



QUAD CITIES CORPORATE GAMES

BAGS TOURNAMENT RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities 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 Bagos (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.

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

QCCG 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	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

- o Participation points will be awarded for all individuals or teams in the QCCG. 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

- o QCCG 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



QUAD CITIES CORPORATE GAMES

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 QCCG.
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.
 - 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.



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- 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.

QCCG POINT SYSTEM

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

Place	Points
1 st	800
2 nd	600
3 rd	400
4 th	300
5 th	150
6 th	150

- o Participation points will be awarded to all teams in the QCCG. 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	150/Team

- o QCCG 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	-150



QUAD CITIES CORPORATE *GAMES*

BELMONT MILE RULES

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games.

General Guidelines

The road race will be held as a subdivision of the Belmont Mile. Route details and additional information will be posted on the QCCG website.

QCCG Point System

- Individuals in the Belmont Mile will compete within their age group against competitors from all divisions.
 - **Age Groups: 18-29, 30-39, 40-49, 50+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

Belmont Mile	
Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- Participation points will be awarded for individuals in the Belmont Mile. To receive **10** participation points, individuals must complete the course as designed.



QUAD CITIES CORPORATE *GAMES*

BILLIARDS TOURNAMENT RULES

Eligibility

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

General Rules

1. APA 8-Ball Rules will apply. As always, Spirit of the Game should prevail for both players and spectators. Click [HERE](#) for complete rules.
2. The tournament will be double elimination. Winner's bracket will play a best 2 of 3, losers bracket will play 1 game.

QCCG 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	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

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

Event	Participation Points
Billiards	50/Team

- o QCCG 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
Billiards	-50



QUAD CITIES CORPORATE *GAMES*

BLOOD DONATION CHALLENGE

Introduction

The Quad Cities Corporate Games Blood Donation Challenge will take place from May 1 – July 30 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 “Quad Cities Corporate Games Blood Donation Challenge” award. ImpactLife will administer the Challenge.

General Guidelines

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

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

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 ImpactLife locations to donate and receive credit. At the end of the challenge, whichever company from each division has the most presenting donors wins the “QCCG Blood Donation Challenge Award.” The winning companies in each division will receive an award at the QCCG Awards Ceremony.



QUAD CITIES CORPORATE *GAMES*

BOWLING RULES

This tournament will be conducted in accordance with the United States Bowling Congress (USBC) rules. Only the QCCG additions listed below are to have precedence over USBC rules. For a copy of USBC rules, visit <http://www.bowl.com/rules/>.

Eligibility

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

General Rules

1. Teams will be made up of 5 players. Coed teams must have a minimum of two women. Employees can only bowl on one team per session.
2. Participants will bowl two games. Team scores from both games will be added up to create a final team score.
3. Results will be based on team score within each QCCG division.

QCCG Point System

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

Place	Points
1 st	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

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

Event	Participation Points
Bowling	250/Team

- o QCCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events, as well as bowling.**

Event	Penalty Points
Bowling	-250



QUAD CITIES CORPORATE *GAMES*

CYCLING TOUR RIDE

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities 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.

QCCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.



QUAD CITIES CORPORATE *GAMES*

301 DARTS TOURNAMENT RULES

Eligibility

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

General Rules

1. Teams and Eligibility:

- Each team will consist of two players. Each company is allowed to register **one open team**.

2. Game Format:

- i. The format of the game is **301** (starting with 301 points). The goal is to reduce your score from 301 to exactly 0.

3. Starting the Match:

- ii. To determine the starting player, each team will throw a single dart at the bullseye. The player closest to the bullseye will begin.
- iii. Players take turns throwing three darts per round.

4. Throwing Order:

- iv. Each team will decide the order of players before the match begins.
- v. Teams will alternate throwing between the two players (i.e., Player A throws, then Player B, then Player A again, etc.).

