



**2023 INDIANA SPORTS CORP  
CORPORATE CHALLENGE  
EVENT RULES**

## **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 an official entry form and entry fee. The number of participating teams will be limited to the first 80 companies to officially register for each main event day. Teams will be entered on a first-come, first-served basis.
2. 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 74 Indiana employees
  - b. Division II – 75-249 Indiana employees
  - c. Division III – 250-749 Indiana employees
  - d. Division IV – over 750 Indiana employees

### **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 their income from the organization in which they are 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); furloughed employees 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. 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 allowed to enter up to one male/non-binary runner and one female/non-binary runner for each age division, for a maximum of twelve (12) runners representing each team.
  - g. No individual competitor may compete on more than one (1) team.

**Additional Event Requirements:**

1. Each team will have an official roster of all team members including name, gender, and age on their Team Management Page. The age division of the competitors will be determined by what age the team member is on the first day of the 2023 event (July 20, 2023).

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

2. Each athlete will be required to sign an electronic waiver to participate in any of the events. Any friends or family members attending the event will be required to sign a waiver.

3. 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 – Thursday, July 20 – Indianapolis Motor Speedway

Pickleball Tournament – Thursday, July 20 – Indianapolis Motor Speedway

**MAIN EVENT DAY 1 – FRIDAY, JULY 21 – INDIANAPOLIS MOTOR SPEEDWAY (9:30AM START)**

**MAIN EVENT DAY 2 – SATURDAY, JULY 22 – INDIANAPOLIS MOTOR SPEEDWAY (8AM START)**

# 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 an unlimited number of participants; however, only the top five (5) finishing cyclists, with at least two gender identifications i.e., Male, Female, Non-Binary, will receive competitive points. Any additional participants can score points through the participation points scale.
- 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 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 (with at least two gender identifications i.e., Male, Female, Non-Binary) 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/non-binary and the team's top female/non-binary participant 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 up to one male/non-binary runner and one female/non-binary runner for each age division, 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.**

# **GOOD SPORT EVENTS RULES:**

## **1. Basketball Shootout**

- Each company will be permitted to enter one (1) team of (3) employees (a full team must consist of at least two gender identifications i.e., Male, Female, Non-Binary).
- 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.

## **2. Football Accuracy Toss**

- Each company will be permitted to enter one (1) team of (3) employees (a full team must consist of at least two gender identifications i.e., Male, Female, Non-Binary).
- 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 footballs will be provided onsite. Participants CANNOT use their own footballs.

## **3. Frisbee Toss**

- Each company will be permitted to enter one (1) team of (3) employees (a full team must consist of at least two gender identifications i.e., Male, Female, Non-Binary).
- 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.

#### **4. Home Run Derby**

- Each company will be permitted to enter one (1) team of (3) employees (a full team must consist of at least two gender identifications i.e., Male, Female, Non-Binary).
- There will be (2) 45-second rounds.
- For the first 45-second round, one team member will be the pitcher, and another team member will be the batter.
- After the first 45-second round, you must change your hitter for the second round.
- Participants may only hit for one round.
- The approximate distance for a homerun will be 55 feet.
- After the end of (2) rounds, your total score will be the number of homeruns hit.
- Bats and whiffle balls will be provided by the event.

#### **5. Team Obstacle Relay**

- Each company will be permitted to enter one (1) team of four (4) employees (each team must consist of two (2) male/non-binary participants and two (2) female/non-binary participants).
- One (1) male/non-binary and one (1) female/non-binary participant will start at one end and one (1) male/non-binary, and one (1) female/non-binary participant will be at the opposite end of the course.
- The first runner will run through six (6) tires, jump/hop approximately 20 yards through a burlap sack, limbo twice (2) under 1 beam, while the second is progressively harder (if participant fails either limbo, five (5) burpees will need to be complete before continuing with the course), next add water from a large cooler with a small container to fill up a large container (half way for first participant/ other half for the second participant) with 10yards separating the bucket and cooler, run approximately 25 yards to tag the second runner.
- The second runner will start by jumping ten (10) times on a box jump, bounce on yoga ball approximately 25 yards, Fence crawl under one fence, run approximately 25 yards, toss one (1) softball into a bin from a distance of 5 yards, 10 yards, and 15 yards (failure to complete the task by missing or bouncing out within 6 tosses will require 5 burpees), 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.
- Once team member four (4) has finished completion of the race, the entire team or member four (4) will complete one full tire flip and then run through the finish line of the race.
- Scoring and determination of finish place will be based on final 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)**

