



RULES

All events are co-ed and must have at least one male and one female participant, unless otherwise noted. Please see each event description below for specific male/female requirements.

BRACKETED EVENTS

YMCA of Greater Louisville will be managing all bracketed events

HEAVEN HILL BRANDS 3x3 BASKETBALL

This event is a single-elimination, 3x3 basketball tournament.

- Each team may have up to six members.
- Team must have a male and female participant on court at all times.
- Games are played on half courts.
- A regular basket is worth one point. A successful basket from behind the three-point line is worth two points.
- The first team to score 10 points with a two-point advantage wins with a 14-point cap.
- Fifteen-minute time limits will be enforced for each game played. If the game is tied after the time limit, the next point scored wins the game.
- A coin toss determines the first possession.
- The “take back” line is outside of the two-point line above the foul line. Both of the shooter’s feet must clearly be behind the line.
- After a score, the ball must change possession, be taken out beyond the two-point line and above the foul line, and be “checked” by the defense before play begins.
- The ball must be taken back on every change of possession. Failure to take the ball back will result in a loss of possession.
- After all fouls or out-of-bounds occurrences, the ball is to be taken out at the “take back” line.
- After a score, foul or out-of-bounds, the ball must be passed from the person taking it out, to one of his/her other team members to begin play again.
- No dunking allowed. Any dunking observed on a basket may result in dismissal of the entire team from the tournament.
- Each team is allowed one 45-second time-out.
- No stalling allowed. An unofficial 30-second shot clock is in effect at all times, and may be enforced by the official. Failure to attempt a shot and hit the rim within 30 seconds after being advised by the official will result in the loss of possession.
- Jump balls go to the defense.
- NON-SHOOTING FOUL RULE: First six fouls results in possession of the ball. Fouls seven and up result in one foul shot and the ball
- SHOOTING FOULS: For the first six fouls: if the shot is made, one foul shot is awarded and change of possession. If the shot is missed, shooter receives one foul shot if the foul was committed inside the three-point line, and two foul shots if the foul was committed outside the three-point line and change of possession. Fouls seven and up: same rules apply but the fouled team keeps possession.
- If the official rules a flagrant foul without ejection, the player who was fouled shoots one free throw and retains possession. Flagrant fouls or continuous misconduct that result in a player being ejected will result in an automatic disqualification of the team. Two flagrant fouls on one team will result in an automatic ejection of the entire team. Any team involved in fighting, for any reason, will be ejected.
- All games will have an official.
- Three-second rules apply.

After your first round, game times are subjected to change. If not present at the start of your game, your game will be forfeited.

DODGE BALL

This event is a single-elimination dodge ball tournament.