5. Scoring:

- b. Standard dartboard scoring applies:
 - i. **Single areas:** score as per the number (1-20).
 - ii. **Double areas:** score is double the number (2-40).
 - iii. **Triple areas:** score is triple the number (3-60).
 - iv. **Bullseye:** Inner bullseye = 50 points, Outer bullseye = 25 points.
 - v. Players must subtract the points scored from their current total after each turn.

6. Winning the Game:

- vi. The game ends when a player/team reduces their score to **exactly zero**.
- vii. If a team reduces their score below zero, they bust, and their score returns to the previous total.

7. Time Limits:

- viii. Each team has **10 minutes per match**. If both teams are still playing after 10 minutes, the team with the lower score at that point will be declared the winner.

8. Tiebreaker Rules:

If the score is tied after the last round of regular play, the tiebreaker will be decided by a **single leg** where each player throws **one dart each**. The team with the highest combined total wins.

9. The tournament will be double elimination. Each team will play 1 game.



QUAD CITIES CORPORATE *GAMES*

QCCG Point System

- 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	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

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

Event	Participation Points
Darts	50/Team

- QCCG 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
Darts	-50



QUAD CITIES CORPORATE *GAMES*

DISC GOLF RULES

This tournament will be conducted in accordance with the Professional Disc Golf Association (PDGA) rules. Only the QCCG 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 Quad Cities Corporate Games.

General Rules

1. Companies will be allowed 1 Men and 1 Women team.
2. Format will be Best Shot Doubles
3. Tee times will be assigned, with two teams teeing off every 7 minutes. You must be checked in and ready to play 20 minutes before your tee time.
4. Discs will not be provided for participants and should prepare to bring their own equipment.

QCCG 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	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

- o Participation points will be awarded for all individuals or teams in the QCCG. 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

DODGEBALL POINTS OF EMPHASIS

Each game begins with 6 players (3 men and 3 women).
Best 2 out of 3 games. Games will have a time limit of 4 minutes.

Initial Rush

On the initial rush, each team is only allowed to retrieve the three (3) balls on their right. A ball may not be thrown until it is brought back past the attack line. Following the initial rush, balls may be thrown from any location within the players half of the court.

Elimination

An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball below the head.
- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball.
- Stepping out of bounds to avoid being hit.

Dead Balls

A ball is "dead" if it hits an opposing player, the floor, wall, ceiling or any other object. Once a ball is considered dead, it won't eliminate a player. A ball hitting multiple players from the same team, only eliminates the first player hit.

Players may use a held ball to block live balls being thrown at them, but the ball is still live until it hits something to render it dead. If a thrown ball is deflected off a held ball (blocked) and it hits a player, including the player who blocked the ball, that player is eliminated. If a ball is dropped due to blocking a thrown ball, the player dropping the ball is eliminated.

Catching A Ball & Re-Entry Rule

If a ball is caught, the opposing player who threw the ball is out and the team catching the ball may bring the next eligible player back into the games. **Players must re-enter the game in the order they were knocked out.**

Retrieving Balls

During play, all players must remain within boundary lines with the following exception:

- Players may leave the court to retrieve stray balls BUT ARE CONSIDERED "LIVE" and may be hit.
- If a ball is caught by a player retrieving a stray ball out of bounds, the opposing player is eliminated and an eliminated player may re-enter the court.
- Players must be within boundary lines to throw a ball

Complete set of rules are posted at the venue and the QCCorporateGames.org Website

DODGEBALL POINTS OF EMPHASIS

Each game begins with 6 players (3 men and 3 women).
Best 2 out of 3 games. Games will have a time limit of 4 minutes.

Initial Rush

On the initial rush, each team is only allowed to retrieve the three (3) balls on their right. A ball may not be thrown until it is brought back past the attack line. Following the initial rush, balls may be thrown from any location within the players half of the court.

Elimination

An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball below the head.
- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball.
- Stepping out of bounds to avoid being hit.

