

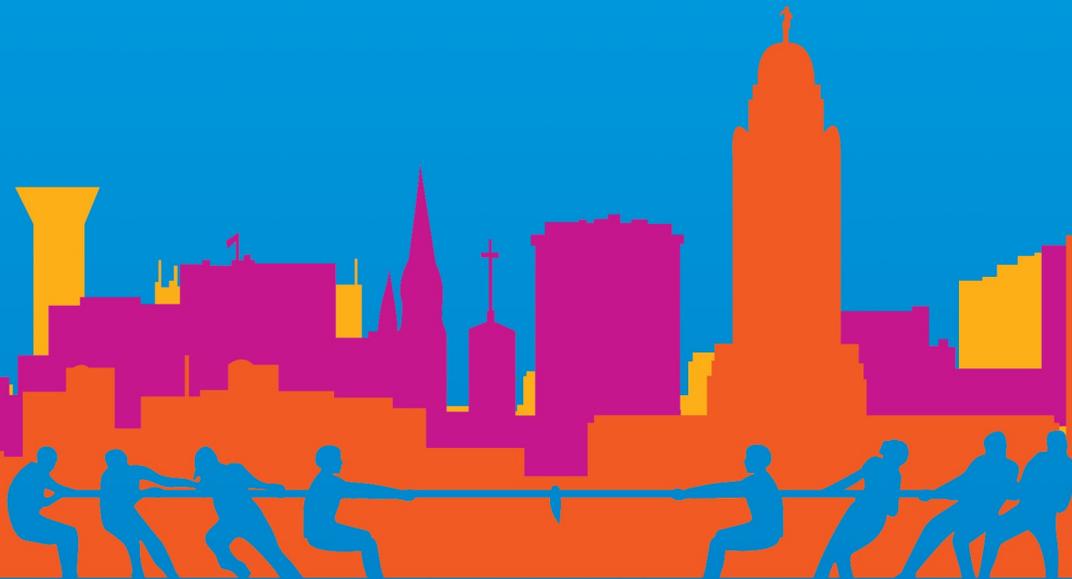


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



1ST ANNUAL COPPLE FAMILY YMCA

COMMUNITY CUP CHALLENGE



FRIDAY, MAY 10, 2019

10:00am-1:00pm

\$250 per team

ymcalincoln.org

WHY SUPPORT THE COPPLE FAMILY Y COMMUNITY CUP CHALLENGE

- Support a local non-profit organization that truly makes Lincoln and our surrounding communities a better place to live.
- Promote health and wellness in our community.
- Foster fellowship and community pride through friendly competition.

To assure these goals, measures have been taken to guarantee a positive experience for all teams and participants. General rules governing the Community Cup Challenge are as follows:

ELIGIBILITY

- Team members must be at least 18 years old.
- All team members must sign a Community Cup Challenge waiver prior to competing and using YMCA facilities. This is due as soon as team members are confirmed and team registration fee is received.
- The Community Cup Challenge Executive Committee reserves the right to review all team entries relative to eligibility. Violation of the eligibility rules will result in team disqualification from the Community Cup Challenge.

YOUR TEAM BENEFITS FOR PARTICIPATING

- Promote health and wellness in the community.
- Support a community non-profit that makes a difference in Lincoln. Because at the Y, strengthening community is our cause. We believe that positive, lasting personal change can only come about when we all work together to invest in our kids, our health and our neighbors.
- Your participation fuels community projects and improves the lives of kids and families across the areas we serve.

WHAT A TEAM LOOKS LIKE

TEAM COMPOSITION

1. A team shall consist of 4 to 8 (minimum of 2 female) members.
2. Teams must have identifying uniforms that include, at minimum, matching T-shirts. Teams (all participants) who dress in a themed costumes will receive a 30 second deduction on your final time.
3. Final team event sheet is due by the specified date. Please type or print all information. Teams will be ineligible to compete if a final team event sheet has not been submitted before event day.
4. Each team member must compete in at least three events, but no more than six events (if team is limited to only four female team members each female may compete in up to seven events).

