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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# CORPORATE CHALLENGE



# YMCA ANNUAL CORPORATE CHALLENGE

Join the Parkview Warsaw YMCA for our annual Corporate Challenge. The Corporate Challenge is a fun health and fitness event for businesses and organizations in Kosciusko County and the surrounding area. The event spans 3 days and is made up of over 15 activities.

## REASONS TO PARTICIPATE:

- Team-building among employees
- Encourage employee health and wellness
- Instill company pride
- Developing networking opportunities
- Advance the mission of the YMCA

For questions regarding the Corporate Challenge, contact Tre Fowler at 574-269-9622 ext. 238 or [tfowler@kcymca.org](mailto:tfowler@kcymca.org)

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## YMCA FACILITY USE

One of the major benefits of the YMCA's Corporate Challenge is that participants get to use the YMCA facilities for training. The YMCA must first receive payment for the Corporate Challenge, a team roster and a signed waiver to allow teams to have access to both branches of the Kosciusko Community YMCA. We ask that participants sign in at the YMCA Entry Gate on the Corporate Challenge sign-in sheet with each visit.

Specific practice times can be arranged for certain events like volleyball, dodgeball and so on. Schedules will be emailed out to the Team Captain and can be found on our website: [www.kcymca.org](http://www.kcymca.org).

## TEAM CAPTAINS

### ROLE & RESPONSIBILITY

- Recruit/prepares team to play
- Acts as liaison between participating organization and the YMCA
- Communicates start times for each event
- Assures that the team is on-time for each event (note: captains must check-in 20 minutes prior to an event)

### RECRUITING TIPS:

- Choose a few people from your differing departments to help you recruit.
- Meet on a regular basis with these individuals to plan and implement your strategies.
- Get the word out! Communication is the key. Bulletin boards and information given out with paychecks is a good way to get the message out, but don't rely on these alone. One-on-one communication is often the most effective way to recruit.
- Identify which events each employee is interested in participating in and complete the event form.
- Take advantage of email and the YMCA website. The schedule of events can be found on our website ([kcymca.org](http://kcymca.org))
- Weekly employee meetings are a good way to present the program. They provide a great opportunity to tell people what the Corporate Challenge is all about and to answer any questions that may arise.

## ELIGIBILITY

- Minimum age of 18
- Must work for the organization they are representing
- Must complete and submit participation release form/waiver

## SUBSTITUTIONS

- Substitutes must meet all applicable eligibility requirements (including age and gender)
- Substitutes must be listed on the team roster
- Substitutes must complete and submit participation release form

## SCORING

### SCORING EACH EVENT

1ST PLACE	100 POINTS
2ND PLACE	75 POINTS
3RD PLACE	50 POINTS
4TH PLACE	25 POINTS
OTHER	10 POINTS

## PENALTIES

There will be a 25 point penalty assessed to any company found in violation of the Employee Eligibility Rules. Any non-employee will be eliminated from competition, the company will forfeit the event, and the company will receive a 25 point deduction from their overall total. Please be certain that all of your participants meet the eligibility requirements.

## STANDINGS & ANNOUNCEMENTS

Once results have been compiled, updated standings will be displayed on-site as well as on the website.

## CLOSING CEREMONIES

All awards will be presented at the Closing/Awards Ceremony on Sunday April 26th, 2020 following the 5k and 3 on 3 Basketball at the Parkview Warsaw YMCA.

## SPIRIT AWARDS

SHIRTS (MATCHING AT ALL EVENTS)	25 POINTS
PAINT (ALL MEMBERS HAVE FACE PAINT FOR AT LEAST ONE EVENT)	50 POINTS
INVOLVEMENT (OF CEO/PRESIDENT IN AT LEAST ONE EVENT)	25 POINTS
REGISTRATION (TEAM HAS ALL PAPERWORK SUBMITTED BY DEADLINE)	50 POINTS
INSPIRATION (DISPLAYING GOOD SPORTSMANSHIP TOWARDS ANOTHER TEAM)	50 POINTS
TEAM MASCOT (COMPANY REPRESENTATIVE DRESSES UP)	50 POINTS



## FRIDAY, APRIL 24TH

COMPETITION	# OF PLAYERS PER TEAM	MULTIPLE TEAM ENTRIES	LOCATION/TIME (SEE MAP ON PAGE 12)
OPENING CEREMONY	ALL PLAYERS AND TEAMS	N/A	OUTSIDE THE MAIN ENTRANCE
TUG-A-WAR	5 PLAYERS	2 TEAMS (1 COED/ MALE AND OR 1 FEMALE)	NORTH FIELD   6:00 PM
PUTT-4-PTS	4 PLAYERS (2 MALE, 2 FEMALE)	NO	NORTH FIELD   6:00 PM
CORN-HOLE	2 PLAYERS	UP TO 2 TEAMS	NORTH FIELD   6:30 PM
PUZZLE MANIA	4 PLAYERS	NO	YMCA MP ROOM 1   6:30 PM
DODGEBALL	7-10 PLAYERS	NO	GYM   7:45 PM

