

RANDOLPH-ASHEBORO YMCA

4th Annual

CORPORATE CUP



**EVENT DESCRIPTIONS
& PARTICIPANT SIGN UP**

**Friday, September 14 & Saturday, September 15
2018**

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

7/30/18



AGENDA

Please note, end times are approximate and may vary depending on number of teams participating and length of individual games/events. Participants (members or non-members) will have access to the YMCA for one month prior to the Corporate Cup (August 14-September 15, 2018) for exercise and practice. See practice times for team events or events requiring specific equipment.

Friday, September 14, 2018

- 4:30pm – 5:30pm Mini-Golf (Family Sports Center)
- 4:30pm – 6:00pm Bowling (Family Sports Center)
- 5:00pm – 6:00pm Banner Contest | Judging at 6pm
- 6:15pm – 7:15pm Commercials
- 7:00pm – 8:30pm 3-on-3 Basketball
- 7:15pm – 8:15pm Basketball Shootout
- 7:30pm – 9:00pm Trivia

Saturday, September 15, 2018

- 8:30am – 10:00am Field Events
(In this order: 100 Yard Dash, Three Legged Race, Egg Spoon Race, Balloon Toss)
- 8:30am – 11:00am Volleyball
- 9:00am – 10:30am Billiards
- 9:00am – 10:30am Spades
- 9:00am – 12:00pm Kickball
- 9:30am – 11:30am Cornhole
- 11:00am – 12:30pm Ping-Pong
- 12:00pm – 1:00pm Swimming Events
(In this order: 25 Meter, 100 Meter Relay, Wacky Race)
- 12:45pm – 1:00pm Banner Parade of teams in Gymnasium
- 1:00pm – 2:00pm Tug-of-War
- **2:00pm – CLOSING CEREMONIES (For all participants & families)**
 - Awards & Cookout at Splash Pad (Weather Permitting)
Back-Up Weather Plan: Pool

MINI-GOLF

Event Date: Friday, September 14

Event Time: 4:30 PM

Event Location: Family Sports Center

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: 2 participants (1 male + 1 female)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

BOWLING

Event Date: Friday, September 14

Event Time: 4:30 PM

Event Location: Family Sports Center

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: 2 participants (1 male + 1 female)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

BANNER CONTEST + TEAM COMMERCIAL + JUDGING

Event Date: Friday, September 14

Event Location: YMCA

Event Description: This event will be judged on 2 areas for one total score. [Banners & commercials will be judged based on originality, overall design/presentation, and how it best represents your company.](#) Team with combined highest score will determine points for their team.

Part 1 = Banner Contest: Event Time: 5:00 PM | Judging: 6:00 PM

Participants will have one hour to decorate banner (6ft x 36in) that will be used as the backdrop for the Team Commercial. Participants must bring their own art supplies with the YMCA providing the banner. Banners cannot be pre-assembled prior to the event.

Participant Requirements: 4 participants with at least 1 male and 1 female

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

Part 2 = Team Commercial: Event Time: 6:15 PM | Participants will have four to six minutes to act out your company's "commercial."

Participant Requirements: 5 participants with at least 1 male and 1 female

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

Player 5 Name: _____ Sex: M or F

3-ON-3 BASKETBALL

Event Date: Friday, September 14

Event Time: 7:00 PM

Event Location: Randolph-Asheboro YMCA

Participant Requirements: 5 participants with 1 female on the court at all times. Teams may have 2 subs, *preferably 1 male and 1 female*. Rules and points to be determined based on the number of teams participating.

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

Player 5 Name: _____ Sex: M or F

BASKETBALL SHOOTOUT

Event Date: Friday, September 14

Event Time: 7:15 PM

Event Location: Randolph-Asheboro YMCA

Participant Requirements: 2 participants (1 male + 1 female)

Event Description: Rules and points to be determined based on the number of teams participating.

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

TRIVIA

Event Date: Friday, September 14

Event Time: 7:30 PM

Event Location: Randolph-Asheboro YMCA

Event Description: General knowledge trivia hosted by Four Saints Brewing Company

Participant Requirements: 4 participants with at least 1 male and 1 female. Rules and points to be determined based on the number of teams participating.

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

FIELD EVENTS

Event Date: Saturday, September 15 **Event Time:** 8:30 AM

Event Location: Randolph-Asheboro YMCA

Event Description: Events will be completed in the following order. Rules/points to be determined based on number of teams participating.

100-YARD DASH: Participants will race against other teams in their respective divisions.

