



Lewis County Community Cup

MAY 29 – JUNE 1, 2024

Community Wellness | Pride | Camaraderie | Competition

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EVENT OVERVIEW

In 2018, the Lewis County Government Wellness Committee organized and sponsored the First Annual Lewis County Community Cup. It is a multi-day, Olympic style event among Lewis County businesses, organizations, and employers that was designed to promote community wellness, pride, camaraderie, and competition among Lewis County businesses.

We are excited to announce that the 6th Annual Lewis County Community Cup will run May 29 – June 1, 2024. A minimum of six teams will be required for this year's event; If less than six teams sign up by April 30, 2024, the event will be cancelled.

Some of this year's events include bowling, badminton, home run derby, euchre, kickball and more! After days of fun and friendly competition, the event will conclude on June 1 with multiple competitive events as well as team pictures and the awards ceremony. The winning team will have their name engraved on the Lewis County Community Cup trophy, which they will hold on to until next year's event.

The Lewis County Wellness Team is proud to continue sponsoring this event. Thanks to the generosity of the County, event coordinators, Lowville Academy, Beaver River Central School, the Lewis County Agriculture Society and the Village of Lowville, there is no cost for Teams to participate.

Past Community Cup Winners Include

- 2023 (co-champions) – Beaver River Central School and Lewis County Government
- 2022 – Beaver River Central School
- 2021 – Beaver River Central School
- 2020 – COVID-19 (no event)
- 2019 – South Lewis Central School
- 2018 – South Lewis Central School

ELIGIBILITY REQUIREMENTS

- Team members must be employed at the time of competition
 - Includes per diem, seasonal, part time and substitute employees
 - Must've receive at least one paycheck from the employer between June 4, 2023 and May 29, 2024
- Team members must be at least 18 years of age
- Team members must be employed in Lewis County or the spouse/long-term partner of an employee
- Participants may only be a member of one team

- Individuals not employed by a company entering a team may be eligible to form a team of individuals that have similar professions or share worksites, etc. Teams for in this manner must be approved by the planning committee

GENERAL RULES

- No roster limit
- Each team must designate at least one Team Captain (co-captains are allowed) who will be responsible for sharing any updates (from the committee) with their respective team
- Unsportsmanlike behavior and profanity are not allowed at any activities
- If, during an event, a team has a question about scoring or penalties, it must be brought to the attention of the Event Coordinator before the end of the event
 - The Event Coordinator will NOT be participating in the event
 - If a member of your team serves as an event coordinator, your team will receive TWO ADDITIONAL POINTS; Your team can coordinate multiple events, but two points is the maximum that you can earn
 - We are actively seeking out Event Coordinators to make sure that rules are ENFORCED and that everything runs according to plan; Please contact Anna Platz at annaplatz@lewiscounty.ny.gov to learn more
- Event results will be posted as soon as possible and on the Community Cup Facebook Page (@lewiscountycommunitycup); Click [here](#) to like the page
- Teams are responsible to review their results for errors
- On the final day of events, each team will be allowed to put up a tent or shelter on the grass area surrounding the field
- A food truck will be on-site during Friday's events; A DJ will be present on Saturday
- Final rosters and signed waivers for ALL team members must be submitted prior to the Captain's Meeting
- Please contact Planning Committee Members with any questions

SCORING

Scoring for each event varies, however Teams earn points for each event based on where they placed compared to the other teams in the event. For example, if there are six teams participating in the Community Cup and your team (collectively) records the highest score for bowling, your team receives 6 points. The second-place team receives 5 points and so on and so forth.

T-SHIRT INFORMATION

INFORMATION

- Orders must be submitted by May 17, 2024.
- If you have ordered from Dawn in the past but are using a new logo, please send the logo her way ASAP.
- Contact information:
 - Dawn Rava-Crofoot, DRC Apparel & Promotion,
 - 6472 Cone Road, Boonville, NY 13309
 - 315-725-8938
 - drcrofoot@gmail.com
 - Drcpromo.com
- Dawn will price the shirts once your team tells her what you'd like. The shirt can be added to this order form once a decision has been made. Here are the shirts you can choose from:
 - <https://www.alphabroder.com/product/g800/gildan-adult-5050-t-shirt.html?color=00>
 - <https://www.alphabroder.com/product/n6210/next-level-apparel-unisex-cvc-crewneck-t-shirt.html?color=51>
 - Any questions, please ask Dawn directly.