Dead Balls

A ball is "dead" if it hits an opposing player, the floor, wall, ceiling or any other object. Once a ball is considered dead, it won't eliminate a player. A ball hitting multiple players from the same team, only eliminates the first player hit.

Players may use a held ball to block live balls being thrown at them. Once a thrown ball hits a held ball, the thrown ball is considered dead and the player holding the held ball is not eliminated. If the thrown ball hits the player before hitting the held ball, that player is eliminated.

Catching A Ball & Re-Entry Rule

If a ball is caught, the opposing player who threw the ball is out and the team catching the ball may bring the next eligible player back into the games. **Players must re-enter the game in the order they were knocked out.**

Retrieving Balls

During play, all players must remain within boundary lines with the following exception:

- Players may leave the court to retrieve stray balls BUT ARE CONSIDERED "LIVE" and may be hit.
- If a ball is caught by a player retrieving a stray ball out of bounds, the opposing player is eliminated and an eliminated player may re-enter the court.
- Players must be within boundary lines to throw a ball

Complete set of rules are posted at the venue and the QCCorporateGames.org Website



QUAD CITIES CORPORATE GAMES

DODGEBALL RULES

The following is the Quad Cities Corporate Games addition to the Official NADA Rule Book. Only the QCCG rule additions listed below are to have precedence over the NADA Rules. All other rules will follow the Official NADA Rule Book.

Eligibility

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

Rules Enforcement & Court Monitors

QCCG rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. **THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.**

Timing and Winning a Game

Play will consist of matches in a "best-of-three" format in which the first team to win two (2) games will be declared winner of the match. The first team to legally eliminate all opposing players will be declared the winner.

A 3 minute time limit has been established for each contest. If neither team has been eliminated at the end of regulation, the team with the greater number of players will be declared the winner. If an equal number of players remain after regulation, a sudden-death overtime match will be played.

Overtime Procedure

The sudden-death overtime match will begin with all original players, who started the game, on the court. The first team to eliminate one (1) opposing player will be declared the winner.

Official Rules & Regulations

RULE 1: Players, Field and Equipment

Team

Teams will be made up of 6-12 players. Each game begins with 6 players (3 men and 3 women) competing on a side; others will be available as substitutes. Teams may begin with fewer than 6 players. Maximum of 3 men on the court at one time. Substitutes may enter the game only during time-outs or in the case of injury. When a substitution is made, males are required to substitute for males and females substitute for females. Players who started the game and have been eliminated may not substitute. Eliminated players may only re-enter the game on a caught ball or to begin overtime.

Boundaries

Field of play is 60 feet long by 30 feet wide. Attack lines will be 10 feet from the center line.

A player shall not:

- Cross the side-line or end-line with both feet or will be considered out.
- Leave the playing field (side-line or end-line) to avoid being hit by, or attempt to catch, a ball.
- Have one foot cross over the center-line and contact the ground on their opponent's side of the court.

**Exception* during the "opening rush" many players will cross the center-line. Court monitors should refrain from calling players OUT at this time unless a definite advantage is gained by the action; such as a whole foot across the center-line.

Team will switch side after each game.

Equipment

Balls will be provided. Balls are not to be intentionally altered or manipulated. All clothes/uniforms are considered part of the player's body



QUAD CITIES CORPORATE GAMES

Retrieving Balls

During play, all players must remain within boundary lines with the following exception:

- Players may leave the court to retrieve stray balls BUT ARE CONSIDERED “LIVE” and may be hit.
- If a ball is caught by a player retrieving a stray ball out of bounds, the opposing player is eliminated and an eliminated player may re-enter the court.
- Players must be within boundary lines to throw a ball

Balls leaving the playing area may be rolled back onto the playing area by anyone (reserve players or spectators) around the court.

RULE 2: Game Play

The Game

Initial Rush

On the initial rush, each team is only allowed to retrieve the three (3) balls on their right. This avoids potential collisions. A ball may not be thrown until it is brought back past the attack line. Following the initial rush, balls may be thrown from any location within the players half of the court.

