

RAMS 2009



Rulebook

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DIRECTORS' LETTER

Dear RAMS 2009 Participants,

It is with great enthusiasm and joy that we welcome your participation in the Rockin' Against Multiple Sclerosis (RAMS) philanthropy this year. As the largest philanthropic organization at the University of Missouri, RAMS' primary objective is to bring awareness regarding Multiple Sclerosis to the students of Mizzou, as well as the citizens of Columbia.

Since 1993, RAMS has raised more than half a million dollars and provided thousands of volunteer hours to aid those suffering from MS. High school and college students alike have joined our cause and contributed their time and effort to the organization. Although there is a competitive side of RAMS, our organization prides itself on bringing students together to support a common goal.

The following is our rulebook, which outlines the organization's goals as well as the rules of our philanthropy. In addition to this book, please consult our web site (www.RockinAgainstMS.com) as it is an excellent resource that will be updated for your convenience. If you have any additional questions, comments, or concerns regarding the rules and regulations of RAMS, please feel free to contact our steering committee. The names of the sub-committees and individuals composing them are listed in the book and on our web site. It is our goal as a steering committee to make RAMS efficient, enjoyable and memorable for you.

By participating in RAMS, you are making an incredible impact on the lives of many people with MS here in Columbia and mid-Missouri. We encourage you to dedicate yourself to all facets of RAMS and participate in service, community special events, and Rock-It. It is our sincere hope that through our organization, people will learn about the disease and continue serving in the fight against MS.

We look forward to working with you and to a successful year.

Sincerely,

The RAMS 2009 Tri-Directors

Julie Crowe	(816) 210-3331	jmcgx2@mizzou.edu
Meghan Kuryla	(314) 607-7176	makfy6@mizzou.edu
Shawn Sahota	(573) 289-2103	ssypb@mizzou.edu

www.RockinAgainstMS.com

MISSION STATEMENT

Rockin' Against Multiple Sclerosis (RAMS) is the largest campus-wide philanthropy with proceeds benefiting the local MS Institute. RAMS is dedicated to increasing awareness of Multiple Sclerosis on the MU campus, in the Columbia community and to the general public. We feel it is important to enhance our knowledge of Multiple Sclerosis and to help those diagnosed with it. RAMS has established a long-term fundraising relationship with the MS Institute. The money raised provides many opportunities for mid-Missourians with MS. Our dedication to this cause is very strong and we challenge everyone to join the fight against MS by participating in RAMS 2009.

RAMS INFORMATION

What is Multiple Sclerosis?

Multiple Sclerosis is a chronic disease of the central nervous system in which the simplest everyday tasks can no longer be taken for granted. Its symptoms run from slight blurring of vision to complete paralysis. MS affects the brain's ability to control functions such as walking, talking, seeing, hearing, arm movements, and more. An estimated 400,000 to 500,000 Americans are diagnosed with MS and another 200 cases are diagnosed each week. MS is the most common central nervous system disease among young Americans, usually striking people during their 20s and 30s. Currently, there is no drug able to cure MS, but treatments are available which can modify the course of the disease.

What is RAMS?

Rockin' Against Multiple Sclerosis (RAMS) is a steering committee comprised of students at the University of Missouri. Throughout Feb., the committee hosts events at MU and in the Columbia community to raise money and awareness for the fight against MS. Awareness and fundraising are done through events such as the annual Rock-It competition—a lip-sync contest in which students impersonate their favorite musical acts—There is also an opportunity for students to send their friends to "jail" in our Jail-N-Bail. Speaker provides a chance for participants to come together for an emotional and inspiring presentation from MS patients. Other RAMS events include a comedy night, t-shirt sales, high school fundraisers and a banner competition. All proceeds go directly to benefit MS patients in mid-Missouri.

Where does the money go?

The money raised during RAMS goes to the MS Institute and stays in mid-Missouri to help provide services to individuals diagnosed with MS. RAMS funds have helped buy equipment, build ramps and pay for medical services for MS patients.

2008-2009 SCHEDULE OF EVENTS

All dates and times are subject to change.

