



PLAYBOOK

SEPTEMBER 26, 2019

THANK YOU



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WELCOME LETTER

Welcome to the Walmart Biz Bowl!

We're excited that you and your team are here to enjoy this new event: part field day, part team building – all fun! There are enough varied activities and games for all members on your squad, from the ultra-competitive jocks to the social butterflies, so that everyone will have the chance to earn points and contribute to your team's success.

Sports Backers develops programs and events that are designed to help us achieve our mission of inspiring people from all corners of our community to live actively. In order to have transformational change, we realize we can't do it all alone, but rather we work to build a movement of change in our community to make active living the easy choice. Your participation in our events helps make our work possible!

We'd also like to recognize Walmart, and thank them for their continued support of our event charity. FeedMore is Central Virginia's core hunger-relief organization dedicated to providing neighbors in need with healthy meals and hope for a better tomorrow. FeedMore helps the more than 200,000 Central Virginians who struggle with hunger.

Special thanks to Chesterfield County for hosting us! Did you know that River City Sportsplex is home to one of the largest collections of synthetic turf fields in the United States? This state of the art facility features 12 synthetic athletic fields for soccer, lacrosse, field hockey and many other sports.

We hope you find this Playbook complete with all the rules and information you need to navigate your way through the day. If you have any questions, please reach out to the nearest Sports Backers staff member.

So get your team fired up for a day of fun, (friendly) competition, and a dose of nostalgia as we bring back the good ol' days of our childhood!

A handwritten signature in black ink, appearing to read 'Meghan Keogh', with a stylized, flowing script.

Meghan Keogh
Event Director



SCHEDULE OF EVENTS

2pm **Venue Opens and Tent Set Up**

2:50pm **Team Captain Meeting and Distribution of Team Materials**

All Team Captains must attend the team captains meeting to receive their team packet including their scoresheets and wristbands for team members who have pre-registered and signed the waiver. If team captains need to add additional people to their rosters they may do so on-site.

ALL ATHLETES MUST HAVE A WRISTBAND TO COMPETE

3pm **Competition Begins**

PARTICIPATION EVENTS

3pm – 9pm **1/2 Mile Run/Walk**

4pm – 8pm **Yoga**
20 minute sessions every hour on the hour

HEAD-TO-HEAD BRACKETED EVENTS

4pm **Dodgeball**

6pm **Tug-of-War**

COMPETITION EVENTS

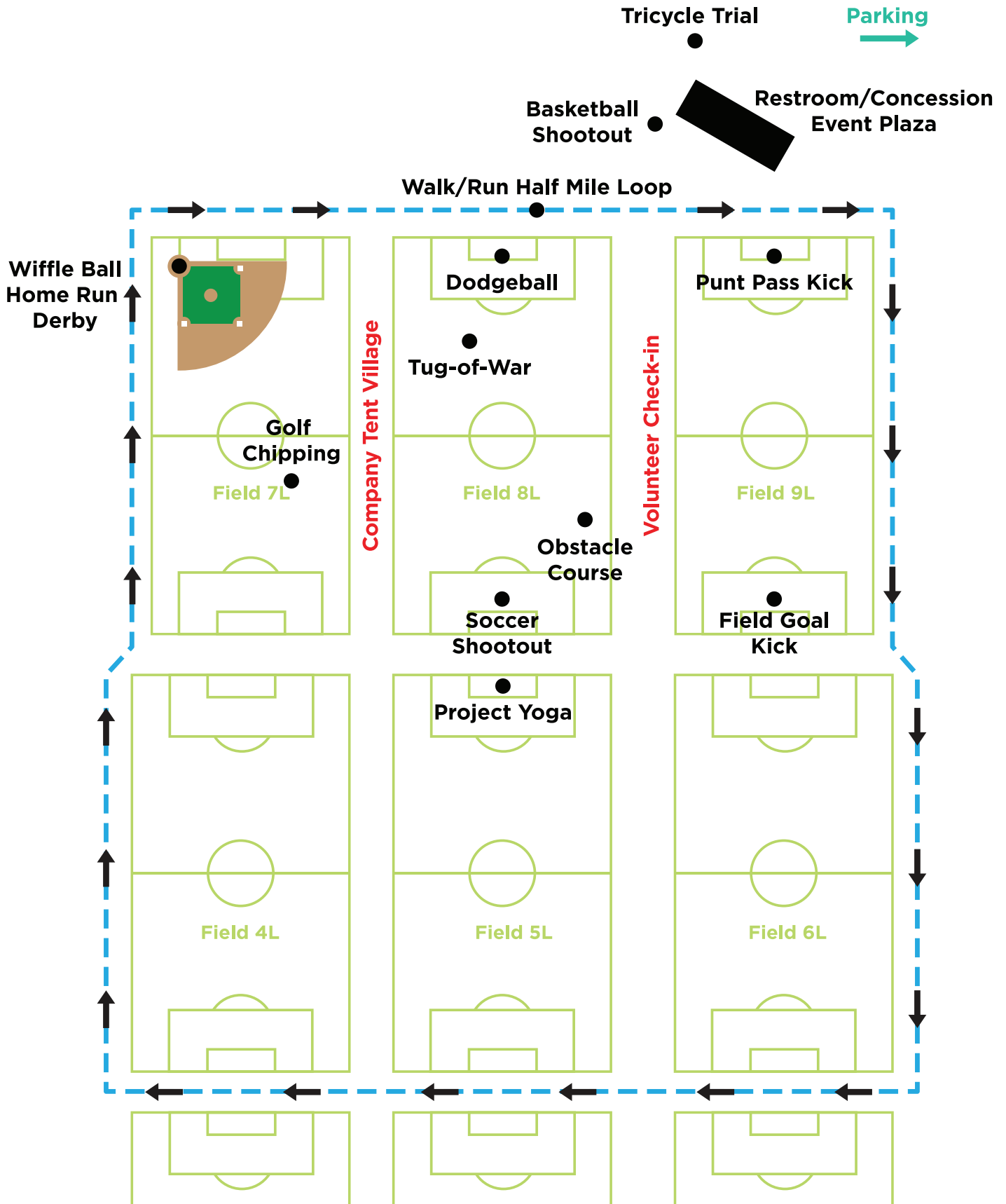
3 – 9pm **Teams may participate in these events anytime throughout the day:**

