

**Hero Games October 5-8, 2016**

**HAMPTONROADS  
Sports  
Commission**



**Open to first responders,  
retirees, and family  
members**

**5K and 1 Mile Run | Cornhole | CrossFit | Firefighter Challenge | Golf | Pistol Challenge | Tug of War | Volleyball**



# **2016 HAMPTON ROADS HERO GAMES RULES INFORMATION**



500 East Main Street Norfolk VA 23510 . 757-664-2576 . [www.HamptonRoadsSports.org](http://www.HamptonRoadsSports.org)



## **Event Point Systems**

### **SPORT TROPHIES**

**(1st, 2nd and 3rd places will receive trophies and/or medals)**

*Here is the breakdown of each sport:*

- 5K/One Mile Family Run
- Cornhole
- CrossFit
- Firefighter Challenge
- Golf
- Pistol Challenge
- Tug-of-War
- Volleyball

### **OVERALL CITY CUP POINTS**

*The top three places will be awarded Overall City Cups!*

### **SCORING SYSTEM**

**5K Run, Cornhole, CrossFit, Firefighter Challenge, Golf, Pistol Challenge, Tug of War, Volleyball**

1st place— 500 points

2nd place—450 points

3rd place—400 points

4th place—350 points

5th place—300 points

6th place—280 points

7th place— 260 points

8th place—240 points

9th place—220 points

10th place—200 points

11th place and up—100 points

*\*If cities have more than one team in a specific sport, you will only receive points for the highest placed team towards your overall point total.*

## Hero Games – 5K/One Mile

### Structure:

- Runners will run the 5K and the One Mile course throughout the Virginia Beach Sportsplex
- Bibs must be worn on the front of your shirt for scores to count (magnetic striping on the back)
- 5K - Top 3 fastest times per city will determine the winner for points for the overall city winner
- Course will be comprised of cement, trail and grass

### Individual Medals will be given to the following:

- Men's top 3 finishers in the 5K
- Women's top 3 finishers in the 5K
- Boy's top 3 finishers in the One Mile Run
- Girl's top 3 finishers in the One Mile Run



# Hero Games – Cornhole

## Game Play

### **Traditional 21:**

- The game shall be played to the pre-determined number of twenty-one (21) points. The first player/team to reach (or exceed) that amount at the conclusion of a frame is the winner.

### **Timing:**

- There shall be no stalling during the game. Winner will be the team that is leading after 15 minutes of play.

### **Cancellation Scoring:**

- In cancellation scoring, the points of one player cancel out the points of their opponent. Using this method, only one player/team can score in each frame.

### **Frame**

- A frame consists of a player pitching his/her four bags from one board to another. Players must pitch all four bags from the same side of the board in a frame.

### **Foul Bags**

- Bags contacting the ground before reaching the playing surface and bags pitched when a player has crossed the foul line are Foul Bags. If a foul bag lands on the playing surface or comes to rest touching the ground and the board, it must be removed immediately.

**On the Board:** is worth one (1) point

**In the hole: (Corn hole):** is worth three (3) points

## Team Composition

- Two game guarantee

### **Doubles Play:**

- Team A competes against Team B – each team is comprised of two (2) people.
- Players at the headboard will alternate pitching bags until each player has pitched all (4) of his/her bags.
- Teams may substitute players at anytime during the match.

### **Pitching the Next Frame:**

- The player/team who scored in the preceding frame shall pitch first in the next frame.

## **Hero Games – CrossFit**

The CrossFit portion of the Hero Games will be a team competition comprised of two people (same gender) and all the weights will be possible for all levels of athletes.

### **Divisions:**

- Men's Open - Top 3 teams receive medals
- Men's 40+ - Top 3 teams receive medals
- Women's Open - Top 3 teams receive medals
- Women's 40+ - Top 3 teams receive medals

Course will be comprised of some of the movements below.

### **The 2016 course movements are:**

- Running
- Burpees
- Bench press
- Air squat
- Slam ball
- Kettlebell swing

# Hero Games – Firefighter Challenge

## Stages and Course Design:

- **Stage 1:** Tower Run
  - Carry a high rise hose to the top of the tower (3 story tower) and drop high rise hose at top of stairs
    - Can skip steps running up the tower
    - Must hit every step on the way down
  - Advance to stage 2
- **Stage 2:** Keiser Force Machine/ Forcible Entry Machine
  - Hit the beam until it clears the marked line with mallet hammer (estimated 5 feet)
  - Place hammer on mat
  - Advance to stage 3
- **Stage 3:** Foam Buckets
  - Carry 2 foam buckets (1 per hand) to designated distance (estimated 50 feet)
  - Drop buckets at designated drop point
  - Advance to stage 4
- **Stage 4:** Mannequin Drag
  - Drag mannequin to designated drop point (approximately 50 feet)
  - Advance to stage 5
- **Stage 5:** Run
  - Run 200 meters around burn building (estimated distance)
  - Advance to stage 6
- **Stage 6:** Ladder Carry
  - Pick up and perform a 16' roof ladder carry across the finish line (estimated 25 feet)
  - Time will stop once finish line is crossed.

