

TOPS

Take Me out to the TOPS Ballgame

Rules:

- This game will run nine weeks as nine “innings”.
 - Leader will divide chapter into two teams. Everyone will play.
 - Members must stay for the entire meeting to run bases.
 - To get on base you must come in with a weight loss. Once around all four bases =1 run.
 - A turtle equals a ball. The fourth player to receive a ball will get on base.
 - A weight gain equals a strike. Three strikes ends the team’s play.
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- Each week is one inning. Team captain will draw players’ names. If player has lost weight, player will advance to first base. Chapter leader will draw bonus coin right after player’s name has been called. If player receives a colored *coin he/she will have the opportunity to steal a base or bases. In order to steal a base the player must have completed the weekly assignment. After the third strike all bonus coins will be returned to the pot.
- *The coins will be marked – advance to 2nd base, advance to 3rd base or home run.
- After three strikes, play stops for that team.
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- The following week.
The batting order will continue with the players that were not called the previous week first. Then the team captain will continue down the batting order until the team receives three strikes.

KOPS:

- KOPS in lee-way (that means you are above your goal weight) will play with TOPS rules.
- KOPS at goal or below goal have two choices.
 1. You may choose to play as a TOPS player would play. You have to come in with a weight loss to get on base. All the above rules apply to you too. You must decide the previous week how you’re going to play for the following week- no changing. Chapter leader or Co-Leader will keep track. Once the inning is completed you may decide to continue to play as a TOPS player or choose option two.
 2. KOPS who are at goal or below will team up with a member of their team and use that player’s weigh-in as their own. TOPS player cannot deny you. If your player gains or loses, that is what you use as your own weigh-in weight. You must decide the previous week how you’re going to play for the following week- no changing. Chapter leader or Co-Leader will keep track. Once the inning is completed you may decide to continue to team up with your team players or you may chose option one. The team player can be different each week.

Baseball player – Who represents you.

Each member will receive a shell of a baseball player. Each week you will have the opportunity to bring your player to life, **but only if you have lost or turtle that week.** For KOPS at goal or below it will depend on the option you choose. If you teamed up with a TOPS player you take their weigh-in result. If they gain you gain.

The list to bring your player to life must be filled in the order it appears on the list.

Ex: First week loss - Stuff body

Second week loss - Put player's face on, etc ...

List – Must Go in Order!

1. Stuff Body (head & Stomach)
2. Face
3. Hair
4. Shirt (must have baseball team colors & logo)
5. Pants
6. Belt
7. Socks/Cleats
8. Hat (team colors)
9. Your own personal accessory (something that will reflect your personality)

Prize:

A "Sampling Banquet" put on for the winning team. Each player on the losing team will provide an entrée plus a copy of the recipe for each member of the chapter. The entrée must come from our TOPS magazines.

The Chapter will provide the 2-ounce serving cups to serve the entrée in.

The team captain must coordinate the entrée throughout the team so we will not have duplicate recipes. The Chapter Leader or Co-Leader will help with the organization of the banquet.

Awards will be handed out at the banquet for the three highest weight loss on each team. There will be judging of the players. If you complete the weekly assignment to the fullest, your name will be put in a drawing for prizes.