



2023



6th Annual Community Cup

July 28, 2023 | Fortress Obetz

On behalf of our entire team at the Greater Columbus Sports Commission, we are excited to return to Fortress Obetz for the sixth annual Community Cup *presented by The Columbus Foundation*.

We created this event in 2018 to support the Sports Commission's efforts to enhance the image of the city, enrich the quality of life for everyone that lives and works in Central Ohio and drive economic and social development through sports. It's called the Community Cup for a reason. We could not host this event without your support.

The Community Cup combines camaraderie, wellness and charitable giving for a one-day athletic challenge. With something for all skill levels, everyone can Lift the Community & Lift the Cup.

Thank you for participating, and good luck!



Linda Shetina Logan

Linda Shetina Logan, STS
CEO & President



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About our Presenting Sponsor THE COLUMBUS FOUNDATION

For 75 years, The Columbus Foundation has been in the business of helping others.

The Foundation is the trusted philanthropic advisor® to more than 3,500 individuals, families, and businesses that have created unique funds and planned gifts to make a difference in the lives of others.

The Foundation and the Sports Commission believe in the power of sports and community. We are thankful for their support of the Cup and our Youth Camp since the beginning.

INTRODUCTION & KEY DATES



Welcome to the Community Cup

The Community Cup *presented by The Columbus Foundation* is a one-day athletic challenge open to companies of all sizes to compete at all skill levels. With 14 events, there's something for everyone.



Home to the Obetz ZucchiniFest and host of multiple OHSA State Championships, Fortress Obetz is a 50-acre multi-purpose complex in the City of Obetz.

Address: 2015 Recreation Trail, Obetz, OH 43207 (Parking details on p14)

Website: fortressobetz.com

Key Dates

Wednesday, June 1, 2023	Charity Challenge Starts
Friday, June 30, 2023	Team Registration Deadline
Thursday, July 13, 2023	Team Captain Virtual Orientation and Tailgate Tent Confirmation
Wednesday, July 19, 2023	Giant Eagle Catering Deadline (Team Captain Submits)
Wednesday, July 19, 2023	Volunteer for Points Registration Ends
Friday, July 21, 2023	Beverage and Ice Deadline
Friday, July 21, 2023	12:00pm Charity Challenge Ends
Wednesday, July 26, 2023	5K Race Registration Closes
Friday, July 28, 2023	6th Annual Community Cup

ELIGIBILITY & PARTICIPATION

Team Breakdown

Division I: 1,001+ employees

Division III: 101-300 employees

Division II: 301-1,000 employees

Division IV: under 100 employees

Teams are divided by division based on their total number of full-time and part-time employees. Companies with fewer than 20 employees may combine with one (1) other company with less than 20 employees and be recognized as one (1) team.

Team Participation

Only registered teams may participate in the Community Cup. Teams are entered on a first-come, first-served basis after submitting their online registration and paying the entry fee.

Each company may enter only one (1) team. Each team must designate a team captain(s) to be responsible for filling its roster.

Individual Participation

To be eligible to participate in the Community Cup, individual team members must meet the following requirements:

Be employed by the company or organization fielding the team (Full-time employee, part-time employee, intern or recent retiree*)	<input checked="" type="checkbox"/>
Be 18-years-old or older on the day of the event	<input checked="" type="checkbox"/>
Complete the athlete registration	<input checked="" type="checkbox"/>
Complete the 5K Race registration online by Wednesday, July 26 (if participating in 5K)	<input checked="" type="checkbox"/>
Wear a t-shirt with their company or organization name clearly visible	<input checked="" type="checkbox"/>
Wear their wristband assigned at Athlete Check-In	<input checked="" type="checkbox"/>

**Interns must work a minimum of 20 hours/week*

**Retirees over the age of 55 are eligible to compete if the company or organization's human resources director provides written certification of the retiree's retirement date and validation of the retiree having had three-years tenure at the organization prior to retirement*

Note: Family members of employees, contractors (unless contracted solely with the participating organization), volunteers and board members not employed by the company are not eligible to participate in the Community Cup. Family members of employees can participate in the 5K if they complete the non-employee, athlete registration.

HOW TO SCORE



How to Score

There are many ways to score points. At the end of the day, we'll crunch the numbers and award the top team in each division with the Community Cup. [View the live scoreboard.](#)

Play

Score points through competition in 14 events. See the event overview and rules on p6-11.

Give

Donate to one of three local charities through the Charity Challenge. See more details on p12.

