

IBL RULES 2019

WHO:

- Five members per team
- Each team must have a minimum of two female participants
- Individual Participation: may compete individually

WHAT:

- Work together as a team to healthfully lose weight over the 8-week competition
- Begin with an initial weigh-in, waist measurement and complimentary screenings
- Weigh in each week to monitor your weight loss
- Lose weight and score points during the competition to increase your chances of being the 2019 Biggest Loser
- Individual and Team weight loss (in pounds) are converted to percentage weight loss to determine the weekly and overall winners
- Receive weekly newsletters sharing weight loss winners of the week, health tips and team standings
- Enjoy local offerings from our sponsors and partners: Crunch Fitness, ACAC Fitness, CRYORVA, Catalyst Fit, SEAL Team Physical Training.

WHEN:

- Tuesday, January 8, 2019 – Tuesday, March 5, 2019
- Weigh-ins will be every Tuesday during the 8-week competition

Weigh-In Times and Locations:

Crunch Fitness West End
10470 Ridgefield Parkway
7:30am – 9:00am and 5:00pm – 7:00pm

Innsbrook Foundation Office
4600 Cox Road, Suite 109
11:30am – 1:00pm

Shady Grove YMCA
11255 Nuckols Road
11:30am – 1:00pm

DETERMINING CHAMPIONS:

The IBL team and individual champions will be determined based on two criteria:

1. The team or individual with the **most points** earned between January 8th – March 5th.
2. All team members and individual competitors must meet mandatory weight loss goals (see weight loss chart below)

Weight Loss Goals

Initial Weigh-In	Weight Loss Minimum
100 – 199	5 lbs.
200 – 299	10 lbs.
300 – 399	15 lbs.

- 1st, 2nd, and 3rd place team winners will be awarded a cash prize and prize pack.
- 1st, 2nd, and 3rd place individual winners will be awarded a cash prize and prize pack
- Top 3 competitors with the greatest waistline reduction will be awarded a prize pack (this is a separate category and will not determine overall winners)
- If a tie occurs, the tiebreaker will be the team or individual that has lost the highest percentage of their weight

POINTS:

Weight Loss:

- Each team member or individual competitor will earn two points for any weight loss experienced from their previous weigh-in = 2 points max per individual, 10 points max per team
- A minimum of .1 lbs must be lost to earn the two points for weight loss
- No points will be awarded to a person who has gained or maintained their weight
- Team or individual with the greatest percentage of weight loss for the week wins a weekly prize

Weigh-Ins:

- Each competitor who attends a scheduled weigh-in (all team members do not have to weigh in at the same location) = 1 point per individual, 5 point max per team.
- If a competitor knows ahead of time that they will be unable to make a certain Tuesday weigh-in, they may weigh-in on the Friday **before** the known missed weigh-in day, NOT the Friday after the missed weigh-in. A Friday make-up weigh-in must be done in the Innsbrook Foundation office only from 11:30am – 1:00pm.
- If a competitor misses a weigh-in due to unavoidable circumstances, the Innsbrook Foundation will assess the situation and determine if a “make-up” weigh-in may be issued. Contacting the Innsbrook Foundation about a circumstance does not guarantee that a make-up will be granted.

EXTRA POINTS:

Wellness Forums/You & Improved Forum:

- Competitors that attend the monthly Innsbrook Wellness Forums and/or You & Improved Forum offered = 1 point per individual, 5 points max per team
- Participants must attend for a minimum of 35 minutes
- If a competitor is unable to attend the Forums offered, they may earn 1 point by reading a designated article and submitting a short quiz on the article. The article and quiz will be posted on this web page on the day after the Forum (Wednesday) and the quiz should be submitted to skuhn@innsbrook.com with "IBL Quiz" in the subject line, no later than noon the next day (Thursday) in order to receive the (1) point. **Substituting a quiz for a forum attendance will only be allowed once during the 8 week competition**

WINNERS:

Waistline Reduction Winners:

- Top two competitors with the greatest amount of inches lost from their waistline
- Participants must have their waist measured at the first weigh-in on January 8 and measured at the final weigh-in on March 5
- All participants are eligible

Weekly Winners:

- Each week, we will award the top individual competitor and the top team with a weekly prize(s) for the highest percentage of body-weight lost for that week
- No points will be awarded for the weekly winner(s)
- Our formula for determining the weekly winner:
 - $(\text{Previous week weight} - \text{current weight}) / \text{previous week weight} = \% \text{ of body weight loss}$
 - Example: Competitor weighs 145 lbs. on Week 3 and weighs 142 lbs. on Week 4
 $(145 - 142) / 145 = .021 = 2.1\%$ of weekly body weight loss

Formula for determining the total percentage of body weight lost:

- $(\text{Initial weight} - \text{current weight}) / \text{Initial weight} = \% \text{ of body weight loss}$
- Example: Competitor weighs 150 lbs. at initial weigh-in and weighs 145 lbs. at week 8
 $(150 - 145) / 150 = .03 = 3\%$ total body weight loss