November

Wed 11/19	7:30 p.m.	Liaison Meeting	Strickland 210
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December

Wed 12/3	7:30 p.m.	Liaison Meeting	Strickland 210
Wed 12/10	7:30 p.m.	Liaison Meeting	Strickland 210

Jan.

Wed 1/21	9 p.m.	Liaison Meeting	Strickland 210
Wed 1/28	9 p.m.	Liaison Meeting	Strickland 210

Feb.

Mon 2/2	8 p.m.-9 p.m.	Speaker	Jesse Auditorium
Wed 2/4	9 p.m.	Liaison Meeting	Strickland 210
Wed 2/4	TBA	Cup Night	Downtown
Sat 2/7	TBA	Service Day	TBA
Tues 2/10	10 a.m.-3 p.m.	Jail-N-Bail	Bengal Lair*
Wed 2/11	10 a.m.-3 p.m.	Jail-N-Bail	Bengal Lair*
Wed 2/11	9 p.m.	Liaison Meeting	Strickland 210
Thurs 2/12	7 p.m. or 9 p.m.	Comedy Night	Déjà vu
Sun 2/15	TBA	Dress Rehearsal	Blue Note
Sun 2/15	5 p.m.	Banner	Various
Mon 2/16	TBA	Rock-It Prelims	Blue Note
Tues 2/17	TBA	Rock-It Prelims	Blue Note
Wed 2/18	9 p.m.	Liaison Meeting	Strickland 210
Fri 2/20	TBA	Rock-It Finals	Blue Note
Wed 2/25	9 p.m.	Liaison Meeting	Strickland 210

*Bengal Lair is located in Memorial Student Union South

POINT BREAKDOWN

Rock-It	100
Promotions	100
Service Day	70
Jail-N-Bail	60
Cup Night	45
Comedy Night	45
Speaker	45
Banner	20
Liaison Meetings	10
RAMS Community Service Award	5
	<hr/>
	500
Sponsors	Bonus Points Possible

PROMOTIONS

100 Points Possible

Point Breakdown

1st Place:	100 pts
2nd Place:	90 pts
3rd Place:	80 pts
4th Place:	70 pts
5th Place:	60 pts
Participation:	50 pts

One of the easiest ways for your organization to support RAMS is through the RAMS official t-shirt sales. In order to be awarded participation points, your organization must buy a minimum of 25 percent of your organization's total number of members. Shirt sales are based on percent of total organization. Selling the minimum number will ensure 50 out of the 100 points.

T-shirts cost \$15.00. XXLs cost an additional \$1.50 per shirt.

RAMS 2009 Ordering Information

- The accompanying order form and a check (made out to RAMS) are due Jan. 21.
- Additional T-shirts will be available at Rock-It or by contacting the Promotions Committee. However, any merchandise purchased after Jan. 21 will not count for points.

Promotions Committee Contact Information

Mita Patel	(573) 424-3762	mnpatel@mizzou.edu
Robert Rund	(214) 563-2766	RobertRund@mizzou.edu

www.RockinAgainstMS.com

PROMOTIONS ORDER FORM

Due Jan. 21

Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Quantity

	Small	Medium	Large	X-Large	XX-Large	Total
T-Shirts						

Price

# of non-XXL Shirts		X \$15.00 Each =	\$
# of XXL Shirts		X \$16.50 Each =	\$

Total \$ _____

*Make check out to RAMS. One check per organization, please.

SPONSORS

Bonus Points Possible

Organizations may contact out-of-town business or personal connections. In-town personal connections (family, friends, relatives, lawyers, doctors, etc.) are also acceptable. Steering committee members are contacting most Columbia businesses.

Point Breakdown

The top three organizations (with the highest donations) will receive bonus points added to their total score.

- Any organization that donates \$250 will receive 15 bonus points.
- 2nd place will receive an additional 10 points (25 total)
- 1st place will receive an additional 20 points (35 total)

Helpful Information

- Please include sponsor name, address, phone number, contact name, liaison, and organization. Make checks payable to MS Institute.
- All sponsors are due Wed., Jan. 21.