## SATURDAY, APRIL 25TH

COMPETITION	# OF PLAYERS PER TEAM	MULTIPLE TEAM ENTRIES	LOCATION/TIME (SEE MAP ON PAGE 12)
SOCCER (5V5)	5 - 9 PLAYERS	NO	SOUTH FIELD   8:15 AM
HILLBILLY GOLF	INDIVIDUAL EVENT	YES, UP TO 2	NORTH FIELD   9:15 AM
BOCCE BALL	INDIVIDUAL EVENT	YES, UP TO 2	NORTH FIELD   9:15 AM
CYCLETHON	INDIVIDUAL EVENT	NO	PR 3   9:15 AM
KICKBALL	6 - 9 PLAYERS	NO	SOUTH FIELD   11:00 AM
BADMINTON	2 PLAYERS	NO	GYM   2 PM
TRIVIA	4 PLAYERS	NO	YMCA MP ROOM 1   2:00 PM
VOLLEYBALL	6 - 10 PLAYERS	NO	GYM   4:00 PM

## SUNDAY, APRIL 25TH

COMPETITION	# OF PLAYERS PER TEAM	MULTIPLE TEAM ENTRIES	LOCATION/TIME (SEE MAP ON PAGE 12-13)
5K	INDIVIDUAL EVENT	INDIVIDUAL EVENT	PARKVIEW WARSAW YMCA   11:00 AM
KNOCKOUT	INDIVIDUAL EVENT	INDIVIDUAL EVENT	GYM   12:45 PM
BASKETBALL (3V3)	3 - 5 PLAYERS	NO	GYM   2:00 PM
BOWLING	4 PLAYERS	NO	THE BOWLING ALLEY (1535 N. DETROIT ST)   2:30 PM



## TUG-A-WAR

### TEAM COMPOSITION:

- Teams of 5 participants
- Each organization can have up to 2 teams.
- One co-ed or all male team
- And/or one female team.

### EVENT DESCRIPTION AND RULES:

- Teams will be reminded of the rules prior to commencement of the competition.
- The judge will toss a coin to determine teams starting position.
- Anchorman to loop rope around one shoulder to secure rope. No knot is permitted on the rope end.
- All team members to remain on their feet at all times, no hands are allowed on the ground (including falling) apart from the anchorman who is permitted to use one hand on the ground, but may not sit on the ground.
- Draw for ties to take place prior to the competition. Succeeding rounds to be redrawn at judges discretion.
- A team member is permitted to pull for only one team during competition.
- The competition will commence with the command from the judge "pick up the rope", thereupon the two teams move back until the rope is taut.
- The judge inserts the marker flag opposite the central marker on the rope.
- The judge gives the command "Pull" whereupon the two teams then pull with all of their strength.
- Team members must move back with rope when pulling.
- The length of the pull may vary, but officially should be 12 feet, which is measured by two markers on the rope, each six feet from center.
- When either mark passes the ground marking on the ground by the judge at the central point of the rope when starting the competition, the other side has won that pull.
- Two warnings for infringements, including foul language, will be given. A further warning will result in disqualification and forfeit of points awarded for attending competition.
- Teams change ends after each pull and the best of three is the winner.

## PUTT-4-POINTS

### TEAM COMPOSITION:

- This event is for all levels of golfers.
- Teams of 4 (2 male, 2 female)

### EVENT DESCRIPTION AND RULES:

- Each participant will putt 3 golf balls from each of the two designated distances toward the bulls-eye.
- Bulls-eye will be worth 100 points; there will be 3 rings (50 point, 25 point and 10 point) outside of the bull's-eye where you can also score points.
- The team with the highest point total after all four golfers have puttied from each distance will be the winner of the event.
- Golf clubs and golf balls will be provided by the YMCA

## CORN HOLE

### TEAM COMPOSITION:

- Each organization can have up to 2 teams participate
- Each team consisting of 2 people.

### EVENT DESCRIPTION AND RULES:

- This is a single elimination tournament.
- All contestants shall pitch from the pitcher's box behind the 30 foot foul lines.
- Corn Hole toss match is broken down into innings of play.
- During each inning of play contestants must pitch all four corn bags.
- If a contestant desires to make a protest, the protest shall be made to the judge or tournament official at the time the problem occurs.
- The tournament judge shall make the final ruling on all protests.
- The Corn Hole toss match shall be played until the first team of contestants reaches (or exceeds) 21 points at the completion of an inning.
- The Corn Hole toss match can never end in the middle of an inning. Thus, if a team that pitches first reaches or exceeds 21 points, the game cannot end until the other side is allowed to pitch all of their corn bags and the inning is completed.
- If the Corn Hole toss match is tied at 21 or more at the end of an inning, play continues

until one team or the other achieves a higher score at the end of an inning and wins the match.

## **PUZZLE MANIA**

### **TEAM COMPOSITION:**

- Teams will consist of 4 participants

### **EVENT DESCRIPTION AND RULES:**

- Each team will have one hour to complete the puzzle, or as much as possible.
- Only one jigsaw puzzle design will be used for all teams.
- Participants are not allowed to bring in or use any other working board than the one given by the event leader
- Participants are allowed to open their jigsaw set only when the event leader announces the start of the event.
- No observers are allowed to assist, nor should participating teams seek the assistance from people other than their four person team.
- All participants are required to immediately stop piecing the puzzle when the event leader announces the end of the competition.
- Only the largest connected section assembled of the puzzle will be counted towards the total.
- The teams should put their unassembled pieces and smaller blocks (if any) into the jigsaw puzzle box, close it and leave the table.
- In the event that a team completes the puzzle, the team leader should immediately alert the event leader.
- Points will be awarded by the fastest time taken to complete the puzzle, then the highest piece totals.
- In the event of a tie, the tied teams will both be awarded the higher place points

## **DODGEBALL**

### **TEAM COMPOSITION:**

- Each team will have 7 starters and up to 3 bench players (max of 10 players per roster).