SUBSTITUTIONS AND SCRATCHES

The use of substitutes is intended to make participation possible in the event of illness, injury or no-show on the part of a team member. It is not intended to be abused in order to gain some misguided advantage (Refer to rule #2 of eligibility).

1. Teams may substitute only with those individuals listed on their final roster as a team member. Minimum female ratios must be observed.
2. A substitute must not be used for more than four events. (See rule #4 under team composition). A violation of this rule will result in disqualification from the event in which the substitute is used. The (6) event maximum must always be observed.
3. All substitutes must be declared to your designated concierge at least 10 minutes before the start of the event.
4. Teams or individual team members are allowed to scratch from any event prior to the start of the competition, but the right to score points is forfeited.
5. The same team members who qualify must also participate in succeeding rounds or heats. In the case of a serious injury, the Community Cup Challenge officials may allow a substitute. Decisions of the Community Cup Challenge Executive Committee are final and should be cheerfully embraced by all.
6. Teams shall be limited to one (1) protest during the competition.

TEAM VILLAGE

A Team Village will be set up near the Community Cup Challenge Headquarters on the lawn.

- 20'x 20' areas will be outlined and are available to teams on a first come, first serve basis.
- Teams may erect tents in their spots.
- Teams may not claim their spots until 9am the morning of the event.
- To claim your space, teams must post, create or set up something that clearly identifies your team. You can use a tent if you would like.

FOOD AND DRINK

- Our intent is to provide food and drinks for all registered competing participants.
- You are more than welcome to bring food and drink into your tent area.
- Tailgating is encouraged—just remember **NO ALCOHOLIC** beverages as we are on Y and school property.

SPECTATORS

- Spectators are encouraged!
- Please note that we cannot provide food and drink for everyone in attendance.
- Ask family members, friends, etc., to use the food truck area.

SCORING, AWARDS, PROTESTS & RULE CHANGES

SCORING

1. The objective is to be the team with the lowest amount of accumulated time (think Golf and their scoring method).
2. Some of the events will be timed, some of the events will have a time reduction opportunity and some events will have a performance point value that equates to added total team time.
3. If a team is disqualified by a referee from any event, the team will suffer a 2 minute penalty from the slowest completed time. For example, if team "YMCA" had the slowest time completing the Obstacle Course at 5:45, the disqualified team would have a time of 7:45.
4. Teams may purchase up to **4 minutes of total time deductions (think mulligans)**. Time deductions can be purchased in 30 second increments. Must be purchased and used on any event prior to the final Tug-a-War. If not used prior to Tug-a-war, seconds will be forfeited. Time deductions **MUST** be given to the event referee of the specific event you are wanting to use them on prior to your team beginning the event. Referee's will **NOT** accept them after you start participation.

AWARDS

Winner of the Community Cup

1st Runner-up Trophy
2nd Runner-up Trophy

1st Place Overall - Community Cup Champion

2nd Place Overall
3rd Place Overall

Community Cup Challenge Shirt

All Participants

PROTESTS

1. Protests affecting the eligibility of any team member to compete shall be made in writing to the Community Cup Challenge Executive Committee.
2. Protests are to be made to the Executive Committee in the following manner:
 - A). If there is only one heat or round, the protest must be submitted in writing within 20 minutes after the event in which the alleged infraction occurred.
 - B). If there is more than one heat being run, the Team Captain must register the complaint with the official prior to the start of the next heat of the same event. A written follow-up must be completed by the Team Captain and submitted to the Executive Committee within 20 minutes after the event in which the alleged infraction occurred.

RULE CHANGES

Rule changes will only be considered if they eliminate an unfair situation or encourage participation. A rule change must be approved by the Community Cup Challenge Executive Committee. The Community Cup Challenge Executive Committee reserves the right to change the rules of an event as needed.

