

The Ultimate HomeGate Sweepstakes Official Rules No Purchase or payment is Necessary to Enter or Win THIS SWEEPSTAKES. A PURCHASE OR PAYMENT WILL NOT INCREASE YOUR CHANCE OF WINNING.

Persons in any of the following categories are NOT eligible to win a prize: All eligibility is subject to all federal, state and local laws and regulations. All entries submitted are the property of the Sponsor. The Sweepstakes will consist of one 1 drawing to award five 5 prizes. Potential winners will be randomly selected by the Administrator, from all eligible entries received during the Sweepstakes Period on or about Tuesday, October 30, Only entries that include a fully compliant entry completion of all required fields on the entry form will be eligible for the Sweepstakes. Entry in the Sweepstakes does not constitute entry into any other promotion, contest or sweepstakes. By participating in the Sweepstakes, each Entrant unconditionally accepts and agrees to comply with and abide by these Official Rules and the decisions of Fuel Partnerships, Inc. During the Sweepstakes Period, visit www.fuel.com. After you have submitted your registration, you will automatically be entered into the Sweepstakes. Any attempted form of entry other than as described herein is void. All materials submitted become the property of the Sponsor and will not be returned or acknowledged. Sponsor reserves the right to cancel or modify the Sweepstakes if fraud or technical failures impair the integrity of the Sweepstakes as determined by the Sponsor, at its sole discretion, and to award the Prize based on eligible entries received prior to the cancellation. If you opt to access the Sweepstakes via your wireless mobile device, data rates may apply according to the terms and conditions of your service agreement with your wireless carrier. Other charges may apply such as normal airtime and carrier charges as well as charges for wireless Internet access and may appear on your mobile phone bill or be deducted from your prepaid account balance. Mobile device service may not be available in all areas. Sponsor is not responsible for any charges. Use of Personal Data. Sponsor and Administrator will be collecting personal data about Entrants online, in accordance with their privacy policies. You are supplying information to the Sponsor. Tampering with the Entry process or the operation of the Sweepstakes is prohibited and any Entries deemed by Sponsor, at their sole discretion, to have been submitted in this manner will be void. Random drawing will be conducted by the Administrator on or about Tuesday, October 30, from all eligible entries received during the Sweepstakes Period. Only the prizes listed below will be awarded in this Sweepstakes. One prize per person or household. One 1 Grand Prize: The Ultimate Home Gate. Prize includes the following: Brand and model to be determined by the Sponsor at its sole discretion. Terms and conditions of the gift card apply. Four 4 Second Prizes: Each winner will receive the following: One 1 prize per person or household. Sponsor reserves the right to substitute a prize or portion thereof of equal or greater value if the advertised prize or portion thereof becomes unavailable. Winner will not receive the difference between the approximate retail value and the actual value. Prizes depicted in any advertising are for representation and description only. Prize winner is responsible for any and all applicable fees, service charges, surcharges all insurance, federal, state, and local taxes, and any other unspecified expenses associated with acceptance or use of the prize. If the prize or the prize notification is returned as undeliverable or any non-compliance with the Official Rules or failure to respond within the applicable time period, it will result in forfeiture of the prize and will be awarded via a random drawing from all remaining eligible entries. Prize will be awarded only if the prize winner fully complies with these Official Rules. Prize winners will be notified via email or phone based on the information provided when registering in this Sweepstakes. Prize winner will be notified within three 3 business days of the drawing. Prize winner must reply with all required information in order to receive their prize. The Released Parties are not responsible for lost, late, incomplete, inaccurate, stolen, misdirected, undelivered, delayed, garbled or damaged entries; or for lost, interrupted or unavailable network, server, Internet Service Provider ISP , website, or other connections, availability or accessibility or miscommunications or failed computer, satellite, telephone or cable transmissions, lines, or technical failure or jumbled, scrambled, delayed, or misdirected transmissions or computer hardware or software malfunctions, failures or difficulties, or other errors or difficulties of any kind whether human, mechanical, electronic, computer, network, typographical, printing or otherwise relating to or

in connection with the Sweepstakes, including, without limitation, errors or difficulties which may occur in connection with the administration of the Sweepstakes, the processing of entries, the announcement of the prize or in any Sweepstakes-related materials. Released Parties are also not responsible for any incorrect or inaccurate information, whether caused by site users, tampering, hacking, or by any equipment or programming associated with or utilized in the Sweepstakes. Persons who tamper with or abuse any aspect of the Sweepstakes or website or who are in violation of these Official Rules, as solely determined by Sponsor, will be disqualified and all associated entries will be void. In the event of cancellation, Sponsor will award the prize from among all eligible, non-suspect entries received prior to cancellation by random drawing. The use of any automated launching or entry software or any other mechanical or electronic means that permits the Entrant to automatically enter repeatedly is prohibited. Entrants, by participating, agree that Sponsor and their respective parents, affiliates, subsidiaries and advertising and Sweepstakes agencies and all of their respective officers, directors, employees, representatives and agents will have no liability whatsoever for, and shall be held harmless by Entrants against, any liability, for any injuries, losses or damages of any kind, including death, to persons, or property resulting in whole or in part, directly or indirectly, from acceptance, possession, misuse or use of any prize or participation in this Sweepstakes. Except where prohibited, entrant agrees that: All issues and questions concerning the construction, validity, interpretation and enforceability of these Official Rules, or the rights and obligations of the entrant and Sponsor in connection with the Sweepstakes shall be governed by, and construed in accordance with, the laws of the State of Florida, without giving effect to any choice of law or conflict of law rules whether of the State of Florida or any other jurisdiction, which would cause the application of the laws of any jurisdiction other than the State of Florida. Box , Framingham, MA The use of any prize manufacturer, name or trademark in connection with any of the prizes is solely for the purpose of describing such prize and is not intended to suggest any affiliation or sponsorship.

