

RULES AND ELIGIBILITY TABLE OF CONTENTS

GENERAL	PAGE
2008 Rule Changes and Updates	1
Eligibility	2
Team Composition	3
Single Event Teams	4
Partial Teams	4
Divisions	4
Protests	5
Rule Violations	5
Roster	5
Scoring	6
Volunteers	6
Retirees	7
EVENTS	
Banner Competition	8
Volleyball Tournament	10
Basketball "Hot Shot" Competition	12
Golf Scramble	14
Bowling Competition	15
3 Mile Crescendo Time Prediction Walk	16
10K Mixed Medley Running Relay	17
20 Mile Crescendo Time Prediction Bike Ride	18
Tug-O-War	20
Obstacle Course	22
100 Yard Swim Relay	23
100 Yard Flotation Relay	24
100 Yard Time Prediction Swim Relay	25
200 Yard Time Prediction Swim Relay	26
Biggest Loser Competition	27

2008 RULE CHANGES AND UPDATES AT A GLANCE

1. The Rules & Regulations/Captain's Handbook, Participant's Handbook, all of the 2008 forms and all Cup updates will be available on-line. They can be found at www.youngstownymca.org.
2. Deadlines for this year are as follows:
 - Company Applications are due by June 2, 2008.
 - Waivers, event rosters and tent requests are due August 8, 2008.
 - Banners, t-shirt descriptions and models' names are due August 15, 2008.
 - Time predictions and volunteer rosters are due August 20, 2008.
3. Preliminary events will be August 22-24, 2008. Cup weekend events will be held Saturday, September 6th, with the Awards Ceremony following the final tug. See the Participant Handbook for a complete event schedule.
4. The Basketball and Swimming Events have switched times and locations. This year Basketball will begin at 6:30pm in the Upper Gym and Swimming will begin at 7:30 pm in the Shallow Pool.
5. A four point shot area has been added to the Basketball Hot Shot Competition. See the map on page 13 for placement. The 50 point bonus will still be awarded for making a basket from 10 of the 12 areas of the court within the one minute.
6. The route for the Time Prediction Walk has been changed. Participants will walk in the same loop, but going in the opposite direction from last year. Maps and complete descriptions can be found in the Participant Handbook.
7. The Time Prediction 6-mile and 8-mile Bike Ride courses will remain the same as in 2007. Maps and complete descriptions can be found in the Participant Handbook.
8. For the red and white division first place winners in the Tug-O-War, there will be an optional final tug-off to see who has the best tug team.
9. The jump rope stage in the Obstacle Course has been changed to balancing a frisbee on your head. A penalty, of ten jumping jacks, will also be charged to any participant who cannot successfully complete their stage in three tries.
10. Due to renovations of the Deep Pool, all swim events will be held in the Shallow Pool.
11. The order and equipment used in the 100 Yard Flotation Relay have changed. Please see page 24 for further information.
12. The 150 Yard Time Prediction Swim Relay has been changed to a 100 Yard Time Prediction Swim Relay.
13. A ghost weight, 130 for female and 150 for male, will be used in the Biggest Loser Competition for teams that fall below a 6 person team.
14. A Biggest Loser Clinic and two Fit Five Health Analysis sessions will be offered this year. Look for more information on these in the Participant Handbook.

2008 YOUNGSTOWN AREA COMMUNITY CUP

At the Youngstown YMCA we believe that competition, when kept in perspective, is a healthy part of the Community Cup program. Our goals for the program are to promote health and fitness in the work place, to boost employee pride and dedication, and to promote community spirit. Your commitment to following the guidelines set forth will enable us to achieve these goals and to create an atmosphere of fun and excitement that will be remembered for years to come.

ELIGIBILITY

1. Team members must be at least 18 years of age to enter.
2. Team members must be employed and receiving a paycheck from the sponsoring company, corporation, school system, organization or agency at the time of participation. Eligible employees include part time employees and graduate assistants. If an employee is laid off, they must still be covered under the company's health insurance plan. Doctors or those who practice/work at more than one facility may participate for only one organization. These physicians must also receive a paycheck from that organization. Active, dues paying members of Service Clubs (such as Rotary, Kiwanis, etc.) may compete as a service club team. However, if their place of employment participates with a team, they must compete with the company with which they are employed.
3. Employees must receive a paycheck to be considered eligible unless competing under a service club team entry. No other form of compensation is acceptable.
4. New, seasonal, and temporary employees must have a start date no later than August 8, 2008.
5. Temporary or contracted employees who work within the confines of another company are eligible only if:
 - A. Their employment goes beyond September 6, 2008.
 - B. They meet all other eligibility requirements as outlined in this section.
 - C. The temporary service or contracted employer does not have a team of their own in the Community Cup.

6. Team members must be employed within the service area of the Youngstown YMCA. The YMCA service area includes Mahoning, Columbiana, Lawrence, Mercer, and Trumbull counties. This rule does not apply to companies with less than 50 employees.
7. Team members must complete and sign a Community Cup Participant Waiver prior to participation in any YMCA sponsored event.
8. Individuals employed by a company or organization, who may not have enough employees to field a team, may enter the competition provided they enter as representatives of their professional group (e.g., Mahoning County Bar Assoc.) Small businesses may join with other like businesses to field a team.
9. All companies are permitted to utilize spouses for the events. The person must be a legal spouse of an employee. Boyfriends, girlfriends, or "common law" spouses are not eligible. Other family members are ineligible. If a spouse is employed by another company participating in the Community Cup, the spouse may chose which team they will compete with. The spouse must compete for that company for all of the events. Every effort should be made to use employees before spouses.
10. The Executive Committee reserves the right to review all team entries related to eligibility.