Contributions will provide funds for education programs, the resource library, medical equipment, and therapeutic programs for MS patients who receive their healthcare in mid-Missouri. All sponsors will be announced and included in the RAMS program distributed each evening at Rock-It. Rock-It is a three-night program drawing more than 5,000 spectators. In addition, sponsors donating at the following levels will receive:

- Silver Level: For \$200 the company name will appear on banners and programs created for RAMS events.
- Gold Level: For \$500 the company receives the above plus the company name on approximately 2,500 T-shirts sold during the week.
- Platinum Level: For \$750 the company receives the above incentives plus an individual banner with the company's logo and name displayed on stage at Rock-It.
- A sponsor's letter will be available at www.RockinAgainstMS.com.

Sponsors Committee Contact Information

Katie Duff	(816) 217-8383	kedyr8@mizzou.edu
Tyler Haden	(573) 721-1443	tdh338@mizzou.edu
Leah Kennett	(573) 489-4058	lkr2m9@mizzou.edu
Joey Muenster	(314) 452-9597	jemgxf@mizzou.edu
Danette Stumpe	(573) 259-0587	drs54f@mizzou.edu

www.RockinAgainstMS.com

SPEAKER

45 Points Possible

The Service Speaker will be Mon., Feb. 2 from 8 p.m.-9 p.m. in Jesse Auditorium. Members of your organizations will have the opportunity to learn more about MS from people with MS.

A percentage of your organization's membership, to be determined later, must attend the speaker. Point deductions will be incurred for failing to meet attendance.

Service Committee Contact Information

Emily Baldwin	(816) 868-2431	erb79b@mizzou.edu
Jack Campbell	(573) 356-8212	jgcgx6@mizzou.edu
Lauren Hughes	(314) 471-5911	lrhrr8@mizzou.edu
Kenny Reagan	(314) 616-2088	kjrpnb@mizzou.edu

www.RockinAgainstMS.com

CUP NIGHT

45 Points Possible

Cup Night will be held on Wed., Feb. 4. We are currently contacting Columbia bars and restaurants to participate in cup night by providing various food and drink specials. We will give you a list of participating establishments to share with your organization when we finalize the list.

Point Breakdown

- 45 Points: 25 percent of total membership purchases cups
- 40 Points: 20 percent of total membership purchases cups
- 35 Points: 15 percent of total membership purchases cups
- 30 Points: 10 percent of total membership purchases cups

Community Special Event Committee Contact Information

Ashley Bobbitt	(918) 671-2160	aebc59@mizzou.edu
Matthew Clifford	(816) 547-8870	mmcvd7@mizzou.edu
Kelsey Kotur	(314) 304-0707	kkc33@mizzou.edu
Erin Power	(572) 694-8588	empy77@mizzou.edu

www.RockinAgainstMS.com

CUP NIGHT ORDER FORM

Due Jan. 21

Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Number of Cups _____ X \$10.00 per Cup = Total \$_____

*Make check out to RAMS. One check per organization, please.

SERVICE DAY

70 Points Possible

Service Day will be held on Sat., Feb. 7. On this day students from each organization will be assigned to the homes of local MS patients, and will be doing various activities including raking leaves, cleaning, painting, etc. These MS clients love to meet the volunteers and greatly appreciate everything that we do. People living with MS have trouble doing tasks often taken for granted; for this reason, Service Day is a valuable part of RAMS.

You begin with 70 points and receive deductions for the following:

- 5 point deduction for arriving 5-15 minutes late.
- 10 point deduction for arriving 15-30 minutes late.
- 20 point deduction for failing to provide 4 volunteers.
- 30 point deduction for providing less than 3 volunteers.
- 10 point deduction for RAMS receiving attitude complaint from client.