Chapter 2 : The Official Rules of Golf on the App Store

This is a summary of the official rules of the Whole For in-depth information about planning and preparing for the program, a comprehensive FAQ, and more than totally compliant recipes, refer to our New York Times bestselling book, The Whole The Day Guide to Total Health and Food Freedom.

Dimensions A Cornhole court shall be a level rectangular area 10 ft wide and a minimum of 45 ft long. The court should consist of 2 Cornhole boards, designated pitchers boxes and foul lines. A north-south setting is recommended for outdoor courts to minimize the effects of the sun. The American Cornhole Association is now offering the highest quality cornhole boards on the market. Check them out at <https://www.americancornhole.com/> Multiple Courts To eliminate distraction and safely separate activity, Cornhole courts adjacent to each other shall be a minimum of 10 feet apart. A greater distance at least 12 feet is preferable. Foul Lines There are 2 sets of foul lines: The open adult play foul lines shall be defined as an imaginary line 30 ft. For Cornhole sets that meet ACA specifications, this foul line will be parallel to the front of the Cornhole board. The junior play foul lines shall be defined as an imaginary line 21 ft. See the diagram below. Covered Or Indoor Courts The regulations for covered and indoor Cornhole courts are exactly the same with the additional stipulation that they shall have a minimum 12 foot vertical clearance to the lowest possible obstruction. ACA sanctioned cornhole tournaments should only be played with wooden Cornhole boards as there is significant variance in play between wooden and plastic or other surfaces. The hole in the Cornhole board shall be six inches in diameter and be centered nine inches from the top and 12 inches from each side of the Cornhole board edges. The Cornhole board should have solid wood sides with the only opening to the underside of the Cornhole board being through the hole in the Cornhole board. Although portable fold-down boards are acceptable with open sides , boards with solid wooden sides are preferred for ACA-sanctioned tournament play as it is sometimes difficult especially late in the day to determine if a Cornhole bag was pitched into the hole or came to rest under the Cornhole board by being pitched through the open sides in a Cornhole board. The Cornhole board shall be finish sanded to a very smooth texture and there shall not be any blemishes in the wood surface that might disrupt or distort play. The Cornhole board shall be painted with a semi gloss exterior latex paint resulting in a surface that allows Cornhole bags to slide but is not so slippery that it allows the bags to slide back down the board. The preferable color is white, but any easy to see color is acceptable for tournament play. Due to the recent shortage of feedcorn, we will allow the use of plastic pellets All Weather Cornhole Bags in lieu of feed corn. Physically impaired adults or seniors may, if agreed by all contestants, observe the 21 foot foul lines. Juniors Junior contestants may pitch from any place, but must observe the 21 foot foul lines. Court Maintenance Every effort shall be made to keep the Cornhole play surface in perfect playing condition. Cornhole courts should be free of anything that might distract a contestant during play. Each contestant is responsible for making sure the court is in good playing condition prior to starting the match. During a match, a contestant shall not be allowed to alter the Cornhole court in any manner without the consent of the opponent or a tournament official. Distractions During Play Every effort shall be made to keep from distracting contestants during Cornhole play. Drinks and other personal belongings should be placed behind the Cornhole board in designated beverage holders or other secure locations to keep from distracting contestants. Singles Or Doubles Play Cornhole can be played as doubles or singles. In doubles play 2 contestants are partners against another team of 2 contestants; in singles play a contestant competes against another contestant. In doubles play, 1 member of each team pitches from 1 Cornhole board and the other members pitch from the other Cornhole board. In singles play, both contestants pitch from the same Cornhole board. All other Cornhole rules are basically the same for doubles or singles play. Innings Every Cornhole match is broken down into innings of play. During each inning of play each contestant must pitch all 4 Cornhole bags. In singles play, the top of an inning is completed when the first contestant pitches all 4 Cornhole bags; the bottom of the inning is completed when the remaining contestant pitches all 4 bags. In doubles play, the top of an inning is completed when both contestants pitching from the first Cornhole board pitch all 4 Cornhole bags; the bottom of the inning is completed when the remaining contestants pitching from the other Cornhole board pitch all 4 bags.

