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## 2018 AKRON CORPORATE CHALLENGE TEAM MANUAL

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AKRON CORPORATE CHALLENGE  
2425 WEST 11TH STREET / SUITE 2  
Cleveland, Ohio 44113  
EMAIL: [info@akroncorporatechallenge.com](mailto:info@akroncorporatechallenge.com)  
PHONE: 216-623-9933



# **CORPORATE CHALLENGE TEAM MANUAL**

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## **WAIVER**

### Akron Corporate Challenge Waiver

Each Corporate Challenge participant must read and sign the Akron Corporate Challenge Release and Waiver of Liability. Please sign with your legal name and date the signature. YOU MUST SIGN THE RELEASE AND WAIVER OF LIABILITY IN ORDER TO PARTICIPATE IN THE CLEVELAND CORPORATE CHALLENGE.

### Release and Waiver of Liability

In consideration of accepting my team's entry and permitting me to participate in the Corporate Challenge, a corporate health, sports, and fitness program and related events and Activities (individually an "Event" or collectively "Events"), I, the undersigned:

1. Certify that I am physically fit and apparently healthy and able to participate in all Events and have not been advised otherwise by a qualified medical person.
2. I hereby acknowledge that each of the Events is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in any of the Events or while on the premises of any of the Events and, on behalf of myself and my heirs, successors, and assigns, I hereby release and hold harmless and covenant not to file suit against Corporate Challenge, Hermes Sports & Events, Inc., and/or any of the Events' owners, operators, organizers, promoters, volunteers, participants, participating companies, advertisers, managers or sponsors, owners or lessees of the real property at which the Events are conducted, or their respective agents or employees, from any loss, liability, damage or claims I may have arising out of my participation in any of the Events, including but not limited to claims for death, disability, personal injury or damage suffered by me or others, whether same be caused by falls, contact with other participants, or site conditions.
3. Consent to receive treatment should an injury, accident, illness, and/or any other circumstances occur in which treatment is deemed necessary by qualified medical personnel during any sanctioned Akron Corporate Challenge Event.
4. Grant full permission and authority to the Akron Corporate Challenge and all of its event producers, sponsors, advertisers, and or assigns, to make public use of any photographs, videotapes, motion pictures, recordings, TV coverage or film likeness as long as it is used for any legitimate purpose by the Akron Corporate Challenge and the aforementioned parties.



## **2018 AKRON CORPORATE CHALLENGE WAIVER FORM**

**Company Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Division:** \_\_\_\_\_

**Sport/Event:** \_\_\_\_\_

**By signing this and signing this voluntarily, I warrant that I have read and understand the contents and meaning of the release and waiver of right to sue and agree to be legally bound by all of its terms and conditions.**

Print Name

Signature and Date

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## **EVENT DATES AND LOCATIONS**

- **KICKBALL (June 9)**

*Cascade Valley Metro Park (Oxbow Area) – 1601 Cuyahoga St, Akron, OH*

- **MINI GOLF (June 14)**

*Rolling Greens Miniature Golf Course – 2939 Edison St. NW, Uniontown, OH*

- **SOFTBALL (June 16)**

*Allerton Sports Complex– 1565 Campus Center Dr. Kent, OH*

- **FOOTGOLF (June 23)**

*Turkeyfoot Lake Golf Links – 294 W Turkeyfoot Lake Rd. Akron, OH*

- **CORNHOLE (June 28)**

*Force Sports – Fairlawn– 215 Springside Dr, Fairlawn, OH*

- **3v3 BASKETBALL (June 30)**

*Shaw JCC of Akron – 750 White Pond Dr, Akron, OH*

- **SAND VOLLEYBALL (July 14)**

*Legend Lanes– 4190 State Rd, Cuyahoga Falls, OH*

- **TUG CLINIC (July 17)**

*Copley Community Park – 3232 Copley Rd, Copley, OH*

- **BOWLING (July 19)**

*Stonehedge Entertainment– 580 E Cuyahoga Falls Ave, Akron, OH*

- **10K RELAY (July 21)**

*Copley Community Park – 3232 Copley Rd, Copley, OH*

- **1 MILE WALK (July 21)**

*Copley Community Park – 3232 Copley Rd, Copley, OH*

- **TUG OF WAR (July 21)**

*Copley Community Park – 3232 Copley Rd, Copley, OH*

- **OBSTACLE COURSE (July 21)**

*Copley Community Park – 3232 Copley Rd, Copley, OH*



## **EVENT FORMAT**

- **KICKBALL**

Five (5) Inning Games, Double Elimination

Eight (8) Players Per Team (4 Male & 4 Females)

- **MINI GOLF**

Four (4) Players Per Team (2 Males & 2 Females)

17 holes, Lowest Combined Team Score

NOTE: 2 players from your team (1 male & 1 female) will be paired with 2 players from another team for play.

