

2010 Greater Hickory Metro Corporate Challenge

Presented by:



Want to build company pride, camaraderie, and morale? All while exposing the public to your company's name, logo, and team spirit!

Secure your team's spot now for the 2010 Greater Hickory Metro Corporate Challenge!

WHAT:

The 2010 Greater Hickory Corporate Challenge is presented by the City of Hickory Parks and Recreation Department and the Hickory Jaycees. The purpose of the Challenge is to promote fitness and wellness as well as to promote team building through friendly competition. The Challenge will be built around a series of events that encourage participation of local corporations, professional associations, organizations and other community groups.

FIVE REASONS TO PARTICIPATE:

- 1) Use the Corporate Challenge as part of your corporate retreat/team building. We provide the events and venues for you.
- 2) Whether your employees are athletic or just looking to try something new, the Corporate Challenge promotes an interest in fitness and wellness.
- 3) Enable your sales and purchasing staff to network with the staff of other companies in the Greater Hickory Metro.
- 4) Foster a spirit of community involvement with your staff.
- 5) Your support helps to fund parks/green way projects in our community.

WHEN AND WHERE:

The Challenge will be held from April 15 – May 1 at area locations including the Highland Recreation Center, Neill Clark Recreation Center, Glenn C. Hilton, Jr. Memorial Park, Stanford Park, Downtown Hickory, LP Frans Stadium, and Pin Station.

DIVISIONS:

Any company, professional organization, association and church with a presence in the Greater Hickory Metro area is eligible to participate in the 2010 Greater Hickory Corporate Challenge. Teams will be divided into divisions based on the employee count or organization membership. This year, a small business division has been created to allow companies with fewer than 25 employees to pair up with another small business for a joint team (maximum two businesses per team, both businesses must have fewer than 25 employees). Registration is limited to the first 20 teams to register and pay the team registration fee, so hurry and register today!

TEAM MAKE-UP:

Team members must be at least 18 years of age on the first day of the Challenge. Teams will consist of 12 members. Team rosters must be finalized by March 31, 2010. Up to four alternates (two male and two female) will be allowed to be listed on the roster. Teams must consist of at least 4 women (Not including alternates). Each team member may participate in a **maximum of 8 events**. See individual event rules for specific participation rules. A team will be permitted to participate in an event without the proper ratio of participants, but will score last place points in that event. No shows will receive zero points. Should a team member scheduled for an event not be able to participate an alternate may be used. An alternate can only substitute for one team member during the Corporate Challenge.

ELIGIBILITY:

Employees of participating companies are eligible to participate provided they are employed in the Greater Hickory Metro Area at the time of the event, they are not included on the roster of another participating team, and they meet one of the following conditions:

- 1) A *full-time continuous* employee as of March 31, 2010.
- 2) A *part-time/on-call continuous* employee who has been employed as of January 15, 2010 and is still employed on May 1, 2010.
- 2) A *member in good standing* with a participating organization as of March 1, 2010. (Organization roster may be requested for verification).

In addition, employees who meet one of the following criteria are also eligible to participate:

Retired employees of a participating company may participate with their former employer. A retired employee is defined as an employee who has reached the lesser of the normal retirement age (as defined by any benefit plan of the participating company) or 65 years of age. Laid-off employees, who satisfy normal eligibility requirements, may participate as long as they were laid-off between March 15, 2010 and the date of the event. However, these laid-off individuals are eligible only if they are not employed elsewhere at the time of the Corporate Challenge, and are still receiving benefits from the participating company at the time of the Challenge. Contract employees may participate with a participating company, provided that the contract employee provides services exclusively for that participating company, and the contract employee meets the normal eligibility requirements. **Individuals who terminate employment prior to the event may not participate with their former employer.** Participating organizations must upon request provide the event organizers with a membership roll that includes all team members. "At large" team members are not allowed.

AWARDS:

Awards will be presented. First, second and third place trophies will be awarded. Team spirit and other awards will also be presented. The first place team will also be recognized at a Hickory Crawdads game on Monday, May 3rd. The team will receive tickets to the game at LP Frans Stadium and use of a suite for the evening.

Cost:

The Cost of the Challenge is \$275 per team. Each participant will receive a Corporate Challenge T-Shirt.

2010 Greater Hickory Corporate Challenge Events

All events will take place in the evening, with the exception of Disc Golf, which will be a lunchtime event.

Thursday, April 15th – LP Frans Stadium

Dizzy Bat Base Run Relay

4 members of each team will participate, one of which must be a female. The first will start at home plate. They will spin around 12 times on the bat and then run to first and then second base, taking the bat with them. Their teammate will be at second base. Once the first runner passes off the bat to the second runner they will spin around the bat and then run to third base, and then to home plate. This will be a timed event. This event will be used as the Corporate Challenge tiebreaker.

Tennis Ball Slingshot Target Launch

A target will be set in the outfield. Each team will have 3 participants behind home plate, one of which must be a female, that will use the t-shirt slingshot to launch 3 different t-shirts toward the target in the outfield. The team that lands closest to the target wins.

