

THREE-ON-THREE BASKETBALL

1. 6 men/women per team (2 team members must be women). One woman team member must be on the court at all times during play.
2. Double elimination.
3. Played on a half-court, using standard OSSAA high school rules with the following exceptions:
 - Each game has a 10-minute time limit with one 30-second time out per team. If at the end of regulation (10 minutes) the game is tied, a jump ball will start sudden-death overtime, first team to score wins.
 - Baskets outside the 3-point line will count as 2 points. Baskets within the 3-point line will count as 1 point.
 - Ball must be brought out beyond possession line (3-point line) on every change of possession, regardless of whether the ball hits the rim on a shot. Both feet must clear the line.
 - Substitutes will be allowed during dead-ball situations. The official will administer the ball during dead-ball situations at the top of the key or behind the 3-point line. Ball must be passed in.
 - Substitutes cannot enter the court until the player leaving the floor is completely over the out-of-bounds line.
 - Dual possessions (jump ball) will be determined by the alternating possession.
4. **FOULS:** Each team is allowed six team fouls. After the 6th foul, 1 point will be awarded for each subsequent foul. These are all fouls (shooting/offensive and defensive). After 6th foul (on shooting foul) if basket is made, the team receives the point for the basket and receives the foul point, but possession changes. On the 6th foul (defensive) they don't receive point (if shooting) but do receive foul point. If they miss it, they still receive point for foul, but possession changes. **TECHNICAL FOULS:** Each team is allowed two. After second, 1 point will be awarded.
5. Fouls and time will be tracked by the scorekeeper.
6. Violations will be called (3 seconds, out-of-bounds, etc.). The ball will change possession on violations.
7. All spectators must be in the stands and not on the court.
8. All judgments of the officials will be final. No protests allowed. No game will start with less than 3 team members. Team members must show participant numbers to scorekeeper.

CORNHOLE

1. Each participating company/organization will have two teams of 2 (2 men & 2 women)
2. Tournament will be double elimination.
3. Boards are placed 27 feet from front edge to front edge.
4. Games are played to 15 or more points. (no bust)
5. **Woody:** Refers to any cornhole bag that has been pitched and remains on the cornhole board playing surface at the conclusion of the frame. Each woody is 1pt.
6. **Cornhole:** Refers to any cornhole bag that has been pitched and passes through the cornhole board hole at any time within the frame. Each cornhole is 3pts.
7. A bag that comes to rest touching the ground AND the board does not count as a point.
8. Both players play one board at a time and stay in their designated lane for the whole game (right or left).
9. Two players start the game at one board and alternate pitching bags until each player has pitched all (4) of their bags.
10. The partners of the players then play from the other board, take score, and resume pitching back to the other cornhole board.
11. Players must deliver the bag with an underhanded release.
12. Feet must stay behind the line of the front of the board at the time of releasing the bag.
13. The player/team who scored in the preceding frame pitches first in the next frame. If neither player/team scores, the player/team who pitched first in the preceding frame shall retain first pitch in the next frame.
14. If bags become piled inside the hole and may interfere or obstruct with the next pitch or if there is question whether a cornhole bag would have naturally fallen through the hole, a player may request to rake the cornhole bags that have fallen inside the hole.

