



CAPTAIN'S MANUAL

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Fond du Lac Corporate Challenge

General Information

The Fond du Lac Family YMCA and the Boys & Girls Club of Fond du Lac are proud to present the Corporate Challenge to the Fond du Lac area. We invite small and large businesses alike to join in this friendly competition and help us promote healthy living. All proceeds benefit our seven (7) Family Strengthening Events throughout the year, impacting nearly 700 families (over 2,000 people!) annually.

Corporate Challenge Info

- The Corporate Challenge is a health and fitness challenge to local organizations, businesses, and corporations.
- Each organization will compile teams to compete in several featured events.
- The emphasis is placed on participation of all segments of a company or organization. All employees and their spouses are eligible to compete in these events. Also, males and females of all ages and levels of fitness and athletic ability are encouraged to participate.
- Participants must be 18 years of age to participate in the Corporate Challenge.
- The Corporate Challenge is a collaboration of community leaders working together to help make our communities and companies healthier and happier places to live and work.

Mission Statement

- The Corporate Challenge is committed to bringing organizations together through friendly competitions that promote healthy lifestyles within the workplace and the community.

Corporate Challenge Goals

- To encourage health and fitness
- To build a sense of company and community spirit
- To foster teamwork and fun through maximum participation
- To promote community awareness and involvement
- To promote a healthier lifestyle for all

Corporate Challenge Events

- Mini Golf
- Golf Scramble
- Volleyball Tournament
- Pictionary
- Bags Tournament
- Bowling
- Minute to Win It
- Pickleball
- Half Marathon Relay
- Trivia

2020 Co-Champs, FVSB & Ahern!



Fond du Lac Corporate Challenge Rules & Regulations

Eligibility

1. Team members must be current employees or spouses of current employees of your organization to be eligible for competition.
2. The Corporate Challenge Committee reserves the right to review all team entries relative to eligibility.
3. Upon approval of the YMCA / Boys & Girls Club Corporate Challenge Executive Committee, more than one company can combine to form a team, in the event they do not have enough employees to field a team.
4. An employee can only represent ONE company throughout the duration of the Corporate Challenge.
5. Each company will have a Corporate Captain who will be responsible for organizing their team prior to and on the days of competition. Event Captains are encouraged for each event in order to help spread out the workload.
6. Rules of each event will state the team composition needed to participate in the event.

Eligibility Violations

1. Companies found in violation of the stated eligibility rules will be disqualified from the event in which ineligible company members participated. Companies finishing behind a disqualified group will be moved up in the point standings accordingly.
2. The Corporate Challenge Executive Committee reserves the right to review all violations.

Rosters

1. Companies must confirm participation for each individual event no later than Friday prior to the event.
2. The Executive Committee reserves the right to combine, cancel, or restructure an event based on participant registration numbers.

Substitutions

1. Companies may substitute an employee with another eligible employee as long as it is done prior to starting the event.

General Event Code of Conduct

Listed below are conduct issues that will not be tolerated and could result in team forfeit from the event:

- Unsportsmanlike conduct
- Illegal substitutions

- Event rules violations
- Substance abuse while attending, observing, or participating in an event
- Blatant disregard for safety of event participants
- Language deemed inappropriate by referee or event director
- A non-employee participant or participation by someone not listed on roster

Protests / Delays / Cancellations

1. Protests must be submitted in writing to the event director for review by the Executive Committee. The Committee reserves the right to review and make final decisions regarding all protests.
2. Event Directors reserve the right to delay or cancel an event due to weather or safety concerns.
3. Team captains will be contacted with any rescheduling information.

Forfeits

1. Teams registered for events will be given 5 minutes past the start time to have their team prepared to play. After 5 minutes, a "0" will be entered as the score for that event.

Scoring

1. Scoring for all events will be as follows:
 - a. Fastest time, highest score, and highest event finish will receive the highest point total for that event
 - b. Second best will receive the second highest total, and so on.
 - c. Example: 16 team tournament point totals
 - i. 1st place = 32pts
 - ii. 2nd place = 30 pts
 - iii. 3rd place = 28 ptsetc.....
 - d. Tie scores or finishes will result in an average of the two point totals.
 - e. Teams must participate to earn any points for a given event.
 - f. There will be no individual awards.