An inning is never completed until all contestants pitch all 4 bags. Value Of The Cornhole Bag 1. Cornhole Bag In-The-Hole – A Cornhole bag in-the-hole or Hole-In is a bag which is thrown through the hole in the Cornhole board or otherwise comes to rest inside the Cornhole board knocked in by another player or an act of God. A Cornhole bag in-the-hole has a value of 3 points. Cornhole Bag In-The-Count – A Cornhole bag that is not in-the-hole but lands with any portion of the bag resting on the Cornhole board is in-the-count sometimes called on-the-board. A bag in-the-count has a value of 1 point. For a bag to be in-the-count, it must not touch the ground or any other portion of the court prior to coming to rest on the Cornhole board. If a bag touches the ground before coming to rest on the Cornhole board, it is a foul and must be removed from the Cornhole board prior to the continuation of play. Cornhole Bag Out-Of-The-Count – A Cornhole bag which comes to rest anywhere except in-the-count or in-the-hole is out-of-the-count and has no scoring value. A bag which is declared to be a foul is considered to be out-of-the-count no matter where it comes to rest and must be removed from the Cornhole surface prior to the continuation of play. In doubles play, the first side of contestants alternate pitching Cornhole bags until they have thrown all 4 bags, then the remaining contestant pitching from the other Cornhole board continue to alternate in the same manner until all 4 bags are delivered and the inning completed. Delivery in singles play is handled in the same manner but from the same board with each of the 2 contestants alternating their pitching of Cornhole bags until all 4 bags have been pitched completing the inning. A contestant shall pitch the entire tournament with the same hand or arm, except in the case of a medical emergency. Each individual contestant shall deliver the Cornhole bag within 20 seconds. Pitching Rotation During The Game The contestant who scored in the preceding inning shall pitch first in the next inning. If neither pitcher scores, the contestant who pitched second last in the preceding inning shall pitch first in the next inning. Position Of Contestants During Delivery 1. The only exception is for junior and physically challenged contestants, who must simply remain completely behind the 21 ft. The opponent, while not pitching, shall stand behind the Cornhole board at least 2 feet to the rear of the contestant who is pitching. After a short distance contestant junior or physically challenged pitches first they must return to the Cornhole board if the opponent or any contestant on an adjacent court is a full distance pitcher. If both contestants use the same pitchers box to deliver their Cornhole bags, the contestant pitching first should cross over to the other pitchers box in front of the Cornhole board and then move to the proper position. If both contestants use opposite pitchers boxes, the contestant who pitches first should step directly back to the proper position described in 1 of this section. Foul Cornhole Bags A foul Cornhole bag is a bag which was delivered in non-compliance with one of the Cornhole rules of the game. It scores as a bag out of the count and is to be removed from the Cornhole court before any more bags are pitched. Cornhole bags already in the court that have been knocked into foul territory by a foul bag should be returned to the scoring area. Additionally, bags that are in the count, but are knocked into the hole by a foul bag must be returned to their original scoring position. The following are rule violations that must be spotted and called by an contestant or assigned judge. The penalty is to declare the Cornhole bag a foul bag which requires the bags to be removed from the court prior to resuming play. A bag that is accidentally dropped by a contestant before the final forward swing has started shall not be considered foul and may be picked up and pitched. A judge shall be called if a decision cannot be reached. The judge shall determine the scoring for the inning. Protests – If a contestant desires to make a protest, the protest shall be made to the judge or tournament official at the time the problem occurs. The tournament judge shall make the final ruling on all protests. Point Limits The Cornhole match shall be played until the first team of contestants reaches or exceeds 21 points at any time, you DO NOT how to complete an inning. The winning team does not need to win by 2 or more points. Thus, if a team that pitches first reaches or exceeds 21 points, the game would be completed completed. Ties At The End Of An Inning If the Cornhole match is tied at 21 or more at the end of an inning, play continues until one team or the other achieves a higher score at the end of an inning and wins the match. Skunks The game shall be played to 21 unless a team scores 7 or more points at the end of an inning before their opponents score any points. In this case the game is a skunk and the team that scores 7 or more points wins the match. Cancellation Scoring In cancellation scoring, Cornhole bags in-the-hole and bags in-the-count pitched by opponents during an inning in singles play or half of an inning in doubles play cancel each other out. Only non-canceled bags are counted

in the score for the inning. A bag in-the-hole of one contestant shall cancel a bag in-the-hole of his competitor and those bags shall not score any points. Any non cancelled bag in-the-hole scores 3 points. Bags in-the-count cancel each other. A bag in-the-count of one contestant shall cancel a bags in-the-count of the opponent and those bags shall not score any points. Any non cancelled bags in-the-count score 1 point each. Cancellation scoring may be easily calculated as follows: The points of both contestants are calculated for hole-ins and in-the-count Cornhole bags. The points of the lowest scoring contestant for hole-in bags are subtracted from the points of the highest scoring contestant for hole-in bags. The result is the hole-in score for the highest scoring contestant. The hole-in score for the lowest scoring contestant is zero. The points of the lowest scoring contestant for in-the-count bags are subtracted from the points of the highest scoring contestant for in-the-count bags. The result is the in-the-count score for the highest scoring contestant. The in-the-count score for the lowest scoring contestant is zero. The hole-in score for each contestant is added to the in-the-count score for each contestant to derive the recorded score for the inning. In this manner hole-in and in-the-count Cornhole bags from each contestant or team of contestants are cancelled out and only non-canceled bags are counted in the score. Only bags determined to be foul would be excluded from the individual statistical scoring. Contestants are encouraged to pay close attention to the score at all times. It is highly recommended that visible scoreboard that all contestants can review and verify for accuracy be used to keep score during tournament play. If a question or discrepancy occurs regarding the correct score, the contestant s may approach the scorer between innings to rectify the situation. If the discrepancy cannot be corrected to the satisfaction of both contestants, a tournament judge shall be called to make the final decision.

Chapter 3 : Sorry, this content is not available in your region.

national hockey league official rules these rules, the entire playing surface and the boards shall be white in rules unless express written permission has been obtained from the.