### **EVENT DESCRIPTION AND RULES:**

- Games will be played in a best of three format.
- Games will begin with both teams behind their end line. A referee will call 3-2-1-Dodgeball! Once this prompt is given, players may

retrieve the balls in the middle of the court. The ball must be taken back behind the end line before it is thrown.

- A player is considered out when he/she is hit by a ball or has a ball caught that he/she has thrown.
- A player may use a ball to block oncoming balls. If a player drops his ball while blocking, they are not out.
- Once a ball hits another ball, another person, or the wall/floor, it is considered dead. You may not catch a ball off the wall or off the deflection of another player. You may catch it if it deflects off your-self as long as it does not touch anything else prior to you gaining possession. If it touches something else you are out.
- If a player is hit in the head unintentionally, they are not out.
- When a player is out, they must start a line on the side for re-entry. If a player on your team catches a ball, the first player out may come back into the game.
- Any player that crosses the middle, back, or side line while playing is out. You may reach across the line to get a ball, but if you touch the ground on the other side, you are out.
- Players may only cross the side or end lines to retrieve a ball directly. A player retrieving a ball is temporarily out of the game. The player may not get out or get an opposing player out until they are back in.
- The court size will start on a volleyball-sized court and will be reduced to badminton-size after 5 minutes.
- The official's ruling is final.

## **T-SHIRT DESIGN CONTEST**

### **TEAM COMPOSITION:**

- Any member of your original roster may join in developing a t-shirt design.

### **EVENT DESCRIPTION AND RULES:**

- Teams must provide the YMCA with their team t-shirt by Monday, April 20th
- The team shirt will be displayed in the lobby of the YMCA leading up to the Corporate Challenge. YMCA members will submit votes to determine the winner
- At least one representative from each company is expected to attend the kick-off wearing your team t-shirt.



- The winner of the t-shirt contest will be announced at the end of the kick-off.

## **JUDGING CRITERIA:**

- Visual appeal, creativity, and originality of design
- Clearly illustrates company name or logo
- Designs must include the name "Corporate Challenge 2020" and "Hosted by the Parkview Warsaw YMCA"
- No profane, obscene, or suggestive illustrations or text
- The Y logo should not be used

## **SOCCER (5V5)**

### **TEAM COMPOSITION:**

- Teams will have 5 starters on the field, with up to 4 bench players (max of 9 participants per team). Must have at least 4 players to avoid forfeit.

### **EVENT DESCRIPTION AND RULES:**

- Games consist of two 15-minute halves (running clock), with a golden goal overtime. If 8+ teams are in the tournament, games will be one 20-minute period instead.
- No defender will be allowed inside the restricted area in front of their team's goal. If a player playing defense touches the ball in the restricted area, it will count as a goal.
- Players may receive a pass in their own restricted area. If a player possesses the ball in his or her own restricted area, the other team may be in their restricted area.
- If a player scores inside the restricted area, it will be disallowed unless the attacker is in the air and had both feet out of the area when jumping
- Out of bounds will be called and will result in kick-in's only. Kick-in's must be taken within five seconds.
- Slide tackling is not allowed under any circumstances and will result in an indirect kick and yellow card.
- No off-sides will be called
- Substitutions are "flying," but must be made away from game play.
- Goals may not be made directly from kickoff.
- Goals must be scored in the opposing half.
- All opposing players must be two steps away on free kicks and kick-in's.
- All side kick-in's, corner, and free kicks are

indirect.

- After a team's third foul in a half, that team will not be allowed to form a wall, and all kicks will be direct.
- Profane player dissent toward a referee or another player, or fouls at the referee's discretion will result in a yellow card
- Any player receiving a yellow card will be sit out 2 minutes, with the player's team playing down a player.
- The mercy rule will be in effect if a team is up by 5 goals at any point after 15 minutes of play.

## **HILLBILLY GOLF**

### **TEAM COMPOSITION:**

- A team can have up to 2 players but this event will have individual scoring.

### **EVENT DESCRIPTION AND RULES:**

- Ladders are to be placed 15 feet apart from each other. Prior to game play a line must be set 15ft from the ladder. This is called the toss line.
- Each player will receive one set of Bolas (total of 3).
- A flip of the coin will determine which player goes first in Hillbilly Golf.
- The first player must toss all 3 bolas before the next player is able to toss his/her bolas. Bolas can be tossed in any way the player chooses, as long as they are tossed individually and can be bounced off the ground. - The winner of the round earns the first toss in the next round.
- After all players have tossed all their bolas, scoring is determined by the bolas still hanging from the steps.
- Players can knock-off bolas during the course of the game, in fact knocking-off other players bolas is encouraged and a good way to play defensively.
- Bolas that are knocked off during play do not count as points. Only bolas that are left hanging after all bolas are tossed are counted as points.
- Points are determined by which step your bola wraps around. The top step is worth 3 points the middle step is worth 2 points and the bottom step is only worth 1 point. Players can score an optional bonus of 1 point by hanging all 3 bolas from the same step or by hanging

a bola on all 3 (1-2-3) steps in one round. 10 points is the highest amount of points available per player, by hanging all 3 bolas on the top (3 point) step.