Participant Requirements: 2 participants (1 male + 1 female); Male/Female Divisions

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

100-YARD THREE-LEGGED RACE: One leg from each participant will be tied together to form a co-ed couple team to race against other teams.

Participant Requirements: 2 participants (1 male + 1 female)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

100-YARD SPOON-EGG RACE: Participants will race against other teams in their respective divisions while holding a spoon with an egg.

Participant Requirements: 2 participants (1 male + 1 female); Male/Female Divisions

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

WATER BALLOON TOSS: Players will toss a water balloon back and forth with their partner at increasing distances.

Participant Requirements: 2 participants (1 male + 1 female)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

VOLLEYBALL

Event Date: Saturday, September 15

Event Time: 8:30 AM

Event Location: Randolph-Asheboro YMCA

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: 9 participants; at *least* 2 females on the court at all times.

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

Player 5 Name: _____ Sex: M or F

Player 6 Name: _____ Sex: M or F

Player 7 Name: _____ Sex: M or F

Player 8 Name: _____ Sex: M or F

Player 9 Name: _____ Sex: M or F

BILLIARDS

Event Date: Saturday, September 15

Event Time: 9:00 AM

Event Location: Randolph-Asheboro YMCA

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: Two participants (1 male + 1 female)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

SPADES

Event Date: Saturday, September 15

Event Time: 9:00 AM

Event Location: Randolph-Asheboro YMCA

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: Two participants (1 male + 1 female)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

6v6 KICKBALL

Event Date: Saturday, September 15

Event Time: 9:00 AM

Event Location: Randolph-Asheboro YMCA

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: 8 participants (4 male + 4 female) with 3 males and 3 females on the field at all times.

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

Player 5 Name: _____ Sex: M or F

Player 6 Name: _____ Sex: M or F

Player 7 Name: _____ Sex: M or F

Player 8 Name: _____ Sex: M or F

CORNHOLE

Event Date: Saturday, September 15

Event Time: 9:30 AM

Event Location: Randolph-Asheboro YMCA

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: Two participants (1 male + 1 female)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

PING-PONG

Event Date: Saturday, September 15

Event Time: 11:00 AM

Event Location: Randolph-Asheboro YMCA

Event Description: Rules and points to be determined based on the number of teams participating.

Participant Requirements: Two participants (1 male + 1 female); Male/Female Divisions

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

SWIMMING EVENTS

Event Date: Saturday, September 15 Event Time: 12:00 PM

Event Location: Randolph-Asheboro YMCA

Event Description: Events will be completed in the following order.

POOL CLOSED

August 25-September 3

Annual Pool Maintenance

25-METER FREESTYLE:

Participants will race against other teams in their respective divisions to swim one length of the pool, starting from the diving blocks.

Participant Requirements: 2 participants (1 male + 1 female); Male/Female Divisions

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

100-METER RELAY

Participants will race against other teams by each team member of the relay swimming one length of the pool, starting from the diving blocks and ending at the diving blocks.

Participant Requirements: 4 participants (2 males + 2 females)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

100-METER WACKY RACE

Same description as 100-meter Relay, adding various apparel/accessories and floats to make this wacky race the wackiest of all!

Participant Requirements: 4 participants (2 males + 2 females)

Player 1 Name: _____ Sex: M or F

Player 2 Name: _____ Sex: M or F

Player 3 Name: _____ Sex: M or F

Player 4 Name: _____ Sex: M or F

TUG-OF-WAR

Event Date: Saturday, September 15

Event Time: 1:00 PM

Event Location: Randolph-Asheboro YMCA

Participant Requirements: 1500 lbs team limit with minimum of 3 females

Player 1 Name: _____ Sex: M or **F** Weight: _____

Player 2 Name: _____ Sex: M or **F** Weight: _____

Player 3 Name: _____ Sex: M or **F** Weight: _____

Player 4 Name: _____ Sex: M or F Weight: _____

Player 5 Name: _____ Sex: M or F Weight: _____

Player 6 Name: _____ Sex: M or F Weight: _____

Player 7 Name: _____ Sex: M or F Weight: _____

Player 8 Name: _____ Sex: M or F Weight: _____

Player 9 Name: _____ Sex: M or F Weight: _____

Player 10 Name: _____ Sex: M or F Weight: _____

Team Total Weight: _____

(1500 lbs Team Limit)

TEAMS WILL BE WEIGHED 30 MINUTES PRIOR TO THE BEGINNING OF THE COMPETITION