

Sport	League Info
<b>Men's Basketball</b>	<p><a href="#">Click here to see available leagues.</a></p> <p>Games are scheduled between 6:30pm and 9:30pm.</p> <p>One game per week for 7-8 weeks, plus 1-2 weeks of playoffs.</p> <p>Location: Bellaire Rec Center (7008 Fifth St., Bellaire, TX 77401)</p>
<b>Flag Football</b>	<p><a href="#">Click here to see available leagues.</a></p> <p>Games are scheduled between 6:30pm and 9:30pm.</p> <p>Two games per week for 5 weeks, plus 1 week of playoffs.</p> <p>Location: Varies depending on league</p>
<b>Softball</b>	<p><a href="#">Click here to see available leagues.</a></p> <p>Games are scheduled between 6:30pm and 9:30pm.</p> <p>Two games per week for 5 weeks, plus 1 week of playoffs.</p> <p>Location: Varies depending on league</p>
<b>Sand Volleyball</b>	<p><a href="#">Click here to see available leagues.</a></p> <p>Games are scheduled between 6:30pm and 9:30pm.</p> <p>Two games per week for 5 weeks, plus 1 week of playoffs.</p> <p>Location: Third Coast Volleyball (5652 Forney, Houston, TX 77036)</p>

**\*\*THIS DOCUMENT IS SUBJECT TO CHANGE**

Contact us at [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org); 713-566-6686

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 713.566.6686 or via email at [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

**\*\*Updated: 1/30/2019**

## **Participation Requirements and Premium Points**

1. Liability Waiver

All participants, including spouses and dependents, are REQUIRED to have a signed liability waiver from the current calendar year on file with Employee Wellness PRIOR to participating in any sports league.

[Click here to access the liability waiver form.](#)

2. MyCigna Premium Points

Employees and spouses who participate in sports leagues will receive 20 Premium Points per game they attend on [www.mycigna.com](http://www.mycigna.com). To receive 20 Premium Points for attending each game, your team captain must submit their attendance forms in a timely manner (see pages 3 and 4 of this document).

3. The following individuals are eligible to participate in the sports leagues:

- Full-time, part-time, and supplemental Harris Health System employees
- The spouses and dependent children (age 18+) of all full-time, part-time, and supplemental Harris Health System employees.
- Harris Health System retirees
- The spouses and dependent children (age 18+) of Harris Health System retirees.

4. The following individuals are NOT eligible to participate in the sports leagues:

- Contract employees
- Family members of Harris Health employees who are NOT spouses or dependent children over 18.
- Friends
- Individuals who previously worked at Harris Health but are no longer employed by Harris Health System.

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## **Employee Wellness Sports Rules**

Thank you for your interest in our Employee Wellness sports leagues! All of our sports leagues are organized and run by our vendor company, Sportsmonkey.

The success of our sports leagues requires active participation from those who register to be part of each team. Harris Health System pays around \$500 per team, per season, to play in each sports league. In order for Employee Wellness to continue sponsoring sports leagues for Harris Health employees, each team must maintain the following minimum level of attendance for each game:

- Men's Basketball: 5 players
- Sand Volleyball: 6 players
- Flag Football: 8 players
- Softball: 10 players

By registering yourself individually or with a team, you are acknowledging that you have read and understand the rules outlined below.

### **Team Registration**

Teams will be registered on a first-come, first-serve basis. To register a team, please fill out the [Team Registration Form](#) and send to Employee Wellness ([employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org)):

**The deadline to send the registration information is 1 week before the season starts. Please note: some leagues fill up more quickly than others. If you send your registration information by the deadline but the league is already full at that time, we will not be able to register your team.**

*If you already have a group of people who you know will be on your team:*

1. Read the Sports Rules (this document).
2. Please select a league by visiting the Sportsmonkey website ([www.sportsmonkey.com](http://www.sportsmonkey.com)) and clicking on the "Sports" drop-down menu. We can register teams for the following leagues: basketball, flag football, softball, and sand volleyball. You do not need to register your team on the Sportsmonkey website. All you need to do is take note of which league you want to join.
3. Once you have selected the league that you wish to participate in, please fill out the [Team Registration Form](#) and send the completed form to [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org).
  - Make sure to include the **specific league name** in your registration form so that you will be registered for the correct league. For example, "Wednesday Upper Recreational Volleyball 6's" or "Men's Intermediate Tuesday Basketball." **Do not** just write "Volleyball" or "Basketball."
4. Your team WILL NOT be registered if required information is missing from the [Team Registration Form](#).
5. Everyone on your team is required to have a [liability waiver](#) on file BEFORE the season starts. One waiver covers all participation for the full calendar year. Please submit ALL waivers with your team registration form.
6. Once we receive the completed team registration form and waivers for all team members, your team will be registered for your requested league.
7. For every game your team plays, the team captain(s) MUST fill out the [Team Attendance Form](#) and send to [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org). You MUST send the completed form within 7 days of each game played. If your attendance forms are not up to date when the season ends, your team WILL NOT be registered for the following season of the sport.

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**\*\*Updated: 1/30/2019**

If you do not have a group of people to start a team: All individuals who are not already part of a team will be added to existing teams, as space allows.

### **Attendance**

Each team needs 1-2 members to volunteer to be team captain. Team captains must be designated before the season starts.

**The team captain(s) is responsible for sending a completed [Team Attendance Form](#) for each game to Employee Wellness ([kelle.kampa@harrishealth.org](mailto:kelle.kampa@harrishealth.org) OR [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org)) within 7 days of each game. If there are more than 2 instances in which the attendance is sent late, the team will not be renewed for the following season of the sport. You MUST use the [Team Attendance Form](#) to submit the attendance for each game.**

Any confirmed team member who misses 4 or more games during the season will forfeit their membership on the team, and will be ineligible to play in the following season of the sport.

### **Additional Rules**

Each participant can only play on ONE team PER league. For example, the same person cannot play on 2 different basketball teams.

If a season is ending, teams that express interest in continuing to play in the following season will be registered as long as 1) the attendance reports are up to date, and 2) the minimum level of attendance per game has been met. You must send a new [Team Registration Form](#) to Employee Wellness (([kelle.kampa@harrishealth.org](mailto:kelle.kampa@harrishealth.org) OR [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org)) to be registered for each new season.

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