

2016 Official Rules & Information



CORPORATE
★ CUP ★

- PRESENTED BY -
Lake Region Healthcare

Fergus Falls Corporate Cup

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

General Rules and Information

Lake Region Healthcare is very excited to announce the second 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. Teams will be comprised of no more than 15 participants. It is the discretion of the individual teams who will compete at which event. You will need a minimum of 6 participants and 3 must be female team members due to gender specific rules. Please review the rules of each event for specific gender requirements in the following pages.
2. Team members must be employed by the sponsoring company but can include employee spouses or children 18 years of age or older.
3. Team members can represent only one team.
4. The Corporate Cup is intended to provide fun, fair competition. Unsportsmanlike conduct could result in the removal of an individual or team.
5. 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.
6. 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.
7. Teams who provide volunteers will be awarded 50 points per volunteer. Volunteers are exempt from participating in events and do not need to be employed by your organization. Teams with volunteers committed that don't show up will be deducted 50 points. Please provide the number of volunteers for your team by **January 22nd**.
8. This year, 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
9. Team members that sign up for the Community Challenge before the start of the Corporate Cup will be awarded 50 points per person, with a max of 200 points.
10. All participants must sign the "Participation Waiver Form" included in this packet. All waivers must be turned into by **January 22nd** via email nknutson@lrhc.org or dropped off at the Health and Wellness Hub at LRHC.

11. Teams registered prior to **January 8th** will receive an additional 100 points towards their team total.
Final registration is due January 22th and no refunds will be offered. Team spots will be LIMITED... so get your group together and sign up!
12. **One person from each team must pickup team packets on Friday, February 5th between 4-5pm at Kennedy High School Maroon Gym.** Packets will include starting event, after celebration encouragement, along with additional information on location/scoring/etc.
13. Should there be a tie, there will be a tie-breaking game for the teams to participate in.
14. Each person will not be taking part in every event. You and your teammates will decide who will be participating in each event.
15. There will be a trophy awarded to the winning team at the end of the Corporate Cup.

Questions? Please contact Natalie Knutson at 218-736-8451 or nknutson@lrhc.org.

Event Rules and Scoring

Dress Up Relay:

Location: Kennedy School MAROON Gym—This event will kick off the evening!

Rules:

- Teams will consist of 4 participants- **two males and two females**
- Each person will have a turn putting on all the clothes... making their way through the obstacles and back to the start. Once they have taken all of the clothes off and returned them to the box, the next person will step up and go.
- Teams will be scored on their combined time with 1st place going to the team with the lowest time.
- Once all team members have gone through the course, and final member returns ALL items to the box, the time will stop.

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

250 points- 2nd

200 points- 3rd

150 points- 4th

100 points- Participation

Event Rules and Scoring

Spinning (Indoor Cycling)

Location: Phatty Nattie's Spinning Studio

Rules:

- Teams will consist of 3 participants. **There are NO gender rules for this event.**
- Each team member will cycle for a continuous 4 minutes. Once the 4 minutes is completed there will be a short transition period. The 2nd rider will cycle for the next 4 minutes, followed by the 3rd rider.
- The TOTAL DISTANCE traveled by the team will be compiled and scoring will be based on the longest distance traveled.

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

The Secret Team Builder

Location: Phatty Nattie's Studio

Rules:

- Teams will consist of 4 members—**No Gender Rules**
- Teams that have not completed the allotted time will be scored based on the amount of the activity completed.
- Specific rules will be given to your team once you enter the studio at your start time.
- 1st place will go to the team with the lowest time used to complete the activity

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

Snow Boot Lake Alice Run

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 $\frac{1}{4}$ of a lap around Lake Alice. They will be staggered out at designated areas. Once your teammate crosses the $\frac{1}{4}$ mile mark, the next person can take off.
- 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 School MAROON Gym—FINAL Event of the evening!

Rules:

- You will have a MINUTE TO WIN IT...
- Each CEO will draw and compete in one of 4 challenges
- Points will be rewarded based on time it took to complete the challenge
 - o If the CEO exceeds the 1 minute mark, participation points will be rewarded.

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

Swimming

Location: Kennedy School Pool—**7:30pm all participants must be ready at the pool**

Rules:

- Teams will consist of up to 2 participants. **No Gender Rules.**
- Team members doing the swim will need to be ready to participate at the pool regardless of what activity their teammates are at.
- All team members will swim at the same time in the swimming pool for a continuous 5 minutes.
- The total lengths by the team will be compiled and scoring will be based on the number of lengths completed. (We measure distance in lengths, 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

Protect the Egg

Location: Cleveland Field

Rules:

- Teams will consist of up to 4 participants. **Two males, two females.**
- Each team will be provided with mittens. The mittens must be worn throughout the entire challenge.
- Team members will need to successfully get the 4 eggs from Point A to Point B, and into the bucket without the egg breaking.
- If the egg breaks, the team member must start over with a new egg.
- Each team member must take a turn at transporting an egg.
- Once first team member gets there egg into the bucket, they will run back to the start line to hand off the mittens. The second team member will go... Repeat until all participants are done.
- Team with the fastest time will be rewarded with highest points.

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

Scoring Summary

<u>Event</u>	<u>Maximum Points</u>
Protect the Egg	300
Dress Up Relay	500
The Secret Team Builder	500
Sledding Races	300
1.1 Mile Boot Run	500
CEO Challenge	500
Cycling	300
Swimming	300
Total	3,500

<u>Bonus Points</u>	<u>Points Available</u>
Early Registration	100
Team Shirts/Uniforms/Costumes	100
Volunteers	50/volunteer
Team Members sign up for Community Challenge	50 per person/max 200
Age 40-49	20/person
Age 50+	40/person

Fergus Falls Corporate Cup

Event Rules and Scoring

Official Participation Waiver Form

BUSINESS/ORGANIZATION: _____

TEAM NAME: _____

Team Contact Person _____ Telephone _____

Email _____

Payment Enclosed (\$150) _____

Please send this form with your entry if possible. This form must be turned in by **January 22nd**.

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.

			Check if you are in the following age group:	
Print Name	Signature	Date	40-49	50+

**Teams will be comprised of no more than 15 participants. You will need a minimum of 6 participants and 3 must be female.*

Event Rules and Scoring

BUSINESS/ORGANIZATION: _____

[illegible]