



2020 HAMPTON ROADS CORPORATE CHALLENGE

April 20-May 2, 2020

SPORT MANUAL/RULES

Table of Contents

D&B Epic Quest	3
Kickball	4-7
Sand Volleyball	8
3v3 Basketball	9
Shuffleboard	10-11
Topgolf	12-13
Ropes Course	14
Bowling	15
5k Run	16
Cornhole	17
Tug of War	18-19
Participatory Events	20-21

D&B Epic Quest

Monday, April 20, 2020

Time: 4:30 pm-6:00 pm (Registration begins at 4:00 pm)

Team Size: 5 people per team

Price for event: \$200 per team

Location: Dave & Buster's Virginia Beach (701 Lynnhaven Parkway, Virginia Beach, VA 23452)

About the event:

The Dave and Buster's Epic Quest will be our first event of the 2019 Hampton Roads Corporate Challenge, presented by Optima Health! The event will take place during the D&B Kick-Off Party (4pm-8pm). You and four other of your associates will race against time (and other companies) to complete a scavenger hunt in Dave & Buster's!

Teams compete in the ultimate scavenger hunt by completing a set of given challenges. These challenges may include playing games and solving clues throughout the building.

BONUS! The first team back wins extra points

BUMMER! The last team back loses points.

Points are recorded for each challenge correctly completed and teams are ranked on collective scores. The team with the highest score wins!

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

Kickball

Tuesday, April 21, 2020

Time: 12:00 pm-4:00 pm (Registration starts at 11:00 am)

Team Size: Up to 12 people on roster, maximum of 8 people on field

Price for event: \$300 per team

Location: Virginia Beach Field House (2020 Landstown Centre way, Virginia Beach, VA 23456)

About the event:

The Kickball Tournament will be our second event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

1. FIELD:

- a. The center of the pitching area is in the center of the diamond, at approximately 42 feet. It is directly aligned with the first base/third base diagonal.
- b. The strike zone extends to 1 foot on either side of home plate (which will be marked), and 1 foot high. If any part of the ball falls within this zone, then it is a strike.

2. TEAMS:

- a. Game play shall consist of a maximum of eight (8) players on the field. For Division I Teams, there must be at least two females on the field at all times. For Division II Teams, there must be at least one female on the field at all times. You are allowed to play more females than the minimum requires. One of the players must be catcher. There is no maximum to the number of players on your team roster. Failure to field 5 players will result in a forfeit.
- b. In the event that time has expired during the game the home team will complete the inning.
- c. All players can kick, the kicking order cannot change. (NOTE) If a player is injured during play and cannot continue this WILL NOT result in an automatic out. However, if a player is ejected or has to leave the game for any reason other than an injury this WILL result in an automatic out when it is their turn to kick.
- d. The kicking order must be set before the game begins; a player who kicks out of turn will be declared out.
- e. There will be a "ghost-out" for every girl who is missing from the lineup.

3. REGULATION GAMES:

- a. Games will last for 30 minutes or 5 innings, whichever comes first. (NOTE) If the home team is losing at the conclusion of the 30-minute time limit or the top of the 5th inning the inning will continue.
- b. Unlike baseball, there are no extra innings; the game can end in a tie. Any team that is not ready to take the field within 5 minutes after the scheduled kick off time shall forfeit the match.
- c. There is a limit of five (5) runs per inning except for the last inning.

d. Teams can score unlimited runs in the 5th inning ONLY.

e. Forfeits will be recorded as a 10-0 score.

4. PITCHING/CATCHING:

a. No bouncing of the ball to the kicker higher than one foot (as measured from the bottom of the ball). If the ball is bouncing higher than 1 foot off the ground when it reaches the plate (determined by the umpire) then it is a ball; however, the kicker does have the option of kicking it if he/she wishes.

b. The pitcher must stay inside the pitching area on the mound until the ball is kicked. If the pitcher crosses outside the pitching area, an illegal pitch will be called. The kicker does have the option of kicking it if he/she so chooses, and takes the result of that play.

c. The catcher must be positioned at least 3 feet from the kicker and behind the plate until the ball is kicked.

d. The catcher cannot interfere with the kicker.

e. The count begins at 1 ball, 1 strike.

f. Pitching must be underhand only.

