



**34 YEARS COMMITTED
TO COMMUNITY
HEALTH AND WELLNESS**

Live, Strive, and Thrive in 2025! Community Cup

Youngstown Meltdown Rules and Regulations



**Youngstown Area
Community Cup**

Descript

Teams of six will participate in a three-month-long (12 weeks) weight loss competition. The goal for the team is to have the greatest total percentage of weight loss during the designated time period.

Event Rules

1. Each team will consist of six people. The number of males and females does not matter.
2. The competition will begin on Monday, June 2, 2025, and end Saturday, August 23, 2025. Teams must register with the Cup office no later than June 16, 2025.
3. Each contestant is required to weigh-in once a week during the four month period. A designated weigh-in time will be determined on an individual basis.
4. Final weigh-ins for the current week end on Saturday at 12:00 PM. If any weights are taken after 12:00 PM, they will count towards the following week's weigh-in.
5. We suggest contestants wear similar clothing at each weigh-in.
6. If a contestant misses two consecutive (two weeks in a row) weigh-ins, they will be disqualified from the competition.
7. In the event of a disqualification, a ghost weight will be used in place of the disqualified participant. The ghost weight will be 130 for a female and 150 for a male.
8. Both the Central YMCA and the Davis Family YMCA will be the weigh in locations.

Age Requirements

There are no age requirements for this event.

Scoring

The winner of the event will be the team who has the greatest total percentage of weight loss. The winning team will be announced at the Awards Ceremony on September 6.