

F3 PLAINFIELD/CHAMINWOOD

REINDEER GAMES 2024



Who = Everyone that is active in F3 Plainfield/F3 Chaminwood and PAX from other regions who sign up prior to the signup deadline. Led by 10 team captains.

What = A challenge designed to push you, engage you, & hold each other accountable

When = 11/2/2024 – 12/14/2024

Where = In the GLOOM!

Why = b/c we do hard things

How = Check it out below (changes from 2023 are highlighted in yellow, rules clarifications issued 10/31/24 are highlighted in blue):

For 6 weeks the men of F3 Plainfield and F3 Chaminwood will push themselves & each other for the ultimate bragging rights throughout the remainder of 2024. Each PAX that is active in F3 Plainfield or F3 Chaminwood (and PAX who sign up for RDG prior to the signup deadline) will either be drafted or placed on one of 10 teams that will be led by 10 captains/reindeers. Each team will have the opportunity to earn points over the 6 week competition which will roll up to their total team score. The team with the most points at the end of the Reindeer Games will be properly recognized at the F3 Plainfield Holiday Party on **January 11th, 2025**.

The Basic \$h!t

Posts/Extra Credit

- Posts
 - **3 points** for **EVERY** post at an official F3 AO
 - No limit to the number of posts that can be completed in a day
 - If injured, a MASH workout would count if you participated in both WOR (Warm-O-Rama) & MARY
 - **1 additional point** for each Black Diamond completed
 - You must stay through the flag pic to earn your points if you are double tapping back to back
 - **3 points** for virtual posts, limit 1 per day.
 - **IMPORTANT:** Virtual posts are reserved for any PAX that are not physically located within a reasonable distance of any **F3 AO** due to vacation, work, etc. Every scenario is different and requires thoughtful consideration; therefore, all requests must be submitted to SLT for review and consideration **prior to participating in virtual posts.**

- Q'ing a Beatdown (Max 1 point per week)
 - **1 point** for Q'ing workout at any F3 Plainfield or F3 Chaminwood AO
- Extra Credit (1 EC per day, Max - 3 Points per day)
 - **1 point for each mile** (Run or Ruck) completed in 1 continuous session
 - **1 point for every 3 miles** (Bike) completed in 1 continuous session
 - Must be done w/ at least 1 other PAX (this can be any F3 member not just F3P/F3CMW). A photo with PAX, as well as proof on a tracker must be posted in the Reindeer Games Slack Channel
 - Can be completed at any time during the day
 - If you are **traveling away from our local area due to vacation, work, etc.**, you can still participate in EC run or ruck, via check in on Slack with another F3 Member doing the Same EC

NOTE: NO points will be awarded for Posts or Extra Credit done on a Sunday

- Q-Source
 - **3 points** for attending an F3 Plainfield/F3 Chaminwood Q-Source
 - **1 point** for each additional Q-Source
 - **1 point** for Q'ing Q-Source (this can be earned in addition to the max 1 point per week for Q'ing a workout)
 - Note: Only approved F3 Plainfield/F3 Chaminwood Q-Source's:
 - Minooka Starbucks/Tuesday, Southern Bells/Thursday, Norma's/Friday
 - **5 bonus pts** for posting at all three Q-Source options in the same week
- 2nd F (max 3 pts per week)
 - **3 pts** for **attending** an SLT approved event
 - Note: To qualify for points submit your idea to SLT (@Schlitz **AND** @Norm), submit a pre-blast on Slack once it has been approved **and at least 24 hours in advance of the event, and post a backblast with a picture after the event on the 2nd-F channel**
 - **2nd F events can take place 7 days/week (example the Sunday Coffee Ruck)**
- 3rd F (max 6 pts total per week)
 - **3 pts** for **completing** an SLT approved 3rd F activity (**max 3 activity points per week**)
 - **3 pts** for **making** a minimum \$25 donation to a charity (**max 3 donation points per week**)
 - Examples:
 - Interfaith Food Pantry
 - Third F Foundation 5k Turkey Trot on 11/23/24
 - Blood Donation (note: be safe - make sure you are safe to resume strenuous activity before any 1st F activities after donation)
 - Achieving CPR Certification
 - Note: Got something going on in the community that you want to volunteer for? Awesome! Simply submit your idea to SLT (@Cutler **AND** @Autobahn) and submit a pre-blast on Slack once it has been approved **and at least 24 hours in**

advance of the event, and post a backblast with a picture after the event on the 3rd-F channel. 3rd F events can take place 7 days/week.

