

Houston Parks and Recreation Department

Houston Corporate Games

Presented by Aetna

2010 Event Rules and Point System

Scoring Powered by Access Sciences

All Games run Friday, April 30, 1:00 PM – 5:00 PM AND Saturday, May 1, 9:00 AM – 12:00 PM unless otherwise designated (with *). You may participate at any event on either day to earn points for your team.

PARTICIPATION EVENTS

<i>POINT SYSTEM – Individual Participation</i>
One Day – 50 Points (each team member participating)
Both Days – 100 points (per team member)

Tai Chi Warm-Up led by Henderson Smith*

***Friday, April 30: 1:00 p.m. – 1:30 p.m. and Saturday, May 1: 9:00 a.m. – 9:30 a.m.**

Check in at: Mayor Jim McConn Ballfield #1

A “meditation in motion” gentle stretching warm-up for teams. Check-out at conclusion of session to earn **50** points. Go for day two of this exercise and earn another **50** points.

AETNA Walk / Run*

***Please note the last check-in times are 4:00 p.m. on April 30 and 11:00 a.m. on May 1.**

Check in at: Memorial Loop stretching area adjacent to Tennis Center

You may Walk or Run the 3-mile loop. Check-out to earn **50** points.

Go for day two of this exercise and earn another **50** points.

Bike the Loop*

***Please note the last check-in times are 4:30 p.m. on April 30 and 11:30 a.m. on May 1.**

Check in at: Picnic Loop bike trail entrance

Bike the full loop six times (roughly 7 miles) for **50** points. Go for day two of this exercise and earn another **50** points. Participants must provide their own bike, or share a team member’s bike.

Line Dance Cool Down led by BJ Holmes*

Friday, April 30: 4:30 p.m. – 5:00 pm and Saturday, May 1: 12:00 p.m. – 12:30 p.m.

Check in at: Mayor Jim McConn Ballfield #1

Show us your moves while cooling down those tight muscles during this fun group dance event. Check-out at conclusion of session to earn **50** points. Go for day two of this exercise and earn another **50** points.

INDIVIDUAL COMPETITIVE EVENTS

(Team members may only participate in an event one time – score taken on first attempt)

POINT SYSTEM – Participation +	Any Bonus Points Earned	
Each team member completing event	50 Points	
Top Ten Finishers Male/Female	1 st Place: 100 Points	6 th Place: 50 Points
{BONUS}	2 nd Place: 90 Points	7 th Place: 40 Points
	3 rd Place: 80 Points	8 th Place: 30 Points
	4 th Place: 70 Points	9 th Place: 20 Points
	5 th Place: 60 Points	10 th Place: 10 Points

ACCESS SCIENCES Obstacle Course

Check in at: Open field area near Val Asche Playground

A timed agility challenge course which requires you to run, jump, crawl, hop, roll, and smile when you are done.

FUGRO Basketball Hot-Shot

Check in at: Parking lot behind Val Asche Playground

Sixty seconds of non-stop shooting from designated spots on the court. Players must shoot from each marked spot on the court once, and then may shoot from any spot. You may have one partner rebound and feed you the ball. Points vary according to distance. Scoring is as follows: Lay-up range = **1** point, 15-foot shots = **3** points, 21-foot shots = **5** points.

Soccer Dribble & Shoot

Check in at: Soccer Field #4 (closest to Westcott St.)

A timed, footwork event that will include a soccer ball dribbling exercise through a series of cones and then shooting the ball at various goals for accuracy and speed.

Softball Throw

Check in at: Soccer Field # 4 (closest to Westcott St.)

Participants throw a softball at designated targets and earn points by hitting the target or the pocket. Hit the target and earn 1, 2, or 3 Points depending on distance. Throw the ball in the pocket and triple your score. Participant receives 2 throws per target.

CONOCOPHILLIPS Shuttle Run

Check in at: Mayor Jim McConn Ballfield #1

This is a timed event which tests your quickness in running to set distances (10, 20, 30 and 40 yard markers) and then back to your original starting point.

BECKS PRIME Golf Putting Challenge

Check in at: Memorial Park Golf Course north putting green

Test your putting prowess at this five (5) hole mini golf challenge. The goal is to putt the ball in the hole using the least amount of shots/strokes. Equipment will be provided, but you may bring your own.

Softball Slam

Check in at: Ballfield # 3 (Male) or Ballfield #2 (Female)

“Swing for the fences” and see how far you can hit a softball in the air off a batting tee. Distance is marked where ball hits first. Participants get three (3) “at bats” and your longest hit (inside or outside the fence) will determine your score. Equipment will be provided. Sorry, no personal bats please.

TEAM COMPETITIVE EVENTS

**Tennis Team Rally – Two-Person Teams of same gender (rostered players may participate on one team)
Check in at: Memorial Park Tennis Courts**

A 60-second team rally speed game (where the ball must bounce once between players) to see how many times you can keep your ball in play and in bounds within the designated court area. Rackets and balls provided, but you may bring your own. Contestants may use up to 3 balls.

<i>POINT SYSTEM – Participation +</i>	<i>Any Bonus Points Earned</i>	
Each team competing	100 Points	
Top Ten Male/Female Team Finishers	1 st Place: 100 Points	6 th Place: 50 Points
{BONUS}	2 nd Place: 90 Points	7 th Place: 40 Points
	3 rd Place: 80 Points	8 th Place: 30 Points
	4 th Place: 70 Points	9 th Place: 20 Points
	5 th Place: 60 Points	10 th Place: 10 Points

Texas Team Tug of War* – Six-Person Team

***Held only on Saturday, May 1 beginning at 12:30 p.m.**

Check in at: Mayor Jim McConn Ballfield #1

One day, single elimination tournament format. Teams consist of six (6) rostered team members, with a minimum of two (2) females. Teams have up to 60 seconds to pull their opponent’s flag to the centerline mark, or to cause their opponent to fall or sit down. Gloves are allowed but will not be provided (please bring your own). No spikes or cleats allowed.

<i>POINT SYSTEM</i>	<i>Participation +</i>	<i>Any Bonus Points Earned</i>
Each team competing	500 Points	
Top Four Teams	1 st Place: 100 Points	3 rd Place: 50 Points
{BONUS}	2 nd Place: 75 Points	4 th Place: 25 Points

BONUS POINTS

❑ **Most Creative Team Uniform** **100 Points**
Event organizers will judge this contest during the Tai Chi warm-up on both days. Wear your most spirited team uniform to take this prize!

❑ **Volunteers** **100 Points**
Volunteers must check in and out after completing a 4-hour shift on either day to earn points. Shift times are below. Volunteers should sign up with your Team Captain.
SHIFTS: Friday, April 30: 10:00 a.m. – 2:00 p.m. or 2:00 p.m. – 6:00 p.m.
Saturday, May 1: 7:00 a.m. – 11:00 a.m. or 10:30 a.m. - 2:30 p.m.

❑ **Attendance at Team Captain’s Meeting** **50 Points per team rep (Max 100 Points)**
Captain and Co-Captain (or a designee) earn points by representing their team at the Captain’s Meeting on Thursday, April 22, 2010, from 6:00 p.m. – 7:00 p.m. at HPARD Headquarters located at the Gragg Park Campus, Recreation and Wellness Building #3, 6200 Wheeler, 77023. Captains must sign-in to receive point credit.