



presented by
HITT

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THE ST·JAMES

EVENT DESCRIPTIONS AND RULES

GENERAL RULES

- Activity schedule is subject to change.
- Entry fees are \$40 per person per event entered (including alternates). This fee is separate from sponsorships.
- Please pay attention to the restrictions listed for each event.
- Please pay attention to gender requirements for team events. It is your responsibility to ensure that team composition rules are satisfied. Game Managers have the authority to disqualify teams that do not meet stated requirements.
- Metal spikes/cleats are prohibited in all locations of The St. James.
- All participants, including alternates, must sign [this waiver](#) before participating in any event. Waiver will be available soon.
- Participants should check in with the lead Breakthrough T1D volunteer/Game Manager (NOT just your company Team Captain or any company-assigned “coaches”) for each event prior to the event start time.
- Refunds are not issued for missed or cancelled events.

TEAM EVENTS

Trivia Night: May 28th (Franklin Hall)

Teams of 4 will participate in Trivia run by an outside vendor at Franklin Hall. The top three teams are determined by the outside vendor and will receive points for their company on Games day.

Please note: If you cannot find a team of 4, participants are welcome to register as an individual and will be paired together at the event. All companies represented on mixed teams will receive points if they place in the top 3.

Men's 3-on-3 Basketball Tournament: 8:00AM – 12:00PM (Court House)

This event is a double elimination tournament consisting of 3-on-3, half-court games. Each game is to 11 points straight, with each basket counting as one point, winning by two (2) or 12 minutes (whichever comes first). If tied at 12 minutes, the team with the next point wins. The teams are bracketed; byes may be used to successfully complete the bracketing. There is a second bracket to be filled by first-time losers. Teams are fully eliminated after suffering two defeats. The winners' bracket will determine first and second place, and third place will be determined by the winner of the 2nd bracket. Players officiate their own games and all fouls will be possession fouls.

Please note: *Only one team per company may participate in this event.* A maximum of 32 teams may participate. Team must be comprised of three participants and one designated alternate may be added for an additional \$40 fee.

Scavenger Hunt: 8:00AM – 3:00PM (Check in at Main Lobby)

This is a three-person scavenger hunt which will require brains and a camera! Players will run around The St. James campus in a designated radius to complete a list of scavenger hunt related tasks and take photographs as proof of their accomplishments. Players must submit their findings with their photographic evidence no later than 3pm to secure their points.

Please note: There is no maximum per company to compete. However, only one team per company will earn points towards the Championship. The team with the highest scoring points within each company will have their points counted. Teams must submit their findings no later than 3pm to earn points. Points will be awarded on a sliding scale based on how many photographs were successfully acquired.

Women's 3-on-3 Basketball Tournament: 8:00AM – 10:00AM (Court House)

This event is a double elimination tournament consisting of 3-on-3, half-court games. Each game is to 11 points straight, with each basket counting as one point, winning by two (2) or 12 minutes (whichever comes first). If tied at 12 minutes, the team with the next point wins. The teams are bracketed; byes may be used to successfully complete the bracketing. There is a second bracket to be filled by first-time losers. Teams are fully eliminated after suffering two defeats. The winners' bracket will determine first and second place, and third place will be determined by the winner of the 2nd bracket. Players officiate their own games and all fouls will be possession fouls.

Please note: *Only one team per company may participate in this event.* A maximum of 32 teams may participate. Team must be comprised of three participants and one designated alternate may be added for an additional \$40 fee.

Corn Hole: 8:30AM – 10:30AM (Field House Zone B)

This event is a single elimination tournament. Teams play to 11 points or over. There will be multiple heats. The winners of each heat will play "best of 3" and the winner will be determined. A consolation "best of 3" game will be held to determine the third-place winner.

Please note: *Only one team per company may participate in this event.* Team must be comprised of two participants. A maximum of 48 teams may participate.

100Y Medley Relay Mixed: 9:00AM – 9:30AM (Pool)

This event is a four-person relay race in which each person swims one stroke style for 25Y (backstroke, breaststroke, butterfly, and freestyle). The following person can only enter the water after the preceding person has touched the wall. Judging will be based on time.

