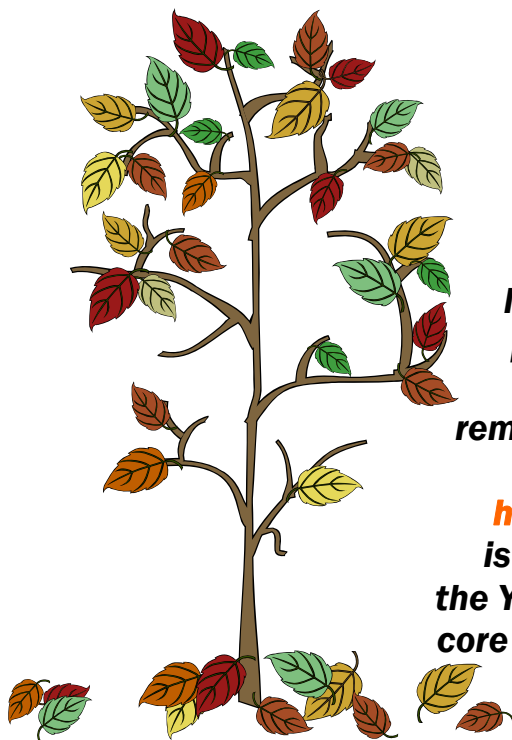




Starts Oct 5th!

Fall Into Fitness!

Rules &
Regulations



*When logging points, please remember that **honesty** is one of the YMCA's core values*

Rules & Regulations

1. Open to all YMCA Wellness Center members. **(10+ with/youth orientation)**
2. Starts **Oct. 5th** and ends **Nov. 15th**. Registration deadline of **September 21st** to receive t-shirt.
3. Teams will consist of **6 members**. Teams may include only **one staff member**, besides the team leader.
4. **1 point** will be awarded to each team member for **every 30 minutes of exercise**.
5. A **bonus point** will be awarded for every **30 minutes of exercise with one or more fellow team members**.
6. **Exercise must be done at a YMCA of Metro Milwaukee location**.
7. For points to qualify with exercise outside of the YMCA, the team leader must be present and it must be an organized group outing or bring proof of registration in fitness event. A list of local fitness events will be posted at each location.
8. **There will be a daily exercise minute limit of 120 minutes per team member**. Please see the "Scoring Points Sheet" for help with converting your exercise minutes to points.
9. Half points will **NOT** be awarded. You must exercise for the **full 30 minute increment** for points to qualify.
10. Each week will highlight a different program offered at the YMCA. When you participate in the "**Program of the Week**" you will earn **one extra bonus point per 30 minute increment**.
11. Team members can log their exercise minutes and points under their team's tab in a binder located in the Wellness Center.
12. Team points will be recorded every week on a team progress chart located in the Wellness Center.
13. The top team of each YMCA location will receive a prize.
14. A grand prize will be awarded to the top team of the entire YMCA of Metro Milwaukee Association. At the location with the Association winning team, the 2nd place team will be awarded the location-specific prize.