

Richmond Corporate Games



Rules & Information Booklet

REGISTRATION INFORMATION

Revised: June 2017

- Dates:** Friday, September 22, 2017
Saturday, September 23, 2017
Note: In the event of inclement weather, the event will be canceled.
- Sites:** Friday—The Lake at Innsbrook
Parking at 4222 & 4224 Cox Rd.
Saturday—The Innsbrook Volleyball Courts at 4600 Cox Rd. and the Dominion Virginia Power Soccer Field in Innsbrook, Glen Allen, VA - 5000 Dominion Blvd
- Teams:** 36 slots available to Richmond area corporations sponsoring a team consisting of a minimum of 14 employees (seven women and seven men.)
- Entry Fees:** \$1,750 per corporate team
- Fee Includes:** Rules Package/General Information Booklet
T-shirts for all team members (upon request)
10 x 10 tent and two tables for Saturday
Benefit to a local charity
Social following Canoe Races
Post game party on the field—pizza and beverages
A plaque with a photo and event standings for each team
- Charity:** Proceeds from the Richmond Corporate Games of Innsbrook will benefit:
Special Olympics Virginia

Special Olympics
Virginia



For additional information, call Mary Kyle or Sandy Kuhn at (804) 217-8800

Note: Fees are non-refundable. Proceeds go to Special Olympics Virginia regardless of cancellation of the event due to inclement weather.

Team Makeup

Minimum of 14 players on each team, maximum of 20.

1. Must have at least 7 women and no more than 10 men (bare minimum on team is seven women and seven men.)
2. There will be two or three leagues listed as “A League” and “B League.” The Executive committee reserves the right to place teams in either league to ensure that leagues are evenly balanced.
3. **Each team will provide one (1) volunteer referee for the volleyball competition. This person can be a team member but not a volleyball participant. These volunteers must be at the venue by 8:15 AM and will perform duties as line judge only. Not providing a volunteer referee will disqualify your team from the event.**

Player Eligibility

1. **All team members must be current full-time employees of the corporation or the spouse/significant other of a current full-time employee.** Full-time is considered to be at least 30 hours per week. The minimum age for participants is 18. No children, siblings, other relatives, or friends are allowed unless they are employed by the firm.
2. Participants must not be under contract to any professional sports team.
3. No current member of a high school or college track team is permitted to compete in the running events.
4. If any of the above rules are violated, your team will be eliminated from the event in which the infraction occurs.
5. Each member must participate in at least three events, no more than six events.
6. All substitutes must come from your own team. Alternates do not count for individuals' minimums and maximums.
7. Changes to the team roster due to illness, or injuries, must be made by noon on **Thursday, September 21st.**
8. All substitutes entered in an event must report to the scorer's table prior to the start of his/her event. Failure to report will result in disqualification from the event.
9. If a team member is injured, depending on the injury, they may still be able to participate in a later event. (This will be taken on a case-by-case basis on event day).

General Rules

1. Teams are required to report to their starting lanes within 60 seconds of the event being “called” by the official.
2. Rules for each event will be discussed in detail during the captain's meetings not at the starting line.
3. All penalties will be indicated by the officials.
4. There will be a maximum time limit for the completion of each heat in each event. Once this time has elapsed, a team will not be allowed to continue the event.
5. If the canoe relay is rained out on Friday night, this event will be canceled.

6. Each team will provide one (1) volunteer referee for the volleyball competition. This person can be a team member but not a volleyball participant. These volunteers must be at the venue by 8:15 AM – not providing a volunteer referee will disqualify your team from the event.

Equipment

1. Equipment for the individual events will be provided by management. Substitutions by the participants will not be allowed.
2. Shoes—all types of athletic shoes are acceptable except those with metal cleats (i.e., baseball cleats, metal football cleats, golf shoes, etc.). All plastic/rubber cleats up to ½ inch in length are acceptable for field events *except for Volleyball, NO CLEATS ALLOWED.*
3. No pine tar will be allowed.
4. Gloves may be used, but must be provided by the individual.
5. Footwear must be worn in all events.
6. If equipment failure impacts the performance of a team they will be given the option to accept results or run over after the last team or in the last heat. The failure must be obvious and recognized immediately by the officials.

