

Indiana Sports Corp Corporate Challenge – Team IUPUI

Individual Event Rules

Competitive Events Rules:

(* - new or altered events from 2007)

1. * Cycling Time Trial

Each team will be permitted to enter a team consisting of a total of four (4) cyclists; at least one rider on the team must be female. Cyclists will ride the six mile course as fast as they can during this individual, endurance, time trial format. Riders will begin the time trial at the start line 30-seconds apart from each other. Team scoring will be by "cross country" method based on individual overall finish place (lowest team point total wins the event, as used in cross country scoring). Should a team have less than four riders, then all remaining team scorers will be assigned a score equal to last place plus 10 points. Only traditional upright bicycles will be permitted. This includes road bikes, time trial bikes, disc wheel bikes, and mountain bikes. No recumbent bikes will be permitted. No drafting will be permitted. Each rider is required to wear a certified helmet to compete.

1. 5-Mile Team Run

Four (4) runners are permitted to run and be scored or counted; at least one (1) must be a female. Each team member will run the 5-Mile course concurrently. If more than four (4) runners from any team participate, the remaining runners will not count toward the team score. Team scoring will be by "cross country" method based on individual overall finish place. Individual non-finishers will be assigned a score equal to last place plus 10 points. (Lowest point total wins the event, as used in competitive cross-country scoring). Should a team have less than four runners, then all remaining team scorers will be assessed last place plus 10 points.

2. 5K Run

Each team will be allowed to enter a maximum of 60 participants for these age group heats. The maximum of 10 is limited to five (5) male and five (5) female runners in each of the 6 age groups. Age divisions: 29 and under; 30-39; 40-49; 50-59; 60-69; 70 and over. Only the first runner per company, per gender, and per age division will be counted in the distribution of points.

3. * 2-Mile Team Race Walk

Each team will be allowed to enter three (3) men and three (3) women participants in this race. Team scoring will be by "cross country" method based on individual overall finish place. Individual non-finishers will be assigned a score equal to last place plus 10 points. (Lowest point total wins the event, as used in competitive cross-country scoring).

4. ½ Mile Run

Each team will be allowed to enter one male and one female runner for a maximum of 12 runners representing each team. Runners will compete in one of these six age group races. Age divisions: 29 and under; 30-39; 40-49; 50-59; 60-69; 70 and over.

Team Sprint Medley Relay

Each team may enter one team of four (4) employees; at least one must be female. Heats will be raced by divisions. The format will consist of the first leg of 400 meters, the second and third legs at 200 meters, and the fourth and final leg at 400 meters. Team can bring their own batons or batons will be available for those teams that don't have them. **Your team's anchor runner (running the last 400 meter leg) must have a competition chip on his/her shoe for the team's time to be recorded.**

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Good Sport Events Rules:

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1. Basketball Shootout

Each company will be permitted to enter one (1) team of (3) employees (at least one being female) in the Basketball Shootout. Each team will receive 60-seconds to shoot as many baskets as possible from 7 pre-marked spots of different point values. 1 point will be given for 3' shot; 2 points will be awarded for 10' shot; and 3 points will be given for 20' shot. No shooter will be permitted to shoot 2 consecutive shots. The teams will be permitted to use only two shooters and one rebounder, if it desires. The points scored from the made baskets will be added to produce the team's final score. The team with the most points will be considered the winner of this competition.

2. Corn-Hole

Each company will be permitted to enter one (1) team of four (4) employees (at least one being female) in the Corn-Hole competition. Each player will lob four (4) corn-filled bags, one at a time, to the board set at 24 feet away. The player will score 3 points for each bag that goes into the hole on the board and 1 point for each bag that lands and stays on the board. Any bag that hits the ground before hitting the board is "dead" and won't be eligible to score points even if it bounces onto the board. The four players' points will be added together to produce the team's total points. The team with the most points will be considered the winner of this competition.

3. Football Accuracy Toss

Each company will be permitted to enter one (1) team of four (4) employees (at least one being female) in the Football Accuracy Toss. Each team member will throw one (1) football as far as possible and as close to a straight line. The throwers score will be calculated by the distance of the throw (in feet) minus the distance off of the straight line (in feet). The net distances of all 4 team members will be added to reach a final team distance. The team with the longest distance will be considered the winner of this competition.

4. Frisbee Toss

Each team may enter one (1) team of three (3) employees (at least one being female) with one team member assigned to catch frisbees being thrown by a second team member. The third team member will continue to feed frisbees provided by ISC to the thrower. The catcher will be required to put the frisbees into the provided basket. Teams will have 60-seconds to throw and catch as many frisbees as they can from a distance of ten (10) yards. The team with the highest number of caught frisbees will be considered the winner of this competition.

5. Golf Chipping Challenge

Each company will be permitted to enter one (1) team of three (3) employees (at least one being female) in the Golf Chipping Challenge. Each player will get three shots from 30 yards out. The chip closest to the pin of each player will be recorded. The distance from the pin of each participants' best shot will be averaged together to make up your team score. The team with the lowest average will be considered the winner of this competition.

6. Tug-of-War

Each team may enter one team of six (6) employees (at least 3 must be females). Competition will be single elimination. The winning team must pull the losing team 10 feet so that the rope marker crosses the line. A five-minute time limit will be placed on all pulls. The team ahead at the time limit is declared the winner. Rubber or plastic cleats and gloves are allowed. 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

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until the overall winner has been declared. Please note on your roster if your company will participate in the Tug-of-War for scheduling purposes.

7. * 2-Mile Fitness Walk

Each company may enter as many walkers as they wish in the 2-Mile Fitness Walk. Only the first 25 employees per team that finish the walk will receive four (4) points towards the team's score. A maximum of 100 team points will be awarded to each team. This will be a non-timed event.

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