



**2018 INDIANA SPORTS CORP
CORPORATE CHALLENGE
EVENT RULES**

All rules & scoring subject to change

ELIGIBILITY

Team Participation Eligibility:

1. Participation is limited to registered teams. A team is officially entered in the Indiana Sports Corp Corporate Challenge when Indiana Sports Corp 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 will compete within one of four divisions based on the company's total number of Indiana full-time and part-time employees.
 - a. Division I - up to 75 Indiana employees
 - b. Division II – 76-200 Indiana employees
 - c. Division III – 201-750 Indiana employees
 - d. Division IV – over 750 Indiana employees
4. 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 participants will score competitive points for each event. Any participants who do not score competitive points for your team will receive participation points.
 - e. 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 2018 event (August 18, 2018).

Please note all transgender participants will be classified as the gender with which they identify.

2. All rosters must be submitted electronically on the official roster form provided by Indiana Sports Corp.

3. Each athlete will be required to sign an electronic waiver to participate in any of the events. Any friends or family members participating in the 5K fitness walk, yoga, or Zumba will be required to sign a waiver.

4. 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., Aug 18 – Midwest Sports Complex

Bowling Event – Sat., Aug 18– Woodland Bowl

Cycling Time Trial Event – Thurs., Aug 23 – Indianapolis Motor Speedway

Main Events – Sat., Aug 25 – Indianapolis Motor Speedway

INDIVIDUAL EVENT RULES

COMPETITIVE EVENTS RULES:

1. **Cycling Time Trial** *please see the individual rules sheet for additional participant information

- Each team will be permitted to enter a team consisting of a total of five (5) cyclists; a full team of (5) riders must consist of at least one (1) male and one (1) female.
- Cyclists will ride the six-mile course as fast as they can during this individual time trial.
- Riders will begin the time trial at the start line 10-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).
- 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.
- Traditional upright bicycles will be permitted. This includes road bikes, time trial bikes, disc wheel bikes, and mountain bikes. Recumbent bikes **will** be permitted in 2018 but must include a safety flag that stands at least 4 feet off the ground.
- No drafting will be permitted.
- Each rider is required to wear a helmet to compete.
- **This event will use the competition chip technology for scoring purposes and specific event bibs will be distributed at check-in on the day of the event**

2. **10K Team Run**

- An unlimited number of runners from each team can participate in this event.
- Only the first four (4) finishers (at least one (1) male and one (1) female) will count toward the competitive points team score.
- If your team has more than four finishers, those who are not in the top 4 for their team will receive participation points towards their overall 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 ten (10) positions.
- Lowest combined team finishing position wins the event.
- **This event will use the competition chip technology for scoring purposes.**

3. **5K Run**

- An unlimited number of runners can participate in this event.
- Only the team's top male and female participants in each age group will count towards the competitive points team score.
- Those runners who do not win their age group for their team will receive participation points towards their overall team score.
- 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 twelve (12) runners representing each team.
- Age divisions
 - 29 and under
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70 and older
- No more than (twelve) 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; each team must consist of at least one (1) male and one (1) 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, and exchanges must be completed within the designated exchange zones.
- You may not compete in this event with less than four (4) participants.
- **This event will use the competition chip technology for scoring purposes.**

GOOD SPORT EVENTS RULES:

1. Bowling

- Each company will be permitted to enter one (1) team of five (5) employees (each team must consist of at least one (1) male and one (1) female). If you have more than five (5) bowlers, you may substitute in-between games, but you may not substitute in-between frames. Teams are not allowed to switch their rotation during games or between games. Participants must wear bibs on their backs indicating their bowling order.
- 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 team with the highest number of pins (per division) will be declared the winner. Should a tie occur, the team with the highest single game score will be declared the winner. The winning team in each division will get 100 points. A sliding scale will be used to determine the score for all other teams
- Shoes and balls will be provided to all participants, but you may also bring your own equipment to use.

