



2019 JDRF Real Estate Games

Rules & Event Descriptions

General Rules

- Activity schedule is subject to change.
- Games will take place rain or shine.**
- 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.
- All participants, including alternates, must sign a waiver before participating in any event.
- Participants should check in with the lead JDRF 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.

*** (JDRF & American University will decide no later than **8pm Wednesday, June 5th** as to whether or not morning outdoor events will be held and no later than **8am on Thursday, June 6th** as to whether or not afternoon outdoor events will be held).*

Team Games

3-on-3 Basketball Tournament - Men 8:00AM (Bender Arena)

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.*

3-on-3 Basketball Tournament - Women at 8:00AM (Bender Arena)

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.

Herman Miller Aeron Chair Hockey at 8:00AM (Outdoor Basketball Courts)

This event is a single elimination, bracketed tournament consisting of 3-on-3 hockey games played while "seated" in Aeron chairs. The first team to score six (6) points or be the leading team after 12 minutes will win the game. It is recommended that players wear shin pads/guards or pants for leg protection.

Please note: *Only one team per company may participate in this event.* A maximum of 48 teams can participate. Team must be comprised of three participants and at least one participant must be a woman (on the court at all times). One designated alternate may be added for an additional \$40 fee.

Corn Hole at 8:30AM (Upper Field)

This event is a single elimination tournament. Teams play to 21 points exactly. There will be two heats, each consisting of 12 corn hole games. The winners of Heat 1 & Heat 2 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 at 9:00AM (Pool)

This event is a four-person relay race in which each person swims one stroke style for 25Y (butterfly, backstroke, breaststroke, and freestyle). The following person can only jump in 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.

Foosball at 9:00AM (Kettler-Palmer Lounge)

This event is a single elimination tournament, with the best of three games winning. The winner of each game is determined as whichever of the following comes first: (1) the first team to 5 points or (2) the leader in points after eight minutes. If the game is tied after eight minutes, the game goes into sudden death and the next goal wins.

Please note: Up to two teams per company may participate in this event. Team must be comprised of two participants and there are no gender requirements. Team must arrive 10 minutes prior to their start time or they will be disqualified.

Table Tennis Doubles at 9:00AM (Kettler-Palmer Lounge)

This event is a single elimination tournament. All preliminary round games will be played to 7 points, unless both teams score 6 points, then the game shall be won by the first team to subsequently gain a lead of 2 points. The Semifinal and Final round games will be the best two out of three games played to 11 points. Teams are bracketed; byes may be used to successfully complete the bracketing.

Please note: Up to two teams per company may participate in this event. Team must be comprised of two participants and there are no gender requirements. Team must arrive 10 minutes prior to their start time; games will begin on time or they will be disqualified.

4x100M Relay - Men at 9:45AM (Track)

Each participant runs 100M and hands off a baton to another teammate after crossing the baseline. Judging will be based on time.

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

Spin Competition at 10:00AM (Upper Concourse, Bender Arena)

Each team must “spin” for 30 minutes in a stationary “race” to see who can rack up the most mileage. Each team member has only six (6) minutes to spin as hard and as fast as they can. The team that spins the furthest in 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. Each participant may spin only once. This event is for skilled spinners only.

Bouncy Ball Relay from 10:00AM-12:00PM (Upper Field)

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 between 10:00AM and 12:00PM.

4x100M Relay - Women at 10:15AM (Track)

Each participant runs 100M and hands off a baton to another teammate after crossing the baseline. Judging will be based on time.

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

Raft Race at 10:15AM (Pool)

This event is a four-person relay race in which one person propels a raft 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 Race at 10:30AM (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.

4x100M Relay - Mixed at 10:45AM (Track)

Each participant runs 100M and hands off a baton to another teammate after crossing the baseline. 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.

Tennis Doubles - Men at 12:00PM (Outdoor Tennis Courts)

This event is a single elimination tournament. The structure of play will be decided once registration closes to ensure you have the maximum amount of playing time possible and will be announced prior to Games day.

Please note: Team must be comprised of two men. Participants must provide their own rackets.

Tennis Doubles - Women at 12:00PM (Outdoor Tennis Courts)

This event is a single elimination tournament. The structure of play will be decided once registration closes to ensure you have the maximum amount of playing time possible and will be announced prior to Games day.

Please note: Team must be comprised of two women. Participants must provide their own rackets.

Big Ball Relay at 1:00PM (Track)

Partners must get to the finish line while holding a big inflatable ball between their bodies and may not use their hands. 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. Team will be disqualified if they use their hands.