- Each round will consist of best of three games with each game lasting no longer than five minutes.
- Each company will be permitted to enter one team of up to 10 members.
- The game must begin with at least two females on the court. If a female is not available, the team will begin down one player.
- Games will begin with no more than six players and no less than three competing on a side; others will be available as substitutes.
- The game starts when the referee blows the whistle and players rush the ball line. Players have five seconds to get rid of the ball once the referee blows the whistle to signal the start of the game.
- The referee's decision is final – no exceptions. Team Captains are the only players who may approach the referee between games. Technical fouls and ejections will be issued to players at any time for violating the rules or displaying unsportsmanlike conduct before, during, or after the game.
- Please be honest when you get hit by a ball and immediately remove yourself from the game.
- The first player who gets out will be the first player who goes back in the game if a catch is made by your team.
- You must throw the ball to get someone out. You have five seconds to throw the ball once it is in your possession (possession will be determined by the referee and does not necessarily mean ball-in-hand). Your team has 10 seconds to pick up a dead ball and another five to throw it back across the court.
- If the ball hits you, then hits the ground, you are out. If you hit someone in the head with the ball, you are out. The referee will issue warnings for high shots so keep the ball low.
- Technical fouls and ejections will be issued to players displaying unsportsmanlike conduct before, during and after the match. A technical foul will result in removal from one game and your team will play one person down for the remainder of that game. If a player on your team is ejected, your team must play one player down for the remainder of the match.
- If a catch is made prior to the ball touching the ground, a player from the catching team may return to the game using the FOFI (first-out, first-in) method. As soon as players gets out, they must line up against the wall starting from the center and working their way out. Players who are not in the game need to stand or sit away from this line.
- **No Head Shots:** The player who is making a head shot is always out unless the referee's opinion is that the player purposefully lowered his/her body to cause the ball to hit in the head or neck area.
- **No High Balls:** No throw may be made above the shoulders of the tallest player on the opposing team. If this action becomes persistent, the referee has the authority to ask the violating player to leave the game/match.
- Players may not deliberately pass or deflect a ball to another teammate. They may save the ball from going over the line by hitting it back towards your team, but they may not pass the ball to another teammate.
- Once a thrown ball touches an object other than a person in play, that ball is ruled dead and no plays may be made on that ball.
- **Ricochet Rule:** If a ball hits someone on your team and then hits another player on your team before hitting the ground, the second player is ONLY out if he/she made an effort to try to catch the ball.
 - If the first ball is thrown, hits you and ricochets into the air, then a second ball is thrown at you, you catch the second ball and the first ball hits the ground after you catch the second thrown ball, you are out and a player on your team comes into the game. The player who threw the second ball that is caught is out.
 - If the first ball is thrown at you, hits you and ricochets into the air, then a second ball is thrown at you, hits you then the floor and the first ball is caught by a teammate, you are out and a teammate comes in. The player who threw the ricocheted ball that is caught is out.
 - If the first ball is thrown, hits you and ricochets into the air, then a second ball is thrown at you, you catch the second ball and the first ball is caught by a teammate, both players on the opposing team who threw the first and second balls are out and two of your teammates come in.
- **Lines and Out of Bounds:** Players are not allowed to cross the center court line at any point during the match. If they do, they will be called out. However, the line is neutral, so touching the line does not result in a penalty, it is when the player crosses the line that he/she is out. If a player crosses the line in the motion of or after throwing a ball, they will be called out and if a player on the other team is hit then they will be allowed to stay in the game.

REPUBLIC BANK TUG-OF-WAR

This event is single-elimination, team tug-of-war tournament. Winning teams will continue to advance in their division until the overall winner has been declared.

- Each company is allowed up to 10 members on its roster. A maximum of six players can tug at one time: three males and three females.
- Once an alternate replaces a participant, that participant may not re-enter the competition.
- The rope will be two inches in diameter, 150 feet long and made of hemp. It will be marked with red, blue and white tape.

- All tugs will be conducted on an artificial surface.
- No electric sound systems, horns, whistles, etc. may be used in encouraging teams. This means only the human voice is permitted.
- Long-sleeved shirts are recommended. Gloves and belts are optional.
- Boots may be worn including combat, hiking or other types with vibram soles. No spikes, cleats, studs, hobnails or other metal fittings will be permitted, including soccer or football shoes with rubber cleats. If there is a question on allowable footwear, check with the tug-of-war officials before the event. Tug-of-war officials reserve the right to disallow participation if unsafe conditions are deemed to exist.
- No sticky substances or other substances may be used on hands or gloves to gain an advantage.
- Teams will be lined up so that the rope will be pulled on the right side (under the participants' right arms). The anchor (the last person) will be permitted to tie in, and is the only member who can touch the ground with only his hands. No other team member is permitted to sit on the ground for more than five seconds, this includes the anchor.
- Males and females must alternate in positions on the rope.
- One coach per team will be permitted on the line to assist with organization. It will be the coach's responsibility to notify the official that the team is ready to tug.
- The tug will be started on the command of the official.
- The team that pulls the rope 12 feet from the center will be declared the winner. A whistle or horn will signal the end of the tug.
- There will be a three-minute time limit on each tug. The team ahead at the time limit is declared the winner. All tugs will be timed.
- Prior to the beginning of the pull, no participant may "dig-in" to the ground.
- A minimum of five minutes rest between tugs will be permitted.

