

Basketball Tournament

Here are the rules for a contest I just developed for our Chapter
(TOPS #OR 1059, Salem)

TOPS:

Each 1/4 pound loss = Free Throw (1 point)
Each 1/2 pound loss = Field Goal (2 points)
Each food & exercise chart turned in = 3-point goal

KOPS:

At goal or below = Field Goal (2 points)
Each pound below goal = Free Throw (1 point)
Each food & exercise chart turned in = 3-point goal
For example, if person A (TOPS) lost 3/4 pound that would be 3 points
and if they turned in a food/exercise chart they would earn 6 points that week.
If person B (KOPS) was 3 pounds below goal that would be 5 points and the
food/exercise chart would be added for a total of 8 points.

TOURNAMENT:

Each week equals one-half game.
Each team plays each of the other teams as follows:
Weeks 1 & 2: Team 1 vs. Team 2; Team 3 vs. Team 4
Weeks 3 & 4: Team 1 vs. Team 3; Team 2 vs. Team 4
Weeks 4 & 6: Team 1 vs. Team 4; Team 2 vs. Team 3
The Team that wins the most games is the winner. If there is a tie, then the team with the
most points will be the winner.
Also, for an Incentive for the Holidays, all who wish to participate put in \$5. Base weight
is the first weigh-in in November. Those who weigh less the first weigh-in in January
than they did at the first one in November split the pot.