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BAGS TOURNAMENT RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games.

General Rules

1. Teammates must stand on opposite sides.
 2. Team listed second throws first.
 3. Each player will throw 4 bags per inning.
 4. Players may throw from either side of the board. You must throw from the same position at the beginning of each inning.
 5. Player's feet must remain behind the front of the board upon the release of the bag.
 6. The team that scores will throw first – if it's a tie the preceding team will throw again.
 7. One game to 21 will be played.
 8. No Baggos (bag cannot hit the ground first and roll onto the board).
 9. 15-minute time limit per game – if the 15-minute time limit is up, the team leading at the end of the current inning will be declared the winner of that game.
- Please feel free to bring your own set of bags.

Scoring

1. Hole-Ins = 3 points
2. On-the-Board = 1 point
3. In cancellation scoring, bags in-the-hole and on-the-board cancel each other out
4. First team to 21 points is the winner

CVCG Point System

- Medals will be awarded to the top three finishers in each division. Points will be awarded to the top four teams within each division, as follows:

Place	Points
1 st	400
2 nd	300
3 rd	200
4 th	100

- Participation points will be awarded for all individuals or teams in the CVCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation bags competition are as follows:

Event	Participation Points
Bags	50/Team

- CVCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events**. It diminishes the spirit of the Games when a team or individual travels from across the city to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Bags	-50



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3 ON 3 BASKETBALL RULES

TEAM RESPONSIBILITIES

1. Captains from each team are required to report to the scorekeeper prior to the start of the game to complete score sheet.
2. Each team is required to provide a game ball.
3. All players must be regular employees (full or part-time), interns or retirees of companies registered for the CVCG.
4. Information pertaining to on court activities:
 - A. Play can be stopped for safety reasons by event staff or court monitors with the existing score declared final.
 - B. Each team consists of three players and three substitutes. (A substitute is not mandatory.) Substitutions may be made only on dead ball situations
 - C. Players may appear on only one roster. Players may be required to present proof of identification (driver's license) at tournament check-in and upon request throughout the tournament.
5. Teams are expected to be ready to play at game start time. **Forfeit time is at the scheduled start time of your team's game, providing both teams are done with their previous game**
6. All games must **start and finish with at least 2 players** on each team.
7. Teams are encouraged to wear matching colored shirts with numbers on the front or back, but it is not required.
8. The QCCG is the final authority on all matters regarding rule and regulation disputes. Any areas or matters not specifically covered within the rules will be at the sole discretion of the tournament committee.

PLAYING RULES

SCORING / CLOCK MANAGEMENT:

1. The game will consist of 11 points scored or a 10-minute running clock except during time-outs. A coin flip will determine first possession. The alternate possession rule will be in effect after the coin toss.
 - A. All baskets will be 1 point unless clearly shot from behind the 19' 9" line. Baskets made from behind this line are worth 2 points.
 - B. If neither team has reached 11 points by the end of the 10-minute regulation, the team with the most points at the end of the time limit will be declared the winner.
 - C. **Overtime:** If the teams are tied at the end of regulation, a 1 minute, running clock overtime will be played to determine the winner (no cap of 11 points). If no winner is determined after one overtime period, the second overtime will result in sudden death. A coin flip will be used to determine first possession at the start of each overtime.
 - D. Each team is allowed 1 time-out per game (30 seconds in length).
The clock will stop during time-outs, and time-outs can be taken any time during regulation play. Teams will not have a time-out during overtime periods.
The clock will stop in the event of an injury.
 - E. The court monitor will be the official time keeper and scorer.

"TAKING BACK", "CHECKING", BALL POSSESSION, AND FOULS:

1. **The ball must be taken back behind the 2 point arc on each change of possession.**
 - A. Change of possession includes a defensive rebound, made basket, "air ball" recovered by the defensive team, a turnover or a stolen ball by the defensive team.
 - B. Taking back means both feet of the ball handler must be behind the check line. Failure to do this will result in loss of possession.
 - C. After all out-of-bounds, fouls, and made baskets, the ball must be taken back to the top of the 2 point line and "checked". **"Checking" consists of bouncing the ball to the defense who then bounces the ball back to the offense.**
 - D. The ball must be passed in after being "checked" by the opposing team on a made basket or dead ball situation. If the ball is dribbled in, the ball must be rechecked then put into play, no change of possession should occur.
 - E. The back side of the backboard is out-of-bounds; if the ball goes over the backboard or comes in contact with any of the basket supports, it is out-of-bounds. However, the sides and bottom of the backboard are in-bounds.
 - F. A jump ball will be awarded by alternate possession following the coin-toss to open the game.
2. **Officials will call fouls and violations.**
 - A. Anytime a basket is MADE and a FOUL is called, the basket counts and possession goes to the defensive team.
 - B. Anytime a basket is MISSED and a FOUL is called, the player who is fouled will shoot one, dead-ball free throws worth one (1) point. Possession will alternate following the free throw and the defensive team will take over.
 - C. Non-shooting fouls - On or after the 7th team foul - teams will enter a bonus situation and be awarded a free throw worth one (1) point. If made the free throw is made, possession goes to the defense. If the free throw is missed, the offensive team retains possession.



