

## **2019 RULES**

### **THREE-ON-THREE BASKETBALL:**

1. Team roster must consist of 6 players, maximum (at least 2 women per team). One woman team member must be on court at all times during play.
2. ONLY non-marking, athletic shoes will be allowed on the court.
3. Game will be considered a forfeit if less than 3 players (one of which is female) are not present by game time. PLEASE HAVE YOUR TEAM AT THE GYM 15 MINUTES BEFORE YOUR SCHEDULED GAME!!!!
4. Team members must turn in player roster to scorekeeper before start of first game. No change can be made to roster thereafter.
5. Each team is guaranteed at least 2 games. Championship game will be the last game of the night.
6. There will be a 2 minute warm up period before start of game.
7. Games will be played half court. The OSSAA high school rules will apply with following exceptions:
  - a. Each game will have two halves—5 minutes each half with a running clock. Halftime will be 1 minute.
  - b. Each team will have one 30 second timeout per game.
  - c. Clock will stop during time outs and at halftime.
  - d. Substitutions will be allowed on dead balls only. NO open substitutions during play.
  - e. If game is tied at end of regulation the 3 players on the court will be required to shoot 1 free throw each to end tie. Should game still be tied the bench players will each shoot one free throw. Each free throw made will count for 1 point each.
  - f. FOULS: Each player is allowed 2 fouls each, upon receiving their 3<sup>rd</sup> foul the player will not be allowed to continue to play.
  - g. Free Throws-one shot will be taken on a shooting foul. If shot is made it will count for 2 points, make or miss, no other free throw shot will be allowed.
  - h. Upon change of possession ball must be taken out beyond 3 point line, both feet must be behind the line! This applies to air balls as well.
8. Fouls and time will be tracked by designated scorekeeper.
9. Jump balls will be determined by alternating possessions after initial jump ball to start game.
10. All spectators must be in the stands and not on the sideline or court.
11. All judgments by referees are final. No protests will be allowed.
12. Please demonstrate good sportsmanship!
13. Gym will open at 5:00 pm on day of games for entry.

### **CORNHOLE (ACA rules):**

Every match is broken down into innings of play. During an inning of play, each player must pitch all four of his/her bags. An inning is never completed until all players pitch all four of his/her bags.

Team A competes against Team B; **each team is comprised of two people.**

1. Each team will stay in their designated lane for the whole game.
2. Players at the headboard will alternate pitching bags until each player has pitched all four of his/her bags.
3. Players at the footboard will take score and resume pitching back to the other board.
4. The top of an inning is completed when both players pitching from the headboard pitch all four bags; the bottom of the inning is completed when the remaining players pitching from the footboard pitch all four bags.

### **VALUE OF THE BAG**

The approved method of scoring for the sport of cornhole is “cancellation” scoring. In cancellation scoring, the points of one player cancel out the points of their opponent. Using this method, only one player/team can score in each inning.

- Bag In-The-Count (Woody) : Any bag which comes to rest anywhere on top of the board. Each is worth one (1) point.
- Bag In-The-Hole (Cornhole) : Any bag which is thrown through the hole or knocked through the hole by another bag. Each is worth three (3) points.
- Foul Bags – Refers to any bag that has not been determined as Bag In-The-Count or Bag In-The Hole or was designated a foul bag as the result of rules violation

### **PITCHING ROTATION DURING THE GAME**

The player who scored in the preceding inning has honor pitching first in the next inning. If neither pitcher scores, the player who pitched second (last) in the preceding inning has honors pitching first in the next inning.

### **POSITION OF PLAYERS DURING PITCHING**

1. The pitcher must be within the pitcher's box or behind the foul line at the time of release.
2. A player must pitch all four bags from their designated pitcher's box.
3. Players must pitch the bag with an under-hand release.

### **FOUL BAGS**

1. The following are rule violations that must be spotted and called by a player or assigned judge. The penalty is to declare the bag a foul bag, which requires the bags to be removed from the court prior to resuming play. A foul bag is defined as:
  - a. Any bag pitched when the player has (1) made contact with or crossed over the foul line, or (2) started or stepped completely outside the pitcher's box before the bag is released
  - b. Any bag not delivered within the 20-second time limit
  - c. A bag pitched from a different pitcher's box than the first bag
  - d. Any bag that contacted the court or the ground before coming to rest on the board
  - e. Any bag that struck a previously defined object such as a tree limb, wire, indoor court ceiling, etc.
  - f. Any bag removed from the board before scoring has been agreed upon for that bag
  - g. The offending team (who touches the bags) forfeits all remaining bags and tallies the score of just the bags thrown before the foul was reported
  - h. The non-offending team tallies twelve (12) points as if they had thrown four Bag In-The-Holes (Cornholes) during the inning
2. A bag that leaves a player's hand once the final forward swing of the delivery process has started shall count as a pitched bag.
3. A bag that is accidentally dropped by a player before the final forward swing has started shall not be considered foul and may be picked up and pitched. Protests – If a player desires to make a protest, the protest shall be made to the judge or official at the time the problem occurs. The judge shall make the final ruling on all protests.

### **LENGTH OF THE GAME: TRADITIONAL 21**

The game shall be played to the predetermined number of twenty-one points. The first team to reach (or exceed) that amount at the conclusion of an inning is the winner.

### **WOOD PLANK SHUFFLE:**

1. 4 people needed
2. Team will get on wood planks
3. Team will walk 20 yards to one cone and 20 yards back
4. Will be timed. Fastest team wins.