The Giveaway begins on April, 20 at Giveaway is void and not applicable in Rhode Island or where prohibited by law. Employees, officers, partners or directors of the Sponsor or One Country, Taxa Outdoors, Skosay, Thule, Tepui, Naked Granola, and Yeti their affiliates, subsidiaries, advertising and promotion agencies, and legal counsel, as well as persons in the immediate family of any person in the preceding category are not eligible to enter or win. You can enter the Giveaway in one of three 3 methods. You may enter online by accessing the Giveaway web site at <https://> Online entries must be received by There will be a limit of 1 entry per day regardless of method of entry during giveaway period. You will receive a link via text that will take you to the Giveaway website at <https://> Sponsors are not responsible for any messaging rates that may apply. You may enter by mail by handwriting your name, address, email address if any phone number, and age on plain paper and mail in a number 10 envelope, postage paid, to: One entry per mailed envelope. You may enter by mail by handwriting your name, address, email address if any , phone number, date of birth on plain paper and mail in a number 10 envelope, postage paid, to: One Country Giveaway Entry P. Box , Fayetteville, AR Mail in entries must be postmarked on or before June 30, and received by July 31, There will be a limit of 1 entry per day regardless of method of entry during Giveaway Period. Sponsor and its partners including One Country, Taxa Outdoors, Skosay, Thule, Tepui, Naked Granola, and Yeti are not responsible for third party failure to follow instructions regarding entries or for lost, late, misdirected, illegible, incomplete or postage due entries. Entries become the property of the Sponsor and will not be returned. Prize will be awarded in a random drawing of all eligible entries received and will be conducted on or about July 31, One Grand Prize winner will receive: All prizes must be redeemed within one 1 year of prize confirmation. Winners are responsible for all applicable federal, state and local taxes. Notification and Redemption for all prizes: To receive a prize, selected winners must provide proof of identity within thirty 30 days of prize notification. Failure of selected winner to respond to prize notification or return of prize notification as undeliverable, will result in forfeiture of right to receive any prize, and prize will be awarded to an alternate selected winner. The alternative selected winner must comply with the proof of identification day requirement as noted above. Grand Prize Redemption by Winner of the Taxa Outdoors Mantis Camper Trailer “€” meaning the winner takes possession and is handed-over of the keys and ownership registration. The details and logistics of prize pick-up or delivery will be determined at the time of drawing and will be picked up or delivered approximately forty 40 days after the 30 day notification period ends. The winner must have satisfactorily complied with the proof of identity prize notification requirement as noted above within 30 days. Sponsor reserves the right not to award the prizes if the winner disputes or refuses to comply with the forty 40 day delivery time-frame. The prize is non-refundable and there is no cash alternative. Sponsor reserves the right to withdraw this promotion at any time without prior notice. Sponsor and its partners including One Country, Taxa Outdoors, Skosay, Thule, Tepui, Naked Granola, and Yeti are not responsible, whether as a result of human error or otherwise, for any failure to contact any selected winner. Entrants are solely responsible for the completeness and accuracy of all information submitted, including email addresses for entrant. The Prize Winners may be required by the Sponsor to complete legal documentation such as Affidavit of Eligibility, Liability Release and Publicity Release in order to receive the Prize. Odds of winning depend on the total number of entries received. All prizes will be awarded in a random drawing of all eligible entries received and will be conducted on or about July 31, All taxes, fees and all other expenses and surcharges on prizes are the sole responsibility of the Prize Winners. Sponsor will not nor does it make any representations or warranties including without limitation, implied warranties of merchantable quality and fitness of any awarded product or prize. Sponsor reserves the right to verify the eligibility of any selected winner. By entering, entrants i acknowledge compliance with these Official Rules including all eligibility requirements, ii agree to be bound by the decisions of the Sponsor as Judge of the Giveaway, which are final and binding in all

respects, iii agree that no claim relating to such damages, losses or injuries shall be asserted against Sponsor or its partners including One Country, Taxa Outdoors, Skosay, Thule, Tepui, Naked Granola, and Yeti, or their agents, affiliates, subsidiaries, divisions, and advertising and promotion agencies, and iv agree that Sponsor, or partners including One Country, Taxa Outdoors, Skosay, Thule, Tepui, Naked Granola, and Yeti may use your details for marketing purposes. Entrants may receive marketing information from the Sponsor and its partners including One Country, Taxa Outdoors, Skosay, Thule, Tepui, Naked Granola, and Yeti and may be contacted by them for promotional purposes or market research. All entries become the property of Sponsor. This Giveaway is subject to U. Sponsor and its partners including One Country, Taxa Outdoors, Skosay, Thule, Tepui, Naked Granola, Yeti, or their agents, affiliates, subsidiaries, divisions, and advertising and promotion agencies i make no warranty, guarantee or representation of any kind concerning any prize, ii disclaim any implied warranty; and iii are not in any way responsible or liable for damage, loss or injury resulting from altered, late, lost, damaged, misdirected, mutilated, inaudible, garbled, illegible or incomplete entries, or human, telephone, computer, online, or technical malfunctions or failures including network unavailability and disconnections , or acceptance and use of a prize or travel in connection with such prize. Winner assumes liability for injuries caused or claimed to be caused by participating in the promotion, or by the acceptance, possession or use of any prize. If, for any reason, the Giveaway is not capable of running as planned for reasons which may include without limitation, infection by computer virus, tampering, unauthorized intervention, fraud, technical failures, or any other causes which may corrupt or affect the administration, security, fairness, integrity or proper conduct of this Giveaway, the Sponsor reserves the right at its sole discretion to cancel, terminate, modify or suspend the Giveaway in whole or in part. In such event, Sponsor shall immediately suspend all drawings and prize awards, and Sponsor reserves the right to award any remaining prizes up to the total Approximate Retail Value ARV as set forth in these Official Rules in a manner deemed fair and equitable by Sponsor. Sponsor and Released Parties shall not have any further liability to any participant in connection with the Giveaway. Sponsor and One Country will be collecting personal data about you for the administration of the Giveaway and for promotional purposes or market research. We One Country will use this information in accordance with our published Privacy Policy Statement, which may be viewed at <https://www.onecountry.com/privacy-policy>. Please refer to the websites of all partners as to how they will process your data. If you wish to update your entry information or remove yourself from receiving communications, please navigate to <https://www.onecountry.com/entry-management>. The following are prohibited and will result in automatic, permanent expulsion from the Giveaway: As an entrant, you agree that your name first and second name can be used publicly by the Sponsor in the event you are a successful winner but only for the purposes only of naming the winner. Kelly Sutton - November 11, Thomas Rhett always finds ways to give back, and this time his favorite drink is involved. The "Marry Me" singer has teamed up with Colleen Matthews - November 11, In case you missed it, the Backstreet Boys are headed on a world tour in , marking their biggest tour in 18 years. We have built the only mass media, pop-culture, online destination that reflects the values of the heartland. Updated more than 20 times a day, onecountry.com.

Chapter 4 : Official Rules: Mother Earth News Root Farm Giveaway

The Official Guide to the Rules of Golf (includes Interpretations, Committee Procedures, and the Modified Rules for Players with Disabilities) The Player's Edition is a shortened version of the Rules written specifically for golfers.

