I. POLICIES/EQUIPMENT

A. Participants must adhere to all policies and procedures in place for the Fitness Center and the Campus Recreation Team Fit program.

B. Teams are responsible for signing into Group Fitness classes in order to earn points for these classes. Credit will be given to teams as long as there is a signature for each player.

C. Points will be earned based on the usage of cardio equipment (treadmill, elliptical, bikes) in the fitness center, pool, attendance in group fitness classes, or participation in intramurals.

II. GENERAL RULES AND REGULATIONS

A. A team may consist of 2 or 4 players (separate divisions). All players MUST be registered for the team on www.imleagues.com by Friday September 7th.

B. Players individually earn points for their team. Players do not have to work out together with their team, or be present when their opponents are working out.

C. Each game will last from a Monday through Thursday of the week they are scheduled to play. Each day will be considered a Quarter of the game. Players can earn points throughout those 4 days the match is going on.

D. Captains must keep track of their teams point total and turn in scorecard at the end of each week on Friday before 3 pm into the Campus Recreation office in room B107 of the Physical Education Building.

E. If taking Group Fitness classes or playing an intramural game to earn points, players must have the group fitness instructor or an onsite official sign the bottom of the card before returning the card at the end of the week.

F. On Friday, all score cards will be tallied to see which team won that match.

G. If a team fails to enter a scorecard by Friday 3pm, they will have forfeited that match.

H. At the end of the season, top teams will be taken to a playoff competition that will lead to our Team Fit Championship.
I. T-shirts will be given to the first and second place teams in each division, as well as the top 2 male point total winners and the top 2 female point total winners.

III. SCORING

A. Teams must be honest when recording their score. Teams must self-report their score, and the integrity of the event will only be credible if the participants are honest with their score cards.

B. For every 1 minute of cardio that you do in the Fitness Center, pool or open rec your team will advance 1 yard.

C. Once your team accumulates 100 yards, they get a touchdown and will earn 7 points.

D. If team has at least 75 minutes left over at the end of a quarter (day), they will get a field goal and earn 3 points.

E. Your team can also earn a field goal by attending any Group Fitness Classes offered or participating in intramural activity.