TEAM COMPOSITION

1. There is no limit to the number of individuals who may comprise a team. More than one team may be entered from a company to maximize participation.
2. There is no limit to the number of events in which an individual may participate.
3. A company entering more than one Full Team should identify each with an "A", "B", "C", etc. designation.
4. No team member may participate for more than one team. If the roster lists them on team "A", they may not participate on team "B" as well. It **is** permissible for a team member to participate on the Full Team as well as on a Single Event Team. (See **SINGLE EVENT TEAMS**)
5. Each team will have a team captain who will be responsible for all organization and communication necessary prior to, and during the competition.

6. A company entering one Full Team may only enter one group of participants in each event; unless they choose to enter Single Event Teams at additional cost. (See next paragraph.) For example, if Big City Bank pays to enter a Full Team, they may only enter one group of 4 team members in the 100 Yard Floatation Relay, have one volleyball team, etc. Companies paying for more than one Full Team may enter the corresponding number of individual events. It is not necessary to enter all events. The entry fee covers five or all 15 events. In order to be considered a Full Team you must fill five or more different events. Full Teams are entered at \$600.00

SINGLE EVENT TEAMS

Each organization is eligible to enter Single Event Teams over and above the entered Full Team. Single Event Teams are entered at an additional \$100 per event. This will allow companies who have an over abundance of basketball players or golfers, for instance, to maximize participation without having to pay for an additional full team. The golf and bowling events can hold a limited number of teams. Single event golf and bowling teams will be accepted on a first come, first served basis until the event is full. Full Teams will have first priority.

Single Event Teams will not receive points toward the Cup, but are eligible to place for awards in any event in which they compete.

A company entering Single Event Teams in an event should designate their Full Team entries with an "A", "B", etc. then the remaining Single Event Teams following as "C", "D", "E" etc.

PARTIAL TEAMS

It is not necessary to enter a Full Team in order to compete. A company may enter up to four events at \$100 for each event plus a \$50 registration fee and be considered a Partial Team. Multiple entries in any event are permitted. Partial Teams will not receive points toward the Cup, but are eligible to place for awards in any event.

DIVISIONS

Divisions will be determined on ability and based on performance over the previous year where possible. Three divisions will be established as follows: Red, consisting of teams placing in the top third of the overall standings; White, consisting of teams placing in the middle third of the overall standings and returning teams which did not participate the previous year; Blue, which consists of teams placing in the bottom third of the overall standings and new teams. The Executive Committee reserves the right to

modify a team's position if necessary for overall balance of the divisions.

Any team may opt to move up a division if they wish a greater challenge. The division breakdown will change yearly as the scores are re-evaluated.

PROTESTS

1. Protests affecting the eligibility of any team member must be made to a Rules Committee member after the infraction is observed. The Rules Committee reserves the right, at any time, to investigate any individual suspected of violating eligibility requirements.
2. Any protest arising from the competition itself, such as a rule violation, shall be made by the team captain or one representative of the team to a Rules Committee member. The protest must be made within 15 minutes of the alleged infraction and before the next event begins. Videos will not be accepted as "proof".
3. Protests regarding preliminary results must be made by the team captain or a team representative within 1 hour after those results have been posted.
4. The Community Cup Rules Committee reserves the right to review all protests. Any decision reached by the committee or the officials in charge of the event will be final.

RULE VIOLATIONS

Teams with members found in violation of eligibility or event rules will be disqualified from the event in which the infraction was noted and no points will be awarded. Teams finishing behind the disqualified group will be moved up in the standings accordingly.

ROSTER

Roster additions can be made until August 8, 2008 (waiver deadline). Team members on that roster may participate in any event they wish. Anyone found participating in an event who is not on the official roster will disqualify the entire team from the event.

Team captains will be required to submit a roster for the 100 Yd Swim Relay in order to verify age challenges.

SCORING

Scoring for each event will be as follows:

The maximum number of teams in each division will be divided by two. This number will be the score given to the first place team in an event. All other places will be determined by subtracting 1/2 of a point for each place. For example, if a division has 10 teams, first place finishers would receive 5 points, second place would receive 4 1/2 points, third place, 4 points, etc. Some events have slight variations to this system. These are described in the event rules. Single event teams will compete only for awards. No points will go toward the Cup or overall standings for teams not paying for a Full Team.

VOLUNTEERS

Each company has the opportunity to provide volunteers from their company to help out at most events. These volunteers will be eligible to receive points for their team if they meet the following criteria:

1. Volunteers must meet the eligibility requirements as outlined under "Eligibility".
2. Volunteers must be listed on the volunteer roster and have a signed waiver on file.
3. They may not volunteer for an event in which they are participating.
4. Volunteers must be present for the duration of the event unless dismissed by the Event Coordinator or Cup Director. Each volunteer must check in no later than one half hour before the event is scheduled to begin to receive point credit. Check in will be available one hour prior to the start of the event. Choice jobs will be given to those who check-in first.
5. Volunteers may only volunteer for one team if a company has two or more teams participating. For example, they are not permitted to volunteer for "Team A" in one event and "Team B" in another.

