



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.

After the first round, game times are subject to change. If a team is not present at the start of its game, the game will be forfeited.

3x3 BASKETBALL

This event is a single-elimination, 3X3 basketball tournament.

- Teams will consist of three members; teams can carry extra players to substitute.
- Teams must always have one female participant on the court.
- Games are played on half courts.
- A regular basket is worth 1 point. A successful basket from behind the arc is worth 2 points.
- The first team to score 10 points with a 2-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 ball must be taken back behind the arc on every change of possession. Failure to take the ball back will result in a loss of possession. The shooter's feet must be behind the arc. After a score, the ball must change possession, be taken out at the top of the key beyond the arc and be "checked" by the defense before play begins.
- After all fouls or out-of-bounds occurrences, the ball is to be taken out at the "take back" line.
- No dunking allowed. Any dunking observed on a basket may result in the 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: The 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 a change of possession. If the shot is missed, the shooter receives one foul shot if the foul was committed inside the 3-point line, and two foul shots if the foul was committed outside the 3-point line and change of possession. Fouls seven and up: the 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.

4x4 SOCCER

This event is a single-elimination, 4x4 soccer tournament with no goalkeeper

- Teams will consist of four members; teams can carry extra players to substitute.
- Teams must always have one female participant on the court.
- Teams can play down players if they do not have enough for the co-ed requirement; the opposing team does not have to play down.
- Cleats, shin guards and soccer socks (covering shin guards) are suggested, but not required. No football or baseball cleats are allowed.

- Substitutions are permitted any time the ball goes out of bounds, after a goal is scored or anytime play stops.
- All games will be 12 minutes long with no halftime; there will be a continuous running clock.
- There is no offside rule.
- Fouls: Fouls and misconducts conform to FIFA regulations. The referee will explain the infraction to the offending player; the referee's decision is final – no exceptions.
- Goal Box and Violations: Players are not allowed to play the ball when it is in the goal box.
 - If a defender plays the ball while in the goal box, a penalty kick is to be taken from half field.
 - If an attacking player plays the ball in the goal box, the defending team gets a free kick that will be taken from the edge of the goal box.
 - All goal box violations are at the discretion of the referee.
- Penalty Kicks
 - A penalty kick is taken from the kick-off line and may not be contested by the other team.
 - All players on the field must stand behind the penalty kicker.
 - If the kick goes in, it is a goal. If the kick misses or hits the post, the result is a goal kick.
- Ball In and Out of Play
 - The ball must be 100 percent over the line to be out of play.
 - Balls returning to play need to be executed within four seconds unless player substitution is underway.
 - Once the ball has been placed down and the ball completely stopped, the four-second count has started.
 - Throw-In Balls: Out-of-bound balls are put into play by the opposing team at the point on the touchline where the ball was kicked out of bounds.
 - Goal Kick: A goal kick is taken by the defending team from any point on the goal line. Opponents must be four yards away from the ball.
 - Corner Kick: If the defending team touches the ball last before it crosses the goal line, the attacking team puts it into play with an indirect corner kick. Opponents must be four yards away from the ball.
 - Goals cannot be scored directly from a kick-in or goal kick.
- Tiebreaker
 - If the game is tied, the winner shall be decided by a shootout.
 - The four players on the field at the end of time will enter a rotation of penalty kicks alternating teams with each kick. These kicks will be taken from center field until one team's score is unanswered.
 - If no team scores unanswered after two complete rounds of kicks (16 kicks) the kicks will be moved to the end line.
 - The ball may be placed anywhere on the end line the kicker would like to take the kick. Kicks from the end line will happen in the same order until one team scores unanswered.

