offense will result in a warning; any offense thereafter will result in a technical foul (one free throw and loss of possession).
5. Jump balls go to the defense and will be called by referee.
6. Each team will be allowed one sixty-second time-out.
7. Players may substitute only during a dead ball situation.
8. The ball must be taken back behind the three-point line after each change of possession. Failing to do so will result in loss of possession. Both feet must be behind three-point line.
9. Players may appear on only one roster and may not substitute in for another team if they have been eliminated.
10. Referees will officiate games, with a focus on offensive and defensive fouls, while keeping track of scoring, time, and fouls committed.
11. If a shot is hit and the foul is called, the basket counts, and no shot will be awarded.
12. Ball must be "checked" and "passed in" after each basket scored and dead ball situation.
13. Ball changes hands after each score.
14. Any flagrant or intentional foul will result in one free throw attempt, and the fouled team will receive the ball out of bounds.
15. Fighting (throwing punches), misconduct (excessive complaining and profanity), or abusive behavior will result in dismissal from event, not just the current game.



2019 Corporate Challenge

5K RUN / WALK

1. Participants can walk or run on a predominately paved trail around the named courses. There will be 2 5Ks, one at Jimmy Nash City Park on September 25th and one at Burkhart Creek Park on October 30th.
2. Awards and placements will be tracked both for Male and Female divisions.
3. Please see course map.



2019 Corporate Challenge

BASKETBALL SHOOTOUT

Basketball Shootout is a basketball skills competition which involves shooting baskets from five "hot-spots" marked on one half of a basketball court. Two one-minute rounds constitute the duration of play, and the contestants with the highest number of points is declared the winner.

1. Each participant has one minute to score as many points as possible. Starting anywhere they choose; participants move into shooting range and shoot from the hotspots in any sequence.
2. The competitor can attempt as many lay-ups as he or she wishes; however, only two lay-up completions are allowed, each worth two points. All other shots must be taken from any of the five hotspots.
3. Five bonus points are awarded if a player attempts one shot from all five hotspots. An additional ten points are awarded if a player attempts a second shot from all five hotspots. In total, a bonus of fifteen points shall be awarded during a one-minute round if a contestant attempts two shots from all five hotspots. These points are awarded regardless of the shots' outcomes.
4. When shooting from a hot-spot, a player must begin the shot with at least one entire foot within the hot-spot. A disqualified shot will not count toward points scored or towards bonus points.
5. Female participants will have the option to shoot with either a men's or women's basketball, while males must use a men's ball.

Shot	Regulation	Points Awarded
Lay-up	Only 2 scores allowed	2
Hot-Spot A	Left corner, 12' from basket	2
Hot-Spot B	Left of Key, 18' from the basket	4
Hot-Spot C	Top of Key, 21' from the basket	5
Hot-Spot D	Right of Key, 15' from the basket	3
Hot-Spot E	Right corner, 15' from the basket	3
Bonus	Attempting one shot from all spots	5
Super Bonus	Attempting two shots from all spots	10



2019 Corporate Challenge

CORNHOLE TOURNAMENT

1. Games are played to 21 points, with matches being best of 3. The third and deciding game is to 11 points. All games are straight to 21, no win by 2, and you do not need to land straight on 21 to win.
2. A bean bag through the hole will result in three points, while a bag resting on the platform is worth one point.
3. Only the team with more points in a given turn will receive points toward their total score (example: Team A scores 5, Team B scores 3, Team A scores 2 points in given round)
4. Platforms are 27 feet apart. Participants may stand to the side of the platforms and may not step in front of them at any time while throwing.
5. Each player will throw four beanbags each round.
6. Throws that come up short and then bounce onto the board will not be counted. If the throw hits the grass first, no points are awarded, this will be determined at the discretion of the team NOT throwing.
7. Scores are to be kept by those playing. If a score cannot be agreed upon, please revert to the last score that was agreed upon.



2019 Corporate Challenge

PUNT, PASS, KICK

1. Participants will get two attempts at each skill. Only an individual's best score will be kept.
2. Scoring will be broken down into male and female divisions.
3. Every attempt that stays within the boundaries will be awarded points for whatever the distance is. If a ball lands on the outside of the boundaries, it is a scratch and does not earn any points.
4. Marking is taken as close to where volunteers believe the ball first hits the ground. Field is broken down in increments of two feet; if the ball lands between distances, the lower number will be used.
5. Participants must use YMCA footballs and do their "kick" from a tee provided by the YMCA



2019 Corporate Challenge

BENCH PRESS

One repetition max lift within designated weight class and age group.

