



SCORING OVERVIEW

EVENTS

- SwRI Golf Chipping
- VIA 4x100M Relay
- Methodist Healthcare Ministries Hula Hoop Challenge
- C.H. Guenther Sack Race
- Gonzaba Dunk Tank Throw
- CPS Energy Three-Point Contest

Team will be awarded the number of points earned during the competition and ranked to determine place.

Position	Points
1st	100
2nd	90
3rd	80
4th	70
5th	60
6th	50
7th	40
8th	30
9th and below	10

Alterman Soccer Kicks

Distance	Points
10 yards	2
15 yards	4
20 yards	6

Citi Football Throw

Distance	Points
5 yards	5
10 yards	10
15 yards	20

TOURNAMENTS

- Las Palapas Cornhole
- Coca-Cola Dodgeball
- Chicken N Pickle Pickleball
- Capital Group Kan Jam (Frisbee)
- Security Service FCU Tug-of-War
- University Health 3v3 Basketball

Position	Points
1st	100
2nd	90
Reached semi-finals	75
Reached quarterfinals	45
All others	10

PARTICIPATION

Gonzaba Medical Group 2K Wellness Walk

- 4 points for each employee completing the walk.
- 100 points maximum per team in D1, D2 & D3 (25 employees)
- 60 points maximum per team in D4 & D5 (minimum 15 employees)

Whataburger 5K Run

TEAM POINTS

Position	Points
1st	100
2nd	90
3rd	80
4th	70
5th	60
6th	50
7th	40
8th	30
9th and below	10

INDIVIDUAL POINTS

5, 4, 3 points will be awarded to the top three male and female runners in each age division. (U30, 30-39, 40-49, 50+)

RBFCU T-Shirt Design Challenge

Team will be awarded the number of points earned during voting period and ranked by number of votes to determine place.

Position	Points
1st	100
2nd	90
3rd	80
4th	70
5th	60
6th	50
7th	40
8th	30
9th and below	10

San Antonio Sports ACTIVATE Fitness Challenge

10 points for each employee with 100 points maximum per team.

Gonzaba 2K Walk

Participants: Teams in divisions 1-3 will be provided 25 additional extra bibs, 50 total bibs

Teams in divisions 4 & 5 will be provided 10 additional extra bibs, 25 total bibs

Competition Format: All participants can walk the course, no participation cap, however only 25 finishers from each team will be awarded 4 points with a maximum opportunity of 100 team points.

D4 & D5 teams will be assigned to have only 15 finishers allowed to earn 4 points each with the maximum opportunity of 60 points allowed. All participants can walk the course, no participation cap.

Point System: Teams will be awarded 4 points for each employee that finishes the walk for a total 100 (60 for D4/D5 teams) point maximum per team. Participants must have a number from which the tab will be collected at the finish line. Family, friends and other employees are encouraged to join their participating walker, but only 25 (15 for D4/D5) employees will be scored.

Pickleball Tournament

- Participants:** Teams will consist of 2 people (1 male and 1 female)
- Equipment Details:** Ball/Wiffle ball has a diameter: 2.90” and weights 26.3 g, paddle is 15.75 in length (Pickleball Paddle), and the net must be 3ft tall, can be half or full court net.
- Competition Format:** Prior to the tournament there will be open play determine the seeding of the bracket. The tournament will be a round robin, single elimination bracket format hosted at Chicken N Pickle. Each match will be 8 minutes and once time is reached, the team with the higher score will advance. Games are no longer played to 11 points and instead the highest score in the 8 minute match advances in the tournament. The tournament will follow the basic rules of pickleball from the International Pickleball Teaching Professional Association. Teams can bring their own paddles, but balls and paddles will be provided as needed. NO subs are allowed throughout the tournament and alternates can only sub in if there is an emergency or injury to one of the starting participants. In this scenario, teams must still follow the gender requirement and if the gender requirement is not met then that team would have to forfeit.
- Point System:** 100 points will be awarded to the 1st place team; 90 points will be awarded to the 2nd place team. The 3rd/4th place teams who lose the semi-final games will each be awarded 75 points and teams who finish 5th – 8th and lose in the quarterfinals will receive 45 points each. All other teams will receive 10 points.