Officiating

The Richmond Corporate Games of Innsbrook are for fun and charity. **The team captain is the only person permitted to contest any rule interpretation.** Please cooperate with all officials, as they are volunteers doing their best! Failure to cooperate with the officials may result in disqualification from the event.

All rules are subject to change at the discretion of the official prior to the start of any event. Changes will be discussed with the team captains prior to the event.

Scoring

The top four (4) finishing teams in each league will receive points in Volleyball and Tug-of-War.

The number of teams receiving points in all other events will be based on the number of teams competing in each league. This will be shared on packet pickup day.

All penalties and times are official once the official scorer enters the times (including penalty points or disqualifications) on the official score sheet.

Team Byes at time of draw:

Each team is eligible for one “first round” bye. If a team receives a first round bye in Volleyball, they are not eligible for a first round bye in Tug of War.

(Does not apply if there is a last minute drop out on day of event.)

Forfeits

Any team not ready to compete in its designated event at the designated starting time will be allowed one minute to provide the substitute team members for that event. Should the team not be prepared to compete after one minute, they shall forfeit that event.

Tiebreaker

In the case of a tie for top 3 place in any division, the team with the most first place finishes during the competition will be awarded the 1st, 2nd or 3rd place of that league.

Opening Ceremonies

Upon the arrival of all participants after the completion of volleyball, all team captains will line up on the northern side of the field. Team captains will be asked to walk onto the relay field as their names and company are called from the scoring tent. We ask that all team captains have a banner displaying their company's name and/or logo. Please contact Mary Kyle if there are any issues or questions.

Raffle prizes

All teams are required to provide one raffle prize for the raffle drawing at the awards ceremony. Raffle prizes are regularly between \$30-100 in value. Examples of past door prizes have been coolers, gift baskets of food and drinks, as well as gift cards and unique gifts that pertain to the company providing the gift.

Awards

The teams with the highest point totals in each league at the conclusion of the Richmond Corporate Games will receive trophies.

Cancellation of Events

At the discretion of the management team running the Richmond Corporate Games, an event may be cancelled due to safety concerns or time constraints.

Friday, September 22, 2017

5:30 p.m. Canoe Relay – The Lake at Innsbrook
4222/4224 Cox Rd.

7:00 p.m. Social Picnic Area at Lake Innsbrook

Saturday, September 23, 2017

8:30 a.m. Competition begins – Markel Courts | 4600 Cox Rd.
1. Volleyball

10:00 a.m. Field Events begin – Dominion Soccer Field | 5000 Dominion Blvd.
2. Obstacle Challenge
3. 500 Yard Relay
4. Human FoolsBall
5. Thread the Noodle

6. Zany Relay
7. Tug of War

2:00 p.m. Events End (Approximately) Awards and Prizes

Team Captains' Meetings

There will be one team captain's meeting and one packet pickup day prior to the Richmond Corporate Games of Innsbrook.

Team Captain meeting

August 15th

Time: 5:30 p.m.

Location: 4600 Cox Rd. James B Salon
Glen Allen, VA 23060

Packet Pickup and Heat Sheet E-mail

Tuesday, September 19th

Time: 5:00 p.m-6:00pm.

Location: 4600 Cox Rd. Suite 109
Glen Allen, VA 23060

Captains will be notified in advance of these meetings. If the captain is unable to attend, a representative **must** attend in his/her place. These meetings are extremely important in that they provide the opportunity to talk to referees and judges about specific rules and scoring **prior** to the day of the games. There will not be time for answering these types of questions on the day of the games.

The team waivers must be completed and turned in at the packet pickup date of **Tuesday September 19th**. **Failure to turn in a completed roster and signed waiver for each participant at the packet pickup may result in a 10-point deduction from the team's final score.** Specific rules are discussed at the August Captain's meeting – NOT PRIOR TO THE START OF EACH EVENT. If you have questions about any games or rules, please contact the Innsbrook Foundation office.

*** Team Rosters must be turned in to skuhn@innsbrook.com by September 8th at 5:00pm to be eligible for t-shirts.**

CANOE RELAY

Description

Two pairs (4 players total) from each team will begin on opposite sides of the lake. Each pair will be in a canoe (no exchange required). One pair will paddle from the starting shore to the center of the lake, navigate (zigzag) through buoys and continue to the opposite side of the lake. When the first canoe touches shore, in the designated landing area, the official will signal the second pair (**no pushing off**) to start. They will paddle to the center of the lake, navigate (zigzag) through buoys and continue to the start/finish point the first pair left from. The second canoe must touch in the designated landing area. Three teams will compete in each heat.