2. Basketball Shootout

- Each company will be permitted to enter one (1) team of (3) employees (a full team must consist of at least one (1) male and one (1) female).
- If you only have two (2) participants, you may still compete; however, no shooter will be permitted to shoot two (2) consecutive shots. Team members must compete at the same time.
- Each team will receive 60-seconds to shoot as many baskets with one (1) 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
 - Five (5) points will be given for 20' shot.
- The points scored from the made baskets will be added to produce the team's final score.
- Basketballs will be provided. Participants CANNOT use their own basketball.

3. Dodgeball *please see the individual rules sheet for additional participant information

- Each company will be permitted to enter one (1) team (each full team must consist of at least one (1) male and one (1) female).
- Each game begins with no more than (6) players on a side.
- You may have additional players available as substitutes. Teams may only substitute players in between games or in the case of injury.
- If at least one (1) male or female is not available, the team will play down one player.
- Teams must have a minimum of three (3) participants to begin a game.
- The dodgeball 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 (each full team must consist of at least one (1) male and one (1) female).
- If you have less than three (3) participants, you may still compete; however, you will not receive a score for each missing participant. Team members must compete at the same time.
- 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 for the 5-yard target away
 - Three (3) points for the 10-yard target
 - Five (5) points for the 15-yard target
 - Seven (7) points for the 20-yard target.
- Full-sized, NCAA football will be provided onsite. Participants CANNOT use their own footballs.

5. Frisbee Toss

- Each team may enter one (1) team of three (3) employees (each full team must consist of at least one (1) male and one (1) female).
- 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 event staff to the thrower. The catcher will be required to put the frisbees into the provided basket.
- If a Frisbee touches the ground, it cannot be scored.
- If you only have two participants, you may still compete.
- Team members must compete at the same time.
- Teams will have 60-seconds to throw and catch as many frisbees as they can from ten (10) yards away.
- Participants may only throw one frisbee at a time.

6. Golf Chipping Challenge

- Each company will be permitted to enter one (1) team of three (3) employees (each full team must consist of at least one (1) male and one (1) female). If you have less than three participants you may still compete; however, you will not receive a score for each missing participant. Team members must compete at the same time.
- You may bring your own clubs, but wedges will also be available for right and left-handed golfers.
- Each player will get 3 shots from 30 yards out.
- A series of rings will be created on the ground around the pin flag.
- 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.
 - Shots landing between 17 inches and the flag will earn 10 points.
- Individual scores will be added together to create a team score.

7. Team Obstacle Relay

- Each company will be permitted to enter one (1) team of four (4) employees (each team must consist of two (2) males and two (2) females).
- One (1) male and one (1) female participant will start at one end and one (1) male and one (1) female participant will be at the opposite end of the course.
- The first runner will run through six (6) tires, run approximately 25 yards, hurdle a series of walls, run approximately 25 yards, complete the fence crawl, run approximately 25 yards to tag the second runner.
- The second runner will start his/her leg by jumping ten (10) times on a 12" jump box, go through a spider web obstacle, go up and over a series of sawhorse obstacles, run approximately 25 yards before tagging the third member of the team.
- Team member three (3) and four (4) will complete the same course as team members one (1) and two (2), respectively.
- Finally, the last runner, with help from as many team members as it takes, will flip a large tire located in the center of the course to finish. No cleats are permitted.
- Scoring and determination of finish place will be based on final elapsed time for the relay team.
- Five (5) second penalties will be assessed for each obstacle that is not successfully completed or if a team member takes off before the previous participant tags their hand.
- Participants CANNOT wear cleats during this event.

(All Obstacles Subject to Change)

8. Tug-of-War

- Each team may enter one team of six (6) employees (a full team must consist of three (3) males and three (3) 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 (5)-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 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. Parallel Parking Challenge

- Each company will be permitted to enter one (1) employee (male or female.)
- Participants will have the opportunity to park one (1) of the two available cars; mid-sized or large (SUV or pick-up truck).
- Participants will receive 50 points for parking the mid-sized vehicle or 100 points for the large vehicle.
- To be deemed a successful attempt, the vehicle must be parked inside the designated 23' L 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 three (3) employees (a full team must consist of at least one (1) male and one (1) female).
- If you have less than three (3) participants, you may still compete; however, you will not receive a score for each missing participant. Team members must compete at the same time.
- Participants will each kick three (3) balls from 12 yards out on 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 (3) participants' shots will serve as the team score.
- Participants may wear plastic or rubber cleats.
- Soccer balls will be provided. Participants CANNOT use their own soccer balls.