Punt, Pass, and Kick
Wiffle Ball Home Run Derby
Golf Chipping Accuracy
Basketball Shootout
Field Goal Kick
Soccer Shootout
Obstacle Course (Field Hockey, Lacrosse, Frisbee)
Tricycle Trial

5:30pm **Team Spirit and Judging Begins**
Judges will begin to walk around the team tents at 5:30pm and winners will be announced at 7pm.

9pm **Event Concludes**

EVENT LAYOUT





VOLUNTEER DURING WALMART BIZ BOWL

Registered members of a team can volunteer during the Walmart Biz Bowl and earn points for their team. If you didn't register in advance simply stop by the volunteer tent to sign up for a shift.

For every 2.5-hour shift a team member volunteers they will earn 5 points, with a maximum team amount of points as follows:

Small Business: 25 points

Medium Business: 50 points

Large Business: 100 points



WALMART BIZ BOWL PARTICIPANTS GIVE BACK TO FEEDMORE!

Thank you to all of our Walmart Biz Bowl participants that volunteered with FeedMore or donated canned goods!

FeedMore is Central Virginia's core hunger-relief organization dedicated to providing neighbors in need with healthy meals and hope for a better tomorrow. With a service area that stretches across 34 cities and counties, FeedMore helps the more than 200,000 Central Virginians who struggle with hunger. Working to efficiently and effectively fight hunger, FeedMore's multi-tiered approach, comprehensive programs and network of nearly 300 agencies are dedicated to providing neighbors who face hunger with one of the most basic necessities: nourishment.

1/2 MILE WALK OR RUN LOOP

This event is open to ALL participants during the event. There will be a 1/2 mile course within the River City Sportsplex where participants may complete the loop anytime during the event from 3pm until 9pm.

TEAM SCORING

Each participant will receive five points per session, with a maximum team amount of points as follows:

Small Business: 25 points

Medium Business: 50 points

Large Business: 100 points

RULES

Each participant will check in with the volunteer at the start of the 1/2 Mile course under the start structure. When that person is finished walking or running, they will need to check out with the volunteer who will record the total number of laps by that person.



PROJECT YOGA RICHMOND

YOGA

There will be 20 minute yoga sessions offered every hour on the hour from 4pm – 8pm.

TEAM SCORING

Each participant will receive five points per session, with a maximum team amount of points as follows:

Small Business: 25 points

Medium Business: 50 points

Large Business: 100 points

RULES

Each participant will check in with the volunteer at the yoga area, where the volunteer will record their name and team for scoring. The participant must complete the entire 20 minute session to earn the points for their team.