Service Committee Contact Information

Emily Baldwin	(816) 868-2431	erb79b@mizzou.edu
Jack Campbell	(573) 356-8212	jgcgx6@mizzou.edu
Lauren Hughes	(314) 471-5911	lrhrr8@mizzou.edu
Kenny Reagan	(314) 616-2088	kjrpnb@mizzou.edu

www.RockinAgainstMS.com

SERVICE ENTRY FORM

Due Jan. 28

Liaison Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Volunteer #1 (Contact Person)

Name _____

Phone _____

Volunteer #2

Name _____

Phone _____

Volunteer #3

Name _____

Phone _____

Volunteer #4

Name _____

Phone _____

COMMUNITY SERVICE AWARD

5 Points Possible

There will be a RAMS community service award given to a person who has demonstrated outstanding altruistic service to the community and MU campus. Any person can be nominated for this award, except RAMS Steering Committee members. We require that one person be nominated from each organization. The nomination form needs to be completed by the nominee and returned by the Jan. 28 Liaison meeting. The winner's organization will receive 5 points.

Service Committee Contact Information

Emily Baldwin	(816) 868-2431	erb79b@mizzou.edu
Jack Campbell	(573) 356-8212	jgcgx6@mizzou.edu
Lauren Hughes	(314) 471-5911	lrhrr8@mizzou.edu
Kenny Reagan	(314) 616-2088	kjrpnb@mizzou.edu

www.RockinAgainstMS.com

RAMS COMMUNITY SERVICE AWARD

Due Jan. 28

Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Please write, in one page or less, your campus and community involvement and how it has influenced or affected your life.

JAIL-N-BAIL

60 Points Possible

Jail-N-Bail allows participating organizations to “arrest” a total of five members over the course of the day. The event will be held Tues., Feb. 10 and Wed., Feb. 11 from 10 a.m. - 3 p.m. at Bengal’s Lair in Memorial Student Union. Sororities will participate Feb. 10 and fraternities will participate Feb. 11. Other participating organizations will be assigned to either Feb. 10 or 11.

Each volunteer must submit a \$20 entry fee and will be required to be behind bars for a one-hour shift between 10 a.m. – 3 p.m. During each hour, the organization is also required to send at least one volunteer per person jailed who will raise a bail amount to be determined at a later date. (This is in addition to entry fee.) However, there is no limit to how many volunteers an organization can have raising bail in each hour. As soon as bail is met, the jailed member will be free to go. If bail is not met within the hour, he or she will be released but will not gain points for being bailed out. If bail is raised before the hour shift ends, the volunteer can continue to raise money to go towards that organization’s grand total.

A total of 40 participation points can be awarded to each organization based on the following:

- 6 points/hour upon check in of two volunteers (30 points possible)
 - 2 points/hour upon bailout of jailed member* (10 points possible)
- *Jailed member must be present to obtain bailout points.

Also, this event is a competition to raise the most money. The set bail amount is only a required minimum for participation. However, each organization is encouraged to raise extra funds through the help of additional volunteers raising money during each one-hour shift. Donations will be totaled at the end of the second day. The point break down is as follows:

- 1st place: 20 points
- 2nd place: 15 points
- 3rd place: 10 points
- 4th place: 5 points

The organization that raises the most money overall is also guaranteed its preferred day and time slot for Rock-It Prelims.

Jail-N-Bail Committee Contact Information

Connor McCambridge	(816) 588-1996	crm8b4@mizzou.edu
Kelsey Mirando	(918) 760-2524	kemy87@mizzou.edu
Ryan Neff	(573) 999-4551	neffr@health.missouri.edu

www.RockinAgainstMS.com

JAIL-N-BAIL REGISTRATION FORM

Due Jan. 28

Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Non-Greek organizations: Please circle preferred date.

Tues., Feb. 10

Wed., Feb. 11

All organizations: Please complete table.

TIME	ARRESTEE	BAILER
10 a.m.		
11 a.m.		
12 p.m.		
1 p.m.		
2 p.m.		

COMEDY NIGHT

45 Points Possible

Déjà Vu Comedy Night is a fun and easy way to support RAMS. The shows will be held Thurs., Feb. 12 at 7:30 p.m. and 9:30 p.m. Doors open an hour before each show. Everyone attending must arrive at least 30 minutes prior to the starting time of the show in order to receive points. Tickets are \$10 a person.

