34 YEARS COMMITTED TO COMMUNITY HEALTH AND WELLNESS

Live, Strive, and Thrive in 2025!

34th Annual Youngstown Area Community Cup

Rules and Regulations Handbook

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Mr. and Mrs. Shaffer	Volleyball Tournament
Mr. Tom Gacse	Basketball "Hot Shot" Competition



Youngstown Area Community Cup

RULES AND ELIGIBILITY
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Youngstown Area Community Cup

2025 RULE CHANGES AND UPDATES AT A GLANCE

1. The Rules & Regulations, Captain's Handbook, 2025 forms, and all Cup updates will be available on the YMCA's website, www.ymcayo.org.

2. Deadlines for this year are as follows:
   Company Applications are due by Saturday, July 1, 2025.
   Waivers, event and volunteer rosters, and tent requests are due by Thursday, July 31, 2025.
   Time predictions are due by Saturday, August 30, 2025.

3. The 2025 events are on three weekends. The first weekend is our Kick-Off Weekend, August 8 and 9. The second weekend, traditionally referred to as the Preliminary Event Weekend will be August 22-24. The final weekend will be on Saturday, September 6, with the Awards Ceremony following the final tug.

4. The Youngstown Meltdown will begin the week of June 2 and continue through the week of August 18. The final day for weigh-ins will be Saturday, August 23.

5. For the Youngstown Meltdown Event your first weigh-in will take place at the Central YMCA. The last and final weigh-in can be at either the Central YMCA, downtown or the Davis Family YMCA in Boardman.

6. The tents will still be through Classic Tent. Look for the Tent Request form to order your company tent in July.

7. The Golf Scramble, will not be an event this year.

8. Happy to announce the YMCA Guest Pass Card for Community Cup 2025
   All who plan on participating in Community Cup 2025 can come into the Central YMCA and receive a Guest Pass Card, good for 10 guest visits to our downtown location, 17 N. Champion Street Youngstown, OH 44503, good through 9/6/25. To pick up the card, have your photo ID and proof that you work for the company you are representing in the Cup. (Examples: pay stub, ID card) If you have a spouse who is participating in the Cup but does not work for that company, come in together to get your cards. Your spouse will also need their photo ID. You may only use the Guest Pass at the Central YMCA location. Team practice times for basketball do not count toward your 10 visits. You will still need to call and reserve a court through the Community Cup office for a practice. The Tour de Spin will also be offered to Community Cup participants and do not count toward your 10 visits. Once you have made 10 visits with your card, simply go to the front desk and get another one. Concluding the September Community Cup events, there will be special offers for YMCA membership for anyone that participated in the Community Cup.

9. Now an Event: Cornhole. Held on Saturday, August 23rd at Henry Stambaugh Golf Course.

10. Bringing back the T-Shirt Competition. This event will run simultaneously with the Pep Rally on Friday, August 22nd at approximately 7:30 pm.

11. Volleyball Tournament is back and will be held on Sunday, August 24th at noon. This will after the Panerathon so, you can participate in both.

12. Bonus Card! Bringing back the popular Bonus Card for the Youngstown Meltdown participants. Any Youngstown Meltdown participant can get this card from the Community Cup office. This card has 12 spots to fill. After you fill all 12 spots give it to Julie in the Community Cup office for an extra pound off your weight at the end of the competition. Each time you go to a class where there is a teacher, aerobics, spinning, etc have the teacher initial and date it. You can fill as many cards as you can and want to. This is not mandatory for the competition, just something extra to motivate with a bonus reward.

2025 YOUNGSTOWN AREA COMMUNITY CUP

At the YMCA of Youngstown we believe that competition, when kept in perspective, is a healthy part of the Community Cup program. Our goals for the program are to promote health and fitness in the work place, to boost employee pride and dedication, and to promote community spirit. Your commitment to following the guidelines set forth will enable us to achieve these goals and to create an atmosphere of fun and excitement that will be remembered for years to come.

Eligibility

1. Team members must be at least 18 years of age to participate.
2. Team members must be employed and receiving a paycheck from the sponsoring company, corporation, school system, organization, or agency at the time of participation. Eligible employees include part-time employees, interns, retirees, and graduate assistants. If an employee is laid off, they may still participate in the Cup with that company provided that they are not hired by another company that is a participating team. Doctors or those who practice/work at more than one facility may participate for only one organization. These physicians must also receive a paycheck from that organization. Active, dues paying members of Service Clubs (such as Rotary, Kiwanis, etc.) may compete as a service club team. However, if their place of employment participates with a team, they must compete with the company with which they are employed.
3. Employees must receive a paycheck to be considered eligible unless competing under a service club team entry. Interns are permitted to participate regardless if they are paid or not. No other form of compensation is acceptable.
4. New, seasonal, and temporary employees must have a start date no later than August 1, 2025.
5. Temporary or contracted employees who work within the confines of another company are eligible only if:
    A. Their employment goes beyond September 6, 2025.
    B. They meet all other eligibility requirements as outlined in this section.
    C. The temporary service or contracted employer does not have a team of their own in the Community Cup.
6. Team members must be employed within the service area of the YMCA of Youngstown. The YMCA service area includes Mahoning, Columbiana, Lawrence, Mercer, and Trumbull counties. This rule does not apply to companies with less than 50 employees.
7. Team members must complete and sign a Community Cup Participant Waiver prior to participation in any YMCA sponsored event.
8. Individuals employed by a company or organization, who may not have enough employees to field a team, may enter the competition, provided they enter as representatives of their professional group (e.g., Mahoning County Bar Assoc.) Small businesses may join with other like businesses to field a team.
9. All companies are permitted to utilize spouses for the events. The person must be a legal spouse of an employee. Other family members are ineligible. If a spouse is employed by another company participating in the Community Cup, the spouse may chose which team they will compete with. The spouse must compete for that company for all of the events.
10. The Executive Committee reserves the right to review all team entries related to eligibility.