## 6. Soccer Shootout

- Each company will be permitted to enter one (1) team of (3) employees (a full team must consist of at least two gender identifications i.e., Male, Female, Non-Binary).
- 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.

## 7. Cornhole Tournament \*please see the individual rules sheet for additional participant information

- The cornhole tournament will feature teams of two (2) players a full team must consist of at least two gender identifications (i.e., Male, Female, Non-Binary) 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 their 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 single elimination format. All games will have a 12-minute time limit (subject to change based off team number.) The team with the most points at the end of the 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.

## 8. 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; LinkedIn - @Indiana Sports Corp).
- Posts are recommended from company accounts but can be posted from individual accounts.
- Accepted platforms are Twitter, Facebook, Instagram, and LinkedIn.



## 9. Tug-of-War

- Each team may enter one team of six (6) employees (a full team must consist of three (3) male/non-binary participants and three (3) female/non-binary participants).
- Competition will be single elimination.
- The winning team must pull the losing team 10 feet so that the rope marker crosses the line.
- A three (3)- 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.

## 10. Dodgeball **\*please see the individual rules sheet for additional participant information**

- You must field a team of six (6) players, a full team must consist of at least two gender identifications (i.e., Male, Female, Non-Binary).
- 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.
- In the event you do not have at least two gender identifications, you will play down one (1) 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.

## 11. Pickleball Tournament **\*please see the individual rules sheet for additional participant information**

- The pickleball tournament will feature teams of two (2) players a full team must consist of at least two gender identifications (i.e., Male, Female, Non-Binary) 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 pickleball tournament. Teams will compete in tournaments by division.
- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault. *\*except for the first service sequence of each new game.*
- The first serve of each side-out is made from the right/even court.  
If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court. As subsequent points are scored, the server continues switching back and forth until a fault is committed, and the first server loses the serve.
- When the first server loses the serve the partner then serves from their correct side of the court  
*\*except for the first service sequence of the game.*
- The tournament will be in double elimination format. All games will be played to 11 points, win by 2. A team must lose twice before being eliminated from the tournament. For your initial match – and while still in the “winner’s bracket” – most formats are 2 out of 3 games to 11, win by 2. Once a team loses for the first time, they are dropped into the

consolation bracket. Teams are then eliminated from the tournament after a loss in this consolation bracket (their second loss of the tournament.)

- Points are scored only by the serving team. Games are normally played to 11 points, win by 2. When the serving team's score is even (0, 2, 4, 5, 6, 10) the players who was the first server in the game for the team will be in the right/even court when serving or receiving; when odd (1, 3, 5, 7, 9) that players will be in the left/odd court when serving or receiving.
- Indiana Sports Corp will provide paddles and pickleballs for those who need them.

## **PARTICIPATION EVENTS AND RULES:**

### **Participation Scoring:**

Teams can receive points for participating in the below events. The maximum amount of points any company can receive for this category is 400 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. 3K 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**

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. On Friday, July 21 there will be an all-levels class offered at 9:30AM, 10:30AM, 11:30AM, and 12:30PM lasting approximately 45 minutes. On Saturday, July 22 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**

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. On Friday, July 21 there will be an all-levels class offered at 9:30AM, 10:30AM, 11:30AM, and 12:30PM lasting approximately 45 minutes. On Saturday, July 22 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. Total Body Fitness Class**

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. On Friday, July 21 there will be an all-levels class offered at 9:30AM, 10:30AM, 11:30AM, and 12:30PM lasting approximately 30 minutes. On Saturday, July 22 there will be an all-levels class offered at 8AM, 9AM, 10AM, and 11AM lasting approximately 30 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!**

#### **5. Non-Competitive Scoring Cyclists, 5K & 10K Runners**

Any participant who competes in the Cycling Time Trial, 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 these events.