GENERAL RULES

- Decorations (if any) must be safe and comfortable for use in competitive events.
- All apparel must be in good taste and appropriate for a wholesome atmosphere.
- On event day, expect to utilize the Y's facilities inside and out. We proudly host each event in historically meaningful locations such as the Y's gymnasium where both Basketball and Volleyball were invented.
- We will also utilize the Y's pool, where the Y is the world's largest and longest running provider of organized swim lessons.
- This year the Community Cup Challenge Committee approves at minimum of 10 events for the Community Cup Challenge. We plan for this to be an annual event. Each year some events will be completely new, many events may have rule changes and all events will feel fresh due to slight tweaks or modifications.
- Events are subject to change without notice.
- Visit www.ymcalincoln.org for more information on programming offered by your YMCA of Lincoln.

EVENT LIST & ITEMS NEEDED

Event Name	Number of Competitors Needed	Minimum Number of Females Required	Gloves Recommended	Change of Clothing	Senses/Part of Body Restricted	You Could Get Wet
Rat Race Relay	4	2			X	
Stability Ball Volleyball	6	2				
Hungry, Hungry Humans	4	1				
Boat Race	5	2		X		X
Punt, Pass, Kick	4	1				
Sod Surfing	4	1				
Cash Grab	4	1			X	
Basketball Skills Challenge	6	2				
Clue/Word Jumble	5	1			X	
Tug of War	8	2	X			
Obstacle Course Relay	4	1	X	X	X	X
Three Legged Maze Relay	4	1			X	
Trike Race	4	1				

COMMUNITY CUP CHALLENGE STAFF DESCRIPTIONS

COMMUNITY CUP CHALLENGE COMMITTEE

Head honchos of the Community Cup Challenge. Their presence is felt throughout the day, as the fun that radiates from your team exponentially increases during the Community Cup Challenge. Each member has mastered a specific duty and is responsible for optimizing every team's experience. The Community Cup Challenge Committee is doing their job when you don't seem to notice them.

CONCIERGE

Acts as a liaison between the competing Community team and the Y. Every team has a concierge. If anyone from the team has any questions about the Community Cup Challenge, events, itinerary or life in general, your concierge is the first person to ask for guidance. Each concierge will be well versed on the general rules, event rules and site layout. Your concierge is there to keep your team on track, pumped and ready to compete at all times. Should you have any issues, ask your concierge to reach the appropriate Community Cup Challenge Committee member.

REFEREES

Responsible for ensuring all event rules are being obeyed. They will ensure all decisions are fair and unbiased across all competing teams. If you have any specific questions about the rules, the referee will be happy to clarify. They are not there to be warm and fuzzy like your concierge, they are there to enforce the rules.

MASTER SCORE KEEPER

Answers the age old question: "What place are we in?". They collect results from referees and input results as quickly as possible. Their objective is to regularly update every concierge and the Community Cup Challenge Leader Board in real time.

HYDRATION & FIRST AID STATION

Run by volunteers who are the bearer of food and beverage. At each hydration station you can get your share of water and fruit during the Community Cup Challenge. Hydration & First Aid station will be located inside and outside the building, ask your concierge to direct you to the nearest one. Please keep in mind water and fruit are limited to competing participants only.

OTHER IMPORTANT DETAILS

FIRST AID

Found at the Hydration Stations—we will have one location inside the building and one outside. A first aid kit is also located inside the building at the Front Desk. Please inform your Concierge if first aid or emergency medical help is necessary.

RESTROOMS

Found in the adult locker rooms leading to the pools, across from the gymnasium as well as by the vending machines on the main floor. Please ask your concierge to direct you to the nearest one.

COMMUNITY CUP CHALLENGE LEADER BOARD

Located next to the Community Cup Challenge near the Team Village. This is also where the opening and closing ceremonies are held.

CAPTAIN'S MEETING

Held at the Copple Family Y on **Thursday, May 9 at 6:00pm**. "Team Participant Roster and Waiver" forms are required to be signed by each participant. Important information will be shared with team captains regarding the Community Cup Challenge including distribution of event schedules and event rules.