Team Composition

1. There is no limit to the number of individuals who may comprise a team. More than one team may be entered from a company to maximize participation.
2. There is no limit to the number of events in which an individual may participate.
3. A company entering more than one Full Team should identify each with an "A", "B", "C", etc. designation.
4. No team member may participate for more than one team. If the roster lists them on team "A", they may not participate on team "B" as well. It **is** permissible for a team member to participate on the Full Team as well as on a Single Event Team. (See Single Event Teams)
5. Each team will have a team captain who will be responsible for all organization and communication necessary prior to, and during the competition.
6. A company entering one Full Team may only enter one group of participants in each event; unless they choose to enter Single Event Teams at additional cost. (See next paragraph.) For example, if Big City Bank pays to enter a Full Team, they may only enter one group of 4 team members on the bowling team, have one golf team, etc. Companies paying for more than one Full Team may enter the corresponding number of individual events. It is not necessary to enter all events. The entry fee covers five or all 15 events. In order to be considered a Full Team you must fill five or more <u>different</u> events. Full Teams are entered at $700.00

Single Event Teams

Each organization is eligible to enter Single Event Teams over and above the entered Full Team. Single Event Teams are entered at an additional $100 per event. This will allow companies who have an over abundance of basketball players or bocce players, for instance, to maximize participation without having to pay for an additional full team. The bocce and bowling events can hold a limited number of teams. Single event bocce and bowling teams will be accepted on a first come, first served basis until the event is full. Full Teams will have first priority.
Single Event Teams will not receive points toward the Cup, but are eligible to place for awards in any event in which they compete.

A company entering Single Event Teams in an event should designate their Full Team entries with an "A", "B", etc. then the remaining Single Event Teams following as "C", "D", "E" etc.

Partial Teams

It is not necessary to enter a Full Team in order to compete. A company may enter up to four events at $100 for each event plus a $75 registration fee and be considered a Partial Team. Multiple entries in any event are permitted. Partial Teams will not receive points toward the Cup, but are eligible to place for awards in any event.

Protests

1. Protests affecting the eligibility of any team member must be made to a Rules Committee member after the infraction is observed. The Rules Committee reserves the right, at any time, to investigate any individual suspected of violating eligibility requirements.
2. Any protest arising from the competition itself, such as a rule violation, shall be made by the team captain or one representative of the team to a Rules Committee member. The protest must be made within 15 minutes of the alleged infraction and before the next event begins. Videos will not be accepted as "proof".
3. Protests regarding preliminary results must be made by the team captain or a team representative within 1 hour after those results have been posted.
4. The Community Cup Rules Committee reserves the right to review all protests. Any decision reached by the committee or the officials in charge of the event will be final.

Rule Violations

Teams with members found in violation of eligibility or event rules will be disqualified from the event in which the infraction was noted and no points will be awarded. Teams finishing behind the disqualified group will be moved up in the standings accordingly.

Roster

Roster additions can be made until July 31, 2025 (waiver deadline). Team members on that roster may participate in any event they wish. Anyone found participating in an event who is not on the official roster will disqualify the entire team from the event.

Scoring

Scoring for each event will be as follows:

The maximum number of teams in each division will be divided by two. This number will be the score given to the first place team in an event. All other places will be determined by subtracting 1/2 of a point for each place. For example, if a division has 10 teams, first place finishers would receive 5 points, second place would receive 4 1/2 points, third place, 4 points, etc. Some events have slight variations to this system. These are described in the event rules. Single event teams will compete only for awards, no points will go toward the Cup or overall standings for teams not paying for a Full Team.

Volunteers

Each company has the opportunity to provide volunteers from their company to help out at most events. These volunteers will be eligible to receive credit for points for their team if they meet the following criteria:

1. Volunteers must meet the eligibility requirements as outlined under "Eligibility".
2. Volunteers must have a signed waiver on file. Any team member who has signed a waiver may act as a volunteer. Volunteers will not have to be listed on a volunteer roster to be eligible to volunteer.
3. An individual may not volunteer for an event in which they are participating.
4. Volunteers must be present for the duration of the event unless dismissed by the Event Coordinator or Cup Director. Each volunteer must check in no later than one half hour before the event is scheduled to begin to receive point credit. Check-in will be available one hour prior to the start of the event. Choice jobs will be given to those who check in first.
5. Volunteers may only volunteer for one team if a company has two or more teams participating. For example, they are not permitted to volunteer for "Team A" in one event and "Team B" in another.

Points will be determined in the same manner as they are awarded for the Cup events. This method is described above in the Scoring description, with first place volunteer points going to the company that provides the most volunteers throughout the Cup. The number of volunteers needed varies per event. See the official volunteer roster for number needed.

Retirees

It is permissible to utilize retirees on your team provided they are receiving, or are eligible to receive a pension from the company. Retirees are not eligible if they are currently working for another organization which has a team in the Cup.