Hit off a tee for distance and accuracy

A tee will be set on home plate. 5 players from each team will each get one hit, one of which must be a female. They will be hitting for distance as well as accuracy. A tape measure will be run from the tee. The deviation that the ball hits away from the tape measure will be deducted from their overall distance. The distance of the 5 participants will be added together, with the team with the furthest combined distance winning.

Crawdad Trivia

2 members of each team will participate. Teams will answer 10 fill in the blank trivia questions. Correct answers will count one point. The team with the highest score wins.

Monday, April 19th – Stanford Park

Kickball

Teams will play with 9 players in the field, one of which must be a female. A team can begin a game with 8 players. If a player plays in the field they must also kick. Teams can use all 12 players when kicking. The game will be played on a standard size softball field. Games will be 5 innings, with no new innings beginning after 45 minutes from the first pitch. This is a tournament event.

Kicking

All kicks must be with the foot or leg below the knee.

Kicks must occur at or behind home plate. The kicker may step on home plate, but no part of their plant foot may cross the front edge of home plate.

The kicker may line up outside of the kicking box.

Bunting is allowed assuming the ball remains in fair territory. In a bunt attempt, or any other kicking attempt, the kicker may not stop the ball with their foot and then kick the ball. A second touch by a kicker is a foul ball if the kicker is in foul territory and an out if the kicker is in fair territory.

Base running

Leading off the base or stealing is not allowed. A runner may advance only once the ball has been kicked.

Hitting a player in the neck or head is not allowed unless the player is sliding into a base. The runner will be awarded the base in which they were attempting to gain.

If the referee rules that a runner intentionally uses their head or neck to block the ball the runner is out.

Tag ups are required on caught balls.

All ties go to the runner. Runners may overrun first base.

Overthrows are balls that are thrown, kicked or deflected into foul territory while making a defensive play toward a player or base.

A runner may advance one base on an overthrow into foul territory.

Once the pitcher has the ball and is within the pitching area the play ends.

Pinch runners are not allowed except in case of injury. Pinch runners must be of the same sex.

Strikes and Balls

The strike zone extends 1 foot on either side of home plate, and 1 foot high.

The ball must touch the ground at least once before reaching the kicking box.

The pitcher must complete the pitching motion with at least one foot on the pitching rubber.

A count of 3 strikes is an out. A strike is a pitch within the strike zone that is not kicked or an attempted kick missed by the kicker.

Foul balls do not count as strikes. 3 foul balls is an out. A ball kicked above the knee is a foul ball.

A count of 4 balls advances the kicker to first base. A ball is a pitch outside the strike zone that the kicker does not attempt to kick.

Tuesday, April 20th – Neill Clark Recreation Center

Relay Race

One male and one female will participate. The lowest time wins.

Field Day Events

Tug of War

Five members of each team, one of which must be a female, will compete.

3-Legged Race

Two team members, one male and one female, will race on a marked course bound together at the ankle.

Sack Race

Two racers from each team, one male and one female, will participate in this race. One member will race down the course, and the other will race back. During the race both feet must remain in the sack at all times, at least one hand must be on the sack at all times and the sack must remain as close to the waist as possible and cannot fall below the knees.

Spoon and Egg Race

Two racers from each team, one male and one female, will participate in this race. One member will race down the course, and the other will race back. Racers will be carrying an egg in a spoon. Racers can not touch the egg with their hands. If they drop the egg they must go back to their starting spot.

Friday, April 23th – Glenn Hilton Park

Disc Golf

This will be a 9-hole event. One male and one female from each team will participate. The lowest combined score wins. Participants must provide their own discs (Frisbees). In the event of a tie

Monday, April 26th – Pin Station

Bowling

Two members of each team, one male and one female, will bowl three games. The scores of the two bowlers will be added together.

Mini Golf

This will be an 18-hole event. One male and one female from each team will participate. The lowest combined score wins. Participants must use the provided equipment.

Billiards (8 ball)

One male and one female from each team will compete. Teammates will alternate turns. A coin toss will be used to determine who shoots first. This is a tournament event, best 2 out of 3. The loser of the previous game will break first in the next game. World Pool Billiard Association 8 ball rules will be used.

(http://www.wpa-pool.com/index.asp?content=rules_8ball).

Tuesday, April 27th – Neill Clark Recreation Center

Musical Chairs

Three players from each team, two of which must be female will participate. Chairs will be placed in two rows back to back. As music plays players will circle the chairs. When the music stops players will attempt to sit in a chair. Any players left without a chair will be eliminated. In early rounds more than one chair may be removed to speed the game along. Players are not allowed to touch the chairs before the music stops, and may not push or shove other players.

Dodgeball

Dodgeball will be played 5 on 5, with at least 2 females on the court to begin each game. The game will be played on a standard sized volleyball court. A minimum of 4 players may start a game. Others may be available as substitutes. Substitutes may enter only in the event of an injury or between games.