DODGEBALL TOURNAMENT

Teams of eight will compete in head-to-head matches in this double elimination tournament. The winner of each match will be determined by winning the best of two out of three games. All games will be played until 4 minutes expire or all players are eliminated on one side, whichever comes first. If time expires, all remaining players will be counted and the team with the most remaining players will win the game.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 300 points

2nd place: 150 points

3rd place: 75 points

RULES

- Each team will begin each game with 8 people on the court
- Games will begin with 8 balls on the mid court line. At the whistle, each team will race to the line to grab the 4 balls on their designated side.
- If a player steps out-of-bounds during play they will be declared out from the game.
- Players may pass through their end line only to retrieve stray balls. Players must also immediately re-enter the playing court. Players can only re-enter through the end line. A player who does not immediately re-enter the playing area will be declared OUT.
- Players may use a ball in their hands to block an opponent's ball. If the ball is blocked and then hits the player, the player is out.
- Team members on the sideline may throw a ball back to their teammates if it is on their side of the court.
- Stalling is not allowed. It is illegal for either team to control all the balls for more than five seconds or to hold any ball for more than 15 seconds.
- The winner of each game will be determined by eliminating all of the opposing team's players by hitting them with a live thrown ball below the shoulders or catching a live ball thrown by the other teams.
- In the event of a tie a sudden death round will begin. Each team will start with 3 people on the court. The first team to eliminate one person on the opposite team will be declared the winner.

ROSTER

A full team roster will be at the check-in table. Teams will need to check in prior to competing to confirm all members are on the official team roster.

TUG-OF-WAR COMPETITION

Teams will go head-to-head in this double elimination competition to crown a tug-of-war champion. Each team will consist of 10 members. Winners will be determined by pulling the opposing team 10 feet across the designated win line or whichever team is ahead after 5 minutes of competition determined by the referee. Each game will consist of 1 tug.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

- 1st place: 300 points
- 2nd place: 150 points
- 3rd place: 75 points

RULES

- Each team will begin with 10 participants.
- Rubber cleats are allowed but no metal cleats.
- Participants must make every effort to stay on their feet and not sit, kneel, or lie down in a stalemate position.
- Team members are not allowed to wrap the rope around their arms and/or bodies.

ROSTER

A full team roster will be at the check-in table. Teams will need to check in prior to competing to confirm all members are on the official team roster.

***COMPETITION EVENTS**

All team members are welcome to participate in the Competition Events, however only the top scores outlined below will count towards becoming the division winner. Points will be awarded to each division winners as follows 1st Place: 100 pts, 2nd Place: 50 pts, 3rd Place 25 points.

- Top 5 scores for Small Business
- Top 7 scores for Medium Business
- Top 10 scores for Large Business

TEAM SPIRIT COMPETITION

JUDGING BEGINS AT 5:30PM

Teams will be judged in the creativity, theme, décor, and overall team enthusiasm regarding their company's tent space in the Company Tent Village. Teams will be judged on site at River City Sportsplex during the event by event staff.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

*PUNT, PASS, AND KICK COMPETITION

3PM - 9PM

Each participant on your roster can compete in this classic punt, pass, and kick competition. Each person on the team will compete in all three activities. The combined team score will be a cumulative score for the top participants' scores*. The total team score will be used to award 1st, 2nd and 3rd place within each division. Participants in this event can compete any time during the event.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- Each participant will be allowed one punt, one pass, and one place kick as part of his/her competition.
- If a participant tries to punt, pass, or kick and misses the ball completely, it does not count as an attempt. One additional attempt is allowed.
- Scores will be determined from where a participant's punt/pass/kick first makes contact with the ground and will be measured to the nearest foot.
- To receive a score, the ball must land within the lines on the PPK Field.
- If the ball does not land inside of the field markings, the participant will receive a distance score of 0 for that punt/pass/kick.
- A participant's final score is his/her cumulative total for the three individual events.
- If a participant goes over the line before releasing or making contact with the ball, he/she will receive a score of 0. *Exception: in kicking, a participant may go over the line without penalty provided the tee is placed on or behind the line.*

ROSTER

A full team roster will be at the check-in table. Participants will need to check in prior to competing to confirm they are on the official team roster and to be scored.

***WIFFLE BALL HOME RUN DERBY**

3PM - 9PM

Each participant on your roster can compete in this competition. Each batter will have one minute to hit as many home runs as possible. Team members will be responsible for pitching and retrieving balls during the competition. All scored* participants' home runs will be combined to produce a total team score to award 1st, 2nd, and 3rd.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- Teams will have 1 minute to hit as many home runs as possible.
- The ball must go over the outfield fence within the foul poles to be declared a home run.
- Team members are responsible for pitching and retrieving balls.

ROSTER

A full team roster will be at the check-in table. Participants will need to check in prior to competing to confirm they are on the official team roster and to be scored.

*GOLF CHIPPING ACCURACY COMPETITION

3PM - 9PM

Each participant on your roster can compete in this competition. Each team member will have 6 swings at the target of their choice and score points for successfully landing their golf ball in the target. Targets will be worth different points based on difficulty. All scored* players point totals will be combined to produce a total team score to award 1st, 2nd, and 3rd place within each division. Participants in this event can compete any time during the event.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- Participants must hit off the mat.
- Each participant will have the opportunity to take 6 swings.
- If a participant tries to swing and misses the ball completely, it does not count as an attempt. One additional attempt is allowed.
- To score points the ball must be inside touching the target line or inside the target area.

