



LAPRA 2010 FITNESS CHALLENGE RULES AND REGULATIONS

Sponsored by the Los Angeles Police Relief Association, Inc.

600 N. Grand Avenue, Los Angeles, California 90012 – (213) 674-3701 – FAX (213) 674-3715 – www.lapra.org

1. All participants shall be Department (LAPD) sworn or civilian employees.
2. Each TEAM may have both sworn and civilian participants (sworn participation must be minimum of 10). Each TEAM shall consist of 20 members. A TEAM may start the challenge with a minimum of 20 and a maximum of 25 members. The weight loss for the 20 TEAM members (minimum of 10 must be sworn) with the greatest percentage weight loss at the final weigh-in will be used by LAPRA to determine the total TEAM weight loss. The weight for the remaining TEAM members will not be included in the TEAM's total weight but those TEAM members will be eligible to compete for the individual prizes provided their information is submitted on the final TEAM application.
3. Each TEAM shall have a designated TEAM Captain and co-Captain (may be one of the 25 team members).
4. Each TEAM shall designate one "Station Fund" for the LAPRA 2010 FITNESS CHALLENGE contest.
5. Each TEAM must meet the minimum total weight loss of 5% of the entire team's (final 20 members) entry weight to qualify for any awards or prizes. Each team that loses 5% of the total team weight (final 20 members) will win \$500 unless they qualify for the following prizes that will be awarded to the teams that have the greatest total team percentage weight loss (final 20 members): Grand Prize of \$10,000, 1st Prize of \$7,500, 2nd Prize of \$5,500, 3rd Prize of \$3,500, 4th Prize of \$2,500 and 5th Prize of \$1,500.
6. Individual prizes consisting of 1st Prize of \$5,000, 2nd Prize of \$4,000, 3rd Prize of \$3,000, 4th Prize of \$2,000, 5th Prize of \$1,000 will be awarded to the individuals who have the greatest individual percentage of weight loss regardless of the total percentage of team loss. An individual team member is still eligible for an individual prize even if his/her team does not meet the minimum total weight loss of 5%. LAPRA shall make the final determination of the winning teams and individuals. All team prizes will be awarded to the designated "Station Fund".
7. Only three TEAMS per Office, Bureau, Group, Area, Division or Section. Offices, Bureaus, Groups, Areas, Divisions and Sections, lacking personnel or participants, may combine with other Department entities provided their assigned Department entity does not have its own team. Example: If you're assigned to Central and Central has one or more teams designating the Central Station Fund you may not join another entity's team. However, if Central does not have any team you may join another entities' team.
8. **Weigh-ins Sign-up and Final Deadlines:** Commanding Officers and TEAM Captains shall attest to each TEAM member's individual weight and combined weight (sign application). All weigh-ins must be completed using the LAPRA scale. Each TEAM must pick-up a scale from LAPRA prior to weigh-ins. However, if your team has a LAPRA scale from last year's Fitness Challenge you must bring it into the LAPRA office before the weigh-ins to be re-certified and your team will receive \$20 for your "Station Fund". All TEAM members shall weigh-in dressed in a t-shirt, gym shorts and socks. **Beginning weigh-ins** will take place between **Thursday, 6-24-10 and Wednesday, 6-30-10**. The Fitness Challenge Application must be completed in full with the exception of the "End"weight, and signed by all TEAM members, TEAM Captain, TEAM co-Captain and Commanding Officer and **delivered to LAPRA by Wednesday, 6-30-10 at 5:00 P.M.** On each payday Wednesday commencing **7-14-10 through 9-8-10** TEAM Captains are required to email the interim total TEAM weight no later than the Wednesday following payday to LAPRA at 2010fitnesschallenge@lapra.org The results will be posted on the LAPRA website. Failure to timely email the interim TEAM weight for more than any 2 weigh-ins will result in a final TEAM penalty of 5 lbs. **Final ending weigh-ins** shall be completed between **Friday, 9-24-10 and Thursday, 9-30-10**. An application must then be completed with **ALL** (up to 25) of the team members' names, Serial No., Division of Assignment & "End" weight information & signed by the TEAM Captain or co-Captain and Commanding Officer and **delivered to LAPRA no later than Thursday, 9-30-10 at 5:00 P.M.**

It is recommended that TEAM participants see their doctor or health care professional before starting any weight loss or exercise workout program. In order to participate in the LAPRA 2010 FITNESS CHALLENGE each participant must sign the Release and Discharge of the Los Angeles Police Relief Association (LAPRA), City of Los Angeles, sponsors, participating groups, employees, directors, officers, members and volunteers from any and all claims, charges, actions, suits, demands, obligations, damages, injuries, liabilities, losses and causes of action of every character, nature, kind or description arising out of or relating to his or her participation in the LAPRA 2010 FITNESS CHALLENGE.

