

## Ultimate ContENDER

### Divisions and Rules 2018

DIVISION	# TEAMS IN DIVISION	PLAYING LEVEL GUIDELINE & AGE RESTRICTION	DIVISION DESCRIPTION
Mens	24	18+	Events will touch on Fitness, strength and conditioning. No previous experience needed but must have been to gym before, be fit and medically healthy.
Ladies	8	18+	

#### ENTRY FEE INCLUDES

- Festival weekend entry
- Ultimate Contender tournament entry
- 5 Events of which each individual you do 4
- 10s event vest/merchandise
- Live entertainment
- Vouchers

#### ULTIMATE CONTENDER

The rules and information below are for both Mens and Ladies divisions.

#### IMPORTANT

Although built around the Crossfit Competition structure, the tournament is aimed to be more accessible to all. Therefore having done Crossfit before is certainly not required, the movements will not include Olympic lifting or Gymnastics etc but more conditioning like rowing, flipping tyres, running and carrying, weighted vests, deadlifting etc.

#### SQUADS & REPLACEMENTS,

- 4 Athletes in team

#### EVENTS LENGTH

- Each event will vary in time and will be explained on the day and will vary between 10 -20 minutes
- Events will be announced 1 at a time starting 5 months before the weekend

## **POINTS/SCORING**

- If there are 24 teams then 24 point for an event win, 23 for 2<sup>nd</sup> etc.

## **ULTIMATE CONTENDER RULES AND INFO**

1. Each event will be explained on the day to ensure that everyone starts on an equal playing field.
2. Events will NOT be explained again so ensure that you are at the event briefing 5 minutes before each start time of each individual event.
3. All events will occur only on the Saturday in waves of 8 teams at a time.

## **CONTENDER DISCIPLINE**

- Event organisers and referees have the right to intervene if there is disrespectful, unruly or unsafe behaviour and play
- If a team does not arrive in time for the start of their event, the event will be considered a forfeit - no exceptions, no excuses
- The referee is ALWAYS right, zero tolerance on arguing.

## **10s BLUE CARD**

- A referee has a BLUE CARD that may be shown to a player at any stage of the match. A blue card enables the referee to send a player off for unsportsmanlike behaviour or for being disorderly/intoxicated on the field/court. The referee may use this card at his/her own discretion and their decision is final. This is to protect the safety of all players.
- The guilty player will have to leave the field/court for the remainder of the match.