Elimination

An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball below the head:
NOTE: *if a player ducks or takes a position with their head below where their shoulders would normally be when standing, ie. Crouching, kneeling, sitting, diving, rolling or laying and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.*
- Legal catching a LIVE ball thrown by your opponent (throwing a ball that is caught).
- Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball. (Usually occurs when a ball is being used to block a thrown ball).
- An opposing player stepping out of bounds to avoid being hit.

Catching A Ball & Re-Entry Rule

If a ball is caught, the opposing player who threw the ball is out and the team catching the ball may bring the next eligible player back into the games. Players must re-enter the game in the order they were knocked out. Balls may not be caught off of a deflection of another player or wall.

Even when only 1 player remains on a team and a catch is made. Only the next eligible player is brought back into the game, NOT the entire team.

Dead Balls

A ball is “dead” if it hits an opposing player, the floor, wall, ceiling or any other object. Once a ball is considered dead, it won’t eliminate a player. A ball hitting multiple players from the same team, only eliminates the first player hit.

Players may use a held ball to block live balls being thrown at them. Once a thrown ball hits a held ball, the thrown ball is considered dead and the player holding the held ball is not eliminated. If the thrown ball hits the player before hitting the held ball, that player is eliminated. If a ball is dropped due to blocking a thrown ball, the player dropping the ball is eliminated.

If a team possesses all six (6) balls, they must return at least one ball to the opponent’s side of the court.

Time-Outs

Each team will be allowed (1) 20 second time-out per game.

Scoring

Play will consist of matches in a “best-of-three” format in which the first team to win two (2) games will be declared winner of the match.



QUAD CITIES CORPORATE *GAMES*

QCCG Point System

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

Place	Points
1 st	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

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

Event	Participation Points
Dodgeball	250/Team

- QCCG 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 area to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Dodgeball	-250



QUAD CITIES CORPORATE *GAMES*

FITNESS WALK

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities 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.

QCCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.



QUAD CITIES CORPORATE *GAMES*

GOLF – FOUR PERSON SCRAMBLE

This tournament will be conducted in accordance with the United States Golf Association (USGA) rules. Only the QCCG additions listed below are to have precedence over USGA rules. For a copy of USGA rules, visit <http://www.usga.org/rules-hub.html>.

Eligibility

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

General Rules

1. Companies are limited to one men's and one women's team. 1 stroke per person per shot attempt.
2. Tee times will be assigned. Please arrive early. You must check in 30 minutes before your tee time.
3. Local scramble rules will apply.
4. Participants are responsible for cart rental. Cart fees and payment information will be listed on the QCCG website.
5. There is a 2-putt max. If everyone on the team misses the first putt, pick it up and move onto the next hole. The ball must be on the green to be part of the 2 putt max. Balls putted from off the green/fringe are not included in the 2-putt max.

QCCG Point System

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

Place	Points
1 st	800
2 nd	600
3 rd	400
4 th	300
5 th	150
6 th	150

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

Event	Participation Points
Golf Four Person Best Shot	150/Team

- o QCCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events, as well as Golf.**

Event	Penalty Points
Golf 4 Person Best Shot	-150



QUAD CITIES CORPORATE GAMES

1-PITCH KICKBALL RULES

Eligibility

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

Playing Field

1. The pitching distance will be 50 feet in the center of the diamond, and directly aligned (diagonally) with first and third base.

Team

1. Teams shall consist of 10 players with 5 males and 5 females. A team may play with 8 players but can never have more males than females in the lineup. You must alternate male/female in the batting order.
2. Defensive positions must have:
 - 2 Males / 2 Females in the outfield
 - 2 Males / 2 Females in the infield
 - 1 Male / 1 Female as the pitcher and catcher
3. Teams may choose to place all players present for the game in one big alternating male/female kicking order and use free substitution in the field. You can never have more males than females in the lineup. If using this form of lineup, the opposing team Manager must be made aware prior to the game.
4. Teams will keep their own score book.

