



## 2010 "Y" Weight Challenge Rules



### "Y" Weight Challenge Eligibility Requirements:

1. All participants are required to pay the \$15 registration fee.
2. Participants must be a Siskiyou County resident.
3. Any participant who has had gastric bypass surgery or related stomach surgery in the pass six (6) months or who is currently pregnant is ineligible to participate. If surgery was completed more than 6 months ago, proof of surgery date will need to be submitted by the physician's office that completed the surgery by the participant at the time of registration.
4. Previous winners may compete but will be ineligible to win any prize monies.

### "Y" Weight Challenge Contestant Rules:

1. All contestants should attend the initial & final weigh-ins on January 16 and April 10, 2010. For those contestants unable to attend on January 16, they may weigh-in after January 16 but not sooner. For those unable to attend the weigh-in on April 10, they may weigh-in during the week of April 4 – April 10. After April 10, 2010 and/or the announcement of the final winners that day, no other weigh-in values will be eligible for the grand prizes.
2. All contestants must attend at least 3 of the 6 educational opportunities offered at each weigh-in. All educational opportunities will be offered at the Siskiyou Family YMCA. The Saturday weigh-in dates are as follows: January 16, February 6, February 27, March 20 and April 10, 2010. The times are TBA and will be available on Saturday, January 16.
  - a. For those individuals unable to attend the educational opportunities, they will need to complete the Biggest Winner Make-up Paper. There are 3 topics contestants can submit a paragraph or more on. For each topic completed, the equivalent of attending one educational class would be met. The deadline for submission of the make-up paper is Saturday, April 10 by 10:00am.
3. An optional 12 week calorie and exercise log can be completed and credited as an equivalent to 1 educational lecture or 1 fitness challenge. The deadline for submission of the log will be Saturday, April 10 by 10:00am.
4. Complete three (3) fitness challenges. Fitness challenges will be offered at 4 weigh-in dates: February 6 & 27, March 20 and April 10. The times are TBA and will be available on Saturday, January 16. Additional fitness challenges may be added during the competition. Dates and times TBA.
5. The winners in each category, overall male and female winner and team of four (4) overall winners will win by the total percentage of weight loss from their initial weigh-in value. It is not based on the total number of pounds lost from their initial weigh-in.