- **SOFTBALL**

Five (5) Inning Games, Double Elimination

Ten (10) Players Per Team (5 Male & 5 Female)

- **FOOTGOLF**

12 Hole Scramble, Lowest Combined Teams Score

Four (4) Players Per Team (2 males & 2 females)

- **CORNHOLE**

Four (4) players per team (2 male + 2 female)

Double-Elimination Tournament, Games to 21

- **3v3 BASKETBALL**

Three (3) Players Per Team (1 Male & 2 Females, or 2 Males & 1 Female)

Double Elimination Tournament, Play to 13, Win by 2

- **SAND VOLLEYBALL**

Double Elimination Tournament

Six (6) Players Per Team (3 Males & 3 Females) – NO EXCEPTIONS

- **BOWLING**

Bowl 2 Games (League Style), High Score

Four (4) players per team (2 male, 2 female)

- **10K RELAY**

6 runners (3 male, 3 female)

Relay Race: Each runner runs 1 mile loop (lead runner runs 1.2mi.)

- **1 MILE WALK**

Non-competitive event

Each company must have at least 1 representative participate in the walk

- **TUG OF WAR**

Ten (10) Players Per Team (5 Male & 5 Females)

Double Elimination Tournament

- **OBSTACLE COURSE**

Complete Four (4) Stations, One (1) Station each, Relay Race

Four (4) Runners (2 females & 2 males)



## **EVENT POINT SYSTEMS**

### **CORPORATE CUP POINTS**

Points will be awarded to those teams entering the Corporate Cup and not for Independent or Additional teams.

Independent and Additional teams are eligible for awards issued for the individual events only.

#### ***Scoring System***

##### **Mini Golf, Footgolf, Bowling, Obstacle Course & 10K Relay (Non-Elimination Events)**

1st place - 10 points  
2nd place - 8 points  
3rd place - 6 points  
4th place - 4 points  
5th place - 3 points  
6th place - 2 points  
1 for participation

##### **Kickball, Softball, Cornhole, 3v3 Basketball, Sand Volleyball, & Tug of War (Double Elimination Events)**

1st place - 10 points  
2nd place - 8 points  
3rd place - 6 points  
4th place - 4 points

If you win only 2 games and don't place - 3 points

If you win only 1 game - 2 points

If you don't win a game - 1 point

A forfeit is counted as a win.

**\*5 points will be awarded to each team that participates in the 1 Mile Walk\***



## **2018 Akron Corporate Challenge: Independent Division Dates & Deadlines**

<b><u>Event</u></b>	<b><u>Date(s)</u></b>	<b><u>Registration Deadline</u></b>
KICKBALL	Saturday, June 9	Monday, June 4
MINI GOLF	Thursday, June 14	Monday, June 11
SOFTBALL	Saturday, June 16	Monday, June 11
FOOTGOLF	Saturday, June 23	Monday, June 18
CORNHOLE	Thursday, June 28	Monday, June 25
3v3 BASKETBALL	Saturday, June 30	Monday, June 25
SAND VOLLEYBALL	Saturday, July 14	Monday, July 9
BOWLING	Thursday, July 19	Monday, July 16
10K RELAY	Saturday July 21	Monday, July 16
TUG OF WAR	NO INDIVIDUAL TEAMS	NO INDIVIDUAL TEAMS
OBSTACLE COURSE	Saturday, August 5	Wednesday, July 26





## **KICKBALL RULES**

### **Format:**

- 8 players (4 male + 4 female)
  - May play with a minimum of 6 players (3 male + 3 female), may NOT play with 7 players.
  - Substitute players are ENCOURAGED.
- Double-Elimination Tournament
- 5 inning games, no new innings after 35-minute time limit
- Extra Innings – If game is tied at the end of 5 innings, or after time expires: Game will be modified to 1-pitch, and the player who recorded the last out in the previous inning will start on 2<sup>nd</sup> base.
- Mercy Rule – A team leading by 10 or more runs after 3 innings will be declared winner

### **Equipment:**

- Cleats allowed on Dirt Fields.
- Game ball will be provided.