## Rules:

- This sport is an individual competition
- The course will consist of 6 stages that must be completed to avoid disqualification
- Each competitor gets 1 attempt through the course.
- Course cutoff – 7 minutes
- Time may be kept via chip or stop watches
  - Must wear chip timing device for official scoring

## Divisions:

- Men's – Open age group and 40+ age group - Top 3 individuals in each division receive medals
- Women's – Open age group and 40+ age group - Top 3 individuals in each division receive medals

## Required Apparel:

- Gloves
- Turn out coat
- Structural helmet
- Athletic Shorts
- Sneakers

## Hero Games - Golf

### Game Play:

#### **Format:**

- Best Ball
- All players drive tee shots, then choose the best ball on the course to hit from after that. Everyone hits from that position and proceeds in that format until hole is completed.
- Men play white tees; Women play red tees.

#### **Mulligans:**

- One mulligan package per person, per team allowed (max of four). You may only use one mulligan per hole.

#### **Rules:**

- Play USGA Rules with the following additions:
- You may move your ball one club length, no closer to the hole anywhere. If you elect to play a ball in the rough you shall play from the rough. If you elect to play a ball in a bunker or hazard you shall play from the bunker or hazard. You cannot change the conditions.
- In the event you have a threesome, your team must designate players A, B and C and then alternate the fourth shot throughout the round.

#### **Team Composition:**

- 4 golfers per team

## Hero Games - Pistol Challenge

The event will be run in accordance with the USPSA handgun rules, open to all divisions permitted and will be scored using Comstock scoring. **Competitors MUST bring their OWN handgun, ammo for the competition (at least 100 rounds of ammo) eye and ear protection.**

### Event Details:

- **Stage One** is a Long Course against metric targets.
- **Stage Two** is a Shoot Out against six steel targets in a single array with a mandatory reload.
- Both stages will be non-published courses of fire.
- **Written Stage Briefings** will be available to all registered participants at check-in.
  - Information that will be included in the written stage briefings:
    - Scoring method
    - Targets (type & number)
    - Minimum number of rounds
    - The handgun ready condition
    - Start position
    - Time starts: audible or visual signal
    - Procedure

### Event Scoring:

- 20% of the field will advance to the second round
- Top 3 will be awarded medals
- Shoot out stage for ties

### **Comstock Scoring**

Unlimited time stops on the last shot, unlimited number of shots to be fired, stipulated number of hits per target to count for score.

A competitor's score is calculated by adding the highest value stipulated number of hits per target, minus penalties, divided by the total time (recorded to two decimal places) taken by the competitor to complete the course of fire, to arrive at a hit factor. The overall stage results are factored by awarding the competitor with the highest hit factor the maximum points available for the course of fire, with all other competitors ranked relatively below the stage winner.



## Hero Games - Tug-of-War

### Game play:

#### **The Rope:**

- A red mark is made in the middle of the rope.
- This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game.
- A white mark is made exactly 13 feet from the red mark on both sides of the rope.
- The game is won when either side with this white mark crosses the center point.

#### **How to Play:**

- As soon as the referee blows the whistle, each team can start pulling the rope into their territory.
- The objective of the game is for each team to pull the rope along with the members of opposition team to their side.
- As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.

#### **Team Composition:**

- Each team can accommodate a maximum of 6 members.
- There is no weight limit per team

## Hero Games - Volleyball

### Game Play:

- There must be three designated players in the front row (before the 10 ft line) and three designated players in the back row (behind the 10 ft line) on every serve.
- Players will rotate positions clockwise every time a team receives service back (side out).
- The server will change every time a team receives service back (side out).

### Scoring:

- All games will be played to 15 (rally scoring, win by 2)

### Rules:

- The ball must be returned over the net in 3 hits or less.
- When a ball touches a boundary line, it is considered in play.
- Players are not permitted to scoop, hold, lift, or push the ball.
- One may play the ball twice during a volley, but not twice in succession, **unless played directly off a block.**

### Team Composition:

- Teams consist of up to 12 players – maximum of 6 players on the court at one time.
- Minimum of 4 players to start and finish a game.

### Substitutions:

- Open substitution for all players

### Equipment:

- Net Height – 7' 11 5/8"