Volunteer

Register for a volunteer shift on [Rosterfy](#) by July 19 and earn five (5) points per shift for your team (max: 100 points per team). Shifts are filled on a first-come, first-served and must be completed to earn points. Teammates that volunteer are requested to wear their team shirts.

Wear

All athletes are required to wear a team T-shirt on event day. To qualify for the t-shirt contest, the Community Cup logo must be included on all t-shirt designs. Team captains can access the event logo & more information on the [Team Captain Resources](#) page. Preferred t-shirt vendors:

- Artina Promotional Products – Casey Kaya, kaya@artina.com
- The Awesome Company – Hannah Graham, hannah@theawesomecompany.com

Our panel of judges will score every team t-shirt and announce an overall winner from all divisions. The winning team will receive 25 points and a prize.

EVENT OVERVIEW & SCHEDULE

Each team will compete for points in 14 events. Most of those events are ‘drop-in’ format, meaning you can play whenever your team is ready. Anyone can participate in the drop-in events if there is not a team waiting to compete. We recommend recruiting 20 members for a team, but teams can compete with as few as four.

Events

Timed Start Events

- 5K Race — unlimited participants
- One-Mile Walk — unlimited participants (up to 25 members will be scored)

Tournament Events

- Dodgeball — Up to 8 participants
- Tug of War — Up to 8 participants

Drop-In Events — Up to 4 participants

- Cornhole Toss
- Volleyball
- Hockey Shot
- Frisbee Toss
- Soccer Kick
- Football Toss
- Golf Chipping
- Obstacle Course
- Basketball Shooting
- Wiffle Ball Home Run Derby

7:00 AM	Tailgate Zone Opens
7:15 AM	Athlete Check-In/On-Site Registration Opens*
8:15 AM	Opening Ceremonies/Road Closure Begins*
8:30 AM	LAZ Parking 5K Race (Shotgun Start)
9:00 AM	Parking Lot Reopens
9:20 AM	One-Mile Walk – Shotgun Start
9:45 AM	Dodgeball and Drop-in Events Begin
9:45 AM	Division I Dodgeball Tournament
10:30 AM	Division II Dodgeball Tournament
11:15 AM	Division III Dodgeball Tournament

EVENT OVERVIEW & SCHEDULE

12:00 PM	Division IV Dodgeball Tournament
1:30 PM	Tug of War Championship Matches* <i>Division II, Division III, Division IV, Division I</i>
1:30 PM	Drop-in Events Close
2:30 PM	Closing Ceremonies & Community Cup Presentation

****Everyone should plan on arriving before 8:15 a.m. as there is a strict road closure for the 5K Race and access to Fortress Obetz will be unavailable until 9 a.m.**

**Event schedule subject to change, Tug of War tournaments may begin earlier based on completed drop-on events.*



EVENT RULES



5K Race

For the 5K Race, the number of participants that a team can have in the race is unlimited. However, the top three men and woman in each age group (within your company's top finishers) will be scored for the team points. Runners will be competing against other runners within the same age group and company division to score points. Age group is determined by the age of the individual on July 28, 2023. A team's top male and female finisher from each age group (29 and under, 30-39, 40-49, 50-plus) will have their points combined to determine each team's point total for the race. The top four (4) teams per division will be awarded 100, 75, 50 and 25 points accordingly. All teams participating in the 5K Race will be awarded 10 points if they do not place.



One-Mile Walk

Each team may enter unlimited walkers for the One-Mile Walk. The first 25 employees per team who finish the walk will be eligible for scoring. Each member who completes the walk will receive four (4) points for a maximum of 100 points per team. This is a non-timed event, but every participant in the One-Mile Walk must still sign an event waiver.



Dodgeball

The dodgeball tournament will be a single elimination bracket, unless a division has less than six teams then it will be double elimination. Dodgeball will be played under the National Amateur Dodgeball Association (NADA) rules. Each company will be permitted to enter one (1) team of up to 10 participants, which must include at least two (2) women. Each game begins with no more than six (6) players competing per team and the remaining four (4) available as substitutes. Teams may only substitute for players in between games or in the case of an injury.

All games will be played for three (3) minutes or until all opponents on one team are eliminated. The match will consist of three (3) games, with the winner declared from the best two (2) out of three (3) games. The top four (4) teams per division will be awarded 100, 75, 50 and 25 points accordingly, and all teams participating will receive 10 points if they do not place. Third and fourth place will be determined by a consolation match occurring prior to the championship match.



