



Game Rules

Boston Children's Hospital values gender diversity. Teams should be composed of people representing a mix of gender identities with no more than half of a team representing one gender in order to maintain equity and inclusion in the competition. This should be true for the team as a whole as well as any smaller groups put together for specific events.

Obstacle Course

Team Set-Up

- Each team consists of **12 participants**
 - If team is larger than 12, **no more than 12** participants permitted to collaborate on team challenges
- **12 total turns** must be completed for individual challenges
 - If team is smaller than 12, some participants may need to complete the individual challenges **more than once**, however no participant may take back-to-back turns.

Game Flow Overview

1. **Part 1 Team Memory Challenge**
 - Timer starts when the referee unveils the puzzle key
 - Teams must study and attempt to memorize the puzzle for as long as they'd like before moving on to the physical challenges
 - Team members cannot return to the puzzle key until after completing the physical challenges
2. **Individual Agility Challenge**
 - The first participant must navigate through the set of hurdles by stepping over the low hurdles and ducking under the high hurdles
 - Making contact with the hurdle is allowed, however knocking a hurdle over will require the individual to restart at the beginning of the hurdle set
 - The next participant can begin once the participant before them has completed the final hurdle
 - The team cannot move on to the strength challenge until the entire team finishes the agility challenge
3. **Individual Strength Challenge**
 - The first participants must carry a set of sandbags from the start line, around a cone, and return back (approximately 40 yards total)
 - Drops and/or breaks are allowed, throwing the sandbag is not allowed
 - The next participant can begin once the participant before them has returned to the start line
 - The team cannot move on to the final challenge until the entire team finishes the strength challenge
4. **Part 2 Team Memory Challenge**
 - Team members collaborate to piece together the puzzle, matching the image presented to them at the beginning of the game
 - Only one person is allowed to place one piece at a time
 - Teams can choose to designate an individual to place all the pieces, or rotate individuals if desired
 - If the team needs to see the puzzle again, they may do so by running team members back to reference the image as many times as they'd like
 - The timer will stop once the referee confirms the puzzle is completed correctly **and all team members are present at the puzzle**

Scoring Details

- Teams are **timed** from the moment the referee unveils the puzzle.
- Teams **must complete all obstacles**—individual and team—to receive a final time.
- The **top 3 fastest teams** in each group will earn points as follows:
 - **1st Place** – 5 points
 - **2nd Place** – 3 points
 - **3rd Place** – 1 point



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Game Rules

Important Reminders

1. **No Skipping:** All obstacles must be fully completed by all participants. Any attempt to bypass an obstacle will result in a **time penalty** or disqualification.
2. **Sequential Movement:** Teams may not begin the next challenge until the previous challenge is completed by all team members. Participants may not start their turn in the physical challenges until the previous participant has completed their turn.
3. **Final Team Element:** The referee will not stop the timer for a completed puzzle until all team members are present at the final challenge
4. **Time Penalties:** Any rule infractions may result in time penalties at the discretion of the event referees



Game Rules

Football Toss

Team Setup

- Each team will have **8 participants**.
- Team roles:
 - **3 Receivers:** Each stand inside a **designated hula hoop** for the duration of the game.
 - **5 Throwers:** Each takes turns making football completions to the receivers.

Game Flow Overview

1. **Start of Play**
 - Three team members position themselves inside hula hoops placed at different distances.
 - The remaining five participants line up behind a cone to throw.
2. **Throwing Sequence**
 - a. One thrower at a time steps forward and begins throwing footballs to **any of the three receivers**.
 - b. A thrower must complete **3 successful passes** before the next thrower can begin.
 - c. Throws can be made to **any receiver** but must result in a **clean catch within the hoop** area.
3. **Receiver Progress**
 - a. Each receiver must catch **5 passes total**.
 - b. Once a receiver has caught 5 passes, they will **sit down in their hoop** to indicate they are finished.
4. **Completion**
 - a. The timer stops when:
 - i. All **5 throwers** have each completed 3 passes, **and**
 - ii. All **3 receivers** have each caught 5 passes and are seated in their hoops.