Point Breakdown

45 Points: 20 percent of total membership in attendance.

Community Special Event Committee Contact Information

Ashley Bobbitt	(918) 671-2160	aebc59@mizzou.edu
Matthew Clifford	(816) 547-8870	mmcvd7@mizzou.edu
Kelsey Kotur	(314) 304-0707	kkc33@mizzou.edu
Erin Power	(572) 694-8588	empy77@mizzou.edu

www.RockinAgainstMS.com

COMEDY NIGHT ENTRY FORM

Due Feb. 4

Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Number of Tickets _____ X \$10.00 per Ticket = Total \$ _____

*Make check out to RAMS. One check per organization, please.

BANNER

20 Points Possible

There is no better way for your organization to show support for RAMS than by entering the banner contest. You will be showing your support and earning points, so get creative and show campus and the Columbia community that your organization is helping MS clients in mid-Missouri.

Rules and Regulations

- Banners may be made of any material including, but not limited to: paper, cloth, chicken wire, pomp, glitter, etc.
- Banners must be at least the size of a twin sheet.
- Participants must hang their banners on campus to be judged. Some exceptions may apply, please speak with the Recruitment Committee.
- Banners must display the name of the organization, the RAMS sponsors, and the date of RAMS week (Feb. 15-20).
- Banners must be at the location specified on the entry form by 5 p.m. on Sun., Feb. 15.
- Ten points will be given to all organizations displaying a banner that meets all of the above requirements.
- If you have trouble finding a location for your banner, please contact the Recruitment Committee.

Point Breakdown

- 1st place: 20 points
- 2nd place: 16 points
- 3rd place: 12 points

Liaison Attendance

10 Points Possible

Point Breakdown

- Attendance at Liaison Meetings is mandatory. One point will be deducted for each missed meeting.

Recruitment Committee Contact Information

Carrie Bien	(816) 898-4941	cebd45@mizzou.edu
Jean Horan	(618) 407-6893	jmhvv6@mizzou.edu
Weston Merrick	(314) 517-6703	wtmnqb@mizzou.edu
Kent Miller	(573) 253-1070	kdmgw7@mizzou.edu

www.RockinAgainstMS.com

BANNER ENTRY FORM

Due Feb. 11

Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Banner Location _____

ROCK-IT

100 Points Possible

Rock-It, one of the most popular RAMS events, is composed of a lip-sync competition and in between acts competition (IBA). This gives a chance for members of your organization to take on any persona they want by designing a dance/skit to accompany a song or compilation of songs. IBAs can be any variety of talents.

Prelims will be held Mon., Feb. 16 and Tues., Feb. 17 at The Blue Note. Finals will be held on Fri., Feb. 20. Rock-It doors open at 6 p.m. for prelims and show starts at 6:30 p.m. For finals, doors open at 7 p.m. and the show starts at 7:30 p.m.

The Rock-It skit directors will receive a detailed rulebook and have a separate meeting. There will be an entry fee of \$60.00 for Rock-It acts. You can indicate on the entry form what prelim date your organization prefers. This does not mean you will automatically get your first choice, but we will do our best to take conflicts into consideration. The entry fee is due Jan. 28 at the liaison meeting.

All organizations must raise at least \$500 as well as complete the day of service to advance to Rock-It finals. All money raised through t-shirt sales, Jail-N-Bail, and entry fees will go towards the \$500.

IBA try-outs will be Sun., Feb. 1. A \$20.00 entry fee must be paid before or at the try-outs. Organizations must sign up for an IBA tryout time at the liaison meeting on Jan. 28. The number of IBAs will depend on the number of Rock-It Acts participating.

*Tickets will be allotted based on the capacity of the Blue Note and organization size. In order to get full points for tickets you need to purchase the maximum amount of tickets your sorority, fraternity, and organization is allotted.

