**WATER SHOOTOUT**

**sponsored by:**

![Delta Logo]

- **materials needed:**
  - 3 cups – with each cup filled halfway with water
  - 3+ ping pong balls or a similar alternative approved by team guide (ex. ball of tinfoil) (no limit on # of balls)

- **teams:**
  - teams will consist of 8 participants. For teams under 8 people, participants will have to do more than 1 turn, participants cannot do back to back turns.

- **competition format:**
  - participants will vertically line up 3 cups in a row at the end of a table (shown in picture below) the space between each cup will be 1 index finger in length
  - each participant will stand at the end of the table, opposite their cups. the participant must be 6 feet away from the closest cup when shooting.
  - each participant’s Zoom camera must be set up so that it shows them and the cups in the same frame.
  - each participant will have 10 chances to throw a ping pong ball into a cup.
  - each ball scored in a cup is worth 1 point.
  - participants will go one at a time and the team guide will tally their score.
  - the total points of all participants will be the team total.

- **point system:**
  - the team with the highest total points will come in first place and get 80 points – second place will get 79 points - third place will get 78 points and so on... - the last place team will receive 1 point
game day rules

STEPS CHALLENGE

sponsored by:

- **materials needed:**
  - a device that can track steps

- **teams:**
  - all team members will participate.
  - no maximum, but a minimum of 8 people must participate

- **competition format:**
  - participants will track their steps with a smartphone app, pedometer or fitness watch on June 22, 2020
  - participants must have the ability to screenshot or take a photo of their steps on competition day. they will send this photo to their team captain
  - *the team captain must submit all the evidence of steps in one document and email to corporatecup@chtrust.org by 5:00pm on June 22nd*
  - the team with the highest average number of steps will come in first place

- **point system:**
  - the first place team will get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point

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

New Balance Game Day Playlist! [linked here]
ABC AEROBICS

sponsored by:

• **materials needed:**
  ○ Zoom on a laptop/computer or a mobile device

• **teams:**
  ○ all team members will participate – maximum of 20 people
  ○ for teams under 20 people – participants will have to do more than 1 letter
  ○ participants cannot do back to back letters

• **competition format:**
  ○ participants will complete the phrase "Compete. Have Fun. Do Good."
  ○ each letter corresponds to an athletic task – the participant will have to complete the task associated with their letter, one at a time, in the correct order of the phrase

<table>
<thead>
<tr>
<th>Letter</th>
<th>Task</th>
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</thead>
<tbody>
<tr>
<td>C</td>
<td>20 burpees</td>
</tr>
<tr>
<td>O</td>
<td>10 jumping jacks</td>
</tr>
<tr>
<td>M</td>
<td>15 push-ups</td>
</tr>
<tr>
<td>P</td>
<td>20 sit-ups</td>
</tr>
<tr>
<td>E</td>
<td>10 lunges</td>
</tr>
<tr>
<td>T</td>
<td>15 body weight squats</td>
</tr>
<tr>
<td>E</td>
<td>10 lunges</td>
</tr>
<tr>
<td>H</td>
<td>30 high knees</td>
</tr>
<tr>
<td>A</td>
<td>20 butt kicks</td>
</tr>
<tr>
<td>V</td>
<td>10 v-ups</td>
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<tr>
<td>E</td>
<td>10 lunges</td>
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<tr>
<td>F</td>
<td>10 star jumps</td>
</tr>
<tr>
<td>U</td>
<td>10 push up</td>
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<tr>
<td>N</td>
<td>15 burpees</td>
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<tr>
<td>D</td>
<td>20 mountain climbers</td>
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<tr>
<td>O</td>
<td>10 jumping jacks</td>
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<td>G</td>
<td>10 jump squats</td>
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<tr>
<td>O</td>
<td>10 jumping jacks</td>
</tr>
<tr>
<td>O</td>
<td>10 jumping jacks</td>
</tr>
</tbody>
</table>

  ○ each participant’s Zoom camera must be set up so that it shows them doing the exercise
  ○ team guide will time how long it takes for the team to complete the phrase

• **point system:**
  ○ the team with the fastest time will come in first place and get 80 points - second place will get 79 points - third place will get 78 points and so on...
  the last place team will receive 1 point
MENTAL GYMNASTICS
sponsored by:

● materials needed:
  ○ Zoom on a laptop/computer
  ○ Kahoot website or app on a mobile device — participants must download the app if they have not already done so

● teams:
  ○ all team will participate
  ○ minimum of 5 participants, with no maximum

● competition format:
  ○ the team guide will share their screen with all participants on a Zoom call
  ○ participants will open the Kahoot app on their mobile device, select the button “enter pin” and input the pin # shared from the team guide’s screen
  ○ the team guide will run through a 25 question trivia presentation on the Kahoot website/app.
    all participants will compete individually - scores are based on how fast a correct answer is chosen
  ○ the total points of the top 5 finishers at the end of the game will be added together to make their team score

● point system:
  ○ the team with the highest total team score will come in First place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point
• **materials needed:**
  ○ Zoom on a laptop/computer or a mobile device
  ○ random household items

• **teams:**
  ○ all team members will participate
  ○ no minimum, with a maximum of 20 participants

• **competition format:**
  ○ the team guide will read off 20 different items, one at a time
  ○ the clock will start once the team guide says the item
  ○ everyone on the team will search their home/office for the specific item and bring it back to their computer
  ○ the computer must stay in place while participants are searching for the item
  ○ the clock will stop once the first person brings back the item and the team guide will record the time.
  ○ each team will have 60 seconds to retrieve the item - if no one on the team can retrieve the item in 60 seconds, the round total is 60 seconds
  ○ the total time for all 20 items to be found will be the team’s final time

• **point system:**
  ○ the team with the lowest overall time will come in first place and get 80 points
  ○ second place will get 79 points
  ○ third place will get 78 points and so on... the last place team will receive 1 point
FREEZE! LIKE A TREE
sponsored by:

Cannistraro

- **materials needed:**
  - Zoom on a laptop/computer or a mobile device

- **teams:**
  - all team members will participate
  - a minimum of 8 participants, with a maximum of 20 participants

- **competition format:**
  - participants will hold a tree pose for as long as they can while being timed.
  - a tree pose is holding the base of one foot on the opposite inner thigh or calf to balance on one foot *(shown in picture below)*
  - *for safety, please keep your foot above or below your knee
  - Participants cannot touch or lean on anything
  - if their foot comes off of their knee, the participant will be ruled out by the team guide.
  - the team will continue to be timed until there are only 3 participants remaining, upon which the team’s time will be recorded.

- **point system:**
  - first place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point
game day rules

FLIP CUP RELAY

sponsored by:

Granite

- materials needed:
  - Zoom on a laptop/computer or a mobile device
  - 1 empty plastic cup

- teams:
  - teams will consist of 20 participants – for teams under 20 people, participants will have to do more than 1 turn – participants cannot do back to back turns

- competition format:
  - each participant will put 1 plastic cup towards the edge of a table with the bottom of the cup slightly hanging over the edge (shown in the picture below)
    - each participant’s Zoom camera must be set up so that it fully shows the cup and table
    - participants will attempt to flip the cup 180 degrees by flipping the bottom of the cup with their hand
    - participants will go one at a time. Each participant will go until they get the cup flipped 180 degrees – once that occurs, the next participant will go
    - the team guide will time how long it takes for the team to flip a cup 20 times

- point system:
  - The team with the fastest time will come in first place and get 80 points - second place will get 79 points - third place will get 78 points and so on... the last place team will receive 1 point
SOCK(ER) SHOOTOUT

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SBLI®

Insuring Lives.
Protecting Families.

- **Materials needed:**
  - Zoom on a laptop/computer or a mobile device
  - max of 3 pairs of rolled up socks
  - laundry basket / bucket or something similar

- **Teams:**
  - teams will consist of 20 participants (for teams under 20 people, participants will have to do more than 1 turn – participants cannot do back to back turns)

- **Competition format:**
  - each participant will lay a basket on its side as their “goal” – participants will measure 10 feet away from their goal and mark the spot (tape, a shoe, etc.)
  - standing at the 10-foot line with the socks on the floor, each participant will go one at a time and will have 1 minute to kick a sock ball into the goal
  - each time a sock ball goes in the goal, they earn 1 point
  - all participant totals will be added together to because the team’s total points

- **Point System:**
  - the 1st place team with the top score will get 80 points – 2nd place will get 79 points – 3rd place will get 78 points, and so on... last place team will get 1 point