***2016 Greek Week***

***Tugs & Pyramids Information Packet***

If you have any questions or concerns regarding anything in this packet, please feel free to contact any of us at any time, or after the Greek Week Overall Meeting, which is held on Mondays at 9:00PM on the third floor of the union. Please remember that all of these elements must be turned in on time and they must be completed correctly, so you may want to turn things in early. Also, these meetings that are held with the chapter overalls are important and count for participation points. You may also need to remind the overall and coaches when they walk-through meetings are and that they need to be in attendance. The overalls are expected to attend all meetings and chapter attendance will be strictly taken.

Rules and Games Committee:

**Committee Chair: Rob Mitchell,** [**rsmitchell3@eiu.edu**](mailto:rsmitchell3@eiu.edu)**, 708-305-2049**

|  |  |  |
| --- | --- | --- |
| Daniel Hernandez | (773)979-3833 | [dahernandez@eiu.edu](mailto:dahernandez@eiu.edu) |
| Michael Oetter | (630)251-4861 | [mjoetter@eiu.edu](mailto:mjoetter@eiu.edu) |
| Taylor Weder | (217)691-5354 | [tnweder@eiu.edu](mailto:tnweder@eiu.edu) |
| Lyndsey Trump | (708)220-1011 | [latrump@eiu.edu](mailto:latrump@eiu.edu) |
| Michael Kahovec | (630)930-4788 | [mjkahovec@eiu.edu](mailto:mjkahovec@eiu.edu) |
| Haley Grant | (815)545-8976 | [hggrant@eiu.edu](mailto:hggrant@eiu.edu) |
| Alex Love | (217)460-0830 | [allove@eiu.edu](mailto:allove@eiu.edu) |
| Allison Henrichs | (618)920-0672 | [a\_henrichs95@hotmail.com](mailto:a_henrichs95@hotmail.com) |
| Jon Casamajor | (773)744-8484 | [jpcasamajor@eiu.edu](mailto:jpcasamajor@eiu.edu) |

***Rules and Games Things to Know***

1. **ALL ROSTERS, LIABILITY FORMS, SPORTSMAN LIKE CONDUCT FORMS AND CHAPTER CONDUCT CODES ARE DUE NO LATER THAN 4:00 pm, March 4th in the Greek Life office.**

2. All forms mentioned above must be turned into the Rules and Games mailbox (Fraternity and Sorority Programs Office, University Union) or handed to myself (Rob Mitchell) at one of the steering committee meetings. There are NO exceptions or excuses that will be accepted after the due date. If you miss this deadline, your chapters WILL NOT participate in the event(s).

3. Rules and Games will not be held responsible for names that cannot be read. If your roster is illegible we will count that as not having the forms completed.

4. During Tugs, there will be an area separating the tugs lane from the spectators. If any member of your chapter is in that lane at any time during Tugs, the team will be considered in violation of the conduct code, and may be disqualified.

5. If a team chooses to drop out of participation in a competition, they will forfeit their seed position. They team will not place or earn participations points in said event.

6. **Tugs first meeting is on February 16 at 9pm in the Oakland Room on the 3rd floor of the MLK Union**

7. **Tugs second meeting is March 2 at 9pm in the Sullivan Room on the 3rd floor of the MLK Union**

8. Tarps will be used again if needed due to weather.

9. Rain delay schedule will be announced before spring break.

**PYRAMIDS**

1. There will be ten participants from every chapter.

2. There will be at least three heats and the top three times overall will compete in the finals.

3. The participants must run 25 yards before they begin to build. All members of the pyramid must be facing the starting line. Each lane will be 25 feet wide. The pyramid must be built with four people on the bottom, three on the next row, two on the next row and one on top.

4. All participants must stay in their own lane, or the team will be disqualified.

5. At the given signal, all ten participants will run to the building point.

6. When the judges determine the pyramid to be steady (elbows locked and heads up), and the pyramid is held steady for 3 seconds (by stopwatch), a flag will be dropped and the judge will command the participants to dismount.

