

## Brass City Meltdown 2010 Rules and Regulations

- \$40 Registration fee per person; minimum 15 teams
- Four (4) people to each team, can include non-members (no obligation to join)
- All Non-members can purchase an Eight (8) week guest membership to the YMCA for \$75
- A Team can consist of Four (4) non-members
- All Non-members who do not become members of the Waterbury YMCA will be required to weigh in on one of the required weigh-in days every week at the Waterbury YMCA
- **Each team may have up to Two (2) YMCA employees participate in the contest**
- We will be hosting a “Meet and Greet” Mixer for all members that want to participate but cannot get a team together or if a team does not have the required 4 participants. At this meeting you will be able to meet and select teammates. **The “Mixer” will be held on Thursday February 25<sup>th</sup> at 6pm.**
- The beginning weigh-in must be on either (*Mon 3/1, Thurs 3/4, Sat 3/6*) and the final weigh-in must be done on either (*Mon 4/19, Thurs 4/22, Sat 4/24*)
- **For each % of total body weight lost, your team will receive 5 points**
- Members and non-members are recommended to complete 4 workouts per week minimally (24 total workouts) during the contest dates. A combination strength training, interval training (cardiovascular), and group fitness classes are recommended to achieve maximum results.
- **Mandatory weigh-ins every One (1) week. If any team member fails to weigh-in on the required dates below, the team will automatically be disqualified.**
- **1<sup>st</sup> Week Weigh-in Dates: *Mon 3/1, Thurs 3/4, Sat 3/6***
- **2<sup>nd</sup> Week Weigh-in Dates: *Mon 3/8, Thurs 3/11, Sat 3/13***
- **3<sup>rd</sup> Week Weigh-in Dates: *Mon 3/15, Thurs 3/18, Sat 3/20***
- **4<sup>th</sup> Week Weigh-in Dates: *Mon 3/22, Thurs 3/25, Sat 3/27***
- **5<sup>th</sup> Week Weigh-in Dates: *Mon 3/29, Thurs 4/1, Sat 4/3***
- **6<sup>th</sup> Week Weigh-in Dates: *Mon 4/5, Thurs 4/8, Sat 4/10***
- **7<sup>th</sup> Week Weigh-in Dates: *Mon 4/12, Thurs 4/15, Sat 4/17***
- **8<sup>th</sup> Week and FINAL Weigh-in Dates: *Mon 4/19, Thurs 4/22, Sat 4/24***
- **Award Ceremony: *Monday 4/26 at 6pm***
- Participants must weigh-in without shoes.
- Participants can come at any time on a designated weigh in day during the YMCA working hours and weigh-in with the YMCA Health & Wellness Staff.
- If a guest decides to join as a member, their membership and monthly payments will be deferred to the end of the contest.
- **A minimum of 15 teams must participate in order to run the contest.** A full refund will be given to each participant if the minimum requirements are not met.
- No refunds will be given after registration fee is paid, with the exception of the minimum requirements not being met.
- **All 4 participants of the Winning Team will receive the GRAND PRIZE of a Personal Training and Nutritional Counseling Package worth \$650.00**
- If there are more than 15 teams, the grand prize will still be a Personal Training and Nutritional Counseling package worth \$650.00 for each team member.
- The Winning Team will be announced on *Monday 4/26 at 6pm*

### **Just for participating in the contest, participants that are currently members will receive:**

- 10% off any Y training packages purchased throughout this period
- 10% off any Y Eating packages or group session registrations purchased throughout this period
- 10% off Total-Body Renovator registration purchased during this period

### **Non-members (will receive the above + the following):**

- Can purchase a \$75 membership for 8 weeks (*Mon 3/1 – Sun 4/25*) (Normally \$45 per month + \$35 joiner fee)
- 15% off Unlimited Aerobics registration purchased throughout this period
- 1 Free Group Fitness Class per week