Rules and Regulations

1. Only those participating may touch or hold the canoes.
2. NO PUSHING OFF is allowed. No team members, other than those exiting the canoes are allowed in the lake at any time.
3. The buoys are at the mid-point of the lake.
4. There will be a 30 second penalty for failure to navigate through the buoys or leaving early before the first canoe touches. Teams making a good faith effort in attempting to navigate the buoys will not be penalized.
5. Shoes/footwear must be worn. Aqua-shoes/socks are allowed for this event.
6. No drinking by participants until after completion of race. Any team member that has had alcohol cannot participate in the race.

Participants

4 team members— 2 females, 2 males (1 man, 1 woman in each canoe)

ENTRIES

FEMALE

MALE

FEMALE

MALE

FEMALE SUB

MALE SUB

2
VOLLEYBALL

Description

A six-member team will compete in a USAV single elimination volleyball tournament, which will be held on Saturday morning.

Rules and Regulations

1. **First serve** will be at **8:30 AM**. Team must have 5 members present to begin a match. Subsequent matches will begin immediately after conclusion of previous match.
2. One 15-point game, **using rally scoring**, constitutes a match. The first team to 15 points (and ahead by two points) is a winner. If teams are tied at 15, the first team to 17 wins.
3. In general, USAV rules will apply except where amended below.
4. Blocks and spikes are not allowed on the serve.
5. A blocked hit does not count as the team’s first offensive hit. Thus, a player blocking a spike may hit the ball again.
6. Incidental net contact will be overlooked. Flagrant or obvious contact will be called. “Under the net” will not be called unless it is obvious or contact is made with players from the other side.
7. Back line players are not allowed to spike.
8. Multiple contacts (2 or more) by a team require at least one contact by a woman.
9. One 30 second time-out is permitted, per team, per game.
10. Overhand serves are allowed – NO jump serve.
11. If the serve hits the net, it is playable.
12. Teams must have at minimum three females and two males at all times.
13. Substitutions may be made for injuries or the team may continue with five players providing that three are female.
14. Matches will be limited to 15 minutes. There will be a five-minute warning prior to the end of the match. Ties at the end of time will be determined by rally point.
15. No cleats or turf shoes allowed. **SNEAKERS ONLY**. Must wear footwear of some kind.
16. **Each team will provide one (1) volunteer referee. This person cannot be a volleyball participant. This volunteer must be at the venue by 8:45 AM – not providing a volunteer referee will disqualify your team from the event.**

Participants

6 team members—3 females, 3 males

ENTRIES

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE SUB

MALE SUB

OBSTACLE CHALLENGE

Description

Each team has ten participants that must race against the clock in a multi-obstacle course. The first two participants must successfully score in corn-hole, the first player must score before the second player can attempt. The remaining eight players, lined up four on one end and four on the other, will begin the course after the second corn-hole thrower has completed his/her successful throw(s). The remaining eight participants must run the obstacle course by successfully navigating three rope gates, tires (side by side), jump hay bales, and dribble soccer ball through cones (slalom course) and then race to the finish line. The race continues until all eight runners have completed the course.

Rules and Regulations

1. Corn-hole participants must be one male and one female. Corn hole targets will be 20 feet apart.
2. To “score” in corn-hole a player must either get one bag in the hole or two bags on the board. The first player must score, before the second player can attempt.
3. The first runner of the obstacle course cannot leave the start line until the second corn-hole thrower has scored.
4. Each runner MUST properly negotiate the obstacles along the designated course.
5. Each runner MUST cross the starting/finish line before the next runner starts.
6. Each runner MUST stay on their feet and duck through the rope gates (NO DIVING).
7. Runners may be ordered in any sequence of males and females.

Penalties

1. Five-second penalty for leaving the starting line early.
2. Five-second penalty for not negotiating **each** obstacle correctly. This includes missing a tire, missing or knocking over a cone, etc. There is no penalty for hitting the hay bales.

