

2022 Fitball Incentive

Duration: Monday, October 10th through Saturday November 19th, a 6-week program.

Purpose: To encourage Oneida Family Fitness members to exercise on a regular basis to maintain a healthy lifestyle.

Cost:

- \$10.00 per team. Up to 2 participants per team. Individuals may also sign up at the front desk to be placed on a randomly selected team.

Teams:

- Teams may select any NFL team name or come up with an original team name. Team names will be assigned on a first come, first serve basis to each team that is registered and paid in full.

Rules and Regulations

- **Participants:** Open to Oneida Family Fitness members ages 13 and older.
- **Scoring:** Score cards for each team will be kept at the Oneida Family Fitness Front Desk.
 - **Weekly Scoring System (maximum of 11 points per person per week):**
 - **Scoring:** Every check-in scores a point
 - Only 1 workout scored per day. 20 minutes activity minimum. Outdoor walking/running will only be counted if check-in at OFF before activity.
 - **Touchdown:** Exercising 5 days per week scores 6 points
 - After scoring a Touchdown *attempt* to earn extra points by drawing cards. A “kick” card scores 1 point, “conversion” cards scores 2 points and a “no good” card earns no points.
 - **Field goal:** Exercising on Saturdays scores 3 points
 - Scores will be updated weekly and posted on bulletin board at OFF.
- **Prizes:** Teams will compete to score the maximum number of points for the duration of the 6 weeks to earn prizes.
 - **1st, 2nd and 3rd Place Prizes:**
 - Ties for 1st, 2nd or 3rd place will be settled by:
 - Team with the most conversions will win. (the number of kicks scored will be used if neither team has scored a conversion)
 - If no conversions or kicks were scored the teams will enter into sudden-death. In sudden-death elimination each tied team draws for an extra point. The highest score wins.