



MANvFAT FOOTBALL

EXTRA TIME

MANvFAT FOOTBALL

Extra Time is launching in 2019 and will pilot four different ways that MAN v FAT Footballers can experience amazing football locations, celebrate their weight loss, participate in exciting tournaments and get extra time on the pitch.

- 02** MAN V FAT FESTIVAL
- 03** MAN V FAT FOOTBALL TOP SCORER INVITATIONAL
- 04** MAN V FAT FOOTBALL 11s
- 05** MAN V FAT FOOTBALL INTERNATIONALS
- 06** Q AND A

EXTRA TIME

#1 MAN V FAT FESTIVAL

Launching in Late Spring/Early Summer 2019, we are putting on a one day (and night) festival of men's health, including the world's largest ever gathering of MAN v FAT Footballers, their friends and family and no spectator restrictions! Bring a busload of mates and celebrate getting healthier!

The tournament will be open to teams of active players from any MAN v FAT Football league across the UK, including multiple teams from a league. Players will be able to pick their own team and register with the tournament to prove yourselves against the rest of the country. Teams will consist of 10 players who collectively must have an average BMI of over 30, will play against each other until one team are crowned champions and receives a newly commissioned trophy, an array of incredible prizes and the bragging rights for a year.

Appearing at the festival will be an array of organisations and companies who all want to see you win your battle of MAN v FAT. We will also be a host of things for all the family to do, to ensure that it is a positive day and night of health for everyone who attends.

WHERE CAN I FIND OUT MORE?

As soon as details are finalised and registration is open you will receive information via www.manvfat.com and via your league's WhatsApp, your league's AQA and through your weekly progress emails. Full details will be released early in the new year with registration opening for teams to join.

MAN v FAT FOOTBALL





EXTRA TIME

MAN v FAT FOOTBALL

#2 MAN V FAT FOOTBALL TOP SCORER INVITATIONAL

We want to continue to incentivise great weight loss performance on the MAN v FAT Football leagues. To celebrate this we will be creating a special event for the top scorers from each league across the entire year (i.e. if you were on the top scorers chart 11 months ago then you're in with a chance for being picked). In the new year we will publish a list of all the Top Scorers who are eligible to play and these will be decided by score and then by percentage of weight lost. This will enable all the top scorers to come together and form a team to represent their league.

This event will take the Top Scorer teams to a top class facility and see them face off against other top performing teams across the country with a chance of being crowned the Top Scorer Champions and taking a trophy home to their league.

WHERE CAN I FIND OUT MORE?

The first MAN v FAT Football Top Scorer Invitational will take place late in 2019. We will release details through www.manvfat.com and notifications via your league's WhatsApp, the AQA and through your weekly progress emails. Details will be confirmed early in the new year.

EXTRA TIME

#3 MAN V FAT FOOTBALL 11S IS COMING

In 2019 we are launching MAN v FAT Football 11s, which will create nationwide opportunities to play 11-a-side games with other MAN v FAT Football 11-a-side teams. We also want these 11-a-side games to culminate in an event at a prestigious location.

We want to hear from players from across the leagues about how they want to see this implemented and as a result we've now opened a consultation phase which will last until Christmas. This will take in views from players, stakeholders and employees. After this we will then produce a project plan and roll it out.

HOW CAN I GET INVOLVED?

Help shape the future of MAN v FAT Football 11s and take five minutes to give us your views - <http://bit.ly/MVFF11S>



MAN v FAT FOOTBALL



EXTRA TIME

#4 COULD YOU LINE UP IN OUR FIRST INTERNATIONAL IN 2020?

Did you ever imagine a day when you pulled on a pristine new shirt, belted out the national anthem and represented your country on the football pitch? We certainly did. From 2020 we will be offering MAN v FAT Footballers exactly that opportunity as we launch our first national and international games exclusively in association with our global partners.

HOW CAN I FIND OUT MORE?

Keep an eye on www.manvfat.com and your league AQA and weekly progress emails where details will be released.

FAQ'S

WHY ARE WE CHANGING?

There are three main reasons:

1. WE'VE GROWN WHICH MEANS ST GEORGE'S PARK IS NO LONGER VIABLE

For the last couple of months we've been working with St George's Park to try and find a way to make our tournaments continue at the venue. Initially, with St George's Park it was possible to invite teams from every league and fit a tournament in and allow players to bring spectators. As the number of leagues have grown we've reached the point where it's impossible to fit us all under one roof. St George's Park are also very strict on the number of spectators that can be allowed, which means we have to disappoint not only players but the people they would like to bring along.

