



Presented By:



CAPITAL
GROUPSM

September 28, 2019
7:15 am – 12:45 pm
Orange Coast College

Team Participant Packet

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Welcome

Welcome to the 2019 Orange County Community Cup, presented by Capital Group.

The 1st annual Orange County Community Cup will be held on September 28, 2019. The Orange County Community Cup is a fun-filled health & wellness, and community service event that emphasizes healthy lifestyles, friendly employee competition and company camaraderie, while also benefiting Orange County nonprofits.

As your company's team captain, your primary responsibility is to recruit employees to your team and communicate pertinent information to them so they understand what to expect from the Community Cup. OneOC will assist you throughout this process. There will be a team captain meeting to help you with your duties.

Another important responsibility will be the coordination of your company's charitable giving efforts. In addition to competition points earned on event day, the Community Cup Food Drive will earn your team points in your quest for the cup.

Included in this packet is the information needed to get you started:

- **General & Nonprofit Information:** This section includes basic information about the Community Cup, and detailed information about the Community Cup Food Drive. Please note the competition details. This defines who may represent your company. If your team is not yet registered, please mark your calendar for **July 15th** as the deadline for submitting your team entry form (unless the event sells out sooner).
- **Event Schedule:** The major intent of this event is to encourage company participation. The competitive events vary in athleticism and skills to encourage inclusivity within your company. The Community Cup Food Drive will take place during the month of August. The competitive events on Community Cup Day (September 28th) will begin at 8:15 am and end at 12:45 pm. Each team will be preassigned a color for the day. Your team(s) will rotate through 10 events with your assigned color group.
- **Competition Information:** Specific details on competitive events, the format, point system and competition location are included in this section.

While this packet will get you started, there will be much more information to come, including specific details about parking at Orange Coast College.

Once again, we welcome you and your team to the 2019 Orange County Community Cup, presented by Capital Group, and wish you and your employees all the best in earning bragging rights as Community Cup Champion.



General Information

Contact

Feel free to contact Sheila Teevans any time throughout the process at 714-597-8967 or STeevans@OneOC.org if you have any questions about registration or the competition.

Date	Event	Location
Wednesday, July 24 th @ 9:00 am OR 5:00 pm	Team Captain Meeting	OneOC
Thursday, August 1 st	Food Drive begins	
Saturday, August 31 st	Food Drive concludes	
Thursday, September 5 th @ 5:00 pm	All Food Drive boxes must be returned to one of the food banks in order to be counted	OC Food Bank Second Harvest Food Bank
Tuesday, September 17 th @ 9:00 am – 11:00 am or 4:00 pm – 6:00 pm	Pre--event check-in	OneOC
Saturday, September 28 @ 7:15 am -12:45 pm	Community Cup	Orange Coast Collage

Fielding Your Team

Each company or nonprofit team will field a team of 10-15.

All team members must be at least 18 years of age. People may compete for only one company.

Since it's impossible to confirm the eligibility of over 1,500 participants, we are relying on our team captains and the honor system to ensure that everyone is competing fairly!



How to Win

There are 10 competitive events, as well as a Competitive Food Drive. Points are awarded for results in each event, accumulating to produce a Community Cup winner. The six skill events produce points through accuracy, while the four competitive events will pit company teams directly against each other.

Skill Events

Corn Hole
Soccer Kicks
Hockey Shots
Football Throw
Frisbee Toss
Basketball Shootout

Competitive Events

Tug-O-War
Human Foosball
Dodgeball
Relay Race

Food Drive Points

Nonprofits throughout Orange County will benefit from the Community Cup Food Drive. Second Harvest Food Bank and the Orange County Food Bank will accept and record donations from August 1 through September 5, 2019. Each food bank will record the donations from participating teams, after which OneOC will award points toward competition. Food Drive points will be tallied, celebrated publicly, and available before event day. The two food banks will then distribute the collected food to partner agencies throughout Orange County.