Scoring Details

- Teams are scored based on **completion time**.
- The **top 3 fastest teams** in each group will be awarded points:
 - **1st Place** – 5 points
 - **2nd Place** – 3 points
 - **3rd Place** – 1 point

Important Reminders

1. **Thrower Order:** Only **one thrower may throw at a time**. The next thrower begins only after the previous one has completed **3 successful passes**.
2. **Receiver Rule:** Each receiver can catch from **any thrower** but must stop playing once they reach 5 catches.
3. **Throwing Strategy:** Teams can choose which receiver to target based on distance and accuracy but must track progress to avoid over- or under-passing.
4. **Completion Signal:** Receivers **must sit down** in their hoop once finished to clearly indicate they are done.



Game Rules

50 Yard Relay

Team Setup

- Each team consists of **all available participants** (typically 10–12 people).
- **20 total turns** must be completed, meaning some participants will complete the relay **more than once**.
- **No participant may take back-to-back turns.**

Game Flow Overview

1. **Starting the Relay**
 - The first participant begins by pushing a ball with a stick.
 - They must **weave through cones** set over a **25-yard course**, reach the turnaround point, and **weave back through** the same cones to the starting line (total distance = 50 yards).
2. **Transition**
 - Upon completing the course, the participant hands off the **ball and stick** to the next teammate.
 - This pattern continues until the team has completed **20 total turns**.
3. **Turn Distribution**
 - If the team has **fewer than 20 people**, some participants will need to go **multiple times**.
 - **No participant can complete two turns in a row.**
4. **Lane Rules**
 - Each team must stay within their **designated lane** for the entire relay to avoid disqualification or time penalties.

Scoring Details

- Teams are timed from the moment the first participant starts to the moment the **20th turn is completed**.
- The **top 3 fastest teams** in each group will be awarded points:
 - **1st Place** – 5 points
 - **2nd Place** – 3 points
 - **3rd Place** – 1 point

Important Reminders

1. **No Back-to-Back Turns:** Participants must **alternate** and may not take two consecutive turns, even if completing multiple legs.
2. **Stay in Your Lane:** Moving into another team's lane may result in a **time penalty or disqualification**.
3. **Ball Control:** Participants must **always maintain control of the ball with the stick**. No carrying, kicking, or throwing is allowed.
4. **Relay Completion:** The team's time is recorded once the final participant completes the out-and-back course and crosses the starting line.



Game Rules

Soccer Kicks

Team Setup

- Each team will consist of **8 participants**.
- Every team member will participate individually (one at a time).

Game Flow Overview

1. Obstacle Setup

Each player must attempt to kick the ball through the following **3 obstacles in sequence**—all in a **single kick**:

- **Wide Cones** (first obstacle)
- **Narrow Cones** (second obstacle)
- **Into a Goal/Net** (final obstacle)

2. Kicking Rules

- Each player gets **5 attempts** to score as many points as possible.
- Each attempt is scored based on how far the ball progresses through the obstacles.

3. Scoring Per Attempt

- **1 Point:** If the ball passes through the **wide cones only**
- **3 Points:** If the ball passes through the **wide and narrow cones**
- **5 Points:** If the ball passes through the wide cones, narrow cones, **and into the net**

4. Team Score

- After all **8 team members** have completed their 5 kicks, their **individual points are totaled** for a **team score**.
- The team with the **highest combined score** wins the round.

Scoring Details

- Teams are ranked based on **total points scored** (not speed).
- The **top 3 teams** in each group will be awarded points as follows:
 - **1st Place** – 5 points
 - **2nd Place** – 3 points
 - **3rd Place** – 1 point

Important Reminders

1. **One Kick Per Attempt:** Players must try to complete all 3 obstacles in a **single continuous kick**. No stopping or dribbling.
2. **Five Attempts Per Player:** Each participant gets **5 chances** to earn points. Missed shots still count as an attempt.
3. **Ball Retrieval:** Designate teammates to help retrieve soccer balls to keep the game moving efficiently.
4. **Spectator-Friendly:** Encourage cheering and support. This is a great game for energy and crowd engagement!

Game Rules

Volleyball

Team Setup

- Each team consists of **6 participants**.
- All players will be active on the court at the same time.
- No swapping out players except for injury.

