



# 2017 ISC CORPORATE CHALLENGE EVENT RULES & STANDARDS

*All rules & scoring subject to change*

# Eligibility

## Team Participation Eligibility:

1. Participation is limited to duly registered teams. A team is officially entered in the ISC Corporate Challenge when Indiana Sports Corporation receives official entry form and entry fee. Number of participating teams will be limited to the first 160 companies to officially register. Teams will be entered on a first-come, first-served basis.
2. Each company or organization may only enter one (1) team.
3. Each team is limited to 100 individual team members.
4. Each team will compete within one of four divisions based on the company's total number of Indiana full-time and part-time employees.
5. Companies of twenty (20) or less employees will be allowed to team up with one (1) other company to create a participating team.

## Individual Participation Eligibility:

1. Individual team member eligibility for events is subject to the following requirements:
  - a. Each member of a team must be an employee of the organization fielding the team; must work at least 20 hours per week; and must earn the majority of his/her income from the organization in which he/she is representing. The employee responsible for verification of personnel eligibility must sign the team roster.
  - b. Retirees over the age of 55 are eligible to compete, provided a Human Resources Director certifies the retirement date for each retiree who will compete and will also certify that each retiree was employed a minimum of three years before the retirement date.
  - c. Eligible individual team members include: full-time employees; part-time employees; interns (as long as they work at least 20 hours per week); and retirees. Ineligible individual team members include: family members of employees; contractors (unless contracted solely with the competing organization); volunteers; and board members who are not employed by the company.
  - d. Individual competitors will be limited to competing in only two (2) competitive events not including the cycling time trial event. Individual competitors may compete in as many of the Good Sport events as they wish.
  - e. For the 10K Run and 5K Run: the number of participants that a team can have in these races is unlimited. However, only the designated number of scorers will be scored for determining team points. Example: only one male and one female (your company's top finishers) in each age group of the 5K Run will be scored for team points even though a team may have more than one male and one female participating in any given age group.
  - f. For the ½-Mile Run: each team will be limited to one male and one female runner per age group.
  - g. No individual competitor may compete on more than one (1) team.

## Additional Event Requirements:

1. Each team will register all Corporate Challenge team members including name, gender, and age. The age division of the competitors will be determined by what age the team member is on the first day of the 2017 event (September 9, 2017).
2. All team members must be registered on the Team Management Page online provided by Indiana Sports Corp.
3. Each athlete will be required to sign an electronic waiver to participate in any of the events. Anyone participating in the 5K fitness walk will be required to sign a waiver.
4. Certified cycling helmets will be required to participate in the Cycling event.
5. All team members must be dressed on main event day in a competition uniform on which the name of the team is clearly visible.

## Event Dates:

Cornhole & Volleyball Tournament – Sat., Sept 9 – Midwest Sports Complex

Bowling Event – Sat., Sept. 9 – Woodland Bowl

Cycling Time Trial Event – Wed., Sept 13 – Indianapolis Motor Speedway

Main Events – Sat., Sept. 16 – Indianapolis Motor Speedway

# Individual Event Rules

## Competitive Events Rules:

### 1. Cycling Time Trial

Each team will be permitted to enter a team consisting of a total of five (5) cyclists; at least one (1) rider on the team must be female. Cyclists will ride the six mile course as fast as they can during this individual, endurance, time trial. Riders will begin the time trial at the start line 15-seconds apart from each other. Team scoring will be by "cross country" method based on individual overall finish place (lowest combined team finishing position wins the event, as used in cross country scoring).

Should a team have less than five riders, then all remaining team scorers will be assigned a finishing position equal to last place plus 10 positions. Only traditional upright bicycles will be permitted. This includes road bikes, time trial bikes, disc wheel bikes, and mountain bikes. No recumbent bikes will be permitted. No drafting will be permitted. Each rider is required to wear a certified helmet to compete (CPSC, ASTM, Snell.) The cycling time trial event will take place on Wed., Sept. 13 at the Indianapolis Motor Speedway. **This event will use the competition chip technology for scoring purposes.**

### 2. 10K Team Run

Four (4) runners are permitted to run and be scored or counted; at least one (1) must be a female. Each team member will run the 10K course concurrently. More than four (4) runners from each team can participate in this event. Only the first 4 finishers (at least one being female) will count toward the team score. Team scoring will be by "cross country" method based on individual overall finish place. Should a team have less than four runners, then all remaining team scorers will be assessed last place plus 10 positions. Lowest combined team finishing position wins the event, as used in competitive cross-country scoring.