Each volunteer meeting the above criteria will receive a 1/4 point credit for their team for each event they volunteer to help. The number of volunteers needed varies per event. See the official volunteer roster for number needed.

RETIREES

It is permissible to utilize retirees on your team provided they are receiving, or are eligible to receive a pension from the company. Retirees are not eligible if they are currently working for another organization which has a team in the Cup.

TIME PREDICTIONS

No changes are permitted to the time predictions after August 20, 2008. Should the make-up of the team change after this date, the new team member must assume the predicted time.

BEHAVIOR

Inappropriate language, gestures, or actions toward officials, YMCA staff or volunteers, event coordinators, or opposing team members will not be tolerated. Individuals or teams guilty of this type of behavior may be disqualified at the discretion of the Community Cup Director, Rules Committee and/or referee. The Rules Committee reserves the right to make decisions based on the purposes and goals of the Community Cup in instances not specifically addressed here.

BANNER COMPETITION

The purpose of the Banner Competition is to create a banner that identifies and leads your team(s) throughout the competition. It should be carried proudly at all the events.

TEAM COMPOSITION

Any number of individuals may participate in making the banner. In keeping with the intent of the Cup, team members should be employees of the organization. Designers should be listed on the team roster.

EVENT RULES

1. Banners are to be completed sometime during the summer and submitted to the Community Cup office at the YMCA by Friday, August 15, 2008 by 8:00 p.m. Banners submitted after this time are considered late, will be deducted 1/2 point and will not be considered in the judging to determine top places. Any banner submitted after the judging has taken place will not be considered for participation points.
2. Banners are to be made using a solid color bed sheet no larger than twin size.
3. There are no stipulations on the types of materials used to create the banners. Materials and techniques are limited only by your imagination.
4. Banners may be pre-treated to prevent markers from spreading.

Judging will take place at a specified time and place to be announced. Three qualified artists/designers will be the judges. Judging is based on the criteria listed below.

SCORING

Teams will begin with the maximum number of available points for their division. For each of the following objective criteria not met, 1/2 point will be deducted:

- A. Display/integration of the words "2008 Community Cup" and display/integration of the 2008 theme – "Dream It, Achieve It, Live It".
- B. Display/integration of the company logo, name, or slogan.

C. Artwork must portray a theme related to health and fitness. (This will be at the discretion of the judges. Make sure it is apparent.)

In addition to these criteria, three judges will be looking for two additional areas that will determine first, second, and third places. These areas are:

D. Creativity in design and originality.

E. Visual appeal; its attractiveness and "eye-catching" characteristics.

First, second, and third place awards will be given in this event. However, the number of points awarded will be the same for each team assuming they have met the objective criteria and have submitted their banner on time. Any banner receiving a 1/2 point deduction or greater will not be eligible for first, second, or third place awards. By not entering a banner, a team forfeits all participation points.

If judges are split in the decision on whether a banner has met certain criteria, the banner will receive the benefit of the doubt. However, if no judge sees required criteria, then the banner will be deducted 1/2 point.

COMMUNITY CHOICE AWARD

The Community Choice Award is an extra award for the banner competition. No points toward the Cup are earned by winning this award. While the banners are displayed, community members can vote on their favorite banner. The banner with the most votes wins. The banners will be displayed from August 22nd thru September 5th in the Community Gym of the Youngstown YMCA. The winner will be announced at the Awards Ceremony on Saturday, September 6th.

VOLLEYBALL TOURNAMENT

DESCRIPTION

A Round Robin tournament, semi-finals and finals will take place on August 24th. Four to seven teams will make up individual pools. If there are 8 or more teams in a division, they will be divided into 2 pools. These teams will play everyone in their pool to determine who will move to the finals. Teams will play against other teams in their respective divisions.

TEAM COMPOSITION

Teams will consist of 6 players, 3 men and 3 women. If a team arrives with five players, a "ghost" will be placed in the vacant position.

EVENT RULES

1. Pool play and semi-final matches will consist of 2 games to 15 points, rally scoring. Final matches will consist of best of three games to 15 points, rally scoring (i.e. a point is scored on every dead ball regardless of who served). A team must win by two points. There is no cap.
2. In the event of a tie, the following factors will determine which team is declared the winner: (1). which team won head to head, (2). the greatest point differential, (3). one play-off game. No team can be eliminated from playoffs based on (1) or (2). Therefore, one playoff game to 15 points will be played in this instance.
3. Semi-finals will consist of the following: After pool play, 1st place vs. 4th place; 2nd place vs. 3rd place.
4. Finals will consist of the following: 3rd and 4th place will be determined by one game to 15 points. 1st and 2nd place will be determined by one match, the best of three to 15 points.
5. A team arriving more than 10 minutes past the scheduled (YMCA) time will forfeit the first game. A team arriving later than 15 minutes will forfeit the match.
6. A two minute time out will apply between games. Two 30 second time outs per game are permitted.
7. Held balls, net violations, foot faults, etc. will be called. Clinics will be set up to teach participants what will be considered a fault. Attendance at the clinics is advisable. The referee's decision will be final.
8. The ball must be touched by a female at least once before being returned over the net unless it is returned by a single hit. In co-ed play, teams must alternate male female, etc.