5. KICKER:

a. All kicks must be made by foot.

b. All kickers must kick the ball at or behind the home plate or a strike will be called.

c. All balls kicked in front of the plate shall be considered dead ball strikes, however, if the ball is kicked in front of home plate and the kick is caught 'out' by a fielder (or a force out occurs), the kicker or players on base will be called out. If no out occurs during this kick it will be called a strike and all runners shall return to their previous base and the kicker will kick over unless it is his/her third strike.

d. Males cannot bunt, but females can. Males must kick the ball past the 1st - 3rd baseline. The ball must stay beyond the line to be fair. If it does not cross the 1st-3rd baseline, it is considered a foul. If the ball is picked up before the line and the referee judges that the ball is going to be past the line before it actually crosses it, then the ball is in play. If a ball is bunted and played before the line, then the ball is also in play.

e. Kickers may not stop the ball with their foot and then kick it.

6. FIELDING

a. No fielder may advance forward from the 1st - 3rd base diagonal line until the ball is kicked, however anyone can field a bunt. If a pitcher or fielder makes an out by illegally advancing beyond the 1st - 3rd base diagonal, the runner will be declared safe.

b. All kicked balls are considered live balls. If a ball is kicked in foul territory and is caught, this is an out. If the ball is misplayed or dropped in foul territory, this will be considered a foul ball. If a male kicks the ball in the air before the RED line and the ball is played by the fielder, if caught it is an out. However, if the ball is dropped this will be considered a FOUL ball.

- c. If a ball is kicked into the dugout or enters the dugout in any way whether mishandled by a player it will be ruled as a ground rule double. ALL players will be awarded two (2) bases.
- d. If the ball is kicked and it gets caught in the nets this will also be declared a ground rule double. SAME rule applies in 6(c).

7. RUNNING:

- a. Runners must stay within the base line. Fielders must stay out of the base line unless they are attempting to tag the runner or catch the kicked ball.
- b. Fielders trying to make an out on base may have their foot on the base (except for first), but must lean out of the baseline.
- c. If a fielder attempts to physically obstruct a runner from advancing, the runner may advance as many bases as they would have potentially earned had they been able to run unobstructed. This is a judgment call by the official.
- d. It is the responsibility of the runner to avoid a collision. Ties go to the runner. Pursuant to the ASA Rule, when a defensive player has the ball and the runner remains upright and crashes into the defensive player, it is considered a "crash". If the act is determined to be flagrant, the offender shall be ejected.
- e. A runner leading off the base before the ball is kicked is out. Hitting a runner with the ball above the shoulder level is not allowed and the runner is safe and advances one (1) base except for the following situations:
 - 1. If the runner intentionally uses their head the runner is out.
 - 2. If the runner is ducking, diving or sliding (i.e. attempting to dodge the ball) and is hit in the head because of this it is an out. It is the umpire's judgment.
- f. If the runner intentionally hits or kicks the ball out of bounds after being tagged out, the ball is dead and all runners must return to their original bases.
- g. On an overthrow, all players advance as far as they can get, even if the ball is out of bounds.
- h. When two runners are on the same base at the same time, the fielder has the choice of tagging either runner with the ball. The runner who is tagged is out and the other runner is safe and may stay on the base.

8. FOULS:

- a. A foul counts' as a strike even on the third strike.
- b. A foul is:
 - 1. A kick landing out of bounds.
 - 2. A kick landing in bounds, but traveling out of bounds on its own before reaching first or third base (any ball touching a fielder in fair territory is automatically in play).
 - 3. A kick that does not meet the minimum kick requirement (1st - 3rd base diagonal).

9. OUTS:

- a. A count of three (3) outs by a team completes the team's half of the inning.
- b. An out is:
 - 1. Count of three (3) strikes.
 - 2. A runner touched by the ball at ANY time while not on base.
 - 3. A runner who is on the same base with another runner and is tagged with the ball.
 - 4. Any kicked ball (fair or foul) that is caught.
 - 5. A ball tag on a base to which a runner is forced to run.
 - 6. A runner leading off base before a ball is kicked.
- c. Hitting the base with the ball does NOT count as an out. The fielder must hit the runner with the ball or maintain control of the ball on the base on a forced run.
- d. Once the pitcher has the ball in control and is inside the area of control, the play is over. Play will resume once the next pitch is thrown.