7. The participants will dismount and run to the finish line. The last person across the line will stop the clock.

8. Participants must wear tennis shoes; no spikes or cleats will be allowed.

9. Heats will be determined at a Rules and Games Meeting to be announces at a later time.

Each member of the Pyramid teams must sign a liability and sportsman like conduct form before participation in the event. Failure to do so will result in disqualification of the team. Forms and rosters are due no later than **March 4th by 4:00 PM NO EXCEPTIONS.**

**Tugs Rules & Regulations**

1. The event will be held over the campus pond.

2. The rope will be entirely wet before the contest begins.

3. The start and end of a tug will be indicated by a train horn.

4. Only turf or plastic shoes are allowed. No metal cleats may be worn.

5. Judges will check participants’ shoes prior to each tug (on the rope).

6. The first tuggers on the rope must hold the rope within the designated area.

7. Substitutions of tuggers may be made before the tug, but must be from the alternate listed on the final roster.

8. The team that is able to get three men (third man knee deep) on the opposing team in the water first will be declared the winner.

9. One false start will be allowed per team, per tug.

10. No team member may assume a position behind the anchorman at any time. No one but tugging members may touch the rope after the tug has begun to hold the slack. If necessary a steering committee member will hold the slack.

11. The team coach may not touch the members once the tug has begun.

12. No more than two team coaches will be allowed in the lane, failure to adhere to this rule will result in immediate disqualification. Warnings will not be given.

13. Coaches must be a current EIU student, an active member of an Eastern Fraternity/Sorority organization, and must be on the rope with a completed wavier.

14. A flagger is required for each team to utilize for the raising and lowering of the flag. The flagger must be on the roster; a team member, alternate, or a coach. This person must be silent and clear-headed during the competition and cannot move from the flag position.

15. Only the contestants’ feet may touch the ground, unless the participant(s) slip or fall in that event, a judge will issue a verbal warning and the contestant will have 3 seconds by the judge’s count to resume their position. If three seconds are exceeded, and the tugger has not resumed to his position on the rope, then the team will be disqualified.

16. NO SITTING ON FEET WILL BE ALLOWED. If caught sitting for more than 3 seconds count by a judge, his team will be disqualified.

17. Any member who drops the rope or falls out of the line must resume his original position (within 3 seconds) or the INDIVIDUAL will be disqualified. Tuggers must keep one hand on the rope at all times.

18. Teams must stay in the tug lanes, or will be disqualified.

19. Any attachment to a stable object (i.e. fence pole, tree, boulder, etc.) will result in immediate disqualification, without warning.

20. Other immediate disqualifications will result if: a. Intentional forward motion during the explosive stage. b. Intentional releasing of the rope. c. Intentional interference with the judges occurs (by any member of the chapter)

21. The rope will be entirely placed in the pond immediately after the prior tug. The team will be given a two-minute time limit to dry the rope. Following, the team will then have one minute to approach the rope. The team will then have a maximum of two minutes to get set. When the horn sounds the tug will begin and then the horn sounds for the second time when the tug has ended.

22. There will be a two-minute time limit from “Tuggers get set” to “Your team’s flag is down.” If that time limit is broken, it will be considered a false start.

23. If a team refuses/declines to tug at any point, they forfeit their position and will not receive participation points for the event.

**BIG & LITTLE MEN’S TUGS**

**NO TRAINING, CONDITIONING OR PRACTICES AS A TEAM UNTIL FEBRUARY 1st, 2016**

Unlimited Practice Time between 8am & 12am (midnight). No limit of hours practiced.

**No tugging on the following areas: Rugby Field, Football field, Church behind Delta Tau Delta, the pond, IM fields, band practice field. Committee has the right to add more areas to this list at any time.**

1. Every member will sign a liability form and return it to the Rules and Games Committee by **March 4th, 2016 by 4pm,** or the entire team will not tug. **NO EXCEPTIONS**.

2. Every member must also sign the sportsman like conduct agreement before they will be allowed to tug. This is also due by **March 4th by 4:00 pm**.

**BIG men Weigh-In and Weight Rules**

1. Each team will consist of no more than eight men with a maximum combined weight of 1,800 lbs.

2. On the day of weigh-in, a team must be at exactly or under the weight limit.

3. Weigh-In Schedule is as follows:

a. First Weigh-In: Friday, February 19, 2016 (8am-1pm)

b. Second Weigh-In: Wednesday March 9th (4pm-8pm) and Thursday, March 10, 2016 (10am-2pm) (additional times added due to people leaving school early for spring break)

c. Third Weigh-In: Friday April 1, 2016 (8am-1pm)

d. **EVERYONE MUST PARTICIPATE IN ALL THREE-WEIGH INS**

e.When approaching the scale each team member will only be able to officially step on the scale **ONCE.** Tuggers will not be allowed to check their weight on the scale on the day of the weigh in.