9. A served ball may be received with an overhead set as long as the ball does not come to rest.
10. Unsportsman-like conduct may result in a penalty or disqualification. This includes foul language, shouting or gestures toward officials, opponents, or spectators, and shouting or stamping feet while opponents are making a play on the ball.
11. A ball contacting the ceiling is considered "in play" as long as the ball remains on the same side and is not the third hit.
12. A ball contacting a basketball hoop or backboard after being contacted by the receiving team shall be replayed as long as the direction of the ball was toward the net or, in the referee's judgment, there was someone in position to make a play on the ball.
13. When the "ghost" position comes up to serve, a side out (and point) is awarded to the opposing team. The ghost position must be played as if there was a player occupying that position. If both teams have five players, a "ghost" position is not necessary. In any case, there must be minimum of five players (at least two women) on the court at any time.
14. A ball contacting the net on the serve and falling onto the opponents side is considered good.
15. USA volleyball rules will apply in instances not addressed here.

ROTATION / SUBSTITUTION

You may elect to use rotation or substitution to change players on the court. Regardless which method you choose, it must remain the same throughout the game. A team may switch methods at the start of a new game. If a team elects to use rotation as a means of putting new players in the game, players may rotate in at the serving position, left front or both. The order must remain the same throughout the entire game. The correct number of men and women on the court must be maintained.

If a team elects to substitute, they are permitted unlimited substitutions. Once a substitution is made, however, that person may only replace the original player each time. Substitutions may only occur on a dead ball, and may be made by indicating to the official.

BASKETBALL "HOT SHOT" COMPETITION

DESCRIPTION

A team consists of 6 players (three men and three women) who each have one minute to shoot from ten points on the court. The team scoring the most points within the allotted time period is the winner.

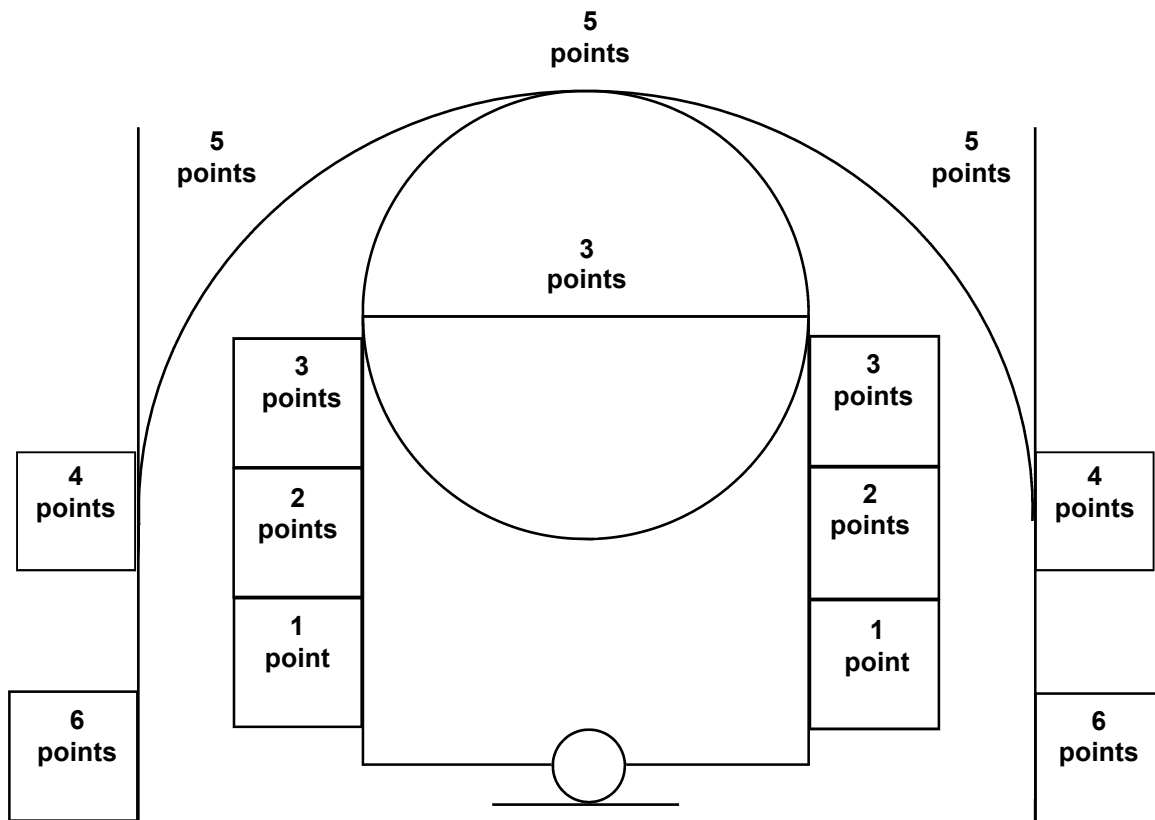
EVENT RULES

1. There are 12 areas of the court from which to shoot. Ten of these areas are limited by a 3' x 3' box. The twelfth area is an infinite point anywhere behind the three-point line. (See diagram) Points are awarded depending on the location from which the shot is made.
2. Both feet must be behind (not touching) the line as the ball is released. It is permissible to step on or over the line after the release.
3. A shot may be taken from any one area as often as desired. However, once two consecutive baskets are made from one spot, the player must shoot from a different area before returning to the previous one.
4. A 50 point bonus will be awarded to any player who makes a basket from ten of the twelve areas of the court within the one minute time limit. Anyone making two baskets from each position will receive an additional 50 bonus points.
5. Each shooter may use one rebounder who must be a member of the team. However, the men must have a male rebounder and the women must have a female rebounder. It is permissible to have a male pass to a female or vice versa when a new player enters the court at the end of the time limit. The shooter may also rebound the ball. No one other than the shooter or designated rebounder may retrieve the ball. The rebounder must be a shooter on the six person team. If a team is short players and there is not a female or male to rebound, then the shooter must rebound themselves.
6. You are permitted only one ball. However, a women's size basketball will be available for the women to use, if desired. Teams may not use their own ball.
7. The clock will be continuous. Shots in the air at the buzzer will count. If there is an injury or the ball gets stuck between the rim and backboard, play will resume at the