Regulation Games

1. Games will be 4 innings or 30 minutes. An official game will be after 3 innings. Any inning started before the 30 minutes time limit will be completed if the home team is behind. If the game is tied, it must be played until the tie is broken. Extra innings start with runner on 2nd (the person who kicked last the inning before starts on 2nd). Game clock will only stop when directed by staff.
2. Mercy Rule: The 15-run rule will be in effect after 3 innings.
3. GAME TIME IS FORFEIT TIME

Pitching/Fielding

1. A legal pitch must roll along the ground and bounce no higher than the top of the batter's knee while crossing the plate. Any pitch higher than the batter's knee as it crosses the plate shall be ruled a ball.
2. The strike zone will extend approximately one foot from each side of home plate, to discourage excessive "looking". Any ball entering this zone without being kicked will be called a strike.
3. One pitch: Each batter gets only one pitch to put the ball in play. If the pitch is a strike and the player doesn't swing or misses, the batter is out. If the pitch is a ball and the player does not swing, the batter walks. If the kickball is hit foul, the player will have one more pitch to put the ball in play. If the second pitch is a foul, the player is out.
4. The play ends once the pitcher has the ball in control and is near the mound.

Kicking

1. All kicks must be made by foot.
2. All kicks must be taken at or behind the home plate. If the ball is kicked in front of home plate, the play will be called dead (This call must be made immediately), and the result will be a called strike.
3. Bunting is not allowed.

Running

1. Runners must stay within the base line. Runners who are obstructed by passive fielders (fielders not making a play on the ball) within the base line shall be awarded the next base.
2. Neither stealing nor leading off base is allowed. A runner off of his or her base when the ball is kicked is out.
3. Hitting a runner's neck or head with the ball is not allowed. Any runner hit in the neck or head shall be awarded the next base. A runner may not intentionally put his or her head in the path of the ball while being tagged out or the result will be an out.
4. If a kicked ball is in fair territory and hits the runner or the kicker himself, the player is out.
5. It is the responsibility of the runner to avoid collision. Please save yourself and your opponents from injury by paying attention. Ties go to the runner... there's no need to take out the baseman.

Officials & Sportsmanship

1. Teams will self-officiate their games
2. Each manager will be held responsible for the conduct of his or her team players and is responsible to see that all rules are observed.



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3. Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, vulgarity, or profanity will not be tolerated at any time. Any player removed from a game for breaking Rules of Conduct will receive an automatic one-game suspension to be served in the next consecutive game.
4. The QCCG staff reserves the right through its representatives to control all activities and to eject any person(s) from the facility who deviates from the rules and regulations of said facility or poses a threat to safety of self or others.

Rosters

1. No player is allowed to play on more than one team within the Quad Cities Corporate Games. Any violation of these rules will result in suspension.
2. The roster must have a minimum of 8 players and a maximum roster of 20 players. All players must be 18 years of age or older.

QCCG Point System

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

Place	Points
1 st	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

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

Event	Participation Points
Kickball	250/Team



QUAD CITIES CORPORATE *GAMES*

MEALS FROM THE HEARTLAND CHALLENGE

Introduction

Participation points are not awarded for the Meals from the Heartland Challenge, however, the company logging the most volunteers to pack meals will be presented with the “Quad Cities Corporate Games Meals from the Heartland Challenge” award. Meals from the Heartland will administer the Challenge.

General Guidelines

1. Send volunteers to help at the Meals from the Heartland event at Vibrant HQ in Moline.
 - a. Meals from the Heartland will keep a tally of each volunteer shift.
 - b. Packaging shifts run for approximately two hours and will be offered during time frame: TBD

Participants must register with your company in order to be counted. At the end of the challenge, whichever company from each division has the most volunteers wins the “Quad Cities Corporate Games Meals from the Heartland Challenge” award. The winning companies in each division will receive an award.

