



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 five (5) 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 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

- Volleyball Tournament
- Mini Golf
- Golf Scramble
- Pictionary
- Bags Tournament
- Bowling
- Pickleball Tournament
- Trivia

2023 Champs, Grande Cheese!



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. *Participants must be at least 18 years of age to participate in the Corporate Challenge.
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 = 36pts
 - ii. 2nd place = 34 pts
 - iii. 3rd place = 32 pts
 - d. etc.....
 - 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.

CO-ED Volleyball Tournament

1. Procedures & Rules

1. Volleyball team rosters will be final at the start of the tournament. During a match, teams must have a minimum of 4 players and a maximum of 6 players on the court. If a team drops below 4 players, they must forfeit.
2. Teams are co-ed and must have 2 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.
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



Game Play Layout

1. The team that doesn't start serving in Game 1 will start the game serving in Game 2.
2. No referees
 - i. Call your own. Games will be played on your honor.
3. Controversial calls are to be replayed.
4. Scorekeeping for the current game on court should be done by a player from the previous match.

Tournament Layout

1. TBD; tournament layout is based on the number of teams participating!

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 the party reach the putting green, the one nearest the hole will putt first and continue to putt until the ball is in the hole. Do not take turns on the putting greens.

Equipment

1. Clubs
 - a. All participants must use clubs provided.
2. The Balls
 - a. All participants must use balls 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 other than optional cart rental.
3. All USGA rules and local golf course rules are to be followed.
4. Participants will golf 9 holes (1-9, 10-18, or 19-27; teams can choose any of Rolling Meadows' three 9's but availability may depend on date/time they choose to golf - please advise with Pro Shop staff).
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 must 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)



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 **1 team of 2 players** from each business.
2. Teams may be made up of male or female competitors.
3. Tournament scoring format will be "Race to 21"
 - i. Traditional Scoring with Cancellation.
 - ii. No Bust.
 - iii. First team to 21 or to exceed 21 wins.
 - iv. *MUST USE BAGS/EQUIPMENT PROVIDED BY EVENT STAFF

Playing Area

- Two cornhole platforms will be placed with the front edges 27 feet apart.
- Pitching areas are located on either side of the board, with the foul line being the line parallel to the front edge of the platform
- Players can toss from anywhere behind the front of the board.
 - All tosses should be taken from the same side of the platform.

Scoring

Bag In-The-Count: 1 Point for any bag which comes to rest anywhere on the top of the board.

Bag In-The-Hole (Cornhole): 3 Points for any bag which is thrown through the hole or knocked through by another bag.

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 onto 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 Layout

- In Doubles Play; partners shall stand at opposite cornhole boards on the same side.
- 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 or exceeds 21 points.

Tournament Layout

1. TBD; tournament layout is based on the number of teams participating!

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 30 minutes 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)



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

2. 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.
3. This event will consist of pool play with teams playing games against other teams in their pool.
4. *Games will be played to 11, and each team will play 2 or 3 games versus each team based on the number of teams in the pool.
5. 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.
6. Teams will be placed based on their overall finish in the tournament or pool play, with ties being broken by points allowed.



Trivia Challenge

Procedures & Rules

1. Our Trivia Challenge is 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.