Time Predictions

No changes are permitted to the time predictions after August 31, 2025. Should the make-up of the team change after this date, the new team member must assume the predicted time.

Behavior

Inappropriate language, gestures, or actions toward officials, YMCA staff or volunteers, event coordinators, opposing team members or the Community Cup Director will not be tolerated. Individuals or teams guilty of this type of behavior may be disqualified at the discretion of the Community Cup Director, Rules Committee and/or referee. The Rules Committee reserves the right to make decisions based on the purposes and goals of the Community Cup in instances not specifically addressed here.

T-SHIRT COMPETITION

Bringing back an old event

The purpose of the T-Shirt Fashion Show is to showcase not only your team but your team's shirt for the 2025 season of the Community Cup.

Team Composition

One to ten individuals may participate in the fashion show. The composition if males and females does not matter. In keeping with the intent of the Cup, team members should be employees/spouses of the organization. Designers should be listed on the team roster.

Event Rules

1. The Pep Rally and T-Shirt Competition will be held simultaneously. Register your team, either competing in the T-Shirt Competition, Pep Rally or both.
2. Write a brief description of the T-Shirt design to be read when participant(s) walk the stage. Include the participant(s) name(s), coloring, what is on the shirt (in case the audience and judges can not see), the artist and who printed the shirts for the team (always good to get free publicity out there).
3. There will be a line up given to the captains and their teams prior to the Friday, August 8th event. There will be a mixture on the list of teams doing just the Pep Rally, just the T-Shirt Competition or both together simultaneously.
4. The shirt can either depict the theme of the 2025 Community Cup or can just be a unique company shirt with their logo on it.

Scoring

Teams will be judged by a panel of judges on a scale of 1 (lowest) to 10 (highest) on the following criteria:

1. Enthusiasm – The appearance of being "fired up" and excited.
2. Crowd Response – The ability to elicit crowd enthusiasm and spirit.
3. Uniforms/Outfits – The visual appearance of the shirt.
4. Company logo or name on shirt.

BANNER COMPETITION

The purpose of the Banner Competition is to create a banner that identifies and represents your team(s) throughout the competition.

Team Composition

Five individuals may participate in making the banner. The composition of males and females does not matter. In keeping with the intent of the Cup, team members should be employees of the organization. Designers should be listed on the team roster.

Event Rules

1. Teams will be allotted one hour to complete the banner. The event will take place on Friday, August 8, 2025. Any team who does not create a banner will not be considered for participation points.
2. Banners are to be made using a solid color bed sheet no larger than twin size. The sheet must be intact at the start of the competition and if cut, be done within the one-hour limit.
3. There are no stipulations on the types of materials used to create the banners. Materials and techniques are limited only by your imagination. Each company must provide their own supplies.
4. Stencils, with the following limitations, will be allowed: (1) only individual letters may be used (2) only one company logo graphic may be used (3) only one Community Cup logo may be used.
5. Banners may be pre-treated to prevent markers from spreading.
6. Pieces may be pre-cut prior to the competition, but are not allowed to be put together and brought to the competition. All assembly must be done on-site. Failure to do so will eliminate your team from the banner competition.
7. A piece of plastic upon which to place the sheet for designing will be provided by the Cup.
8. Sketching the design on the sheet prior to the competition is not permitted. The sheet must be completely blank upon starting. A small paper sketch from which to work will be permitted.
9. A signal will indicate the start and finish of the competition. Upon the finish signal, all competitors must stand. No other work may be done on the banner after time is up.
10. Judging will take place immediately after the competition is completed. Three qualified artists/designers/ Community members, not on a Community Cup team, will be the judges. Judging is based on the criteria listed below.

BANNER COMPETITION Continued...

Scoring

Teams will begin with the maximum number of points available. For each of the following objective criteria not met, 1/2 point will be deducted:

A. Display/integration of the words "2025 Community Cup" and display/integration of the 2025 theme "Live, Strive, and Thrive in 2025!".

B. Display/integration of the company logo, name, or slogan.

C. Artwork must portray a theme related to health and fitness. (This will be at the discretion of the judges. Make sure it is apparent.)

In addition to these criteria, three judges will be looking for two additional areas that will determine first, second, and third places. These areas are:

D. Creativity in design and originality.

E. Visual appeal; its attractiveness and "eye-catching" characteristics.

First, second, and third place awards will be given in this event. However, the number of points awarded will be the same for each team assuming they have met the objective criteria and have submitted their banner on time. Any banner receiving a 1/2 point deduction or greater will not be eligible for first, second, or third place awards. By not entering a banner, a team forfeits all participation points.

If judges are split in the decision on whether a banner has met certain criteria, the banner will receive the benefit of the doubt. However, if no judge sees required criteria, then the banner will be deducted 1/2 point.

Community Choice Award

The Community Choice Award is an extra award for the banner competition. No points toward the Cup are earned by winning this award. While the banners are displayed, community members can vote on their favorite banner. The banner with the most votes wins. Voting will begin on the same day that the banners are created, Friday, August 8. Pictures of the banners will also be placed on the Cup's website, www.ymcayo.org/community-cup, and voters can email their votes to the Cup office at cup@youngstownymca.org. The winner will be announced at the Awards Ceremony in Wean Park on Saturday, September 6.