CO-ED VOLLEYBALL

1. Eight players per team (at least 2 women). Each team must have a minimum of 6 players (to include any gender combination, with at least 2 women) per team on the court to start the game. Each team may have a maximum of 5 men and 3 women, a total of eight players on the roster. If there are at least 2 of each gender, and a minimum of 6, a team is good to play.
2. Each game will be played to 15 points, rally point scoring, meaning a point is scored every time the ball is served. The winner of each point will then serve the next point. Teams must win by 2 points, with a 17-point cap on each game. Teams will change sides when one team reaches 7 points. A time limit on games may be imposed to complete the bracket.
3. Each match is one game, *not best 2 of 3*. The tournament will be Double Elimination.
4. Only the team captain may address the referee; all other teammates should talk to their captain, who will then talk to the referee.
5. Only the team captains can call time outs. Each team is allowed two 30-second time outs per game.
6. Each team is responsible for checking the brackets for their game times and court assignments.
7. Any player changing from one team to another during the tournament will cause both teams involved to be disqualified.
8. Teams must be on the court and ready to play within five minutes after the last game or that game will be defaulted.
9. A three-minute warm-up period will be allowed between each game.
10. Players will rotate on every side out, including the first serve. Players must be in original positions until the ball is contacted for service, then they may switch positions. However, original back row players may not attack or block any ball over the height of the net. Players must return to their original positions after each point.
11. The referee will keep track of the score during the game.
12. The referee will have the final say and any line calls. If their view is obstructed or distracted, they may call a replay on any point. If both teams agree that a ball is in, or out, the referee may honor those calls.
13. If both teams commit a simultaneous fault, a replay will be called.
14. Court boundaries will be marked by lines on the court. Any ball landing on the line is considered "in" because the line is part of the court.
15. While serving, a player may not step on the line or into the court before the player contacts the ball for service.
16. When attempting to "set" a ball, the ball may not stick, stop or stay in the hands, and must be a single clean contact.
17. On any "first contact" when a ball passes over the net, a "multiple contact" is legal, as long as it is "one try" for the ball, and there is no finger action (attempt to set). However, each contact must be clean. The ball may not roll, stick, stop or stay on any contact.
18. No returning the serve on first contact at the net (spiking, blocking, dunks, throws, etc.).
19. When attacking the ball, no throws, sustained contact, or dunks will be permitted.
20. The net cannot be touched by any part of a player or players clothing (excluding hair). A ball forcing the net into a player is not considered a fault.
21. The "let serve" rule will be in play, meaning any ball that contacts the net and continues over the net is a "live ball" and must be played.
22. Contact under the net will be at the discretion of the referee as to whether it interfered with play.
23. A player may not reach over to block a ball that is being set or passed, unless that ball is going over the net or being attacked.
24. Touches on the block are not considered a contact for the blocking team and that team still has three (3) contacts, and the blocker may be the first contact after the block.

PICKLEBALL

1. Each participating company/organization will have one doubles team (1 man & 1 woman or 2 women).
2. Scoring- Game will be played to 11. You only score when you are serving.
3. The Serve-The serve must be hit with an underhand swinging motion and the ball contacted below the hips. When hitting the serve the server must be behind the baseline and serve into the adjacent service box as is done in tennis. The center line, side lines and baselines are considered in on a serve but if the ball lands on the no-volley line it is a side out. You only get 1 serve. Role of the server must alternate between teammates with every new possession of the ball, as is done in volleyball.
4. Double Bounce Rule-When the ball is served the player on the receiving side must let the ball bounce once before hitting it. When the ball is returned to the serving side the ball must again bounce once before being hit. After the ball has bounced once on each side the ball can be hit without bouncing if you aren't in the no-volley zone 7 feet from the net.
5. No Volley Zone-The No-Volley Zone is 7 feet from the net on each side. A player cannot hit a ball if he is inside the No-Volley Zone unless the ball bounces first. If a ball hit a player in the No-Volley zone before bouncing the point is lost. Once a ball bounces a player can hit the ball while inside the zone. If a player hits a ball while outside the No-Volley Zone the momentum takes him/her into the zone the point is lost. If your foot touches any part of the line you are considered inside the zone, you can reach over the line and hit a ball if your foot is behind the line. If a serve hits the No-Volley line the serving team loses the serve.

OBSTACLE COURSE

1. 6 team members (must have at least 2 women).
2. Two teams race at a time (lane A, lane B).
3. "Team time" is the combined time of all competitors.
4. Every obstacle must be completed before moving to the next.
5. All team members must cross the finish line together for the team time to count.

Balance Beam – Each team member must walk along the balance beams without falling off to the end. Each team member must be in the finished circle before moving to next obstacle.

Big Wall – Each team member must get over the wall. You can help each other over the wall but everyone must go over the top. Each team member must be in the finished circle before moving to next obstacle.

