

Wellness Cup Scoring System

Scoring is like golf (lower the better)

“**Cup Points**” are awarded at the conclusion of each event and go towards each building’s total.

The better your building does in each event, the less points are given. i.e. first place receives 1 Cup Point, 7th place receives 7 Cup Points.

The teams for each event can consist of staff and faculty members from that building (administrators, teachers, custodial, para-professionals, cafeteria workers).

Competitors must be an employee of MCSD/Academy

Teams: LES/EDES, IVEC, SMES/LIS, MCMS, MCJH, MCHS, Admin/Academy/Maintenance

Alpha can join either the Junior High or the High School team, but must stick with one team.

You must organize teams at the building level. For each event, someone step-up to be a captain of a team and recruit team members.

If a building fails to provide a team for an event the score they will receive for that event is 15 Cup Points.

Each event will have an overview rules sheet and a description of how Cup Points will be awarded.

Team members are expected to be familiar with rules prior to competition. Some events may have a brief discussion/rules coverage before the start of competition.

All events will be held at Mifflin County Middle School starting at 6:00 P.M. with the exception of the track relay & walking. They will be held at Mitchell Field. Specific dates are listed with each event.

Basketball

April 27 - gymnasium

Team Requirement: Minimum of 5 players; Substitutions can be made after a made basket or a foul

Rules: Standard basketball rules apply; call your own fouls

Game/Tournament Overview:

- Each game will last 8 minutes
- The tournament is single elimination
- 1st round opponents will be randomly selected, with one team given a bye
- After the 2nd round the team with the highest score will advance to the finals

Cup Points:

- After each round, finishing places will be determined by total number of points scored that round
- Round 1: The 3 teams that lose will be ranked based off point total for that round (7-5)
- Round 2: The 2 losing teams will be ranked based off point total from round 2 (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Volleyball

April 28 - gymnasium

Team Requirement: Minimum of 6 players; Substitutions can be made by rotating or like traditional volleyball (players subbing in for another player; each player can only be in one service slot)

Rules: Standard volleyball rules apply; call your own lines and net violations

Game/Tournament Overview:

- Teams will play 1 game to 25
- The tournament is single elimination
- 1st round opponents will be randomly selected
- 2nd round opponents will be randomly selected from remaining teams with one team drawing a bye
- 3rd round opponents will be the team that had a bye in round 2 and a random winner from round 2
- 4th round is the championship round

Cup Points:

- After each round, finishing places will be determined by total number of points scored that round
- Round 1: The 3 teams that lose will be ranked based off point total for that round (7-5)
- Round 2: The 2 losing teams will be ranked based off point total from round 2 (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Capture the Flag

April 29 - gymnasium

Team Requirement: Minimum of 8 players; Maximum of 12 players

Rules:

4 teams compete at once

Each team has a “home” corner of the gym where they are safe and store their flags

Within each team’s quarter of the gym, there is a small square where other teams are safe (safety square)

If a player is invading another team’s corner of the gym, but not in the safety square, and is tagged by a team member from that team he/she becomes a prisoner of that team and must report to that team’s jail.

Jailed players can be freed by teammates and must make it back to their home corner before attempting to steal a flag

