



TEAM FITBALL

Incentive Program



Rules/How it works: Gather three (or less) other teammates to help you gain points to reach the Championship. The SRC Staff, group exercise instructors, and intramural staff will serve as the coaches. This means you will have to sign in and out with your coach each time you work out. They will be keeping a watchful eye on you to make sure that all stays fair and to make sure activities and times are recording accurately. Points will be deducted and possible forfeits for anyone who is caught reporting in accurate activities and times.

I. POLICIES/EQUIPMENT

- All captains must attend the Captain's Meeting on **Wednesday, February 8th** at 5:00pm in Intramural Office.
- Participants must adhere to all policies and procedures in place for the Student Recreation Center and the Group Fitness Classes.
- Points will be earned based on the usage of cardio equipment (treadmill, elliptical, bikes, Etc.), free weight room, attendance in group fitness classes, intramural games, playing racquetball or running/walking on the indoor track at the Student Recreation Center.
- Points will not be earned for varsity/club sport practices or activities outside the SRC (i.e. running, walking, biking).

II. GENERAL RULES AND REGULATIONS

- A team consists of 2-4 players. Teams **MUST** be registered by **February 7th** and all players **MUST** be registered for a team on IMLeagues (same site used by intramurals) by Monday February 13th.
- IMLeagues can be accessed from the Intramural website:
<http://departments.bloomu.edu/intramurals/>
- Game schedules and results will be recorded on the [Intramural IMLeagues web site](#).
- Team must register either for the "Recreational" or "Competitive" division. The "Recreational" division is geared for participants who do not regularly lead an active lifestyle, and are beginning to add a fitness program to their daily routine. The "Competitive" division is designed for participants who lead an active lifestyle, and already follow a fitness program regularly.
- Players individually earn points for their team. Players do not have to work out together with their team, or be present when their opponents are working out.
- Each game will last from a Monday through Thursday of the week they are scheduled to play. Each day will be considered a Quarter of the game. Players can earn points throughout those 4 days the match is going on.
- Captains must keep track of their teams point total and turn in scorecard at the end of each week to the IM Office in the SRC.
- If taking Group Fitness classes to earn points, players must have the Group Fitness Instructor sign the bottom of the card before returning the card back to the Front Desk.
- On Friday, all score cards will be tallied to see which team won that match.
- If a team fails to enter a scorecard by Friday, they will have forfeited that match.
- At the end of the season, top teams will be taken to a playoff competition that will lead to our Fit Bowl Championship.
- IM Champion T-shirts and water bottles will be given to the first place team as well as the top 2 male point total winners and the top 2 female point total winners. Water bottles will be given to second place teams.



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SCORING

- Teams must be honest when recording their score. Teams must self-report their score, and the integrity of the event will only be credible if the participants are honest with their score cards.
- Points will be calculated at the end of each quarter (day) and points will be totaled at the conclusion of the game (week).
- Once your team accumulates 100 yards, they get a touchdown and will earn 7 points.
- If team has at least 75 yards left over at the end of a quarter (day), they will get a field goal and earn 3 points.

Examples: 175 yards at the conclusion of 1st quarter (day) = 10 points.

100 yards = 7 points

+75 yards = 3 points

Total 175 yards = 10 points

Cardio: 1 minute = 1 yard

- **Fitness Room**- cardiovascular area featuring a variety of equipment, including ellipticals, AMT's, treadmills, climbers, stationary and recumbent bikes, Arc Trainers, rowers and other various cardio machines.
- **Indoor Track**- (8 laps = 1 mile)

Weight Room/Ab Workouts: 1 minute = .5 yards

Group Exercise: 60 minute class = 30 yards ***Instructor must sign/date your card to receive credit*

- **Flip Fitness**
- **Liquid Motion**
- **Zumba**
- **Calorie Killer**
- **Beach Body Burn**
- **Yoga = 15 yards**

Intramural Sports: Each one day event (per sport) = 30 yards

Referee must sign/date your card to receive credit

- Basketball
- Volleyball
- Racquetball

Personal Training: Trainer will record actives accordingly, cardio, free weights, etc. ***Trainer must sign/date your card to receive credit*