

2017 Official Rules & Information



CORPORATE
★ CUP ★

-PRESENTED BY-
Lake Region Healthcare

Fergus Falls Corporate Cup

Friday February 10th, 2016—5:45pm-8:30pm

General Rules and Information

Lake Region Healthcare is very excited to announce the third annual Fergus Falls Corporate Cup. The purpose of the Corporate Cup is to promote team building, fitness, and camaraderie within the workplace. The Corporate Cup offers something suitable for all fitness levels and abilities.

Corporate teams will compete for the title: Most Mentally & Physically Fit Company in Fergus Falls and a coveted Corporate Cup trophy which will be kept in the winner's local business on display until the team is invited to defend their title the following year.

Specific rules for this event:

1. Each team will need 8 team members with a maximum of 15 team members.
 - a. Six team members will participate in the team events. Two of the team members must be female.
 - b. The additional two members of the team will participate in the Chop Challenge and be unavailable for team events as the challenge will be ongoing during the team events.
2. Please review the rules of each event for specific gender requirements in the following pages.
3. Team members must be employed by the sponsoring company but can include employee spouses or children 18 years of age or older.
4. Companies with less than 50 employees are encouraged to team up with another company!
5. Team members can represent only one team.
6. The Corporate Cup is intended to provide fun, fair competition. Unsportsmanlike conduct could result in the removal of an individual or team.
7. Twenty points will be added to the team score for each participant 40-49 years of age. Forty points will be added to the team score for each participant 50 years of age or older. Please provide ages on participant waiver form for accuracy.
8. Teams will be awarded 100 points for wearing matching t-shirts, uniforms or costumes. At check-in there will be a photographer to capture all teams.
9. Each team must provide 4 volunteers. Teams will be deducted 100pts for each volunteer not provided or does not show up.
10. Any teams that recruit another team that has not participated in any previous Corporate Cups will earn 350 bonus points for each team! This is a one time bonus point option. Recruiting more than one new team does not net you more bonus points.
11. Please provide the volunteer information for your team by **February 6th**.
12. There will be no bonus points for social media posts. However, if you are posting to social media throughout the night, please like, follow, and tag us!
 - a. Facebook: Lake Region Healthcare – Health & Wellness Hub
 - b. Twitter: @LRH_Hub

13. Team members that are participating or signed up for the Community Challenge by Monday, February 6th will be awarded 50 points per person with a max of 200 points.
14. All participants must sign the "Participation Waiver Form" included in this packet. All waivers must be turned into by **January 27th** via email kjgustafson@lrhc.org or dropped off at the Health and Wellness Hub at LRHC.
15. Teams registered prior to **January 13th** will receive an additional 100 points towards their team total. **Final registration is due January 27th** and no refunds will be offered. Team spots will be LIMITED so get your group together and sign up!
16. One person from each team must pick up team packets on Friday, February 10th between 4:30pm-5:15pm in the Kennedy Activities Hallway. Packets will include starting event, after celebration encouragement, along with additional information on location/scoring/etc.
17. Should there be a tie, there will be a tie-breaking game for the teams to participate in.
18. Each person will not be taking part in every event. You and your teammates will decide who will be participating in each event.
19. There will be a trophy awarded to the winning team at the end of the Corporate Cup.

Questions? Please contact Karoline Gustafson at 218-736-8451 or kjgustafson@lrhc.org.

Event Rules and Scoring

Rowing

Location: Mehl Center Gym

Rules:

- Teams will consist of 4 participants - **2 males & 2 females**
- There will be four rowers, one for each participant.
- Each participant will row for 800 meters.
- Time will be recorded for the distance.
- Lowest time wins.

Scoring:

- 500 pts- 1st
- 450 pts- 2nd
- 400 pts- 3rd
- 350 pts- 4th
- 300 pts- 5th
- 250 pts- 6th
- 200 pts- 7th
- 150 pts- 8th
- 100 pts- 9th
- 50 pts- Participation

Event Rules and Scoring

Sledding Relay

Location: Cleveland Elementary

Rules:

- Teams will consist of a 3 person relay - **No Gender Rules**
- The first person will run up the hill to designated flag, jump on sled and ride it all the way down through finish line.
- If the individual falls off the sled, they must retrieve the sled, get back on and get through finish line.
- Once first person is through the finish, then 1st and 2nd person will run up the hill, jump on the sled together and ride it all the way through finish line.
- Repeat with all 3 individuals running up the hill, riding the sled together THROUGH the finish line
- All players must be on the sled when crossing the finish line.
- 1st place will be awarded to the shortest combined team time.

Scoring:

- 300 points-1st
- 275 points- 2nd
- 250 points- 3rd
- 225 points- 4th
- 200 points- 5th
- 175 points- 6th
- 150 points- 7th
- 125 points- 8th
- 100 points- 9th
- 25 points- Participation

Event Rules and Scoring

Swimming

Location: Kennedy School

Rules:

- Teams will consist of up to 2 participants - **No Gender Rules**
- All team members will swim at the same time in the swimming pool for a continuous 8 minutes.
- The total lengths by the team will be compiled and scoring will be based on the number of lengths completed. Lengths will be measured, not laps. Each time you touch the wall it counts as one length.
- The length is only counted if the wall is touched.