To take part in the Sweepstakes, participants must be legal residents of the United States, and at least 18 years of age at the time of entry. Employees and their immediate families, i. By participating in this Sweepstakes, entrants: Limit one 1 online entry per email address. If more than one entry per person is received, only one entry will be eligible. The authorized account subscriber is defined as the natural person who is assigned an email address by an Internet access provider, online service provider or other organization e. Two winners will be randomly selected from among all eligible entries received, on or about September 20, , or within a reasonable time thereafter. Winner will be responsible for all U. No transfer, substitution or cash equivalent of prizes permitted. Winner will be notified by email. The winner must then respond to Sponsor within one week. Should the winner fail to respond to Sponsor, Sponsor reserves the right to disqualify that winner and select a new one in a second-chance random drawing. Grand Prize Winner Verification: The Sponsor will require the Prize Winner s to execute an Affidavit of Eligibility, Liability and Publicity to assure compliance with these Promotion rules. Odds of winning will depend on the total number of eligible entries received. The Prize Winner s will be notified by email. The value of Prizes may be taxable to Prize Winner s as income. Sponsor shall have no responsibility or obligation to a Prize Winner or potential Prize Winner who is unable or unavailable to accept or utilize the Prizes as described herein. The odds of winning the Sweepstakes depend on the number of Eligible Entries received. Noncompliance with any of these Official Rules may result in disqualification. The Sponsor assumes no responsibility for incorrect or inaccurate entry information whether caused by any of the equipment or programming associated with or utilized in this Sweepstakes or by any human error which may occur in the processing of the entries in this Sweepstakes. The Sponsor is not responsible for any typographical or other error in the printing of the offer, administration of the Sweepstakes, or in the announcement of the Prizes and Prize Winners. If, for any reason, the Sweepstakes is not capable of running as planned, including, without limitation, infection by computer virus, bugs, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of the Sponsor which corrupt or affect the administration, security, fairness, integrity or proper conduct of this Sweepstakes, the Sponsor reserves the right in their sole discretion to cancel, terminate, modify or suspend the Sweepstakes. All interpretations of these Official Rules and decisions by the Sponsor are final. No software-generated, robotic, programmed, script, macro or other automated online or text message entries are permitted and will result in disqualification of all such entries. The Sponsor reserves the right in its sole discretion to disqualify any individual they find to have tampered with the entry process or the operation of this Sweepstakes; to be acting in violation of these Official Rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person or to have provided inaccurate information on any legal documents submitted in connection with this Sweepstakes. Entrants agree to indemnify and hold harmless the Sponsor from any and all liability resulting or arising from the Sweepstakes, to release all rights to bring any claim, action or proceeding against the Sponsor, and hereby acknowledge that said Sponsor has neither made nor is in any manner responsible or liable for any warranty, representation or guarantee, express or implied, in fact or in law, relative to the Prizes, including express warranties provided exclusively by a prize supplier that are sent along with the Prizes. Ogden Publications and giveaway partners will be collecting personal data about participants when they enter the sweepstakes. Personal data may include: Name, email, address, home and office phone numbers and other supplied demographics-related information. To review the names of winners, please visit <http://>

This Promotion is intended for viewing and participation in the 50 United States, Washington D.C., and Puerto Rico only and shall be construed and evaluated according to the laws of the 50 United States, Washington D.C., and Puerto Rico.

The Contest Period consists of an entry period, that begins at The Contest provides entrants with the opportunity to create a short video on a topic related to the safe, responsible, and successful use of technology, and to submit the video for consideration. Eligible submissions will be posted online for others to view and judge, as more fully set forth below. The Contest is open to two categories of entrant: With respect to School Entrants: School entrants do not include colleges, universities or institutions beyond those that are at the secondary or high school level in the United States and Canada excluding Quebec. A Minor entrant will be required to provide parental consent in a form satisfactory to the Contest Sponsor before he or she can enter the Contest. Void in Quebec and where prohibited by law. To enter, visit the website [http:](http://) The theme selected for the Contest is: No late entries will be accepted. Submissions must be received by the end of the Entry Period to be eligible for the Contest. No substitutions of Submissions with new versions will be accepted under any circumstances once the original Submission is submitted for consideration. All requested information on the Contest page must be completed to enter and to be eligible to win. Except as otherwise stated in these Official Rules, personal information collected in connection with this Contest will be used in accordance with the privacy notice found on the Website and with the consent given by an entrant at the time of entry. Submissions become the exclusive property of the Sponsor and will not be returned or acknowledged. Proof of submission is not considered proof of delivery to or receipt of such entry. Furthermore, Sponsor shall have no liability for any Submission that is lost, intercepted or not received by the Sponsor. Once the Submission is uploaded to the Website and approved by Sponsor or its designee, it will be made available for viewing on the Website. Limit one 1 rating per registered user per Submission. If a Potential Finalist fails or refuses to sign and return all Finalist Documents within three 3 days of notification or a shorter time if required by exigencies , the Potential Finalist may be disqualified and an alternate Potential Finalist may be selected. Sponsor shall have no liability for any Finalist notification that is lost, intercepted or not received by a Potential Finalist for any reason. If any Potential Finalist does not respond within the time required by Sponsor, or if the Potential Finalist notification is returned as unclaimed or undeliverable to any Potential Finalist, such Potential Finalist will forfeit his or her Finalist status and an alternate Potential Finalist may be selected. Winners will be notified on or about May 7, by Sponsor, whose decisions will be final and binding and not subject to challenge or appeal on eligibility determinations and all other matters relating to this Contest. Sponsor shall have no liability for any winner notification that is lost, intercepted or not received by the potential winner for any reason. Sponsor reserves all rights, on a non-exclusive basis, including without limitation, the right to reproduce, record, alter, amend, edit, publish, publicly perform, use, broadcast and stream the Submission in connection with any and all media now or hereafter known throughout the world, in any and all media, now or hereafter known, in perpetuity, for no additional consideration. Amounts are based on the exchange rate reported at www. If a winner fails or refuses to sign and return the Prize Claim Documents within seven 7 days of prize notification or a shorter time if required by exigencies , the winner may be disqualified and an alternate winner may be selected. Sponsor reserves the right to withhold a prize for any breach of the Official Rules. No substitution of Runner-Up Prizes for cash or other goods or services is permitted, except that Sponsor reserves the right to provide substitute prizes of approximately equal value. Actual retail value of Runner-Up Prizes may vary due to market conditions. Without limiting the generality of the foregoing, Sponsor is not responsible for incomplete, illegible, misdirected, misprinted, late, lost, damaged, or stolen submissions, Submission or prize notifications; or for lost, interrupted, inaccessible or unavailable networks, servers, satellites, Internet Service Providers, websites, or other connections; or for miscommunications, failed, jumbled, scrambled, delayed, or misdirected computer, telephone or cable transmissions; or for any technical malfunctions, failures, difficulties or other errors of any kind or nature; or for the incorrect or inaccurate capture of information, or the failure to capture any information. Sponsor

