

BLUE LEVEL



ROCKIN' AGAINST MULTIPLE SCLEROSIS

**RAMS**

2023 RULEBOOK

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# FOLLOW US

## **INSTAGRAM**

@ROCKINAGAINSTMS

## **FACEBOOK**

ROCKIN' AGAINST  
MULTIPLE SCLEROSIS

## **TWITTER**

@MIZZOURAMS

## **TIK TOK**

@MIZZOURAMS

## **WEBSITE**

MIZZOURAMS.COM

**2/1**

Speaker Night

**2/2**

Cornhole

**2/5**

Basketball

**2/8**

Trivia Night

**2/10**

Volleyball

**2/11**

Runnin' Against MS 5K

**2/12**

Service Day

**2/15**

Dodgeball

**2/21 - 2/22**

Rock-It

\*See page 13 for more on Profit Shares

# EVENT DATES

# SPEAKER NIGHT

**OVERVIEW** speakers inform and share facts about multiple sclerosis

**DATE** February 1

**TIME** 7PM-9PM

**LOCATION** Missouri Theatre

**REQUIREMENTS** 30% of each organization must attend for full points

**POINTS** 100 points total

- > 30% = 100 points
- 20-29% = 75 points
- 10-19% = 50 points
- < 10% = 0 points

# CORNHOLE

**OVERVIEW** Cornhole Tournament

**DATE** February 2

**TIME** 7PM-11PM

**LOCATION** Bur Oak Brewing Company

**COST** 1st team \$100, additional teams \$75

**REQUIREMENTS** each organization must submit at least one team of 2 people and each organization can have up to three teams

**POINTS** will be rewarded for attendance and a first/second/third overall placing

- checking in AT LEAST one team = 50 points
- additional teams = 10 bonus points per team (2 additional max)
- 1st place = 25 points
- 2nd place = 15 points
- 3rd place = 10 points
- no show = 0 points

# BASKETBALL

**OVERVIEW** 3 x 3 Basketball Tournament

**DATE** February 5

**TIME** 4-8 PM

**LOCATION** Mizzou Rec

**COST** 1st team \$50, additional teams \$25

**REQUIREMENTS** each organization must submit at least one team of 3 people, but can submit up to 3 teams total

**POINTS** will be rewarded for attendance and a first/second/third overall placing

- checking in AT LEAST one team = 50 points
- additional teams = 10 bonus points
- 1st place = 25 points
- 2nd place = 15 points
- 3rd place = 10 points
- no show = 0 points

# TRIVIA NIGHT

**OVERVIEW** Trivia Competition

**DATE** February 8

**TIME** 6PM

**LOCATION** Harpos

**COST** 1st team \$75, additional teams \$50

**REQUIREMENTS** each organization must submit at least one team of 4-6 people, but can submit up to 3 teams total

**POINTS** will be rewarded for attendance and a first/second/third overall placing

- checking in AT LEAST one team = 50 points
- additional teams = 10 bonus points
- 1st place = 25 points
- 2nd place = 15 points
- 3rd place = 10 points
- no show = 0 points



# VOLLEYBALL

**OVERVIEW** Volleyball Tournament

**DATE** February 10

**TIME** 4-8 PM

**LOCATION** Mizzou Rec

**COST** 1st team \$125, additional teams \$100

**REQUIREMENTS** each organization must submit at least one team of 6-12 people (6 will play at once), each organization can have up to three teams

**POINTS** will be rewarded for attendance and a first/second/third overall placing

- checking in AT LEAST one team: 50 points
- additional teams = 10 bonus points
- 1st place = 25 points
- 2nd place = 15 points
- 3rd place = 10 points
- no show = 0 points

# RUNNIN' AGAINST MS 5K

**OVERVIEW** 5K Race. Individuals will register online

**REGISTRATION** please register through the google form once sent out

**DATE** February 11

**TIME** check-in 9AM, race starts 10AM

**LOCATION** Mizzou Campus, check-in at Student Center

**COST** \$25 per student

**REQUIREMENTS** 20% of each organization must register and sign in for full points

**POINTS** will be rewarded for attendance and a first-fifth overall placing for runners

- >20% = 100 points
- >10% = 50 points
- Each additional 10% of organization participating = 10 bonus points
- 1st place = 25 points
- 2nd place = 20 points
- 3rd place = 15 points
- 4th place = 10 points
- 5th place = 5 points

\*Percentage is based on number of PARTICIPANTS, not the number that sign up

\*Participation will be verified the day of

# SERVICE DAY

**OVERVIEW** Service for clients of the MS Institute of Mid-Missouri

**DATE** February 12

**LOCATION** Columbia Community; Meet at Student Center

**REQUIREMENTS** 4 people from each organization

**POINTS** 100 points possible

- -25 points for late check-in
- -25 points for each person absent

# DODGEBALL

**OVERVIEW** Single Elimination Dodgeball  
Tournament

**DATE** February 15

**TIME** 10PM-1AM

**LOCATION** The ARC (Activity & Recreation Center)

**COST** 1st team \$125, additional teams \$100

**REQUIREMENTS** Each organization must submit at least one team of 6-8 people (6 will play at once), each organization can have up to three teams