Please note: *Only one team per company may participate in this event.* Team must be comprised of two men and two women. Team must arrive within five minutes of the posted starting time or they will be disqualified.

Spin Competition at 9:00AM – 11:00AM (Performance Club - Cycle Studio)

Each team of 5 will spin at the same time as hard and as fast as they can for 6 minutes. The mileage for each of the team members will be combined to get a team total. The team that spins the furthest in combined mileage will be declared the winner.

Please note: *Only one team per company may participate in this event.* A maximum of 25 teams may participate. Team must be comprised of five participants and at least one participant must be a woman. This event is for skilled spinners only.

Raft Relay Race: 10:00AM – 10:30AM (Pool)

This event is a four-person relay race in which one person propels a raft (pool float) the length of the pool, tags a team member and disembarks from the raft. The remaining team members each follow suit. Judging will be based on time. If there are more than eight teams entered, competitors will be divided into heats.

Please note: *Only one team per company may participate in this event.* Team must be comprised of two men and two women. Team must arrive within five minutes of the posted starting time or they will be disqualified.

Noodle Relay Race: 10:30AM – 11:00AM (Pool)

This is a four-person relay race in which one person propels a Styrofoam “noodle” the length of the pool, tags a team member and disembarks from noodle. The remaining team members each follow suit. Judging will be based on time. If there are more than eight teams entered, competitors will be divided into heats.

Please note: *Only one team per company may participate in this event.* Team must be comprised of two men and two women. Team must arrive within five minutes of the posted starting time or they will be disqualified.

Volleyball Tournament: 10:30AM – 12:30PM (Court House)

This is a single elimination tournament in which all preliminary and final round games will be played to 11 points. Each game must be won by at least two (2) points. Teams are bracketed; byes may be used to successfully complete the bracketing.

Please note: *Only one team per company may participate in this event.* A maximum of 32 teams may participate. Team must be comprised of six participants and at least two participants must be women (on the court at all times). One designated alternate may be added for an additional \$40 fee.

Tower Power: 11:00AM – 12:30PM (Field House – Zone D)

Each team of three people will compete in a game of Tower Power (similar to Giant Jenga). Two teams of three players take turns removing one block at a time from any level but the top 2 and placing it on the topmost level of the tower, until the tower or a block other than the one the player is holding falls. Turns will be timed. This event will be played as single-elimination bracket style tournament, and byes may be used to successfully complete the bracketing.

Please note: *Only one team per company may participate in this event.* A maximum of 48 teams may participate. Teams must be comprised of three participants.

Pickleball Mixed Doubles: 12:30PM – 3:30PM (Court House)

Each team of two people will compete in a single elimination, pickleball tournament. Teams will play to 9 OR whichever team has the most points after 5 minutes of play time, depending on which comes first.

Please note: *Only one team per company may participate in this event.* A maximum of 48 teams may participate. Teams must be comprised of two participants, one man and one woman.

Bouncy Ball Relay: 12:30PM – 2:00PM (Field House – Zone A)

This is a four-person relay race in which one person bounces on a large ball to the end of the field, tags the next team member and transfers the ball to them. The remaining team members each follow suit. Two team members per side of the field. Judging will be based on time.

Please note: *Only two teams per company may participate in this event.* Team must be comprised of two men and two women. Teams may compete in this event one (1) time during their selected session: 12:30PM – 1:15PM or 1:15PM – 2:00PM. Sessions are selected during the registration process. No spikes or cleats of any kind will be allowed.

Big Ball Relay: 1:00PM – 2:00PM (Field House – Zone C)

Partners must get to the finish line while holding a big inflatable ball between their bodies without using their hands. The fastest team from each heat will compete in a final race to determine first, second, and third place.

Please note: *Only one team per company may participate in this event.* Team must be comprised of one man and one woman. Team will be disqualified if they use their hands. No spikes or cleats of any kind will be allowed.

Pairs Sack Race: 1:00PM – 2:00PM (Field House – Zone D)

The first team member gets in the sack and jumps to the designated end spot where the second team member is waiting. The second team member gets into the sack and jumps back to the start line. The winning team from each heat will compete in a final race to determine first, second, and third place.

