

## Pound Plunge Program Rules

Last updated 5/27/2009

1. No purchase necessary.
2. Participation is open to U.S. residents who (a) are at least 18 years of age as of May 30, 2009; (b) are in good physical and mental health; and (c) sign a Waiver and Release of Liability, Assumption of Risk, and Indemnity Agreement found on the Registration Form.
3. The Pound Plunge Program ("Program") shall last 12 weeks, beginning June 6, 2009, continuing through August 29, 2009. The winning team shall be announced on Saturday, August 22, 2009 at 10:00 a.m. at the YMCA Cape Cod.
4. The winning team shall be determined by the highest combined percentage of weight loss (which is calculated by taking the difference between the total weight of the four team members on August 22, 2009 and the initial weight of the four team members on June 6, 2009). In the event of a tie, the team with the greatest amount of pounds lost shall win. Participants' weight shall be recorded using program equipment. A participant must wear equivalent clothing for each weekly weigh-in. The determination by the YMCA Cape Cod and any other sponsor of the Program concerning the winning team, interpretation of the Program rules, and disqualification of and participant shall be final.
5. In addition to the initial and final weigh-in, each participant must be weighed using Program equipment during an official Program weigh-in event during the course of the Program. Each participant is allowed two misses. There are 12 weigh-ins including the initial weigh-in. Only one official weigh-in per calendar week is permitted. A participant's failure to complete the required number of weigh-ins shall result in disqualification of his/her team from the Program.
6. Sponsors do not warrant any of the products, materials, or services received by the participant. Such products, materials, services are provided "as is". There may be warranties provided by the manufacturer of the products or materials or the provider of the services for which Sponsors have no responsibility or duty to perform.
7. No changes can be made to the team's registration after June 6, 2009.