10. OTHER RULES:

- a. Foul language is not allowed.
- b. All players are responsible for controlling their team and teammates.
- c. Teams are responsible for keeping track of the batting orders.
- d. If a rule is not otherwise stated, the referee will make the decision based on his or her judgment. If a male kicker is intentionally walked to get to a female kicker, the male kicker advances to second base. However, the female kicker is still required to kick.
- f. There is NO Infield Fly Rule.

Rules modified from Kickball League of Hampton Roads

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

Sand Volleyball

Wednesday, April 22, 2020

Time: 6:00 pm-9:00 pm (Registration starts at 5:00 pm)

Team Size: 10 people per team

Price for event: \$250 per team

Location: Virginia Beach Field House (2020 Landstown Centre way, Virginia Beach, VA 23456)

About the event:

The Sand Volleyball Tournament will be our third event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams consist of up to 10 players – maximum of 4 players on the court at one time. 1 female must be on the court for maximum of four players. Minimum of three players to start and finish a game

Players may not jump serve. A block will be considered a touch.

The player blocking the ball may contact it a second time.

Players will rotate positions clockwise every time a team receives service back.

The server will change every time a team receives service back. Serve is not needed to score.

Games will be played, best two out of three. First two games will be played to 21 and third game (if played) will be played to 11. A team must win a set by two points.

The ball must be returned over the net in three hits or less. A female must touch the ball, if not advanced on the first ball. Players are not permitted to scoop, hold, lift, and carry the ball. One may play the ball twice during a volley, but not twice in succession, unless played directly off a block.

Open substitutions for all players between points.

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

3v3 Basketball

Thursday, April 23, 2020

Time: 6:00 pm-9:00 pm (Registration starts at 5:00 pm)

Team Size: 10 people per team

Price for event: \$200 per team

Location: Virginia Beach Field House (2020 Landstown Centre way, Virginia Beach, VA 23456)

About the event:

The 3v3 Basketball Tournament will be our fourth event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

Each team will consist of 3 players on the court, up to 10 players on a roster. A minimum of 2 players are required to start and continue the game.

Each game has a time limit of 20 minutes. The team leading after 20 minutes will be declared the winner. The clock will run the entire time, unless stopped due to injury. There are no timeouts. If the game is tied after 20 minutes, the game will go to sudden death overtime. The first team to score will be declared the winner. Overtime will be started immediately following regulation with a coin toss.

Possession to start the game and sudden death will be determined by a coin toss.

The check line is anywhere beyond the three point arc. To start the game, possession after a score, overtime, or after a foul, a player must check the ball with the opposite team behind the check line at the top of the key. After an opposing team passes the ball back to the offensive team, the offensive player must pass the ball to a teammate to start play. If the defense gains possession off of a missed basket or turnover, they must take the ball behind the check line and then attempt a shot. If not, then the shot will be blown dead and the opposite team will be awarded the ball at the top of the key, behind the check line.

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

Shuffleboard

Monday, April 27, 2020

Time: 4:00 pm-8:00 pm (Registration starts at 3:00 pm)

Team Size: 4 people per team, it will be a doubles format

Price for event: \$250 per team

Location: Beachside Social (2728 Atlantic Ave, Virginia Beach, VA 23451)

About the event:

The Shuffleboard Tournament will be our fifth event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

The shuffleboard tournament will be a double elimination tournament. Games will be played up to 15 points or 20 minute game time (whichever comes first).

*** See next page for more rules!

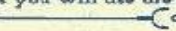



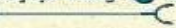



Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

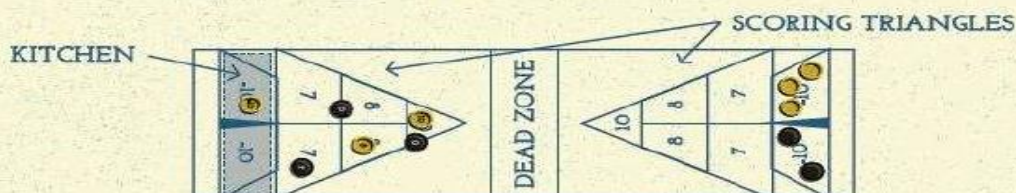
RULES OF PLAY

BEACHSIDE SOCIAL SHUFFLEBOARD PRO TIPS

BASICS

- The tools you will use are called tangs  and biscuits 
- Purpose of the game - score as many points as you can by pushing  into  using 
- When positioning biscuits  where you need/want it, use the tip of the tang  and not the claw 
- 2 player games are called singles and 4 player games are doubles
- There is absolutely NO WALKING ON COURTS
- Tangs will damage fans so no lifting them above your head no matter how light they are