LIST OF EVENTS

***EVENT RULES ARE SUBJECT TO CHANGE ON EVENT DAY WITHOUT PRIOR NOTICE**

Location of the Event *subject to change if inclement weather

RED: INSIDE

ORANGE: POOL

PURPLE: OUTSIDE

- **BASKETBALL SKILLS CHALLENGE**
- **CASH GRAB**
- **CLUE**
- **SCOOTER RACE**
- **OBSTACLE COURSE RELAY**
- **Punt, Pass & Kick**
- **RAT RACE RELAY**
- **BOAT RACE**
- **SOD SURFING**
- **STABILITY VOLLEYBALL**
- **THREE LEGED MAZE RELAY**
- **HUNGRY HUNGRY HUMANS**
- **TUG OF WAR**

Overall rule:

Cleats may not be worn in any event.

BASKETBALL SKILLS CHALLENGE

Competitors Required: 6 (Females Required: 2)

(Competitors must use the supplied YMCA balls)

1. Each team member will be standing in a predetermined location on the court.
2. Three team members will be passing simultaneously while three team members will be shooting simultaneously.
3. The three passing teammates must successfully dribble through their legs twice (back and forth) from a split stance before successfully bounce passing through a hula-hoop to their shooting teammate.
4. The shooting teammate may only shoot a successfully passed ball from their predetermined location. Shooting teammate may dribble once before shot attempt.
5. Each basket made will reduce the team's total time by 5 seconds. Additionally, with each basket made, the roles will reverse with their partner. The passer becomes the shooter and the shooter becomes the passer. This sequence will continue for the duration of the event.
6. You will have 5 minutes on the clock.
7. Multiple balls may be in play at once but each team will be limited to 6 balls each. All teammates are responsible for recuperating loose balls.

CASH GRAB

Competitors Required: 4 (Females Required: 1)

1. One competitor from each team will compete head-to-head at a time.
2. Each competitor will be back-to-back in the center of the cube blind folded.
3. When the clock starts, each competitor will attempt to grab as many "Y-Bucks" as possible.
4. Competitors may not physically impede each other while attempting to grab "Y-Bucks".
5. Competitors may not grab any "Y-Bucks" from the ground.
6. Every teammate will have 60 seconds to collect as many "Y-Bucks" as possible.
7. Each "Y-Buck" is equivalent to a 1 second total team time reduction.

CLUE

Competitors Required: 5 (Females Required: 1)

1. Five team members will be blindfolded and receive a letter of the alphabet. One team member will be randomly selected to receive two letters.
2. A clue will be given to a six letter word that your team can spell using those letters.
3. The object is to swap those letters amongst yourselves until you spell the word that fits the clue.
4. Each word spelled will result in a 10 second deduction to the team's total time. A 30 second penalty will be applied per answer given by a non-participating team member.
5. Once a word is spelled, your team will then receive new letters. A new clue will then be given to spell a new word.
6. Words may not be skipped to advance.
7. You will have three minutes on the clock.

You will then rotate in four new team members and repeat steps 1-7.

SCOOTER RACE

Competitors Required: 4(Females Required: 1)

1. Scooters will be provided. Riders must remain seated on the scooter and all wheels must be on the ground at all times. Riders must stay in the racing lane throughout the entire duration. If not, your time will receive a time addition.
2. The first rider will race their scooter to the first exchange zone, carefully get off the scooter and run around the scooter once.
3. Once the first rider has successfully gone around their scooter, they can pass the scooter off the next rider.
4. There will be four legs to complete the race. Teams will be competing against other teams in their heat but the team that completes this in the fastest amount of time will win the event.

OBSTACLE COURSE RELAY

Competitors Required: 4 (Females Required: 1)

1. Each team is made up of two pairs of team members, two of who will be blindfolded at a time.
2. All team members will assist each other in getting through an obstacle course twice. Once all four team members exit the obstacle course the second pair of team members take the blindfolds and put them on, before progressing back to the start.
3. Two team members will be blindfolded each time you go through the obstacle course.
4. Team members, at no time, may progress forward without having the blindfolds secured. Should the blindfold come undone, the team members must stop and secure their blindfold before progressing forward. Should the blindfold break, the team will be disqualified and suffer a two-minute penalty from the slowest completed team time.
5. The clock stops when all team members cross the finish line. Failure of a team unable to complete the obstacle course in 10 minutes will be asked to move on to the next event.

