INDIANA SPORTS CORP CORPORATE CHALLENGE
EVENT RULES – 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) is finishing 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 timefor 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.