Packaging meals is a fun, social, hands-on and competitive way to give back and serve others. Family and friends are welcome to package meals for you company. This event is great for anyone ages 8 and up. The best part? Most of the meals that are packaged at this event will be staying in the Quad Cities area and donated to the River Bend Food Bank.



QUAD CITIES CORPORATE *GAMES*

PUTT-PUTT – BEST SHOT RULES

Eligibility

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

General Rules

1. Companies are limited to two open teams. Putt-Putt will be played in best shot format.
2. 1 stroke per person per shot attempt.
3. Local scramble rules apply.
4. Tiebreakers will be determined based on the best score from hole 18. If it is still tied, then hole 17, etc.
5. Tee times will be assigned. Please arrive early. Please check-in 15-20 minutes before your tee time.
6. Please bring your own golf ball and putter to use. There will be a limited supply of golf balls and putters.

CCG Point System

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

Place	Points
1 st	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

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

Event	Participation Points
Putt-Putt	50/Team

- o QCCG will assess Penalty Points to those companies whose competitors **do not show up for Putt-Putt**

Event	Penalty Points
Putt-Putt	-50



QUAD CITIES CORPORATE GAMES

PICKLEBALL RULES

Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities 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.
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.

QCCG 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	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

- o Participation points will be awarded for all individuals or teams in the QCCG. 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 QCCG 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 Quad Cities 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



QUAD CITIES CORPORATE *GAMES*

SAND VOLLEYBALL (4V4) RULES

Eligibility

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

General Rules

1. Current USA Beach Volleyball Rules will apply. Visit <https://www.volleyballreftraining.com/> for a copy of these rules.
2. Teams should consist of 4 players with 2 men and 2 women. Maximum roster size of 12 players. Maximum of 2 men on the court at one time
3. Teams will play one game to a score of 30 points with a cap of 35 (must win by two). The consolation bracket will be 1 game to 21 points with a cap of 25. Rally scoring will be used in all games.
4. The tournament format will be double elimination.
5. Games will be self-officiated by the teams playing. If a call cannot be agreed on, replay the point.
6. Volleyballs will be provided but participants are welcome to bring their own, if preferred.

QCCG Point System

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

Place	Points
1 st	800
2 nd	600
3 rd	400
4 th	300
5 th	150
6 th	150

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

Event	Participation Points
Sand Volleyball	150/Team

- o QCCG 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 Quad Cities 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
Sand Volleyball	-150



QUAD CITIES CORPORATE GAMES

SKEEBALL RULES

Eligibility

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

General Rules

1. Each team will consist of three players. One open team per company.
2. All three team members will throw at the same time. Each team member will have their own Skee-ball Lane.
3. Definitions – A frame is nine balls. Each player will roll all nine balls in a frame. One game will be three frames.
4. Teams will complete three frames per match, with team members rolling their frames at the same time in separate lanes. After a team as completed one frame, the opposing team will roll one frame. The game is complete when each team has rolled three frames.
5. Each team member's score will be added up to get a team score per frame. All frames will be added up to give each team a total score. Team members must report the score of each frame before moving on to the next frame.
6. Teams will select one person for paper-rock-scissors to determine which team will throw first. The winner of paper-rock-scissors gets the choice of throwing first or second.
7. Ties will be broken based on the team with the highest frame in the game. If that does not determine the tiebreaker, it will continue as follows:
 - In this order, if one team has a high frame score, the tie will be broken. Continue if the tie remains: second highest frame in the game, etc.
 - If the highest frame scores remain tied, a "sudden death" round will be held. Each team will choose one individual to compete in a one Skee-ball roll-off. Highest score wins the tiebreaker. Each competitor will throw at the same time. Competitors will continue to throw one Skee-ball at a time until one competitor earns a higher score than the other. Only one individual per team can compete in the sudden death rounds. No substitutions will be allowed between rounds.