Tug of War

Each company may enter one (1) team of eight (8) employees, including of at least two (2) including at least two (2) women. If a division has less than six teams then it will be double elimination. Each pull will have a time limit of five (5) minutes. The winning team must pull its opponent five (5) yards to cross the line or must be ahead when the time expires. Rubber/plastic cleats and gloves are permitted, but no metal spikes are allowed. Participants must try to stay on their feet and not sit, kneel or lie down for advantage. Team members are not allowed to wrap the rope around their arms or bodies. Winning teams will advance in their division until an overall winner is declared. The top four (4) teams per division will be awarded 100, 75, 50 and 25 points accordingly, and all teams participating will receive 10 points if they do not place. Third and fourth place will be determined by a consolation match occurring prior to the championship match.



Basketball Shooting Competition

Each company may enter one (1) team of four (4) players, including of at least two (2) gender identifications (i.e., male, female, non-binary). Each participant will attempt to shoot five (5) basketballs from their choice of pre-marked spots, each with a different point value awarded when the baskets are made. Participants may not redo shots. Individual scores will be added together to create a team score.



Cornhole Toss

Each company may enter one (1) team of four (4) players, including of at least two (2) gender identifications (i.e., male, female, non-binary). Each participant will be given five (5) chances to toss a cornhole bag onto the board. Players will score 10 points for each bag that goes into the hole and five (5) points for each bag that lands on the board. Players are permitted to throw all bags first and tally up total after all bags are tossed. Bags on the board may be pushed in the hole for ten points (10) by a tossed bag. Any bag that hits the ground before hitting the board is dead and won't be eligible to score points. Individual scores will be added together to create a team score.



Football Toss

Each company may enter one (1) team of four (4) employees, including of at least two (2) gender identifications (i.e., male, female, non-binary). Each team member will attempt to throw five (5) footballs through different targets. Targets will be placed five (5) yards, 10 yards and 15 yards away, with participants scoring five (5), 10 or 15 points based on the target they throw the ball through. Participants may only use footballs provided at the event. Participants may not redo throws. Individual scores will be added together to create a team score.



Frisbee Toss

Each company may enter one (1) team of four (4) employees, including of at least two (2) gender identifications (i.e., male, female, non-binary). Each team member will be given one minute to throw as many frisbees as they can. Partners will be placed at a distance of 20 yards away. Each throw that is caught by their teammate and placed in the bin will be worth one (1) point.

Individual scores will be added together to create a team score.



Hockey Shot

Each company may enter one (1) team of four (4) employees, including of at least two (2) gender identifications (i.e., male, female, non-binary). Each team member will shoot five (5) pucks toward targets in the net. Five (5), 10 and 15 points will be awarded based on difficulty. Participants do not have to shoot all shots at the same target. Each participant is limited to one (1) turn. Individual scores will be added together to create a team score.



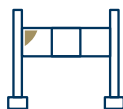
Golf Chipping

Each company may enter one (1) team of four (4) employees, including at least two (2) gender identifications (i.e., male, female, non-binary). Team members will chip five (5) balls from 30 yards into progressively larger circles surrounding a flag. The smallest circle will be worth 15 points, the middle worth 10 points and the outer-most worth five (5) points. Golf clubs will be provided, but competitors can bring their own golf clubs.



Volleyball

Each company may enter one (1) team of four (4) employees, including of at least two (2) gender identifications (i.e. male, female, non-binary). One team member will toss to three other team members that will pass a volleyball into a target. The team may choose to designate one person to toss or has the option to rotate positions. Each team will have 60 seconds to get as many volleyballs into the target as possible. Each target hit is worth five (5) points. The total score will be added to the team score.



Obstacle Course

Each company may enter one (1) team of four (4) players, including of at least two (2) gender identifications (i.e. male, female, non-binary). This is a timed event. Each participant will complete a series of obstacles along the course, followed by the other three participants in a relay fashion; totaling four laps on the course. Based on total team time, 100, 75, 50 and 25 points will be awarded to the top four (4) teams per division. All teams that participate will receive 10 points if they do not place.



Soccer Kick

Each company may enter one (1) team of four (4) employees, including of at least two (2) gender identifications (i.e., male, female, non-binary). Each team member will shoot five (5) balls toward targets in the net. Five (5), 10 and 15 points will be awarded based on difficulty. Participants do not have to shoot all shots at the same target. Rubber or plastic cleats are allowed but metal spikes are not permitted. Each participant is limited to one (1) turn. Individual scores will be added together to create a team score.