CORNHOLE TOURNAMENT

Description

A double elimination tournament, semi-finals, and finals will take place on August 23. A blind draw will determine which teams play each other in the first round. A winner and losers bracket will then determine the rest of the rounds. A coin flip will determine which team will start each game. Teams will play against other teams that sign up for this event. All teams will be given a point for participation in this Preliminary Event for 2024. Places will be given but place points will not be awarded.

Team Composition

Teams will consist of 2 players, 1 male and 1 female with 1 alternate if a team wants.

Event Rules

1. Games will be played until the winning team reaches 15 points (win by 2 points) OR play has lasted for 30 minutes. The team with the highest score at 30 minutes is the winner.
2. In the event of a tie, the next point scored wins the game.
3. A team arriving more than 10 minutes past the scheduled (YMCA) time will forfeit the first game.
4. In the event of a foot fault, the player that committed the fault will lose their throw.
5. Teams will jointly keep score on a card given by the Community Cup Director. It will be turned in when play is done to be put into the bracket.
6. The tournament will be played according to American Cornhole Association Rules.

Board Rules and Dimensions

Teams, if they can, will be asked to bring a set of cornhole boards and bags for the event. They will be measured upon arrival. If a team brings a set of boards and bags they will not be permitted to play on them. They will play on other teams boards and bags that are brought to be fair. The YMCA will also be bringing 2 to 4 sets of boards and bags.

Cornhole Board: 2 boards both with measurements of, 2 feet by 4 feet, the hole is positioned 9 inches from the top of the board, with a 6 inch diameter.

Cornhole Bags: 8 bags in all, 2 contrasting colors with 4 of one color and 4 of another color. Bags should be 6 inches by 6 inches and weigh approximately 1 pound a piece.

CORNHOLE COMPETITON Continued...

Scoring

Cornhole will be scored according to Points Calculation: The team with the higher score in an inning earns the difference in points. For instance, if Team A scores 5 points and Team B scores 2 points in an inning, Team A earns 3 points for that inning.

A cornhole bag that goes through the hole is worth 3 points.

A cornhole bag that lands on the board and stays there is worth 1 point.

A cornhole bag that lands on the ground or bounces onto the board is worth 0 points.

Substitution Rules

If a team decides to bring an alternate to play cornhole they can be subbed in but with certain conditions.

1. A female must sub for a female and a male for a male. The 1 female to 1 male ratio to play must be kept.

2. Substitutions can not be made in the middle of a game.

3. Substitutions are only done before the beginning of a new game.

*Remember the Community Cup is all about participation and having a good, spirited time so there may be emergency times that a substitution may be made. Under directors discretion.

BASKETBALL "HOT SHOT" COMPETITION

Sponsored by: Tom Gacse

Description

A team consists of 6 players (three men and three women) who each have one minute to shoot from 12 points on the court. The team scoring the most points within the allotted time period is the winner.

Event Rules

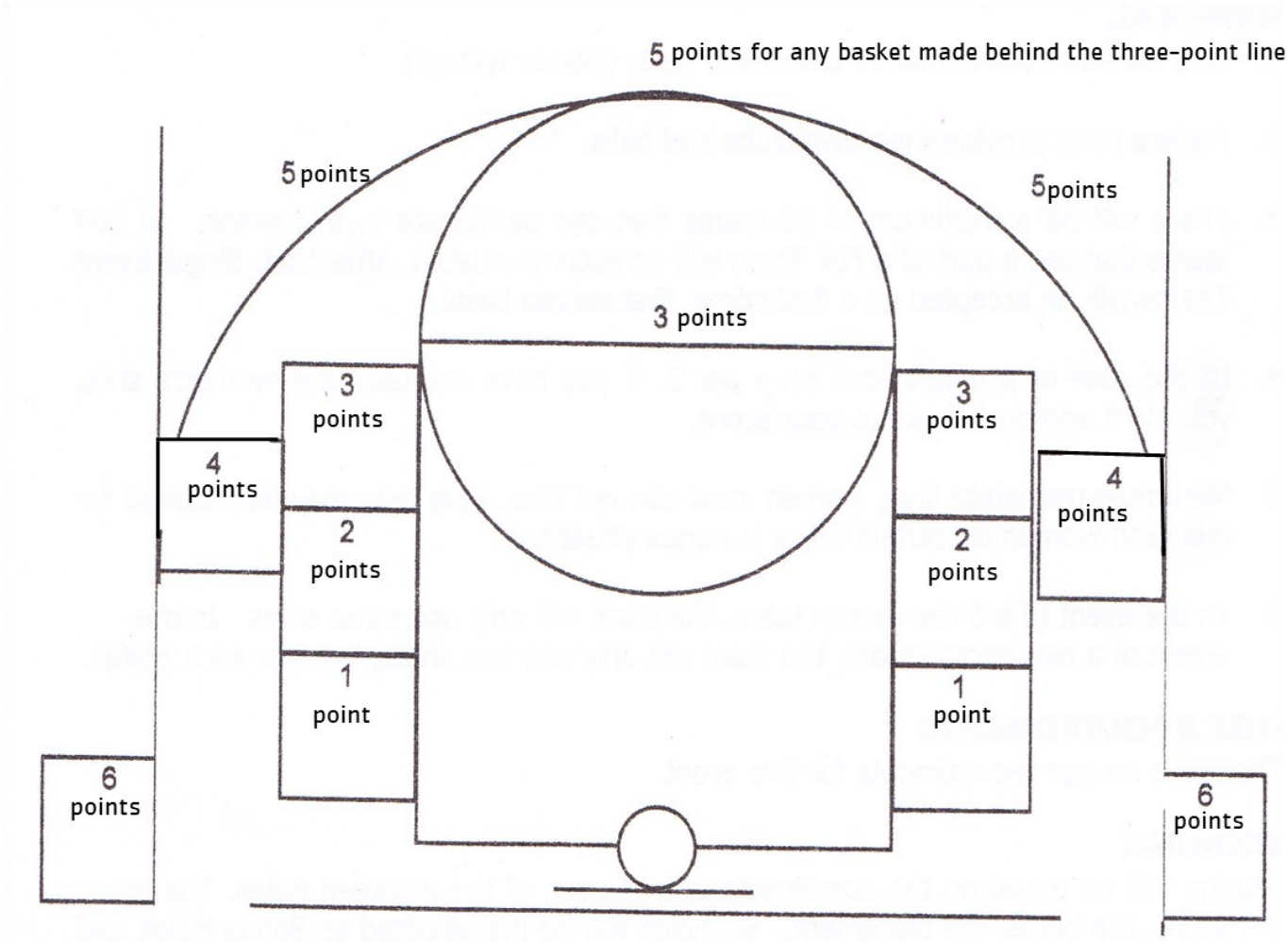
1. There are 12 areas of the court from which to shoot. Ten of these areas are limited by a 3' x 3' box. The twelfth area is an infinite point anywhere behind the three-point line. (See diagram) Points are awarded depending on the location from which the shot is made.