**This event will use the competition chip technology for scoring purposes.**

### 3. 5K Run

Each team will be allowed a maximum of 12 scorers for this run. The maximum of 12 scorers is limited to one (1) male and one (1) female runner in each of the 6 age groups. While teams are allowed multiple runners in each age group, only the team's top male and female participants in each age group will score for your team and be eligible for awards. Age divisions: 29 and under; 30-39; 40-49; 50-59; 60-69, 70 and older. **This event will use the competition chip technology for scoring purposes. NOTE: If an age division has three or less participants, the maximum points the winner receives is 50.**

### 4. ½ Mile Run

Each team will be allowed to enter one male and one female runner for a maximum of 12 runners representing each team. Runners will compete in 1 of these 6 age group races. Age divisions: 29 and under; 30-39; 40-49; 50-59; 60-69, 70 and older. No more than 12 runners will be permitted per team for this event. Depending on how many participate, age division and/or genders may be placed in combined heats. **This event will use the competition chip technology for scoring purposes.**

**NOTE: If an age division has three or less participants, the maximum points the winner receives is 50.**

### 5. Team Medley Relay

Each team may enter one team of four (4) employees; at least one (1) must be female. Heats will be raced by team divisions. The race will be a straight line relay with four (4) legs of approximately 100 meters. A baton will be used for exchanges between each participant. **Your team's anchor runner (running the last leg) must have a competition chip on his/her shoe for the team's time to be recorded.**

## Good Sport Events Rules:

### 1. Bowling

Each company will be permitted to enter one (1) team of five (5) employees (at least one (1) being female) in the Bowling event. This event will feature the Baker bowling system. Each team will bowl five (5) Baker games. Bowler #1 will bowl frames 1 and 6; Bowler #2 will bowl frames 2 and 7; Bowler #3 will bowl frames 3 and 8; Bowler #4 will bowl frames 4 and 9; and Bowler #5 will bowl frames 5 and 10. The team in each division with the highest score for all five games added together will be declared the winner. Teams with less than five (5) bowlers will take a zero (0) for the frames of their missing bowlers. The Bowling event will take place on Sat. Sept. 9 at Woodland Bowl. The team's entry fee into the ISC Corporate Challenge covers the bowling lane fee and shoe rental.

### 2. Basketball Shootout

Each company will be permitted to enter one (1) team of (3) employees (at least one (1) being female) in the Basketball Shootout. Each team will receive 60-seconds to shoot as many baskets with one ball as possible from seven (7) pre-marked spots of different point values. One (1) point will be given for 3' shot; three (3) points will be awarded for 10' shot; and five (5) points will be given for 20' shot. No shooter will be permitted to shoot 2 consecutive shots. Only one ball can be used during the competition. The teams will be permitted to use only two shooters and one rebounder, if it desires. The points scored from the made baskets will be added to produce the team's final score. The team with the most points will be considered the winner of this competition. Teams must have all three (3) team members present and ready to compete at the same time. Individual scores will be added together to create a team score and the team with the highest combine scores will be declared the winner. If a team has less than three members, they CAN still compete in the event, they still must be present at the same time- they will take a score of (0) for their missing participants.

### 3. Dodge Ball

Each company will be permitted to enter one (1) team of up to (10) participants (at least one (1) being female) in dodge ball. Each game begins with no more than (6) players competing on a side; others will be available as substitutes. Teams may only substitute players in between games or in the case of injury. The game must begin with at least (1) female on the court. If a female is not available, the team will begin down one player. Teams must have a minimum of (3) participants to begin a game. The dodge ball tournament will be single elimination with each game lasting no more than five (5) minutes.

