



Legislative Advocacy Committee
Focus for Conference Workshop
LOVE YOUR HEART, LOVE YOUR SELF



SOROPTIMIST
Best for Women

Updates and forms also available online at www.si-noyosunrise.org
Watch for Updates on this and the Founder Region Website!

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RULES OF THE EXERCISE COMPETITION

1. The competition starts March 1, 2008 and ends April 30, 2008. Any club member can enter anytime up until the last day of the competition.
2. Any type of exercise qualifies in this competition, including housework, yoga, and meditation (See Equivalency Chart for point assignments)
3. The competition is open to any club or individual Soroptimist member. There is no minimum or maximum number of participants per club.
4. **Clubs participating will assign a club scorekeeper.** The scorekeeper will collect clubmember points and periodically report miles and club progress to a LA committee member from their district, who will keep records for the district (and post them on the LA Chair's website www.si-noyosunrise.org and also (hopefully) the Founder Region website.
5. Any additional interpretations of the rules will be posted on the above website(s) as they become necessary.
6. All 9 awards given will be given out at the LA workshop, at Conference on Friday.
7. There will be awards for individuals, clubs, and districts as follows:
 - a. Most Points Earned
 - i. Individuals (from 5 categories of age)
 - ii. Club
 - iii. District
 - b. Highest Percent Participation in Competition
 - i. Club
 - ii. District
8. Categories for Most Points Earned (between March 1-April 30, 2008)
 - a. Individuals—Points per person
 - i. Members under 25 years
 - ii. Members aged 25-40
 - iii. Members aged 41-55
 - iv. Members aged 56-65
 - v. Members over 65
 - b. Club Points and Participation (2 categories)
 - i. Most points overall (all ages)
 - ii. Highest percent participation (participants/#members)
 - c. District Points and Participation (2 categories)
 - i. Most points overall (all ages)
 - ii. Highest percent participation (#participating clubs/#total clubs)
 1. Tie-breaker is # members in clubs participating.