### **Sport Specific Rules:**

- **Batting**
  - The batting order must alternate male/female/male/female
  - 3-Pitch Rule
    - A member of your team will pitch to your batters.
    - You will receive a maximum of 3 pitches per at bat. One of them must be in play (not a foul ball) or you will be declared out.
  - You may only have 8 players in the batting order at a time.
  - The pitcher can be substituted at any time.
  - Base runners must “give up” or slide. MAY NOT run over the fielder.
  - If the ball strikes the pitcher off the kick, the batter is out.
  - Courtesy runners may be used once per inning (must be same sex).
  - Bunting is NOT ALLOWED.
  - All kicks must occur at or behind home plate. Kicks made in front of the plate will be declared foul, and count as 1 of your 3 available pitches.
- **Fielding**
  - There are no restrictions regarding player positioning on the field
  - The runner has a right to the base path. If a fielder disrupts a runners path to the base, the runner will automatically be awarded that base.
  - Runner will be awarded one base on an overthrow out of play.
  - Fielders can record an out in any of the following ways:
    - Catching a fly ball
    - Stepping on lead base while in possession of the ball
    - Tagging batter/runner with the ball while not on base
    - Striking batter/runner with the ball, below the neck, while not on base
      - If the batter/runner is struck by the ball in the head/neck area while sliding, ducking, or dodging the ball, the runner will be declared out.
- **Other**
  - Re-Entry Rule – players may substitute during the middle of any inning. Players that substitute must remain in/out for one full inning.
  - In case of inclement weather, tournament will be modified to 1-pitch.

**After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!**

**Akron Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.**



## **MINI GOLF RULES**

### **Format:**

- 4 players (2 male + 2 female)
  - 2 Players from your team (1 Male & 1 Female) will be paired with 2 Players from another team for play.
- Each player will play 17 Holes, Lowest Combined Team Score will be placed against the field
- Tie Breaker: Sudden Death Playoff
  - In the event that two or more teams have the same score at the end of the round, each team (all 4 players) will replay hole number 1 to break the tie. Play will continue the necessary amount of holes to determine a winner.

### **Equipment:**

- May bring your own putter.
- Rolling Greens Putters will be available on-site.
- Players must use a Rolling Greens Ball for play.

### **Sport Specific Rules:**

- Players are to start and complete the hole before the next player takes his or her turn.
- Players may not switch clubs or balls at any time during the competition.
- Only the putter head of the putter may strike the ball.
- Players must start each hole from the starting pad.
- If a Player's ball rolls back to the starting point, but does not leave the playing area, play will resume from that point. If a ball rolls off the playing area, a one-stroke penalty will be incurred, and he or she may restart from the starting pad.
- If a ball should leave the playing surface, it must be placed at the closest point to where it left the course, and a one-stroke penalty will be incurred.
- A player is entitled to move his or her ball a club head length away from any side wall, or obstacle.
- If a ball bounces off the bottom of the cup, and out of the hole, the putt counts as a make.
- The maximum number of strokes a player can take is 6. If you already have 6 strokes and have not made your ball in the cup, you are to pick up your ball and mark your score as a 6.

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## **SOFTBALL RULES**

### **Format:**

- 10 players (5 male + 5 female)
  - May play with a minimum of 8 players (4 male + 4 female), may NOT play with 9 players
  - Substitute players are ENCOURAGED.
- Double-Elimination Tournament
- 5 inning games, no new innings after 40-minute time limit
- Extra Innings – If game is tied at the end of 5 innings, or after time expires: Game will be modified to 1-pitch, and the player who recorded the last out in the previous inning will start on 2<sup>nd</sup> base.
- Mercy Rule – A team leading by 10 or more runs after 3 innings will be declared winner

### **Equipment:**

- NO METAL CLEATS ALLOWED (Rubber or Molded Cleats, or Tennis Shoes ONLY)
- Game ball will be provided.
- Bats – Bring your own. Must be USSSA, ASA, or NSA regulated.
- Glove/Mitt – Bring your own.