- Bonus Points
 - **4 points** for a “six pack” of posts, **1 point** for each additional post
 - **5 points** for posting at 5 unique F3 Plainfield/CMW AO's in a single week
 - **3 points for pop-up bonuses** will be announced over the 6 weeks

Team Points

- Convergence
 - Each team will get **1-10 points** based on their finish
- Santa Lock
 - **5 points** for every 5 members of your team that post at the same F3 Plainfield/F3 Chaminwood AO
- FNG/F3P/F3CMW Kotters
 - **3 points** for bringing an FNG/Kotter to a workout
 - **5 points** if the FNG/Kotter attends 5 workouts
 - **7 points** if an FNG/Kotter VQ's during Reindeer games
 - The FNG/Kotter now becomes part of the team as his sponsor and all points will go to that team.
 - FNG: A man who has never posted at an F3 workout before
 - Kotter: Any F3P/CMW PAX that has not posted in the 30 days prior to the draft
 - Note: Any FNG or Kotter that shows up to a workout without a sponsor now becomes part of whatever team member is the Q of that workout.
 - The only people that can be added to a team are PAX that were on the draft eligible list but not drafted, FNGs, and F3P/F3CMW Kotters. Free agents from other regions are not allowed.
 - No one gets added to any team until they post during RDG (earliest possible would be EBC on Saturday 11/2).
 - There is no limit to the number of FNGs/Kotters that can be added to a team.
 - FNGs that first posted after the draft but before the Convergence will be handled on a case-by-case basis. Contact Meta if needed.
- Challenge Flag/Chammer
 - **1 point** for each day that an individual on your team holds the challenge flag **or the Chammer**
 - **-1 point** for each day a member of your team fails to post the challenge flag **or the Chammer**
 - Posting the challenge flag/**Chammer** = HC for a workout in Slack and state in Slack that the flag will be planted at that workout and physically plant the flag at that workout
 - If your team holds both the F3P Challenge Flag and the Chammer on the same day, it's still only 1 point

The Hard Sh!t (can take place 7 days/week)

Individual CSAUP (Individual Points)

- **10 points** for running or rucking 13.1 miles or biking 39.3 miles - in 1 continuous session
- Must be done with at least 1 other PAX (this can be any F3 member not just F3P)
- Maximum total points are 20 during the competition (ex. 1 run + 1 ruck = max out; 2 runs = max out; 1 ruck + 1 bike = max out)

Team CSAUP Event (Team Points)

- **40 points** for conducting a CSAUP with at least 8 of your team members
- Maximum total points are 80 during the competition
- Must be a minimum 2 hours of effort in length, physically challenging beyond an ordinary F3 workout, and approved by F3 Plainfield/Chaminwood SLT (@Cinderella AND @Mr. Belding AND @Rooney)

NOTE: A single event can only be counted for either individual or team points, not both!!

Miscellaneous Information for 2024

Saturday 11/2 is just like any other Saturday of RDG

- EBC Counts as a post
- You can EC
- You can 2nd F, 3rd F, CSAUP, Hard Sh!t
- Up to 6 points will be awarded for Convergence attendance (3 points for the post and 3 points for 2nd F, unless you have already earned your 2nd F points for the day)

Up to 9 points will be awarded for participation in the Third F Foundation Turkey Trot

- 3 pts for 3rd F (even if you signed up prior to RDG and even if you earned 3 pts for this during Hell Week)
- 3 pts for 2nd F
- 3 pts for EC (unless you've already earned your 3 EC points for the day)