2. IN RESPONSE TO PLAYER FEEDBACK

With previous St George's Park tournaments we have set an entry criteria of 5% weight loss. Any player who hit that target went into the hat and we picked teams from those groups. That did mean though that some players who hit that target still weren't picked. For our first St George's Park tournament we barely left anyone out; for our second there were a good number and by the third there were more left out than included - that's clearly not fair on those players who miss out simply because St George's Park can't accommodate us all. We want everyone to have the opportunity to experience a MAN v FAT Football tournament. It is uniquely inspirational to see so many men who are engaged in improving their lives that we want all our players to be able to benefit from that.

3. TO GIVE YOU MORE

We always try to push ourselves to ask what else can we give to players to continue to motivate you to win your own battle of MAN v FAT. We believe that this means offering a wider range of opportunities, for players at every stage of their MAN v FAT journey. From those just beginning, to those who have hit a healthy BMI and now want to play at a peak level. We want our Extra Time options to inspire and amaze players. In short, we want to give you more.

WHEN CAN I FIND OUT MORE INFORMATION ABOUT X?

Full details of the MAN v FAT Festival will be announced early in the new year, allowing plenty of time for teams to register. In the meantime you can start to pick the 10 players for your team (the games will be six-a-side) just don't forget that collectively your team will need an average BMI of 30+.

Location and timing details on The Top Scorer Invitational will be released in the new year and we will publish a list of the players who are eligible to play in this event.

MAN v FAT Football 11s will be in consultation with players and stakeholders until Christmas and we will then release a project plan and teams can register. If you're interested in getting involved then find other players from across your league who fancy playing and you'll soon have the opportunity.

News about MAN v FAT Football Internationals will be released in 2019 with full details about how you can be involved.

WHY CAN'T WE JUST PLAY MORE DATES AT ST GEORGE'S PARK TO FIT US ALL IN?

We could and that was one option that we considered, but ultimately the killer for this is that we would potentially have a tournament final where one of the teams had been playing that day and the other team was rested. That didn't seem fair. Additionally, it takes away from the unique event where it all gets decided on one day.

WHY CAN'T WE USE MULTIPLE PITCHES IN THE SUMMER AT ST GEORGE'S PARK?

Quite simply because there wouldn't be enough of the same types of pitch at St George's Park. Some teams would play on grass, some on 4G and we felt that this didn't create a level playing field (pun fully intended) for a competition.

CAN I PLAY IF I AM ON THE MAINTENANCE PROGRAMME?

Absolutely, the MAN v FAT Festival, Top Scorer Invitational, 11s and Internationals will all be open to players on maintenance.

FOR THE MAN V FAT FESTIVAL CAN WE ENTER MORE THAN ONE TEAM?

No, because there would potentially be situations where both teams would play at the same time, or play each other. Consequently, you can only be in one team. Each league can enter as many teams as they can possibly field though.

DO I HAVE TO STILL BE A MEMBER OF A CURRENT LEAGUE TO PLAY?

Yes, all of the Extra Time events will only be open to current, active players on the MAN v FAT Football leagues.

WHAT TYPES OF ENTERTAINMENT WILL BE AT THE MAN V FAT FESTIVAL?

We want this to be a celebration of health, so expect to see lots of things that will help to get you, your family and your friends active. We're open to suggestions, so if there's something you particularly want to see then let us know on football@manvfat.com

WILL I HAVE TO BUY A KIT?

No, but souvenir kits will be available.

WHY CAN'T WE HAVE REGIONAL TOURNAMENTS TO SAVE TRAVEL?

We are looking at holding these events at different places around the country so that it reduces the travel miles for all.

HOW WILL THE 11-A-SIDE LEAGUE WORK?

This is the idea behind the consultation, click here and have your say - <http://bit.ly/MVFF11S>

WHAT IF I AM A TOP SCORER AT MORE THAN ONE LEAGUE?

You will only be allowed to be chosen for one team but you would be in the running for any league where you were a current, active player.

WHAT IF MULTIPLE TOP SCORERS FINISH THE YEAR ON THE SAME NUMBER OF GOALS?

We will add in the percentage of weight that a player has lost to give us a definitive order.

WILL ALL PITCHES BE THE SAME SIZE?

Yes.

I HAVE ANOTHER QUESTION THAT'S NOT ANSWERED HERE

Great! You can either email football@manvfat.com or speak to your coach at the next AQA session. If your league hasn't had an AQA session yet then let us know on football@manvfat.com and we'll get it sorted for you.