### 4. Football Accuracy Toss

Each company will be permitted to enter one (1) team of three (3) employees (at least one (1) being female) in the Football Accuracy Toss. Each team member will throw three (3) footballs through different targets. Targets will vary in distance and size and will be allotted different point totals. One (1) point will be given for a football landing in the first target, which is five yards away; three (3) points will be given for a football landing in the second target, which is ten yards away; five (5) points will be given for a football landing in the third target which is fifteen yards away and seven (7) points will be given for hitting a target twenty yards away. Participants must use the footballs provided by the event staff. No participant may go twice. A team can compete with less than three players, but that team will receive a score of (0) for their missing participant(s). Teams must have all three (3) team members present and ready to compete at the same time. Individual scores will be added together to create a team score and the team with the highest combine scores will be declared the winner. If a team has less than three members, they CAN still compete in the event, they still must be present at the same time- they will take a score of (0) for their missing participants.

### 5. Frisbee Toss

Each team may enter one (1) team of three (3) employees (at least one (1) being female) in the Frisbee Toss. One team member will be assigned to catch Frisbees being thrown by a second team member. The third team member will continue to feed Frisbees provided by ISC to the thrower. The catcher will be required to put the Frisbees into the provided basket. The catcher may not bat the Frisbees into the basket. It must be a catch and then release into the basket. Teams will have 60-seconds to throw and catch as many Frisbees as they can from a distance of ten (10) yards. Teams must have all three (3) members to compete. Participants may only throw one Frisbee at a time. The team with the highest number of Frisbees in the basket will be considered the winner of this competition. If a team has less than three members, they CAN still compete in the event, they still must be present at the same time- they will take a score of (0) for their missing participants.

### 6. Golf Chipping Challenge

Each company will be permitted to enter one (1) team of three (3) employees (at least one (1) being female) in the Golf Chipping Challenge. Each player will get three shots from 30 yards out. A series of rings, effectively a bullseye, will be created on the ground around the pin/flag stick. Each team member has the potential to earn between 0-30 points. Shots between 120 and 72 inches from the flag will earn 1 point. Shots landing between 71 and 36 inches will receive 3 points. Shots landing between 35 and 18 inches will receive 5 points. Balls landing between 17 inches and the flag will earn 10 points. Individual scores will be added together to create a team score. Teams must have all three (3) members present to compete. The team with the highest score will be considered the winner of this competition. If a team has less than three members, they CAN still compete in the event, they still must be present at the same time- they will take a score of (0) for their missing participants.

## 7. Team Obstacle Relay (All Obstacles Subject to Change)

Each company will be permitted to enter one (1) team of four (4) employees (at least two (2) being female). One male and one female participant will start at one end and one male and one female participant will be at the opposite end of the course. The first runner will run through 6 tires, then run approximately 25 yards, then hurdle a series of walls, then run approximately 25 yards, then complete the fence crawl, then run approximately 25 yards to tag the 2nd runner. The 2nd runner will start his/her leg by jumping 10 times on a 12" jump box then go through a spider web obstacle, then go up and over a series of sawhorse obstacles, then run approximately 25 yards before tagging the 3rd member of the team. Team member 3 and 4 will complete the same course as team members 1 and 2, respectively. Finally, the fourth runner, or as many team members as it takes including the fourth runner, will flip a 400lb tire over one time to finish the course. Your team can strategically place the fourth runner to accomplish this task by their self, or each team member can run towards the tire after they finish their leg. As soon as the fourth runner finishes the sawhorses, all participants can flip the tire. No cleats are permitted. Scoring and determination of finish will be based on final elapsed time for all members of the relay team plus any penalties.