start of the next minute. The affected player will have the opportunity to shoot when the round is completed. An injured player may only be replaced with an official team member listed on the roster.

AGE REQUIREMENTS

There are no age requirements for this event.



GOLF SCRAMBLE

DESCRIPTION

The event will consist of a nine hole scramble, shotgun start, with two teams of four (two men, two women) starting at each hole. A team may consist of fewer than two male and two female golfers, but one women's shot must be used. The team with the lowest score will be determined the winner.

EVENT RULES

GENERAL

1. One woman's shot must be used each hole. (Honor system)
2. Players must provide their own clubs and balls.
3. There will be a maximum number of teams permitted per division. All golf teams that are a part of a Full Team will be accommodated. After that, Single Event Teams will be accepted on a first come, first served basis.
4. In the case of a hole-in-one on a par 3, if you have not used the woman's shot, you must add one stroke to your score.
5. Men must use white tees, women must use red tees. Blue tees may be required for men and women on certain holes in bonus situations.
6. In the event of a three person team, the fourth shot will alternate between the three golfers. The rotation of the three golfers must continue throughout all nine holes.

AGE REQUIREMENTS

There are no age requirements for this event.

SCORING

Scoring will be based on the combined score of each of the nine holes. The lower the score, the better the placement. Three holes will be pre-selected as Bonus Holes and proximity markers will be used for each division. The teams that have the longest drive, longest putt, and closest to the pin will be awarded one less stroke at the finish. The bonus will apply to each division.

MISCELLANEOUS

The event will take place rain or shine as long as course officials permit play.

BOWLING COMPETITION

DESCRIPTION

Each team will consist of four bowlers, of which at least two must be female. Teams will bowl three games with the total pin count determining the winner.

EVENT RULES

1. This will be a non-smoking event. Smoking is not permitted in the facility.
2. Acceptable bowling etiquette is expected of all participants. All house rules apply.
3. Games will be 10 frames.
4. Substitutions may not be made during the course of the game, but may only occur at the start of a new game.
5. There will be a maximum number of teams permitted. All bowling teams that are a part of a Full Team will be accommodated. After that, Single Event Teams will be accepted on a first come, first served basis.
6. American Bowling Congress rules will be employed in instances not covered here.

AGE REQUIREMENTS

There are no age requirements for this event.

SCORING

Scoring will be based on the total pin count of all players on the team for all three games. There will be no handicapping of bowlers.

3 MILE CRESCENDO TIME PREDICTION WALK

DESCRIPTION

Each team may field a group of 10 walkers, any combination of males or females. Five participants will walk one mile, while the remaining five will walk two miles. The goal is to have all walkers come as close as possible to a previously predicted time.

EVENT RULES

1. Each team will predict a time representing the sum of 10 individual predictions. This time must be submitted no later than August 20, 2008.
2. No timing device of any type, radios, cassette players, headsets or cell phones will be permitted to be carried by a participant, nor may any other person along the course aid a participant in achieving their time goal. Any infraction will result in disqualification of the team.
3. Walkers will be sent off in "waves" at 30 second intervals. Teams may walk together if desired. However, one and two mile walkers will be leaving in separate waves. It is the responsibility of the team to assemble in the correct wave. Course priority will be given to walkers. Joggers must not interfere with walkers.
4. All walkers will proceed across the finish line into the chute in order of finish and stay in order until given a place card. The tab from each walker's bib number will be stapled onto the card. Turn all 10 cards in together at the scorer's table in ascending order. Only official participants are permitted to cross the finish line.
5. Please see the Participant Handbook for a course map and description.

AGE REQUIREMENTS

There are no age requirements for this event.

SCORING

Place of finish will be decided by how close each team comes to their overall predicted time, regardless of being over or under.

SUBSTITUTES

Time prediction substitute rules apply.

10K MIXED MEDLEY RUNNING RELAY

DESCRIPTION

A minimum of five runners make up the team in this event, 2 of whom must be female. Three runners, one must be female, will run approximately one mile. The third runner will tag off to two (or more) runners, of which one must be female. These runners will run the 5K course.

EVENT RULES

1. Exchanges will take place with a hand slap within the designated exchange zone.
2. No person shall be permitted on the course to accompany a runner. Any encouragement may only be offered by spectators along the route.
3. Each 5K runner will proceed across the finish line into the chute in order of finish and stay in order until given a place card. The tab from each runner's bib number will be stapled onto the card. Turn both cards in together at the scorer's table.

AGE REQUIREMENTS

There are no age requirements for this event.

SCORING

Scoring is cross country style and will be based on the place of the first male and first female finisher of the 5K portion of the event.