ORDER FORM

- See next page
- Please fill out this order form and submit with payment by May 15, 2024
- **Need order forms back by May 17, 2024.**

TEAM NAME: _____

#	Name	QTY	Size	Price	Paid
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

EVENTS

For multiple events, their format and/or rules cannot be finalized until we know how many teams will be competing in the overall event. Event details that are in **green** or grey have been confirmed. **Yellowish/orange** details are pending. A final version of this document will be distributed after April 30, assuming at least six teams register.

2-MILE RUN/WALK OR 5-MILE BIKE RIDE

Week of Community Cup (May 29 – June 1, 2024)

Location: Determined by participant

Event Coordinator: Team Captain

The event is designed to encourage everyone on the team to participate.

Rules

- Participants will complete a 2-mile walk/run or 5-mile bike ride between May 29 – June 1, 2024 and provide their Team Captain with proof (I.e. screenshot activity, route, pedometer steps, etc.)
- Team Captains will tally participants and report the final number to the Event Coordinator prior to the start of Saturday's events

Scoring

- Participation points will be earned by each team member who participates in this event with a maximum score of 15

Roster Requirements

- Up to 15 participants

Walk/Run/Bike Tracker

TEAM NAME: _____

#	Name of Participant	Date Completed
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

HOME RUN DERBY

Date: Wednesday, May 29 – 4:30 PM

Location: Beaver River Central School Softball Field

Event Coordinator: Gretchen Anderson

Rules

- Pitching
 - Softballs will be thrown by the event coordinator or a pitcher of the Team's choosing
 - Each player will receive (up to) three practice pitches and then the next ten will count
- Hitting
 - Each player has an optional warm-up of up to 3 pitches (not counted for scoring)
 - After optional warm-up, players will receive 10 swings to count towards scoring
 - Batters may use the bats provided or their own
 - May have one on-deck batter preparing to hit (swinging)
- Retrieving
 - Team members not hitting will serve as ball retrievers
 - All balls must be retrieved and returned to the bucket in the pitching area after each hitter has completed their turn at bat

Scoring

- Each hit will be graded on quality to determine its point value. Cumulative scores per hitter/batter from a team will be combined to create a final team score (10 scored pitches for each (2) batter)
- Quality of each hit is determined by the below distinction
 - Infield Hit = 1 point
 - Outfield Hit (ball first touches the ground outside the infield) = 2 points
 - Hit the wall/fence (in the air before touching ground) = 3 points
 - "Bouncing homerun" (Ball bounces in outfield then travels over the wall) will be treated like a wall/fence hit = 3 points
 - Homerun! Over the fence = 5 points

Roster Requirements

- Each team must have 2 members (one male and one female). There are no age requirements

FREE THROWS

Date: Wednesday, May 29 – 4:30 PM

Location: Beaver River Central School

Event Coordinator: Pending

Rules

- Each team will consist of 2 members (one male and one female)
- Contestants will shoot 20 free throws each
- Team Score is total free throws made by 2-person team
- Free throw shooters who are participating in other events that night will be allowed to shoot first

Scoring

- Team will be scored on total free throws made (0-40)

Roster Requirements

- Teams must be made up of 1 male and 1 female

FIELD RELAY

Date: Wednesday, May 29 – 5:00 PM

Location: Beaver River Central School Track

Event Coordinator: Pending

Rules

- Each team will consist of four members
- The team will line up on the track at 2 different intervals (Start/Finish line and 200-meter mark)
- The first runner will run the first leg with a pool noodle in hand which will be passed to the second runner and then to the third runner.....
- This process repeats until all runners have returned to the start line
- Lanes will be determined by current standing in the overall cup competition, with the leader in lane 1 and last place team in lane 6; Once the first exchange happens at the 200-meter mark, runners can run in any lane
 - Two heats will be held if necessary

Scoring

- Order of finish will determine placement and points; Fastest time (1st place)

Roster Requirements

- Each team must have 4 members (two male and two female) and one member must be of age 40+

EUCHRE

Date: Wednesday, May 29 – 6:00 PM

Location: Croghan Legion

Event Coordinator: Pending

Rules

- Play 5 Games. Games end at 10, but score can be as high as 13
- Games will be played as laid out by the coordinator
- Play it alone at any time; Card up does not have to be played
- Use Provided Score Cards; Write down your score (Ex. 10 Ten – write it both ways); Both Teams will have one member sign the card
- If you must cross something off on score card have event coordinator initial card as well
 - Cards with crossed out things with no initial from event coordinator will not count
- If you renege, the other team get 2 points (unless you catch it before the hand is pulled in)
 - If you renege on a loner hand, the other team gets 4 points
- Counters must be visible at all times
- No table talk
- Any questions about rules or game play should be asked of the event coordinator