- Games are played to an exact point total of 21. In order to win, a player must be the only one to score exactly 21 points after the completion of a round. If a player goes over the exact point total, that player's points for that round do not count.
- In the case of a tie, the players that tie will play as many overtime rounds as needed until one player ends a complete round 2 points ahead of the other player. The 2-point rule only applies in overtime rounds.

## BOCCE BALL

### TEAM COMPOSITION:

- A team can have up to 2 players but this event will have individual scoring.

### EVENT DESCRIPTION AND RULES:

- Divide the bocce balls evenly between the number of players.
- You will notice that your bocce ball set has balls with several different colors or designs. Ideally, each bocce player will use balls from the set that are unique in design or color from all the other balls in play. This is helpful in distinguishing your bocce balls from those of another player.
- At random, choose a player to throw the pallino (smallest ball).
- After the pallino is thrown, the same player will throw his first bocce ball.
- The purpose of the game is to get your bocce balls as close as possible to the pallino.
- After the first player has thrown his first bocce ball, he is considered "inside" because his ball is closer to the pallino than any of the competitor's balls. All other players will take turns throwing their balls and trying to get the closest to the pallino.
- After all players have thrown their bocce balls, the player that is "inside" will be awarded points. One point will be awarded to this player for every ball that is closer to the pallino than his/her closest competitor's ball. After the points are awarded, the frame is completed.
- Start a new frame by electing a new person to throw the pallino and to throw the first bocce ball. A game is won when a player reaches 7 points.
- Play as many frames as necessary until a player reaches 7 points.

## KICKBALL

### TEAM COMPOSITION:

- A team may consist of up to nine players. A minimum of six players is needed to play.

### OVERVIEW

- Single elimination tournament
- No metal spikes allowed
- Pitches must be rolled underhand towards home plate. Pitches may not be bounced towards the kicker.
- Games will be 5 innings or 20 minutes (if inning is started before time limit, inning will be completed)
- 3 outs will end the inning
- Once the pitcher has the ball and is on the mound, the play ends.

### OUTS

- Players are considered out by one of the following means:
  - A. 2 failed kick attempts
  - B. A fly ball caught by the defense
  - C. Runner thrown out
  - D. Runner being tagged/struck by the ball (below the head)
  - E. Runner leaving base too early (before ball is hit by the batter)

### BATTING & BASE RUNNING

- The batter must wait for the ball to be within three feet of home plate before kicking the ball. If the batter does not like the pitch, he/she should not attempt to kick it, and another pitch will be thrown.
- Batter gets a maximum of two kick attempts. Any missed attempts or fouls will count. After two failed kick attempts, the batter is out.
- The ball must be played past the pitcher's mound (no bunting)
- No lead-offs or stealing (must wait until batter makes contact with the ball). If runner leaves early, the ball is dead and the runner will be declared out. The kicker will be the first up next inning.
- Kicking order will resume in subsequent innings with the next batter in order.

### DEFENSE

- The defensive team may be set up in any position the team wishes, but must have an

equal number of outfield and infield players (excluding the pitcher)

- Fielders must stay out of the baseline and cannot block the base. Runners hindered by any fielder within the baseline, not making an active play for the ball, shall be safe at the base to which they were running.
- There will be no infield fly rule.

## FOULS

- A foul kick may be caught by the defense and will be considered an out.
- When the ball is kicked in the air and is touched by a player in :
  - FOUL territory and is dropped, the ball is FOUL.
  - Fair territory before going into FOUL territory, the ball is FAIR.

## TIES

- If a tie occurs, one additional inning will be played.
- If after the additional inning a tie is still in place, 2 coin flips will take place to determine the winning team. The first coin flip will determine the team making the call. The second coin flip will determine the winning team

## BADMINTON

### TEAM COMPOSITION:

- A team may consist of 2 players.

### EVENT DESCRIPTION AND RULES:

- Matches will be doubles format.
- A match consists of the best of 3 games of 21 points (win by 2 or first to 30)
- Rally scoring
- A side has only one 'service'.
- When the server's score is even or zero, the server serves from the right service court. When the server's score is odd, the server serves from the left service court
- Players do not change their respective service courts until they win a point when their side is serving.
- Serves must be hit in an upward direction, below the waist, and served diagonally across the court.
- The shuttlecock may only be hit once per side.

## VOLLEYBALL

### TEAM COMPOSITION:

- Teams will have 6 starters (and up to 4 bench players). A minimum of four players is needed to play.

### EVENT DESCRIPTION AND RULES:

- Best-of-3 format. Single-elimination.
- Minimum of 2 female players on the court at one time.
- Rally scoring will be used to 15 each game.
- Teams must win by at least two points.
- If a team is playing with less than 6 players, they do not have to forfeit a serve.
- Subs can enter in either the front or back row (or both), but all players must rotate through all positions.
- Games are self-officiated:
- Serves cannot be attacked on the return.
- Maximum of 3 hits per side.
- Player cannot hit the ball twice in a row.
- The ball may be played off the net.
- Kicking the ball is allowed.
- A ball touching the boundary line is still in.
- Carrying, palming, and lifting is illegal.
- Touching the net when the ball is being played is illegal.
- Back row players cannot jump in front of the attacking line unless the team has only 4 players
- The ball will be dead if it bounces off curtains, wall, hoop, ceiling or the track.

