

## Community Fitness Challenge (CFC) Prizes and Points

### Participation Challenge

Each participant in the CFC will earn points for taking part in Recreation events, activities, and classes. Participants will be earning points toward the individual totals as well as the team totals. The more team members that join a specific event, activity, class, the higher the team points will be and if you have 6 or 7 members join there will be bonus points. Team points will be a combination of bonus points (if any earned) and combined total of individual points of the team.

There will be prizes awarded for the top teams and the top individuals based on the points scale. In addition to the overall winners, there will also be monthly winners for both team and individuals (An individual or team can only win one month, but the team remains in to win the overall 80 day prizes).

When attending a CFC activity please advise the activity coordinator that you are a CFC participant and your points will be added to your balance upon checking in. This program is about getting fit and becoming more active, therefore there are no points awarded for activities not run by recreation. This is to ensure that participants are engaging in the program and that the point totals are as accurate as possible.

Should you have any questions, please send your inquiry to [recreation@kaust.edu.sa](mailto:recreation@kaust.edu.sa)

Above all have fun, get fit, and win prizes!!

### Points for Individuals/team

Individual attends Personal Training or Fitness Classes:	10 points both Team and Individual
Individual attends a CFC activity:	10 points both team and individual
Individual attends a CFC sports league:	10 points both team and individual

### Bonus Points for Teams

7 members of a team show up to a CFC activity:	350 points
6 members of a team show up to a CFC activity:	180 points

### League points

Winning team of a CFC event:	750 points
2 <sup>nd</sup> place of a CFC event:	500 points
3 <sup>rd</sup> and 4 <sup>th</sup> place of a CFC event:	250 points

### Definitions

- CFC Event-A CFC activity or CFC sports league.
- CFC Sports League-A sport league held exclusively for and during the CFC 80 day period. CFC will have leagues for the following sports: Volleyball, Dodgeball, Badminton, Basketball, Tennis, Cricket, Bowling and Table Tennis.

- CFC Activity-Fitness activities held for and during the CFC 80 period. These activities include: TKC Bootcamp, Capture the Flag, Night Run, 5K Run
- [Personal Training or Fitness Classes](#)-these are fitness classes and personal training sessions that are available throughout the year from Recreation and are not exclusive to CFC.

**Example of points:** Participant A attends a yoga and bootcamp class in week 1. Participant A will have earned 20 points for the individual total, but they have also earned 20 points toward the team total.

Should a teammate also join the same classes each participant would have 20 points, but the team would have 40 points.

If a team of 7 members join a particular class, each individual will have 10 points and the team would receive 70 points, but there is a bonus of 350 points for involving the entire team and the team total would be 420 for this one class.

#### **Items to remember:**

1. CFC Activities are free of charge.
2. A Par-Q form must be filled out prior to any exercise.
3. Teams and individuals must put name down with the instructor in charge of the CFC activity.
4. All classes and activities are on a first come-first served basis.
5. Prizes for top teams and top individuals.
6. You cannot sign in another team mate(s) or you will be removed from the program.
7. Please wear your pedometer when participating to keep count of your steps for CFC
8. Encourage your whole team to partake in the CFC activities.
9. Each CFC participant is responsible to ensure that they sign-in to receive points. Sign-in sheets will be available with the CFC instructors.
10. All points will only be awarded at time of visit and cannot be awarded at a later date.

#### **Prizes**

- Weekly individual and team leaders.
- Top teams and individuals every 20 days.
- Individual and team with the most points at the end of the 80 day challenge.

Winners will be announced on the CFC website and Facebook page.

#### **Step Challenge**

Each participant logs their tracked steps each week on the CFC website. Prizes are awarded to the individuals and teams that have accumulated the most steps weekly and every 20 days.

Winners will be announced on the CFC website and Facebook page. Once an individual achieves 100,000 steps they are awarded a prize.