

## **Event Rules and Scoring**

### **CEO Challenge- Dress Up & Over**

*Location:* Kennedy School- Gold Gym

*Rules:*

- The CEO Challenge will kick off the Corporate Cup
- Event details will be announced the day of the event

*Scoring:*

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

# Event Rules and Scoring

## Target Practice

*Location:* Kennedy School- Gold Gym

### *Rules:*

- Teams will consist of 4 participants – **2 males & 2 females**
- Targets will be located in various spots on the floor and be given point values
- Teams will line up behind the line. First person will launch the medicine ball towards a target.
  - Once thrown, the ball must be retrieved by the person throwing, brought back and HANDED OFF to the next person in line
    - If the ball is thrown back, that person's points do not count and they must re-throw.
  - Ball must hit the target to be rewarded points
- Teams will have 3 minutes to collect as many points as possible
- First place will be awarded to the team with the highest team calorie total

### *Scoring:*

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

## **Event Rules and Scoring**

### **Food Challenge- Monkey See, Monkey Do**

*Location:* Kennedy School- Gold Gym

*Rules:*

- Last Event of the Evening- 7:15pm-7:30pm
  - Will start promptly at 7:15pm
- 2 people – no gender rules
- All teams will be given the same recipe to create
- Judged on presentation, taste, and cleanliness of workstation

*Scoring:*

- 500 points – 1<sup>st</sup>
- 400 points – 2<sup>nd</sup>
- 300 points – 3<sup>rd</sup>
- 200 points – 4<sup>th</sup>
- 100 points – Participation

# Event Rules and Scoring

## **Scooter Curling**

*Location:* Kennedy Gold Gym

### *Rules:*

- Teams will consist of 4 participants – **2 males & 2 females**
- Each team will be given four weighted scooters
- One at a time, team members will push their scooter out into the curling target, getting as close as they can to the center.
- Once all four members have pushed their scooter to the target, points will be added up to give a score for round one.
  - Teams will continue for 3 rounds total
- 10 Minute Time Cap
  - Any scooters pushed out after the 10 minute time cap will not qualify for points.
- Points awarded to top combined score total of all three rounds.

### *Scoring:*

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

# Event Rules and Scoring

## Team Building for Height

*Location:* Kennedy Gold Gym

*Rules:*

- Teams will consist of up to 4 participants – **No Gender Rules**
- Each team will be given a set number of wooden craft sticks, binder clips and clothespins
- They will be given 10 minutes to build a structure as tall as possible
- Once the team is ready for it to be measured, they will call on the volunteer.
  - The volunteer will provide the team with a small object to set on top. Once the team places the object, the tower must hold for 10 seconds.
    - The tower will then be measured during those 10 seconds
  - If the structure tips over during this 10 second period and the team still has time left of their 10 minutes, they may rebuild their structure and have their tower remeasured.
- If the time runs out and the teams are not complete. The structure will be measured at the ending height.
- Points will be awarded to teams with the tallest structures

*Scoring:*

- 500 points – 1<sup>st</sup>
- 400 points – 2<sup>nd</sup>
- 300 points – 3<sup>rd</sup>
- 200 points – 4<sup>th</sup>
- 100 points – Participation (or collapsed structure)

## Event Rules and Scoring

### **Tube Pull w/Ball Balance Relay**

*Location:* Cleveland

*Rules:*

- Teams will consist of 4 participants – **2 Males and 2 Females**
- Each team will be given a tube, small plastic ball, and 4 spoons
- Teams will partner up. One person on the tube, one person pulling their teammate.
- Teammate on the tube will place the handle of the spoon in their mouth, and place the plastic ball on it.
- They will pull the tube, with the rider, down to the painted end line. Once at the end line the rider and tube puller will switch positions and repeat coming back to the start line.
  - If the ball falls off the spoon, teams must start that leg of the relay over.
  - Teams must fully cross themselves and the tube over the painted lines before starting the next leg.
- Teams will repeat this until each person has gone two times through.
- Time will stop once final group pulls completely across finish line.
- Fastest times will take top points.

*Scoring:*

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

## Event Rules and Scoring

### **The Secret Team Builder**

*Location:* Kennedy School—LOCATION TBD

*Rules:*

- Entire team will participate

*Scoring:*

- 500 points – 1<sup>st</sup>
- 450 points – 2<sup>nd</sup>
- 400 points – 3<sup>rd</sup>
- 350 points – 4<sup>th</sup>
- 300 points – 5<sup>th</sup>
- 250 points – 6<sup>th</sup>
- 200 points – 7<sup>th</sup>
- 150 points – 8<sup>th</sup>
- 100 points – 9<sup>th</sup>
- 50 points – 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 the finish line
- Once the first person is through the finish, then 1<sup>st</sup> and 2<sup>nd</sup> person will run up the hill, jump on the sled together and ride it all the way through the 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
- 1<sup>st</sup> place will be awarded to the shortest combined team time

*Scoring:*

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

## Event Rules and Scoring

### Swimming

*Location:* Kennedy School

*Rules:*

- Teams will delegate 1 participant to this event – **No Gender Rules**
- This team member will swim for a continuous 8 minutes
- The total lengths swam by that team member will determine points
  - 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
- 1<sup>st</sup> place will be awarded to the team member that swims the most lengths

*Scoring:*

- 300 points – 1<sup>st</sup>
- 250 points – 2<sup>nd</sup>
- 200 points – 3<sup>rd</sup>
- 150 points – 4<sup>th</sup>
- 100 points – Participation