Official results will be available via email, our [Fond du Lac Corporate Challenge Facebook page](#), the Boys & Girls Club website, YMCA website, and the Leaderboard Banner located in the lobby of the YMCA

18-Hole Mini Golf

Procedures & Rules

1. Fondy Sports Park is open daily from 10am – 10pm. No need to schedule a time to play. Upon arrival, inform the manager that you are with the Fond du Lac Corporate Challenge.
2. The goal is to be the foursome who plays the round in the fewest total strokes.
3. 5 stroke limit per hole.
4. One stroke penalty if: Ball jumps fairway – play next shot from spot where ball jumped fairway. Ball is snagged in an obstacle – free ball and play from that spot, not nearer the hole.
5. Ball may be moved 6 inches from a rail or hazard without penalty.
6. After members of party reach putting green, the one nearest the hole will putt first and continue to putt until ball is in hole. Do not take turns on the putting greens.

Equipment

1. Clubs
 - a. All participants must use club provided.
2. The Ball
 - a. All participants must use ball provided.



Player's Responsibilities

1. We have a custom team scorecard for you to fill out with your total scores **when you have completed your round**. This card must be signed by the manager on staff after verifying total scores. **Please do not forget this step!**
2. There will be no handicapping of scores.
3. Players should not unduly delay play.
4. The playing of practice strokes during the play of a hole or between holes is forbidden. A practice swing is not a stroke unless the ball is hit.
5. The number of strokes a player has taken shall include penalty strokes incurred.

Scoring

1. Again... We have a custom team scorecard for you to fill out with your total scores **when you have completed your round**. This card must be signed by the manager on staff after verifying total scores.
2. Scorecard will stay at Fondy Sports Park to be picked up by Corporate Challenge organizers when all teams have completed their round of mini golf.
3. Teams will be ranked and given points based on how they finish compared to other teams. (see scoring details on pg. 5)

9-Hole Golf Scramble

Procedures & Rules

1. Teams will consist of four players (foursome).
One person from each team needs to schedule a tee time with Rolling Meadows Golf Course. Let them know you are with the Fond du Lac Corporate Challenge.
2. Thanks to a sponsorship from our friends at Rolling Meadows, there is no cost for golfers this year!
3. All USGA rules and local golf course rules are to be followed.
4. Participants will all golf 9 holes (1-9 or 10-18, Pro-Shop will make that decision).
5. Men will tee off from the white and women from the red tee boxes.
6. After all players drive or tee off, the team will then pick the best shot to play from. These shots must be taken within one club length from where the original ball lays, but not closer to the hole.
7. Each shot for the rest of the holes will be played in the same manner.

Scoring

- Teams will pick up a custom scorecard at the Pro Shop desk. Teams will use this card to score their round. Scorecard will stay at Rolling Meadows to be picked up by Corporate Challenge organizers when all teams have completed their round.
- Scorecard will be turned in to Rolling Meadows Pro Shop staff.
- Teams will be ranked and given points based on how they finish compared to other teams. (see scoring details on pg. 5)



CO-ED Volleyball Tournament

Procedures & Rules

1. Volleyball team rosters will be final at the start of the tournament. Teams can consist of up to 6 playing at a time.
2. Teams are co-ed and must have two females on the court at all times.
3. Teams cannot have more than 3 males on the court at all times
4. Blocking a ball does not count as a hit for that team (ex: a blocked ball may be hit three more times).
5. Blocking or attacking a serve is illegal.
6. Touching the net with any part of the body while the ball is in play is illegal and a point is awarded to the opponent
7. Serves may be overhand or underhand. No jump serves allowed.
8. The ball must be cleanly hit.
9. The following constitutes a legal hit:
 - Contacting the ball with the heels of the hands, fists, or arms. (The exception is in sand volleyball, where feet are permitted for passing.)
 - A closed fist punching at the ball.
10. The following constitutes illegal hits:
 - Ball visibly comes to rest
 - Held ball
 - Successive contacts
 - Using fingers for underhand hit



Tournament Play Layout

1. Coin toss will determine who starts the game serving.
2. No referees.
3. Games will be played on your honor.
4. Controversial calls are to be replayed.
5. Scorekeeping for current game on court can be done by player from the previous match

Pool Play Layout

1. Teams will play up to 3 matches during pool play
2. Each match consists of two games played to 25 points (rally scoring)
3. Pool Play will determine seeding for single elimination tournament
4. Seeding will be determined by the number of games won during pool play
5. Tie - Breaker for seeding will be Point Differential
 - i. ***If differentials are the same, a coin flip will decide seeding
 - ii.