reserves the right in its sole discretion to disqualify any individual who is found to be tampering with the entry process or the operation of the Contest or the Website, to be acting in violation of these Official Rules, or to be acting in an unsportsmanlike-like or disruptive manner, or with the intent to disrupt or undermine the legitimate operation of the Contest, or to annoy, abuse, threaten or harass any other person, and Sponsor reserves the right to seek damages and other remedies from any such person to the fullest extent permitted by law. In the event an insufficient number of eligible Submissions are received or Sponsor is prevented from awarding prizes or continuing with the Contest as contemplated herein by any event beyond its control, Sponsor shall have the right to modify, suspend, or terminate the Contest. If the Contest is terminated for any reason before the designated end date, Sponsor will if possible select the winners from all eligible, non-suspect Submissions received as of the date of the event giving rise to the termination. The invalidity or unenforceability of any provision of these rules shall not affect the validity or enforceability of any other provision. In the event that any provision is determined to be invalid or otherwise unenforceable or illegal, these rules shall otherwise remain in effect and shall be construed in accordance with their terms as if the invalid or illegal provision were not contained herein. Sponsor shall have no obligation express or implied to use any Submission, or to otherwise exploit any Submission or, if commenced, to continue the distribution or exploitation thereof, and Sponsor may at any time abandon the use of the any Submission for any reason, with or without legal justification or excuse, and contestants shall not be entitled to any damages or other relief by reason thereof. Lynette Owens, E. Sign up now to stay in touch with the competition. Read the rules to see if you can compete as an individual or school. Review the contest theme and rules and make your video! Once your entry is approved and up on the site, share it with your friends and family and help get your entry into the finals. And use the hashtag HereIsMyStory when sharing your entry.

Chapter 6 : OFFICIAL RULES - The Ultimate Homegate

v (2) The Playing Rules Committee, at its December meeting, voted to incorporate the Notes/Case Book/Comments section directly into the Official Baseball Rules at the appropriate places.

Number of Players Anywhere between 2 and 86 players may play in one game. The Object To acquire points by a systematic rolling of the dice. Points Points are acquired one of three different ways. A roll of a 1 is worth points. A roll of a 5 is worth 50 points. Three 3 dice rolled at the same time with the same value is worth times the face value, for example: At this point, the player has the option to continue to roll the remaining dice to collect even more points, or stop and keep any points acquired. A Farkle occurs when the dice are rolled and no point dice appear. No points are recorded on the scratch paper. Any points collected during that turn are then recorded on the scratch paper. If, in the course of one turn, all six dice become point dice and are set aside, the player must roll all six dice at least one more time, before stopping and keeping the points collected. Once the player officially enters the game, the points are recorded and that player may stop rolling at any time during future turns. Sometimes it might take many turns before a player can get on the board. All point dice do not have to be set aside. If you roll a 1 and a 5, sometimes it may be strategic to keep the 1 and roll the 5 again with the rest of the non-point dice. This may give you a better chance of rolling a three of a kind. But, at least one point die must be set aside after each roll. Other ways of playing: If you roll 4 of a kind, your score doubles. With 5 of a kind, it doubles again. Read about more alternative rules here. We are purists and play by the original rules, but I decided to put this on the website because it is one of the most common questions I get asked. Winning As Charlie might say In order to win, A player must get 10, points recorded on the scratch paper for a normal game or 8,, points recorded if your are going to play the extra long game. After a player gets over 10,, each of the other players get one turn to try to beat the first player who goes out. If none of them beat his or her score, then he or she is declared the winner. If someone beats his or her score then that new player wins the game. Questions or Comments email info@officialfarklerules.com.

Chapter 7 : Ford Performance Club Connect - Official Rules

the taxa outdoors one country mantis camper giveaway - official rules. no purchase necessary to enter or win. making a purchase or payment of any kind will not increase your chances of winning.

Void where prohibited by law. The Sweepstakes is subject to all applicable federal, state and local laws and regulations. Winning a prize is contingent upon fulfilling all requirements set forth herein. Sponsor and Administrator Sponsor: Box , Westport, CT Timing The Sweepstakes begins on June 20, at EST and ends on September 4, at 4: How to Enter During the Sweepstakes Period, visit www. Limit one 1 entry per person, per email address, per day a 24 hour period during the Sweepstakes Period. Multiple participants are not permitted to share the same email address. Winner Selection On or about September 7, Administrator will select one 1 entry for the Grand Prize as described below in Section 8 in a random drawing of all valid entries received. Winner will be notified on or about September 12, Verification of Potential Winners Potential winners must continue to comply with all terms and conditions of these Official Rules and winning is contingent upon fulfilling all requirements. The potential winners will be notified by email, telephone, or registered mail after the date of the judging. Prize One 1 Grand Prize will be awarded. Sponsor reserves the right to substitute any listed prize for one of equal or greater value for any reason. Odds of winning a prize depend on the number of eligible entries received during the Sweepstakes Period. Entry Conditions and Release By entering, each participant agrees to: Sponsor reserves the right in its sole discretion to disqualify any individual it finds to be tampering with the entry process or the operation of the Sweepstakes or to be acting in violation of these Official Rules or any other promotion or in an unsportsmanlike or disruptive manner. Any attempt by any person to deliberately undermine the legitimate operation of the Sweepstakes may be a violation of criminal and civil law, and, should such an attempt be made, Sponsor reserves the right to seek damages from any such person to the fullest extent permitted by law. Limitations of Liability The Released Parties are not responsible for: No more than the stated number of prizes will be awarded. Disputes Entrant agrees that: All issues and questions concerning the construction, validity, interpretation and enforceability of these Official Rules, or the rights and obligations of the entrant and Sponsor and Administrator in connection with the Sweepstakes, shall be governed by, and construed in accordance with, the laws of the State of Connecticut, without giving effect to any choice of law or conflict of law rules whether of the State of Connecticut or any other jurisdiction , which would cause the application of the laws of any jurisdiction other than the State of Connecticut. Requests for the winners list must be received by September 25,

