



# GUIDELINES FOR PARTICIPATION

## THE FOLLOWING GUIDELINES MUST BE OBSERVED IN ORDER TO PARTICIPATE IN SCALE BACK ALABAMA:

- You must be 18 years of age or older and live and/or work in Alabama.
- Those who have had a weight-loss surgical procedure will not be eligible to participate until one year after the surgery.
- Those who are pregnant, or who become pregnant, are not eligible to participate.
- If your BMI is under 20, you do not need to participate in this program. Please see instructions on the website for calculating your BMI.
- You have to be on a team of 2 to participate, no more and no less.
- Once you sign up with someone, you can't switch. And, unfortunately, if a team member has to drop out, the team isn't eligible for the grand prize drawing. However, the remaining participant is eligible for individual prize drawings.
- You can only participate on one team.
- Team members register online at [www.scalebackalabama.com](http://www.scalebackalabama.com) or via the Scale Back Alabama phone app. Please note, both team members must provide their information in order to submit the online registration.
- Teams must weigh-in at an official Scale Back Alabama weigh-in site during the week of Jan. 11-18 and weigh out the week of March 15-22. In other words you can't weigh your own team.
- Participants should wear normal attire for weigh-ins. Bulky items, such as overcoats, purses, work boots, etc., will not be allowed. Participants should remove shoes when weighing. (Individuals who have medical reasons for wearing certain shoes or other apparatus should check with the local coordinator to see how they might be accommodated).
- Weigh-in sites will be required to keep and record individual team members' beginning and ending weights. These weights will be kept confidential and only shared with Scale Back Alabama staff members to determine eligibility for prize drawings.
- If any team member cannot use a standard scale for the weigh-in, please call the weigh-in site in advance to check for available accommodations.

To be eligible for the grand prize drawings, teams must end with the same two people who started, and each participant must have lost at least 10 pounds. At the final event on April 5, three first-place teams will be drawn for \$1,000 per team member, three second-place teams will be drawn for \$500 per team member and three, third-place teams will be drawn for \$250 per team member.

To be eligible for individual prizes of \$100 each, individuals must complete the 8-week contest and lose at least 10 pounds, regardless of whether their other team member lost the 10 pounds. (40 individual prizes)

[WWW.SCALEBACKALABAMA.COM](http://WWW.SCALEBACKALABAMA.COM)