Game Flow Overview

1. **Initial Matchups**
 - All teams will be divided across **multiple courts** (2 teams per court).
 - Each match lasts for **3 minutes** of continuous play.
2. **Serve Start**
 - A **coin toss** by the referee will determine which team serves first.
3. **Gameplay**
 - Standard volleyball rules apply:
 - Teams are allowed **up to 3 touches** on their side before the ball must be sent over the net.
 - **Clockwise Rotation** is required when a team regains the serve.
4. **Advancement Format**
 - The team with the **most points at the end of 3 minutes** moves on to the next round.
 - **Round 1:** winning teams move on to **Round 2**.
 - **Round 2:** The 2 winning teams advance to the **heat championship**.
 - The **2 losing teams** from Round 2 play a consolation match to determine **3rd place** in the heat.

Scoring Details

- The **top 3 teams** in each bracket heat will be awarded points based on final standings:
 - **1st Place (Heat Champion)** – 5 points
 - **2nd Place (Heat Runner-Up)** – 3 points
 - **3rd Place (Consolation Match Winner)** – 1 point
- **Tiebreaker Rule:**
 - If teams are tied at the end of 3 minutes, **one sudden-death point** will be played.
 - A **coin toss** by the referee determines which team serves the tiebreaker point.

Important Reminders

1. **3-Minute Matches:** All games are on a strict 3-minute timer. No pauses unless directed by a referee.
2. **Sudden Death Point:** In case of a tie, the next point **immediately determines the winner**—be ready to play!
3. **Team Rotation:** Players must rotate positions when their team regains the serve, just like in standard volleyball.
4. **Referee Oversight:** A referee will be present to track time, score, and resolve disputes.
5. **Court Etiquette:** Teams must clear the court promptly at the end of each match to keep the bracket running on schedule.

Game Rules

Backyard Relay

Team Setup

- Each team will consist of **8 participants**, divided into **4 pairs** (2 participants per pair).
- All participants must complete their individual scoring portion to contribute to the team's relay progression.

Game Flow Overview

The relay alternates between **Cornhole** and **Ladder Golf** activities, with **each pair completing their portion sequentially**:

Pair 1 – Cornhole

1. **Player A** begins and must land **three bags on the board or sink one bag into the hole**.
2. Once Player A finishes, **Player B** begins and must also land **three bags on the board or sink one bag into the hole**.
3. After both players have landed **three bags on the board, or sink one bag into the hole**, Pair 1 is done, and **Pair 2** may begin.

Pair 2 – Ladder Golf

1. **Player A** begins and must land **three bolas** successfully on any rung of the ladder.
2. Once Player A finishes, **Player B** begins and must also land **three bolas** successfully on any rung of the ladder.
3. After both players finish, Pair 2 is done, and **Pair 3** may begin.

Pair 3 – Cornhole

1. Same rules apply as in Pair 1.
2. After both players finish, **Pair 4** may begin.

Pair 4 – Ladder Golf

1. Same rules apply as in Pair 2.
2. Once both players finish, the **team relay is complete**.

Scoring Details

- Teams are timed from the start of the first cornhole station to the completion of the final ladder golf station.
- The **top 3 fastest teams** in each group will be awarded points:
 - **1st Place** – 5 points
 - **2nd Place** – 3 points
 - **3rd Place** – 1 point

Important Reminders

1. **Sequential Play:**
 - **Player B** in a pair cannot begin until **Player A** finishes.
2. **The next pair** cannot start until **both players in the current pair** have landed **three bags on the board, or sink one bag into the hole** **No Overlap:**
 - Only one pair participates at a time. Teams must complete pairs **in order**: Pair 1 → Pair 2 → Pair 3 → Pair 4.
3. **Completion:**
4. The relay ends when **Pair 4** completes their Ladder Golf portion (both players land **three bolas** successfully on any rung of the ladder).

Game Rules

Hula Hoop

Team Setup

- Each team consists of **10 participants**.
- All participants will be active for the full duration of the challenge.