Crawl – Each team member must crawl under the tarps. Each team member must be in the finished circle before moving to next obstacle.

Over/Under – Each team member goes over and under each obstacle until the entire team is gathered in the circle.

Football Throw – One team member is designated to throw a football at the target. Once the football goes through the target the obstacle is complete and the team moves on.

Ladder – The ladder will be like monkey bars you have to grip every rung across the way. This is a team event, and you may help each other across but everyone must do the challenge. Each team member must be in the finished circle before moving to next obstacle.

ROWING

1. 2 men and 2 women per team. Each team will be provided a canoe, paddles, and life jackets.
2. The team will be required to row from the starting point around a pre-determined marker and back past the designated finish line.
3. There will be two laps required for each team to complete with 2 of the team members in the boat rowing each lap. All four team members must participate in the race. All teams of two will start their laps already inside their canoe.
4. The team members that are completing the first lap must completely pass through the finish flag. At announcer's "GO", the second group of team members can then begin the second lap. The clock will stop when the second canoe is completely through the finish line.
5. All participants are required to wear a life jacket. You may provide your own (CFC committee member must approve it at the event site) or you will need to wear the one that is provided.
6. Each team will be timed and will be placed accordingly within their division.
7. Every participant or volunteer must know how to swim.

HOME RUN DERBY

1. 2 men and 2 women per team.
2. Eight pitches per batter.
3. Maximum of five hits will be scored. **Only balls hit in fair territory will count.**
4. Predetermined distance: Men: 200 feet, Women: 150 feet
5. Cones (or flags) will mark the distance.
6. Regulation-size men's and women's softballs will be pitched. Players must select person of their choice to pitch. There will be a pitcher's screen to protect the pitcher.
7. Softballs are provided. Spikes or studded shoes are allowed in this area only.

1 point for a regular hit (**in fair territory**)

3 points if a home run is hit (**in the air – in fair territory - to the predetermined distance**).

CO-ED TUG-OF-WAR

1. 6 men and 2 women per team.
2. Winner determined by: Team advancing opponent farthest from designated mid-point at the end of time limit or if a team is able to pull the flag past the cone on their side.
3. Rope is 70 feet long, 1 ½ inch in diameter.
4. There will be no lying on the ground or digging in prior to pull. For digs/rope wraps: Team will receive warning of 5 seconds to fix. After the second warning, team will be disqualified.
5. Metal cleats or body weights of any kind are prohibited.
6. Rope may not be wrapped around any individual in any manner.
7. Rubber or nylon cleats are allowed. Gloves are allowed.
8. "Stick-em," a sticky spray product used in basketball (or substance of this nature), is not allowed in the Tug-of-War event.
9. Time limit of 90 seconds. Double elimination.

GOLF

1. 1 man and 1 woman per team
2. Each team will participate in a long drive contest and a putting contest
3. The long drive contest will consist of each participant hitting three golf balls. The longest drive of the three golf balls hit will be added to the other team member's longest drive distant for a total.
4. The putting contest will consist of a four hole putting round. Each participant will putt and count the number of putts it takes to get the ball in the hole. The total number of putts will be added together for each team. After completing the four hole round, the team scores will be compared for placing. Any ties for first place will be determined by a sudden death playoff.
5. Each team must provide their own golf clubs and golf balls. Event start time is at 6 p.m. Venue will be set up at 5 p.m. on the event date for practice.

GUTTER BALL (EXECUTIVE RELAY)

1. 4 members (these do not have to be a part of your competition team) male or female.
2. Total age of 4 members must equal 160.
3. The team must transport 6 golf balls from the start line to the finish line, using only PVC pipes (cut in half).
4. The team must start the activity with all members behind the starting line. Each team member must use their pipe at least once when transporting each golf ball.
5. The team can transport only one golf ball at a time. If a golf ball falls out of the pipe, the team must return to the starting line to begin again.
6. The golf ball must be safely deposited in the container at the finish line.