

St. Mary's University
"Get Fit Challenge"

Sponsored by Campus Recreation and the Military Law Association

Contest Rules

- You may register in only one category: team (4 members) or individual.
- All teams or individuals must be pre-registered prior to weigh-in.
- All participants shall pay the \$40 team fee or \$10 individual fee
- All teams and individuals must have a "Team Name" at time of registration.
- Names of all team members must be provided at time of registration.
- All teams or individuals must register no later than 5:00 pm on Wednesday, October 12, 2011
- All registration forms and fees must be dropped off at Campus Recreation office, Alumni Athletics & Convocation Center (AA&CC) Room 2145
- All participants must receive a free body composition test (takes 10-15 minutes) no later than Friday, October, 14 at 3:00 pm. Call 436-3997 or 431-2097 for an appointment.
- All weigh in amounts and individual information will remain confidential. Only "team name" weights will be released.
- All teams and individual will be photographed at time of weigh-in.
- Winners will be determined by the percentage of total "team weight" lost.
- Use of all commercial diet pills is prohibited.

Weigh-In Rules

- All teams shall weigh-in at the Alumni Athletics & Convocation Center on Friday, October 14, 2011, from 9:00 am to 3:00 pm. Alternative dates must be during week of October 10, 2011
- All teams must weigh in at the same time at both the beginning and the end of the challenge.
- No team members can be added, subtracted or replaced during the challenge.
- All individuals must wear similar-type clothing for weigh-ins.
- All pockets must be empty, no cell phones or other devices may be attached during weigh-ins.
- No shoes shall be worn during any weigh-in
- Final weigh-out is Wednesday, March 7, 2012 between 9am – 3pm.