## 5K RUN/WALK

### TEAM COMPOSITION:

- This event will be based on individual participation. All members of your roster are permitted to join.

### EVENT DESCRIPTION AND RULES:

- The 5K Run/Walk will consist of 3.1 miles. Participants can run and/or walk this event. The route will be marked on race day and there will be volunteers on the course to direct you in the right direction. This will be an open course so please be aware of traffic. There will be a race meeting 15 minutes before the start of the event. Check-in will begin one hour before the start of the event.
- Points will be awarded to the top four men and top four women runners.

- Additional Corporate Challenge Points:
- Each team runner that does not place in the top four positions for men and women will receive 5 points per participant for their team. Any family members who complete a waiver can walk/run for 1 point per participant for the team. Each runner/walker must complete the entire run to get these extra points.
- We will be adding those points as a total for each team but the team will not receive those totaled points toward their overall points for the Corporate Challenge. Instead those total points will be used to place First-Fourth in combined points and your team will receive point like other events.

## **KNOCKOUT (BASKETBALL)**

### **TEAM COMPOSITION:**

- This event will be based on individual participation. All members of your roster are permitted to join. Any family members who complete a waiver can participate.

### **EVENT DESCRIPTION AND RULES:**

- Points will be awarded to the top four finishers regardless of age or gender.
- Participants will form a single-file line.
- The first player will shoot from the free throw line, once they have gotten their shot off, the player behind them may shoot. Players may then shoot from anywhere on the court, trying to make a shot first.
- If a player air-balls his or her first shot, they are out.
- If the first shooter makes a basket before the second, they pass the ball to the next person in line.
- If the second shooter makes a basket before the first, the first shooter is eliminated. The balls are then handed to the next two players in line and play resumes.
- The order of the players can never change during the game.
- Normal basketball rules apply. If a participant travels or double dribbles, they will be out.
- Participants are not allowed to play any defense or knock away their opponent's basketball.

## **3-ON-3 BASKETBALL**

### **TEAM COMPOSITION:**

- A team may consist of three players, with a maximum of five.

### **EVENT DESCRIPTION AND RULES:**

- Games are best-of-3 format.
- Games must start 3-on-3. If a team drops to only 2 players due to injury, they may continue to play 2-on-3.
- If any team happens to drop to only 1 player, a forfeit will be called.
- Games will be played to 11 by "1's and 2's". Team must win by a least two points or the first team to 15 points, which ever happens first.
- A referee will monitor the games.
- Teams must take the ball back behind the 3-point line before scoring. This can be done by either dribbling the ball behind the 3-point line or passing to a teammate who is standing behind the 3-point line. This includes air balls and steals.
- Out of bounds will be called with the half-court line being the out of bounds in the back and the side-lines being out of bounds on the other 3 sides of the court. (the ref will explain/show players proper out of bounds before the game starts).
- All possessions will start with a pass-in at the top of the key.
- Fouls will be called by the referees. If a player is shooting, they will receive one shot (on made shots too). The team that was shooting the free throws may get the rebound and score right away, if the defensive team gets the rebound, they must clear the ball behind the 3-point line.
- Rock-paper-scissors will determine who gets the ball first (and the third game, if necessary). The other team will get the ball first in the second game.
- A technical foul will result in 1 point and possession.
- Each team gets 1 timeout per game.
- Substitutions will occur at dead balls only.

## BOWLING

### TEAM COMPOSITION:

- Each team will consist of 4 people

### EVENT DESCRIPTION AND RULES:

- Event will take place at The Bowling Alley t (1535 N. Detroit St.)
- Each organization will be assigned a lane
- Company must enter bowlers First and Last name on screen
- Teams will randomly be checked for player eligibility. Please be sure that participants bring an ID.
- Substitutes are not allowed
- Each bowler will bowl 1 game
- The score for all 4 bowlers will be added together to give the team one total score

## TRIVIA

### TEAM COMPOSITION:

- Each team will consist of up to 4 people

### EVENT DESCRIPTION AND RULES:

- The event will consist of 30 questions: 3 rounds of 10 questions
- Teams will have up to 1 minute to discuss before deciding on an answer to write down on an answer sheet provided. The process is then repeated for each question in that round
- No communication between team members and spectators is allowed. Any team caught using cell phones or other mobile devices will be disqualified
- Ties will be broken with a sudden death round

