



# READY. SET. GAMES.



The **Louisville Sports Commission Corporate Games** 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 delivers 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

The **Louisville Sports Commission**, in conjunction with **Greater Louisville Inc.**, is working to attract, expand, and retain our region's existing talent pool. Events such as the Corporate Games can provide employers team-building opportunities to engage their workforce.



**DATE:** Saturday, June 2, 2018  
**TIME:** 8 a.m. to 1:30 p.m.  
**LOCATION:** Kentucky Country Day School  
 4100 Springdale Road

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

## FIELDING YOUR TEAM

Companies will compete within one of four divisions based on total number of employees (full-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. Companies are encouraged to designate a team captain to work with employees and Sports Commission staff. We will provide detailed information and a contact person to field questions and will provide optional training sessions with tips on how to field a team.

## HOW TO WIN

There are 15 different competitions, divided into Competitive and Participatory events, that have pre-determined point values. (A full set of competition rules and scoring charts are 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 Family Fun Zone for activities including yoga, Zumba, and a pro football combine simulator.

PARTICIPATORY	COMPETITIVE	GOOD SPORTS
Basketball Shootout	3x3 Basketball	Team Selfie
Cornhole Toss	Dodge Ball	Food Drive
Field Hockey Shot	ZirMed Team Challenge	Playing it Forward
Football Throw	Softball Home Run Derby	Team Tailgating Contest
Frisbee Toss	Republic Bank Tug-of-War	Team T-Shirt Contest
Golf Chip Challenge	WDRB Volleyball	
Parallel Parking	Water Balloon Toss	
Soccer Kick		

The Corporate Games will start at 8:30 a.m. with the **Horseshoe Southern Indiana Wellness Walk**, which is open to all participants and their family members. This 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.

## 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

### **PARTICIPATORY EVENTS**

Participatory events are relatively low impact, 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.

3-4  
Participants

#### **Basketball Shootout**

Participants have 90 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 up to two rebounders. Shooters must alternate shots. Points are added for the team score.

3-6  
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 there is a tie, the points will be evenly divided.

3  
Participants

#### **Field Hockey Shot**

Each participant will take a total of eight unguarded shots from four predetermined locations – with a two-minute time limit per person – to score as many points possible. Points are added for the team score. A tie score will be broken by the team that makes the most penalty shots.

4  
Participants

#### **\*Football Throw**

Each participant on the team will have one session 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. A tie score will be broken by the team that hits the most targets from four different distances.

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/catchers and two passers. Successful catches placed in the basket are added for the team score. If there is a tie, the points will be evenly divided.

3  
Participants

#### **Golf Chip Challenge**

Each participant will get six shots from 20 yards out to hit a golf ball into a chipping basket with three interior nets of varying sizes. Points will be determined based on the basket in which the golf ball lands. Points are added for the team score.

2  
Participants

#### **Parallel Parking**

Participants will choose to park either 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. They will have one minute to parallel 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. A tie score will be broken by the team that scores the most points based on level of difficulty.

## VOLUNTEERS = SUCCESSFUL GAMES

Volunteers are essential to making the Corporate Games a success. In addition, volunteering provides employees who are not able to compete the opportunity to participate. While the goal for each company is to focus on Team Building, family and friends are also welcome to participate as your company's volunteers. Companies that provide at least five volunteers will receive 10 points per volunteer up to a total of 50 points toward their teams' overall scores.

### COMPETITIVE EVENTS

Competitive events are 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**

Three-on-three, double-elimination basketball tournament. Games go to 10 points by two with a 20-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.

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 a male and female participant on the court.

4  
Participants

#### **ZirMed Team Challenge Course**

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. Fastest teams in each division will compete a second time head-to-head for bragging rights and bonus points. Teams must be comprised of two male and two female participants.

4  
Participants

#### **Softball Home Run Derby**

Slow pitch, softball batting contest where three team members will have 45 seconds each against a pitching machine to hit home runs. Teams are allowed fielders to catch batted balls on a fly that do not go over the fence for extra points. The team must be comprised of two male and two female participants.

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. Winners of each division will compete for overall bragging rights. The lineup must alternate male and female participants. No spikes allowed.

6  
Participants

#### **WDRB Volleyball**

Single-elimination volleyball tournament. Each team will consist of three male and three female participants. A flip of a coin determines which team serves first. Co-ed hitting rules apply. Points are earned by rally scoring. There cannot be more males than females on the court; with a maximum of six participants on the court at any time. Game is played to 30 points.

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. Team with the most intact balloons wins.

NOTE: All participatory and competitive events are co-ed.

\*Companies with 75 or more participants are allowed to enter two teams in these events; highest scoring team will count.

## **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.

### **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 10 points per selfie with a maximum of 50 bonus points per team.

### **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 50 bonus points to increase their overall team score.

### **Playing it Forward**

Donate sporting equipment your family has outgrown. The equipment will be distributed to kids in low- and moderate-income areas of Louisville. This is great way to help sports change the lives of young people and earn 50 bonus points for your team.

### **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.

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

Design a t-shirt that shows your team spirit and includes your company's name to wear during competition. This is another great way to earn bonus points to add to your team's overall score.

## **BAPTIST HEALTHCARE FAMILY FUN ZONE**

For those who enjoy a more leisurely day of movement and exercise, or for those who want continuous action, the Baptist Healthcare Fun Zone is three hours of non-stop activity under the watchful eyes of local health and wellness experts. Kids and spouses are welcome. Baptist Healthcare Fun Zone activities do not score points toward team standings.

### **9:45 a.m.**

- Yoga. There will be a 15-minute yoga class suitable for beginners.

### **11:45 a.m.**

- Zumba. There will be a 15-minute Zumba class suitable for beginners.

### **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 are also encouraged to see how they measure up in the pro football combine simulator.

### **Pro Football Combine Simulator**

Using the same measurable skills used 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. Continuous action.

- 40-Yard Dash. The 40-yard dash is all about speed and explosion, and football players at all positions are measured by their time in this classic event. Participants will be timed by hand on stopwatches.
- 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.
- Three-Cone Drill. The three-cone drill tests an athlete's agility and ability to change directions at a high speed. Cones are arranged in an L-shape and the competitor weaves around the cones and is required to change directions. 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 will have three stations - one each for pull-ups, sit-ups and push-ups. You will have 30 seconds at each station to see how many repetitions of each you can complete.



Endorsed by the Louisville Health Advisory Board.