



Brass City Meltdown Rules and Regulations

- Four (4) people to each team, can include non-members (no obligation to join). Individuals without a complete team can register for the contest, but there is no guarantee that we can fulfill a team of four for you. An incomplete team will be at a disadvantage, so you are strongly encouraged to form your own teams of four.
- Non-members can purchase a \$99 membership for 12 weeks (save \$70!)
- Without a Y membership, non-members will not be allowed to workout at the Y and also may not be able to complete every bonus workout conducted here. Non-members can attend the BCM class on Saturday mornings and come to the Y for their weigh-ins.
- Participants are required to take our Fit Test the first week of the contest and the final week of the contest. Non-members can take both tests at the Y. Appointments must be made for our Fit Test.
- Participants must weigh-in wearing only shorts and a T-shirt. No jackets/coats/hoodies/sweatpants etc.
- **If any team member fails to weigh-in on the required dates below, the team will automatically be disqualified. If you are away any particular week and notify our Wellness staff ahead of time, your weigh-in for that week will be excused.**
- The BCM first official weigh-in must be on **Saturday February 25th, Monday February 27th, or Thursday March 1st.**
- 2nd Week: Monday March 5th, Thursday March 8th, or Saturday March 10th
- 3rd Week: Monday March 12th, Thursday March 15th, or Saturday March 17th
- 4th Week: Monday March 19th, Thursday March 22nd, or Saturday March 24th
- 5th Week: Monday March 26th, Thursday March 29th, or Saturday March 31st
- 6th Week: Monday April 2nd, Thursday April 5th, or Saturday April 7th
- 7th Week: Monday April 9th, Thursday April 12th, or Saturday April 14th
- 8th Week: Monday April 16th, Thursday April 19th, or Saturday April 21st
- 9th Week: Monday April 23rd, Thursday April 26th, or Saturday April 28th
- 10th Week: Monday April 30th, Thursday May 3rd, or Saturday May 5th
- 11th Week: Monday May 7th, Thursday May 10th, or Saturday May 12th
- Your final weigh-in must be done on **Monday May 14th, Thursday May 17th, or Saturday May 19th.**
- Participants can come at any time on a designated weigh-in day to weigh-in with the YMCA Health & Wellness Staff. The Y is open every Monday and Thursday from 5:30AM-9PM, and on Saturdays from 7AM-5PM.
- The winning team will be announced on Monday May 21st at 6PM. Awards are given to the top 5 teams and to the male and female who lost the most weight.

- **Two** strength training workouts (on our strength machines) and **three** interval training (cardio) workouts are **required** each week. These will help you achieve maximum results. These workouts must be logged in your team folder every week.
- For each % of total body weight lost, your team will receive 5 points.
- Your team will also receive points for “bonus workouts” which will be announced every Sunday. You will have 7 days to complete each bonus workout. Some bonuses will be team challenges and others will be individual challenges. Examples of bonus workouts include swimming in our pool, attending a spin class, timed planks, and varying strength challenges etc.
- If a guest decides to join as a member, their membership and monthly payments will be deferred to the end of the contest.
- No refunds will be given after registration fee is paid.