Game Flow Overview

Part 1: Hula Hoop Pass

1. **Line Formation**
 - Teams line up in a **straight line, holding hands with arms and elbows fully extended**.
2. **Hula Hoop Movement**
 - At the start signal, the first participant lifts the **hula hoop** and passes it **over their head and body**.
 - The hula hoop must continue down the line, passing over each team member.
 - Once it reaches the **last person**, it must go fully over them and return **back to the first person** in the same fashion.
3. **Repetition Requirement**
 - This **down-and-back motion must be completed three times in a row**, without breaking hand-holds or dropping the hoop.
 - If the **hula hoop touches the ground** at any time, the team must **restart** the entire hula hoop portion.
4. **Transition to Part 2**
 - Once the hula hoop has successfully traveled **down and back 3 times**, participants may **release hands** and begin the second phase.

Part 2: Water Relay

1. **Setup**
 - At one end of the team line: a **full bucket of water and 1 sponge**
 - At the other end: an **empty bucket** marked with a **visible fill line**
2. **Water Transfer Rules**
 - Teams must pass the **wet sponge** from person to person **down the line**, squeezing it into the empty bucket at the end.
 - The sponge must **touch each participant** in the line—**no skipping or throwing** allowed.
 - Participants may only **squeeze water** into the bucket at the end—not mid-line.
3. **Completion**
 - The timer stops once the water reaches the **designated fill line** on the empty bucket.

Scoring Details

- Teams are timed from the **start signal** to the moment the **water reaches the fill line**.
- The **top 3 fastest teams** in each group will be awarded points:
 - **1st Place** – 5 points
 - **2nd Place** – 3 points
 - **3rd Place** – 1 point

Important Reminders

1. **Hands Must Stay Linked:** During the hula hoop portion, participants **must not break hand contact** unless restarting due to a dropped hoop.
2. **Restart if Dropped:** If the hula hoop **touches the ground**, the entire team must **restart the hula portion from the beginning**.
3. **Three Full Cycles:** The hula hoop must make it **down & back** the line **three complete times** before moving on.
4. **Water Relay Rules:**
 - The **sponge must pass through each teammate**—no skipping or tossing allowed.



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Game Rules

- Only the person at the end of the line may **squeeze the sponge** into the target bucket



Game Rules

Retirement Relay

Team Setup

- Each team will consist of **8 participants**, divided into **4 pairs** (2 participants per pair).
- All participants must complete their individual scoring portion to contribute to the team's relay progression.

Game Flow Overview

Relay alternates between **Badminton** and **Golf** activities, with **each pair completing their portion sequentially**:

Pair 1 – Badminton

1. **Player A** begins and must score **5 points**.
2. Once Player A finishes, **Player B** begins and must also score **5 points**.
3. After both players have scored 5 points, Pair 1 is done and **Pair 2** may begin.

Pair 2 – Golf

1. **Player A** begins and must score **5 points**.
2. Once Player A finishes, **Player B** begins and must also score **5 points**.
3. After both players finish, Pair 2 is done and **Pair 3** may begin.

Pair 3 – Badminton

3. Same rules apply as in Pair 1.
4. After both players finish, **Pair 4** may begin.

Pair 4 – Golf

3. Same rules apply as in Pair 2.
4. Once both players finish, the **team relay is complete**.

Scoring Details

Badminton Scoring

- **Outer Circle** – 1 point
- **Middle Circle** – 2 points
- **Hitting the disc cone (center)** – 3 points
- **Inside the disc cone** – 5 points
- Players continue taking shots until they accumulate **5 total points**.

Golf Scoring

- **Ball through 1st arch** – 1 point
- **Ball through first 2 arches** – 2 points
- **Ball through all 3 arches** – 3 points
- **Ball through all 3 arches + hits post** – 5 points
- Players continue putting until they accumulate **5 total points**.

Overall Scoring

- Teams are timed from the start of the first badminton station to the completion of the final golf station.
- The **top 3 fastest teams** in each group will be awarded points:
 - **1st Place** – 5 points
 - **2nd Place** – 3 points
 - **3rd Place** – 1 point

Important Reminders

4. **Sequential Play**:
 - **Player B** in a pair cannot begin until **Player A** finishes.



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Game Rules

- **The next pair** cannot start until **both players in the current pair** have scored their 5 points.
5. **No Overlap:**
 - Only one pair participates at a time. Must complete pairs **in order**: Pair 1 → Pair 2 → Pair 3 → Pair 4.
 6. **Completion:**
 - The relay ends when **Pair 4** completes their Golf portion (both players score 5 points each).