Participants

10 team members—5 females, 5 males

ENTRIES

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE SUB

MALE SUB

500-YARD RELAY

Description

Ten runners from each team line up with five runners starting at one of the 50-yard line courses and five runners at the other end. Each runner sprints 50 yards and then passes a baton to a teammate who sprints 50 yards in the opposite direction. The race continues until all ten runners have completed the event.

Rules and Regulations

1. The baton must be passed behind the line. Teams using running starts must make sure the baton is passed (hand included) in back of the start/finish line.
2. If the baton is dropped, it must be picked up before continuing the race.
3. Runners may be ordered in any sequence of males and females.
4. The lanes will be at least 10 feet wide. Runners must stay in their lane.
5. Five-second penalties will be assessed for each illegal baton toss and each runner that steps outside of their lane.
6. If a runner falls into another lane and physical contact is made due to obstruction of the lane, the team obstructed will have the option of re-running the race after all heats have been completed. It is possible that the team re-running the event could have to run uncontested.

Participants

10 team members—5 females, 5 males

ENTRIES

FEMALE	MALE
FEMALE	MALE
FEMALE	MALE
FEMALE	MALE
FEMALE	MALE
FEMALE SUB	MALE SUB

HUMAN FOOLSBALL

Description

Fool’s Ball is the Innsbrook Foundation’s twist on a longtime favorite. Whether you call it fussball (German), Fuzboll or the Americanized “Foosball”, everyone loves this table soccer game, which is popular throughout the world. Our take on the game will consist of four team members, holding onto two PVC pipes to form two rows on either side of the field. Each team will pass the soccer ball between their teammates in a team effort towards the centerline of the field without letting go of the pipe. The team that kicks the ball across the centerline for the most points wins the challenge.

Rules and Regulations

To be finalized at a later date.

Penalties

Participants

4 team members—2 females, 2 males

ENTRIES

FEMALE

MALE

FEMALE

MALE

FEMALE SUB

MALE SUB

6

THREAD THE NOODLE

Description

Ten team members standing side by side, connected by pool noodles, will work to get a hoola hoop from one end of the line to the other and back as fast as possible.

- ∞ The hoop starts out on the ground next to the start player
- ∞ When the horn blows to start the race, the start player in the line picks up the hoop with his or her free hand, without grasping the hoop
- ∞ Players must move the hoola hoop from one end of the line to the other, without letting go of the noodles.
- ∞ Players will shimmy in and out of the hoop as they pass it to the next person
- ∞ To add to the challenge, players will be dressed in an array of costume props such as flippers, tall hats, wings and blindfolds (List of props to be revealed at the Packet Pick-Up).
- ∞ Once the hoop reaches the end of the line, after touching the ground, the end player sends the hoop back through the players and noodles in the same fashion
- ∞ When the hoop hits the ground at the end of the line, the clock stops

Rules and Regulations

1. The use of hands is not allowed to move the hoola hoop down the line
2. Grasping the hoola hoop at the start or end of the line is not allowed, players must be creative with how they will pick up the hoop
3. The person on the end of the line must wait until the hoop lies flat on the ground and step out of the hula hoop before picking up the hoop to send back down the line.
4. The competitor beginning and ending the event does not need to step out of the hoop
5. Five second penalties will be assessed for each use of hands to grasp or move the hoop
6. Five second penalties will be assessed for each break in the chain (each time a noodle is dropped).

Participants: 10 team members – 5 females, 5 males

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE SUB

MALE SUB

7

ZANY RELAY

Description

Ten team members will participate in a series of zany relay races on a 50-yard course:

- ∞ The race will begin with a male or female racing 25 yards after completing a “Dizzie Lizzie”.
- ∞ Next, a male or female will put a ball on their stomach (the “Crab Ball”) and race 25 yards.
- ∞ Next, a female will race 25 yards after putting on overalls.
- ∞ Next, a male will race 25 yards wearing swim fins.
- ∞ Next, a female will jump 25 yards in a sack.
- ∞ Next a male will jump 25 yards in a sack.
- ∞ Another male and female will race back 50 yards running inside a hula-hoop. They may not use their hands to hold the hula-hoop up or advance if the hoop is touching the ground.