**LITTLE MEN WEIGH-INS AND WEIGHT RULES**

Each team will consist of no more than ten members, and will weigh no more than 1,750 lbs. on the first day of tugs. Every man on the rope must weigh no more than lbs. If someone weighs less than 175 lbs. the difference cannot be substituted to another tugger.

Weigh-In Schedule is as follows:

a. First Weigh-In: Friday, February 19, 2016 (8am-1pm)

b. Second Weigh-In: Wednesday March 9th (4pm-8pm) and Thursday, March 10, 2016 (10am-2pm) (additional times added due to people leaving school early for spring break)

c. Third Weigh-In: Friday April 1, 2016 (8am-1pm)

d. **MUST PARTICIPATE IN ALL THREE-WEIGH INS**

e.When approaching the scale each team member will only be able to officially step on the scale **ONCE.** Tuggers will not be allowed to check their weight on the scale on the day of the weigh in.

Men cannot lose more than 20 lbs. between the 1st weigh-in and the final weigh-in. Each team member may only lose 8-10 lbs. between the 1st and 2nd weigh-in, and the remaining 10-12 lbs between the 2nd and 3rd weigh-in. At first weigh in, a little man CANNOT weigh more than 195lbs.

**Weigh In and Weight Rules**

1. All the weigh-ins will take place at Rec.

2. Must have socks, athletic shorts (no compression/spandex) and a T-shirt on during the weigh in process.

3. If an individual cannot make a scheduled weigh-in, they must contact Rob Mitchell, at least one week prior to gain approval to attend an alternate weigh-in

4. A valid EIU ID will be required at all weigh-ins.

5. When approaching the scale each team member will only be able to officially step on the scale **ONCE.** Tuggers will not be allowed to check their weight on the scale on the day of the weigh in.

**WOMEN’S TUGS \*NO TRAINING, CONDITIONING OR PRACTICES AS A TEAM UNTIL FEBRUARY 1st**

Unlimited Practice Time between 8am & 12am (midnight). No limit of hours practiced.

**No tugging on the following areas: Rugby Field, Football field, Church behind Delta Tau Delta, the pond, IM fields, band practice field. Committee has the right to add more areas to this list at any time.**

1. Every member will sign a liability form and return it to the Rules and Games Committee **by March 4th, by 4pm,** or the entire team will not tug. NO EXCEPTIONS.

2. Every member must also sign the sportsman like conduct agreement before they will be allowed to tug. This is also due by **March 4th by 4:00 pm.**

**Women Weigh-In and Weight Rules**

1. Each team will consists of ten women with a maximum combined weight of 1,650 lbs.

2. On the day of weigh-in, a team must be at exactly or under the weight limit.

a. First Weigh-In: Friday, February 19, 2016 (10am-2pm)

b. Second Weigh-In: Friday, March 10, 2016 (10am-2pm)

c. Third Weigh-In: Friday April 1, 2016 (8am-1pm)

d. MUST PARTICIPATE IN ALL THREE WEIGH INS Women cannot lose more than 20lbs between the 1st weigh in and the final weigh in.

All the weigh-ins will take place at the Rec. Must have socks, athletic shorts (no compression/spandex/yogas) and a T-shirt on during the weigh in process.

If an individual cannot make a scheduled weigh-in, they must contact Rob Mitchell, at least one week prior to gain approval to attend an alternate weigh-in. A valid EIU ID will be required at all weigh-ins.

**\*RULES AND REGULATIONS WILL BE THE SAME AS BIG MEN/LITTLE MEN TUGS\***

**Chapter Conduct Code**

**I,** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as the acting President of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chapter, agree to be held responsible for the behavior of my entire Chapter. The Chapter understands the rules regarding all Greek Week sponsored events and games. We understand appropriate behavior is expected from all members whether they are participating members of the event or a member of the audience. We also agree to treat all committee members, staff, judges and other Greek Week participants in the manner we would like to be treated. Furthermore, the Chapter understands that violation of this code by any member can result in disqualification of the entire team or Chapter.