Please note: *Only one team per company may participate in this event.* Team must be comprised of one man and one woman.

Puzzle Me This! Challenge: 1:00PM – 3:00PM (Pilates Studio)

Each team of four people will complete a 100-piece puzzle in a race against the clock. When a team has completed their puzzle and the judge has reviewed for accuracy, the clock will stop and their time will be recorded. The final three teams with the fastest times will compete against each other with a new 300-piece puzzle to determine the winner. Depending on the number of teams entering the competition, teams may compete in heats. The winners from each heat will compete in a final round with a new puzzle. The first team to complete their final puzzle will be crowned the victor!

Please note: Team must be comprised of four participants.

Tug of War: 3:30PM – 4:30PM (Field House)

This event is a double-elimination tournament in which the team that pulls the attached marker over the designated centerline and buffer space is the winner. There will be a consolation tug to determine third place winner. No substitutions are allowed once the event starts.

Please note: *Only one team per company may participate in this event.* A maximum of 40 teams can participate. Team must be comprised of six participants and at least two participants must be women. Cleats without metal spikes permitted. Gloves are permitted. The “anchor man” on each team may wrap the rope around his/her waist, but may NOT tie the rope in a knot and form a complete loop.

INDIVIDUAL GAMES

Punt, Pass & Kick Contest: 8:30AM-11:30AM (Field House – Zone C)

Participants will punt, pass, and kick the football and the distance will be measured along the “Distance Line” from the “Starting Line” to the resting place of the punt, pass or kick. The distances of all three will be averaged for your final distance. Longest average distance wins. There will be male and female winners.

Please note: Participants may compete in this event one (1) time during their selected session: 8:30AM-9:30AM, 9:30AM-10:30AM, or 10:30AM-11:30AM. Sessions are selected during the registration process. Participation will be capped at 175 overall. Cleats without metal spikes permitted.

Soccer Challenge: 8:30AM – 10:30AM (Field House – Zone D)

Participants will attempt to shoot a soccer ball into the goal. The top two corners are worth 3 points, the bottom two corners are worth 2 points, and the center is worth 1 point. Each participant gets four shots, and the total of all points earned in the four shots is recorded. The three participants with the most points will determine first, second, and third place finishers. There will be male and female winners.

Please note: Participants may compete in this event one (1) time during their selected session: 8:30AM-9:30AM or 9:30AM-10:30AM. Sessions are selected during the registration process. Participation will be capped at 150 overall. Cleats without metal spikes permitted.

Angry Birds Golf Challenge: 9:00AM – 11:00AM (Golf House)

Participants will use a virtual golf stimulator bay to hit golf balls at various targets, trying to knock down objects and destroy structures. During the game, points will be tracked for all targets/objects destroyed. At the end of the game, the points will be tallied and the individuals with the most points determine the first, second, and third place winners with separate winners for male and female categories.

Please note: Participants may compete in this event one (1) time during their selected session: 9:00AM – 10:00AM or 10:00AM – 11:00AM. Sessions are selected during the registration process. Participation will be capped at 200 overall.

Lacrosse Challenge: 9:00AM – 10:30AM (Hitting House)

A radar gun determines speed of the shot. The three fastest shots of all entries will determine first, second, and third place finishers. There will be male and female winners.

Please note: Participants may compete in this event one (1) time during their selected session: 9:00AM – 9:45AM or 9:45AM – 10:30AM. Sessions are selected during the registration process. Participation will be capped at 125 overall.

50Y Freestyle: 9:30AM – 10:00AM (Pool)

Participants will swim two laps in the style of freestyle. The pool is an 8-lane pool. If there are more than eight swimmers, there will be heats and a final race to determine winners. First, second, and third place points will be awarded in the following divisions: Men under 40, men ages 40-49, men over 50, women under 40, women ages 40-49, women over 50.

Please note: Participants must arrive within five minutes of the posted starting time or they will be disqualified.