2. Both feet must be behind (not touching) the line as the ball is released. It is permissible to step on or over the line after the release.
3. A shot may be taken from any one area as often as desired. However, once two consecutive baskets are made from one spot, the player must shoot from a different area before returning to the previous one.
4. A 50 point bonus will be awarded to any player who makes a basket from ten of the twelve areas of the court, within the one-minute time limit. Anyone making two baskets from each position will receive an additional 50 bonus points.
5. Each shooter may use one rebounder who must be a member of the team. The rebounder does not have to be the same sex as the shooter. Every player on the team must be a rebounder at some point while the team is shooting. The shooter may also rebound the ball. No one other than the shooter or designated rebounder may retrieve the ball. The rebounder must be a shooter on the six person team. If a team is short players and there is not a female or male to rebound, then the shooter must rebound themselves.
6. You are permitted only one ball. However, a women's size basketball will be available for the women to use, if desired. Teams may not use their own ball.
7. The clock will be continuous. Shots in the air at the buzzer will count. If there is an injury or the ball gets stuck between the rim and backboard, play will resume at the start of the next minute. The affected player will have the opportunity to shoot when the round is completed. An injured player may only be replaced with an official team member listed on the roster.
8. The YSU Women's Basketball Team will be at each basketball hoop to keep score.

Age Requirements

There are no age requirements for this event.

Hot Shot Court Diagram



PEP RALLY/CHEER COMPETITION

Description

The purpose of the Pep Rally/Cheer Competition is to generate enthusiasm for your team which will last throughout the competition. Routines may range from traditional cheerleading to more elaborate routines and skits.

Team Composition

One team of one to ten people are permitted per company. Any combination of males and/or females. Only eligible employees and their spouses are permitted in the competition.

Event Rules

1. Your choice of music and/or song must be brought with you the day of the event. You no longer have to turn in music ahead of time to the Cup office.
2. Order of the teams will be drawn randomly. The order will be sent to team captains prior to the day of the event.
3. Props can be utilized.
4. Each routine will not exceed 3 minutes in length.
5. Routines can include, but are not limited to, skits, cheering, singing, dancing, or any combination of these styles. Routines are to "pep up" and support your team.
6. Judging will take place during the competition upon completion of each division. Judging is based on the criteria listed below.
7. Please let the Cup office know if you are bringing in your own music to play for the competition or that you want the Cup office to have it all set for the day of the competition.

Scoring

Teams will be judged by a panel of judges on a scale of 1 (lowest) to 10 (highest) on the following criteria:

1. Routines – The originality, appropriateness (does it portray a theme related to health and fitness) and incorporation of the 2025 Community Cup theme, "LIVE, STRIVE, AND THRIVE IN 2025!".
2. Enthusiasm – The appearance of being "fired up" and excited.
3. Crowd Response – The ability to elicit crowd enthusiasm and spirit.
4. Precision – The ability to work well together as a team.
5. Uniforms/Outfits – The visual appearance of the team (do they have a company/team shirt on), the use and integration of Company logos/name and slogan, the Community Cup logo, etc.

BOWLING COMPETITION

Description

Each team will consist of four bowlers, of which at least two must be female. Teams of three females/one male are permitted. Teams cannot have all members of one sex. Teams will bowl three games with the total pin count determining the winner.

Event Rules

1. Acceptable bowling etiquette is expected of all participants. All house rules apply.
2. Games will be 10 frames.
3. Substitutions may not be made during the course of the game, but may only occur at the start of a new game.
4. There will be a maximum number of teams permitted. All bowling teams that are a part of a Full Team will be accommodated. After that, Single Event Teams will be accepted on a first come, first served basis.
5. American Bowling Congress rules will be employed in instances not covered here.

Age Requirements

There are no age requirements for this event.

Scoring

Scoring will be based on the total pin count of all players on the team for all three games. There will be no handicapping of bowlers.