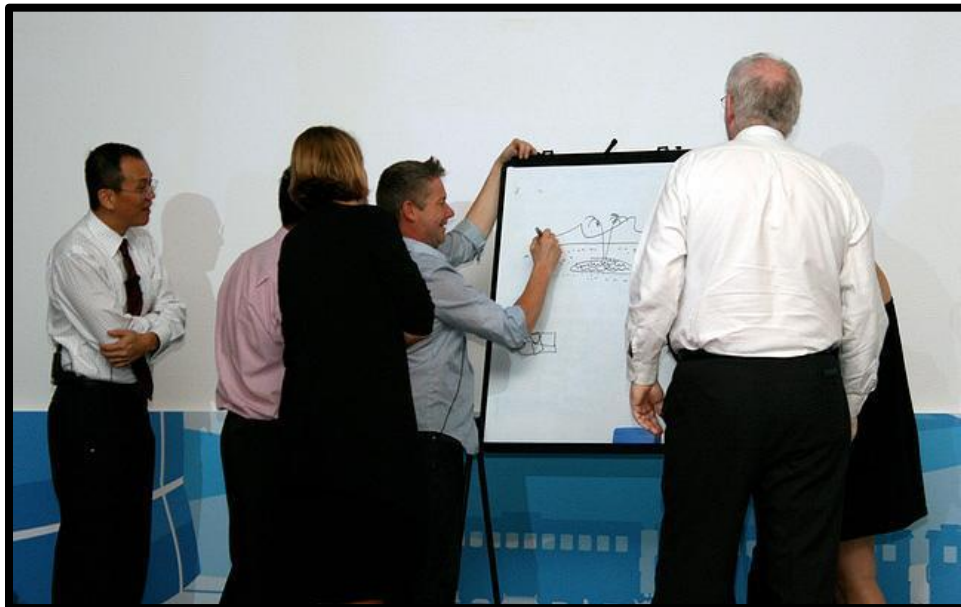
Knockout Play (Single Elimination) Layout

1. Matches will be in a best of format and will consist of 3 games
2. Games 1 & 2 will go to 21 points (rally scoring)
3. If 3rd game is needed - score will go to 15 points (rally scoring)

Pictionary

Procedures & Rules

1. Each team may have up to 10 participants on the team.
2. The teams may be made up of men and/or women.
3. There will be six (6) rounds of play.
4. Each of the first 5 rounds will be 5 minutes long.
5. During each of the first five (5) rounds, each team will be given 35 drawings.
6. Points will be awarded for each correct answer during the round.
7. During the sixth and final round, teams will be allowed to wager points on one 3 individual drawings and their team will have 30 seconds to guess each one. For the first and second drawing, your team is able to wager up to half of your total points. For the final drawing, your team is able to wager all of your remaining points. If your team guesses it, you get your wagered amount. If your team is unable to guess it, you lose your wagered amount.



Bags Tournament

Procedures & Rules

1. There will be 2 teams of 2 players from each business.
2. Teams may be made up of male or female competitors.
3. Bracket info and overall scoring details COMING SOON! Stay tuned!

Playing Area

- Two Cornhole platforms should be placed on a flat surface, with the front edges 27 feet apart.
- The pitching areas are located on either side of the box, with the foul line being the line parallel to the front edge of the platform.
- A player may toss from anywhere behind the front of the platform from which they are throwing, but all turns should be taken from the same side of the platform as the first toss.

Playing Equipment

- The Cornhole platform's playing surface is 24" x 48".
- The front end should be 4" off of the ground. The rear of the platform should be 12" high.
- The hole in the cornhole platform should be a 6" hole, centered 9" from the back and 12" from either side.
- The bags should be made from duck canvas, and may be any color that is easy to see during Cornhole play. Each bag is filled with approximately 2 cups of feed corn. Finished bags should be a minimum of 6" X 6" square and weigh between 14 and 16 ounces.
- The game should be played with 8 bags. Each team will have 4 bags, all of the same color, usually a color easily distinguishable from the other team's bags.