### **Sport Specific Rules:**

- **Batting**
  - The batting order must alternate male/female/male/female
  - 3-Pitch Rule
    - A member of your team will pitch to your batters.
    - You will receive a maximum of 3 pitches per at bat. One of them must be in play (not a foul ball) or you will be declared out.
  - You may only have 10 players in the batting order at a time.
  - The pitcher can be substituted at any time.
  - Base runners must “give up” or slide. MAY NOT run over the fielder.
  - If the ball strikes the pitcher off the bat, the batter is out.
  - Courtesy runners may be used once per inning (must be same sex).
  - Bunting is NOT ALLOWED.
- **Fielding**
  - There are no restrictions regarding player positioning on the field (Must have catcher)
  - The runner has a right to the base path. If a fielder disrupts a runners path to the base, the runner will automatically be awarded that base.
  - Runner will be awarded one base on an overthrow out of play.
- **Other**
  - Re-Entry Rule – players may substitute during the middle of any inning. Players that substitute must remain in/out for one full inning.
  - In case of inclement weather, tournament will be modified to 1-pitch.
  - Safety Line: This is an extended first base line, past the plate toward the back stop.
    - Runners advancing to home, will cross this line instead of touching home plate.
    - Runners that touch home plate will be declared out.
    - Plays made at home will be a force out, using home plate as the base.

**After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!**

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## **FOOTGOLF RULES**

- 4 players (2 male + 2 female)
- 12-hole Scramble
- Team score will be placed against the Division
- Tie-Breaker: Card-off
  - In the event two or more teams have the same score at the end of the round, their scorecards will be compared in reverse order (starting with the final hole). The team with the lower score, at any point during the comparison, will receive the advantage.

### **Equipment:**

- Soccer Ball, size 5
  - Bring your own, or rent provided Corporate Challenge soccer balls (must leave ID as collateral)
- NO CLEATS, tennis shoes or indoor/outdoor turf shoes are allowed – no bare feet

### **Sport Specific Rules:**

- **The Game**
  - Your team of 4 players will be paired with another random team of 4 players at tee-off.
  - In this four-person scramble format, each team member will hit from the tee box. Of the four hits that occur, your team will decide which ball to use for the location of their second shot. From that spot, all four team members will hit again, and choose the best shot. Each time completing this process will count as 1-stroke. Play will continue in this manner until the hole is completed.
  - Teams will alternate as follows:
    - Team A – all four players will kick
    - Team B – all four players will kick
    - Both teams proceed to choose their shot, and collect the other balls.
  - If the ball you choose to play is in a hazard (sand, water, etc.), the rough, or out of bounds, you must play the ball as it lies and may not take relief.
  - Each player's putt attempt must be made within 3 inches of the marked spot (no closer to the hole).
  - The first ball to go in the hole is counted for the team score.
    - When putting, once any ball is holed out, no further strokes count. Teams are cautioned not to make "tap-in" putts until all team members have had the opportunity to attempt the team's original putt.
  - **EACH PLAYER'S TEE SHOT MUST BE USED AT LEAST ONCE DURING THE COMPETITION.**

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## **CORNHOLE RULES**

### **Format:**

- 4 players (2 male + 2 female)
  - 1 male + 1 female from your team will pair up and choose a side.
- Double-Elimination Tournament
- Object of the Game: Score 21 Points before the opposing team
  - NO BUST – The first team to 21 or more points wins. There is NO penalty for exceeding 21 points.
  - NO SKUNK – There is NO mercy rule. All games will be played to 21 points.

### **Equipment:**

- Cornhole Bags (1 lb., Real Corn), Provided
- Cornhole Boards, Provided

### **Sport Specific Rules:**

- **Team Members**
  - Splitting your team into partners (1 male + 1 female each), choose which board you would like to stand beside.
  - Bags will be thrown one at a time until a complete stop on the board, alternating teams each throw.
  - Each member of your team will be responsible to throw 2 bags each turn. These throws may be alternated in any way you would like.
  - The team that scored more points in the previous turn, will throw their first bag first.
  - Player's feet should not project past the front of their board during a toss.
  - Any bag that hits the ground prior to landing on the surface of the Cornhole Board do not count as a legal throw, and are to immediately be removed from the landing area.
- **Scoring**
  - Bags that progress through the hole of the board: 3 points
  - Bags that land on the surface of the board: 1 point
  - All bags that are thrown must remain where they are until points are tallied.
  - Points are tallied by totaling up each teams total for the round, and awarding the difference to the team with the higher score.
    - For example,
      - Team A throws four bags. 3 bags land on the board, 1 travels through the hole.  
TOTAL: 6 points
      - Team B throws four bags. 2 bags land on the board, 2 travel through the hole.  
Total: 8 points
      - Team B is awarded 2 points for this round.  
Bags are collected, and it's the other side's turn.

**After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!**

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## **3v3 BASKETBALL RULES**

### **Format:**

- 3 Players (at least 1 female on the court at all times)
  - Substitute players are ENCOURAGED.
- Double-Elimination Tournament
- Play to 13 points, Win by 2, or First to 17.