Scoring

- Highest scoring team

Roster Requirements

- Organizations are required to have one, two-person team

BOWLING

Date: Thursday, May 30 – 5:00 PM

Location: Lewis Lanes

Event Coordinator: Pending

Rules

- Teams will consist of 4 bowlers

Scoring

- Teams will bowl two games; Total score of all four bowlers is the team's score

Roster Requirements

- Two of each gender

Participants are responsible for lane fees and shoe rental

VOLLEYBALL TOURNAMENT

Date: Thursday, May 30 – 5:00 PM

Location: LACS Lower Gym

Event Coordinator: Pending

Format – TBD. Will be determined by total number of Teams.

Rules

- A minimum of 6 players must be present in order for a game to begin
- Each team must have at least 3 women and one person 40 or older on the court at all times
- All games will be called with safety in mind; Official's decisions are final
- All serves must be underhand
- No spiking or blocking of the serve
- If a player is in the net, it will be called
- Line violations on the serve will be called
- Carries on the second and third touch will be called
- All substitutions must be made into the serving position; All substitutes must play on full rotation
- The tournament will begin promptly at 5:00 pm; Each game after that will start 3 minutes after the end of the previous game; Your team should be prepared to play early in the event of forfeits; Teams unable to meet minimum requirements after the 3-minute warm up will forfeit the game
- Games will be played by rally scoring to 25 (win by 2)

Scoring

- Scoring will be based upon the team's placing and/or # of wins

Roster Requirements

- Each team must have at least 6 persons ready to play at the start of each game; At least 3 women and one person 40 years of age or older must always be on the court

BADMINTON TOURNAMENT

Date: Thursday, May 30 – 5:00 PM

Location: LACS Upper Gym

Event Coordinator: Pending

Format – Co-ed round robin doubles tournament

Rules

- Participants are responsible for recording their scores on the posters
- Volley 4x for serve

Scoring

- Rally scoring to 21

Roster Requirements

- 1 male and 1 female

KICKBALL TOURNAMENT

Date: Friday, May 31 – 5:00 PM

Location: Veterans Park

Event Coordinators: Pending (one per field plus legit referees)

Rules

- A final version of the kickball rules that are consistent with what will be enforced by the referees, will be distributed closer to the event; **Official's decisions are final**; Last year's rules have been included in this packet to give you a general sense of what to expect
- 2023 Community Cup Kickball Rules
 - Kicking order should be established at the beginning of the game and the order shall not be deviated from

- A runner can be thrown out but not with a “head shot” (event coordinators will rule on head shots factoring intent, ducking, situation, etc.)
- Strike zone is 1 ft on all sides of home plate
 - 3 strikes and the kicker is out
 - A “foul ball” on the third strike is an OUT (different from baseball/softball)
- “Tagging up” is required on a caught ball/out (similar to baseball/softball)
- Baserunners may not leave the base until the ball is kicked
- Games will last 5 innings or 25 minutes
- Games can result in a draw/tie after 5 innings or 25 minutes
- 3 outs per half inning
- 5-run rule per half inning*
- *Catch-Up Rule
 - A 5-run limit with catch-up rules exist to maintain the flow of the tournament by preventing scoring “blowouts” and allowing the game to be competitive/fair for both winning and losing teams for all 5 innings/25 minutes
 - If a team is losing by more than 5 runs at the start of their kicking turn in any inning, the losing team may score more than 5 runs NOT to exceed the score of their (winning) opponent
 - In other words, a team can “catch up” but can’t break the 5-run rule to take the lead
 - Using the catch-up rule does NOT prevent a team from winning through the course of the game; Once they have caught up in one inning, the rules go back to standard 5-run rule for both teams
 - Example 1: The home team (kicks second or in the bottom of the inning) is losing 11-4 going into the bottom of the 4th inning. Instead of being capped at 5 runs and ending the inning 11-9, the team could “catch up” and score 7 runs to end the inning 11-11; At that point, even if they didn’t have 3 outs, the inning would end the same way it would for a normal “5-run rule;” Let’s say the away team doesn’t score in the 5th inning; The home team can still win by scoring just 1 run in the bottom of the 5th
 - Example 2: The away team (kicks first or in the top of the inning) is losing 10-1 in the top of the 5th, and final, inning; Because of the catch-up rule, they can score 9 points to tie the game at 10; If that were to happen, the home team would still have a chance in the bottom of the 5th inning to win the game by scoring just 1 run
- “Mercy” Rule
 - While discouraged, a team may forfeit at any time
 - If a team is winning/losing by more than 10 runs (not equal to) upon completing the 3rd inning, the game will end, and the final two innings will not be played

