



Please call the Employee Gym if you have any questions about the below team rules. Thank you & good luck! Rami

FITTEST DEPARTMENT TEAM INFORMATION

1. Minimum of 2 players per team from the same dept.
2. Every contestant on the team must score over 1,000 points in order for the team to qualify for the Team Award.
3. Teams must select a team captain by the end of the registration period.
4. Any changes in the team roster (adding or removing participants) must be completed in the first 2 weeks of the challenge.
5. Team Captains can also “suspend” any team participants who miss the first 2 weigh-ins. Any suspension must be completed during the first 2 weeks of the challenge.
6. Team members missing 3 weekly Weigh-Ins will be disqualified and the team will lose status as a team.
7. Team with the highest average points wins.

Updated 1/02/15
©2015 ramfitness.com