## Good Sport Event Rules Continued:

The following infractions will result in 5 second penalties:

- Skipping a tire (each skipped tire will result in a separate 5-second penalty)
- Skipping a wall hurdle (each skipped wall hurdle will result in a separate 5-second penalty)
- Not going underneath the fence during the fence crawl
- Jumping less than 10 times on the jump box
- Not attempting the spider webs
- Not completing one of the saw horses (each skipped will result in a separate 5-second penalty)
- Not flipping over the final, large tire
- A teammate taking off without tagging hands or leaving the line early

## 8. Tug-of-War

Each team may enter one team of six (6) employees (at least three (3) must be females). Competition will be single elimination. The winning team must pull the losing team 10 feet so that the rope marker crosses the line. A five-minute time limit will be placed on all pulls. The team ahead at the time limit is declared the winner. Rubber or plastic cleats, and gloves are allowed. No Metal Spikes are allowed. Participants must make every effort to stay on their feet and not sit, kneel, or lie down in a stalemate position. Team members are not allowed to wrap the rope around their arms and/or bodies. Winning teams will continue to advance in their division until the overall winner has been declared.

## 9. 5K Fitness Walk

Each company may enter as many walkers as they wish in the 5K Fitness Walk. Only the first 25 employees per team that finish the walk will receive four (4) points towards the team's score; however, more than 25 individuals can participate for a company. A maximum of 100 team points will be awarded to each team. This will be a non-timed event. **Every participant in the fitness walk must sign an event waiver!**

## 10. Parallel Parking Challenge

Each company will be permitted to enter one (1) employee in the Parallel Parking Challenge. Participants will have the opportunity to park one (1) of the two (2) company cars; mid-sized or large (SUV or Full Sized Truck). Participants will receive 50 points for parking the mid-sized vehicle or 100 points if they can park the large vehicle. Participants will choose one of the two options for their attempt. To be deemed a successful attempt, the vehicle must be parked inside the designated 23' X 7'w parking lines using no more than 3 gear changes. Participants will be granted one (1) opportunity to attempt the parallel parking challenge. Participants will be disqualified for the following infractions: hitting a cone, touching a boundary line with the tire, exceeding the permitted gear changes, and for parking further than two feet from the passenger side boundary line. **Each participant must be a current and licensed driver.**

## 10. Soccer Shootout

Each company will be permitted to enter one (1) team of 3 employees (at least one (1) being female) in the Soccer Shootout. Participants will each shoot three (3) attempts from 12 yards out at a regulation sized soccer goal. The goal will be divided into multiple sections, with each having a different point value depending on the difficulty of the shot. The total sum of the three participants' shots will serve as the team score. Participants may wear plastic or rubber cleats for this event, and must use soccer balls provided by the event's staff. Teams must have all three (3) team members present and ready to compete at the same time. Individual scores will be added together to create a team score and the team with the highest combine scores will be declared the winner. If a team has less than three members, they CAN still compete in the event, they still must be present at the same time- they will take a score of (0) for their missing participants.

## 11. Cornhole Tournament

The cornhole tournament will feature teams of 2 players (one (1) male & one (1) female) and 2 substitutes. The tournament will be a "group play" format, where teams play a 3 game round-robin within their group with one team advancing to a bracketed, single elimination tournament. In group play, teams will use a "rally" scoring method to 21. Players will score 3 points for each bag that goes into the hole on the board and 1 point for each bag that lands and stays on the board. Any bag that hits the ground before hitting the board is "dead" and won't be eligible to score points even if it bounces onto the board. Teams will compete in tournaments by division. Each Corporate Challenge Team will be allowed to enter 1 team in the cornhole tournament. Event will take place at Midwest Sports Complex on Saturday, September 9.

#### **12. Sand Volleyball Tournament**

The sand volleyball tournament will feature teams of 4 players (two (2) female & two (2) male) and 2 substitutes (one (1) female and one (1) male). The tournament will be a "group play" format, where teams play a 3 game round-robin within their group. The top 8 teams with the best record after group play will advance to a bracketed, single elimination tournament. Seeding is based on the following tie-breakers: record, points conceded, point differential and timed length of play. All games will use a "rally" scoring method. Teams will compete in tournaments by division. Each Corporate Challenge team will be allowed to enter 1 team in the sand volleyball tournament. Event will take place at Midwest Sports Complex on Saturday, September 9.

#### **13. Pit Stop Challenge**

The excitement and precision of auto racing will be front and center at Corporate Challenge as teams take the role of a pit crew to see which company has the fastest draw on a pneumatic ratchet. Teams of four (4) will compete with at least one (1) being female. Teams will compete against the clock to change (2) front tires on a standard IndyCar. As soon as both tires have been successfully changed, the clock will stop. Each team will get (1) opportunity to post their best time.