Chapter 8 : Official Rules | One Country

Every year, soccer's international governing body revises and updates their rulebook, known as the "Laws of the Game." These 17 rules govern everything from how fouls are defined to the type of uniforms that players may wear.

All entries must be received by Entrants must be at least twenty-one 21 years of age or older at time of entry. Employees and their immediate families e. By participating in this Giveaway, entrants: The odds of winning this Giveaway depend on the number of Eligible Entries as defined herein received; in other words, many will enter; only one 1 person will win. Limit one 1 entry per Online Entrant per day. If an Online Entrant uses multiple e-mail addresses to submit more than one online entry, only the first online entry will count. In the event of a dispute over who submitted a winning online entry, the authorized subscriber of the e-mail account used to participate in this Giveaway at the actual time of entry, will be deemed to be the Online Entrant. The authorized account subscriber is defined as the natural person who is assigned an e-mail address by an Internet access provider, online service provider or other organization e. All entries become the property of Sponsor and will not be acknowledged or returned. The odds of winning the Giveaway depend on the number of Eligible Entries received. Grand Prize Winner Verification: Passports must not expire within six 6 months following the dates of travel as determined by Giveaway Entities in its sole discretion in order to be considered valid. The Grand Prize Winner must sign within three 3 days of receipt of such documents from Sponsor: Entry into this Giveaway constitutes agreement to sign such releases. The Grand Prize Winner also must acknowledge that Giveaway Entities have not and will not obtain or provide insurance of any kind relating to the Grand Prize and that Grand Prize Winner will be responsible for obtaining and paying for any life, travel, accident, property or other form of insurance relating to the Grand Prize. All decisions of Sponsor relating to this Giveaway are final. Sponsor expressly reserves the right to delay the announcement of the Grand Prize Winner for creative or technical reasons or for any other reason Sponsor deems necessary. Airfare, ground transportation, and hotel accommodations are not included. Event dates are non-negotiable. Event dates subject to change in Giveaway Entities sole discretion. Giveaway Entities are not responsible if potential Grand Prize Winner is unable or unavailable to accept prize. Restrictions and limitations apply. The trip shall consist of the following: Grand Prize is non-transferrable. If Grand Prize Winner is not available to travel on the dates specified by Giveaway Entities, in their sole discretion, Grand Prize Winner privileges and Grand Prize will be terminated and an alternative Grand Prize Winner will be selected from the remaining Eligible Entries. Grand Prize Winner and Guest must travel on the same itinerary. Guest traveling with Grand Prize Winner must be at time of Grand Prize fulfillment twenty-one 21 years of age or older. Grand Prize Winner and Guest must possess valid travel documents, including, without limitation, a valid passport and any necessary visas in order to travel. Giveaway Entities will determine the cruise line and cabin in its sole discretion. Travel restrictions, conditions, and limitations may apply. Travel arrangements are subject to availability and must be roundtrip. Giveaway Entities shall not be responsible for any cancellations, delays, diversions or substitution or any act or omissions whatsoever by cruise lines, air carriers, hotels, or other transportation companies, or any other persons providing any of these services and accommodations necessitated by same. Giveaway Entities shall not be liable for any loss or damage to baggage. All travel dates are subject to change in Giveaway Entities sole discretion. If for any reason any Grand Prize related event is delayed, cancelled or postponed, Giveaway Entities reserve the right, but is not obligated, to cancel or modify this Giveaway in their discretion and shall award a substitute prize of comparable or greater value, which may include, but is not limited to, a cash prize equivalent to the ARV of the trip portion of the Grand Prize as set forth in these Official Rules. Restrictions and limitations may apply. The ARV is subject to change based on current market conditions at time of Grand Prize fulfillment, the time of travel, and the distance between departure and destination. Arrangements for fulfillment of the Grand Prize will be made by Sponsor. Upon entry into this Giveaway, Grand Prize Winner as well as all other Online Entrants is required to comply with any and all applicable federal, state, and local laws, rules, and regulations. Giveaway Entities shall have no responsibility or obligation to a Grand Prize Winner or potential Grand Prize Winner who is unable or

unavailable to accept or utilize Grand Prize as described herein. No substitution, transfer or cash equivalent of the Grand Prize or any portion thereof permitted, except by Giveaway Entities, in which case a prize of comparable or greater value may be awarded. Noncompliance with any of these Official Rules may result in disqualification. The Giveaway Entities assume no responsibility for incorrect or inaccurate entry information whether caused by any of the equipment or programming associated with or utilized in this Giveaway or by any human, mechanical or electronic error which may occur in the processing of the entries in this Giveaway. The Giveaway Entities are not responsible for any typographical or other error in the printing of the offer, administration of this Giveaway, errors in processing entries, identifying the Grand Prize Winner or in the announcement of the Grand Prize and Grand Prize Winner. Should this Giveaway be terminated prior to the stated expiration date, notice will be posted on <http://> All interpretations of these Official Rules and decisions by Sponsor are final. No software-generated, robotic, programmed, script, macro or other automated online or text message entries are permitted. Sponsor reserves the right in its sole discretion to disqualify any individual they suspect or find i to have used a software generated, robotic, programmed, script, macro or other automated online or text message entry, ii to have tampered with the entry process or the operation of this Giveaway, iii to be acting in violation of these Official Rules, iv to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person or v to have provided inaccurate information on any legal documents submitted in connection with this Giveaway. Entrants agree to indemnify and hold harmless the Giveaway Entities from any and all liability resulting or arising from this Giveaway, to release all rights to bring any claim, action or proceeding against the Giveaway Entities, and hereby acknowledge that Giveaway Entities have neither made nor are in any manner responsible or liable for any warranty, representation or guarantee, express or implied, in fact or in law, relative to the Grand Prize, including express warranties provided exclusively by a prize supplier that are sent along with the Grand Prize. Vermont residents may omit return postage if requesting a set of Official Rules.

