



# READY. SET. GAMES.



The **Louisville Sports Commission Corporate Games IV presented by Humana** is a community-wide event that brings together employees from Louisville-area businesses for a day of friendly competition and employee camaraderie. The Corporate Games deliver a positive environment that encourages employee health and fitness, builds a sense of company spirit, and fosters teamwork and fun through participation. Think of it as a field day for your company.

## GENERAL INFORMATION

**DATE:** Saturday, May 30, 2020  
**TIME:** 8 a.m. to 1:30 p.m.  
**LOCATION:** Kentucky Country Day School  
 4100 Springdale Road  
 Louisville, Ky. 40241

**CONTACT US:** If you're interested in [participating](#) in the Corporate Games, contact Stephanie Burdorf at [sburdorf@louisvillesports.org](mailto:sburdorf@louisvillesports.org) / 502-736-3498. For companies interested in receiving recognition through [sponsorships](#), contact Julie Howell at [jhowell@louisvillesports.org](mailto:jhowell@louisvillesports.org) / 502-587-6742 for information regarding price and benefits. For additional information, go to [louisvillecorporategames.com](http://louisvillecorporategames.com).

## FIELDING YOUR TEAM

Companies compete within one of four divisions based on total number of employees (full-time and part-time) in the Louisville MSA. Spouses and significant others are welcome to participate. The Corporate Games are designed so that companies can be competitive with as few as 15 participants, or with as many as 100 participants to share in the fun. Companies are encouraged to designate a team captain to work with employees and Sports Commission staff. We provide detailed information, a contact person to field questions and personal assistance with tips on how to field a team.

## HOW TO WIN

There are 15 different competitions, divided into Bracketed and Competitive events. (A full set of competition rules and scoring charts is available on the website.) Some events produce points through accuracy and participation; other events match up company teams in bracketed play and reward the top finishers. Additional points are awarded to teams that participant in the Good Sport Activities. And for those who want more action or to get moving in a non-competitive environment, stop by the PNC Family Fun Zone for health and wellness activities, or try your skills at the Proformance Pro Football Combine Simulator.

### BRACKETED

3x3 Basketball  
 4x4 Soccer  
 Dodge Ball  
 Republic Bank Tug-of-War  
 WAVE 3 News Volleyball

### COMPETITIVE

Basketball Shootout  
 Cornhole Toss  
 Football Throw  
 Frisbee Toss  
 Golf Chip Challenge  
 Lacrosse Shot  
 Parallel Parking  
 Soccer Kick  
 Team Challenge  
 Water Balloon Toss

### GOOD SPORTS

Caesars Southern Indiana Wellness Walk  
 Food Drive  
 Playing it Forward  
 Team Selfie  
 Trilogy Health Services Team Tailgating Contest  
 Team T-Shirt Contest



## COMPANY SIZE DETERMINES ENTRY FEE

Companies will compete within one of four divisions based upon total Louisville-area employment (full and part-time employees). Each company's team roster can include as few as 10 participants or up to 100 participants.

Division 1 (1,001+ employees)	\$3,000	Division 3 (101-300 employees)	\$2,000
Division 2 (301-1,000 employees)	\$2,500	Division 4 (up to 100 employees)	\$1,500

### BRACKETED EVENTS

Bracketed events are scheduled tournaments meant to build team spirit and test the competitive athletes in your company. These are point-scoring events that help determine the team standings.

3-6  
Participants

#### 3x3 Basketball Tournament

Single-elimination basketball tournament. Games go to 10 points by two with a 15-minute time limit. Each team must have a male and female participant on the court at all times. Teams can carry extra players to substitute.

4-7  
Participants

#### 4x4 Soccer Tournament

Single-elimination soccer tournament. Games are 12 minutes with a running clock. Team with most goals at end of game win (goalies are not allowed). Each team must have two males and two females on the field. Teams can carry extra players to substitute.

6-10  
Participants

#### Dodge Ball Tournament

Single-elimination dodge ball tournament. Each round is best of three games. Each game begins with no more than six players and no less than three competing on a side; other players are available as substitutes. Each team must start with two male and two participants on the court. Teams can carry extra players to substitute.

6-10  
Participants

#### Republic Bank Tug-of-War

Single-elimination, team tug-of-war tournament where six players tug at one time with a regulation rope. Winning team is determined when the rope is pulled past the designated line. The lineup must alternate male and female participants. No spikes allowed. Teams can carry extra players to substitute.

6-9  
Participants

#### WAVE 3 News Volleyball

Single-elimination volleyball tournament. A flip of a coin determines which team serves first. Points are earned by rally scoring. Game is played to 25 points, win by two, cap at 30. Each team must have a minimum of two females on the court. Teams can carry extra players to substitute.

### COMPETITIVE EVENTS

Competitive events are designed to foster a spirit of teamwork. Participants of most any skill level and physical conditioning can participate. These are point-scoring events that help determine the team standings.

4  
Participants

#### Basketball Shootout

Participants have 60 seconds to score as many points as possible shooting from pre-marked spots of different point values. Rebounders feed the ball back to the shooters. Teams are allowed two shooters and two rebounders. Shooters must alternate shots. Points are added for the team score.

3 or 6  
Participants

#### Cornhole Toss

Participants have three minutes to score as many points as possible tossing bean bags full of corn onto cornhole boards. Everyone on the team gets to throw as long as time allows and the points are added up for the team score. If team of three, must have at least one female participant; if team of six, must have at least two female participants.



**4**  
Participants

**Football Throw**  
Each participant on the team will have five throws to score as many points possible throwing footballs at targets from various distances. A participant may throw the football at any of the targets. Points are added for the team score.