Golf Chipping

- Participants:** Teams will consist of 4 people (minimum 1 woman)
- Equipment Details:** Standard golf balls, turf mat
All participants are to bring their own chipping clubs.
- Competition Format:** One at a time, team members will chip 5 balls from a distance of 40 yards into 3 progressively larger circles surrounding a flag.
- The smallest circle will be worth 10 points, the middle circle 5 points, and the outermost circle 2 points. A hole-in-one will be worth 25 points. The “on-deck” team will get an opportunity to practice chipping balls on a different part of the field. Competitors will provide their own golf clubs.
- Point System:** Teams will be awarded the number of points earned during the competition.

4x100M Relay

Participants: 4 total (2 men and 2 women)

Equipment Details: 11-inch aluminum or plastic baton

Event Format: Each member of the relay team will run a distance of 100 meters before handing a baton off to their team's next positioned runner until each team's last positioned runner (anchor runner) has crossed the finish line. All races are timed finals, no preliminary heats.

We do not require any specific gender order that each team's participants go in.

Any participant that leads extensively out of the exchange zone when passing the baton will disqualify their team from their final time and earn the minimum points allowed.

Point System: 100 points will be awarded to the 1st place team, 90 points will be awarded to the 2nd place team, and points will move down incrementally by 10 until the 8th place team has been awarded 30 points. All teams that finish below 8th place will be awarded 10 points.

Sack Race

Participants: Teams will consist of 4 players total (2 men and 2 women)

Equipment Details: Nylon sack, 28" high x 24" wide

Event Format: Each member of the relay team will hop a distance of 25 meters before handing a sack off to their team's next positioned participant until each team's last positioned participant (anchor) has crossed the 100 meter finish line. First and second place teams in each heat advance to a final heat (depending on total number of teams in each division, this may vary to also include the 3rd place team in a heat to advance).

After reviewing last years competition, we will now require the each participant keep both hands on the sack while competing until they exchange with the next participant in the relay. Any participant using one hand will automatically disqualify their team to advance to the next heat and will earn the minimum points allowed.

NO subs are allowed throughout the race relay and alternates can only sub in if there is an emergency or injury to one of the starting participants. In this scenario, teams must still follow the gender requirement and if the gender requirement is not met then that team would have to forfeit.

We do not require any specific gender order that each team's participants go in.

Point System: 100 points will be awarded to the 1st place team, 90 points will be awarded to the 2nd place team and points will move down incrementally by 10 until the 8th place team has been awarded 30 points. All teams that finish below 8th place will be awarded 10 points.

Football Throw

Participants: 4 total (minimum 1 woman)

Equipment Details: Wilson Junior Size Football, 25" long circumference, 18.5" short circumference, 7' x 7' throwing net with three (3) throwing targets, two (2) targets at 6ft in height, one (1) target at 3ft height

Event Format: One at a time, each team member will throw 3 footballs at a target placed at distances of 5, 10, and 15 yards, and will be worth 5, 10, and 20 points respectively.

Point System: This skill events will award points based off the actual points scored during the competition and not utilize the 1st through 8th place scoring format. Please reference the scoring overview page for points earned for each distance.

Kan Jam Tournament

Participants: 2 people total (1 male and 1 female)

Equipment Details: 10.75" diameter, weight is 175 grams, Kan Jam - 3.5 x 4.7 x 7.9 inches MUST USE FRISBEE'S PROVIDED

Competition Format: The tournament will be single elimination bracket format. Teams will take turns throwing frisbees at the target (Kan Jam goals) until a team reaches the score of 11 or whoever is in the lead after the 10-minute per game time limit. Teams will take turns throwing, with one team member being a "thrower" while the other teammate is a "deflector" who has the chance to earn 1 point for the team if redirected in the goal. Goals and frisbee throws will be 35 feet away and a frisbee that enters the top of the goal is worth 3 points, a frisbee that hits the goal is worth 2 points, and a frisbee slapped or deflected in by the deflector is worth 1 point. If a frisbee is thrown into the goal's slot, that team automatically wins the match. Teams must score exactly 11 points to win. Teams will receive a scoring penalty based on the number of points scored on that throw. (For example, if you have 10 points and score 2 instead of 1, your score would be reduced to 8. If you have 9 points and score 3 instead of 1, your score would be reduced to 6.) Teams get 2 throws each (one per teammate) then rotate to allow the opposing team to do the same. The championship match will be played to 21 points with +10 points to the thresholds mentioned above.