Age divisions:

39 & under and 40 & up

Women's weight classes:

- 104 lbs. & under
- 105-113lbs.
- 114-122lbs.
- 123-131lbs.
- 132-147 lbs.
- 148-164lbs.
- 165lbs. & up

Men's weight classes:

- 132lbs. & under
- 133-148lbs.
- 149-164lbs.
- 165-180lbs.
- 181-197 lbs.
- 198-219lbs.
- 220-241lbs.
- 242lbs. & up

1. Each participant gets 3 attempts, rotating through all weight and age group categories. Three attempts per contestant.
2. Each participant will decide on weight they will attempt.
3. Contestants may wish to pass on any attempt. Each contestant only needs one good lift.
4. No elbow wraps/Velcro bands/wrist wraps.
5. No bench, denim, polyester, or canvas shirts.
6. Collars required.

Process:

1. Three lifts will be permitted. Best lift will count.
2. Cannot decrease weights once written down.
3. Lift-off by spotter is acceptable.
4. Shoulder blades, buttocks, and head must remain in contact with the lifting platform during the grad-able time until bar is racked.
5. Feet must always stay in place (flat)without movement .
6. Must receive bar at arm's length after lift-off.
7. Must slightly pause at chest before lift.
8. Good lifts must have simultaneous elbow lock.
9. Once lifter has attempted a weight, he/she may not decrease that weight.
- 10.It is at the discretion of the YMCA official(s)whether a lift or form is legal within the event.

2019 Corporate Challenge

EUCHRE

Teams of two players, bracketed event, and best two out of three games determine winner of match.

Event Rules:

1. Matches are best two games out of three, with a one-hour time limit. If time limit is called during a hand, then the hand is finished and whoever is winning at that time moves on. Games are played to 10 points. The third game will be SEVEN NOT TEN.
2. Player to the dealer's right is offered a cut prior to each deal.
3. Dealer must deal three-two, three-two, or vice versa.
4. A misdeal results in dealer passing the deal to the left and no points are awarded.
5. Players must play with dealt cards, regardless of trump, all 9s and 10s, etc.
6. Partner's best will not be allowed.
7. Stick the Dealer rules apply: dealer must call a suit upon second pass.
8. "A Card Laid is a Card Played"
9. Up suit may not be called trump after it has been passed by all players and turned down.
10. Renege/Revoke: Failure to follow suit when possible will result in automatic two points to the opposing team.
11. Tricks will be raked and then placed face down and remain face down until the hand is completed. Exception: cards may be turned over to answer questions regarding renege/revoke.
12. Table talk amongst teammates should be kept to a minimum.

Scoring:

- 1 point if partnership making trump wins 3 or 4 tricks
- 2 points if partnership making trump wins 5 tricks
- 1 point if lone hand wins 3 or 4 tricks
- 4 points if lone hand wins 5 tricks
- 2 points to the opponent if partnership or lone hand is euchred

2019 Corporate Challenge

HOMERUN DERBY

This event will take place at Wooden Middle School.

Registration at Event:

- Participants will compete on a first-come, first-served basis. There will be a sign-in sheet for each participant to fill out with the appropriate age, sex, and company name. You will be called based on the order of the sign-up sheet.
- Winners will be decided among the male/female divisions.

Rules:

1. Each participant will get two warm-up swings/pitches before the scoring of hits. • The field will be broken down into different point areas.
2. Each participant gets the best 6 out of 8 hits with a 5-minute time restriction.
3. Each of the 6 hits will be given a point value depending on the distance traveled in the air. If the hit does not get off the ground, it will be given one point.
4. Participants may choose their own pitcher.
5. Participants must supply their own bats.
6. We will be using real softballs and pitching slow-pitch.
7. Foul balls and strikes will count against the eight hits. **THIS IS A NEW RULE.**
8. Person with the highest amount of points wins.
9. Points are determined from the spot where the ball hits the ground, not where it stops rolling.
10. Tie breaker will add the two non-scored hits to determine a winner. If this does not work, the number of hits in the farthest scoring section will determine the winner, and so on in.

2019 Corporate Challenge

FLAG FOOTBALL

This event will take place at Wooden Middle School.

Team Requirements:

- A team will consist of a minimum of 4 players and a maximum of 8 players.
- Substitutions are allowed between plays and time outs.
- All players must be recorded on the roster and waiver form signed before participating.
- All players must wear shoes. Rubber cleats are allowed. No open toed are hard soled shoes allowed. No metal cleats.

Game Rules:

1. All flag belts must be worn free of knots.
2. **Covering of flags is strictly prohibited. A team will get 2 warnings, then a 10-yard penalty will be assessed.**
3. The referee will start the game with a coin toss to determine who will start with the ball.
4. One time-out is allowed per team.
5. Games will be played first to 10 points, however the game will not last more than 30 minutes.
6. A team will have 4 consecutive downs to advance before the ball is switched to the other team.
7. When a flag is removed, the ball is dead and the spot of the ball is determined at the point where the flag was detached, not where the flag was dropped.
8. A flag can only be removed from the offensive player carrying the ball.
9. No blocking and/or flag guarding is allowed. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal!