**POINTS** will be rewarded for attendance and a first/second/third overall placing

- checking in AT LEAST one team: 50 points
- additional teams = 10 bonus points
- 1st place = 25 points
- 2nd place = 15 points
- 3rd place = 10 points
- no show = 0 points

# BANNERS

**OVERVIEW** Organizations create an informative and creative banner highlighting RAMS and MS

**DATE** February 20

**TIME** by 6PM

**POINTS** 20 points for participating, placing points are bonus

- first place = +15 points
- second place = +10 points
- third place = +5 points

# ROCK-IT

**OVERVIEW** Lip-Sync Competition

**DATE** February 21 - February 22

**TIME** 7PM-9PM

**LOCATION** Jesse Auditorium

**REQUIREMENTS** 30% of each organization must attend for full points

**POINTS** 125 points total

- >30% attendance = 125 points
- 20-29% attendance = 100 points
- 10-19% attendance = 75 points
- <10% attendance = 0 points

**BONUS**

- first place = +30 points
- second place = +20 points
- third place = +10 points

\*MUST HAVE ATTENDED SPEAKER NIGHT,  
SERVICE DAY, AND LIAISON MEETINGS TO BE  
ELIGIBLE

# PROFIT SHARES

**OVERVIEW** Fundraisers at local businesses

**DATE & LOCATIONS** Freddy's (100 Brickton Rd): January 25 from 5-9 PM; Raising Cane's: January 29 from 4-9 PM; Chipotle (Downtown): February 14 from 4-8 PM; Noodles & Company (Downtown): February 7, all day; Culver's: TBD

**REQUIREMENTS** at least 30% of organization must attend at least one of the profit shares

**POINTS** 120 points possible (30% each profit share)

- >30% attendance = 30 points per profit share
- 10-29% attendance = 15 points

# GOFUNDME

## GOALS

- 0-50 members = \$250 goal
- 51-100 members = \$500 goal
- 101-200 members = \$750 goal
- 201-300 members = \$1000 goal

## POINTS 100 points possible

- >75% of goal = 100 points
- 50-74% of goal = 75 points
- 25-49% of goal = 50 points
- 10-24% of goal = 25 points
- <10% of goal = 10 points
- 10% additional of goal raised = +5 points



# MERCHANDISE

**OVERVIEW** Purchase of RAMS t-shirts

**REQUIREMENTS** at least 20% of organization must purchase to receive full points

**POINTS** 50 points possible

- 20% and above = 50 points
- 10-19% = 30 points
- <10% = 0 points
- each additional 5% purchased = 5 bonus points

# SPONSORS

**DATE** due January 1st

**POINTS** 30 bonus points possible

- gold (\$1000+) = +30 points
- silver (\$750+) = +20 points
- bronze (\$500+) = +10 points

# LIAISON MEETINGS

**DATES** Wednesday, December 7th;  
Wednesday, January 18th;  
Wednesday, January 25th;  
Tuesday, February 7th;  
Wednesday, February 15th

- 7:30 PM

**LOCATION** Strickland 210

**POINTS** 25 points possible

- Attendance / meeting = +5 points
- -3 points for every meeting missed

\*if liaisons miss 4+ meetings, their organization will be unable to participate in Rock-It finals. If liaisons are unable to attend a meeting, they must send an excuse to [rockinagainstms@gmail.com](mailto:rockinagainstms@gmail.com)

# CONTACT US!

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## COMMUNITY ENGAGEMENT

Annie Woodson  
Grace Breeding  
Kaitlyn Hartnagel  
Lauren Loding  
Skyelar Nelson  
Sydney Cleavinger

## RUNNIN' AGAINST MS 5K

Brett Miller  
Emma Chevalier  
Hannah Nystrom  
Jonathan Jain  
Michael Heinlein

Ethan Joly • 314-605-3163

## OUTREACH

Caleb Cowen  
Christian Hall  
Jake Sherman  
Jessica Rinaldi  
Kennedy Hochstedler  
Lucas Stowe

## SERVICE

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Gage Froneyberger  
Graydee Rains  
Kate Whalen

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## PUBLIC RELATIONS

Anna De Marco  
Annalise Liles  
Carson DuRall  
Izabella Valdez

## ROCK-IT

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Spencer Foster

Luke Davis • 636-751-1857

## CAMPUS SPECIAL EVENTS

Alex Isrealite  
Michael Atteberry  
Nolan Lombardo  
Lexy Gilliam  
Victoria Zeigler

## SPONSORSHIP

Allison Biver  
Aly Cromley  
Amanda Ewing  
Evan Kilgore  
Elizabeth Moots  
Evelyn Trampe  
Grace Napp  
Jack Flink  
Luke Miles