



Employee Wellness Recreational Sports Leagues Rules

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

The success of our sports leagues requires active participation from those who register to be part of each team. Harris Health pays between \$290 and \$525 per team, per season, to play in each sports league. In order for Employee Wellness to continue sponsoring sports leagues for Harris Health System employees, each team must maintain the following minimum level of attendance for each game:

- Coed Flag Football 5 Players
- Coed 4's Indoor Volleyball: 4 Players
- Coed Kickball: 9 Players
- Coed Pickleball: 4 Players
- Coed Sand Volleyball 4's- Open Intermediate: 6 Players
- Coed Pickleball – 4 Players
- Coed Sand Volleyball 4's- Rec
- Coed Sand Volleyball 4's- Upper Rec
- Coed Soccer- 7 players
- Coed Softball: 10 Players
- Coed Softball Rec: 10 Players
- Coed Softball **SUPER REC**: 10 Players
- Men's Basketball: 5 Players
- 5on5 Men's Flag Football: 5 Players
- 8on8 Men's Flag Football: 8 Players
- Men's Softball: 10 Players
- 5on5 Women's Flag Football: 5 Players

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

Participation Requirements and Wellness 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 Wellness Points:**
Employees and spouses who participate in sports leagues will receive 20 Wellness Points per game they attend on www.mycigna.com. To receive 20 Wellness Points for attending each game, your team captain must submit their attendance forms in a timely manner (see page 2 of this document).
3. The following individuals are eligible to participate in the sports leagues:

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 incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 346.426.1597 or via email at 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.



- 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 employees.
 - Harris Health retirees
 - The spouses and dependent children (age 18+) of Harris Health 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.

Team Registration and Roll-over Team Registration

1. Teams will be registered on a first-come, first-serve basis. To register a team, please email Employee Wellness **AND** [Corey Johnston from Sportsmonkey](#) if you want to play in an upcoming season. This process is not automated. You have to request it. Sportsmonkey will send you reminder emails and you have to respond if you want to play in the next season. Our Sportsmonkey contact is Corey Johnston at corey@sportsmonkey.com.
2. Individuals who would like to play but don't have a team should contact [Corey Johnston with Sportsmonkey](#) indicating that they are a Harris Health employee and which sports league they wish to join. Every effort will be made to place individuals on Harris Health System teams.
3. **Each participant can only play on one team per league.** For example, the same person cannot play on 2 different basketball teams.

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 reviewing the Harris Health Recreational Sports Calendar on our [website](#). You can all view leagues by visiting the Sportsmonkey website (www.sportsmonkey.com) and clicking on the "Sports" drop-down menu. The website will have all updated information as leagues are finalized.
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 [Employee Wellness](#) **AND** [Corey Johnston from Sportsmonkey](#) if you want to play in an upcoming season.

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 incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 346.426.1597 or via email at employeehealth@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.

This document is uncontrolled. Please contact Employee Wellness at 346-426-1597 with any questions.

Updated: 6/16/2025



- 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, which will be sent to you after you are signed up. You MUST send the completed attendance form to employeeewellness@harrishealth.org 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 for any sport. All names should have an employee ID next to them, including spouses.
- 8. 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.

Please note: Team captains need to disregard any payment emails as they are auto-generated. As long as team captains receive confirmation from Corey Johnston from Sportsmonkey that they've been added, no other actions are needed other than having ALL players on each team accept the Sportsmonkey online waiver.

Communications will come from Sportsmonkey for the following:

1. Game Changes or Cancellations
2. Open Registration for new seasons and reminders

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 incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 346.426.1597 or via email at 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.

This document is uncontrolled. Please contact Employee Wellness at 346-426-1597 with any questions.

Updated: 6/16/2025