The goal is 2 full boxes of food for each team member. Each box is worth 10 points.

Event Day – Athlete Services

On competition day, teams may arrive as early as 7:15 am.

First Aid

To support competing athletes, the 2019 Community Cup will have trained a staffed First Aid tent.

Food and Beverage

Water stations will be available throughout the venue. Food Trucks will be parked on campus for purchase on event day.



Orange County Community Cup Food Drive

About the Nonprofit Partners



ORANGE COUNTY FOOD BANK:

The Orange County Food Bank is a program of the Community Action Partnership of Orange County. The Food Bank is housed in a 60,000 square foot warehouse, which includes a huge commercial refrigerator and freezer capable of handling over 20 truckloads of food. The Food Bank distributes almost 22 million pounds of food annually. We also provide food and personal care items to nearly 300 other non-profits throughout Orange County. At the Food Bank's warehouse, volunteers package 24,000 boxes of food each month for distribution at 50 sites across the county. For more information, visit www.ocfoodbank.org.



SECOND HARVEST FOOD BANK:

Second Harvest Food Bank is the largest nonprofit hunger relief organization in Orange County leading the fight to end hunger for more than 290,000 people, including one in six children, who are at risk of hunger in our community. Second Harvest distributes donated, purchased and prepared foods through a network of over 300 community and program partners in locations throughout the county. Last year, Second Harvest provided enough food for a record 25.1 million meals, feeding more than 250,000 people each month. Every dollar donated to Second Harvest helps provide enough food for three meals for the hungry. Second Harvest is a member of Feeding America, a national hunger relief organization. For more information about our work and how you can help, visit www.FeedOC.org.

About this Project – Boxes of Compassion

“Boxes of Compassion” invite teams and their company or organization to distribute boxes to their members, along with a printed list of the items most needed by vulnerable families. Members of each team will be asked to secure donated food items needed to fill those boxes.

Once the drive is completed, your team can return the full boxes to either the OC Food Bank or Second Harvest Food Bank. The food bank will record the number of boxes returned.

- If your team has more than 35 filled boxes, the food bank can arrange to pick up your boxes.

Our goal is 2 full boxes of food from each team member. Each box is worth up to 10 points.



Project Timeline

- Gather necessary supplies for project
- Publicize food items needed and mobilize your team
- Collect food donations
- Arrange for delivery or pick-up of your donation
- Celebrate your teams accomplishment with the entire company. We encourage you to promote the Community Cup Food Drive via social media, using the hashtag #occommunitycup

General Project Instructions

Step One: Register your team(s) to participate in the Orange County Community Cup!

Step Two: Build a Team & Set a Goal

Teams can help share the work, motivate members and hold each other accountable. Teams build community. Ask your colleagues, friends, and family to support the cause of ending hunger in Orange County.

Step Three: Compassion Supplies

“Empty” boxes can be picked up at the team captain meeting. Each team will receive 2 boxes per team member (up to 30 boxes per team).

Compassion Box Food Donations Items needed for one (1) box:

- (2) regular size boxes of breakfast cereal
- (4) regular size cans vegetables
- (2) regular size cans of fruit
- (2) regular size cans of tuna
- (2) regular size cans of chili
- (1) jar peanut butter
- (1) 2 lb. Bag of beans
- (1) 2 lb. Bag of rice
- (1) 2 lb. Bag/Box of past noodles (i.e. spaghetti, macaroni, etc.)
- (2) regular size cans of pasta (no glass bottles)

List of food items are also listed at www.OneOC.org/CommunityCup

Step Four: Serve Your Community

How to run a donation drive – the basics

- **Confirm project timeline** – We suggest a minimum of a two-week window. You need to end your collection by August 31st and return full boxes to your chosen Food Bank by September 5th.
- **Publicize** - When your team finds out how easy it is and what an impact it will make, they will be as passionate as you are to participate.
- **Set up “Food donation” drop-off date(s)/location(s)** – Make sure location is easily accessible.
- **Collect food donations** – Collect food donations, exceed goal and thank donors for their efforts.
- **Mark your boxes** – Make sure your boxes have your company and team name marked on your boxes.