### **400 RELAY:**

1. Team of 4 (at least 2 women per team)
2. The race is run on standard composite 400 meter track.
3. Batons must be successfully passed within the marked exchange zones.
4. Race legs are 100 meters each. Total distance - 400 meters.
5. Out-of-zone baton exchanges or obstructing other runners will result in a 10-second penalty. A dropped baton will result in a 10-second penalty, but runner must still finish the race.
6. All skill levels are welcome!

### **POTATO SACK RELAY RACE:**

1. Team of 4 (2 on each side of field). One potato sack will be provided per team.
2. First player puts both legs into sack, and hops down 20 yards.

3. Once across, tag the next person in line.
4. That person will hop back 20 yards.
5. The relay continues until all 4 players complete.

#### **EXECUTIVE GRANNY PANTY BMX RELAY:**

1. One executive from each business/organization needed.
  - This person does not need to be on the team, but must be an executive to participate.
2. Participants are welcome to warm up before the race. This is optional.
3. Two riders will go at a time.
4. **Make sure the granny panties are secured on waist.**
5. Each participating team will gain 20 bonus points toward the Champion Cup. The winner of the bracket will receive an extra 5 bonus points toward the Champion Cup.
6. Bikes will be provided. Limited sizes of helmets will be available. We recommend you bring your own helmet, if possible.

#### **KAYAK RACE:**

1. Team of 4. All 4 will kayak. **Weight limit:**
2. Each team will be provided a kayak, paddles and life jackets. **Teams are required to put valuables (sunglasses, jewelry, etc.) in a basket before entering a kayak.** This is to prevent lost items in pond.
3. Two people will be on each side of the pond.
4. One person will paddle across to the other side.
5. Once to the other side, one person will retrieve the kayak and switch positions.
6. The relay continues until all 4 players complete.
7. The clock will stop when the 4th kayak is completely out of the pond.
8. All participants are required to wear a life jacket. You may provide your own or you will need to wear the one that is provided.
9. Each team will be timed and will be placed accordingly within their division.
10. **If kayak flips, go to the nearest bank and a teammate needs to help pull you out.**
11. **No flip flops. Secure shoes only**

#### **GOLF:**

1. 1 man, 1 woman per team
2. Each team will participate in a "closest to the flag" contest
3. Each person will get 3 attempts to get the ball closest to the flag.
4. The ball closest to the flag will be recorded for scoring.
5. Golf clubs (right & left) and balls will be provided.

#### **BMX RELAY:**

1. 1 member needed
2. Each person will get 3 attempts to ride the course.
3. Fastest time for each individual will be recorded.
4. Fastest time wins.
5. Bikes will be provided. Limited sizes of helmets will be available. We recommend you bring your own helmet, if possible.

#### **VEGGIE TALE RELAY:**

1. 2 people are needed per team.
2. Each member will put on a veggie costume.
3. There will be stations on the track where members will be required to complete an active task.
4. One person from each team will go at a time, then tag the next person until all team members have gone.
5. Time will be recorded. Fastest team will win.

#### **CO-ED TUG-OF-WAR:**

1. Team of 8 (at least 2 women per team). **Tuggers are welcome to wear gloves, but must bring their own.**
2. Winner determined by: Team advancing opponent farthest from designated mid-point at the end of time limit. Team able to pull the lead puller of opposing team across midpoint of neutral zone.

3. Rope is 70 feet long, 1 ½ inch in diameter.
4. There will be no lying on the ground or digging in prior to pull. For digs/rope wraps: Team will receive warning of 5 seconds to fix. After the second warning, team will be disqualified.
5. Metal cleats or body weights of any kind are prohibited.
6. Rope may not be wrapped around any individual in any manner.
7. Rubber or nylon cleats are allowed. Gloves are allowed.
8. "Stick-em," a sticky spray product used in basketball (or substance of this nature) is not allowed in the Tug-of-War event.
9. Time limit of 90 seconds.

#### **CROSSFIT WARRIOR WOD:**

The workout will involve an Air Assault Bike, a 45/25# plate, a 24/20" Box and a mat for burpees. Each team will have 8 minutes to accumulate as many repetitions as possible. The reps can be received in 2 ways.

- 1) Each team member will do 10 Plate Ground to Overhead, 10 Box jump Overs, and 10 burpees. Each team member will work their way through the 30 repetitions; upon completion of the repetitions, the team member will tag the next person on their team and the next team member will work their way through the workout. The team mates can continue going through the 30 rep WOD for the duration of the 8 minutes. The teams must go in order and a person cannot go through the wod until all people ahead of him/her has gone through the workout.
- 2) While each team mate is going through the wod, the other team members can be working on the Assault Bike to gather repetitions (denoted by Calories on the AB screen).

The final score for each team will be the combining of the number of reps performed on the 1st part of the WOD and the Calories obtained on the Assault Bike.

We will be able to run 4 teams at a time. The team with the highest number of repetitions at the end of the 8 minutes will be considered the winner.

Standards for each item:

Plate Ground to Overhead: The repetition begins with the plate touching the ground and end with the plate above the shoulder with the elbows locked out overhead.

Box Jump Over: The repetitions begins with the athlete standing with both feet on the ground. The athlete may jump or step on top of the box (both feet on top of box), then jump or step off the other side of the box. The repetition ends when both feet are on the opposite side of the box.

Burpee: The repetitions begins with the athlete standing with legs and hips straight. The athlete will then drop to the ground in the pushup position and lower until the athletes chest is touching the ground. The athlete will then push themselves to the standing position with their hands over their head.

Assault Bike: Ride the bike, get calories. Only 1 person on the bike at a time.