



# READY. SET. GAMES.



The **Louisville Sports Commission Corporate Games presented by Humana** is a community-wide event that brings together employees from Louisville-area businesses for a day of friendly competition and 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, June 1, 2024  
**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, or if your company is interested in receiving recognition through [sponsorships](#), please 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 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 17 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. Teams can earn additional points by participating in the Good Sport Activities. Those who want more action or to get moving in a non-competitive environment can try their skills at the ProFormance Pro Football Combine Simulator.

### BRACKETED\*

ESPN Louisville 3x3 Basketball  
4x4 Soccer  
The Rawlings Group Corn Hole  
Bocce Ball  
WAVE 3 Dodgeball  
Lawn Pong  
Pickleball  
Relay Race  
Republic Bank Tug-of-War  
Norton Healthcare Volleyball

### COMPETITIVE

Basketball Shootout  
Disc Golf  
Football Throw  
Frisbee Toss  
Golf Chip Challenge  
Lacrosse Shot  
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

*\*Companies can enter teams into eight of the 10 bracketed events.*



## COMPANY SIZE DETERMINES ENTRY FEE

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

### 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. *NOTE: Companies can enter teams into eight of the 10 bracketed events.*

3  
Participants

#### ESPN Louisville 3x3 Basketball Tournament

Single-elimination tournament. Games go to 10 points with a 2-point advantage with a 15-minute time limit. Each team must have one female participant on the court at all times. Teams can carry extra players to substitute.

4  
Participants

#### 4x4 Soccer Tournament

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

4  
Participants

#### The Rawlings Group Corn Hole

Single-elimination corn hole tournament. Each round is best of three games. Teams are allowed to have up to four members with two players participating at any time. Each team must have at least one female on the field. Subs are allowed at any time as long as play is not delayed. Teams can carry extra players to substitute.

4  
Participants

#### Bocce Ball

Single-elimination tournament. Games are played to 16 points. Teams are made up of two males and two females. Each teammate gets one ball and throws at the pallina ball, alternating throws between teams. At the end of each frame, points will be awarded. Only one team scores in a frame. Teams can carry extra players to substitute.

6  
Participants

#### WAVE 3 Dodgeball Tournament

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

4-6  
Participants

#### Lawn Pong

Participants try to land basketballs in six large buckets at a distance of 20 feet. Teams go head-to-head in a single-elimination tournament; each match is best of three games with a two-minute time limit on each game. The first team to eliminate all its buckets wins the game; if no team eliminates all buckets, the team with the most points at the end of two minutes wins the game. Two courts side-by-side comprise the field of play. Each team must field at least four players and no more than six players with at least two female players. Teams can carry extra players to substitute.

2  
Participants

#### Pickleball

Single-elimination tournament. Games will be played to 11 points or a 15-minute time limit, whichever comes first. Operating under USA Pickleball rules. Each team must have one female and one male participant on the court at all times. Teams can carry extra players to substitute.

4  
Participants

#### Relay Race

Single-elimination tournament. Runners will each run 100 yards, four runners per team, for a total of 400 yards. Runners will pass off a baton to their teammate before they start their 100-yard run. First team that has all four runners cross the finish line wins. Each team must have two males and two females running. Teams can carry extra players to substitute.

4-6  
Participants

#### Republic Bank Tug-of-War

Single-elimination tug-of-war tournament. Each round is best of three games. A minimum of four / maximum of 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; no substitutions after weigh-in. Combined weight of people tugging cannot exceed 1,100 lbs.



6

Participants

### **Norton Healthcare Volleyball**

Single-elimination volleyball tournament. 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 field. 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 with one ball 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. At least two team members must be female.

4

Participants

### **Disc Golf**

Each participant on the team will have five throws to score as many points possible throwing discs at the baskets from various pre-determined distances. A participant may throw the disc at any of the baskets. Points are added for the team score. At least two team members must be female.

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. At least two team members must be female.

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. At least two team members must be female.

3

Participants

### **Golf Chip Challenge**

Each participant will get five shots from 15 yards to hit a golf ball into a chipping basket. 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. At least one member must be female.

3

Participants

### **Lacrosse Shot**

Each participant will have 45 seconds 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. At least one team member must be female.

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; two points are scored for every intact balloon placed back in a bucket. At least two team members must be female.

It is recommended that participants arrive by 8 a.m. so they have time to meet up with their team members when the Corporate Games kick off 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. Companies are awarded five bonus points for every participant with a maximum of 50 points.

NOTE: All events must have at least one male and one female participant unless otherwise noted. 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 in marginalized areas of our community. Your company also can earn bonus points toward the team standings.

### **Food Drive**

Help us gather food to donate to local food banks by collecting 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 new sporting equipment or equipment your family has outgrown. This equipment will be distributed to kids in Louisville's marginalized neighborhoods. You can help change the lives of young people and earn 25 bonus points to increase your overall team score.

### **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. In 2024, teams are encouraged to decorate their team tailgating area using a Team USA theme to support the 2024 Summer Olympics. 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. In 2024, teams are encouraged to design their t-shirts using a Team USA theme to support the 2024 Summer Olympics. Judges determine winner; points awarded as follows: 1st place = 25 points; 2nd place = 15 points; and 3rd place = 10 points.

## **YMCA FAMILY FUN ZONE**

The YMCA Family Fun Zone is three hours of non-stop activity under the watchful eyes of YMCA staff. Kids can enjoy plenty of physical activity and play, games, inflatables and more.

## **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. The top four male and female participants in the Sled Push/Pull and Muscular Strength and Endurance events will come together at the end of the day in a battle for winner-take-all bragging rights. Plus, you can earn 5 points for each team member who completes all of the following with a maximum of 25 bonus points per team.

- Vertical Jump. The vertical jump is all about lower-body explosion and power. You will stand flat-footed and leap toward the sky for the vertical jump measurement.
- Standing Broad Jump. This activity tests your lower-body explosion and lower-body strength. You will begin with a balanced stance and then jump ahead as far as possible from a standing start.
- 20-Yard Sled Push & Pull. Sled pushes may be among the most dreaded exercises in training facilities and can really get your heart rate up and challenge your mental fortitude. You will be timed by hand on stopwatches.
- Shuttle Run. This classic drill tests your lateral quickness and explosion in short distances of five to 10 yards. Be prepared to stay low and move your feet. You 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



A Louisville Active Initiative