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Chapter President

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Rules and Games Coordinator

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Director of Fraternity/Sorority Director

**This form is to be turned into the Rules and Games Committee by March 4th by 4:00**

**NO EXCEPTIONS**.

**TUGS**

**Sportsman-Like Conduct Code**

**Everyone must sign this before they will be allowed to participate in any event! If anyone from a team does not sign this code, the entire team will be disqualified.**

As a member of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chapter, I agree to uphold the standards of Eastern Illinois University, Panhellenic Council, Interfraternity Council, and National Pan-Hellenic Council regarding sportsmanlike conduct. This code includes appropriate treatment of judges, steering committee members, staff and other Greek Week participants. I have also have read and understand the rules that apply to the event in which I am participating. If I should choose not to adhere to this code, my actions will be reviewed by Rules and Games Committee and my Chapter President. The final decision will rest with the Rules and Games Committee. In addition, I agree my behavior should at all times represent the Greek Community in a positive manner. Failure to adhere this code could result in disqualification of my entire team and possibly my chapter.

TEAM MEMBERS

**PRINT Sign**

**1.**

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ALTERNATES

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COACHES

**PRINT SIGN**

1.

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3.

Rules and Game Coordinator Director of Fraternity/Sorority Programs

**This form is to be turned into the Rules and Games Committee by March 4th by 4:00 PM**

**NO EXCEPTIONS**

**PYRAMIDS**

**Sportsman-Like Conduct Code**

**Everyone must sign this before they will be allowed to participate in any event!**

**If anyone from a team does not sign this code, the entire team will be disqualified.**

As a member of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chapter, I agree to uphold the standards of Eastern Illinois University, PanHellenic Council, Interfraternity Council, and National Pan-Hellenic Council regarding sportsmanlike conduct. This code includes appropriate treatment of judges, steering committee members, staff and other Greek Week participants. I have also have read and understand the rules that apply to the event in which I am participating. If I should choose not to adhere to this code, my actions will be reviewed by Rules and Games Committee and my Chapter President. The final decision will rest with the Rules and Games Committee. In addition, I agree my behavior should at all times represent the Greek Community in a positive manner. Failure to adhere this code could result in disqualification of my entire team and possibly my chapter.

TEAM MEMBERS

**PRINT Sign**

**1.**

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ALTERNATES

**PRINT SIGN**

1.

2.

Rules and Game Coordinator Director of Fraternity/Sorority Programs

**This form is to be turned into the Rules and Games Committee by March 4th by 4:00 PM**

**NO EXCEPTIONS.**

**PYRAMIDS**

**Eastern Illinois University**

**Liability Release, Waiver, Discharge and Covenant Not to Sue**

This is a legally binding release made by me, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Please Print)

(Hereinafter referred to as “Releaser”) to Eastern Illinois University (Hereinafter referred to as “Institution”).

I fully recognize that there are dangers and risks to which I may be exposed by participating in the **Greek Week Pyramids,** The following is a description and examples of specific, significant, non- obvious dangers and risks associated with this activity: travel to and from the conference, conference participation and recreation/social activities. I understand the Institution does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this Release.

I, therefore agree to assume and take on myself all of this risks and responsibilities in any way associated with this activity. In consideration of and return for the services, facilities and other assistance provided to me by the Institution in this activity, I release the Institution (and its governing board, employees, and agents) from any and all liability, claims and actions that may arise from injury or harm me, from my death, or from damage to my property in connection with this activity. I understand this release covers liability, claims and actions caused entirely or in part by any acts or failures to act of the Institution ( or its governing board, employees, or agents), including but not limited to negligence, mistake or failure to supervise the Institution.

I recognize that this Release mean I am giving up, among other things, rights to sue the Institution, its governing board, employees, and agents for injuries, damages, or losses I may incur. I also understand this release binds my heirs, executors, administrators and assigns, as well as me. I have read this entire release, I fully understand it, and agree to be legally bound by it. This is a release of your rights.