WDRB VOLLEYBALL

This event is a single-elimination volleyball tournament held on a grass court

- Each team will consist of up to nine members - six competing - with a minimum of two females on the court.
- A coin flip determines which team serves first.
- D-level rules apply.
- All games will have an official.
- The referee's decision is final – no exceptions. Team Captains are the only players who may approach the referee between games. Ejections will be issued to players at any time for violating the rules or displaying unsportsmanlike conduct before, during, or after the game.
- Each team is allowed one 45-second time-out.
- Points will be earned by rally scoring.
- Game is played to 25 points, win by two, cap at 30.

COMPETITIVE EVENTS

BASKETBALL SHOOTOUT

Teams have one session to score as many points as possible against the clock.

- Each team is comprised of four members.
- Each team has 90 seconds to shoot as many baskets as possible with one ball from seven pre-marked spots of different point values.
- No shooter will be permitted to shoot two consecutive shots.
- Only one ball can be used during the competition.
- Teams will be permitted two shooters and two rebounders.

CORN HOLE TOSS

Teams have one opportunity to score as many points as possible against the clock.

- Each team will be comprised of either three or six members.
- Teams consisting of three participants will position one at each of the three corn hole boards; teams with six participants will position two people at each board.
- One member of the team will start with four corn hole bags and will toss all four bags to the corn hole board to the right. Once all four bags are tossed and landed, the teammate at that board can pick up the bags and toss to the board to the right.
- Once the bags have been tossed and landed, the teammate at that board can pick up the bags and begin tossing.

- Teams will have three minutes to toss as many bags as possible.
- Teammates cannot alter or affect another teammate's toss.
- Corn hole boards will be placed 25 feet from each other in a triangle formation.
- Bags that hit the ground before landing on the board or going in the hole DO NOT COUNT

FOOTBALL THROW

Teams have one session to score as many points possible.

- A team will be comprised of four members.
- Each team member will throw a total of five footballs at the targets.
- Targets will vary in distance and size and will be allotted different point values.

FRISBEE TOSS

Teams have two minutes to score as many points as possible against the clock. Points are scored when a Frisbee is successfully caught before touching the ground and is placed in a basket.

- A team will be comprised of four members.
- Two team members will be designated as tossers and two team members will be designated as catchers.
- Each team will start with 10 Frisbees and will have two minutes to throw and catch as many Frisbees as they can—back and forth—from a distance of 10 yards.
- The catcher will be required to put the Frisbees into the basket.
- The catcher may not bat the Frisbees into the basket. It must be caught and then released into the basket.
- Frisbees that touch the ground will be eliminated from the competition.
- Participants may only throw one Frisbee at a time.

GOLF CHIP CHALLENGE

- Each team will be comprised of three members
- Each player will get three shots from 15 yards out into a chipping basket; points will be determined based where the golf ball lands - in the basket or in one of two concentric circles surrounding the basket.
- Teams must have all three members present to compete.
- If a team has less than three members, they can still compete in the event but will receive a score of ZERO for its missing team member.

LACROSSE SHOT

Teams have one session to score as many points as possible against the clock.

- Each team will be comprised of three members.
- Each player will have one minute to execute eight total attempts at the goal: two 7-yard straight-ahead shots, two 15-yard straight-ahead shots, two 10-yard shots each from a 45-degree angle from the right and the left.
- Scoring
 - Each shot will be assigned a point value (7, 5, 3).
 - The total sum of points scored by each participant will be combined to determine the team score.
 - Participants must use lacrosse hockey sticks and balls provided by the event staff.