Rock-It Committee Contact Information

Amy Babitz	(314) 359-9914	ambc4c@mizzou.edu
Danny Babitz	(314) 359-9904	djbhkf@mizzou.edu
Tim Eggleston	(314) 606-3066	Tmext5@mizzou.edu
Sam Karson	(816) 853-0822	sjkff9@mizzou.edu
Elizabeth Weishar	(816) 509-6017	emw7v7@mizzou.edu

www.RockinAgainstMS.com

ROCK-IT

100 Points Possible

Point Breakdown

- 25 points for participation
- 25 points for ticket sales and entry forms turned in on time*
- 20 points for making it to finals
70 points

In addition to the 70 points:

- 30 points for first place
- 20 points for second place
- 10 points for third place
100 total points possible

First place, second place, and third place will be awarded to a sorority, fraternity and organization.

*There will be a 5-point deduction for turning in an entry fee after Jan. 28.

Rock-It Committee Contact Information

Amy Babitz	(314) 359-9914	ambc4c@mizzou.edu
Danny Babitz	(314) 359-9904	djbhkf@mizzou.edu
Tim Eggleston	(314) 606-3066	Tmext5@mizzou.edu
Sam Karson	(816) 853-0822	sjkff9@mizzou.edu
Elizabeth Weishar	(816) 509-6017	emw7v7@mizzou.edu

www.RockinAgainstMS.com

PRELIMS TICKET ORDER FORM

Due Feb. 4
Tickets \$10.00 each

Contact Information

Organization _____

Name _____

Phone _____

E-Mail _____

Number of Tickets _____ X \$10.00 per Ticket = Total \$_____

Prelims preferred date (circle one): Feb. 16 Feb. 17

*Make check out to RAMS. One check per organization, please.

*Prelims preferred date is not a guarantee. It's a preference.

INTEREST GROUPS

General Information

Interest groups are organizations participating in selected portions of the RAMS' program. Like all other participating organizations, interest groups are required to have a liaison attend each RAMS meeting. Interest groups are held to the same standard as organizations participating full out and must uphold the rules & regulations listed under each category they participate in.

Interest groups are required to participate in the following events:

Events

- Service Projects
- MS Awareness Speaker
- Jail-N-Bail
- Banner

Interest groups are encouraged to participate in the following events:

Bonus Points

- Cup Night
- Comedy Night
- RAMS Apparel
- Rock-It
- Sponsors

Recruitment Committee Contact Information

Carrie Bien	(816) 898-4941	cebd45@mizzou.edu
Jean Horan	(618) 407-6893	jmhvv6@mizzou.edu
Weston Merrick	(314) 517-6703	wtmnqb@mizzou.edu
Kent Miller	(573) 253-1070	kdmgw7@mizzou.edu

www.RockinAgainstMS.com

INTEREST GROUP POINT BREAKDOWN

A specific point breakdown has been created for interest groups. This outlines the maximum amount of points that can be earned for each event, including both required and bonus activities.

Service Day	75
Speaker	45
Jail-N-Bail	60
Banner	20
<u>Liaison Attendance</u>	<u>10</u>
Total	210

Bonus Points Possible

Promotions (50 Points Possible)

2 points for each cup purchased, maximum of 20 points

3 points for each t-shirt purchased, maximum of 30 points

Rock-It (40 Points Possible)

Each participating interest group will earn 20 points for competing

1st place: Additional 20 points

2nd place: Additional 15 points

3rd place: Additional 10 points

Comedy Night (30 Points Possible)

2 points per ticket

Sponsors

Points will be awarded based on the sponsorship award level

Sponsors donating:

\$750 or above: Worth 20 points per sponsor

\$500-749: Worth 15 points per sponsor

\$200-499: Worth 10 points per sponsor

Participating student organizations donating:

\$250: Awarded 15 points

Recruitment Committee Contact Information

Carrie Bien	(816) 898-4941	cebd45@mizzou.edu
Jean Horan	(618) 407-6893	jmhvv6@mizzou.edu
Weston Merrick	(314) 517-6703	wtmnqb@mizzou.edu
Kent Miller	(573) 253-1070	kdmgw7@mizzou.edu

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