



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

Create, Chase, Capture Your Dreams in 2018

2018 Youngstown 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, April 30, 2018, and end Saturday, August 18, 2018. Teams must register with the Cup office no later than April 30, 2015. *Exceptions can be made.
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 1:00 PM. If any weights are taken after 1:00 PM, they will count towards the following week's weigh-in.
5. We suggest contestants 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 four other additional weigh-in locations. They include: the Davis Family Y, St. Joe's at the Eastwood Mall, Saint Elizabeth Emergency and Diagnostic Center, and Meridian HealthCare. Further information on these sites can be found online or in your Participant's Handbook.
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 in your Participant's Handbook.

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 8.