BOCCE BALL

- Teams are made up of four individuals (two males and two females)
- Bocce is played with eight large balls and one smaller target or object ball called a pallina. There are four Bocce balls per team, each made of a different color or pattern to distinguish each team's balls.
- The game is played with two teams, with each team's player throwing one ball. A throwing rotation is determined at the start of a game and is maintained throughout the entire game.
- A game begins with the toss of a coin. The team that wins the coin toss can choose to either have the first toss of the pallina or the color of the balls they will use. To start a game, the pallina is rolled or tossed by a member of the team having won the coin toss. A player can toss the pallina any distance as long as it passes the center line of the court and stays within the boundaries of the court. If the player fails to toss the ball properly into play, a member of the opposing team will toss the ball into play. If the opposing team fails to properly toss the pallina into play, the toss reverts to a member of the original team.
- The player tossing the pallina must deliver the first ball. If the ball lands outside of the boundaries of the court, that team must roll again until the first ball is put into play. Otherwise, that player steps aside and the opposing team will then deliver their balls until one of its Bocce balls is closer to the pallina or has thrown all its balls. The "nearest ball" rule governs the sequence of thrown balls. The side whose ball is closest to the pallina is called the "in" ball and the opposing side is the "out" ball. Whenever a team gets "in," it steps aside and allows the "out" team to deliver. The other team throws until it gets its ball closer (not tied) to the pallina. This continues until both teams have thrown all their Bocce balls. After both teams have exhausted all their balls, a frame is over and points are awarded. The game resumes with teams throwing from the opposite end of the court. The team that was awarded points in the previous frame begins the next frame by tossing the pallina into play.
- All balls must be thrown underhanded. A team has the option of rolling, tossing, bouncing, etc. its ball down the court provided it does not go outside the boundaries of the court or the player does not violate the foul line. The foul line is used to deliver all balls down the court with the intent of getting a ball closer to the pallina, knocking the opponent's ball

away from the pallina, or hitting the pallina so that it ends up closer to your team's ball.

- A player should not step on or over the foul line before releasing any ball. If a player steps over the foul line, the player will receive one warning. For a player who commits a second foul line infraction, the team fouled against will be awarded points as they were immediately preceding the foul and the frame will end. The team committing the foul will be awarded no points for the frame.
- Any ball that goes outside the boundaries of the court is considered a dead ball and is removed immediately from play until the end of a frame. If the pallina is knocked outside the boundaries of the court during play, the frame ends with no points awarded and a new frame is started.
- At the end of each frame, points will be awarded. Only one team scores in a frame. One point is awarded for each ball that is closer to the pallina than the closest ball of the opposing team. If the closest ball of each team is the same distance from the pallina, no points will be awarded and the pallina returns to the team that delivered it.
- Games are played to 16 points or highest score after 15 minutes; the first team reaching 16 points is the winner of a game.

WAVE 3 NEWS CORN HOLE

This event is best of three games in each match using house rules scoring, with single elimination after each match.

- The game consists of four players, two boards and eight bags.
- Teams are allowed to have up to four members with two players participating at any time; teams can carry extra players to substitute.
- Teams must have at least one female always playing.
- Subs are allowed at any time as long as play is not delayed.
- The first team to pitch is determined by a coin toss.
- Each team must stay in its designated lane the entire game.
- Bags must be tossed underhand.
- The bag must be pitched within 20 seconds of the previous bag.
- Players at each end will alternate pitching bags until the bags have been pitched.
- The team that scores the highest in the preceding inning pitches first. In case of a tie or no score, the team that pitched first in the preceding frame pitches.
- The pitcher must be behind the foul line or within the pitcher's box at the time of release.
- Fouls: A foul is defined as:
 - When a bag is pitched by a player who steps on or over the foul line before the bag is released.
 - When a bag is not pitched within the 20-second time limit.
 - When a bag is pitched from the wrong pitcher's box
 - When a bag touches the ground or any object other than the board.
 - When a bag is touching the ground and the board.
 - When a foul occurs, the bag will be moved from play immediately.
- Scoring:
 - Teams score 1 point for each bag on the board and 3 points for each bag in the hole.
 - Scoring does not cancel, every point on the board counts.
 - First team to hit or pass 21 wins the game.
 - In the case of a tie at 21 or more, teams will continue to play until one team is ahead at the end of the toss.

DODGEBALL

This event is a single-elimination dodgeball tournament.

- Each round will consist of the best of three games with each game lasting no longer than five minutes.
- Teams are allowed to have up to six members; teams can carry extra players to substitute.
- Each game begins with no more than six players and no less than four competing on a side.
- Games must begin with at least two females on the court.
- 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.
- Players that get hit by a ball will immediately be removed from the game.
- The first player who gets out will be the first player who goes back into the game if a catch is made by that player's team.
- The ball must be thrown to get someone out; the player has five seconds to throw the ball (possession of the ball will be determined by the referee and does not necessarily mean ball-in-hand). Teams have 10 seconds to pick up a dead ball and another five to throw it back across the court.

