1. Water Shootout

- **Materials Needed:**
  - Zoom on a laptop/computer or a mobile device
  - 3 cups
  - 3+ ping pong balls or a similar alternative approved by team guide (ex. ball of tinfoil)

- **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:**
  - Each participant will vertically line up 3 cups in a row at the end of a table. The space between each cup will be 1 index finger in length. Each cup will be filled halfway with water.
  - 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 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.
2. Steps Challenge

- **Materials Needed:**
  - A device that can track steps

- **Teams:**
  - All team members will participate. A minimum of 10 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 22.
  - 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.
3. ABC Aerobics

- **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.
    - C = 20 burpees
    - O = 10 jumping jacks
    - M = 15 push-ups
    - P = 20 sit-ups
    - E = 10 lunges
    - T = 15 body weight squat
    - H = 30 high knees
    - A = 20 butt kicks
    - V = 10 v-ups
    - D = 20 mountain climbers
    - G = 10 jump squats
    - F = 10 star jumps
    - U = 10 push ups
    - N = 15 burpees
  - The 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.
4. **Mental Gymnastics**

- **Materials Needed:**
  - Zoom on a laptop/computer
  - Kahoot website or app on a mobile device

- **Teams:**
  - All team members will participate. (No max needed).

- **Competition Format:**
  - The team guide will share their screen with all participants on a Zoom call.
  - 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.
5. Minute to Find It

- **Materials Needed:**
  - Zoom on a laptop/computer or a mobile device
  - Random household items

- **Teams:**
  - All team members will participate. Maximum of 20 participants.

- **Competition Format:**
  - The team guide will read off 20 different items, one at a time.
  - 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 start once the team guide says 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. Added together for team 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.
Cannistraro

6. Freeze! Like a Tree

- **Materials Needed:**
  - Zoom on a laptop/computer or a mobile device

- **Teams:**
  - All team members will participate. 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 to balance on one foot. The 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:**
  - The First place team will be 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.
7. Flip Cup Relay

- **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.
  - 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.
8. Sock(er) Shootout

- **Materials Needed:**
  - Zoom on a laptop/computer or a mobile device
  - Pairs of rolled up socks (Max of 3 pairs).
  - Laundry basket/bucket/ 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 or bucket on its side as their “goal”.
  - Each participant will measure 10 feet away from the open side of their goal and mark the spot with something (tape, a shoe, etc.)
  - Each participant’s Zoom camera must be set up so that it shows them and their goal in the same frame.
  - Each participant will stand at the 10-foot mark with the rolled up socks on the floor next to them.
  - Each participant will have 1 minute to kick a sock ball into the goal.
  - Each time the participant kicks the ball in the goal, they earn 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 first place team with the top score will receive 80 points. Second place will receive 79 Points. Third place will receive 78 points and so on. The last place team will receive 1 point.