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- D. If any individual player **commits 4 personal fouls**, he/she is to be considered “fouled out” of that game and must leave the court. The player will be allowed to play again once a new game for their team starts.
- E. **Intentional/Flagrant/Technical Fouls** will result in ejection from the game and award the opposing team two points and the ball. A second offense will result in ejection from the tournament.
- 3. **NO DUNKING ALLOWED AT ANY TIME.** If this occurs, point and possession will be lost. Dunking during pre-game will result in a technical foul.
- 4. Any player or fan involved in fighting or continuous misconduct during a game (including: abusive behavior and/or language; flagrant and/or excessive fouls; rough play; and abusive behavior toward the court monitors, tournament officials, event staff and all other players) will be disqualified from the tournament. All disqualified players or fans must leave the tournament site.
- 5. **Stalling during a 3 on 3 game defies the principles of street basketball.** An unwritten 30 second clock is in effect at all times, and may be enforced by the court monitor at his/her discretion. Failure to attempt a shot in 30 seconds, after being warned by the court monitor, will result in a loss of possession.

CVCG POINT SYSTEM

- o Medals will be awarded to the top three teams in each division. Points will be awarded to the top four teams within each division, as follows:

Place	Points
1 st	500
2 nd	400
3 rd	300
4 th	200

- o Participation points will be awarded to all teams in the CVCG. To receive participation points, teams must complete the event as designed. Points for participation per team in basketball are as follows:

Event	Participation Points
Basketball 3-on-3	100/Team

- o CVCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events**. It diminishes the spirit of the Games when a team or individual travels from across the city to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Basketball 3-on-3	-100



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BLOOD DONATION CHALLENGE

Introduction

The Cedar Valley Corporate Games Blood Donation Challenge will take place from June 1st – July 31st of the competition year. No participation points are awarded for the Blood Donation Challenge. However, the company logging the most presenting donors in each company division will be presented with the “Cedar Valley Corporate Games Blood Donation Challenge” award. LifeServe will administer the Challenge.

General Guidelines

1. Sponsor/Host a blood drive with LifeSeve
2. Send donors to the LifeServe location, register under your company name and donate.
3. Blood Centers will keep a tally of each registered donor.

Any company who sponsors/hosts a blood drive will be awarded for each presenting donor, regardless of company affiliation. A company can also send donors into any of the LifeServe locations to donate and receive credit. At the end of the challenge, whichever company from each division has the most presenting donors wins the “CVCG Blood Donation Challenge Award.” The winning companies in each division will receive an award at the CVCG Awards Ceremony.



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CYCLING TOUR RIDE

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to ride in groups.

General Guidelines

1. This is a non-competitive tour ride. You may ride at your own pace.
2. Helmets are required.
3. Participants must check-in at the location noted on the event website.
4. Route is hard surface, mostly off-road trail.
5. You may ride one way or both. Maps available at qccorporategames.org. Note that due to construction, the map may not be a completely accurate representation of the route.
6. No ride support will be offered. Participants are encouraged to be prepared for weather and trail conditions.

CVCG Point System

- Participants will be awarded **10** participation points. No medals will be awarded.



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DISC GOLF RULES

This tournament will be conducted in accordance with the Professional Disc Golf Association (PDGA) rules. Only the CVCG additions listed below are to have precedence over PDGA rules. For a copy of PDGA rules, visit <http://www.pdga.com/rules>.

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games.

General Rules

1. Companies will be allowed 1 Men and 1 Women team.
2. Format will be Best Shot Doubles
3. Discs will not be provided for participants and should prepare to bring their own equipment.

CVCG Point System

- o Medals will be awarded to the top three finishers in each division. Points will be awarded to the top six teams within each division, as follows:

Place	Points
1 st	400
2 nd	300
3 rd	200
4 th	100

- o Participation points will be awarded for all individuals or teams in the CVCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation in Individual or Doubles (per team) Competition are as follows:

Event	Participation Points
Disc Golf	50/Team



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FITNESS WALK

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to walk in groups.

General Guidelines

1. This is a non-competitive walk. You may walk, jog, or skate at your own pace. Pets may accompany participants; however, they must be on a leash.

CVCG Point System

- Participants will be awarded **10** participation points. No medals will be awarded.



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PICKLEBALL RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games.

General Rules

1. Current USA Pickleball rules will apply. Visit <https://usapickleball.org/what-is-pickleball/ifp-official-rules/> for a copy of these rules.
2. Players will be required to provide their own paddles. Pickleballs will be provided by QCCG. Please feel free to bring your own pickleballs.
3. Teams will consist of 2 players.
4. Each participating company will be allowed 2 Men's, 2 Women's, and 1 Co-ed team.
5. Winner's Bracket Format
 - a. 1 Game to 15 – Win by 2 (Cap of 17)
 - b. Switch sides once someone has 8 points.
6. Consolation Bracket Format
 - a. 1 Game to 11 points – Win by 2 (Cap of 13)
 - b. Switch sides once someone has 6 points.
7. The tournament format will be double elimination.

CVCG Point System

- o Medals will be awarded to the top three finishers in each category per division. Points will be awarded to the top six teams within each category per division, as follows:

Place	Points
1 st	400
2 nd	300
3 rd	200
4 th	100

- o Participation points will be awarded for all individuals or teams in the CVCG. To receive participation points, individuals or teams must complete the event as designed. Points for participation in Pickleball competition are as follows:

Event	Participation Points
Pickleball	50/Team

- o CVCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events**. It diminishes the spirit of the Games when a team or individual travels from across the Cedar Valley to participate in one of these events, only to have their opponent forfeit. Penalty points will be assessed for the following events:

Event	Penalty Points
Pickleball	-50



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YOGA

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games in order to receive team points.

CVCG Point System

- Participants will be awarded **10** participation points. No medals will be awarded.