

2010 Face Off Rules and Regulations

For the Team Competition: 75% of the competition is based on points earned for the team and 25% is based on weight lost, inches lost, and body composition lost.

This Year, The Face Off Program is about accomplishing your individual goal.

What is **YOUR** goal for the next 9-weeks? Is it to lose 5 pounds or 10? Is it to stop eating so many sweets? Is it to workout 5 times a week vs. 3? Our ultimate mission is to help you accomplish your individual goal. In the first week of the competition you are required to write down your goal for the next 9-weeks. Your goal must be challenging but attainable. If you accomplish your goal by the end of the 9-weeks you will be rewarded a prize, (yet to be determined) **AND** your team will gain additional points, (yet to be determined).

Registration Fee

This year there is a registration fee of \$20 per Face Off Participant. The money collected will be used to purchase T-Shirts, food and drinks for the Kick-Off Party and Awards Ceremony, and weekly prizes.

\$2 from each participants registration fee will be put into the Money Pot.

THE MONEY POT

At the end of the 9-week competition we will divide the **Money Pot** into

3 separate winnings:

- I. **Mr. Face Off** – The male participant that loses the most scale weight, inches, and body composition.
- II. **Mrs./ Ms. Face Off** – The female participant that loses the most scale weight, inches and body composition.
- III. **The Most Active** - The participant that earned the most points (other than Mr. or Ms./ Mrs. Face Off).

Mulligan

Each Participant will have the opportunity to purchase one Face Off Mulligan.

At anytime throughout the 9-week competition you can buy 500 points for \$5.00. This \$5 will go into the Money Pot.

You only get 1 Mulligan!

Mulligan passes can be purchased at the front desk and must be

Attached to your log in sheet.

Home Workouts

Home workouts will count for the Face Off. Up to four 1-hour home workouts/ or other gym workouts will be accounted for per week. Home workouts must be exercises that are intentional workouts, such as an exercise video, treadmill, or other piece of exercise equipment, strength training, etc. Vacuuming, housework, random activities that keep you moving **DO NOT** count as exercise. **PLEASE BE HONEST.**

If you do not workout at home do not mark it down!

New Policy:

There are roughly 11 people on a team. This year we are going to take the top highest 8 scores from each week to calculate a weekly team total. So, if you are planning on being away for a week, or if you get sick and are not able to gain points, your score will most likely be eliminated.

What if you are going out of town for longer than a week during the FACE OFF?

If you plan on being away for more than 2 weeks, you can get a *replacement*. The replacement can finish the competition for you.

Prizes

The participant that earns the most points each week will earn the following prizes:

Limit one prize per person

- Week: 1** 1-Month of Free Tanning at the Sports Complex
- Week: 2** Woodloch Long Sleeve T-Shirt
- Week: 3** \$25 Gift Card to the Sports Complex
- Week: 4** \$25 Gift Card to Settlers Inn
- Week: 5** Woodloch Cap
- Week: 6** \$25 Gift Card to Springs Pro Shop
- Week: 7** 1 hour Massage from Eileen Pillar
- Week: 8** 1 Dinner Entrée at the Springs Clubhouse
- Week: 9** \$25 Gift Card to the Woodloch Gift Shop

Grand Prize TEAM Winners:

Each winning team member will receive a 1-month free membership and
1-month of Free Tanning.
And of course bragging rights.

Grand Prize Individual Winners:

Mr. and Mrs. Face Off and The Participant that Earns the Most Points for the 9-weeks, will receive a 3-month membership and 1-month of Free Tanning at the Sports Complex, a Gift Certificate for Dinner and a Show at Woodloch Pines for 2 people, Plus the Money post split 3 ways.

Other Awards

To be given out at the Awards Ceremony (Not limited to)

Most Enthusiastic, Most Sportsman Like Conduct, The Biggest Joke-ster, and Most Committed.

Locker Rental Option

We will be reserving 10 green lockers in both the Men's and Women's Locker room for locker rental. The fee will be \$20 for 10 weeks. First come first served!

Log In Sheets

Remember log in sheets must be turned in to the Front Desk or through email (sportscomplex@woodloch.com) no later than **Tuesday of the following week by 9am.** If your log in sheet is submitted past 9am on following Tuesday we will deduct 100 points.

Non-Sportsman Like Conduct

Points will be deducted from team totals if your teammates are engaging in negative talk, or complaining.

Sports Complex Etiquette

Just a couple reminders: 1. Bring a change of shoes for the fitness center 2. Shower before you enter into the pool 3. Bring headphones and wear them upstairs while you work out.

School Cancellations

If there is a 2 hour school delay, please call the Sports Complex to confirm the 9am morning class will be offered. If school is cancelled, the morning classes will be cancelled. Please call the Sports Complex to see if the night class will resume.

2010 Face Off

Important Dates to Mark on your Calendar

Week #1 – January 11 – 17

Wendy Olving Seminars

Wednesday, January 13 11am – 12pm

Thursday, January 14 5pm-6pm

Week #2 - January 18-24

Winter Sports (Try to get some exercise OUTSIDE) (for points)

Thursday, January 21 Ski at Ski Big Bear

For only \$25 Ski Big Bear is offering all Face Off participants a lift ticket for the day, rental equipment and 1st time beginner group lesson (at 12pm and 6pm).

(Please pre-register at the Front Desk)

If you can not make it on the 21st, Here are some other dates: Saturday, January 23 and Sunday, January 24: \$25 for lift ticket and \$16 for a rental package. Group lesson will begin at 10am (must be there by 9:30am)

Try Snow Shoeing on Friday, December 22 10am

Week : 3 January 25 – January 31

Week 4: February 1 – February 7

Week 5: February 8 - February 14

BREAK WEEK. Keep working out. But we will not be tallying points and you will not be required to do any special assignments. The Sports Complex will be busy due to President's Day Holiday.