GAME FLOW



- At the start of the game all biscuits should be in the kitchen (the one on the court!)
- The yellow team kicks off the game by sending a biscuit to the scoring triangle at the opposite end of the court (challenge extended!)
- The black team follows suit (challenge accepted!)
- Yellow and black teams alternate until all 8 biscuits have been played, therefore completing a 'frame'
- Biscuits that land in the dead zone have to be removed - they are sitting this frame out!
- At the end of the frame, points of the scoring discs are counted up and added onto the scoreboard for each team
- Scoring discs have to be on the inside of the triangle WITHOUT touching ANY lines - when in doubt, ask a Beachside Social crewmember for a second opinion
- Any disc that lands in the kitchen is worth -10 points - they're real stingers!
- Repeat for a total of 8 frames and congratulate WINNER at the end of the game

TECHNIQUE

- Shuffleboard is first and foremost a game of strategy - ask one of our crewmembers for tips on those
- When pushing biscuits across the court, they should be in permanent contact with the tang claw until they are ready to be 'released'
- Each team has to push the biscuit starting from their side of the triangle
- Practice shots are recommended to help 'read the green' (peach in our case) before starting a game
- Well-timed sneezes and snide remarks improve chances of distraction

Topgolf

Tuesday, April 28, 2020

Time: 4:00 pm-7:00 pm (Registration starts at 3:00 pm)

Team Size: 3 people per team

Price for event: \$400 per team

Location: Topgolf Virginia Beach (5444 Greenwich Road, Virginia Beach, VA 23462)

About the event:

Topgolf will be our sixth event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams will complete in the TOPCONTENDER game. Players will take turns aiming for the different colored target that is specified on the screen. The best score on each ball will be used as the score for the team. Take four consecutive shots in each of the yellow, green, brown, blue and white targets to receive double points. If you hit other targets that are not designated as double points, you will receive the regular point totals designated on your ball dispenser.

Teams will play two games of the TOPCONTENDER, your two scores from each game will be added and the team with the highest score wins!

***Scroll down for diagram

Points toward Corporate Challenge:

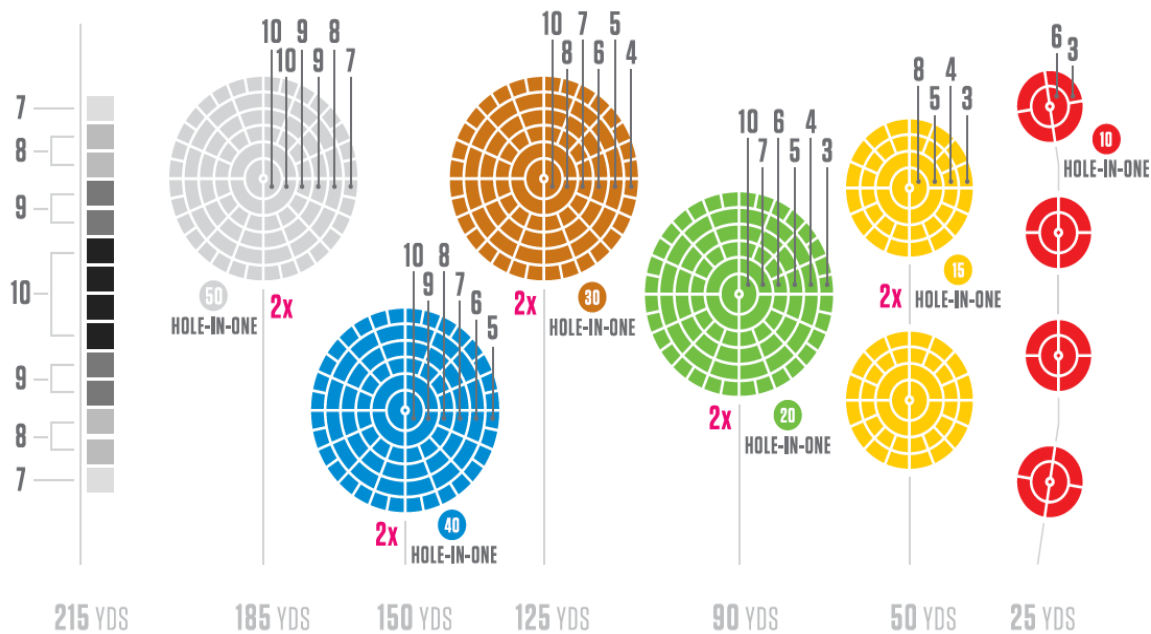
Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points



AVAILABLE ONLY FOR EVENTS, LEAGUES & THE TOUR

BALL 20: BONUS BALL!

