



RULE BOOK

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5K RUN/WALK

100 POINTS + BONUS POINTS

The main objective of the 5K run/walk is to encourage maximum participation to earn maximum participation points. This event offers an easy opportunity to earn points, while also recognizing competitive performance. Employees are encouraged to bring family members to participate as well.

PARTICIPATION POINTS

Each participant—employee or family member—earns **5 points** for their company. The maximum participation points a company can earn is **100 points**, equal to **20 total participants**.



BONUS POINTS

Bonus points are awarded to employees who finish in the top 5 overall among registered participants. Only **employees** are eligible for bonus points. These points are **added to the total** participation score.

Men's Placement Points	
1st place	20 Pts
2nd place	15 Pts
3rd place	10 Pts
4th place	8 Pts
5th place	6 Pts

Women's Placement Points	
1st place	20 Pts
2nd place	15 Pts
3rd place	10 Pts
4th place	8 Pts
5th place	6 Pts

EXAMPLES

- Company A earns 40 participation points and has an employee finish 3rd (10 bonus points)—Total: **50 points** (40 + 10).
- Company B earns the maximum 100 participation points and has employees finish in the 1st (20 bonus points) and 4th (8 bonus points) - Total: **128 points** (100 + 20 + 8).

All bonus points are cumulative if multiple employees place in the top five.

PICKLEBALL

COURT SETUP

- The court size is 20 feet wide by 44 feet long for both singles and doubles play.
- The non-volley zone ("The Kitchen") extends 7 feet from the net on both sides.
- The net height is 36 inches at the sidelines and 34 inches in the center.

EQUIPMENT

- Paddles must be made of wood, composite material or graphite.
- The game ball will be a plastic circular ball with no less than 26 holes (like a whiffleball).
- Attire must wear team shirt and whatever shoes you prefer (must be close-toed).

SERVING RULES

- You must serve underhand with paddle below the waist.
- The ball must be served to the opponent who is diagonally across from the server.
- Both feet must be behind the baseline on the serve.
- Serves must clear the kitchen.
- One serve attempt is allowed per player.
- Only the serving team may score, and both players get a chance to serve before the serve switches sides.
- The ball must bounce once off the serve before being returned. The serving team must also let it bounce before returning. After it has bounced once on both sides, teams can hit it out of the air or off the bounce.

SCORING RULES

- Games are played to 11 points, win by 2 points.
- Only the serving team can score points.
- The serve will rotate to the other team after both players on your team have attempted to serve.
- Series are best two out of three.

FAULTS OCCUR WHEN:

- The serve does not land within the correct service court.
- The ball is hit out of bounds.
- The ball does not clear the net.
- The ball is volleyed from within the Kitchen.
- A player touches the net or any part of the opponent's court.
- The server violates any serving rules.
- 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.



KICKBALL

TEAM COMPOSITION

- **Players:** Games are played between two teams, each consisting of a minimum of 8 players and a maximum of 11.
- **The teams should be a balance of 6 men/5 women or 5 men/6 women for teams of 11, or 4 men/4 women for teams of 8.**
- There will be 8 players in the field, players may play wherever they would like. (Except for pitcher – see below.)
- Kicking lineups will consist of a maximum of 11 and minimum of 8.

FIELD LAYOUT

- **Bases:** The field includes four bases: 1st, 2nd, 3rd and home plate.
- **Pitcher's Mound:** The pitcher's mound is located at the center of the infield.

GAME DURATION

- **Innings:** Game will consist of 5 innings.
- **There will be a coin flip to determine home and away teams.**

PITCHING

- **Delivery:** The pitcher must deliver the ball by hand, ensuring that it rolls on the ground when passing over the plate.
 - The pitcher must start the act of pitching with at least one foot within the pitching mound.
- **Strike Zone:** The strike Zone 1 foot inside and outside of home plate.
- **Each team will pitch to themselves.**

KICKING

- **Contact:** The ball must be kicked with the foot or leg.
- **Bunting:** Is an automatic out.

RUNNING

- **Base Running:** Runners must stay within the base line and are not allowed to lead off or steal bases.
- **Tagging:** Fielders can tag runners by touching them with the ball or throwing the ball at them below their shoulders. If the runner is hit above the shoulders, they are awarded whatever bag they are going to. (Intentionally getting hit above the shoulders will result in an out.)

SCORING

- **Runs:** A run is scored each time a player successfully reaches home plate after touching all bases in order.
- If a runner misses a base or fails to touch a base while rounding the bases and the other team notices, they can check the runner. In order to check the runner, the pitcher will step off the mound and throw to the base they believe the runner missed. The position player will touch the base. The umpire will determine whether the runner is out or safe.

OUTS

- **Count:** Each team is allowed three outs per inning.
- **3 strikes you're out. 4 balls is a walk.**
- **Methods:** Outs can be made by catching a kicked ball before it touches the ground, tagging a runner with the ball, or forcing out a runner at a base or striking out.

EQUIPMENT

- Players must wear team shirts and close-toed shoes. Cleats of any sort are not permitted.
- Players may wear protective equipment as long as it does not offer the wearer an unfair performance advantage.

TIE BREAKER

If games are going to end in a tie, a 6th inning will be played. The 6th inning will start with a runner on second with no outs. If the games proceed to the 7th inning, the inning will start with a runner on 2nd with 1 out. If it goes to an 8th inning their runner will start on second with 2 outs. This will continue until there is a winner.