11. Cornhole Tournament *please see the individual rules sheet for additional participant information

- The cornhole tournament will feature teams of two (2) players (one (1) male & one (1) female) and up to two (2) substitutes. Subs are only permitted to substitute between games.
- Each Corporate Challenge Team will be allowed to enter one (1) team in the cornhole tournament. Teams will compete in tournaments by division.
- Players will alternate pitching bags until each player has pitched all 4 of his/her bags. Players not pitching will take score that round. One round of warm-up throws permitted. Players must not cross the foul line with their feet before the bag has landed. The team who scored in the preceding frame shall pitch first in the next frame.
- The tournament will be a "group play" format, where teams play a three (3)-game round-robin within their group with one team advancing to a bracketed, single elimination tournament. All games will have a 12-minute time limit. The team with the most points at the end of the 12-minute time limit wins the game. If the score is tied at the end of the time limit, teams will continue to play until one team scores.
- Teams will use cancellation scoring method to 21. Players will score three (3) points for each bag that goes into the hole on the board and one (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.
- Participants must use the boards and bags provided.

12. Sand Volleyball Tournament *please see the individual rules sheet for additional participant information

- The sand volleyball tournament will feature teams of four (4) players (two (2) female & two (2) male) and up to two (2) substitutes. Teams will compete in tournaments by division. Each Corporate Challenge team will be allowed to enter one (1) team in the sand volleyball tournament.

- The tournament will be a "group play" format, where teams play a three (3)-game round-robin. The top eight (8) teams with the best overall 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 rally scoring method.
- Volleyballs will be provided. Teams CANNOT use their own volleyball.

13. Pit Stop Challenge

- Teams of four (4) will compete (at least one (1) male and one (1) female.)
- Teams will compete against the clock to change two (2) front tires on a standard IndyCar.
- As soon as both tires have been successfully changed, the clock will stop.
- Each team will get one (1) opportunity to post their best time.

14. CEO Selfie

- Teams will receive 50 points for posting a photo of a top executive at any of the three days of Corporate Challenge competition and using the hashtag #CEOSelfie.
- It's also encouraged to tag Indiana Sports Corp when posting (twitter - @IndSportsCorp; Facebook - @IndianaSportsCorp; Instagram - @IndSportsCorp).
- Posts are recommended from company accounts but can be posted from individual accounts.
- Accepted platforms are Twitter, Facebook and Instagram.

PARTICIPATION EVENTS AND RULES:

NEW in 2018- Participation Scoring:

The Indiana Sports Corp Corporate Challenge will have a new points category in 2018- participation points. The maximum amount of points any company can receive for this category is 300 points. Individuals can participate in as many of the participatory events as they wish. Points will be awarded for the below events on the following points scale:

Division 1 – 10pts per participant

Division 2 - 8pts per participant

Division 3 – 6pts per participant

Division 4 – 6pts per participant

1. 5K Fitness Walk

An unlimited number of individuals can participate in the walk per company. Walkers will score points for their team based off the participation points scale. This will be a non-timed event. Family members and friends can participate in the Fitness Walk, but will not score points for a team. **Every participant must have an event bib to score points and all friends and family members must sign an event waiver!**

2. Yoga Class- NEW for 2018

An unlimited number of individuals can participate in the class per company. Participants will score points for their team based off the participation points scale. There will be an all-levels class offered at 8AM, 9AM, 10AM, and 11AM lasting approximately 45 minutes. Family members and friends can participate in the class, but will not score team points. A limited number of yoga mats will be available on a first-come, first-served basis, but participants are encouraged to bring their own. **Every participant must have an event bib to score points and all friends and family members must sign an event waiver!**

3. Zumba Class – NEW for 2018

An unlimited number of individuals can participate in the class per company. Participants will score points for their team based off the participation points scale. There will be an all-levels class offered at 8AM, 9AM, 10AM, and 11AM lasting approximately 45 minutes. Family members and friends can participate in the class, but will not score team points. **Every participant must have an event bib to score points and all friends and family members must sign an event waiver!**

4. Non- competitive scoring 5K & 10K Runners

Any participant who competes in the 5K and 10K races, but does not score competitive points for your team, will receive participation points based on the participation points scale. Every participant will need a bib with a timing chip to score in this event.

