

2012 Phase I Tri-State Biggest Loser Contest Rules

General Rules

1. Contest begins on Monday, January 9, 2012 and concludes Monday, March 19, 2012. The competition lasts for ten weeks.
2. Individuals must be employed by a company who is a member of the TSBGH.
3. Individuals must be in a team to enter. Cost is \$10.00 per team member. Fees are non-refundable.
4. Each team may have from three (3) to eight (8) members.
5. All teams must be registered no later than Monday, January 9, 2012. See registration details below.
6. One person in each company who is not a contest participant should be identified as the Event Director and be responsible for recording each team's progress.
7. Event Directors retain the right to not allow someone to participate. For example: pregnant or underweight.
8. Teams will compete to lose the highest percentage of weight. There will also be individual winners; one male and one female.
9. At no time will the weight of an individual be announced or posted.
10. Exercise and diet programs are up to each individual and/or their team, but the emphasis should be on healthy forms of exercise and nutrition.
11. Prizes will be awarded to the overall top team and the top individuals (one male and one female) as well as the top team, one male and one female winner at each participating company.

Weigh-Ins

1. Event Directors will determine the scale to be used for all weigh-ins during the ten (10) week period. The same scale must be used for all weigh-ins.
2. Weigh-ins will take place on Mondays.
3. After the initial weigh-in on January 9th, the Event Director will email the spreadsheet for each team to Julie Girten at jgirten@tsbgh.org. Please use the Company Spreadsheet Template supplied at the TSBGH website and attached to the e-mail confirming your company's participation in the contest.
4. Subsequent to the initial weigh in, there will be a weigh-in every two (2) weeks (see the weigh-in dates below). The Event Director will email a spreadsheet for each team to Julie Girten at jgirten@tsbgh.org. Please use the template mentioned in item #3 for each weigh-in update.

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5. The weigh-in dates are:
 - January 9
 - January 23
 - February 6
 - February 20
 - March 5
 - March 19
6. Team members need not weigh in together.
7. If a team member misses a weigh-in, the member will have zero weight loss recorded for the week.
8. T-shirts and shorts are recommended for weigh-ins and no shoes are recommended.
9. Similar attire should be worn for each weigh-in to insure accuracy.

Registration of Team

1. Form a team of three (3) to eight (8) members. The team fee must be paid at or prior to the first weigh in. Additional teams must be formed if eight (8) is reached for a given team.
2. Choose a unique name for the team.
3. Choose a Team Captain. Captains will be responsible for registering their team members, organizing members for weigh-ins and motivating and distributing supplied health, nutrition and fitness materials.
4. All members must complete a Registration Form prior to the first weigh in. (See Registration Form below)
5. Team members cannot be replaced.
6. Team members who have dropped out may rejoin their team.
7. If a member drops out, their weight loss percentages will be calculated into the team's totals. For example, if they drop out in week 3, their weight loss for the team will reflect a zero for weeks 4 through 10.
8. Any disputes will be decided by the Director of TSBGH.

Prizes

1. Overall – Two first place team prizes will be awarded, with participating companies divided into two groups according to number of employees. Two individual male and female prizes will be awarded using the same guidelines as the team divisions. Company size divisions will be determined after all participating companies submit registration information.
 - a. The two winning teams will receive \$100 per member up to \$800 maximum.
 - b. The two winning individuals (male and female) will receive \$100 each.

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2. Company Level – One first place team, one male and one female prize will be awarded to each participating company.
 - a. The winning team will receive \$25 per member up to \$200 maximum.
 - b. The winning individuals (male and female) will each receive \$25.

2011 Phase I Tri-State Biggest Loser Registration

Name: _____

Gender: Male Female Date of Birth: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____

Personal Email: _____

Company: _____

Team Name: _____

Entry Fee: \$10.00 per participant (the fee is non-refundable)

Please make checks payable to the Tri-State Business Group on Health. Registration forms and fees should be given to your company's Event Director. Registrations and fees are due no later than January 9, 2012.

For more information, please call your company's Event Director.

Release

I am voluntarily participating in the Tri-State Biggest Loser Contest (the Program) and I will not hold the Tri-State Business Group on Health responsible for any damages that I might incur during the course of the Program.

My name and picture/video may be used in promotional announcements, print, and internet based advertising for the sole purpose of promoting the Tri-State Biggest Loser Contest.

I will not have any form of surgical procedure or use any form of weight loss pills/supplements designed to help me lose weight during the duration of the Program.

I will consult with my physician or other qualified health care provider before embarking on a new treatment, diet or fitness program.

Signature: _____ Date: _____