#### **14. Tennis Target Challenge**

Each company will be permitted to enter one (1) team of 3 employees (at least one (1) being female) in the Tennis Target Challenge. Each member will get three (3) attempts from a distance of 22 feet. The target will consist of a net line, which is approximately three (3) feet high and three (3) circular target holes above the net line. Players will receive one (1) point for hitting above the net line, three (3) points for hitting through the middle hole and five (5) points for hitting through either the left or right holes. Teams must have all three (3) team members present and ready to compete at the same time. Individual scores will be added together to create a team score and the team with the highest combine scores will be declared the winner. If a team has less than three members, they CAN still compete in the event, they still must be present at the same time- they will take a score of (0) for their missing participants.

### **Community and Compassion Events Rules:**

#### **ISC Geared for Health - sports equipment for kids**

This Indiana Sports Corp youth program collects sports equipment from manufacturers, retailers, and institutions and distributes it to nonprofit, youth-serving organizations, sports leagues and sports clubs that aid kids in developing and maintaining healthy lifestyles.

- Teams will earn team points based on monetary donations to ISC's Geared for Health Program (NEW for 2017).
- Those dollars will be used to purchase new equipment that's requested by qualified organizations that receive equipment grants from ISC.
- Points will be distributed as follows:
  - \$20-99 is worth 10 points
  - \$100-\$249 is worth 25 points
  - \$250-\$399 is worth 50 points
  - \$400-\$499 is worth 75 points
  - \$500+ is worth 100 points
- Companies can set-up a donation campaign within their company prior to the event online. Please contact Molly Powell, with ISC at (317) 237-5102 or mpowell@indianasportscorp.org to make arrangements.
- Donations will be accepted at Woodland Bowl on September 9th from 12:30-6:00pm. Teams can also contribute online via our website or by mailing a check to Indiana Sports Corp, 201 South Capitol Ave., Suite 1200, Indianapolis, IN 46225 in advance of the 9th.
- Checks can be made out to Indiana Sports Corp with "Geared for Health – Corporate Challenge" in the memo.
- All donations are tax-deductible. Receipts are available upon request.

#### **Susan Williams CHAMPS Grants**

Susan Williams CHAMPS Grants support organizations that provide underserved youth with the opportunity to participate in sports and fitness activities that teach life skills. Since the inception of the CHAMPS (Champions in Life) Grant program in 1988, more than \$1.9 million have been allocated to 220 youth organizations to support their sports programming and initiatives.

- Teams will receive team points based on monetary donations made to the Susan Williams CHAMPS Grant Program.

- Donations will be accepted at Woodland Bowl on September 9<sup>th</sup> from 12:30-6:00pm. Teams can also contribute online via our website or by mailing a check to Indiana Sports Corp, 201 South Capitol Ave., Suite 1200, Indianapolis, IN 46225 in advance of the 9<sup>th</sup>.
- Checks can be made out to Indiana Sports Corp with CHAMPS – Corporate Challenge in the memo.
- All donations are tax-deductible. Receipts are available upon request.
- **Anthem Blue Cross and Blue Shield Foundation will match up to \$25,000 of all teams' donations to support the Susan Williams CHAMPS Grants!**
- Points will be distributed as follows:
  - \$20-99 is worth 10 points
  - \$100-\$249 is worth 25 points
  - \$250-\$399 is worth 50 points
  - \$400-\$499 is worth 75 points
  - \$500+ is worth 100 points