Big Trike Derby at 1:00PM (Track)

The first team member mounts the pony-cycle, moves the pony-cycle to the mid-way point on the track, and then tags the second team member. The second team member is there waiting and will then jump on the pony-cycle and make it to the finish line. Judging will be based on time.

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

Volleyball Tournament at 1:00PM (Bender Arena)

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.

Obstacle Course Relay at 1:00PM (Upper Field)

This is a four-person relay race whereby two (2) participants complete an obstacle course at one time, and then tag the next two team members to follow suit. One team will participate at a time and each team is judged by their final time. The three (3) fastest times of all entries will determine first, second, and third place finishers.

Please note: *Only one team per company may participate in this event.* A maximum of 37 teams can participate. Team must be comprised of four participants and at least two participants must be women.

Pairs Sack Race at 1:00PM (Upper Field)

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 at 1:00PM (Kettler-Palmer Lounge)

Each team of four people will complete a 200-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 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.

Tennis Doubles - Mixed at 1:30PM (Outdoor Tennis Courts)

This event is a single elimination tournament. The structure of play will be decided once registration closes to ensure you have the maximum amount of playing time possible and will be announced prior to Games day.

Please note: Team must be comprised of one man and one woman. Participants must provide their own rackets.

Minute to Win It at 1:30PM (Location TBD)

Each team of three people will compete in four different minute-long activities. Details on the activities to come. The winners will be determined by the accumulation of points gained in each event.

Please note: *Only one team per company may participate in this event.* A maximum of 30 teams can participate.

Allsteel Chair Relay at 2:00PM (Track)

This event is a four-person relay race in which the first team member sits on an Allsteel chair and pushes the chair with his/her feet to reach next team member, who follows suit. 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.

Tug of War at 3:00PM (Bender Arena)

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. No spikes or cleats of any kind will be allowed. 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

5K Run - Men and Women at 8:00AM (Track)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group and gender.

Participants of all age groups run 3.2 miles on the track (13 laps).

Please note: Participants must be at track 10 minutes before the race or they will be disqualified.

Tennis Singles - Men at 8:00AM (Outdoor Tennis Courts)

This event is a single elimination tournament. The structure of play will be decided once registration closes to ensure you have the maximum amount of playing time possible and will be announced prior to Games day.

Please note: Participants must provide their own rackets. A maximum of 32 individuals may participate.

Weight Lifting Challenge - Men at 8:00AM (Upper Concourse, Bender Arena)

Each participant will bench press their weight as many times as they can. The person with the most repetitions will win. You will use an Olympic bench & will weigh in upon arrival.

Weight Lifting Challenge - Women at 8:00AM (Upper Concourse, Bender Arena)

Each participant will bench press half of their weight as many times as they can. The person with the most repetitions will win. You will use an Olympic bench & will weigh in upon arrival.

Wrestling Tournament - Men at 8:00AM (Fitness Center in Bender Arena)

Participants will be placed in an 8-man bracket and compete in two (2) three-minute periods in takedown tournament format. The best of three takedowns will determine the first place winner; second and third place finishers are determined in the same manner.

Madison weights - participants will be paired with the closest eight competitors by weight for a total of six weight classes.

Please note: Participants must provide all of their own equipment (e.g. shoes, headgear). JDRF/American University will not provide equipment. Participants deemed unfit to compete by the event official(s) and participants lacking the proper safety equipment WILL NOT be allowed to participate in the event. No exceptions and no refunds on participation fees.

Wrestling Tournament - Women at 8:00AM (Fitness Center in Bender Arena)

Participants will be placed in an 8-person bracket and compete in two (2) three-minute periods in takedown tournament format. The best of three takedowns will determine the first place winner; second and third place finishers are determined in the same manner.

Madison weights - participants will be paired with the closest eight competitors by weight for a total of six weight classes.

Please note: Participants must provide all of their own equipment (e.g. shoes, headgear). JDRF/American University will not provide equipment. Participants deemed unfit to compete by the event official(s) and participants lacking the proper safety equipment WILL NOT be allowed to participate in the event. No exceptions and no refunds on participation fees.

Golf Challenge - Men from 8:00AM-10:00AM (Upper Field)

Participants will hit the ball towards the pin and the ball that stops closest to the pin determines the winner. If there is a tie, we will hold a second single shot playoff, with the closest shot winning the event. The distance will be approximately 50 yards.

Please note: Participants may compete in this event one (1) time between 8:00AM and 10:00AM. Participants are asked to bring their own club, although a club is provided.