Rules and Regulations

1. All participants in the relay race must completely cross the line before the next leg can start.
2. The hula-hoop must be off the ground while the pair runs. They cannot use their hands to hold it up.
3. If the ball is dropped during the Crab Ball, the participant must go get the ball, get back into position and resume from where the ball dropped. Referees will mark the spots to resume.
4. The “Dizzie Lizzie” will consist of four complete spins with forehead touching the heel of a baseball bat and the baseball bat touching the ground. The referee will count the spins aloud and will say, “Go” once the participant has finished all four spins.
5. Female cannot put on overalls until chair race participants have crossed the 25-yard mark. Overalls may be on ground and worn at ankles at beginning of relay. One suspender must be clipped before beginning to run
6. Five-second penalties will be assessed for each leg of the relay that starts/leaves early.

Participants

10 team members—5 females, 5 males

ENTRIES

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE

MALE

FEMALE SUB

MALE SUB

8

TUG OF WAR

Description

Twelve team members will tug on a rope in a traditional “tug of war” contest until one team successfully pulls the center of the rope across its finish line.

Rules and Regulations

1. Draws will be randomly established prior to the start of the RCG.
2. An air horn or whistle will indicate start and stop.
3. The winning team is determined by the position of a flag suspended in the middle of the rope. The flag must be tugged across a chalk line drawn approximately five yards from the center stripe.
4. Single elimination format will be followed.
5. No **metal** cleats or pine tar will be allowed.
6. The rope may not be wrapped around any team member. Any “C” shape position of the rope around the waist, arms, or legs will result in a disqualification
7. Gloves and long-sleeve shirts are recommended. No loose shirts or towels can be draped over the rope.
8. Any team that intentionally drops the rope will be disqualified.

Participants

12 team members— 6 females, 6 males

ENTRIES

_____	_____
FEMALE	MALE
_____	_____
FEMALE	MALE
_____	_____
FEMALE	MALE
_____	_____
FEMALE	MALE
_____	_____
FEMALE	MALE
_____	_____
FEMALE SUB	MALE SUB

INNSBROOK FOUNDATION
Richmond Corporate Games of Innsbrook
Release of Liability

Each team member must sign a separate form

MUST be turned in prior to, or at the Packet Pick Up on Tuesday, September 19th

I fully understand that my participation in the Richmond Corporate Games is of my own decision and that certain inherent dangers are present in any program of this nature, which are beyond human control. I, therefore, on behalf of my family, (including but not limited to) wife/husband, children, parents, brothers, sisters, and all other persons who may have legal right to make claim, release all liability and responsibility for any illness, injury, accidental death, or damage to personal property sustained during my participation in the Richmond Corporate Games. This release shall include any and all officers, instructors, organizers, leaders, and persons involved with the Richmond Corporate Games including the Innsbrook Foundation, Innsbrook Owners Association, Special Olympics Virginia, Dominion Virginia Power and Highwoods Properties. This release shall include any such injuries or accidental death occurring during such activities, as well as, in transit to and from said activities.

I hereby authorize the Richmond Corporate Games, acting by and through its directors, hosts, and agents, to administer and/or seek medical aid in the event of any accident, illness, or injury and release said program, its sponsors, agents, directors, and instructors from any liability resulting from the administering or seeking of such medical aid.

I do further authorize the Richmond Corporate Games and its agents to photograph, televise, videotape, or by any other means record my image or voice while engaged in league play for the purpose of instructional, promotional, or commercial use.

Team Name: _____

Player's Signature: _____

Name Printed: _____

Date: _____

Company: _____

Address: _____

Phone: _____

Fax: _____

E-Mail: _____

ALL Team Rosters and Liability Release Forms MUST be turned in prior to or on Tuesday, September 19th at 5:00 pm



How to Setup your Richmond Corporate Games Fundraising Page

Classy Setup Guide

Richmond Corporate Games has partnered with Classy, an online giving platform to help our amazing supporters raise money and awareness for Special Olympics Virginia. We have put together this guide to show you how to **Create A Team**.

Once you have created your team page, you will be able to share your link on your social networks and via email to help spread the word!

How to Create a Team:

- ∞ Go to <https://impact.specialolympicsva.org/campaign/corporate-games-2017/c134270>
- ∞ Click on the 'Start Fundraising' button and create a Team!
- ∞ Enter in your team name, goal, and headline
- ∞ Upload a picture if you please
- ∞ Keep the default story or create your own
- ∞ When you have finished setting up your page, feel free to share your link with others on your team and ask them to join/donate