

2012 CONTEST RULES

1. There will be two start dates. Deadline for applications are 6 pm, January 12, 2012 and 6pm, January 19, 2012. No exceptions.
2. The Individual entry fee is \$79.00 and must accompany application. The Team entry fee is \$39 and must accompany application.
Entry Fee(s) are non-refundable.
You must be a current YAC Fitness/ Yakima Athletic Club member to participate (contest temporary memberships are available).
3. Picture and measurement sign up available upon payment of application fee.
Flight 1 pictures and measurements:
January 10-12, 2012 - Final pictures and measurements are April 3-5, 2012.
Flight 2 pictures and measurements:
January 17-19, 2012—Final pictures and measurements are April 10-12, 2012.
Participants must be available for both beginning and end dates within your flight.
4. Flight 1 Pictures and Measurements will be taken at Yakima Athletic Club and Flight 2 Pictures and Measurements will be taken at YAC Fitness. Three pictures will be taken: front, side and back. Circumference measurements will be taken in addition to your weight. A copy of before and after pictures will be available to all participants at end of contest. Female participants are recommended to wear a two-piece, solid color swim suit. Male participants are recommended to wear shorts (length-mid thigh). No socks for pictures. Speedo, briefs, thongs or undergarments are not allowed.
5. There is a mandatory questionnaire due upon completion of this contest for competitors in the Individual Categories only. The questionnaire must be turned in at the final pictures and measurement to be judged, failure to turn in will result in a default from the contest. The questionnaire is an important part of the final judging process.
6. Pictures and measurements will be confidential to event staff and judging panel, unless you win.
Pictures and measurements then may be used by YVRC, Inc for advertising purposes. All participants are required to sign a waiver to release pictures and results to YVRC, Inc.
7. Winners are determined by the following factors: Visual Change (all 3 pictures), Statistics (Body Fat, Lean Body Mass and Weight), Questionnaire (how did you achieve your results).
8. The judging panel will consist of 5 – 10 men and women.

CATEGORIES

9. AGE GROUP Categories: 18yr—34 yr, 35yr—49yr, and 50yr and older, men and women. Age Group Prize pools are all \$1,000 guarantee for first place (*with minimum of 15 participants*).
10. TEAM Category: A team is formed by 2-8 male and/or female participants ages 12 and older. The fee is \$39 per person. To participate in the individual and team categories applicant must pay both entry fees. Teams are judged on the largest percentage of weight lose as a Team. Pictures will not be taken in this category.
11. WINNER/EMPLOYEE Category: This category is for past *1st place winners* in the Individual Categories and/or employees of YVRC, Inc and/or spouses or direct family members of employees. Past 1st place winners are not eligible to win prize money in the Individual Categories. Winner/Employee's will split the prize pool, there is a \$500 guarantee for this category. Men and Women may be judged together depending on the number of participants.
13. Rules may be changed if necessary to accommodate special situations.
14. Absolutely no illegal drug use will be permitted. Polygraph testing may be used. Women may not enter the contest if less than six months postnatal. Enhancement surgery is not permitted during the 12 week participation.
15. Everyone that completes the contest and has final pictures and measurements taken will be entered into a DRAWING FOR ADDITIONAL VALUABLE PRIZES. Employee's are not eligible for drawings.

MUST BE PRESENT TO WIN DRAWING - Winners Ceremony - APRIL 16, 2012 @ 6pm @ YAC Fitness.

Getting more people, more active, more often!

www.yakimaathletic.com