20 MILE CRESCENDO TIME PREDICTION BIKE RIDE

DESCRIPTION

A team will consist of four riders - any combination of males and females. The bike distances will be legs of 2, 4, 6, and 8 miles. Each team must predict the time it will take the entire team to complete all distances. The goal is for the team to come as close as possible to the previously predicted time.

EVENT RULES

1. Speedometers, watches, clocks, other forms of timing equipment, or another person pacing the rider are not permitted. The penalty will be disqualification of the entire team.
2. Riders may not wear headsets, use radios/cassette players, or carry cell phones.
3. All predicted times must be received no later than August 20, 2008.
4. Every rider shall wear a protective, securely fastened ANSI or Snell certified helmet. A rider failing to do so will disqualify his/her entire team.
5. Riders must wear a shirt or jersey, shoes, and cycling shorts or some other appropriate pant. Long pants must be kept from interfering with the bicycle chain or spokes.
6. Numbers should be attached to the front of the shirt or jersey.

START

1. It is the responsibility of the rider to report at the appointed time and get into their previously assigned wave. The ride will begin with the 8 mile riders starting first in waves of approximately 12 cyclists at 30 second intervals, followed by the 6, 4, and 2 mile riders. (All riders will be on the course at the same time.)
2. The start will be a verbal command. Cyclists will start with one foot on the ground.

CONDUCT OF RIDERS

1. Bicyclists must ride on the right side of the road (with traffic) at all times and obey all applicable traffic laws. A rider who has not covered the complete course will have his/her time disqualified and may not enter the finish chute.
2. No rider may benefit from his/her misconduct, nor shall any team benefit from the misconduct of one of its own members or support personnel. Any rider who appears to present a danger to the other competitors may be disqualified by the ride coordinator either before or during a ride.
3. A rider may not be on a course in which he/she is not participating.
4. Bicyclists may make no progress unaccompanied by a bicycle. In case of mechanical failure, they may walk/run their bicycles to the finish line, staying on the course. Each rider will be responsible for the mechanical integrity of his or her own bicycle including proper operation of brakes, gears, wheels, etc.
5. The responsibility of keeping on the prescribed course rests with the rider. A rider may not leave the course unless ordered to do so by park authorities or a ride official.
6. Teams must ride with all four cyclists. Teams with fewer riders will be disqualified.

FINISH

1. The finish of the ride shall be judged when the front tire crosses the finish line.
2. All riders must proceed through the finish chute and stay in order of finish until receiving a place card. The tab from each rider's bib number will be stapled onto the card. Turn all four cards in together in ascending order at the finish table.

SUBSTITUTES

Time prediction substitute rules apply.

SCORING

Place of finish will be determined by proximity to the previously predicted time. It makes no difference whether you are under or over your predicted time.

TUG - O - WAR

TEAM COMPOSITION

1. A team shall consist of a maximum of 10 and a minimum of 8 tuggers of which half must be men, and half women. On the rope, men and women will alternate. Nine tuggers may have 4 women and 5 men, or vice versa. Teams may have as many as 16 tuggers.
2. The total weight of the team must be less than 2,000 pounds. Total weight includes the weight of the participant, equipment (boots, belts, gloves, etc.), and clothing being worn.

EVENT RULES

1. Teams will be lined up so that the rope will be pulled on the right side with the rope under the right arm. The anchor, or last person at the end, is permitted to tie in and is the only member of the team who may touch the ground with their hands. No member of the team (including the anchor) may sit on the ground for more than five (5) seconds. Penalty will be loss of the pull.
2. One coach per team will be permitted in the tugging area. The coach is considered part of the team and must be listed on the roster. It is the coach's responsibility to notify the official that the team is ready to tug.
3. The tug will be started on the command of the official. The team that pulls the rope 12 feet from center will be declared the winner.
4. There will be a 90 second time limit on a tug. If the whistle signifying the end of the tug sounds, the team which has the most rope on their side of the centerline is declared the winner.
5. The tournament will be a double elimination format. A team is in the competition until recording two losses.
6. A five (5) minute rest between tugs is guaranteed.
7. Prior to the pull, no participant may "dig in" to the ground.
8. Every effort will be made to ensure that teams from the same company will not pull against each other in the first round.

9. Only two photographers per company are allowed in the tug area. Photographers must not interfere with the event or they will be removed from the tug field.

10. There will be a mandatory weigh-in before the final tug in each division.

CLOTHING

1. Long sleeved shirts are recommended. Gloves are optional, but not recommended. No sticky substance is permitted on the hands or gloves.

2. Boots may be worn including hiking, combat, or other types with vibram soles. Cleated boots may not be worn.

CHALLENGES

The total weight of the team must be less than 2000 pounds. A team may challenge another in regard to weight providing the challenge is made by the team captain as soon as the tug in question is completed and before the next tug on that rope begins. The team being challenged cannot leave the rope and will be escorted directly to the scale by the judge.

OPTIONAL "TUG - OFF"

If the teams would like to, an optional final tug between the first place red and white division tug-o-war winners will be available upon request. This final tug-off is only for fun and will not count for points toward the Cup. Please let the officials know at the end of the tug-o-war event that your team would like to have a final tug-off. This final tug-off will take place immediately following the completion of the tug-o-war event and before the awards ceremony.

OBSTACLE COURSE

DESCRIPTION

Teams will complete a series of 6 obstacle course stages at the tug field in Mill Creek Park.