Wiffle Ball Home Run Derby

The Wiffle Ball Home Run Derby will be self-pitch. Each team consists of up to four (4) team members, including at least two (2) gender identifications (i.e., male, female, non-binary). Each team member must bat, but not all team members are required to pitch. Batters will have 30 seconds to hit as many home runs as possible. Each home run will be worth five (5) points. The distance from the pitcher to the batter must be at least 15 feet. All home runs will be counted toward the total team score. Bats and wiffle balls will be provided, and batters are not permitted to bring their own equipment.

CHARITY CHALLENGE

GIVE BACK!

Teams in The Community Cup have three opportunities to give back to their community. The Columbus Foundation, Mid-Ohio Food Collective, and Leveling the Playing Field have partnered with us as recipients of the 2023 Charity Challenge. From June 1–July 21, Community Cup teams can earn points through their charitable donations.

HOW TO DONATE AND EARN POINTS

Teams can earn a maximum of 300 points towards their total by donating to all three charities. To encourage equal donations, a maximum of 100 points for each charity will be counted.

The Columbus Foundation THE COLUMBUS FOUNDATION

Teams may pledge to The Big Table or give to The Columbus Foundation's Gifts of Kindness Fund to earn 100 points. [The Big Table](#) will be Wednesday, October 11, and is a day dedicated to community-wide conversations. Through open, intentional dialogue, participants are empowered to imagine what the central Ohio region can look like when we move forward together toward a brighter future where everyone has a seat at the table. Teams can earn ten (10) points by pledging to host a public Big Table conversation. As a host, you are committing to recruiting a group of 6-10 people to collectively explore issues important to our community. Your conversation can happen any time on Wednesday, October 11, and in any place where guests feel comfortable. Team members can also earn one (1) point for their team by individually pledging to participate in a public Big Table conversation.

The Gifts of Kindness Fund was established in 2014 and provides one-time grants to cover essential needs for individuals and families who experience an unexpected setback. The Gifts of Kindness Fund partners with nearly 50 nonprofit organizations around Franklin County to support the long-term stability of our neighbors.

Donate Directly to the Gifts of Kindness Fund: [Fund Directory Listing | The Columbus Foundation](#)

Pledge Directly for The Big Table: [Pledge to the Big Table](#)

Each \$1 dollar donation to The Gifts of Kindness Fund is worth one (1) point.

Each individual Big Table pledge is worth one (1) point.

One Big Table host commitment is worth ten (10) points.

Email Receipts: cup@columbusports.org (to earn points).

Level the Playing Field LEVELING THE PLAYING FIELD

Leveling the Playing Field (LPF) is a nonprofit dedicated to increasing access to both during and after school sports for students living in our more under-resourced communities. LPF does this by providing completely free donated sports equipment to local schools and youth programs to enable them to expand their capacity and increase the quality of their sports and recreation programming.

Do you have sports equipment sitting in your garage? [Leveling the Playing Field](#) is collecting [used and new sporting goods](#) to redistribute back into our community. We are also looking for financial support with every \$20 donated allowing us to gear up one local student to get off the sidelines and into the game! Please visit our [donation page](#) and choose your team name to contribute.

CHARITY CHALLENGE

Donate Directly: [Leveling the Playing Field](#)

Donate Equipment: Email ryan@levelingtheplayingfield.org to coordinate drop offs! The physical location for drop offs will be located at Elevate Northland: 4848 Evanswood Drive, 43229

Each \$1 dollar donation is worth (1) point.

Every pound of equipment donated is worth (1) point.

Email Receipts: cup@columbusports.org (to earn points).

Mid-Ohio Food Collective mid-ohio food collective

The Mid-Ohio Food Collective (MOFC) has a mission to end hunger one nourishing meal at a time while also co-creating communities where everyone thrives. Since its inception in 1980, MOFC has been working with farmers, grocers, food companies, the USDA, and community partners to distribute food to over 650 pantries, soup kitchens, shelters, after-school programs and senior housing sites across Central and Eastern Ohio.

Teams may collect products from [MOFC's Most Needed Items](#) list and donate these on-site at the MOFC, located at 3960 Brookham Dr, Grove City, OH 43123 where a receipt will be given to verify the pounds of food donated. New this year! Teams may also complete in-person volunteer shifts at the MOFC during the Charity Challenge to earn points.

Donate financially: [MOFC's Community Cup Donations](#)

Sign-up to volunteer*: [MOFC Community Cup Volunteer Hub](#)

**MOFC will provide your company's hours at the end of the Charity Challenge.*

Each \$1 dollar donation is worth one (1) point.