Players can only take one flag at a time

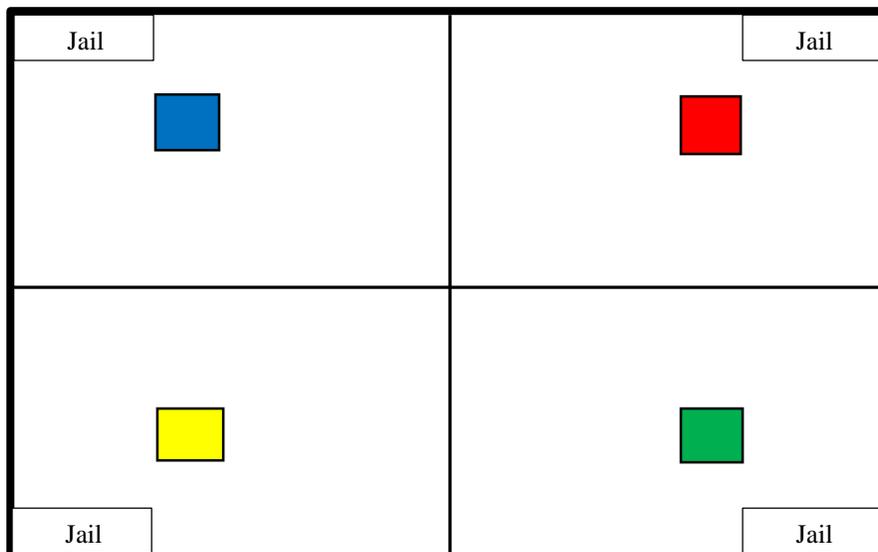
Flags cannot be thrown to teammates

Game/Tournament Overview:

- Each round last for 8 minutes
- **A team’s home colored flags are worth 2 points to them, while other teams flags are only worth 1 point**
- The top two scoring teams from the first heat will be placed in the final
- The 3rd place team from heat 1 team will compete in heat 2
- The top two scoring teams from heat 2 will compete in the final

Cup Points:

- The team eliminated from heat 1 will be given 7 cup points
- The teams eliminated in heat 2 will be given cup points based off their score in heat 2 (5 & 6)
- The four teams in the final will be ranked based off their final round’s score (1 - 4)



Kickball

April 27 – outside (date subject to change if inclement weather)

Team Requirement: 9 players

Rules: Think back to recess

Game/Tournament Overview:

- Teams will play one 6 inning game
- 10-run rule applies after the 4th inning
- Single elimination
- Starting opponents will be determined randomly
- 1 team will receive a bye for round 1

Cup Points:

- 1st round losers will be ranked based of runs scored (7-5)
- 2nd round losers will be ranked based off runs scores (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Wiffleball

April 28 – outside (date subject to change if inclement weather)

Team Requirement: teams of 9 or 10

Rules: Baseball Rules; 6 innings

Game/Tournament Overview:

- Teams will play one 6 inning game
- 10-run rule applies after the 4th inning
- Single elimination
- Starting opponents will be determined randomly
- 1 team will receive a bye for round 1

Cup Points:

- 1st round losers will be ranked based of runs scored (7-5)
- 2nd round losers will be ranked based off runs scores (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Cornhole

May 4 – outside (will move in doors if inclement weather)

Team Requirement: 2 players (Each team can have unlimited pairs of players)

Rules: Standard Cornhole rules apply

Game/Tournament Overview:

- Single elimination
- Opponents selected randomly

Cup Points:

- Losing teams are ranked by points scored in the round they lost
- 1st round losers (7-5)
- Second round losers (4 & 3)
- Championship match are 1st and 2nd

Tennis

April 29 – outside (date subject to change if inclement weather)

Team Requirement: Mixed Doubles (Each building can have up to 6 sets of mixed doubles)

Rules: Standard Tennis rules apply

Game/Tournament Overview:

- Doubles pairs are assigned a court (all of their matches will be held at that court)
- Round Robin at that court
- Each match is 3 games (**NOT** best of three)

Cup Points:

- Total number of games won determines ranking for Cup Points
- If a building has multiple winners in the top 10 teams, they take the best Cup Point ranking and the other schools are bumped up.
- **EX.** If MCJH places 2nd and 6th, they receive 2 Cup Points and the 7th placed team and up move up a spot in the rankings to 6th.