Scoring:

- 300 points- 1st
- 250 points- 2nd
- 200 points- 3rd
- 150 points- 4th
- 100 points- participation

Event Rules and Scoring

The Secret Team Builder

Location: TBD

Rules:

- TBD

Scoring:

- 500 points- 1st
- 450 points- 2nd
- 400 points- 3rd
- 350 points- 4th
- 300 points- 5th
- 250 points- 6th
- 200 points- 7th
- 150 points- 8th
- 100 points- 9th
- 50 points- Participation

Event Rules and Scoring

Snowshoeing/Boot run ON Lake Alice

Location: St. James Church—Lake Alice

Rules:

- Each business will have 4 people participate - **2 male, 2 female**
- All participants **MUST WEAR BOOTS!**
- Each person will run/snowshoe one leg of the event. Leg length may vary.
- The reflective strap must be worn by the person running, it cannot be held in their hand.
- Please be prepared as you may be running in the dark.
- 1st place will be awarded to the best time.

Scoring:

- 500 points- 1st
- 450 points- 2nd
- 400 points- 3rd
- 350 points- 4th
- 300 points- 5th
- 250 points- 6th
- 200 points- 7th
- 150 points- 8th
- 100 points- 9th
- 50 points- Participation

Event Rules and Scoring

CEO Challenge

Location: Kennedy Gold Gym

Rules:

- Event details will be announced the day of the event.

Scoring:

- 300 points – 1st
- 275 points – 2nd
- 250 points – 3rd
- 225 points – 4th
- 200 points – 5th
- 175 points – 6th
- 150 points – 7th
- 125 points – 8th
- 100 points- participation

Event Rules and Scoring

CrossFit Body Weight Challenge

Location: Kennedy Gold Gym

Rules:

- Teams will consist of 4 participants – **2 males & 2 females**
- The challenge will be relay style; any combination of order is acceptable.
- The first participant will complete 25 burpees and 25 wall balls. Following the wall balls, the participant will run AROUND a cone and back and tag the next teammate to start their burpees and wall balls.
 - o Burpees: hands must come off the ground at the bottom AND feet must leave the ground at the top. NO REP will be called if hands do not come off the ground and/or if feet do not leave the ground.
 - o Wall Balls: 14# for males, 10# for females. The ball MUST hit the target. If the ball does not hit the target, NO REP will be called.
 - o Must complete ALL REPS before running AROUND the cone.
- Once all four team members have completed their reps and run, time will be stopped. Lowest time wins.

Scoring:

- 500 points- 1st
- 450 points- 2nd
- 400 points- 3rd
- 350 points- 4th
- 300 points- 5th
- 250 points- 6th
- 200 points- 7th
- 150 points- 8th
- 100 points- 9th
- 50 points- participation

Event Rules and Scoring

Water Balloon Toss

Location: Cleveland Field

Rules:

- Teams will consist of 2 participants – **1 male & 1 female**
- Each team will be provided with a water balloon.
- The field will be marked with cones and specific distances – toes of both participants must be behind cone line.
- Player 1 will stand in the same spot the entire time.
- Player 2 will move backwards to the next cone after every successful throw/catch.
- If water balloon is dropped but doesn't break, there will be a re-throw from that distance.
- Event is done when the water balloon BREAKS.
- Total distance is taken from the last spot of the successful throw/catch.
- Furthest distance wins.

Scoring:

- 300 points-1st
- 275 points- 2nd
- 250 points- 3rd
- 225 points- 4th
- 200 points- 5th
- 175 points- 6th
- 150 points- 7th
- 125 points- 8th
- 100 points- 9th
- 25 points- Participation

Chop Challenge

2 people – no gender rules. These two people will not be available for other events during the evening. Final event rules will be given the week before the event.

Scoring:

- 800 points-1st
- 700 points- 2nd
- 600 points- 3rd
- 500 points- 4th
- 300 points- Participation

Scoring Summary

<u>Event</u>	<u>Maximum Points</u>
Water Balloon Toss	300
Rowing	500
The Secret Team Builder	500
Sledding Races	300
Snowshoeing/Boot Run	500
CEO Challenge	300
Swimming	300
CrossFit BW Challenge	500
Cooking Challenge	800
Total	3,700

<u>Bonus Points</u>	<u>Points Available</u>
Early Registration (1/13/17)	100
Team Shirts/Uniforms/Costumes	100
Volunteers (2/6/17)	-100 for unprovided/no show
Team Members sign up for Community Challenge (2/6/17)	50 per person/max 200
Age 40-49	20/person
Age 50+	40/person
New team registration	350

Fergus Falls Corporate Cup
Event Rules and Scoring
Official Volunteer Waiver Form

BUSINESS/ORGANIZATION: _____

TEAM NAME: _____

Please send this form with your entry if possible. This form must be turned in by **February 6th**.

Acceptance of the entry in these events is without responsibility of any kind by Lake Region Healthcare and sponsoring firms. I do hereby, for and on behalf of myself and my heirs and legal rep., and or legal guardian, by signing below does hereby agree to indemnify and hold harmless Lake Region Healthcare and sponsoring firms from any liability which may occur to the entrant during this event.

Volunteer Name	Signature	Cell	Email