**4**  
Participants

**Frisbee Toss**  
Teams will have two minutes to throw and catch as many Frisbees as they can – back and forth – from a distance of 10 yards. Teams are comprised of two tossers and two catchers. Successful catches placed in the basket are added for the team score.

**3**  
Participants

**Golf Chip Challenge**  
Each participant will get five shots from 15 yards to hit a golf ball into a chipping basket with three interior nets of varying sizes. Points will be determined based on where the golf ball lands - in the basket or in one of two concentric circles surrounding the basket. Points are combined for the team score.

**3**  
Participants

**Lacrosse Shot**  
Each participant will have one minute to take a total of eight unguarded shots from four predetermined locations to score as many points as possible. Points are combined for the team score.

**2**  
Participants

**Parallel Parking**  
Participants will park a mid-sized or full-size vehicle. The participants must parallel park the selected vehicle inside a 23' x 7' designated spot using no more than three gear changes. No points will be awarded if it takes more than 45 seconds to park.

**4**  
Participants

**Soccer Kick**  
Each participant will kick five soccer balls unguarded from 12 yards away at a regulation-sized goal. Points will be determined by the shot difficulty and are added for a team score.

**4**  
Participants

**Team Challenge**  
Each person on the four-person team will run the team challenge course – a loop of approximately 100 yards with challenges such as a mouse wheel, plank walk, potato sack challenge, and a puzzle challenge (subject to change). Teams must be comprised of two male and two female participants.

**5**  
Participants

**Water Balloon Toss**  
Team members are placed in a single line spaced 10 feet apart. Participants will have 60 seconds to pass 10 water balloons down the line to place in a bucket. The balloons are then passed back up the line; a point is scored for every intact balloon placed back in a bucket.

It is recommended that participants arrive at 8 a.m. so they have time to meet up with their team members when we kick off the Corporate Games at 8:30 a.m. with the **Caesars Southern Indiana Wellness Walk**. This event is open to all participants and their family members. It is a one-mile, non-timed, family-friendly walk that takes place on the Kentucky Country Day campus. Bring your kids. Companies are awarded five bonus points for every participant with a maximum of 50 points.

**NOTE:** All events are co-ed and must have at least one male and one female participant, unless otherwise noted above. Please see Team Recruitment Form for specific male/female requirements for each event.

## **GOOD SPORTS ACTIVITIES** – Optional

These events are meant to build team spirit and in some instances, provide good works for those less fortunate in our community. Your company also can earn bonus points toward the team standings.

### **Food Drive**

Help us gather food to donate to Dare to Care by bringing in non-perishable food items. Companies that participate in the food drive earn 25 bonus points to increase their overall team score.

### **Playing it Forward**

Donate sporting equipment your family has outgrown. This equipment will be distributed to kids in low- and moderate-income areas of Louisville. You can help change the lives of young people and earn 25 bonus points for your team.

### **Team Selfie**

During the course of competition, selfies taken with team members can mean bonus points added to team scores. Photos must be shared publicly and include the hashtag #SportsinLou **and** tag the Louisville Sports Commission Instagram or Twitter account (@SportsinLou). Earn 5 points per post with a maximum of 25 bonus points per team.

### **Trilogy Health Services Team Tailgating Contest**

Team members are encouraged to show off their company pride and creatively decorate their tailgating area. Teams may bring in ice chests and coolers with non-alcoholic drinks and refreshments. Judges determine winner; points awarded as follows: 1st place = 25 points; 2nd place = 15 points; and 3rd place = 10 points.

### **Team T-shirt Contest**

Design a t-shirt that shows your team spirit and includes your company's name to wear during competition. Judges determine winner; points awarded as follows: 1st place = 25 points; 2nd place = 15 points; and 3rd place = 10 points.

## **PNC FAMILY FUN ZONE**

For those who enjoy a more leisurely day of movement and exercise, or for those who want continuous action, the YMCA of Greater Louisville and the Louisville Science Center will provide three hours of non-stop activity under the watchful eyes of local health and wellness experts. Kids and spouses are welcome. The PNC Family Fun Zone activities do not score points toward team standings.

### **Kids Zone (9 a.m. - noon)**

There will be a special area set aside where kids can try their skills at competitions such as corn hole, soccer kick, and football toss. Kids also are encouraged to see how they measure up in the Proformance Pro Football Combine Simulator.

## **PROFORMANCE PRO FOOTBALL COMBINE SIMULATOR**

Using most of the skills measured by the professional football scouts and evaluators, measure yourself against the top college football players who train for years to get a chance to play at the next level. This event is continuous and is come and go as you like. While not an official scoring event, the top four male and female participants in the Sled Push/Pull, Shuttle Run and Muscular Strength and Endurance events will come together at the end of the day in a battle for winner-take-all bragging rights. All competitors welcome!

- Vertical Jump. The vertical jump is all about lower-body explosion and power. The athlete stands flat-footed and leaps toward the sky for the vertical jump measurement.
- Standing Broad Jump. This activity tests an athlete's lower-body explosion and lower-body strength. The athlete begins with a balanced stance and then jumps ahead as far as possible from a standing start.
- 20-Yard Sled Push & Pull. While sled pushes may be among the most dreaded exercises in training facilities, they can really get your heart rate up and challenge your mental fortitude. Participants will be timed by hand on stopwatches.
- Shuttle Run. This classic drill tests the athlete's lateral quickness and explosion in short distances of five to 10 yards. Be prepared to stay low and move your feet. Participants will be timed by hand on stopwatches.
- Muscular Strength and Endurance. This test of strength and endurance is where you will have 60 seconds to see how many push-ups you can complete.
- Functional Movement Screening and Body Composition. At ProFormance, injury prevention is paramount, so this mobility screening will make sure that you are not at-risk, while attempting to take on Pro Football's best.



Endorsed by the  
Louisville Health Advisory Board



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