

ImgurFIT Rules and Guidelines.

Main Rules list

- Treat each other with kindness and respect. We have a zero tolerance policy on any kind of abuse, harassment or trolling of other members. This rule extends beyond imgurFIT.
- Be considerate. We do not tolerate any kind of “hating” or “shaming”. Similarly, we ask that you do not shoot down or mock the lifestyle choices, knowledge or experience levels of others.
- Before posting comments of a sexual nature, stop and ask yourself if it is something the person in question would enjoy or desire, if not, keep it to yourself. While there is no blanket ban on sexual comments, we would like it kept to a minimum.
- Please abide by the **selfie guidelines** (below this list)
- Please do not post pictures asking people to look about your junk food, or otherwise bragging about unhealthy food you have eaten. Please consider the fact that some members are trying to avoid temptation and urges.
- Use the off topic thread for anything not fitness or directly group related.
- If you want to sell a product to the group, please ask the admins, we do this to avoid pyramid schemes and other scams.
- Please understand that we still encourage criticism and debate on posts. However, you must remain civil and friendly throughout, it is not acceptable to insult or otherwise abuse someone just because you do not agree with them.
- We would also like to remind people to accept criticism on their posts and not lash out. We are all here to learn, teach, and set examples.
- Please message any of the admins with problems, concerns or disputes. Please do not make a public fuss or report to Facebook (report to admin is fine)

The admins are:

Sherlock Michaels

Gavin Hemmerlein

Nicholas Meisch

Betsy 'Doubek' Campbell

Sammy Inches-Ogden

Cam Mackey

Chris Huber

Selfie/Picture Guidelines

Currently we ask that all members keep selfies and similar pictures to the three categories below alone. Please note that we may remove posts that do not abide by these guidelines.

Transformation Tuesday:

On this day we want all of the selfies and pictures relating to achieving goals, weight loss, weight gain, muscle gain, sporting achievements, etc. Pretty much most of the selfies that get posted here have a place on Transformation Tuesday. As long as there has been some transformation, achievement or accomplishment, long or short term. [see below left for example]

 **Sherlock Michaels**
Just now

I was fat but now i'm not



Like · Comment

 Write a comment... 

[Tuesday]

 **Sherlock Michaels**
Just now

Look at my muscle



Like · Comment

 Write a comment... 

[Friday]

Flex Friday:

On this day, we want pretty much any selfie where you want to show off your body, even if there is no context. This can be as simple as "hey look at my biceps they look great." We encourage all body types and experience levels in Flex Friday, rather than just the fittest of the members showing off (which is also fine and encouraged.) [see above right for example]

Off Topic

We also ask that members keep off topic posts, including selfies and pictures, to the off topic thread. This means anything that isn't directly related to fitness or the group. Meetup pictures etc are permitted. [See below for an example of a post that belongs in the off topic thread and not on the main wall.]



The Hand Rule

We recommend using the “hand rule” when posting selfies and pictures. Here’s how it works.

- 1: Cover the picture you have posted with your hand; is the text still a worthwhile post by itself? Does it need a picture to accompany it?
- 2: Cover the text with your hand; does the picture make sense, and is it relevant, by itself?
(Note that this does not apply if step one needed a picture to accompany it)