- If the ball hits a player, and then hits the ground, the person is out.
- No Head Shots: The player who is making a headshot 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.
- 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 the team will play one person down for the remainder of that game. If a player is ejected, the team must play one player down for the remainder of the match.
- If a catch is made before the ball touches 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 are 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 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 toward 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.
- Ricochet Rule: If a ball hits someone on a team and then hits another player on the same team before hitting the ground, the second player is out ONLY if he/she tried to catch the ball.
 - If the first ball is thrown, hits a player and ricochets into the air, then a second ball is thrown at the same player who catches the second ball and the first ball hits the ground after the second thrown ball is caught, the player is out. A player on the team throwing the ball comes into the game. The player who threw the second ball that is caught is out.
 - If the first ball is thrown, hits a player and ricochets into the air, then a second ball is thrown at the same player, hits him/her then the floor and the first ball is caught by a teammate, the person initially hit is 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 a player and ricochets into the air, then a second ball is thrown at the same player who catches 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. Two players from the team that caught the ball come in.
- Lines and Out of Bounds: Players are not allowed to cross the center court line at any point during the match. Players who cross the court line 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, that player will be called out; if a player on the other team is hit, that player will be allowed to stay in the game.

LAWN PONG

This event is best of three games in each match with single-elimination after each match. Teams score points by tossing basketballs into plastic storage containers set up on a grass field.

- Courts are laid out with six containers at each end in tight rows of one, two and three that form a pyramid. The front containers in each pyramid at opposite ends of the field are 20 feet apart.
- Two courts side-by-side comprise the field of play for a single match.
- Each team plays on its own court with the objective to outscore the opponent team playing simultaneously on the adjacent court.
- Each team has four basketballs total and a minimum of two players and a maximum of three players at each end of the court. Teams may carry extra players to substitute.
- Each team must have always at least two female players on the field.
- All four balls are tossed in one direction, retrieved by team members, then tossed in the other direction. Two different people must toss two balls each at each end.
- When throwing, participants must be behind the back row of containers.
- Scoring counts when a ball lands in a container on a fly or after bouncing on the ground and the ball stays in the container.
- A ball tossed into a regular container is worth 1 point. There will be one Tall Boy container in the middle of the back row at each end. A ball tossed into the Tall Boy is worth 3 points.
- When a ball successfully lands in a container, that container is eliminated from the court.
- Each game will last a maximum of two minutes.
- The first team to eliminate all containers is the winner. If neither team eliminates all containers in the allotted two minutes, the team with the most points is the winner.
- In the case of a tied game, the winner will be determined by overtime. Each team will select two people to throw two balls each at a full complement of buckets. The team that scores the most points wins. If the score is tied at the end of overtime, the round is repeated with two different team members throwing, until one team is ahead at the end of the overtime round.
- The first team to win two games wins the match.

PICKLEBALL

- Teams are made up of two individuals (one female and one male); teams can carry substitutes.
- Games will be played to 11 points, or whoever is winning after 15 minutes of play.
- A coin flip will determine who serves first.
- Serve
 - The server's arm must be moving in an upward arc when the ball is struck.
 - Paddle contact with the ball must not be made above waist level.
 - A "drop serve" is also permitted, in which case none of the above elements apply.
 - The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
 - Only one serve attempt is allowed per server.
- Serving Sequence
 - Both players on the serving doubles team can serve and score points until they commit a fault (except for the first service sequence of each new game*).
 - The first serve of each side out is made from the right/even court.
 - If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court.
 - As subsequent points are scored, the server continues switching back and forth until a fault is committed, and the first server loses the serve.
 - When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game*).
 - The second server continues serving until his team commits a fault and loses the serve to the opposing team.
 - Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team can serve and score points until their team commits two faults.
- Scoring
 - Points are scored only by the serving team.
 - When the serving team's score is even (0, 2, 4, 6, 8, 10) the player who was the first server in the game for that team will be in the right/even court when serving or receiving; when the score is odd (1, 3, 5, 7, 9) the player will be in the left/odd court when serving or receiving.
- Two-Bounce Rule
 - When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
 - After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke).
 - The two-bounce rule eliminates the serve and volley advantage and extends rallies.
- Line Calls
 - A ball contacting any part of any line, except the non-volley zone line on a serve, is considered "in."
 - A serve contacting the non-volley zone line is short and a fault.
- Non-Volley Zone
 - The non-volley zone is the court area within 7 feet on both sides of the net.
 - Volleying is prohibited within the non-volley zone.
 - It is a fault if, when volleying a ball, the player steps on the non-volley zone
 - It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
 - A player may legally be in the non-volley zone any time other than when volleying a ball.
- Faults
 - A fault is any action that stops play because of a rule violation.
 - A fault by the receiving team results in a point for the serving team.
 - A fault by the serving team results in the server's loss of serve or side out.