- **Deliver Full Boxes** - Return your filled boxes to one of Orange County's two Food Banks. We encourage you to take pictures of your team(s) delivering the filled boxes and promote it on social media, using the hashtag #occommunitycup.

If you have a large donation that needs to be picked up, please contact the following:

OC Food Bank (located in Garden Grove)

Kristin Kvesic
714-897-6670 ext. 3604
kkvesic@capoc.org

Second Harvest Food Bank (located in Irvine)

Jasmine French
949-208-3152
jasmine@feedoc.org

Wellness Fair

The Community Cup will include a Health & Wellness Expo. From 7:15 am – 1:00 pm, 20 vendors, both business and nonprofits, will be on-site sharing information, product samples and services. Please visit the Health & Wellness Expo before and after your competition and encourage your “Fans in the Stands” to browse the Expo throughout the day.

Competitive Events Details

Corn Hole

Equipment:

- Hardwood plywood playing surface measuring 48”L x 24”W
- Each bag measures roughly 6” by 6” and weighs 15 to 16 ounces
- Tossing distance to board is 27’

Gameplay

Each player will pitch 8 bags with the goal of landing each bag on the board or in the hole of the board.

Rules

- The pitcher must be behind the foul line at the time of bag release.
- Players must pitch the bag with an under-hand release.
- Bags that touch the ground before coming to rest on the board or that slide off the board are considered foul and will not count for any points.

Football Throw

Equipment

- Football is a Champion Peewee RFB4
- Target is 6’ high and 3’ wide with a 20” diameter hole 10” from the top



- Throwing distances are 5, 10, and 15 yards

Gameplay

Each player will throw 4 footballs with the goal of placing the footballs through 1-of-3 potential scoring holes set at a distance of 5, 10, and 15 yards.

Rules

- The pitcher must be behind the foul line at the time of football release.
- Players are allowed to throw a football under or overhand.

Dodgeball

Equipment

- 6 – 8.25 rubber coated foam balls (not red rubber playground balls)
- 60'L by 30'W playing field with a 4' neutral zone located at center court (2' per side)

Gameplay

- The object of the game is to land a ball on an opposing team member causing him/her to be eliminated.
- If players on one team have all been eliminated then the opposing team wins. In the event of a tie a 3-minute sudden death match will be played with no opportunity for players to return in the match.

To start a game:

6-balls will be placed on the centerline that divides the court. Players on each team will place one foot on the backcourt line on their court side. After the referee starts the match by shouting "Ready, Set, Go," players must leave the backcourt line to either position themselves within the court or to retrieve the balls. Balls that are retrieved on the center line cannot be thrown until they are behind the neutral zone line.

Rules

- 5-minute matches.
- No intentional head shots.
- Players must never throw a ball from past the center line.
- An elimination is a body-shot of the shoulders or below.
- To eliminate a player you must hit him/her with a ball or catch a ball he/she has thrown.
- If a teammate catches an opposing player's throw then one teammate who has been out the longest may return to the game.
- Once a player is hit he/she must exit the court.
- You may block a throw with a ball you are holding. However, you are out if: the block causes you to drop your ball or the ball deflects off your ball but still hits you or your teammate blocks a hit and the ball hits you.
- A player hit above the shoulders while ducking or dodging is out.
- No single team will control all 6 balls for more than 5 seconds.

Tug-O-War

Equipment



- 1 – 100' long 1 ½ inch thick manila rope

Gameplay

- The object of the game is to pull the rope so that the furthest rope side marker passes the centerline marking on the ground.
- Who gets which side of the rope? Determined by one person from each team via coin toss or paper/rock/scissors

To start a game:

Each team will hold the rope with enough tension so that the rope's centerline marking is equal to the centerline marking on the ground. The match commences once the judge yells "ready, set, pull."