3-MILE CRESCENDO TIME PREDICTION WALK

Description

Each team may field a group of 10 walkers, any combination of males or females. Five participants will walk one mile, while the remaining five will walk two miles. The goal is to have all walkers come as close as possible to a previously predicted time.

Event Rules

1. Each team will predict a time representing the sum of 10 individual predictions. This time must be submitted no later than August 30, 2025.
2. No timing device of any type, radios, Apple watches, fitbit, regular watches, earbuds, headsets, or cell phones will be permitted to be carried by a participant, nor may any other person along the course aid a participant in achieving their time goal. Any infraction will result in disqualification of the team.
3. Walkers will be sent off in "waves" at 30-second intervals. Teams may walk together if desired. However, one and two-mile walkers will be leaving in separate waves. It is the responsibility of the team to assemble in the correct wave. Course priority will be given to walkers. Joggers must not interfere with walkers.
4. All walkers will proceed across the finish line into the "flagged" chute in order of finish and stay in order until given a place card. The tab from each walker's bib number will be stapled onto the card. Turn all 10 cards in together at the scorer's table in ascending order. Only official participants are permitted to cross the finish line.
5. Please see page 24 of this handbook for a course map and description.

Age Requirements

There are no age requirements for this event.

Scoring

Place of finish will be decided by how close each team comes to their overall predicted time, regardless of being over or under.

Substitutes

Time prediction substitute rules apply.

10K MIXED MEDLEY RUNNING RELAY

Sponsored by: Sapphire Aesthetics and Wellness

Description

A minimum of five runners make up the team in this event, 2 must be female. Three runners, one must be female, will run approximately one mile. The third runner will tag off to two (or more) runners, of which one must be female. These runners will run the 5K course.

Event Rules

1. Exchanges will take place with a hand slap within the designated exchange zone.
2. No person shall be permitted on the course to accompany a runner. Any encouragement may only be offered by spectators along the route.
3. Each 5K runner will proceed across the finish line into the "flagged" chute in order of finish and stay in order until given a place card. The tab from each runner's bib number will be stapled onto the card. Turn both cards in together at the scorer's table.
4. Please see page 24 of this handbook for a course map and description.

Age Requirements

There are no age requirements for this event.

Scoring

Scoring is cross country style and will be based on the place of the first male and first female finisher of the 5K portion of the event.

TUG-O-WAR

Team Composition

1. A team shall consist of a maximum of 10 and a minimum of 8 tuggers of which half must be men, and half women. On the rope, men and women will alternate. Nine tuggers may have 4 women and 5 men, or vice versa. Teams may have a many as 16 tuggers.
2. The total weight of the team must be less than 2,000 pounds. Total weight includes the weight of the participant, equipment (boots, belts, gloves, etc.), and clothing being worn.

Event Rules

1. Teams will be lined up so that the rope will be pulled on the right side with the rope under the right arm. The anchor, or last person at the end, is permitted to tie in and is the only member of the team who may touch the ground with their hands. No member of the team (including the anchor) may sit on the ground for more than five (5) seconds. Penalty will be loss of the pull.
2. One coach per team will be permitted in the tugging area. The coach is considered part of the team and must be listed on the roster. It is the coach's responsibility to notify the official that the team is ready to tug.
3. The tug will be started on the command of the official. The team that pulls the rope 12 feet from center will be declared the winner.
4. There will be a 90-second time limit on a tug. If the whistle signifying the end of the tug sounds, the team which has the most rope on their side of the centerline is declared the winner.
5. The tournament will be a double elimination format. A team is in the competition until recording two losses.
6. In the event that there are less than four teams in a division, a round robin format will be used rather than a double elimination tournament.
7. A five (5) minute rest between tugs is guaranteed.
8. Prior to the pull, no participant may "dig in" to the ground.
9. Every effort will be made to ensure that teams from the same company will not pull against each other in the first round.
10. Only two photographers per company are allowed in the tug area. Photographers must not interfere with the event or they will be removed from the tug field.
11. There will be a mandatory weigh-in before the final tug in each division.

Clothing

1. Long sleeved shirts are mandatory. Gloves are optional, but not recommended. No sticky substance is permitted on the hands or gloves.
2. Boots may be worn including hiking, combat, or other types with vibram soles. Any shoe with any type of cleat, plastic or metal, may not be worn.

Challenges

The total weight of the team must be less than 2000 pounds. A team may challenge another in regard to weight providing the challenge is made by the team captain as soon as the tug in question is completed and before the next tug on that rope begins. The team being challenged cannot leave the rope and will be escorted directly to the scale by the judge.

Optional "Tug - Off"

If the teams would like to, an optional final tug between the first place red and white division tug-o-war winners will be available upon request. This final tug-off is only for fun and will not count for points toward the Cup.

OBSTACLE COURSE

Description

Teams will complete a series of 6 obstacle course stages at the tug field in Wean Park.