Frenzy

May 4 – gymnasium

Team Requirement: 8 players

Rules:

- Each team member wears a flag belt with 2 detachable flags
- At each end there is a pop-up cylinder goal
- Points are score when a team drops/shoots the ball into their pop-up goal
 - If an offensive player knocks over the goal attempting to score no point is awarded
 - If a defensive player knocks over the goal trying to defend it a point is given to the offensive team
- Players are allowed to take up to run, pass and shoot as long as they have at least 1 flag remaining
- Incomplete passes are a turnover
- If a player who has the ball has his/her flag pulled, the ball goes to the other team
- If a play has both of his/her flags pulled, he/she can only pull the flags of opposing team members
- Games will last a maximum of 8 minutes or until every player is out of flags

Game/Tournament Overview:

- Each game will last 8 minutes OR until every player's flags are pulled
- The tournament is single elimination
- 1st round opponents will be randomly selected with one team earning a bye
- After the 1st round, the teams will be ranked 1 through 3 based off points scored in the 1st round. The team from round 1 that had the bye will be seeded 4th

Cup Points:

- After each round, finishing places will be determined by total number of points scored that round
- Round 1: The 3 teams that lose will be ranked based off point total for that round (7-5)
- Round 2: The 2 losing teams will be ranked based off point total from round 2 (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Track Relay

April 30 – Mitchell Field (date subject to change if inclement weather)

Team Requirement: 4 team members; both for a male heat and a female heat

Rules:

4 X 100 relay

Game/Tournament Overview:

- All teams will race at once

Cup Points:

- Teams will be ranked based off finishing place (1 through 7)

Walking

April 30 immediately following Track Relay – Mitchell Field (date subject to change if inclement weather)

Team Requirement: Unlimited members from your building can participate

Rules:

- Walking will last for 45 minutes
- At the completion of every lap, each team member should place a tally mark on the tracking sheet associated with their team

Game/Tournament Overview:

Each team is trying to walk as many laps in a 45 minutes time period that they can
At the conclusion of the 45 minute time frame, laps will be totaled, and Cup Points will be awarded

Cup Points:

- Rankings and Cup Points will be determined based of the total number of laps walked
- Most laps equals 1 Cup Point; least equals 7

Ultimate Frisbee

May 5 – gymnasium

Team Requirement: Teams of 6 – 8 players

Rules:

- Player holding the Frisbee cannot move (can pivot)
- Players try to pass the Frisbee to teammates to score touchdowns
- To score a touchdown, a player must have both feet completely in the end zone
- If a player gains possession of the Frisbee in his/her own end zone the frisbee has to be thrown out of the end zone and then can be thrown back in to score (Out-Then-In Rule)

Game/Tournament Overview:

- Each game will last 8 minutes
- The tournament is single elimination
- 1st round opponents will be randomly selected with one team randomly earning a bye
- After the 1st round, the teams will be ranked 1 through 3 based off points scored in the 1st round. The team from round 1 that had the bye will be seeded 4th

Cup Points:

- After each round, finishing places will be determined by total number of points scored that round
- Round 1: The 3 teams that lose will be ranked based off point total for that round (7-5)
- Round 2: The 2 losing teams will be ranked based off point total from round 2 (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Tchoukball

May 6 – gymnasium

Team Requirement: Teams of 6 – 8 players

Rules:

- Each team can complete **up to** 3 passes
- Each player can take up to 3 steps with the ball
- Each player can only have the ball for 3 seconds
- A team can only take a maximum of 3 shots in a row a one pitch-back.
- Teams can “shoot” at either pitch-back
- **Teams cannot block or intercept passes; No Defense is allowed**
- Dropped passes go to the other team
- When a team shoots at a pitch-back the other team tries and catch the rebound
- Players cannot have possession of the ball and step in the forbidden zone
- **How to Score:** Throw the game ball off either rebounding screen and the ball lands outside of the forbidden zone

Game/Tournament Overview:

- Each game will last 6 minutes
- The tournament is single elimination
- 1st round opponents will be randomly selected with one team randomly earning a bye
- After the 1st round, the teams will be ranked 1 through 3 based off points scored in the 1st round. The team from round 1 that had the bye will be seeded 4th