Rules

- 5-minute time limit per match
- The rope must be held with the palms of hands and the hands cannot move about the rope unless the hands slip while holding the rope, in which case the hands must not leave the location of the rope in which they slipped to.
- No wrapping the rope around the hands or arms.
- No climbing the rope (passing the rope through the hands).
- No deliberately sitting on the ground, or failing to return immediately to the pulling position after slipping.
- No touching the ground with any part of the body other than the feet.
- No rowing (repeatedly sitting on the ground whilst the feet are moved backwards)
- No side-stepping, in which a team moves sideways. The rope must stay as horizontal as possible.
- All players must position their bodies towards the centerline of the rope.
- Closed-toe shoes must be worn.
- Gloves and a weight-belt may be used.

Frisbee Toss

Equipment

- 30 – 9 ½" Frisbee
- 1 – Storage bin for caught Frisbees
- 20-yards catching distance

Gameplay

The object of the game is to toss the Frisbee from the pitcher to the catcher. Each pitcher will toss 10-frisbees to the catcher. Upon a successful catch by the catcher, he/she will place the caught Frisbee in the bin and the judge will count the caught Frisbees after all the pitchers have tossed their Frisbees.

Rules

- The pitcher and the catcher must set their feet in a planted position prior to the Frisbee being tossed. If either the pitcher or catcher take a step of movement in any direction



while the Frisbee is airborne then the toss will be disqualified and its potential points will not awarded.

- The pitcher may move after he/she has tossed the Frisbee.
- The catcher may move after he/she has caught or missed catching the Frisbee.

Human Foosball

Equipment

1 – Human Foosball Inflatable

Gameplay

- The object of the game is for each team to make a goal. The game starts by the referee tossing the ball into play from the mid-field area.
- Each game is 6-minutes long with two 3-minute halves and a 2-minute half-time.
- Teams change sides after half-time.
- The game clock will be paused when a goal is made or when the ball is kicked out-of-bounds.
- Who gets which side? Determined by coin toss or paper/rock/scissors

Rules

- Players must keep both hands on the handles/bar during game play.
- A goal will be awarded to the shooting team if the opposing team deliberately takes their hands off the handles/bar to prevent a shot on the net.
- No player may hold onto the ball for more than 5-seconds.
- Shoulders must be kept above the bar.
- Players may not purposefully kick and or lean-in to trip another players feet.
- If a rule is violated the ref may pause the game and award the offended team the ball at their midfielders line.

Fun Run Relay

Equipment

- Obstacles (provided), NO CLEATS (tennis shoes, or turf shoes only)
- Wacky items such as oversized shirt, hula hoop, or bucket (sample items)

Gameplay

- Each team member will complete their station of obstacles, then tag their teammate to complete the next station.
- Wacky items will be carried, moved, and or passed from one team

Rules

- Teams will designate one participant per station on the course.
- Each participant must complete their station of obstacles before tagging their next team member to complete the next station.
- Destruction of Obstacle will result in 5 seconds to be added onto your total team time.
- The order of males and females DOES NOT MATTER.



- Scoring will be based on final elapsed time for all members of the relay team to complete the course.
- Each team will run the course one time. The Top 6 teams will advance to the championship round.
- The same participants who ran in the qualifying race MUST run in the championship race.
- Participants are allowed to switch obstacle stations if desired.

Soccer Shootout

Equipment

- #5 Soccer balls (3)
- Mini soccer net

Gameplay

The object of the game is to kick your allotted number of soccer balls into the mini net.