Event Rules

1. Teams will consist of 6 participants, including 1 executive.
2. Each team will consist of a minimum of 2 women.
3. Each team member will complete one stage in the following order: balance beam walk, hula hoop run, tire run, batons in basket, corn hole toss, and slalom run to finish.
4. Stages will be completed by a frisbee toss to the participant at the next stage.
5. The balance beam walk stage will require the participant to walk across a balance beam while balancing the frisbee on their head. If the participant falls off of the beam and/or the frisbee falls off of the participant's head, the participant must start over again at the beginning of the beam.
6. The hula hoop run stage will have several hula hoops laid out on the ground in a straight line. The participant will be required to step into each hula hoop, lift it over their head and drop it behind them as they move forward to the next hula hoop. The participant will continue this routine until they are at the end of the hula hoops.
7. The tire run will be completed by running through 8 tires placed on the ground, 4 for each foot. The participant's foot must touch the grass in the center of all 8 tires. If the participant misses a tire, he or she will start over until complete. If a participant falls during the stage, they can begin again from where they fell.
8. The batons in a basket stage will be completed by one participant carrying 3 batons individually from behind a designated line and placing them into a basket set at another designated spot.
9. The corn hole toss will be completed by successfully getting one bean bag in the hole on the board. The participant will be given 4 bean bags. They must toss all four. As soon as one bag goes into the hole, the participant can move to the next stage. A successful toss or any bags that remain on the board are worth one second off your team's final time. Knock-ins do not count.
10. The slalom run will be completed by participants from both teams running the same course. Participants will run in a zig -zag fashion between posts and then sprint to the finish. The final participant must be holding the frisbee upon finishing. A bonus, consisting of 5 seconds off final time, is available at the end of the course.. A soccer ball will be placed at the completion of the slalom run near the soccer goal. Each slalom runner will be given one chance to kick a soccer goal. If this is completed successfully, the team is given the bonus.
11. Judges from the Rules Committee will be present to confirm completion of stages. A green flag denotes the stage has been completed successfully. A red flag denotes the stage was not completed successfully. The participant must redo the stage until a green flag is shown.
12. Any participant who tries unsuccessfully three times to complete any of the stages will receive a penalty. The penalty will be 10 jumping jacks. These jumping jacks will need to be performed at the stage that they could not complete. Once the jumping jacks are finished, the participant may continue to the next stage.

Scoring

The event winner will be the team in each division to successfully complete the obstacle course in the fastest time.

KICKBALL TOURNAMENT
Sponsored by Youngstown State University

Description

A single elimination tournament, semi-finals, and finals will take place on Saturday, August 9, 2025. A blind draw will determine which teams play each other in the first round. A winner and losers bracket will then determine the rest of the rounds. A coin flip will determine home and visitor teams for each game. The tournament will be played according to YSU's intramural sports recreation rules. YSU Kickball Officials will overlook games and resolve any arguments. The tournament will be played at Harrison Common in Smokey Hollow, located across from the MVR Restaurant on Walnut Street.

Team Composition

Teams will consist of 10, 9 or 8 players, (8 minimum) with a half and half ratio of male and female (9 = 5/4 05 4/5 ratio) players. There is a maximum of 2 teams per company in this event.

Event Rules

1. Games are five innings or a 45-minute time limit.
2. Game time is forfeit time.
3. There are three outs per half inning. An out is considered to be a caught ball, force play, hitting a base runner below the waste, stealing, leading off, bunting, and any pitcher interference.
4. Out of bounds is determined by lines on fields.
5. There is no infield fly rule.
6. Defense pitches to offense.
7. There is no advancement on bases by the offense when the pitcher has the ball.
8. Kicker must stay behind the kicking line. Crossing the line is a loss of pitch.
9. Defensive players may play anywhere in the field. Before the ball is kicked, the defense must stay behind the "play line" . The "play line" is a straight line in fair territory that the defense must remain behind until the ball is kicked. Any infraction of the "play line" will give the kicker the option of the result of the play or an automatic single.
10. Batting order must be determined and followed the entire game. Only proper substitutions can alter the batting order. A batting order card for each team will need to be filled out by the Captain before each game.
11. Players that arrive late to the game can still enter the game. They will be placed at the bottom of the batting order and no outs will be assessed for previously missed at-bats.
12. Hurt Rule: If a player gets hurt during an inning and has to leave the game due to that injury resulting in the team composure following below the minimum amount allowed, the teams will play on the rest of the inning. It is no ones fault if someone gets hurt.
13. If a player has to leave the game due to personal reasons, such as an appointment or somewhere they have to be then team numbers will be effected and a team could forfeit.

Scoring

There will be a ten run "Mercy Rule" effective three innings (2 ½ for home team) or after 45 minutes of play.

SCAVENGER HUNT

Teams of four will compete against time to find items in Downtown Youngstown. The goal is to get and find the most items on your team list in less than 90 minutes of time.

EVENT RULES

1. The items may only be obtained on foot (walking, running, skipping, jogging, leaping, galloping, etc). No vehicles, bikes, or anything with a motor or on wheels may be used to travel. This is a healthy event to promote moving.
2. Teams have a 90-minute time limit to collect these items. They may be physical, informational, or research in nature. The items will be in and around the streets of Downtown Youngstown.
3. At the finish, a place card will be handed out. The faster a team turns in the items, the higher the placing.
4. Only one of each required item may be turned in. The Director has the right to deny entry of an item based on the original list. The item must meet the necessary criteria outlined.
5. Finish line is the doorway at the YMCA of Youngstown.
6. All items must be turned in at one time by all of the team members all at once.

SCORING

Scoring is based on both the amount of time needed for the items to be found and questions to be answered as well as on points earned for all items. Items will have a different point value based on the level of difficulty in finding the item or information. The number value on the place card will be subtracted from the total points for items returned to determine finish place. Higher scores will determine higher placing.

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YOUNGSTOWN MELTDOWN

Sponsored by Ohio Scale Systems

Description

Teams of six will participate in a three-month long (12 weeks) weight loss competition. The goal for the team is to have the greatest total percentage of weight loss during the designated time period.