ROSTER

A full team roster will be at the check-in table. Participants will need to check in prior to competing to confirm they are on the official team roster and to be scored.

*BASKETBALL SHOOTOUT

3PM - 9PM

Each participant on your roster can compete in this competition. Each participant will have 60 seconds to make as many baskets from 5 designated spots on the court of varying point values. All participants' point totals will be combined to produce a total team score to award 1st, 2nd, and 3rd place within each division. Participants in this event can compete any time during the event.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- 1 team member may rebound for the current participant.
- The participant needs to be inside or in contact with the point marking to receive points for a made basket.
- Points will be awarded for made baskets based on the number within the marker.

ROSTER

A full team roster will be at the check-in table. Participants will need to check in prior to competing to confirm they are on the official team roster and to be scored.

***FIELD GOAL KICK COMPETITION**

3PM - 9PM

Each participant on your roster can compete in this competition. All team members in this competition will have 5 kicks through regulation football goalposts. Field goals can be kicked starting from the 10 yard line and longer in 5 yard increments. 1 point will be awarded for every yard starting at the goal line, for example, if the participant kicks a field goal from the 10 yard mark and kicks it through the uprights, they will be awarded 10 points. All scored* participants' point totals will be combined to produce a total team score to award 1st, 2nd, and 3rd place within each division.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- Participants may choose to kick off of the provided tee or have a team member hold the football for the kicker.
- 1 point will be awarded for every yard, for example, if the participant kicks a field goal from the 10 yard mark and kicks it through the uprights, they will be awarded 10 points.

ROSTER

A full team roster will be at the check-in table. Participants will need to check in prior to competing to confirm they are on the official team roster and to be scored.

***SOCCER SHOOTOUT**

Each participant on your roster can compete in this competition. All team members will have a total of 3 kicks at the target of each player's choice from 12 yards away. Targets will be worth different points based on difficulty. All scored* participants' point totals will be combined to produce a total team score to award 1st, 2nd, and 3rd place within each division. Participants in this event can compete any time during the event.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- The ball must be placed on the penalty kick marker to start each kick.
- The participant may not dribble the ball, the kick must be made from the starting position.

ROSTER

A full team roster will be at the check-in table. Participants will need to check in prior to competing to confirm they are on the official team roster and to be scored.

***OBSTACLE COURSE COMPETITION**

3PM - 9PM

Each participant on your roster can compete in this competition. All team members can participate in the Obstacle Course Competition. Each team member will have one attempt on the obstacle course. Each team member will be required to score in all three portions of the event while being timed. All scored* participants' times will be combined to produce a total team time with the lowest time winning, to award 1st, 2nd, and 3rd place within each division.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- Participants must stay within the cones on each obstacle, if they go outside the cones, they will need to go back and redo that obstacle.
- Participants must stay behind the scoring line at each obstacle or the score does not count.
- Participants must score on the current obstacle before moving on to the next.
- If any participant bypasses an obstacle they will be disqualified.
- Disqualified times will not count toward total team score.

***TRICYCLE TRIAL**

Each participant on your roster can compete in this competition. Each team member will have one attempt on the tricycle course. Each member will be timed as they make their way through the course. All scored* participants' times will be combined to produce a total team time with the lowest time winning, to award 1st, 2nd, and 3rd place within each division.

TEAM SCORING

Team points will be awarded to the overall winners as follows:

1st place: 100 points

2nd place: 50 points

3rd place: 25 points

In the event of a tie, both teams will be awarded the applicable finish and points.

RULES

- Participants must use the pedals while riding.
- Participants must stay within the cones while riding through the course.
- If a participant hits a cone there will be a 5 second penalty added to their finish time.
- Disqualified participants are not eligible to be scored.
- Participants will be disqualified by not using the pedals while riding or not completing the course.

ROSTER

A full team roster will be at the check-in table. Participants will need to check in prior to competing to confirm they are on the official team roster and to be scored.



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programs that
strengthen physical,
emotional and
spiritual health.



LET'S GO, RVA!

TOGETHER, WE ARE BUILDING A MORE ACTIVE COMMUNITY.

Sports Backers, a 501(c)(3) nonprofit, is committed to making people from all corners of our community more active. We achieve our mission by supporting youth running, advocating for safe places to bike and walk, celebrating triumphs at our events, and encouraging folks to live actively. Your participation in the Walmart Biz Bowl is inspiring to others and to us. Thank you.



[SPORTSBACKERS.ORG](https://sportsbackers.org)



Thank you for your support!



Proud participant in the
Walmart Biz Bowl 2019!

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