



game day rules

WATER SHOOTOUT

sponsored by:



DELTA

- **materials needed:**
 - 3 cups – with each cup filled halfway with water
 - 3+ ping pong balls or a similar alternative approved by team guide (ex. ball of tinfoil) (no limit on # of balls)
- **teams:**
 - teams will consist of 8 participants. For teams under 8 people, participants will have to do more than 1 turn, participants cannot do back to back turns.
- **competition format:**
 - participants will vertically line up 3 cups in a row at the end of a table (shown in picture below) the space between each cup will be 1 index finger in length
 - each participant will stand at the end of the table, opposite their cups. the participant must be 6 feet away from the closest cup when shooting.
 - each participant's Zoom camera must be set up so that it shows them and the cups in the same frame.
 - each participant will have 10 chances to throw a ping pong ball into a cup.
 - each ball scored in a cup is worth 1 point.
 - participants will go one at a time and the team guide will tally their score.
 - the total points of all participants will be the team total.
- **point system:**
 - the team with the highest total points will come in first place and get 80 points – second place will get 79 points - third place will get 78 points and so on... - the last place team will receive 1 point



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STEPS CHALLENGE

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- materials needed:
 - a device that can track steps
- teams:
 - all team members will participate.
 - no maximum, but a minimum of 8 people must participate
- competition format:
 - participants will track their steps with a smartphone app, pedometer or fitness watch on June 22, 2020
 - participants must have the ability to screenshot or take a photo of their steps on competition day. they will send this photo to their team captain
 - *** the team captain must submit all the evidence of steps in one document and email to corporatocup@chtrust.org by 5:00pm on June 22nd**
 - the team with the highest average number of steps will come in first place
- point system:
 - the first place team will get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point



new balance

**need some good tunes to listen to while getting your steps in?
on Spotify, follow the Corporate Cup**

[New Balance Game Day Playlist! \(linked here\)](#)

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ABC AEROBICS

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- **materials needed:**
 - Zoom on a laptop/computer or a mobile device
- **teams:**
 - all team members will participate – maximum of 20 people
 - for teams under 20 people – participants will have to do more than 1 letter
 - participants cannot do back to back letters
- **competition format:**
 - participants will complete the phrase “*Compete. Have Fun. Do Good.*”
 - each letter corresponds to an athletic task – the participant will have to complete the task associated with their letter, one at a time, in the correct order of the phrase

C = 20 burpees
O = 10 jumping jacks
M = 15 push-ups
P = 20 sit-ups
E = 10 lunges
T = 15 body weight squats
E = 10 lunges

H = 30 high knees
A = 20 butt kicks
V = 10 v-ups
E = 10 lunges
F = 10 star jumps
U = 10 push up
N = 15 burpees

D = 20 mountain climbers
O = 10 jumping jacks
G = 10 jump squats
O = 10 jumping jacks
O = 10 jumping jacks
D = 20 mountain climbers

- each participant’s Zoom camera must be set up so that it shows them doing the exercise
 - team guide will time how long it takes for the team to complete the phrase
- **point system:**
 - the team with the fastest time will come in first place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point



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MENTAL GYMNASTICS

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**WELLS
FARGO**

- **materials needed:**
 - Zoom on a laptop/computer
 - Kahoot website or app on a mobile device — participants must download the app if they have not already done so
- **teams:**
 - all team will participate
 - minimum of 5 participants, with no maximum
- **competition format:**
 - the team guide will share their screen with all participants on a Zoom call
 - participants will open the Kahoot app on their mobile device, select the button "enter pin" and input the pin # shared from the team guide's screen
 - the team guide will run through a 25 question trivia presentation on the Kahoot website/app.
all participants will compete individually - scores are based on how fast a correct answer is chosen
 - the total points of the top 5 finishers at the end of the game will be added together to make their team score
- **point system:**
 - the team with the highest total team score will come in First place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point



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MINUTE TO FIND IT

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Investment Management

- **materials needed:**
 - Zoom on a laptop/computer or a mobile device
 - random household items
- **teams:**
 - all team members will participate
 - no minimum, with a maximum of 20 participants
- **competition format:**
 - the team guide will read off 20 different items, one at a time
 - the clock will start once the team guide says the item
 - everyone on the team will search their home/office for the specific item and bring it back to their computer
 - the computer must stay in place while participants are searching for the item
 - the clock will stop once the first person brings back the item and the team guide will record the time.
 - each team will have 60 seconds to retrieve the item - if no one on the team can retrieve the item in 60 seconds, the round total is 60 seconds
 - the total time for all 20 items to be found will be the team's final time
- **point system:**
 - the team with the lowest overall time will come in first place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point



game day rules

FREEZE! LIKE A TREE

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Cannistraro

- **materials needed:**
 - Zoom on a laptop/computer or a mobile device
- **teams:**
 - all team members will participate
 - a minimum of 8 participants, with a maximum of 20 participants
- **competition format:**
 - participants will hold a tree pose for as long as they can while being timed.
 - a tree pose is holding the base of one foot on the opposite inner thigh or calf to balance on one foot (*shown in picture below*)



- ** for safety, please keep your foot above or below your knee*
 - Participants cannot touch or lean on anything
 - if their foot comes off of their knee, the participant will be ruled out by the team guide.
 - the team will continue to be timed until there are only 3 participants remaining, upon which the team's time will be recorded.
- **point system:**
 - first place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point



game day rules

FLIP CUP RELAY

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- **materials needed:**
 - Zoom on a laptop/computer or a mobile device
 - 1 empty plastic cup
- **teams:**
 - teams will consist of 20 participants – for teams under 20 people, participants will have to do more than 1 turn – participants cannot do back to back turns
- **competition format:**
 - each participant will put 1 plastic cup towards the edge of a table with the bottom of the cup slightly hanging over the edge (*shown in the picture below*)



- each participant's Zoom camera must be set up so that it fully shows the cup and table
 - participants will attempt to flip the cup 180 degrees by flipping the bottom of the cup with their hand
 - participants will go one at a time. Each participant will go until they get the cup flipped 180 degrees – once that occurs, the next participant will go
 - the team guide will time how long it takes for the team to flip a cup 20 times
- **point system:**
 - The team with the fastest time will come in first place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point



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SOCK(ER) SHOOTOUT

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- materials needed:
 - Zoom on a laptop/computer or a mobile device
 - max of 3 pairs of rolled up socks)
 - laundry basket / bucket or something similar
- teams:
 - teams will consist of 20 participants (for teams under 20 people, participants will have to do more than 1 turn – participants cannot do back to back turns)
- competition format:
 - each participant will lay a basket on its side as their “goal” – participants will measure 10 feet away from their goal and mark the spot (tape, a shoe, etc.)



- standing at the 10-foot line with the socks on the floor, each participant will go one at a time and will have 1 minute to kick a sock ball into the goal
 - each time a sock ball goes in the goal, they earn 1 point
 - all participant totals will be added together to become the team's total points
- point system:
 - the 1st place team with the top score will get 80 points – 2nd place will get 79 points – 3rd place will get 78 points, and so on... last place team will get 1 point