HIT IT IN THE BROWN, BLUE, WHITE OR TRENCH TARGET ON YOUR 20TH BALL AND RECEIVE TRIPLE POINTS.



TOPCONTENDER
TEAM

Players are split into teams, and the best score on each ball will be used as the score for the team. Take 4 consecutive shots in each of the **yellow, green, brown, blue and white targets** to receive double points.

If you hit other targets that are not designated as double points, you will receive the regular point totals designated on your ball dispenser.

Ropes Course

Thursday, April 30, 2020

Time: 10:30 am-1:00 pm (Registration starts at 9:00 am)

Team Size: 4 people per team

Price for event: \$225 per team

Location: The Adventure Park at Virginia Aquarium (801 General Booth Blvd, Virginia Beach, VA 23451)

About the event:

The Ropes Course will be our seventh event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams consist of up to four players. Each person will run through one of the courses. If your team has less than four people, one teammate will go through multiple courses to make sure your team completes the entire four courses. A timing company will use an electronic timing system. Each participant will have a RFID tag that will trigger their start time when they cross a starting pad and end their portion of the race when they pass a finish line.

The times for each individual on a team will be added together for a total team time. Once you cross the start line, your time will start. Once your run is completed, you will cross the finish line and your time will stop. If you are touched on the shoulder or another competitor catches up to you, you should let them play through at first opportunity. For this competition, we will allow more than one climber per element, however, safety is our number one concern and it will be up to the Adventure Park staff member's discretion. If you are attached to a black clip, you have the right of way to continue on. Please be sure to only use your trolley on zip lines (remember these are designated with blue tweezles). The pathways are marked, please stay on the gravel. All participants must weigh less than 265 pounds to participate.

Courses include: Snap Dragon, Fern Gully, Waterfall, Black Storm (yellow, green, blue, black).

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

Bowling

Friday, May 1, 2020

Time: 2:00 pm-4:00 pm (Registration starts at 1:00 pm)

Team Size: 6 people per team

Price for event: \$225 per team

Location: Pinboy's Virginia Beach (1577 Laskin Road, Virginia Beach, VA 23451)

About the event:

Bowling will be our eighth event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams will consist of up to 6 people. Each team will bowl two games. The top three scores from each team will count towards the team's total score. The team with the highest point total at the end of the second game will be the winner. In case of a tie, one bowler from each team involved will bowl the 10th frame and the winner of that frame will be declared the winner.

*** The winner will be determined by the highest score, from either the first day of bowling or the second day. Winners will be presented with medals on the second day of bowling. You do not have to be present to win.

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

5k Run

Saturday, May 2, 2020

Time: 9:00 am (Registration starts at 8:00 am)

Team Size: 10 people per team

Price for event: \$225 per team

Location: Deep Creek Park (437 George Washington Hwy S., Chesapeake, VA 23323)

About the event:

The 5k run will be our ninth event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams will consist of up to 10 people. Runners will run around Deep Creek Park. Bibs must be worn for scores to count. Top 3 fastest times per team will determine the winner.

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

Cornhole

Saturday, May 2, 2020

Time: 9:00 am (Registration starts at 8:00 am)

Team Size: 4 people per team

Price for event: \$100 per team

Location: Deep Creek Park (437 George Washington Hwy S., Chesapeake, VA 23323)

About the event:

The Corn hole Tournament will be our tenth event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams will consist of up to 4 people. The game shall be played to the pre-determined number of (15 points). The first player/team to reach (or exceed) 15 points at the conclusion of that frame will be declared the winner. There will be no stalling during the game. Winner will be the team that is leading after 15 minutes of play.

In cancellation scoring, the points of one player cancel the points of their opponent. Using this method, only one player/team can score in each frame. A frame consists of a player pitching his/her bags from one board to another. Players must pitch all four bags from the same side of the board in a frame.