### **Equipment:**

- Game Basketballs, Provided. (Bring your own for shootaround)

### **Sport Specific Rules:**

- **Scoring**
  - Shot made from behind the 3PT Line: 2 points
  - Shot made from inside the 3PT Line: 1 point
- **Gameplay**
  - Coin Flip / "rock-paper-scissors" determines first possession.
  - Ball must be checked to start play.
  - Ball must be passed off the check. Shooting or driving off the check will result in change of possession.
  - Takeback Line – Free-throw extended
    - After each possession, the ball must be taken back behind the Takeback Line.
    - The Takeback Line is defined: Outside of the 3PT line + above the free-throw line.
    - Failure to take the ball back will result in loss of possession.
  - After a score, the ball must change possession, and be checked behind the Takeback Line to resume play.
  - After all fouls or out-of-bounds occurrences, the ball will be taken out at the Takeback Line.
  - Each team is allowed ONE 45-second timeout.
  - NO STALLING ALLOWED. Referees will keep a 30-second shot clock. Failure to attempt a shot that hits the rim within the shot clock will result in loss of possession.
  - Jump Balls go to the Defense.
  - All games will be refereed by a certified official.
- **Fouls**
  - The scorekeeper / referee will record all team fouls on the score sheet.
  - FIRST 6 TEAM FOULS:
    - Shooting:
      - Ball goes in: Point counts, foul recorded, ball changes possession
      - Ball misses: Foul recorded, ball possession stays, restart with a check
    - Non-Shooting
      - Foul recorded, ball possession stays, restart with a check
  - TEAM FOULS AFTER 6:
    - Shooting
      - Ball goes in: Point counts, ball possession stays
      - Ball misses: 1 Free-Throw Attempt, ball possession stays
    - Non-Shooting
      - 1 Free-throw attempt, ball possession stays
  - Unsportsmanlike Conduct penalties will result in EJECTION.
  - NO DUNKING ALLOWED. Observed dunking on any basket at any time may result in EJECTION.

**After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!**

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## **SAND VOLLEYBALL RULES**

### **Format:**

- 6 players (3 male + 3 female)
  - CANNOT play with less than 6 players. No Exceptions.
  - Substitute players are ENCOURAGED.
- Double-Elimination Tournament
  - Winners Bracket Games: Best of 3 Games, Win by 2 (To: 21, 21, 15) (Cap: 25, 25, 19)
  - Lower Bracket Games: Single Game, Win by 2 (To: 21) (Cap: 25)

### **Equipment:**

- Game Volleyballs Provided. Please bring your own to warm up with.

### **Sport Specific Rules:**

- **Starting the Game:**
  - A coin flip will start each game. Winner of the flip will choose to serve, or choose their side of the court. Teams will switch sides of the court in-between each game.
  - If there are not six players present within 5 minutes of the start of the match, the first game will be a forfeit. An additional 10-minutes will then be granted for the team to fully arrive. If 6 players are not present at the end of the 10 –minute period, the second game and the match will be a forfeit.
- **Game Play**
  - The positioning of the players shall be alternating male and female.
  - Unlimited substitutions may be made (male for male, female for female) ONLY at the server position. Players DO NOT need to make a full rotation prior to subbing out. Injured players may sub out from any position.
  - Service may be made anywhere along the end line.
  - The server should call the score with each service.
  - When a ball is played more than twice by a team, a female player must make at least one of the contacts.
  - The ball may contact any part of the body to remain in play. (Kick balls = Legal)
  - Scooping, lifting, pushing, or allowing the ball to roll on the body will be considered a held ball and illegal.
  - Blocking can only be done by front row players. Attacking the ball in front of the 10-foot line can only be done by front row players.
  - The receiving team on a serve cannot attack the serve. The first hit by the receiving team shall be a bump or set.
  - To help ensure player safety, blatant interference by a player (in the judgment of the official) with an opposing player who is in the progress of playing the ball, shall be declared a fault and a sideout or point will be awarded.
  - Misconduct shall result in: first infraction-team warning; second infraction-point or sideout; third infraction-forfeit of game.
  - Two time-outs per game will be allowed for 20-seconds each.
  - Only the team captain may address the officials.
  - All decisions of the official are final.

**After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!**

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## **BOWLING RULES**

### **Format:**

- 4 players (2 male + 2 female)
- Each player will bowl 2 games, league style (switching lanes every frame)

### **Equipment:**

- Bring your own Bowling Ball + Shoes.
- Lane Balls + Lane Shoes available on-site.