Scoring

- **3 points** - a bag that goes through the hole completely.
- **1 point** - a bag remains on the playing surface, a bag that is hanging into the hole, but does not fall completely through, a bag that is hanging off the edge of the platform, but does not touch the ground.
- **0 points** - a bag that hits the ground before coming to rest on the platform, a bag that is on the playing surface, but is also touching the ground or another bag that lies on the ground, a bag that is hanging off the front edge and is resting on a cornhole bag that is on the ground.
 - A bag that bounces on to the board should be removed before the next player tosses.
 - Scoring is done by cancellation. The difference of both teams' scores is the score given to the highest scoring team. If both teams score the same amount, no team will receive any points.

Game Play

- In Cornhole doubles play partners shall stand at opposite cornhole boards on the same side. In singles play both players will throw from the same board.
- Each team will have 4 bags of one color; all 8 cornhole bags begin at one end.
- If an agreement cannot be made as to which team shall take the first turn of the game, a coin flip will suffice.
- The first team will then begin by throwing a cornhole bag at the opposite platform.
- Teams take alternate throws until all 8 cornhole bags have been thrown. Teams then count the points scored during the round.
- After scoring, the teams on the opposite end will then take their turns in the same manner. The team scoring the most points in the previous round will throw first to start the turn.
- Play continues until either team reaches the 21 points.

9-Pin Bowling

Procedures & Rules

1. Four (4) participants per team
2. All standard courtesies and bowling etiquette apply
3. 9-pin no tap tournament format (9 pins down = strike!)
4. Each team will bowl 2 games
5. A team member must be appointed to turn in the score sheets after each game (score sheet will be returned to each team after scores are entered for the first game)
6. Check-in time is ½ hour before starting time

Scoring

- Teams will be ranked and given points based on how they finish compared to other teams. (see scoring details on pg. 5)



Minute-To-Win-It Challenge

Procedures & Rules

1. This event is our version of the popular game show, modified to fit our Corporate Challenge formula.
2. This event will require four participants from each team.
3. Participants will be taking part in four specific Minute-To-Win-It challenges. And no, you will not be told what the challenges are ahead of time. We want an even playing field for all participants.
4. Time for participants will be averaged for the four Minute-To-Win-It challenges to determine the total team time.
5. Teams will be ranked based on overall cumulative time for the event.



Pickleball

THE GAME:

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It is a combination of badminton, tennis and table tennis.

GENERAL RULES:

- Serve
 - A serve is made underhand with one foot behind back line.
 - A server must hit the ball in the air on the serve, may not bounce it and then hit it.
 - A serve is made diagonally cross-court
 - A serve must clear the non-volley area.
 - Only one serve attempt is allowed unless the ball touches the net on the serve and lands in the proper service court. When this occurs a "re-serve" occurs.
 - At the start of each new game, the first serving team is allowed only one fault before giving the ball up to their opponents. Thereafter, both members of each team will serve and fault before the serve is turned over to the opposing team.
 - When the receiving team wins the serve, the player in the right court always serve first.
- Double Bounce Rule:
 - Each team must play their first shot off the bounce.
 - The receiving team must let the serve bounce, and the serving team must let the first returned ball bounce before playing it.
 - After both teams have allowed the ball to bounce once on their side of the court, the ball can then be played with either a volley or off the bounce.
- Scoring:
 - A team can score only when they are serving
 - A game is played to 11 points
 - A team must win by 2
 - A player serving shall continue to serve until his/her team makes a fault.

DOUBLES PLAY:

- The player in the right hand court serves diagonally across to receiver in the opposite right-hand court.
- Only the player in the diagonal court may return the serve.
- If the receiving team makes a fault, the serving team scores a point. When the serving team wins a point, it's players switch courts and the same player will continue to serve. The next serve is made from the left service court into the opposite left service court.
- When the service team makes its **first fault**, players stay in their same court and their partner then serves.
- When the service team makes its **second fault**, players stay in the same courts. The ball is now given to the other team, with the player on the right serving first.
- Players' switch serving courts only after scoring a point.