#### **6. Virtual Corporate Challenge Webinar Attendance**

Any participant who registers and attends one of the pre-event virtual corporate challenge webinars will receive points counting towards the overall participation points category.

#### **7. Cycling Time Trials**

Each team will be permitted to enter an unlimited number of participants; however, only the top five (5) finishing cyclists, with at least two gender identifications i.e., Male, Female, Non-Binary, will receive competitive points. Any additional participants can score points through the participation points scale.

### **MOVEMENT CHALLENGE RULES:**

From July 10-July 20 at 5PM EST, companies can compete in a virtual Movement Challenge. Employees will manually log miles ran, walked, hiked, or jogged with a tracking platform that will be provided to all registered participants. A conversion chart will be provided to convert non-step-based activities such as cycling or yoga to Movement Challenge miles. 300 points will be awarded for teams that hit various milestones based on division. Awards will be distributed to the top team in each division and top overall participants. Milestones that must be reached to earn points are as follows:

- Division 1 – 500 miles
- Division 2 – 1,000 miles
- Division 3 – 1,500 miles
- Division 4 – 2,000 miles

## COMMUNITY AND COMPASSION EVENTS RULES:

### Inspiring Sports 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 \$2.1 million have been allocated to 233 youth organizations to support their sports programming and initiatives.

- Teams will earn points based on monetary donations.
- Points will be distributed as follows:
  - \$20-99: 10 points
  - \$100-\$249: 25 points
  - \$250-\$399: 50 points
  - \$400-\$499: 75 points
  - \$500-\$699: 100 points
  - \$699-\$899: 125 points
  - \$899-\$999: 150 points
  - \$1000+ : 200 points
- Companies can set-up a donation campaign within their company prior to the event. Please contact Molly Wright at (317) 237-5102 or [MWright@IndianaSportsCorp.org](mailto:MWright@IndianaSportsCorp.org) to make arrangements.
- Donations can also be made online [here](#) until July 20<sup>th</sup> at 5:00PM.
- Donations will also be accepted at mailing a check to Indiana Sports Corp, 115 W. Washington St, Suite 1400, Indianapolis, IN 46204
- Checks can be made out to Indiana Sports Corp with "Inspiring Sports-Corporate Challenge" in the memo.
- All donations are tax-deductible. Receipts are available upon request.

### Versiti Blood Center of Indiana Blood Donations

- Teams will receive points based on the number of employees who attempt to donate blood.
- Blood donations must be completed through the Versiti Blood Center of Indiana.
- Please reach out to your Versiti representative. If you do not have one, contact Joe McGrath at [jmcgrath@versiti.org](mailto:jmcgrath@versiti.org) or (317) 371-6307
- Companies can host blood drives anytime between April 1<sup>st</sup> and July 14<sup>th</sup>. **\*Dates subject to change\***
- Employees who aren't on the 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 Rosterfy 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.
- Teams can now gain more points if they volunteer at another Indiana Sports Corp sponsored event. All Indiana Sports Corp events must be between May 1<sup>st</sup> and July 22<sup>nd</sup> to qualify for additional points. Visit (<https://www.indianasportscorp.org/events>) for more information and details.
  - Division 1 = 10 points per volunteer shift. Maximum 50 points.
  - Division 2 = 10 points per volunteer shift. Maximum 50 points.
  - Division 3 = 5 points per volunteer shift. Maximum 50 points.
  - Division 4 = 5 points per volunteer shift. Maximum 50 points.

## **Protests**

- All scoring protests must be sent to the Corporate Challenge Email Account ([corporatechallenge@indianasportscorp.org](mailto:corporatechallenge@indianasportscorp.org)) by Tuesday, July 25<sup>th</sup> at 5:00PM EST.