### **Sport Specific Rules:**

- Each team shall consist of 4 participants.
- Each player will bowl two games.
- The combined score of both games, for all four bowlers, will be added together to give the team one total score.
- In case of a tie, one bowler from each team involved will bowl the 10<sup>th</sup> frame. Winner of that frame will be given the advantage.

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## **10K RELAY RULES**

### **Format:**

- 6 runners (3 male + 3 female)
- Relay-Race (1 mile loop each leg)

### **Equipment:**

- Bib, provided (must be worn by anchor runner)

### **Sport Specific Rules:**

- The first runner for each team will run approximately 1.2 miles. Each runner after that will complete the 1-mile loop.
- The exchange will take place in a clearly designated zone.
- Runners must "tag" their teammate in the exchange zone to complete the relay.
- The anchor, or last runner, must wear the official Cleveland Corporate Challenge race bib, and must end their run in the finish-line chute. Runners must remain in order of finish in the chute until their bib tag has been pulled by race officials.
- Scoring and determination of finish will be based on final elapsed time for all members of the relay team.
- All participants must wear their assigned bib on the front of their shirt or shorts.

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## **1 MILE WALK**

### **Format:**

- At least 1 representative.
- Five (5) points will be awarded to each Corporate Cup team participating in the 1 Mile Fun Walk.
- Anyone is eligible to walk. The purpose of the event is to encourage all company employees and their families to participate in the Corporate Challenge.
- This is a non-competitive event.

### **Equipment:**

- None Required.

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## **TUG OF WAR RULES**

### **Format:**

- 10 Players (5 male + 5 female)
  - Minimum of 8 players (4 male + 4 female) to compete
  - Substitute players are ENCOURAGED.
- Double-Elimination Tournament

### **Equipment:**

- Tug Rope (150 feet long, 2 inches diameter, hemp), provided
- SLEEVES REQUIRED, bring a long sleeve shirt, or something to cover your arms
- Boots highly recommended, NO SPIKES, CLEATS, STUDS, HOBNAILS, or other metal fittings permitted.
- Wrist secured gloves highly recommended, no sticky substances allowed on hands or gloves.

### **Sport Specific Rules:**

- **The Team**
  - Each team is allowed up to 19 players on their roster, 1 of which is the cadence caller. Only 10 players will tug at one time.
  - Once an alternate replaces a participant, that participant may not re-enter the competition.
  - Males and Female will be alternated in positions on the rope.
  - One coach per team will be permitted on the line to assist with organization. It will be the coach's responsibility to notify the official that the team is ready to tug.
- **The Tug**
  - Teams will be lined up so that the rope will be pulled on the right side (under the participants' right arms). The anchor (the last person) will be permitted to tie in, and is the only member who can touch the ground with only his/her hands.
  - If any team member falls to the ground during the tug, they have 5 seconds to re-establish themselves on the rope or the match will be lost.
  - The tug will be started on the command of the official.
  - The team that pulls the rope 12 feet from the center will be declared winner.
  - There will be a 90-second time limit on each tug.
  - All tugs will be timed.
  - Prior to the beginning of the pull, no participant may "dig-in" to the ground.
  - A 5-minute rest period between tugs will be guaranteed to all teams.
  - This is a DOUBLE-ELIMINATION TOURNAMENT. Each team will continue tugging through the bracket until the team records two losses.

**After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!**

**Akron Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.**



## **OBSTACLE COURSE RULES**

### **Format:**

- 4 players (2 male + 2 female)
- Each team member will compete their chosen station of obstacles.
- Total team time will be placed against the Division. Top 6 move on to Championship Round.
- Championship Round:
  - Scores reset at 0.
  - Each team will run the course again.
  - Total team time will be placed against the other 5 teams.
- Tie-Breaker: If the times between 2 or more teams are identical, each team will run the final leg of the obstacle course for time to break the tie. Any member of your Obstacle Course team may represent your team in the tie-breaker.

### **Equipment:**

- Various Obstacles, all provided.

### **Sport Specific Rules:**

- A team will consist of 2 males and 2 females. Each team will run once through the obstacle course.
- Teams will designate one participant per station of obstacles.
- When a participant finishes their station of obstacles, he or she will touch hands with the next person on the relay team to continue the course.
- Failure to complete an obstacle correctly will result in a "time-added" penalty. Specific penalties for each obstacle are listed on the Obstacle Course Map.
- The Top 6 teams will compete a second time in the Championship Round to determine the Top 6 finishers in the event.
- Competitors may switch obstacles for the finals if they choose.

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