During play, all players must remain within the boundary lines. To leave the playing area to retrieve a ball you must exit through the back line, once you are outside the cones you are not eligible to be put out; the player must immediately re-enter the playing field only through the back line. NOTE: A player not immediately re-entering the playing area may be declared out.

A player shall not leave the playing field to avoid being hit by, or attempt to catch, a ball. A player that is out of bounds retrieving a ball that is struck by a ball thrown by an opponent will be declared out.

A player shall not have any part of their body cross over the centerline and contact the ground on their opponent's side of the court. RESULT: Player is OUT.

Balls that leave the playing area can only be rolled into the playing area. The team on that side of the court can only retrieve balls that cross the centerline out of bounds.

Result: A player that is in the game will be declared OUT.

There will be 4 balls in play for all games. A live ball is a ball that is thrown ball that strikes, or is caught by, an opposing player without/before contacting the ground, a wall, a dead ball or another player. A thrown ball that is deflected off of a blocker ball and then strikes a teammate results in the teammate being put out.

Head shots will be counted as an out only when a player's head is below their normal shoulder height. (i.e. crouching or kneeling). An intentional headshot will result in the thrower being called out, AND THAT PLAYER MAY NOT RE-ENTER FOR THE REMAINDER OF THE ENTIRE MATCH. THAT TEAM WILL PLAY WITH ONE LESS PLAYER THE REMAINDER OF THE MATCH.

Intentionally kicking the ball into the other teams area will result in the kicker being called out. A ball that is blocked into anyone's head will be declared an out. All blocked balls will be live balls. If it is caught the thrower will be put out.

A standard game will have 4 balls, 2 on each side of hash mark. Players will take a position entirely behind the back line. The match will be started by the referee's whistle.

The first team to win 3 games (best of 5 format) is the winner of the match. In the event games are tied 2-2, the 5th and deciding game will be 3 vs. 3 format, with a 2-minute time limit. If one team has not been eliminated in that time, the team with the most remaining players will be declared the winner. If the number of players is the same for both teams, play will continue until there is a winner. There is a 20-minute time limit for each match. Each team will be allowed TWO 45-second timeouts per match, which can be called at any time.

It is illegal for ANY player to control the balls for more than 5 seconds. If there is one player left on a team and that player controls all balls the player has 5- seconds to get rid of one ball, then the count begins to get rid of second ball. For the first violation of this rule all balls are evenly distributed between both teams. For the second violation of this rule the player closest to the referee from the violating team will be put out of the game.

Wednesday, April 28th – Highland Recreation Center

Rock, Paper Scissors

The players count aloud to three each time raising one hand in a fist and swinging it down on the count. On the third count the players change their hands into one of three gestures, which they then "throw" by extending it towards their opponent.

Rock breaks scissors: that is, rock defeats scissors

Scissors cut paper: scissors defeats paper

Paper covers or captures rock: paper defeats rock

3 on 3 Basketball

Teams will play 3 on 3 with at least one female on the court at all times. Games will be played on a half-court and will be played to 20 points, with all shots counting 2 points. A coin toss will determine possession. This is a tournament event. A running 20 minute clock will be utilized. At the end of 20 minutes the game will end unless tied. If tied, a two minute overtime period will be played. Teams are allowed 1 timeout.

Thursday, April 29th – Downtown Hickory

Scavenger Hunt

One male and one female from each team will participate in this scavenger hunt on Union Square in Downtown Hickory.

Saturday, May 1st – Hickory City Park

Foot Race

One male and one female runner from each team will compete in the Jaycee's Fit to be a Leader Foot Race. The times of the two participants will be combined. Low time wins.

Scoring

Teams will receive points for each event that they participate in.

Points will be awarded as follows:

1st Place – 1500 points

2nd Place – 1400 points

3rd Place – 1300 points

4th Place – 1200 points

5th Place – 1100 points

6th Place – 1000 points

7th Place – 900 points

8th Place – 800 points

9th Place – 700 points

10th Place – 600 Points

In the event of a tie, the points for the positions tied for will be added together and divided by the number of teams with the same score. No shows will receive zero points.

The complete event schedule and rules book will be available to participating teams by April 5th.

2010 Greater Hickory Metro Area Corporate Challenge

Presented by:



*Interested in becoming a sponsor of the Corporate Challenge?
Contact Valerie Huffman at 238-5847 or email vhuffman@keyquestconsulting.com*

Team Registration Form – Registration Deadline March 31, 2010
Limit of 20 teams. Team is not registered until payment is received.

Company/Organization Name: _____

Company / Org. Address: _____

Contact Name: _____

Contact Phone: _____ Contact Email: _____

Number of Employees: _____

Number of members in your organization: _____

Organization type (Circle one)

Association Professional Organization Church Other: _____

Cost: \$275 per team

Payment is due with form. Make checks payable to Hickory Jaycees.

Final team roster is due by April 1, 2010

Send application and payment to:

Hickory Jaycees
PO Box 284
Hickory, NC 28603