- **Championship and Consolation Games will be 5 innings without time or run limits

Scoring

- A final version of “kickball scoring” will be distributed closer to the event, as it will largely be determined by the number of teams participating; Last year’s scoring method has been included in this packet to give you a general sense of what to expect
 - Two groups will be randomly created for a round-robin tournament; The best teams in each group will play in a final game
 - NOTE: the format is subject to adjustment based on number of participating organizations/teams
 - Teams in group A will play each other once, same in group B
 - The teams from group A and B with the best records after playing all games will compete in a Championship Game**
 - The teams from group A and B with the 2nd-best records will face off in a “Consolation Game” for 3rd place
 - If there is a tie (teams ending with the same record), the following will be used to break a tie to identify teams that will play in Championship and Consolation Games
 - Head-to-Head Result
 - Total Runs Against

Roster Requirements

- 6-10 members per team
- At least 3 must be female
- One person 40 or older must be always on the field

TRIVIA

Date: Friday, May 31 - 7:00 PMish (after kickball)

Location: Veterans Park

Event Coordinator: Pending

Rules

- Teams will compete in Jeopardy style trivia questions
- Participants shouldn’t be using cell phones to look up answers!!
- Other team members are welcome to observe but cannot sit with those competing

Scoring

- Total points scored after all rounds are finished

Roster Requirements

- Teams of 4 players with a combo of any male/female ratio.

TEAM PICTURES

Date: Saturday, June 1 – 9:30 AM

Location: Lewis County Fairgrounds

Event Coordinator: Anna Platz

CORNHOLE

Date: Saturday, June 1 – 10:00 AM

Location: Lewis County Fairgrounds

Event Coordinator: Pending

Rules

- Each organization will have one, two-person team
- Traditional cornhole rules and scoring without cancelation of points (No win by 2)
- Adhere to your game schedule (must rotate boards)
- Games to 21

Scoring

- Total wins

Roster Requirements

- None

GOLF CHIPPING

Saturday, June 1 – 10:00 AM

Location: Lewis County Fairgrounds

Event Coordinator: Pending

Rules

- Each participant receives a slip of paper to keep score
- Each participant will tee off from the designated teeing ground using the golf club of their choice
 - Pitching wedges will be available for those who do not have their own clubs
- The ball must end up in the circle to be considered “holed”

- Each person keeps track of the number of swings it takes them to get the ball in the circle; Maximum number of swings is 7; This process is continued until all of the holes have been played

Scoring

- The total score for all four players will be added up after all holes are completed; The lowest total score will determine the winner of the event

Roster Requirements

- Each team must have 2 members (one male and one female)

OBSTACLE COURSE

Saturday, June 1 – 11:00 AM

Location: Lewis County Fairgrounds

Event Coordinator: Pending

Rules

- Have fun!
- *More details to come

Scoring

- Fastest time wins

Roster Requirements

- 4 team members (no gender requirements)

TUG OF WAR

Saturday, June 1 – Approximately 11:30 AM

Location: Lewis County Fairgrounds

Event Coordinator: Pending

Rules

- Have fun!
- Pull on the rope until you have moved the opposing team over the dividing line
- Gloves and cleats are permitted

Scoring

- Total # of wins

Roster Requirements

- Each team must have 8 members: 4 women and 4 men

AWARDS CEREMONY

Saturday, June 1 – After Tug of War

Location: Lewis County Fairgrounds

Event Coordinator: Anna Platz

Scoring

- All teams will receive points for participating in an event; The number of teams participating in the event will determine how many points will be awarded; Since there are 8 teams participating, first place will receive 8 points, second place will receive 7 points.... last place will receive 1 point; If a team fails to participate in an event, they will receive 0 points; In events where teams tie, the points assigned for the places will be totaled and then split equally among the teams

All events will be scored to determine each team's final placing. In the event of a tie, the team with the most first place finishes will be declared the winner.