Event Rules

1. Each team will consist of six people. The number of males and females doesn't matter.
2. The competition will begin on Monday, June 2, 2025, and end Saturday, August 23, 2025. Teams must register with the Cup office no later than June 16, 2025, the final day of the second week of the competition. *Exceptions can be made to the registration.
3. Each contestant is required to weigh-in once a week during the three month period. If needed, a designated weigh-in time can be determined on an individual basis.
4. Final weigh-ins for the current week end on Saturday at 12:00 PM. If any weights are taken after 12:00 PM, they will count towards the following week's weigh-in.
5. We suggest contestants should try to wear similar clothing at each weigh-in.
6. If a contestant misses two consecutive weigh-ins, they will be disqualified from the competition.
7. In the event of a disqualification, a ghost weight will be used in place of the disqualified participant. The ghost weight will be 130 for a female and 150 for a male.
8. There will be one other additional weigh-in location, at the Davis Family YMCA. Further information on this site can be found online at www.ymcayo.org or by contacting the Cup office.
9. Bonus Card will be available but it is not mandatory.

Age Requirements

There are no age requirements for this event.

Scoring

The winner of the event will be the team that has the greatest total percentage of weight loss. The winning team will be announced at the Awards Ceremony on September 6.

BOCCE TOURNAMENT

Sponsored by Cassese's MVR

Description

A double elimination tournament, semi-finals and finals will take place on August 9, 2025. A blind draw will determine which teams play each other in the first round. A winner and losers bracket will then determine the rest of the rounds. A coin flip will determine which team will start each game. The tournament will be played according to the MVR's house rules. Teams will play against other teams that sign up for this event.

Team Composition

Teams will consist of a minimum of 4 players, 2 males and 2 females. Teams can have a maximum of 8 players, with at least two of those being females. With 8 players, the team does not have to consist of an equal ratio of males to females. Each player must throw one ball at each end of the court. Only two Bocce teams per company, an A and B team, will be permitted due to time constraints.

Event Rules

1. Games will be played until the winning team reaches 8 points OR play has lasted for 30 minutes. The team with the highest score at 30 minutes is the winner.
2. In the event of a tie, the next point scored wins the game.
3. A team arriving more than 10 minutes past the scheduled (YMCA) time will forfeit the first game.
4. A 5 minute break will apply between games.
5. In the event of a foot fault, the player that committed the fault will lose their throw.

VOLLEYBALL TOURNAMENT

Sponsored by Mr. and Mrs. Shaffer

Description

A double elimination tournament, semi-finals, and finals will take place on August 27. A blind draw will determine which teams play each other in the first round. A winner and losers bracket will then determine the rest of the rounds. Teams will play against other teams in their respective divisions.

Team Composition

Teams will consist of 6 players, 3 men and 3 women. If a team arrives with five players, a "ghost" will be placed in the vacant position.

Event Rules

1. All matches will be the best of three games. Two games to 25 points, and one game to 15 points, all rally scoring (i.e. a point is scored on every dead ball regardless of who served). A team must win by two points. There is no cap.
2. In the finals, the winner of the winner's bracket will play the winner of the loser's bracket. The match will be the best of the three games. The game is to 25 points, win by 2 points, no cap. The third game, if needed, is to 15 points, win by 2, no cap. If the team from the loser's bracket wins, then one game will be played to 25 points, win by 2, no cap.
3. A team arriving more than 10 minutes past the scheduled (YMCA) time will forfeit the first game. A team arriving later than 15 minutes will forfeit the match.
4. A two minute time out will apply between games. Two 30 second time outs per game are permitted.
5. Held balls, net violations, foot faults, etc. will be called. Clinics can be set up to teach participants what will be considered a fault. Call the Cup office to arrange a clinic for your team. The referee's decision will be final.
6. The ball must be touched by a female at least once before being returned over the net unless it is returned by a single hit. In co-ed play, teams must alternate their line up male, female, etc.
7. A served ball may be received with an overhead set as long as the ball does not come to rest.
8. Unsportsmanlike conduct may result in a penalty or disqualification. This includes foul language, shouting or gestures toward officials, opponents, or spectators, and shouting or stamping feet while opponents are making a play on the ball.
9. A ball contacting the ceiling is considered "in play" as long as the ball remains on the same side and is not the third hit.
10. A ball contacting a basketball hoop or backboard after being contacted by the receiving team shall be replayed as long as the direction of the ball was toward the net or, in the referee's judgment, there was someone in position to make a play on the ball.
11. When the "ghost" position comes up to serve, a side out (and point) is awarded to the opposing team. The ghost position must be played as if there was a player occupying that position. If both teams have five players, a "ghost" position is not necessary. In any case, there must be minimum of five players (at least two women) on the court at any time.
12. A ball contacting the net on the serve and falling onto the opponents side is considered legal.
13. USA volleyball rules will apply in instances not addressed here.

VOLLEYBALL TOURNAMENT Continued...

Rotation and/or Substitution

You may elect to use rotation or substitution to change players on the court. Regardless which method you choose, it must remain the same throughout the game. A team may switch methods at the start of a new game.

Rotation Rules

If a team elects to use rotation as a means of putting new players in the game, players may rotate in at the serving position, left front or both. The order must remain the same throughout the entire game. The correct number of men and women on the court must be maintained.

Substitution Rules

Time Prediction Walk and 10K Relay

