

Revised Rules for Ballyhogue GAA Club's Biggest Loser Competition.

Rules as of 14/1/15

General Rules for Teams

- Each team must have ten or more members- At least 4 of whom are women.
- Teams are entitled to hold only one large fundraiser in the parish to raise extra sponsorship money. The date for this fundraiser must be "booked" with the Club Treasurer by January 9th 2015. Dates for fundraisers will be allocated on a "1st come 1st served basis."
- Every member of a team will be given a sponsorship card.
- There are 5 teams in the competition, each drawn from a different part of the parish. These are as follows,
Galbally- Ballybrennan, Ballymorris, Raheenahoone, Curragnabola, Barmoney, Tomfarney.
Boromont- Dunanore, Coolteigue, Knockduff lane, Borodale, To Macmine Cross at Ger Dunne's.
Bree- Macmine Road, Clonmore, Bree Village, Sparrowsland.
Ballyhogue- Ballyhogue village, Garrinstackle, Macmine from Ger Dunne's to Ballyhogue Village, Bellvue, Brookhill.
Craan/ Wilton- Ballybrennan, Ballybrittas, Carrig, to Coolteigh cross.
- Each team will have a captain who will be responsible for the organisation and participation of their team in the competition. For 2015 these are as follows;
Galbally-Ciaran Corish 087-0990485
Boromont-Maurice Condon 087-2540021
Bree-Eddie Galavan 087-6595985
Ballyhogue-Niall Doyle/Eoin Byrne 087-6165655/ 0876855194
Craan/Wilton-James Whelan/Shane Dawson 0876680148/ 0874121403
- It will be the responsibility of the team captain to contact their team members to let them know of any event changes etc.

General Rules for Individuals

- To join a team you must be weighed in on the 9th January 2015 in Bree Hall and must be available for to be weighed out on March 7th 2015.
- If you join a team all events are free to you to participate in.
- If you are not a member of a team you are welcome to participate in any/all of the events but a charge of €10 will apply to you per event.
- You must sign in before each event. This will include the signing of an insurance waiver.

Scoring to decide the winning team

- There are 5 parts to the competition Weight Loss, Run, Cycle, Bog Run and Sponsorship each of which is scored differently (See below for details)
- Generally speaking each event is worth a maximum of 5 scoring points to the winner. Second place will get 4 scoring points. Third place 3 scoring points etc. This means that the maximum total score for the whole competition that a team can get is 25 scoring points.
- The winner will be the team who at the end of the competition has the highest amount of scoring points under this scoring system. All decisions on scoring are decided by the Ballyhogue GAA Club Subcommittee whose decision is final. Members of this subcommittee for 2015- Tony Hennebry, Des Kehoe, Henry Rochford, Cathal Byrne, Liam Curtis and Fintan Doyle.

Weight Loss

- Weight to be calculated in Kilogrammes only.
- Weight loss will be calculated on the difference between the combined team weight on January 9th 2015 at the first weigh in and March 7th 2015 on the weigh out.
- Save in exceptional circumstances everyone who weighs in must weigh out for a team to be awarded their scoring points.
- The weight loss will be scored on an average percentage weight loss per member basis.
- For instance if a team of 20 members lose a total combined weight of 200kgs this means that the average weight loss per member on that team is 10 kg. (200kg divided by 20 members) If a team of 40 members lose a combined weight of 200kgs, the average weight loss per member on that team is 5kgs. (400kg divided by 20 members)

- The team which has the biggest average percentage weight loss per member will receive 5 points, with 2nd place getting 4 points, third place 3 points and so on etc.

Run

There are two different distances for the run a 5k and a 10k.

- Each team must have at least any ten members out of its team finish the 10k run to claim any scoring points.
- There are no requirements on how many must do the 5k.
- A relay (whereby several different members complete different stages of the event) will only count as one member for the purposes of reaching 10 members.
- The team who is deemed to have won the race will receive 5 scoring points, with 2nd place getting 4 scoring points, third place 3 scoring points and so on etc.
- To calculate which team won the race and gets the 5 scoring points and what team came second and gets the 4 scoring points etc. the following scoring system will be used.
- For 10k;

First Man and Woman (Under 20) home	10 points
First Man and Woman (over 20) home	20 points
First Man and Woman (over 30) home	30 points
First Man and Woman (over 40) home	40 points
First Man and Woman (over 50) home	50 points
First Man and Woman (Over 60) home	60 points
Everyone else who finishes	5 points

If a person over 40/50 finishes before an over 30, they do not get both sets of points, they get the points awarded for their own category.
- For 5k: For everyone who finishes the 5k race will be worth 5 points to a team's overall score.
- Scoring will then be calculated on an average points per team member basis with the team with the highest score getting 5 scoring points and second place getting 4 scoring points etc.
- This scoring system is only used to calculate in what order the 5,4,3,2 and 1 scoring points for the Road Run will be given out in.

Cycle

There is two distances here a 20k cycle and a 30k cycle.

- The team who is deemed to have won the race will receive 5 scoring points, with 2nd place getting 4 scoring points, third place 3 scoring points and so on etc.
- To calculate which team won the race and gets the 5 scoring points and what team came second and gets the 4 scoring points etc. the following scoring system will be used.
- Each team member who finishes the 30k cycle will be worth 10 points.
- Each team member who finishes the 15k cycle will be worth 5 points.
- These scores will be used to calculate the average points per team member which will then determine which team was the winner and gets the 5 scoring points, which team came second and gets the 4 scoring points etc.
- To claim any scoring points a team must have at least 10 of its members finish the 10k cycle.
- A relay (whereby several different members complete different stages of the event) will only count as one member for the purposes of reaching 10 members.

Bog Run

- Each team who has 10 of its members finish the Bog Run will get 5 scoring points in total.
- A relay (whereby several different members complete different stages of the event) will only count as one member for the purposes of reaching 10 members.
- There are no extra scoring points for where you finish in this event. If your team finish last you will still get 5 scoring points.

Sponsorship

- Sponsorship will calculated on an average amount brought in per member on each team.
- Example: A team of 25 members brings in €2500 in total, than the average amount per member for that team would be €100. If a team of only 10 members brought in €2500 the average amount per member for that team would be €250. The team which brings the highest amount of money in per member will receive 5 scoring points, with 2nd place getting 4 scoring points, third place 3 scoring points and so on etc.