NO subs are allowed throughout the tournament and alternates can only sub in if there is an emergency or injury to one of the starting participants. In this scenario, teams must still follow the gender requirement and if the gender requirement is not met then that team would have to forfeit.

Point System: 100 points will be awarded to the 1st place team; 90 points will be awarded to the 2nd place team. The 3rd/4th place teams who lose the semi-final games will each be awarded 75 points and teams who finish 5th – 8th and lose in the quarterfinals will receive 45 points each. All other teams will receive 10 points.

Soccer Kicks

Participant: Teams will consist of 4 players total (minimum 1 woman)

Equipment Details: Size 4, 27" – 28" circumference, mini-goal is approximately 6'x3.5'x3.5'

Event Format: One at a time, each member of the team will take 3 shots on a mini goal at each of 3 distances. Goals will be at distances of 10, 15, and 20 yards and will be worth 2, 4, and 6 points, respectively.

Point System: This skill event will award points based off the actual points scored during the competition and not utilize the 1st through 8th place scoring format. Please reference the scoring overview page for points earned for each distance.

Hula Hoop Challenge

- Teams:** 4 people total (2 men and 2 women)
- Equipment Details:** Adult size (available on Amazon) Diameter - 37.4 inches, Thickness - 1.4 inches, Weight - 1.23 kilograms, **MUST USE HULA HOOP PROVIDED. PARTICIPANTS CANNOT USE THEIR OWN HULA HOOP.**
- Competition Format:** Each team member will take turns hula hooping in a standing position. 10 minutes per participant is the maximum time allowed to be earned. You are **NOT** allowed to walk while you are hula hooping. Scoring will be determined by adding the total of each employee's duration/time in which they hula hooped. The longer the time, the better! **WALKING IS NOT ALLOWED!** Anyone who walks will automatically be disqualified and receive a zero (0) for their individual time. In fairness to all teams and with limited time for the competition, no teams will have time to practice and if you wish to practice, you must do so on your own prior to reporting to the event location.
- Point System:** 100 points will be awarded to the 1st place team, 90 points will be awarded to the 2nd place team, and points will move down incrementally by 10 until the 8th place team has been awarded 30 points. All teams that finish below 8th place will be awarded 10 points.

Corn Hole Tournament

Participants: 2 total (1 man and 1 woman)

Equipment Details: Boards are 4' long, 2' wide, 6" diameter hole, bags are 6" x 6", 14 – 16 ounces

Event Format: The tournament bracket will be single single-elimination format. Teams will take turns pitching corn bags at the cornhole board until a team reaches the score of 11 or whoever is in the lead after the 10 minute time limit per game. Points are kept according to cancellation scoring. In cancellation scoring, the points of one team cancel out the points of their opponent. Using this method, only one team can score in each frame. A corn bag in the hole scores 3 points, while one on the board scores 1 point. NO subs are allowed throughout the tournament and alternates can only sub in if there is an emergency or injury to one of the starting participants. In this scenario, teams must still follow the gender requirement and if the gender requirement is not met then that team would have to forfeit.

Point System: 100 points will be awarded to the 1st place team; 90 points will be awarded to the 2nd place team. The 3rd/4th place teams who lose the semi-final games will each be awarded 75 points, and teams who finish 5th – 8th and lose in the quarterfinals will receive 45 points each. All other teams will receive 10 points.