Every (1) pound of donated items is worth (1) point.

Every (1) volunteer shift completed is worth (1-2) points.

Email Receipts: cup@columbusports.org (to earn points)

GIANT EAGLE TAILGATE ZONE



Giant Eagle Tailgate Zone

Tailgating at the Community Cup is one of the highlights of the event. To ensure a safe and fun environment for everyone, please review the following rules and guidelines.

Tailgating is defined as all festive and family-friendly activities which occur within a designated area, provided that such activities do not impede traffic, safety or the flow of emergency vehicles.

Fortress Obetz and the Greater Columbus Sports Commission reserve the right to restrict any vehicle or person for safety reasons. Violation of any guidelines may result in removal from Fortress Obetz premises. Failure to cooperate with Fortress Obetz event staff, security officials or Greater Columbus Sports Commission staff may result in forfeiture of all tailgating privileges.

The Giant Eagle Tailgate Zone is open to all participants. Each team will receive a designated tailgate area prior to event day. No tailgating activities may restrict or impede traffic lanes through the designated parking lots and designated “No Parking” area, impede another team’s tailgate zone or extend beyond the tailgate lot. Motor homes or trailers are not permitted.

Teams are encouraged to order [Giant Eagle Catering](#). Giant Eagle will deliver orders directly to team tents at 11:00 am.

General Rules

- In case of fire or other emergency, call 911.
- Weapons are prohibited. Weapons or any item that can cause physical harm including, but not limited to: knives,

metal knuckles, nun chucks, guns, rifles or other firearms, as well as any object that can be used as a weapon. Glass is prohibited.

- Federal, state and local laws pertaining to the possession, consumption and distribution of alcohol and controlled substances will be enforced. All persons and vehicles are subject to search in accordance with federal, state and local laws.
- Glass is prohibited.
- Outside beverages besides water and coffee is prohibited.
- Pets are prohibited. Persons with disabilities may be accompanied by working service animals.
- Grills are prohibited.
- Solicitation is prohibited without permission from the Greater Columbus Sports Commission and Fortress Obetz.
- Individuals must leave the Tailgate Zone after the event concludes.
- All individuals are required to clean their designated areas and dispose of trash properly.
- Companies may have their own music at their tent, but it must be family friendly and volume must not compete with announcements. Community Cup staff can ask you to lower volume or cease playing if these guidelines aren't followed. Electric generators are not allowed.
- Electric generators are not allowed.



POLICIES & RESOURCES

Inclement Weather

Weather forecasts will be monitored prior to and throughout the event, paying close attention to heavy rain, thunder and lightning. In the event of light rain, events will proceed as scheduled. Visible lightning will cause the race or events to be postponed for a minimum of 30 minutes. Additional sightings will continue to delay the race or events in 10-minute increments. In the event of extreme heat, extra water will be provided.

Medical Services

First aid, on-site injury evaluation and care, hydration stations, EMS, ice bags and more will be provided to all registered participants who have signed the liability waiver and are wearing a wristband.

Restroom Facilities

Public restrooms will be open and cleaned throughout the day.

Alcohol Policy

Alcohol and beverages (non-water and coffee) purchased through Fortress Obetz will be allowed on the premises of Fortress Obetz during The Community Cup. For the safety of individual spectators and participants, this applies to all events and all areas of Fortress Obetz during the duration of The Community Cup.

Fortress Obetz staff has the right to search coolers brought onsite. If someone is caught with contraband alcohol or outside beverages (non-water or coffee), their products will be confiscated and the individual or group may be subject to removal from the venue.

Bartenders have the right to refuse the sale of alcohol to someone they feel is a danger to themselves or others.

Please consume in a safe and responsible manner.

Animal Policy

For liability reasons, pets and animals are not allowed on the premises of Fortress Obetz during The Community Cup. To provide safety of spectators, participants and animals, this rule applies to all events and all areas of Fortress Obetz during the duration of The Community Cup.

Persons with disabilities may be accompanied by working service animals.

Parking Information

Follow GPS directions to 4174 Alum Creek Drive, Obetz, Ohio 43207. Signage will direct you to parking. Please note that the parking lot will be closed from 8:15–9 a.m. for the 5K Race on event day.

Quick Links

[Athlete Registration](#) | [Friends and Family Registration](#)

[Giant Eagle Catering Menu](#) | [Rosterfy Volunteer Form](#) | [Team Resources](#)

This handbook is intended to be a guide for participants and spectators at The Community Cup. Content and/or rules are subject to change.