QCCG 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	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

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

Event	Participation Points
Skee-ball	50/Team

- o QCCG will assess Penalty Points to those companies whose competitors **do not show up for Skee-ball**. It diminishes the spirit of the Games when a team or individual travels from across the Quad Cities 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
Skee-ball	-50



QUAD CITIES CORPORATE *GAMES*

SPEED PUZZLE RULES

Eligibility

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

General Rules

Team & Eligibility:

- Each company may enter one team.
- Each team will consist of five players.

Objective:

- The goal is to complete a 250-piece puzzle in the shortest time possible.

Time Limit:

- Each team will have 1 hour to complete the puzzle.
- The puzzle is considered complete when all pieces are connected correctly.

Puzzle Details:

- The puzzle will be a standard 250-piece jigsaw puzzle.
- Each team has been given the same puzzle.

Puzzle Area:

- A designated workspace will be provided for each team.

Breaks:

- Teams may take breaks during the competition, but the clock continues to run.

Disqualification:

- Teams are disqualified if any team members are caught tampering with another team's puzzle pieces or workspace.
- The puzzle must be solved solely using the pieces provided; no external tools or assistance are allowed.

QCCG Point System

- 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	500
2 nd	400
3 rd	300
4 th	200
5 th	50
6 th	50

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

Event	Participation Points
Speed Puzzle	50/Team



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Eligibility

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games.

General Guidelines

1. Teams of 2-10 employees compete in a web-based competition tracking steps.
2. Companies can have as many teams as they wish.
3. Each team member will have access to a personal online dashboard to record data throughout the challenge.
4. Participants who record at least once per week for three of the four weeks will count towards company participation points.

Step Challenge Point System

- Participants in this category will only compete against teams in their respective company's division.
- Placing will be determined based on the percentage of total company employees that complete the Step Challenge (recording at least once per week, 3 of the 4 weeks)
- Points are awarded to the top 6 companies in each division based on participation percentage.
- Companies that do not place in the top 6 and have at least 1 employee complete 3 of 4 weeks will receive 25 points.

Final Virtual Event Scoring	
1st	500 pts
2nd	400 pts
3rd	300 pts
4th	200 pts
5th	50 pts
6th	50 pts



QUAD CITIES CORPORATE *GAMES*

Track and Field Rules

Eligibility

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

General Rules

1. Current USA Track & Field rules will apply unless otherwise noted. A copy of these rules can be found at <http://www.usatf.org/About/Competition-Rules.aspx>.
2. Each company may enter 2 males and 2 females in each individual event in each age group. For the 50+ age group, companies may enter 4 males and 4 females.
3. Relays - There are no age groups for relays. Companies may enter one team in each relay. Relays that are coed (two men and two women) and may run in any order by gender.

Competition Information

Track participants are reminded that events are “running races” and not intended for walkers. To ensure the meet finishes in a timely manner, any walkers in a race will be asked to step off the track once all runners cross the finish line.

Age Groups

Men’s and Women’s divisions. Age groups are 18-29, 30-39, 40-49, 50-59, 60+. Age based on the day of the meet.

- Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
- Categories for competition (medals and scoring) in the Track & Field Meet are as follows:
 - Medals will be awarded to the **top three finishers** (individual and relay).
 - The **top eight finishers** for individual events (by division) within the Track and Field Meet will be awarded points toward your company’s point total.
 - The **top ten finishers** for relays (by division) within the Track and Field Meet will be awarded points toward your company’s point total.
 - Track and Field events offered are as follows:
 - **100M** – Men’s & Women’s
 - **400M** – Men’s & Women’s
 - **Belmont Mile** – Men’s and Women’s
 - **Long Jump** – Men’s and Women’s
 - **Shot Put** – Men’s and Women’s
 - **Distance Medley Relay (200-200-400-800)** – Coed
 - **4 x 400m Relay** - Coed

QCCG Point System

- **Individual Points:** The below table represents the individual place scoring.
- **Note:** 10 participation points will also be awarded for all individuals participating in individual events.