Tug Of War

- Teams:** Teams will consist of 8 people (4 males and 4 females)
- Equipment Details:** 100-foot rope, rubber or plastic cleats, and gloves are allowed; no metal spikes, gloves (not provided, highly recommended)
- Competition Format:** The competition will be single elimination. The winning team must pull the losing team 5 yards so that the rope marker crosses the line. Rubber or plastic cleats and gloves are allowed. No metal spikes are allowed. Participants must stay on their feet and not sit, kneel, or lie down. The rope must not wrap around any participant. Winning teams will continue to advance in their division until the overall winner has been declared. Single match elimination throughout the tournament with only the final/championship game being best-of-3 matches.
- NEW - As teams advance through the tournament, substitutions will be allowed only with the two (2) alternates that each team has the opportunity to register. The alternates must report with the entire team who is starting the first match. This means as teams advance in each round they can rotate 2 participants so as long as they were a part of the original reporting team. Teams must still follow the equal gender requirement split when participating and utilizing subs.
- Reminder that Divisions 1-3 have 8 starting participants so with alternates that is a maximum of 10 participants.
- Reminder that Divisions 4 & 5 have 4 starting participants so with alternates that is a maximum of 6 participants.
- Prior to participating, all teams must report to the tug-of-war tent to receive some type of identifier that will be required for your participants and alternates to ensure no one outside of the starters and alternates try to mix in for future subs.
- We are implementing this rule to enhance the experience of this event while also considering the tougher nature of the competition with participant safety in mind.

Point System:

100 points will be awarded to the 1st place team; 80 points will be awarded to the 2nd place team. The 3rd/4th place teams who lose the semi-final matches will each be awarded 60 points, and teams who finish 5th – 8th and lose in the quarterfinals will receive 40 points each. All other teams will receive 10 points.

Dodgeball Tournament

Participants: 4 total (2 men and 2 women)

Equipment Format: 8.25" circumference, rubber-coated foam

Tournament Format: 4 players (2 of whom must be female) will start each game. This means each match withing the best out of 3 series must start with 2 men and 2 women, NOT just the first match. Matches are best-of-3 and the tournament is single elimination. Each game will have a 5 minute time limit after which the team with the most players still on the court will win. Catching a ball does allow a team member to be sub/added back in the game. If teams have the same number of players then the game will go into "sudden death" where the first team to get an opposing player out will win.

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by hitting an opposing player with a LIVE thrown ball below the shoulders or by catching a LIVE ball thrown by your opponent before it touches the ground. A live ball is defined as a ball that has not touched anything between being thrown and striking a player.

This means catching a ball both eliminates the opposing teams thrower and it brings back a teammate on to the court if you have less than the 4 starters as 4 players on the court at one time is the maximum a team can have on the court during matches. After a player has been eliminated, and when catching a ball to bring back a sub, that person can be either a male.

Each team will be allowed one 30 second time-out per game during which players may sub on and off.

There will be 4 active balls on the court and it will be a violation for either team to control all 4 balls for more than 5 seconds.

Face or headshots will not eliminate a player from the match as headshots are illegal. The thrower will be not be eliminated either, just given a warning. After a second face shot by a thrower, then that player throwing will be eliminated

Point System: 100 points will be awarded to the 1st place team; 90 points will be awarded to the 2nd place team. The 3rd/4th place teams who lose the semi-final matches will each be awarded 75 points, and teams who finish 5th – 8th and lose in the quarterfinals will receive 45 points each. All other teams will receive 10 points.

Gonzaba Dunk Tank Throw

Participants: 4 participants, minimum 1 male

Equipment:

Rubber softball

Throwing target is 4ft 6in from the ground

Circumference of target is 8in wide

-Target is sensitive and a tap of the ball will trigger a hit and dunk a person.

Event Format: Each team member with each participant having four (4) throws at the dunk tank target from 15 feet away. The throwers' feet must remain behind the line during the throwing action and after the release of the ball. Regardless on if the target is hit or not, if the throw passes the line that throw will be disqualified and automatically earn 0 points. If the target is hit, you will earn 25 points. All other attempted throws without a hit that still hit another area of the dunk tank will earn 3 points for the attempt. If a throw completely misses the target and throwing wall, then that thrown will earn 0 points. No underhand throws will be allowed, any underhand throws will be disqualified and earn 0 points. The total number of points each participant earns will be added for the team total that will then be ranked among the other team totals in the 100 1st through 8th place point scoring system.

TEAMS DO NOT HAVE TO PROVIDE AN ADDITIONAL PARTICIPANT TO BE DUNKED.

Point System: 100 points will be awarded to the 1st place team, 90 points will be awarded to the 2nd place team and points will move down incrementally by 10 until the 8th place team has been awarded 30 points. All teams that finish below 8th place will be awarded 10 points.