COMMUNITY AND COMPASSION EVENTS RULES:

Inspiring Sports Equipment for Kids (Formerly Geared for Health)

This Indiana Sports Corp youth program collects sports equipment 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 Indiana Sports Corp's Inspiring Sports Equipment for Kids program
- Points will be distributed as follows:
 - \$20-99: 10 points
 - \$100-\$249: 25 points
 - \$250-\$399: 50 points
 - \$400-\$499: 75 points
 - \$500+: 100 points
- Companies can set-up a donation campaign within their company prior to the event. Please contact Molly Powell at (317) 237-5102 or MPowell@IndianaSportsCorp.org to make arrangements.
- Donations can also be made online [here](#).
- Donations will be accepted at Woodland Bowl on August 18th from 12:30-6:00pm or by mailing a check in advance of the 18th to Indiana Sports Corp, 201 South Capitol Ave., Suite 1200, Indianapolis, IN 46225
- Checks can be made out to Indiana Sports Corp with "Inspiring Sports Equipment for Kids – Corporate Challenge" in the memo.
- All donations are tax-deductible. Receipts are available upon request.

Inspiring Sports Grant Program (Formerly Susan Williams CHAMPS Grant Program)

Inspiring Sports Grant Program supports organizations that provide underserved youth with the opportunity to participate in sports and fitness activities that teach life skills. Since the inception of the Inspiring Sports 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 Inspiring Sports Grant Program.
- Donations will be accepted at Woodland Bowl on August 18th from 12:30-6:00pm or by mailing a check in advance of the 18th to Indiana Sports Corp, 201 South Capitol Ave., Suite 1200, Indianapolis, IN 46225
- Checks can be made out to Indiana Sports Corp with "Inspiring Sports Grant Program – Corporate Challenge" in the memo.
- Donations can also be made online [here](#).
- All donations are tax-deductible. Receipts are available upon request.
- **Anthem Blue Cross and Blue Shield Foundation will match up to \$10,000 of all teams' donations to support the Inspiring Sports Grant Program!**
- Points will be distributed as follows:
 - \$20-99: 10 points
 - \$100-\$249: 25 points
 - \$250-\$399: 50 points
 - \$400-\$499: 75 points
 - \$500+: 100 points

Indiana Blood Center

- Teams will receive points based on the number of employees who attempt to donate blood.
- Blood donations must be completed through the Indiana Blood Center to be tracked for points.
- Please visit the [Indiana Blood Center Website](#) for specific details on donating.
- Companies can host blood drives anytime between May 1st and August 18th. Donations can also be made at any Indiana Blood Center on specific days in May through August.
- Employees who aren't on the 100-person team roster *are* allowed to make donations that score points for your 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 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 be awarded 2 points per donation attempt. Teams can earn a maximum of 100 points

Volunteer

- Teams will receive team points based on the number of employees who volunteer for the Indiana Sports Corp Corporate Challenge.
- Volunteers must be associated with a registered company and volunteer for a shift on our official Corporate Challenge TRS Volunteer Website. Family and friends can score points by volunteering and listing the company that they are representing.
- Volunteers must sign up in TRS, check-in for their shift, and stay the duration of their shift to receive team points.
- Division 1 teams will be awarded 10 points per volunteer shift. Teams can earn a maximum of 50 points.
- Division 2 teams will be awarded 10 points per volunteer shift. Teams can earn a maximum of 50 points.
- Division 3 teams will be awarded 5 points per volunteer shift. Teams can earn a maximum of 50 points.
- Division 4 teams will be awarded 5 points per volunteer shift. Teams can earn a maximum of 50 points

Protests

- All scoring protests must be sent to the Corporate Challenge Email Account (corporatechallenge@indianasportscorp.org) by Wednesday, August 29th at 12:00PM EST. The Corporate Challenge team will look at each protest individually and will decide in a timely manner.