FAULTS:

- Hitting the ball out-of-bounds.
- Not clearing the net.
- Stepping into the non-volley zone at any time and volleying the ball.
- Volleying the ball before it has bounced once on each side of the net (**Double Bounce Rule**).
- In doubles, the player supposed to receive the serve in the diagonal court does not return the serve

PLAYING AREA/EQUIPMENT:

- Tennis court or badminton doubles/singles court
- Net height is 36".
- The non-volley zone extends 6' out from and parallel to the net.
- Wooden racket and a plastic baseball or whiffle ball

GENERAL TIPS & STRATEGY:

- Both members of the serving team should be back near the baseline at the time of serve so that neither will forget to let the first returned ball bounce before playing it.
- A ball landing on any line is good.
- The player who starts the game in the right hand court (score "0") will always be in the right hand court when his/her team's score is 2,4,6,8 or 10.
- The hand holding the paddle is considered part of the paddle and shots off this hand are legal.
- **Lobbing** the ball over the opponent's head is a very effective strategy.
- **Volleying** the ball (playing it out of the air) is an aggressive strategy to force your opponent into making mistakes.
- Hitting the ball to your opponent's **backhand** (a possible area of weakness) may be an effective way to win points.

Procedures & Rules

1. This event will require a pair of participants from each team. This is a co-ed event, so there must be one male and one female participant on each team (2 females is also sufficient). Upon arrival, please sign in with your name and phone number.
2. This event will consist of pool play with teams playing games against other teams in their pool.
3. Games will be to 9, and each team will play 2 or 3 games versus each team based on the number of teams in the pool.
4. At the end of pool play, the top team from each pool and the top remaining teams overall will participate in a double elimination tournament.
5. Teams will be placed based on their overall finish in the tournament or pool play, with ties being broken by points allowed.



Virtual Half Marathon Relay

Procedures & Rules

1. Four (4) participants per team.
2. Teams are to complete a 13.1 mile (half marathon) relay any time **BEFORE Monday, November 29 (yes, 11:59pm on Sunday evening still counts!). We strongly encourage teams to utilize the Festival Foods Turkey Trot on Thanksgiving morning to add up their half marathon time.**
3. Course/route is completely up to the team (unless you are participating in the Turkey Trot!), miles just need to add up to a half marathon (13.1 miles).
4. If you do not have an app that you already use to track your distance, here are some great **FREE apps** you can download to use: Map My Run by Under Armour, Running Distance Tracker, or Runkeeper-GPS Running Tracker.
5. To encourage team camaraderie, please complete the half marathon relay within the same day, though teams may choose to physically come together OR run their individual **TIMED** mileage on their own.
6. Teams can divide mileage up however they desire; for example, if there is someone on the team who is a strong distance runner and would like to run a longer distance, that is permitted.

Scoring

- Based on overall time to complete the half marathon (13.1 miles).
- Teams must submit screenshots showing time(s) **AND** distance(s) from each individual team member to them@bgcfdl.org **no later than 11:59pm on Sunday, November 28.**
- Distance **MUST** add up to 13.1 miles!
- Teams will be ranked based on finishing times; goal is to complete the half marathon relay as quickly as possible.
- Teams will be given points based on how quickly they finish compared to other teams. (see scoring details on pg. 5).



Trivia Challenge

Procedures & Rules

1. This year's trivia challenge will be electronic-free.
2. Teams are encouraged to bring up to 10 participants to compete.
3. There will be 6 rounds of trivia and each round will be a different category.
4. There will be a 7th round (Final Trivia) where teams will be able to wager points.
5. Each round will consist of 4 questions with the Final Trivia round being 3 questions.
6. Each round will have a different category which will be shared on the night of the event.
7. Each question will have a designated amount of time for teams to answer.
8. Each question will be worth 10 points.
9. After the 6 rounds are complete, we will have a Final Trivia that will function like Final Jeopardy.
10. There will be three rounds of Final Trivia, and teams will be able to wager points that they have accumulated through the first six rounds. In the first round, teams can wager a maximum of 50% of their total points (to the nearest whole point), and there is no limit for the final two rounds.
11. Teams will be placed based on total points remaining at the end of the Final Trivia round.