PUNT, PASS, KICK

Competitors Required: 4 (Females Required: 1)

1. Each team member will be allowed two punts, two passes and two placekicks from the goal line.
2. Scoring will be determined by where a team member's punt/pass/kick first makes contact with the ground. Bounces or rolls do not add to the distance. All attempts must land inside the sidelines of the playing field. Balls that first touch on or outside the sidelines will result in a time value of "Zone 1". Scores from each team member's best punt/pass/kick attempt will be totaled to determine final score.

Zone to Time Equivalent:

Zone 1 = 2 minutes

Zone 2 = 1.5 minutes

Zone 3 = 1 minute

Zone 4 = 0.5 minutes

Zone 5 = no time added

3. **PENALTY:** If a team member goes over the line prior to releasing or making contact with the ball, they will be penalized by reducing the distance by 1 Zone. The only exception is kicking, where the team member may go over the line without penalty, provided the tee is placed behind the line.
4. **MISSED ATTEMPT:** If a team member tries to punt/pass/kick and misses the ball completely, the team member will not be penalized and another attempt is allowed.

RAT RACE RELAY

Competitors Required: 4 (Females Required: 2)

1. Relay lanes are outlined on the field. All team members will participate in all four unique legs. Each leg may only begin once all four team members cross the finish line.
2. The clock will start on the referee's whistle.
3. The first leg will begin with all four team members interlocked at the elbow. All team members must remain interlocked at the elbows at all times including the turn. Upon crossing the finish line, team members may release elbows and begin the next leg.
4. The second leg will be a "blindfold run". The team will be positioned behind one another while placing both hands on their teammate's shoulders or hips. The three team members must remain blindfolded the entire distance. The fourth teammate will be positioned in the back and must guide the blindfolded teammates. Upon crossing the finish line, team members may remove their blindfolds and begin the next leg.
5. The third leg will be a "wrist" run. All team members must run in unison while facing each other and maintaining grip of each other's right wrists. The team members must maintain their grip the entire distance. Upon all team members crossing the finish line, the last leg may begin.
6. The fourth leg will be the "hula-hoop" run. One team member will be inside the hula-hoop, while the other team members hold onto the hula-hoop with both hands. The runner in the middle may not touch the hula-hoop at any point. The three team members may not release the hula-hoop at any point with either hand. Upon all team members crossing the finish line, there will be a team mental challenge.
7. The clock stops when the team completes the mental challenge.
8. A 5 second freeze penalty will be enforced for each infraction occurred.

BOAT RACE

Competitors Required: 5 (Females Required: 2)

1. Boats will be provided along with paddles. Boats must remain in their respective lap lane at all times. Paddles need to be used for their purpose. If not, team will be disqualified from the event and receive a 3 minute time addition.
2. First player will paddle their boat down their respective lap lane, turn and return back to the start point.
3. The first and second player will then switch out and the second player will repeat step number 2.

SOD SURFING

Competitors Required: 4 (Females Required: 1)

1. The race will begin with competitors lined up and standing on a pair of "sod surfers" (which resemble long water skis).
2. Each teammate will hold on to ropes, which extend from each sod surfer and allow them to pull the "sod surfer" tightly against their feet. (as illustrated)
3. The object is to move as a team by walking in unison and keeping the "sod surfer" in constant contact with your feet by maintaining constant tension on the pull ropes. Teams will complete one entire lap by turning around a cone at the halfway point and returning to the start/finish line.

4. The course will be approximately 30 yards long.



5. Teamwork is crucial!
6. Knocking over the cone will result in a 60 second penalty.
7. The clock will start on the referee's whistle.
8. The clock stops once the "sod surfer" completely clears the finish line. Failure of a team unable to complete the obstacle course in 10 minutes will be asked to move on to the next event.