Rules

- Teams will consist of 4 members, one of which must be from the opposite sex.
- One at a time, each member of the team will take 3 shots on a mini goal at three distances.
- Goals will be placed at distances of 2, 4, and 6 yards and will be worth 5, 10, and 20 points respectively.
- Teams should bring their own ball for warm up.
- Time limit will be 4 minutes.
- Teams will be awarded the amount of points earned during the event.
- All points earned before time limit will be counted.

Hockey Shots

Equipment

- Pucks (Tennis balls)
- Hockey sticks
- Mini hockey or soccer nets

Gameplay

The object of the game is to hit your allotted number of pucks (tennis balls) into the mini net.

Rules

- Teams will consist of 4 members, one of which must be female.
- One at a time, each member of the team will take 3 shots on a mini goal at three distances.
- Goals will be placed at distances of 2, 4, and 6 yards and will be worth 5, 10, and 20 points respectively.

Basketball Shoot-Out: Details TBD



Event Schedule

This schedule is subject to change based on the number of registered teams.

Time	Team Color	Event	Location
8:15 - 8:30	All	Opening Ceremony	Football Field
8:30 - 8:40		Rotate	
8:40 - 9:00	Red	Dodgeball (8)	Soccer Fields
9:00 - 9:10		Rotate	
9:10 - 9:30	Orange	Fun Run Relay (8)	Track Field - perimeter
9:30 - 9:40		Rotate	
9:40 - 10	Yellow Green	Hockey Shots (4) / basketball (4)	Track Field - perimeter
10 - 10:10		Rotate	
10:10 - 10:30	Blue Brown	Soccer Kicks (4) / Frisbee Toss (4)	Track Field - infield
10:30 - 10:40		Rotate	
10:40 - 11	Purple	Human Foosball	Football Field
11 - 11:10		Rotate	
11:10 - 11:30	Gray	Tug of War	Football Field
11:30 - 11:40		Rotate	
11:40 - 12	Black Pink	Corn Hole (4) / Football Toss (4)	Football Field
12 - 12:10		Rotate	
12:10 - 12:20	All	Over / under	Football Field
12:20 - 12:30		Rotate	
12:30 - 12:45	All	Closing Ceremony	Football Field



Parking

Please use the Fairgrounds parking lot on the corner of Fairview and Arlington. It is a short walk (8-10 minutes) to Lebarard Stadium.

Please note: Only water and hydration drinks are allowed on the athletic fields.

*Event location subject to change.



Team Recruitment Forms

These final forms are for your internal use only and are intended to be used as a guide for your to recruit and assign participants to each event.

Team Participation Form

Team Name _____

Team Captain _____

Skills Events

Basketball Shoot-out

4 team members will compete with a minimum of 1 of the opposite gender.

1) _____ 2) _____

3) _____ 4) _____

Corn Hole

4 team members will compete with a minimum of 2 of the opposite gender.

(F) _____ (F) _____

M) _____ M) _____

Soccer Kicks

4 team members will compete with a minimum of 1 of the opposite gender.

1) _____ 2) _____

3) _____ 4) _____

Hockey Shots

4 team members will compete with a minimum of 1 of the opposite gender.

1) _____ 2) _____

3) _____ 4) _____



Football Throw

4 team members will compete with a minimum of 1 of the opposite gender.

1) _____ 2) _____

3) _____ 4) _____

Frisbee Toss

2 team members will compete; 1 male and 1 female.

(F) _____ (M) _____

Competitive Events

Dodgeball Tournament

8 team members will compete, 2 of which must be of the opposite gender.

1) _____ 5) _____

2) _____ 6) _____

3) _____ 7) _____

4) _____ 8) _____

Tug of War

8 team members will compete 3 of which must be of the opposite gender.

1) _____ 5) _____

2) _____ 6) _____

3) _____ 7) _____

4) _____ 8) _____

Human Foosball

8 team members will compete, 3 of which must be of the opposite gender.

1) _____ 5) _____

2) _____ 6) _____

3) _____ 7) _____

4) _____ 8) _____