Bags contacting the ground before the playing surface and bags pitched when a player has crossed the foul line are Foul Bags. If a foul bag lands on the playing surface or come to rest touching the ground and on the board, it must be removed immediately.

Points – If a player pitches a bag and it lands on the board is worth 1 point. If a player makes the bag in the hole it is worth 3 points. Players at the headboard will alternate pitching bags until each player has pitched all four of his/her bags. The player/team who scored in the preceding frame shall pitch first in the next frame.

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

Tug of War

Saturday, May 2, 2020

Time: 10:00 am (Registration starts at 8:00 am)

Team Size: 6 people per team

Price for event: \$100 per team

Location: Deep Creek Park (437 George Washington Hwy S., Chesapeake, VA 23323)

About the event:

Tug of War will be our tenth event of the 2020 Hampton Roads Corporate Challenge, presented by Optima Health!

The Rope

The game involves usage of single equipment i.e. a rope. There is a red mark made in the middle of the rope. This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game. A white mark is made exactly 13 feet from the red mark on either sides of the rope. The game is won when either side with this white mark crosses the center point.

Teams

According to the rules of tug of war, each team can accommodate a maximum of 8 members. However the combined weight of these members should not exceed the weight determined for the particular category.

Field and Marking

The game has to be played on a flat grassy patch of land. A line referred to as a center line is marked on the playing zone and the rope is placed in a manner that its center mark should align the center marked on the ground. On either sides of the rope at the distance of 4 m from the center line, 2 more marks need to be made. This is the point where in the first member of each team will stand.

How to Play

As mentioned earlier, the center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.

Competition

The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces "Pick up the rope", he then says "Take the string", and finally he tells the players to "Pull". Once the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Fouls

There is a particular technique that needs to be applied while playing this game, if not then there will be a foul which can call in for disqualifications. For e.g. lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called 'locking'. Touching the ground for a longer period of time is also considered as a foul.

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points

PARTICIPATORY EVENTS

(Football Throw, Plank Challenge, Hula Hoop Competition, Sack Race)

Saturday, May 2, 2020

Time: 10:30am (Registration starts at 8:00 am)

Team Size: 4 people per team

Price for event: \$100 per team

Location: Deep Creek Park (437 George Washington Hwy S., Chesapeake, VA 23323)

About the event:

The Participatory Events will be our twelfth event of the 2019 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams will consist of four people. One person will participate in Hula Hoop Competition, one person will compete in the plank challenge, one person will compete in the football throw, and all four will compete in the sack race.

Sack Race: All four team members will compete in the sack race. To start, one person from the team will run up to the sack, put both feet in and begin hopping toward their other teammate (distance is 90 feet). Once they arrive at their other teammate, they will get out of the sack and hand it to their teammate. The teammate will put both feet in and begin hopping to their other teammate (90 feet). They will continue doing that until they reach the fourth teammate. The fourth teammate will finish the race by hopping across the finish line (90 feet). Contestants must keep both feet in sack and at least one hand on the sack at all times. The sack must remain as close to the waist as possible and should not fall below knees.

Hula Hoop Competition: One team member will hula hoop until they cannot hula hoop any more! That team member will try to keep the hula hoop moving for as long as they can, when their hula hoop touches the ground, they are out. The hula hoop must stay on your torso, no hula hooping around your arms. The person who is hula hooping the longest, wins!

Football Throw: One team member will throw 10 footballs at a target placed at distances of 5, 10 and 15 yards, worth 5, 10 and 20 points. Competing teams should bring their own football to warm up. The time limit will be 1 minute. Teams will be awarded the amount of points earned during the event.

Plank challenge: One team member will hold an elbow plank for as long as they can. The last person still "planking" is the winner. Participants must stay in elbow plank.

Awards will be given out to each individual winner of the participatory events and then the top three teams will also receive medals.

Points toward Participatory Events (for each event) Corporate Challenge:

Below are the points awarded for each participatory events. At the end, the company with the most amount of points will win.

Division I Companies
1st place: 50 points
2nd place: 45 points
3rd place: 40 points
4th place: 35 points
5th place: 30 points
6th place: 25 points
7th place: 20 points
8th place: 15 points
9th place: 10 points
10th place: 5 points
11th & higher: 1 points

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points