EVENT RULES

1. Teams will consist of 6 participants, including 1 executive.
2. Each team will consist of a minimum of 2 women.
3. Each team member will complete one stage in the following order: tug rope pull, Frisbee balance, tire run, soccer goal, 1 person potato sack race, slalom run to finish.
4. Stages will be completed by a frisbee toss to the participant at the start of the next stage.
5. The tug rope pull will require the participant to pick up one end of the tug rope and drag it from 1 designated point to another. At that point, the participant will drop the end they had been dragging, pick up the other end of the tug rope and drag it back to the starting point. The starting point of the tug rope pull is at the beginning of stage two, rather than at the beginning of the course.
6. The frisbee balance stage will be completed by balancing the frisbee on top of your head and walking from one point to another. The participant's hands must remain at their side at all times during this stage. If the frisbee falls from your head, you must start over at the beginning of the stage.
7. The tire run will be completed by running through 8 tires placed on the ground, 4 for each foot. The participant's foot must touch the grass in the center of all 8 tires. If the participant misses a tire, he or she will start over until complete. If a participant falls during the stage, they can begin again from where they fell.
8. The soccer goal will be completed by kicking a soccer ball into a goal from behind a designated line. The person from the previous stage (the tire run) will toss the frisbee from the end of their stage and then retrieve any missed balls. This participant will return the ball to the kicker until the goal has been successfully made.
9. The 1 person potato sack race will be completed by successfully hopping from 1 designated point to another while having both feet in the potato sack.
10. The slalom run will be completed by participants from both teams running the same course. Participants will run in a zig-zag fashion between posts and then sprinting to the finish. The final participant must be holding the frisbee upon finishing. A bonus, consisting of 5 seconds off final time, is available at the end of the course. A football will be placed on a tee at the completion of the slalom run near the field goal post. Each slalom runner will be given one chance to kick a field goal. If this is completed successfully, the team is given the bonus.
11. Judges from the Rules Committee will be present to confirm completion of stages. A green flag denotes the stage has been completed successfully. A red flag denotes the stage was not completed successfully. The participant must redo the stage until a green flag is shown.
12. Any participant who tries unsuccessfully three times to complete any of the stages will receive a penalty. The penalty will be 10 jumping jacks. These jumping jacks will need to be performed at the stage that they could not complete. Once the jumping jacks are finished, the participant may continue to the next stage.

SCORING

The event winner will be the team in each division to successfully complete the obstacle course in the fastest time.

100 YARD SWIM RELAY

DESCRIPTION

The relay will consist of four swimmers, each swimming 25 yards (one length). Swimmers may be any combination of males or females.

EVENT RULES

1. At the start, a swimmer who false starts once will not be penalized. Those who may have been drawn off will not be charged. A second false start will result in a two second penalty added to the final time. During the race, a swimmer leaving early will penalize the entire team. (See below).
2. Starts will be in the water. Swimmers must maintain visible hand contact with the pool deck until the teammate swimming in the previous leg touches the wall. Failure to do so will result in a two second penalty.
3. Any stroke(s) with which the swimmer is comfortable is legal.
4. It is sufficient if any part of the swimmer's body touches the wall at the end of the lane. The swimmer shall have finished the race when any part of his body touches the wall at the completion of the prescribed distance.

AGE REQUIREMENTS

Ages of the relay team members must add up to 110 years or more for companies with 250 or less employees, and 120 years or more for companies with 251 or more employees.

Team captains will be required to submit a lineup prior to the start of the swimming events for the purpose of verifying age requirements.

SCORING

Scoring is based on the final elapsed time for all members of the relay.

100 YARD SWIM RELAY

DESCRIPTION

The relay will consist of four swimmers, each swimming 25 yards (one length). Swimmers may be any combination of males or females.

EVENT RULES

1. At the start, a swimmer who false starts once will not be penalized. Those who may have been drawn off will not be charged. A second false start will result in a two second penalty added to the final time. During the race, a swimmer leaving early will penalize the entire team. (See below).
2. Starts will be in the water. Swimmers must maintain visible hand contact with the pool deck until the teammate swimming in the previous leg touches the wall. Failure to do so will result in a two second penalty.
3. Any stroke(s) with which the swimmer is comfortable is legal.
4. It is sufficient if any part of the swimmer's body touches the wall at the end of the lane. The swimmer shall have finished the race when any part of his body touches the wall at the completion of the prescribed distance.

AGE REQUIREMENTS

Ages of the relay team members must add up to 110 years or more for companies with 250 or less employees, and 120 years or more for companies with 251 or more employees.

Team captains will be required to submit a lineup prior to the start of the swimming events for the purpose of verifying age requirements.

SCORING

Scoring is based on the final elapsed time for all members of the relay.

100 YARD FLOTATION RELAY

DESCRIPTION

The relay will consist of four team members, covering 25 yards (one length) each. The following equipment must be used in order: kickboard, pool bouy, innertube and water weights. Participants must wear one arm swimmie which will be passed to the next participant during the transition of each leg. The completion of each leg must meet the requirements described under item 3 of the event rules section.