## CYCLETHON

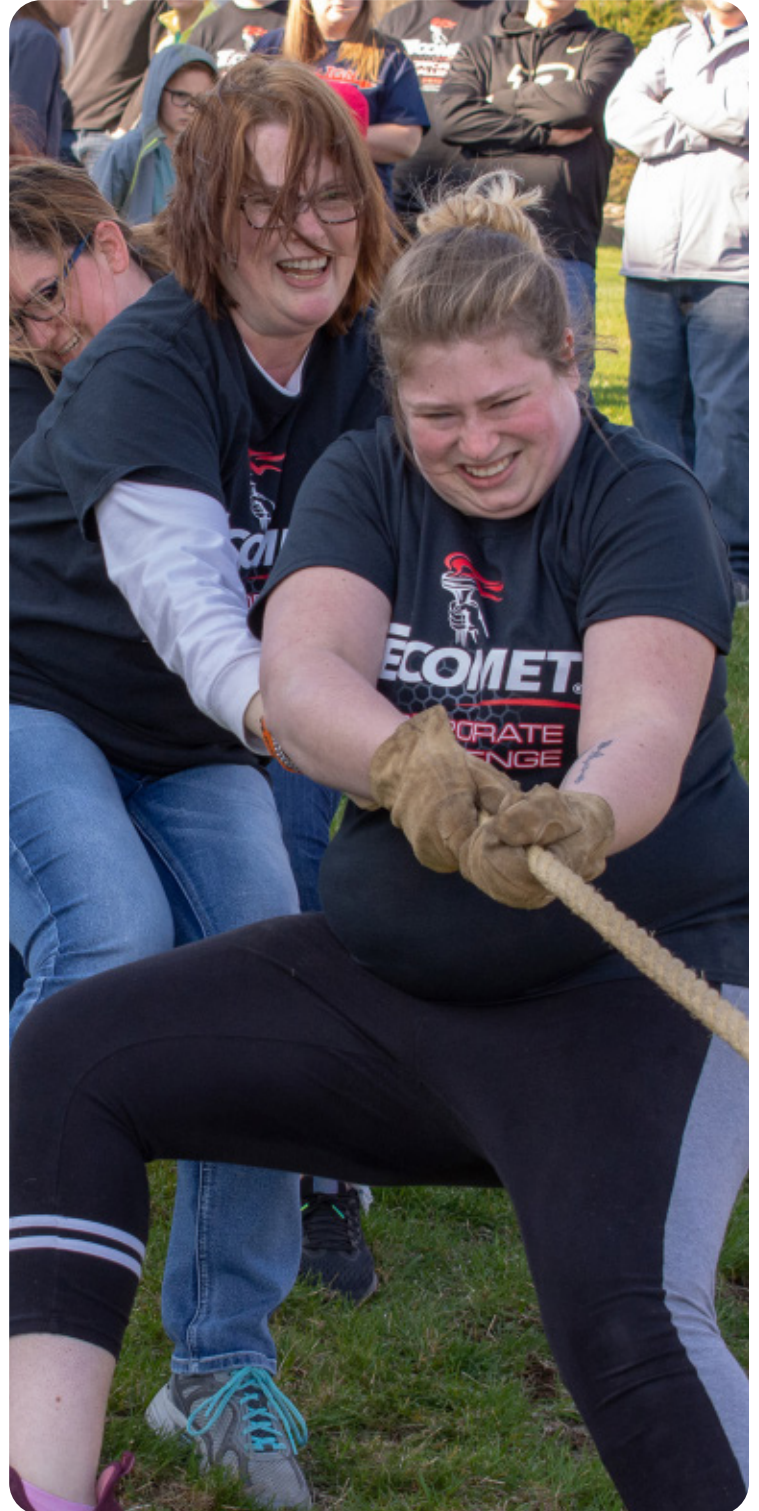
### TEAM COMPOSITION:

- This event will be one individual from each team.

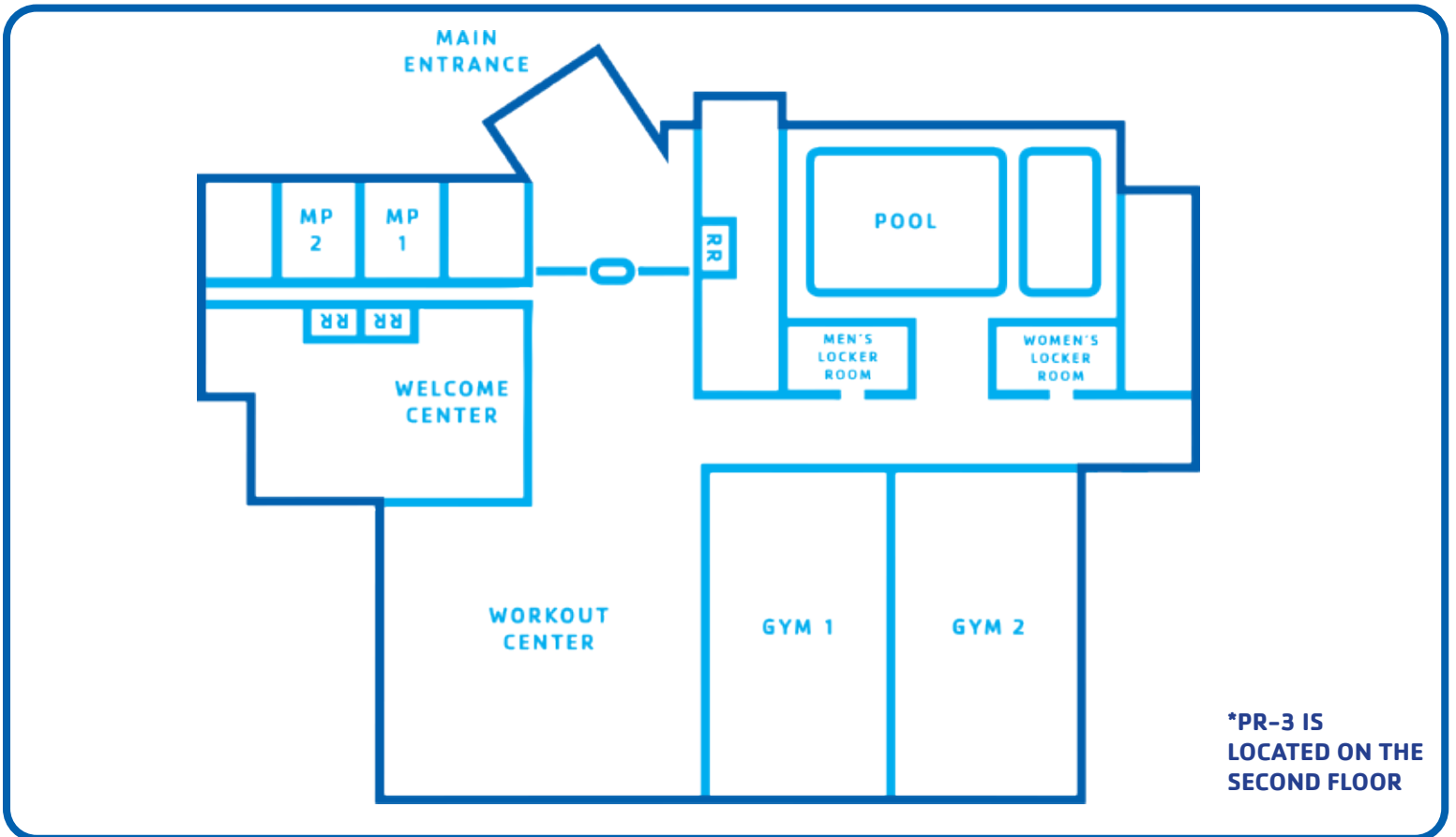
### EVENT DESCRIPTION AND RULES:

- Each participant will be assigned to one bike set to flat road conditions.
- Cyclist must remain in the saddle at all times. If a cyclist stands during their ride, they will be disqualified.
- Cyclist must not go below 80 RPM or they will be disqualified
- Cyclists will have to use cages, no clip in cycling shoes.

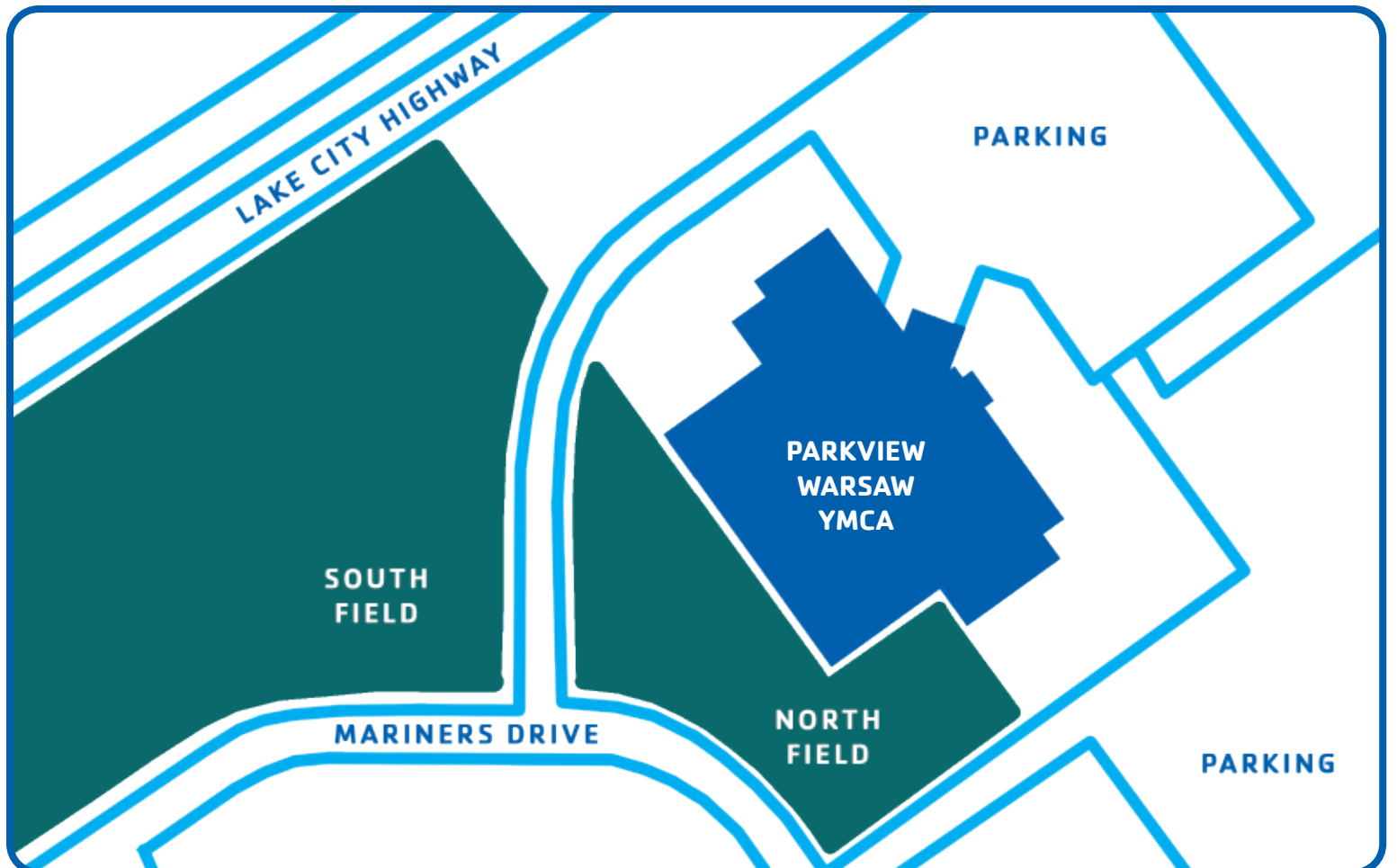
- The event will be 2 hours long. At the end of the 2 hours 1st, 2nd, and 3rd place will be determined by distance traveled.
- In the event that there are not 3 cyclists left at the end of 2 hours 1st, 2nd, and 3rd place will be determined by who cycled the longest.
- Points awarded to 1st, 2nd, and 3rd place cycling teams.
- Competition will take place in PR 3.