*At the beginning of each new game only one partner on the serving team can serve before faulting, after which the service passes to the receiving team.

RELAY RACE

- Teams are made up of four individuals (two males and two females)
- Each participant will run a 100-yard sprint (400 yards total per team)
 - The first runner will run 100 yards in one direction and then hand off the baton to the second runner,
 - The second runner will run 100 yards back toward the starting line and then hand off the baton to the third runner,

- The third runner will run 100 yards and pass off the baton to the fourth runner, and
- The fourth and final runner will receive the baton and run their team's final 100 yards towards the start/finish line.
- A participant shall not leave the starting line until their teammate has passed off the baton and they have full possession. If the baton is dropped, the runner must pick it up to continue their run. Failure to run without a baton will disqualify the team.
- The first team to have all four runners cross the finish line will advance to the next round.
- Equipment – tennis shoes or rubber cleats only, no metal spikes.

REPUBLIC BANK TUG-OF-WAR

This event is the best of three games in each match with single-elimination after each match. The winning teams will continue to advance in their division until the overall winner has been declared.

- Teams will have a minimum of four/maximum of six players tug at one time with a regulation rope; teams can carry extra players to substitute; no substitutions after weigh-in.
- The combined weight of people tugging cannot exceed 1,100 lbs.
- 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; 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.
- Only polyurethane working gloves are acceptable. Click [HERE](#) for an example of gloves that can be used.
- No sticky 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 is 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.
- Before the beginning of the pull, no participant may "dig in" to the ground.
- A minimum of five minutes' rest between tugs will be permitted.

NORTON HEALTHCARE VOLLEYBALL

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

- Teams will consist of six members; teams can carry extra players to substitute.
- A minimum of two female players must be always on the field.
- A coin toss 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.
- The 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.
- A minimum of two female players must be on the field at all times.
- Each team has 60 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.

DISC GOLF

Teams have one session to score as many points as possible.

- The team will be comprised of four members.
- At least two team members must be female.
- Each team member will have five throws to score as many points as possible throwing discs at the baskets.
- Targets will vary in distance and size and will be allotted different point values.

FOOTBALL THROW

Teams have one session to score as many points as possible.

- A team will be comprised of four members.
- At least two team members must be female.
- 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.

- Teams will be comprised of four members.
- At least two team members must be female.
- 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 possible—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

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

LACROSSE SHOT

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

- Teams will be comprised of three members.
- At least one team member must be female.
- Each player will have 45 seconds to execute eight total attempts at the goal: two 7-yard straight-ahead shots, two 15-yard straight-ahead shots, and two 10-yard shots each from a 45-degree angle from the right and the left.

WATER BALLOON TOSS

- Each team is comprised of up to five members.
- At least two team members must be female.
- 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

CAESARS 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. Team members 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 25 bonus points. Please do not bring food items to the event site; someone from the LSC team will come to your place of business in the week following the Corporate Games to collect your food items. Just take a photo of what you've collected and show it to the volunteer at team check-in.

PLAYING IT FORWARD

Companies that choose to participate in the sports equipment drive will be awarded 25 bonus points. Donations help change the lives of young people and earn 25 bonus points for your team. Please do not bring the equipment to the event site; someone from the LSC team will come to your place of business in the week following the Corporate Games to collect these items. Just take a photo of what was collected and show it to the volunteer at team check-in.

TEAM SELFIE

Companies can earn 5 bonus points for each selfie posted with team members, up to 25 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. In 2024, companies are encouraged to decorate using a TEAM USA theme in support of the 2024 Summer Olympics. 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. In 2023, companies are encouraged to design their T-shirts using a Team USA theme in support of the 2024 Summer Olympics. Points will be awarded for first place (25 points), second place (15 points) and third place (10 points).