Cup Points:

- After each round, finishing places will be determined by total number of points scored that round
- Round 1: The 3 teams that lose will be ranked based off point total for that round (7-5)
- Round 2: The 2 losing teams will be ranked based off point total from round 2 (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Tug-O-War

May 4 – outside (date subject to change if inclement weather)

Team Requirement: Teams of 6

Rules: Standard Tug-o-War Rules

Game/Tournament Overview:

- Each competition will be the **best of 3**
- Single elimination bracket
- Seeding will be random

Cup Points:

- First team to lose will receive 7 points, and so on until a tournament winner is determined

Dodgeball

May 7 – gymnasium

Team Requirement: Minimum 6 players; Maximum 8 players

Rules:

- At the start of each game, players must “activate” each dodgeball by throwing it off their back wall.
- Players hit directly by the thrown dodgeballs are out of the game
- If a player’s dodgeball is caught, without bobbling, that player is out
- Eliminated players can return to action if a teammate catches (without bobbling) an opponent’s dodgeball. (players will return in the order they were eliminated)
- Players can use dodgeballs as a shield, but if an opponent knocks the shielding ball out of one’s hands, that player is eliminated
- Head shots only count if a player tries to dodge a ball and places his/her own head in danger
- Dodge, Dip, Duck, Dive, and Dodge

Game/Tournament Overview:

- There will 2 pools of teams
- Each pool will be round robin
- Games will last for a maximum of 6 minutes
- If a team is eliminated before time expires the winning team is given 8 points toward their teams running tally; and the losing team is given zero points
- If time expires, the number of active players a team has still on the floor equates to the number of points awarded to that teams running tally
- The winner of each pool will face-off in the championship match. There is no time frame for the championship match. The team that eliminates all opponents wins.

Cup Points:

- Ranking is based off total of points awarded during pool play (7-3)
- The runner-up in the championship match is awarded 2nd place and 2 Cup Points
- The winner of the championship match is awarded 1 Cup Point

Angleball

May 11 – gymnasium

Team Requirement: Teams of 6 – 8 players

Rules:

- The game starts with a tip-off; whoever gets the ball starts with it
- Players can run, dribble, shoot or pass the ball. If the player gets **tagged**, he/she have 3 seconds to only pass.
- The teams' object is to knock off their corresponding Angleball positioned in their corner of the gym
- Player may not step into the restricted zone or will be penalized with a lap of the gym. If a player pushes another player in its 2 laps.
- A player may not hold the ball, without moving, for more than 3 seconds, or it's a turn-over.
- Play doesn't stop; once a team scores, the other team takes possession immediately.
- The player that knocks the ball off the standard must pull the string to get it back up.

Game/Tournament Overview:

- Each game will last 6 minutes
- The tournament is single elimination
- 1st round opponents will be randomly selected with one team randomly earning a bye
- After the 1st round, the teams will be ranked 1 through 3 based off points scored in the 1st round. The team from round 1 that had the bye will be seeded 4th

Cup Points:

- After each round, finishing places will be determined by total number of points scored that round
- Round 1: The 3 teams that lose will be ranked based off point total for that round (7-5)
- Round 2: The 2 losing teams will be ranked based off point total from round 2 (4 & 3)
- Finals: Losing team is awarded 2 Cup Points and the winner is awarded 1 Cup Point.

Wellness Cup Cup Points

	Bball	Vball	C.T.F.	Kickball	Wiffleball	Tennis	Frenzy	Track (M)	Track (F)	Walking	Angleball	Dball	T-O-W	C.Hole	Tchoukball	Ultimate Frisbee
MCHS																
MCJH																
MCMS																
LIS/SMES																
IVEC																
LES/EDES																
A/M/A																

	TOTAL
MCHS	
MCJH	
MCMS	
LIS/SMES	
IVEC	
LES/EDES	
A/M/A	