Rock Wall Challenge: 12:00PM – 2:30PM (Rock Wall)

Individuals will be harnessed in and belayed for the ultimate climbing challenge on the 40' rock wall. Players will race to the top and compete for the fastest time. The three (3) fastest times of all entries will determine first, second, and third place finishers. There will be male and female winners.

Please note: Individuals may compete in this event one (1) time during their selected session: 12:00PM – 12:50PM, 12:50PM – 1:40PM, 1:40PM – 2:30PM. Sessions are selected during the registration process.

Ropes Course: 10:00AM – 1:00PM (Super Awesome & Amazing Room)

Individuals will be harnessed in for the ultimate ropes course adventure. Players will race through the ropes course high above the ground and compete for the fastest time. The three (3) fastest times of all entries will determine first, second, and third place finishers.

Please note: *Only two individuals per company may participate in this event.* Individuals may compete in this event one (1) time during their selected session: 10:00AM-11:00AM, 11:00AM-12:00PM, or 12:00PM-1:00PM. Sessions are selected during the registration process. Participation will be capped at 60 overall.

Noodle Javelin Throw: 10:30AM-12:00PM (Field House – Zone A)

Colored targets determine the scoring of the tosses. Each participant gets 5 tosses, and the best of those 5 will be recorded. The 3 best throws of all entries will determine first, second, and third place finishers.

Please note: Participants may compete in this event one (1) time during their selected session: 10:30AM – 11:15AM or 11:15AM – 12:00PM. Sessions are selected during the registration process. Participation will be capped at 125 overall.

Fast Ball Challenge: 11:00AM-12:30PM (Hitting House)

A radar gun determines speed of the pitch. The three fastest pitches of all entries will determine first, second, and third place finishers. There will be male and female winners.

Please note: Participants may compete in this event one (1) time during their selected session: 11:00AM-11:45AM or 11:45AM-12:30PM. Sessions are selected during the registration process. Participation will be capped at 125 overall.

Golf Challenge: 12:00PM – 2:00PM (Golf House)

Participants will use a virtual golf simulator bay to play “Closest to the Pin”. All bays will be set to the same hole. They will hit the ball towards the pin and the ball that stops closest to the pin determines the winner. Each player gets three shots. There will be male and female winners. Golf clubs provided.

Please note: Participants may compete in this event one (1) time during their selected session: 12:00PM – 1:00PM or 1:00PM-2:00PM. Sessions are selected during the registration process. Participation will be capped at 200 overall.

Ice Hockey Shots on Goal: 12:00PM – 2:00PM (Ice House)

On the ice hockey rink participants will stand on a carpet and take 5 shots on goal aiming to score as many goals as possible. The top two corners are worth 3 points, the bottom two corners are worth 2 points, and the center is worth 1 point. The individual who successfully has the most goals will be ranked first, second, and third place with separate winners for male and female categories.

Please note: Participants may compete in this event one (1) time during their selected session: 12:00PM – 1:00PM or 1:00PM – 2:00PM. Sessions are selected during the registration process. Participation will be capped at 75 overall.

3-Point Basketball Shooting Contest: 1:00PM-3:30PM (Court House)

Each participant will shoot 15 balls within 45 seconds: 5 shots from each of the 2 corner baselines and 5 shots from the top of the key. The participant who sinks the most baskets within the allotted time period determines the first place winner. Second and third place finishers are determined in the same manner. There will be male and female winners.

Please note: Participants may compete in this event one (1) time during their selected session: 1:00PM – 1:50PM, 1:50PM – 2:40PM, 2:40PM – 3:30PM. Sessions are selected during the registration process. Participation will be capped at 150 overall.

Home Run Derby: 1:00PM – 2:30PM (Hitting House)

Step right up to the batting cage, participants will have 5 tries to hit as many home runs as possible. The pitches are delivered and distances are measured by a machine. The top three participants with the most home runs will be awarded first, second, and third place, with separate winners for male and female categories. Tie breaks will be based on total distance.

Please note: Participants may compete in this event one (1) time during their selected session: 1:00PM – 1:45PM or 1:45PM – 2:30PM. Sessions are selected during the registration process. Participation will be capped at 125 overall.