



**27 YEARS COMMITTED  
TO COMMUNITY  
HEALTH AND WELLNESS**

## **KEEP CALM EXERCISE ON**

### **2016 Youngtown Meltdown Rules and Regulations**



**Youngstown Area  
Community Cup**

#### **Description**

Teams of six will participate in a four month long weigh loss competition. The goal for the team is to have the greatest total percentage of weight loss during the designated time period.

#### **Event Rules**

1. Each team will consist of six people. The number of males and females does not matter.
2. The competition will begin on Monday, May 2, 2016, and end Thursday, August 18, 2016. Teams must register with the Cup office no later than May 1, 2015.
3. Each contestant is required to weigh-in once a week during the four month period. A designated weigh-in time will be determined on an individual basis.
4. Final weigh-ins for the current week end on Saturday at 12 noon. If any weights are taken after 12 noon, they will count towards the following week's weigh-in.
5. Contestants will be required to wear similar clothing at each weigh-in.
6. If a contestant misses two consecutive weigh-ins, they will be disqualified from the competition.
7. In the event of a disqualification, a ghost weight will be used in place of the disqualified participant. The ghost weight will be 130 for a female and 150 for a male.
8. There will be six other additional weigh-in locations. They include: the Davis Family Y, St. Joe's at the Eastwood Mall, the Trumbull County WIC Building, Saint Elizabeth Emergency & Diagnostic Center, Meridian HealthCare and the SEHC Surgical Weight Loss Center. Further information on these sites can be found online.
9. Bonus Cards will be offered to all participants to earn a pound off of your team's final weight. Further information can be found by contacting the Cup office.

#### **Age Requirements**

There are no age requirements for this event.

#### **Scoring**

The winner of the event will be the team who has the greatest total percentage of weight loss. The winning team will be announced at the Awards Ceremony on September 10.