EVENT RULES

1. At the start, a swimmer who false starts once will not be penalized. Those who may have been drawn off will not be charged. All will be called back. A second false start will result in a two second penalty.
2. Swimmers must transfer a team arm swimmie to the next swimmer during transition. The arm swimmie must be worn on the wrist or arm of the swimmer. It cannot be held. Failure to do so will result in a two second penalty. During the transition of the arm swimmie, the participoant wearing the arm swimmie must remain in the water to hand-off the arm swimmie. The recipient of the arm swimmie must be on the pool deck to receive the arm swimmie. The recipient cannot be in the pool.
3. For the first leg, your team member must hold a kickboard with both hands, using only their legs for progression. The second leg will have to use a pool buoy, which is held between the upper portion of the legs. The swimmer will only use their arms for progression. The third leg requires the participant to sit, rear first in the middle of an innertube. The last participant will have a set of water weights, one in each hand, and will progress to the other side of the pool to finish. Any method of progression may be used, providing the participant follows the above regulations.
4. A swimmer shall have finished the race when any part of his or her body touches the wall at the completion of the last leg.
5. Floatation devices must remain on the pool deck until the swimmer of the previous leg touches the wall and the arm swimmie has been traded. Assistance may only be offered by the swimmer of the previous leg.

AGE REQUIREMENTS

There are no age requirements for this event.

SCORING

Scoring is based on the final elapsed time for all the members of the relay.

100 YARD TIME PREDICTION SWIM RELAY

DESCRIPTION

Four team members, any combination of men or women, will each swim 25yards (one length) in an attempt to come as close as possible to a previously predicted time.

EVENT RULES

1. Each team must submit a predicted time no later than August 20, 2008. This will be the combined time of the relay members. A 5 minute time prediction limit is imposed.
2. Starts will be in the water. Swimmers must maintain visible hand contact with the pool deck until the teammate swimming the previous leg touches the wall. Failure to do so will result in a four second penalty added to or subtracted from the predicted time. There is no penalty for the first false start. Those who may have been drawn off will not be charged. A second false start will result in a four second penalty.

EXAMPLE: A team predicts a finish time of two minutes. Dave leaves before Mary touches the wall. If the team finishes in 1:55, then the penalty will be subtracted, resulting in an adjusted time of 1:51. Likewise, if a team finishes in 2:05, the adjusted time would be 2:09. The penalty will be assessed for each swimmer violating this rule.

3. Any stroke(s) with which the swimmer is comfortable is legal.
4. At the turn, it is sufficient if any part of the swimmer's body touches the wall at the end of the lane. A swimmer shall have finished the race when any part of his/her body touches the wall at the completion of the prescribed distance.

AGE REQUIREMENTS

There are no age requirements for this event.

SCORING

Scoring is determined by the team coming closest to their previously predicted time.

SUBSTITUTES

Time prediction substitute rules apply.

200 YARD TIME PREDICTION SWIM RELAY

DESCRIPTION

The relay will consist of four swimmers, any combination of males or females, each swimming 50 yards (2 lengths).

EVENT RULES

1. Each team must submit a predicted time no later than August 20, 2008. This will be the combined time of the relay members. A 5 minute time prediction limit is imposed.
2. At the start, a swimmer who false starts once will not be penalized. Those who may have been drawn off will not be charged. A second false start will result in a four second penalty added to the final time. During the race, a swimmer leaving early will penalize the entire team.
3. Starts will be in the water. Swimmers must maintain visible hand contact with the pool deck until the teammate swimming the previous leg touches the wall. Failure to do so will result in a four second penalty.
4. Team members must complete 50 yards utilizing these strokes in order: front crawl, backstroke, breaststroke and for the fourth leg, any stroke except front crawl to come as close as possible to their previously predicted time.
5. At the turn, it is sufficient if any part of the swimmer's body touches the wall at the end of the lane. The swimmer shall have finished the race when any part of his/her body touches the wall at the completion of the prescribed distance.

AGE REQUIREMENTS

There are no age requirements for this event.

SUBSTITUTES

Time prediction substitute rules apply.

SCORING

Scoring will be based on the final elapsed time for all members of the relay.

BIGGEST LOSER COMPETITION

DESCRIPTION

Teams of six will participate in a four month long weigh loss competition. The goal for the team is to have the greatest total percentage of weigh loss during the designated time period. Two alternates may be assigned to each team.

EVENT RULES

1. Each team will consist of six people. The number of males and females does not matter. Two alternates may be assigned to each team.
2. The competition will begin on Monday, May 12, 2008, and end Friday, August 29, 2008. Teams must register with the Cup office no later than May 9, 2008.
3. Each contestant, including alternates, is required to weigh-in once a week during the four month period. A designated weigh-in time will be determined on an individual basis.
4. Contestants will be required to wear the same clothing at each weigh-in.
5. If a contestant misses two consecutive weigh-ins, they will be disqualified from the competition.
6. In the event of a disqualification and your team has no alternates or your team has used all of their alternates, a ghost weight will be used in place of the disqualified participant. The ghost weight will be 130 for a female and 150 for a male.
7. Each contestant will be assigned a file that will remain in the Cup office. This file will contain all of the dates and weights of the weigh-ins. Printouts of these files will be available upon request.
8. Two Fit Five Health Analysis sessions will be available to all participants. Contact the Cup office or your Captain for further information on these sessions.
9. A Biggest Loser Clinic will also be offered to all participants. Further information on this clinic will be available in your Participant's Handbook.

AGE REQUIREMENTS

There are no age requirements for this event.

SCORING

The winner of the event will be the team who has the greatest total percentage of weight loss. The winning team will be announced at the Awards Ceremony on September 6th.