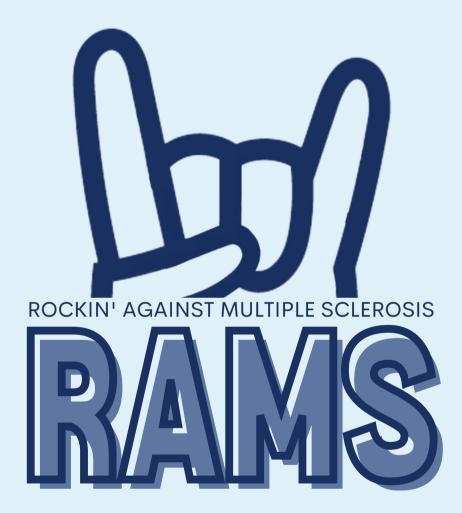
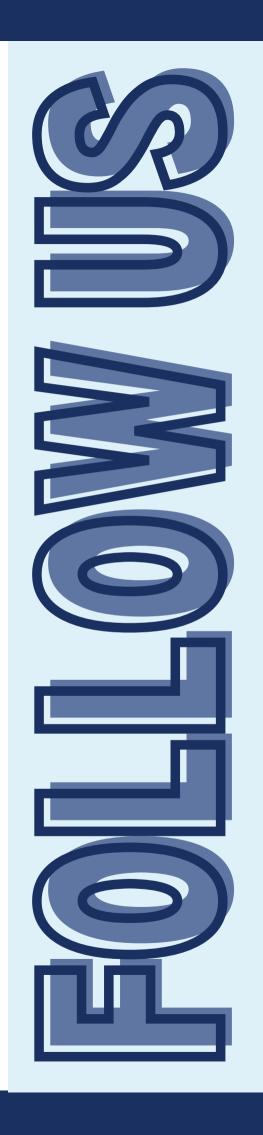
BLUE LEVEL



2023 RULEBOOK

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INSTAGRAM @ROCKINAGAINSTMS

FACEBOOK
ROCKIN' AGAINST
MULTIPLE SCLEROSIS

TWITTER

@MIZZOURAMS

TIK TOK @MIZZOURAMS

WEBSITE MIZZOURAMS.COM

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Speaker Night

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Rock-It

^{*}See page 13 for more on Profit Shares



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

- 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

- 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

- 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

- 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

- 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; Chipoltle (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

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

Aubrey Herrin

Clara Brown

Gage Froneyberger

Graydee Rains

Kate Whalen

Jess Janorschke • 816-752-2156

PUBLIC RELATIONS

Anna De Marco

Annalise Liles

Carson DuRall

Izabella Valdez

ROCK-IT

Grace Utlaut

Heath Brandt

Morgan Atwell

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