#### Indiana Blood Center

- Teams will receive team points based on the number of employees who attempt to donate blood.
- Companies can host blood drives anytime between May 1<sup>st</sup> and September 8<sup>th</sup>. Donations can also be made at any Indiana Blood Center on specific days in May through September. If you work with the Indiana Blood Center to hold a blood drive, please work with your local Indiana Blood Center representative to ensure they are tracking donations for Corporate Challenge points. If you are unsure of who your local Indiana Blood Center contact is, please check here: <http://www.indianablood.org/Donors/BeInvolved/Pages/Local%20Contact.aspx>
- Employees who aren't on the 100 person team roster *are* allowed to make donations that score points for your ISC Corporate Challenge team.
- Teams can recruit friends and family members to donate on their behalf.
- Employees may donate on two separate occasions to collect points for your ISC Corporate Challenge team. *\*Donor must wait at least 56 days between donations.*
- Division 1 teams will be awarded 4 points per donation attempt. Teams can earn a maximum of 100 points.
- Division 2 teams will be awarded 3 points per donation attempt. Teams can earn a maximum of 100 points.
- Division 3 teams will be awarded 2 points per donation attempt. Teams can earn a maximum of 100 points.
- Division 4 teams will also be awarded 2 points per donation attempt. Teams can earn a maximum of 100 points

#### Protests

- All protests must be sent to the Corporate Challenge Email Account ([corporatechallenge@indianasportscorp.org](mailto:corporatechallenge@indianasportscorp.org)) by Wednesday, September 20<sup>th</sup> at 5:00PM EST. The Corporate Challenge team will look at each protest individually and will decide in a timely manner.

### 2017 ISC Corporate Challenge Point Structure

	Team Points (Maximum points available.)	Awards
<b>Competitive Events</b>		
5K Run (Age Group Race)	100 * <b>NOTE: If an age division has three or less participants, the maximum points the winner receives is 50.</b>	1 <sup>st</sup> – 3 <sup>rd</sup> place for each gender and age group in each division
10K Run (Team Race)	500	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Team Medley Relay	500	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
½-Mile Run (Age Group Race)	100 * <b>NOTE: If an age division has three or less participants, the maximum points the winner receives is 50.</b>	1 <sup>st</sup> – 3 <sup>rd</sup> place for each gender and age group in each division
Cycling Time Trial (Team Race)	500	1 <sup>st</sup> – 3 <sup>rd</sup> place team in each division
<b>Good Sport Events</b>		
Basketball Shoot-Out	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division

Bowling	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Football Accuracy Toss	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Frisbee Toss	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Golf Chipping Challenge	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Obstacle Course Relay	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Soccer Shootout	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Parallel Parking Challenge	100 (successful large vehicle attempt) 50 (successful small vehicle attempt)	No awards given
Pit Stop Challenge	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Tennis Target Challenge	100	1 <sup>st</sup> – 3 <sup>rd</sup> place teams in each division
Tug of War	300	25 points – fielding a team 50 points – advancing to the quarterfinals 100 points – advancing to the semi finals 200 points – advancing to the finals 300 points - champion
Dodgeball	300	25 points – fielding a team 50 points – advancing to the quarterfinals 100 points – advancing to the semi finals 200 points – advancing to the finals 300 points - champion
Cornhole Tournament	300	25 points – fielding a team 50 points – advancing to the quarterfinals 100 points – advancing to the semi finals 200 points – advancing to the finals 300 points - champion
Sand Volleyball	300	25 points – fielding a team 50 points – advancing to the quarterfinals 100 points – advancing to the semi finals 200 points – advancing to the finals 300 points - champion
5K Fitness Walk	4 (awarded for only the first 25 finishers per team. Maximum points available per team is 100)	No awards given for this event
CEO Selfie	50	No awards given
Volunteer Recruitment	50	No awards given
<b>Community &amp; Compassion Events</b>		
ISC Geared for Health Donations	Based on monetary donations; Maximum of 100 team points	No awards given for this event
Susan Williams CHAMPS Grants	Based monetary donations; Maximum of 100 team points	No awards given for this event
Indiana Blood Center Donations	Based on donation quantity; Maximum of 100 team points	No awards given for this event
<b>Industry Challenge</b>	Sum of points earned in Competitive, Good Sport, and Donate Life Indiana Community & Compassion Events	1 <sup>st</sup> place in each industry
<b>Overall Division Champion</b>	Sum of points earned in Competitive, Good Sport, and Donate Life Indiana Community & Compassion Events	1 <sup>st</sup> – 3 <sup>rd</sup> place in each division