Individual Points	
Place	Points
1 st	10
2 nd	8



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3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

- **Relay Points:** The below table represents the relay place scoring.
- **Note:** 20 participation points will also be awarded to teams participating in relays

Relay Points	
Place	Points
1 st	100
2 nd	90
3 rd	80
4 th	70
5 th	60
6 th	50
7 th	40
8 th	30
9 th	20
10 th	10

- **Bonus Team Points:** The below table represents the bonus team scoring. Points will be awarded to the top six companies based on **total placing points** (individual and relay) earned during the track meet within each division as follows:

Bonus Team Points	
Place	Points
1 st	500
2 nd	400
3 rd	350
4 th	300
5 th	250
6 th	200



QUAD CITIES CORPORATE GAMES

TRIVIA RULES

Eligibility

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

General Rules

1. Companies are allowed one team of 8 players of any gender. Companies may participate with less than 8 players. Due to space constraints, no spectators will be permitted.
2. Trivia will consist of 8 rounds of 5 questions per round, totaling 120 points.
3. On the final question, teams will be able to wager a portion of their total points.
4. The Corporate Games staff or Trivia Host will announce times when phones are allowed in between rounds. No phones will be allowed until ALL answer sheets have been submitted AND the trivia host has announced the correct answers. The Corporate Games staff and Trivia Host will monitor this and have the right to administer penalty points as they see fit for violators of this rule.
5. Spelling errors are permissible, but answers must be legible.
6. The teams with the highest cumulative scores in each company division of all 8 rounds will be declared the winners.
7. Tie-breaker procedure: If teams are tied after all rounds are completed (1st-3rd places only), a 1-question tiebreaker will be given. The team with the answer that is closest to correct will win the tie-breaker.

QCCG Point System

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

Place	Points
1 st	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

- o **Bonus Points:** In team trivia, points earned during the competition will be multiplied by 3 and added to the QCCG points earned.
- o Participation points will be awarded to all teams in the QCCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Trivia are as follows:

Event	Participation Points
Trivia	250/Team

- o QCCG will assess Penalty Points to those companies whose team does not show up for Trivia.

Event	Penalty Points
Trivia	-250



QUAD CITIES CORPORATE *GAMES*

TROLLEY PUB RULES

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games.

General Rules

1. Companies are allowed one team of 8-10 participants of any gender. Companies must have at least 8 participants in order to operate the Trolley Pub, and all participants must pedal (cannot sit at a non-pedaling spot).
2. Course will be a down and back on a flat road that includes navigating a turnaround. The course is roughly one-half mile.
3. Trolley Pub will provide a driver to steer the bike.
4. Teams will complete two time-trials each. The best time for each team will be used to determine the top teams.

QCCG 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	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

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

Event	Participation Points
Pedal Pub Race	250/Team

- o QCCG will assess Penalty Points to those companies whose team does not show up for the Trolley Pub race.

Event	Penalty Points
Pedal Pub Race	-250



QUAD CITIES CORPORATE *GAMES*

TUG OF WAR RULES

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games.

General Rules

1. Companies may enter one co-ed team into the event.
2. Athletic shoes (i.e. running, tennis, cross trainers, hiking), aqua socks, work boots or bare feet only. No spikes or cleats will be allowed.
3. Gloves are allowed and recommended.
4. No wrapping of the rope around hands. Serious injury may occur.
5. Deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping is not allowed.
6. Participants may use feet or hands only to gain foothold in the sand. No tools will be allowed. Extensive time will not be set aside to dig in and get set.
7. One-minute time limit per tug. The winning team will pull another team four feet across the center line. If no team has been pulled over the line at the end of the one-minute time limit, the tug will go to the team who has the advantage at that time.

QCCG Point System

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

Place	Points
1 st	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

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

Event	Participation Points
Tug of War	250/Team

- o QCCG 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 Quad Cities to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Tug of War	-250



QUAD CITIES CORPORATE *GAMES*

YOGA

Eligibility

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

QCCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.