PARALLEL PARKING CHALLENGE

- Each team will be comprised of two members consisting of one male and one female participant.
- Each participant must show a valid driver's license.
- Participants will be provided a vehicle to park.
- To be deemed successful, the vehicle must be parked inside the designated 23' X 7' parking lines using no more than three gear changes and within the 45-second time limit.
- Participants will be disqualified for any of the following infractions:
 - Hitting a cone.
 - Touching a boundary line with the tire.
 - Exceeding the permitted gear changes.
 - Exceeding the time limit.
 - Parking further than two feet from the passenger side boundary line.

SOCCER KICK

Team members have five unguarded kicks to score as many points as possible.

- Each team will be comprised of five members consisting of one male and one female participant.
- Participants will each shoot five attempts from 12 yards out at a regulation sized soccer goal. The goal will be divided into multiple sections, each section will have a different point value depending on the difficulty of the shot.
- Each participant's points will be totaled to determine the team score.
- Balls will be provided by the event staff.

SOFTBALL HOME RUN DERBY

This event is a slow pitch softball home run hitting contest. Teams have one session to score as many points possible.

- Each team is comprised of up to four members.
- Team members will bat against a pitching machine to hit home runs. A volunteer will feed the pitching machine.
- Batting: Up to three different team members will each receive 45 seconds at the plate to hit as many home runs (ball batted over the fence in fair territory) as they can.
- Fielding: Team members not at-bat have the opportunity to make a catch by fielding batted balls on a fly that do not go over the fence.
- A ball cannot be pitched until the previous pitched ball lands or is caught.
- Teams will have 20 seconds to switch positions between batters.
- Teams must use the bats and balls provided at the event; they can bring their own glove.

WAYSTAR TEAM CHALLENGE

Teams have one opportunity to race against the clock.

- Each team is comprised of four members consisting of two male and two female participants.
- All team members will be stationed at the start of the course.
- No cleats are permitted.
- The team will start by running approximately 25 yards to the first obstacle, the mouse wheel.
- After completing the mouse wheel, the team will run approximately 25 yards to the second obstacle; the plank walk.
- After completing the plank walk, the team will run approximately 25 yards to the potato sack challenge.
- After completing the potato sack challenge, the team will run approximately 25 yards to a final puzzle challenge.
- When the puzzle is completed, the time will stop.
- Scoring and determination of finish will be based on final elapsed time for all members of the team.
- THE ABOVE COMPETITIONS ARE SUBJECT TO CHANGE.

WATER BALLOON TOSS

- Each team is comprised of up to five members with a minimum of two female participants.
- Team members will be 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.
- Balloons are then passed back up the line.
- Two points are scored for every intact balloon placed in the bucket.

GOOD SPORTS EVENTS

HORSESHOE SOUTHERN INDIANA WELLNESS WALK

All team members are encouraged to participate in the wellness walk. Five bonus points will be awarded for all who finish, up to a maximum of 50 points per team. You must check-in at the table located near the start line before the walk to be awarded points.

FOOD DRIVE

Companies that choose to participate in the food drive will be awarded 50 bonus points. We ask that teams bring non-perishable food items to the information tent between 9 a.m. and noon.

PLAYING IT FORWARD

Companies that choose to participate in the sports equipment drive will be awarded 50 bonus points. The sports equipment items must be new or gently used and brought to the information tent between 9 a.m. and noon.

TEAM SELFIE

Companies can earn 10 bonus points for each selfie posted with team members, up to 50 bonus points. Photos must be shared publicly and include the hashtag #SportsinLou AND tag the Louisville Sports Commission Instagram or Twitter account (@SportsinLou).

TRILOGY HEALTH SERVICES TEAM TAILGATING CONTEST

Team members are encouraged to decorate their company team tailgating area. Teams will be judged based on creativity of design décor, themes, and overall spirit. Points will be awarded for first place (25 points), second place (15 points), and third place (10 points).

TEAM T-SHIRT CONTEST

Each team is encouraged to design t-shirts that include the company's name to wear during competition. T-shirts will be judged based on creativity of design, themes and overall spirit. Points will be awarded for first place (25 points), second place (15 points) and third place (10 points).