RECOMMENDATION FOR THIS EVENT

STABILITY VOLLEYBALL

Competitors Required: 6 (Females Required: 2)

1. Game is played with two equal teams of six, one team on each side of the net. Three team members in the front row and three in the back row.
2. Play begins with team member underhand tossing the volleyball towards their server in order for the server to hit the volleyball over the net using the stability ball from the back right corner behind the end line. If the server's foot crosses the end line it is considered a foot fault resulting in a change of possession and a point for the opposing team.
3. Each team may only have three contacts with the ball. No team member may make contact with the ball twice in succession and the ball cannot be caught or thrown over the net.
4. The point winning team gains the next serve.
5. The ceiling is considered out of bounds.
6. After every serve, the serving team must rotate clockwise one position.
7. The volleyball may only make contact with the stability ball.
8. Game will be divided into two four-minute sets.
9. Points will only be awarded to the serving team. Each point awarded will result in a 10 second deduction from total team time.

THREE LEGGED MAZE RELAY

Competitors Required: 4 (Females Required: 1)

1. No team is allowed to examine the maze ahead of time; a strict forfeit rule will be in place for teams who break this rule.
2. Non-participating team members will not be allowed to shout direction but they are encouraged to cheer. If the referee hears directional insight from a non-participating team member, a 30 second penalty will be enforced for each occurrence.
3. Each team will start in pairs on opposite ends of the maze.
4. Both pairs of teammates will be strapped by the ankle and wrist and all will start off blindfolded to maximize the difficulty. A baton will be held by the bound hands.
5. At the sound of the whistle, the first pair of teammates will take their blindfolds off; the objective is to reach your second pair of teammates on the opposite end of the maze.
6. Once the first pair of teammates passes the baton to the second pair of teammates, the second pair of teammates may remove their blindfolds and reach the opposite end of the maze to complete the relay.
7. Both teams must actively clear the way for their opponents when passing beside one another.
8. A 30 second penalty will be enforced each time the baton is dropped.
9. The clock stops once the second pair of teammates completely clears the finish line. Failure of a team unable to complete the maze in 10 minutes will be asked to move on to the next event.

HUNGRY, HUNGRY HUMANS

Competitors Required: 4 (Females Required: 1)

1. Each round will last two minutes. Each team will start in their corner behind the tape line. One player will lay down on the scooter holding the basket and act as the hippos mouth to try and drag back as many balls as they can. The player on the scooter must wear a helmet. Another player on that same team will push and pull the player laying on the scooter by their legs to help them get the balls.

2.They will push their teammate on their scooter in a straight line to the middle of the gym (to the x in the middle of the floor), then pull that player back to their starting corner.

3. Once you are back to your corner you mush SWITCH people, and start with a new person on the scooter and a new person to push and pull them.

4. You may ONLY use the basket to gather the balls, no hands or arms may be used to gather the balls. At the end of the two minute mark count up the balls that your team "chomped" or gathers as hungry hippos.

5. Each two minute round you rotate stations so each team will play at all 4 stations over the period of the game.

TUG OF WAR

Competitors Required: 8 (Females Required: 2)

*Teams may have fewer than 8 members as long as the male/female ratio is maintained

1. Competition will consist of a single-elimination format.
2. The rope will be 1 inch in diameter, 75 feet long and marked in the center.
3. The field will be marked five yards on either side of the centerline, competitors cannot wrap the rope around their hands or bodies and spikes or cleats are not allowed.
4. One person from each team is required to signal to the referee when their team is ready to start the pull.
5. Referee blows the whistle and the object is to pull the opposing team so that the center crosses the plane of the line on your side of the centerline.
6. The Referee will indicate when the match is over and declare the winner.
7. There will be a two-minute time limit for appearance of a late team. Failure to be present will result in forfeiture of the event.
8. The side from which teams will pull will be decided by the highest ranked team. If tug of war match lasts two minutes, the match will be momentarily paused while the referee removes the "anchor" or last person on the rope. This is not a rest; it is a momentary paused so that the last person can be removed quickly and safely. Match restarts on the referee's signal. This pattern is continued until a winner is declared.

TUG OF WAR

Ranking to Time Equivalent

1st Place	No time added
2nd Place	1 minute
3rd Place	1 minute 15 seconds
4th Place	1 minute 30 seconds
5th Place	1 minute 45 seconds
6th Place	2 minutes
7th Place	2 minutes 15 seconds
8th Place	2 minutes 30 seconds
9th Place	2 minutes 45 seconds
10th Place or lesser	3 minutes



RECOMMENDED FOR THIS EVENT

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