3V3 BASKETBALL

TEAM COMPOSITION

- Teams will be made up of 4 people maximum and a minimum of 3.
- Teams are only allowed 3 players on the courts; the 4th player can be used to substitute.

GAMEPLAY

- All games will be played to 21 points, win by 2 points. The game will be made up of two 5-minute halves. (10 minutes)
 - If 21 points are reached before the end of regulation time, the game will end.
 - If after 10 minutes, the game is tied, overtime will be played until a team leads by 2 points. That team will be the winner.
- A maximum of 4 players may be used per game. All players used in the tournament must be legal players from the company's roster.
- A coin flip will determine the first possession.
- Games will be played on a half court with only one goal.
- Players must be on the assigned court at game time, otherwise the game will be forfeited.
- Players must wear their company shirt.
- Teams will assign a captain to settle any disputes necessary. If an agreement cannot be reached, a coin flip will determine the final decision initiated by the referee.
- A supervisor will be at each game to run the clock and keep score.

RULES

- The ball will change possession after each basket. No "make-it/take-it."
- The ball will be "taken back" on every change of possession. (A player's foot must touch the 3-point line to be considered "back.") Failure to take it back will result in loss of possession and any points resulting from the possession.
- The ball must be checked by an opposing player before it is put into play. The ball must be passed in to begin play, no violation (recheck).
- After all fouls, or balls out of bounds, the ball will be taken to the top of the key, outside of the three-point line.

- Two points will be given when the shooter's feet are behind the three-point line. Any shot(s) made inside the three-point line will count as one point.
- In the case of a jump ball, it will first go to the defense. It will then switch to the offense. With each following jump ball, the 50-50 rule will apply.
- Each team is allowed one 30-second timeout.
- Stalling (freezing the ball) is not allowed. An "unwritten" 30-second clock is always in effect and may be enforced by court monitors at their discretion. Failure to attempt a shot in 30 seconds will result in a loss of possession.
- Any substitutions may be made after a basket, a foul shot, or any stoppage of play.

FOULS

- If a player is fouled in the act of shooting, makes the basket, the basket counts and the ball changes possession. The foul is counted on the score sheet as a team foul. If the basket is missed, one free throw will be shot.
- If a shot is taken from behind the three-point line, is missed, and the shooter is fouled, he/she will get two free throws. If a shot is taken from behind the three-point line, is made, and the shooter is fouled, no free throws will be awarded. The basket counts as two points (per 3-on-3 rules), the foul is registered, and the ball changes possession.
- All technical fouls will be awarded two free throws plus possession of the ball.
- "Trash talk," foul language, or unnecessarily aggressive behavior will not be allowed. A warning will be given to the offending player. Another infraction will result in a dismissal from the game. Both teams will receive a warning. An infraction by any player after then will have their team forfeit the game.



VOLLEYBALL

RULES

- All games will have one official.
- Six players will play on the court at one time.
- There are no co-ed rules for rotation or hitting.
- If a team is rotating players in and out, they must continue to rotate in the same order throughout the set. They may change their rotation order after each set.
- Incoming substitutions will serve for their team.
- A player may cross the bottom of the net so long as they do not interfere with the opposing team in any fashion.
- A block does not count as one of the three hits to get the ball over the net.
- Violations for hits will be determined by the referee.
- There will be no foul language or inappropriate behavior.
- The YMCA reserves the right to dismiss any team for violating these rules. The first violation will result in a warning. The second violation will result in a dismissal from the competition.
- There is no rule on serving style.

GAMEPLAY

- Each team will get one timeout. Each timeout will last 30 seconds.
- Players must rotate clockwise.
- After each set teams will switch sides. The next set will resume two minutes after the previous set.

SCORING

- Games are played to 15 points, best of 3.
- Rally scoring.
- The team must win by 2 points.





CORNHOLE

RULES

- Each team is comprised of two (2) people (any combination of male/female players).
- Each team will stay in their designated lane for the whole game.
- Players at the headboard will alternate pitching bags until each player has pitched all four of their bags.
- Players at the footboard will take score and resume pitching back to the other cornhole board.
- Boards will be 27' apart from each other.
- Pitching players alternate pitching bags (one player at a time) until each player has pitched all four of their bags.
- A player must pitch all four cornhole bags from their designated cornhole pitcher's box.
- Players must deliver the bag with an underhand release.
- One foot or appendage must be completely within the pitcher's box at the time of releasing the bag.
- When pitching a bag, players must release the bag before any part of the player's body touches the ground on or beyond the foul line.

SCORING

- First team to 21 points at the end of a frame wins the game
- If a team exceeds 21 points, they will go back to their previous score.
- Woody (bag on the wood) – 1 point
- Cornhole (bag through the hole) – 3 points
- Fouls (bags that will not be counted towards scoring) – 0 points
 - Any bag that contacted the ground before coming to rest on the surface.
 - Any bag that comes to rest touching the ground and the board.

CANCELLATION SCORING

- In cancellation scoring, the points of one player cancel out the points of their opponent. Using this method, only one player/team can score in each frame.
- Example: Red achieves one woody and two cornholes during the frame (7 total pts). Blue achieves two woodies and zero cornholes during the frame (2 total pts). 7 points – 2 points = Red scores 5 points for that frame.