Chapter 9 : The Whole30® Program | The Whole30® Program

Sweepstakes details contained in these Official Rules, and Sweepstakes contained in any Sweepstakes promotional materials (including, but not limited to, point of sale, television and print advertising, promotional packaging and other promotional media), the details of the.

This is a summary of the official rules of the Whole For in-depth information about planning and preparing for the program, a comprehensive FAQ, and more than totally compliant recipes, refer to our New York Times bestselling book, *The Whole What is the Whole30?* From Co-Creator Melissa Hartwig Certain food groups like sugar, grains, dairy and legumes could be having a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Are you having a hard time losing weight no matter how hard you try? So how do you know if and how these foods are affecting you? Strip them from your diet completely. Eliminate the most common craving-inducing, blood sugar disrupting, gut-damaging, inflammatory food groups for a full 30 days. Let your body heal and recover from whatever effects those foods may be causing. The most important reason to keep reading? This will change your life. I cannot possibly put enough emphasis on this simple fact—the next 30 days will change your life. It will change the way you think about food. It will change your tastes. It will change your habits and your cravings. It will restore a healthy emotional relationship with food, and with your body. It has the potential to change the way you eat for the rest of your life. I know this because I did it, and millions of people have done it since, and it changed my life and their lives in a dramatic and permanent fashion. The Whole30 Program Rules Yes: Eat moderate portions of meat, seafood, and eggs; lots of vegetables; some fruit; plenty of natural fats; and herbs, spices, and seasonings. Avoid for 30 days. Do not consume added sugar, real or artificial. No maple syrup, honey, agave nectar, coconut sugar, date syrup, stevia, Splenda, Equal, Nutrasweet, xylitol, etc. Read your labels, because companies sneak sugar into products in ways you might not recognize. Do not consume alcohol, in any form, not even for cooking. And ideally, no tobacco products of any sort, either. Do not eat grains. This includes but is not limited to wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, and all gluten-free pseudo-cereals like quinoa, amaranth, and buckwheat. This also includes all the ways we add wheat, corn, and rice into our foods in the form of bran, germ, starch, and so on. Again, read your labels. Do not eat legumes. This includes beans of all kinds black, red, pinto, navy, white, kidney, lima, fava, etc. No peanut butter, either. This also includes all forms of soy — soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods like lecithin. Do not eat dairy. Do not consume carrageenan, MSG, or sulfites. Recreating or buying sweets, treats, and foods-with-no-brakes even if the ingredients are technically compliant is totally missing the point of the Whole30, and will compromise your life-changing results. Some specific foods that fall under this rule include: No commercially-prepared chips potato, tortilla, plantain, etc. However, this list is not limited strictly to these items—there may be other foods that you find are not psychologically healthy for your Whole When in doubt, leave it out. One last and final rule: Do not step on the scale or take any body measurements for 30 days. So, no weighing yourself, analyzing body fat, or taking comparative measurements during your Whole We do encourage you to weigh yourself before and after, so you can see one of the more tangible results of your efforts when your program is over. The Fine Print These foods are exceptions to the rule, and are allowed during your Whole Ghee or clarified butter. These are the only source of dairy allowed during your Whole Plain old butter is NOT allowed, as the milk proteins found in non-clarified butter could impact the results of your program. Some products or recipes will include fruit juice as a stand-alone ingredient or natural sweetener, which is fine for the purposes of the Whole We have to draw the line somewhere. Green beans, sugar snap peas, and snow peas are allowed. Nearly all forms of vinegar, including white, red wine, balsamic, apple cider, and rice, are allowed during your Whole30 program. The only exception is malt vinegar, which generally contains gluten. Did you know that all iodized table salt contains sugar? Sugar often in the form of dextrose is chemically essential to keep the potassium iodide from oxidizing and being lost. Just figure out how to stick to the Whole30 rules in any setting, around every special circumstance, under any amount of stress—for 30 straight days. The only way

this works is if you give it the full thirty days: This is a fact, born of science and experience. The Whole30 is, at its heart, an elimination diet. Just a small amount of any of these inflammatory foods could break the healing cycle; promoting cravings, messing with blood sugar, disrupting the integrity of your digestive tract, and most important firing up the immune system. Anything less and you are selling yourselfâ€”and your life-changing resultsâ€”short. This is not hard. Fighting cancer is hard. Birthing a baby is hard. Losing a parent is hard. Drinking your coffee black. It is always a choice, so do not phrase it as if you had an accident. This does require effort. Grocery shopping, meal planning, dining out, explaining the program to friends and family, and dealing with stress will all prove challenging at some point during your program. You can do this. You want to do this. You need to do this. And we know that you CAN do this. So stop thinking about it, and start doing. Right now, this very minute, tell someone that you are starting the Whole In Conclusionâ€” We want you to be a part of our community. We want you to take this seriously, and see amazing results in unexpected areas. We want you to look, feel, and live better than you have in yearsâ€”or maybe ever. We want you to find lasting food freedom. It is that important. We believe in it that much. It changed our lives, and we want it to change yours too. Welcome to the Whole A RealPlans partnership with Whole