## PARKVIEW WARSAW YMCA INDOOR MAP

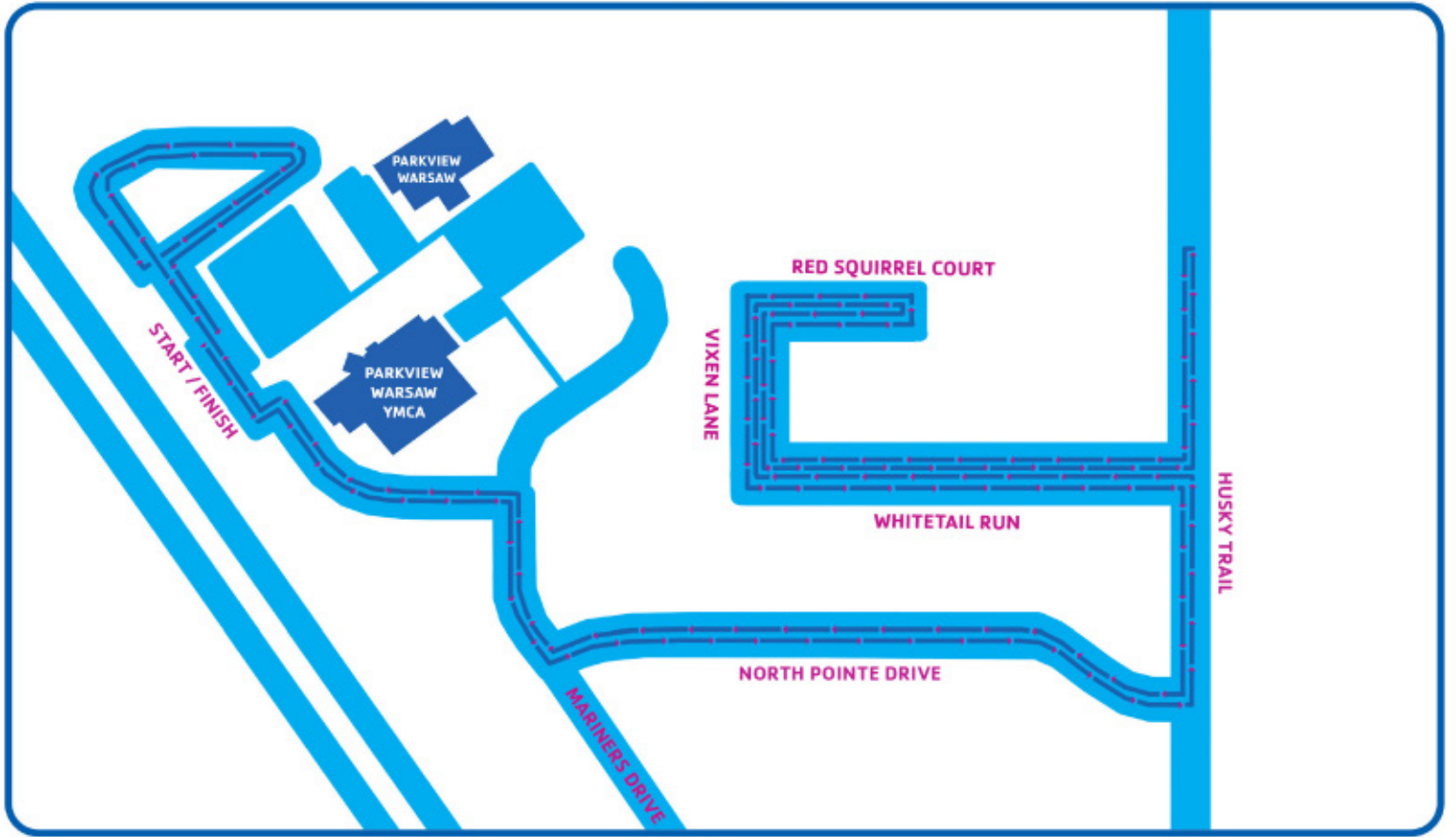


## PARKVIEW WARSAW YMCA OUTDOOR MAP



# 5K RUN/WALK MAP

FOR THE SAFETY OF THE THOSE RUNNING AND WALKING THERE ARE SIDEWALKS AVAILABLE ALONG MOST OF THE RACE COURSE. BE AWARE THAT ROADS WILL STILL BE OPEN TRAFFIC.





PARKVIEW WARSAW YMCA