



# 2014 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 150 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 submit an official roster of all 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 2014 event (September 20, 2014).
2. All rosters must be submitted electronically on the official roster form provided by Indiana Sports Corporation.
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:

Cycling Time Trial Event – Sat., Sept 20 – Major Taylor Velodrome

Cornhole & Volleyball Tournament – Sat., Sept 20– Midwest Sports Complex

Bowling Event – Sat., Sept. 20 – Woodland Bowl

Main Events – Sat., Sept. 27 – 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. The cycling time trial event will take place on Sat., Sept. 20 at Major Taylor Velodrome. **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 over. **This event will use the competition chip technology for scoring purposes.**

### 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 one of these six age group races. No more than 12 runners will be permitted per team for this event. Age divisions: 29 and under; 30-39; 40-49; 50-59; 60-69; 70 and over. 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.**

### 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 format will consist of the first leg of 400 meters, the second and third legs at 200 meters, and the fourth and final leg at 400 meters. Teams can bring their own batons or batons will be available for those teams that don't have them. **Your team's anchor runner (running the last 400 meter 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. 20 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.

### 3. 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.

### 4. Frisbee Toss

Each team may enter one (1) team of three (3) employees (at least one (1) being female) with one team member 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. 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. The team with the highest number of Frisbees in the basket will be considered the winner of this competition.

### 5. 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 bulls eye, 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 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.

### 6. 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 complete five (5) burpees, then run 25 yards, then walk across a 12' long x 4" wide balance beam, then run 25 yards, then go over and under a series of 6 hurdles, then run 25 yards to tag the 2<sup>nd</sup> runner. The 2<sup>nd</sup> runner will start his/her leg with rowing 100 meters on a rowing machine, then run 25 yards, then jump 10 times onto a 12" jump box, then run 25 yards, then run through 6 tires, then run 25 yards before tagging the 3<sup>rd</sup> member of the team. Team member 3 and 4 will complete the same course as team members 1 and 2, respectively. 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. If a participant bypasses an obstacle, it will result in a disqualification for the team.

The following infractions will result in 5 second penalties:

- Doing less than 5 burpees
- Stepping off the balance beam early
- Knocking a hurdle to the ground (each hurdle knocked over will result in a separate 5-second penalty)
- Rowing less than 100 meters
- Jumping less than 10 times on the jump box
- Skipping a tire (each skipped tire will result in a separate 5-second penalty)
- A teammate taking off without tagging hands or leaving the line early

## Good Sport Event Rules Continued:

### 7. 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.

### 8. 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!**

### 9. 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; midsize 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 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.

### 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. 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 20.

### 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 with one team advancing to a bracketed, single elimination tournament. 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 20.

### 13. Pit Stop Challenge (New Event)

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. Additional event details TBD.

## Donate Life Indiana Community and Compassion Events Rules:

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

This Indiana Sports Corporation program collects new and gently-used donated youth sports equipment from manufacturers, retailers, institutions, events and individuals, 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 the quantity of new or used youth sports equipment and monetary donations to ISC's Geared for Health Program.
- Monetary donations will also be accepted. Those dollars will be used to purchase new equipment that's requested by qualified organizations that receive equipment grants from ISC. For monetary donations, \$1 equals 1 lb. of new equipment. Equipment and monetary donations will be accepted at Woodland Bowl on September 20 from 3-7pm.
- Companies are also invited to set-up a donation campaign within their company prior to the event. Please contact Molly Powell, Youth Programs Director at Indiana Sports Corporation at (317) 237-5000 to make arrangements.
- Points will be distributed as follows:
  - 10-50 lbs is worth 10 points
  - 51-100 lbs is worth 25 points
  - 101-300 lbs is worth 50 points
  - 301-500 lbs is worth 75 points
  - Over 500 lbs is worth 100 points

### 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 20 from 3-7pm or by mailing a check to Indiana Sports Corp, 201 South Capitol Ave. Indianapolis, IN 46225 in advance of the 20<sup>st</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-\$49 is worth 10 points
  - \$50-\$99 is worth 25 points
  - \$100-\$150 is worth 50 points
  - \$150-\$199 is worth 75 points
  - \$200 + 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 19<sup>th</sup>. Donations can also be made at any Indiana Blood Center on specific days in May through September. An official ISC Corporate Challenge Blood Donation Form must be filled out by a Blood Center staff if donating at an area Blood Center location.
- 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.*
- 4 points will be awarded per donation attempt. Teams can earn a maximum of 100 points.

# 2014 ISC CORPORATE CHALLENGE

## POINT STRUCTURE

	<b>Team Points (Maximum points available.)</b>	<b>Awards</b>
<b>Competitive Events</b>		
5K Run (Age Group Race)	100	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	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
Tug of War	300	1 <sup>st</sup> and 2 <sup>nd</sup> place teams in each division
Cornhole Tournament	300	1 <sup>st</sup> and 2 <sup>nd</sup> place teams in each division
Sand Volleyball	300	1 <sup>st</sup> and 2 <sup>nd</sup> place teams in each division
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
<b>Donate Life Indiana Community &amp; Compassion Events</b>		
ISC Geared for Health Donations	Based on donation weight; 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