Golf Challenge - Women from 8:00AM-10:00AM (Upper Field)

Participants will hit the ball towards the pin and the ball that stops closest to the pin determines the winner. If there is a tie, we will hold a second single shot playoff, with the closest shot winning the event. The distance will be approximately 50 yards.

Please note: Participants may compete in this event one (1) time between 8:00AM and 10:00AM. Participants are asked to bring their own club, although a club is provided.

100M Dash - Men at 9:00AM (Track)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants will sprint 100M on the track. If there are more than six runners in a category, participants will be split up into heats and run a winner's heat to determine first, second, and third place.

Please note: Participants must be at track 10 minutes before race or they will be disqualified.

100M Dash - Women at 9:15AM (Track)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants will sprint 100M on the track. If there are more than six runners in a category, participants will be split up into heats and run a winner's heat to determine first, second, and third place.

Please note: Participants must be at track 10 minutes before race or they will be disqualified.

50Y Freestyle - Men at 9:15AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups 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.

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

50Y Freestyle - Women at 9:15AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups 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.

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

50Y Backstroke - Men at 9:30AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups will swim two laps in the style of backstroke. 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.

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

50Y Backstroke - Women at 9:30AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups will swim two laps in the style of backstroke. 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.

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

Tennis Singles - Women at 9:30 AM (Outdoor Tennis Courts)

This event is a single elimination tournament. The structure of play will be decided once registration closes to ensure you have the maximum amount of playing time possible and will be announced prior to Games day.

Please note: Participants must provide their own rackets.

50Y Breaststroke - Men at 9:45AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups will swim two laps in the style of breaststroke. 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.

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

50Y Breaststroke - Women at 9:45AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups will swim two laps in the style of breaststroke. 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.

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

50Y Butterfly - Men at 10:00AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups will swim two laps in the style of butterfly. 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.

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

50Y Butterfly - Women at 10:00AM (Pool)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group.

Participants of all age groups will swim two laps in the style of butterfly. 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.

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

Lacrosse Challenge - Men from 10:00AM-12:00PM (Upper Field)

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

Please note: Participants may compete in this event one (1) time between 10:00AM and 12:00PM.

Lacrosse Challenge - Women from 10:00AM-12:00PM (Upper Field)

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

Please note: Participants may compete in this event one (1) time between 10:00AM and 12:00PM.

1 Mile Run - Men and Women at 11:30AM (Track)

Event includes age groups: under 40, 40-49, and over 50. Participants will only compete against their respective age group and gender.

Participants of all age groups run 1 mile on the track (4 laps).

Please note: Participants must be at track 10 minutes before race or they will be disqualified.

Fast Ball Challenge - Men from 12:00PM-2:00PM (Outdoor Basketball Courts)

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

Please note: Participants may compete in this event one (1) time between 12:00PM and 2:00PM.

Fast Ball Challenge - Women from 12:00PM-2:00PM (Outdoor Basketball Courts)

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

Please note: Participants may compete in this event one (1) time between 12:00PM and 2:00PM.

Punt, Pass & Kick Contest - Men from 12:00PM-2:30PM (Inside Track)

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 length. Longest average length wins.

Please note: Participants may compete in this event one (1) time between 12:00PM and 2:30PM.

Punt, Pass & Kick Contest - Women from 12:00PM-2:30PM (Inside Track)

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 length. Longest average length wins.

Please note: Participants may compete in this event one (1) time between 12:00PM and 2:30PM.

Noodle Javelin Throw from 12:30PM-2:30PM (Amphitheater)

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 between 12:30PM and 2:30PM.

Slapshot Challenge from 12:30PM-2:30PM (Amphitheater)

Participants will attempt to shoot a hockey puck into one of five targets. The top two targets are worth 2 points each, the center target is worth 3 points, and the bottom targets are worth 1 point each. 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.

Please note: Participants may compete in this event one (1) time between 12:30PM and 2:30PM.

Heads of Office Main Event at 1:30PM (Bender Arena)

Each participant performs a combination of wacky and fun activities. Details on the activity to come.

Please note: Only one executive per company may participate in the event.

3-Point Basketball Shooting Contest - Men from 2:00PM-3:30PM (Outdoor Basketball Courts)

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.

Please note: A maximum of 100 individuals may participate. Participants may compete in this event one (1) time between 2:00PM and 3:30PM.

3-Point Basketball Shooting Contest - Women from 2:00PM-3:30PM (Outdoor Basketball Courts)

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.

Please note: A maximum of 100 individuals may participate. Participants may compete in this event one (1) time between 2:00PM and 3:30PM.