**READ CAREFULLY BEFORE SIGNING!!!**

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Date Releaser’s Signature

Date Guardians Signature (if releaser is under 18 years of age)

**LITTLE MEN TUGS**

**Eastern Illinois University**

**Liability Release, Waiver, Discharge and Covenant Not to Sue**

This is a legally binding release made by me, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Hereinafter referred to as “Releaser”) to Eastern Illinois University (Hereinafter referred to as “Institution”).

I fully recognize that there are dangers and risks to which I may be exposed by participating in the **Greek Week Little Men’s Tugs**. The following is a description and examples of specific, significant, nonobvious dangers and risks associated with this activity: travel to and from the conference, conference participation and recreation/social activities. I understand the Institution does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this Release.

I, therefore agree to assume and take on myself all of this risks and responsibilities in any way associated with this activity. In consideration of and return for the services, facilities and other assistance provided to me by the Institution in this activity, I release the Institution (and its governing board, employees, and agents) from any and all liability, claims and actions that may arise from injury or harm me, from my death, or from damage to my property in connection with this activity. I understand this release covers liability, claims and actions caused entirely or in part by any acts or failures to act of the Institution ( or its governing board, employees, or agents), including but not limited to negligence, mistake or failure to supervise the Institution.

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**READ CAREFULLY BEFORE SIGNING!!!**

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Date Releaser’s Signature

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Date Guardians Signature (if releaser is under 18 years old)

**BIG MEN TUGS**

**Eastern Illinois University**

**Liability Release, Waiver, Discharge and Covenant Not to Sue**

This is a legally binding release made by me, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Please Print)

(Hereinafter referred to as “Releaser”) to Eastern Illinois University (Hereinafter referred to as “Institution”).

I fully recognize that there are dangers and risks to which I may be exposed by participating in the **Greek Week Big Men’s Tugs.** The following is a description and examples of specific, significant, non- obvious dangers and risks associated with this activity: travel to and from the conference, conference participation and recreation/social activities. I understand the Institution does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this Release.

I, therefore agree to assume and take on myself all of this risks and responsibilities in any way associated with this activity. In consideration of and return for the services, facilities and other assistance provided to me by the Institution in this activity, I release the Institution (and its governing board, employees, and agents) from any and all liability, claims and actions that may arise from injury or harm me, from my death, or from damage to my property in connection with this activity. I understand this release covers liability, claims and actions caused entirely or in part by any acts or failures to act of the Institution (or its governing board, employees, or agents), including but not limited to negligence, mistake or failure to supervise the Institution.

I recognize that this Release mean I am giving up, among other things, rights to sue the Institution, its governing board, employees, and agents for injuries, damages, or losses I may incur. I also understand this release binds my heirs, executors, administrators and assigns, as well as me. I have read this entire release, I fully understand it, and agree to be legally bound by it. This is a release of your rights.

**READ CAREFULLY BEFORE SIGNING!!!**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Releaser’s Signature

Date Guardians Signature (if releaser is under 18 years of age)

**WOMEN’S TUGS**

**Eastern Illinois University**

**Liability Release, Waiver, Discharge and Covenant Not to Sue**

This is a legally binding release made by me, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Please Print)

(Hereinafter referred to as “Releaser”) to Eastern Illinois University (Hereinafter referred to as “Institution”).

I fully recognize that there are dangers and risks to which I may be exposed by participating in **the Greek Week women’s Tugs on**. The following is a description and examples of specific, significant, nonobvious dangers and risks associated with this activity: travel to and from the conference, conference participation and recreation/social activities. I understand the Institution does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this Release.

I, therefore agree to assume and take on myself all of this risks and responsibilities in any way associated with this activity. In consideration of and return for the services, facilities and other assistance provided to me by the Institution in this activity, I release the Institution (and its governing board, employees, and agents) from any and all liability, claims and actions that may arise from injury or harm me, from my death, or from damage to my property in connection with this activity. I understand this release covers liability, claims and actions caused entirely or in part by any acts or failures to act of the Institution ( or its governing board, employees, or agents), including but not limited to negligence, mistake or failure to supervise the Institution.

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**READ CAREFULLY BEFORE SIGNING!!!**

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Date Releaser’s Signature

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Date Guardians Signature (if releaser is under 18 years of age)

**Chapter Conduct Code**