



# Official Fit League Rules

Revised 6/2/16

## I. The Honor Rule

1. This rule is the most important. Everyone is here to have fun, meet new people, and play sports. Be respectful and conscious of your actions.

## II. PLAYERS

1. Each team must consist of at least 4 players each week.
  - A maximum of 8 players can participate each week.
  - At least one player must be male and one female.
2. If your team is down players you may ask other players in the league, or just a friend to play except for Finals Night.
  - Every player on Finals Night must be on the original roster.
  - Everyone, and that means everyone, who participates must sign an SBS waiver.

## III. FORMAT

1. There are two waves per night. Each wave lasts 1 hour. First wave is at 7pm, the second is at 8pm.
2. Each wave will start with a dynamic warm-up and stretch.
  - This is done as one large group. This lasts 10-15 minutes.

3. The next step is a 30 minute workout led by your team's trainer. This workout is geared towards next week's challenge.
4. The last 15 minutes are spent doing that week's challenge. This is where your score is recorded.
5. The first 4 weeks will be baseline testing. Weeks 5-7 will be improvement testing. Week 8 is a finals gauntlet that puts all of the challenges together.

#### IV. CHALLENGES

1. There will be 4 challenges. 3 of them will be repeated, one is a wild card. The challenges will fall into the following categories:
  - Repetitions (strength and will)
  - Stamina (agility and cardio)
  - Problem solving (strength, logic, teamwork)
  - Wild Card
2. Each team will be doing a different challenge.
  - For example Week 1, team 1 will do Repetitions challenge. Team 2 will do Stamina challenge, Team 3 will do Problem solving. Etc.

#### V. SCORING

1. Teams will be scored individually and as a team.
  - Individual scores are based on improvement on a challenge.
  - For example if Week 2 you do the Stamina Challenge, that is your baseline. You will do Stamina again on Week 6. Your improvement from Week 2 and Week 6 is scored and measured.
  - Each challenge has its own method of scoring. The trainers will explain everything each week.
  - Team scores are the top 4 scores from your team each week added as a team score.
  - Team scores are matched against team scores for the same challenge. Each challenge has its own method of scoring. The trainers will explain everything each week.
2. Overall standings and seeding for the Final Gauntlet will be a combination of team scores and individual improvement scores.