

# Fergus Falls Corporate Cup

Friday February 1, 2019—5:30pm-8:00pm

## General Rules and Information

Lake Region Healthcare is very excited to announce the fifth annual Fergus Falls Corporate Cup. The purpose of the Corporate Cup is to promote **team building**, physical activity, well-being and camaraderie within the workplace. The Corporate Cup offers something suitable for all levels and abilities.

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

### Specific rules for this event:

1. Each team will need a minimum of 6 team members with a maximum of 10 team members.
  - a. All team members will participate in the team events throughout the night.
  - b. Two of the team members must be female.
2. Please review the rules of each event for specific gender requirements on 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. Businesses with less than 50 employees are encouraged to partner with another company to provide a team with adequate numbers.
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. 20 points will be added to the team score for each participant 50-59 years of age. 40 points will be added to the team score for each participant 60 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. There will be a photographer at check-in to capture all teams.
9. Each team **must provide 4 volunteers**. Teams will be deducted 100 points for each volunteer not provided or that does not show up. These DO NOT have to be employees of the company, but that is encouraged.
10. Please provide the volunteer information for your team by **Friday, January 25<sup>th</sup>**.

11. Any teams that recruit another team that has not participated in any previous Corporate Cups will earn 350 bonus points. Recruiting more than one new team, however, does not net you more bonus points but is still encouraged!
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
  - c. Instagram: lrh\_wellness
13. Team members that are participating or signed up for the Community Challenge by **Thursday, January 31st** 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 in via email [nknutson@lrhc.org](mailto:nknutson@lrhc.org) by **Friday January 25th** or dropped off at the Health and Wellness Hub at LRHC.
15. Teams registered prior to **Friday, January 18th** will receive an additional 100 points towards their team total. **Final registration is due Friday, January 25th** and no refunds will be offered. Team spots will be LIMITED so get your group together and sign up as soon as you can!
16. One person from each team must pick up team packets on **Friday, February 1st** between 4:45pm-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 event 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, cash rewards for top 3 teams and a cash prize drawing at the end of the Corporate Cup.

Questions? Please contact Natalie Knutson at 218-736-8451 or [nknutson@lrhc.org](mailto:nknutson@lrhc.org)