

Rules & Regulations

1. REGISTRATION

- HomeTeamNS Strongman Challenge 2012 (Men's & Women's Individual):
 - All registration forms must be submitted to HomeTeamNS on or before the stipulated date: 19 February 2012 (Sunday). Late entries will not be accepted.
 - A registration fee of S\$25.00 (Men) & S\$20.00 (Women) will be charged per Competitor.
 - Competitors must be a Singaporean/Malaysian, Permanent Resident or Foreigners with a valid Employment Pass/Work Permit.
 - Competitors must be above 18 years of age and not more than 50 years of age in year 2012.
 - Competitors who are above 35 years of age in year 2012 are required to submit a "Certified Fit" medical report endorsed by a local doctor or medical institute.
 - Competitors who register for the U-20 Tag-Team Challenge 2012 will not be allowed to register for the HomeTeamNS Strongman Challenge 2012.
 - The Organiser reserves the right to reject any registration.
- U-20 Tag-Team Challenge 2012:
 - All registration forms must be submitted to HomeTeamNS on or before the stipulated date: 19 February 2012 (Sunday). Late entries will not be accepted.
 - A Team must have two (2) members to qualify for the Competition.
 - Competitors must be a Singaporean/Malaysian, Permanent Resident or Foreigners with a valid Employment Pass/Work Permit.
 - Competitors must be above 16 years of age and not more than 20 years of age in year 2012.
 - A registration fee of S\$40.00 will be charged per Team.
 - Competitors who register for the HomeTeamNS Strongman Challenge 2012 will not be allowed to register for the U-20 Tag-Team Challenge 2012.
 - The Organiser reserves the right to reject any registration.

2. COMPETITION FORMAT & REGULATIONS

- HomeTeamNS Strongman Challenge 2012 (Men's & Women's Individual):
 - The Preliminary Round will be held on 26 February 2012, Sunday from 9.00am at the National Service Training Institute (NSTI), 91 Jalan Bahar, Singapore 649735. Competitors must register their attendance half an hour before their scheduled trial. Competitors will be notified of their trial schedule by post, email or phone.
 - The Competitors will compete in Three (3) challenges during the Preliminary Round.
 - The Top Ten (10) Competitors (Men's) & Top Five (5) Competitors (Women's) will qualify for the Grand Finals. This will be based on the shortest cumulative time taken to complete each event or the longest distance completed. 11th and 12th (Men's) & 5th and 6th (Women's) placed Competitors will qualify for the Grand Finals as reserves.
 - The Grand Finals will be held on 24 March 2012, Saturday from 1.00pm to 6.00pm at the HDB Hub Mall Toa Payoh Central. The finalist must register their attendance at the Competitor's Tent on the day of the competition at least 1 hour before the stipulated start time. Competitors who fail to register within the stipulated time will be disqualified.
 - The Competitors for Men's will compete in five (5) challenges during the Grand Finals while the Competitors for Women's will compete in three (3) challenges.
 - For the Grand Finals, Competitors will be given scores from 1 to 10 for each event. The score weightage will be based on their respective positioning in each event.
- U-20 Tag-Team Challenge 2012:
 - The Preliminary Round will be held on 26 February 2012, Sunday from 9.00am at the National Service Training Institute (NSTI), 91 Jalan Bahar, Singapore 649735. Competitors must register their attendance half an hour before their scheduled trial. Competitors will be notified of their trial schedule by post, email or phone.
 - Each Team will compete in Two (2) challenges during the Preliminary Round.
 - The Top Four (4) Teams will qualify for the Grand Finals. This will be based on the shortest cumulative time taken to complete each event or the longest distance completed.
 - The Grand Finals will be held on 24 March 2012, Saturday from 1.00pm to 6.00pm at the HDB Hub Mall Toa Payoh Central. The Team must register their attendance at the Competitor's Tent on the day of the competition at least 1 hour before the stipulated start time. Any Team who fail to register within the stipulated time will be disqualified.
 - Each Team will compete in three (3) challenges during the Grand Finals.
 - For the Grand Finals, each Team will be given scores from 1 to 10 for each event. The score weightage will be based on their respective positioning in each event.

3. INDEMNITY / WAIVER

- By signing the registration form, the undersigned fully agree to abide to the Rules & Regulations, and acknowledge that all exercise and/or feats of strength, whether required as part of the Competition or performed during the entire competition which includes the Preliminary Rounds and the Grand Finals shall be at his/her own risk and thereby release and discharge the Competition, Organiser, Officials and Sponsors from any personal injury, liability, claims, demand, damage or action whatsoever, which may result from participation in the Competition.

4. MEDIA AGREEMENT

- All Competitors are required to attend photo shoots, interviews, press conferences and any other media releases arranged and/or scheduled by the Organiser.
- All competitors understand that there is a possibility that his/her image likeness and voice may be captured by various media during the Competition and that those images and sounds will remain the property of the Organiser to produce and distribute if the Organiser choose to do so. All proceeds from said media are the Organiser's property.

5. ATTIRE AND CONDUCT

- Competitors are required to wear the official attire provided by the Organiser and put on all necessary safety equipment (not provided) such as belts, wrist guards, kneepads, hand grips etc. Obscene clothes or clothes with obscene words are not allowed. Competitors who flout this rule will be disqualified.
- Profanities, obscene and undesirable poses and/or gestures are prohibited. Competitors who flout this rule will be disqualified.
- Competitors must remove all accessories such as watches, necklaces, bracelets, etc during the entire competition.

6. MEDICAL REQUIREMENTS

- It is the responsibility of Competitors to have themselves certified fit to participate in the Competition if they are unsure of their state of health. A Competitor must retire from the Competition immediately if required to do so by any member of the official medical team.
- Competitors who are above 35 years of age in year 2012 are required to submit a "Certified Fit" medical report endorsed by a local doctor or medical institute.
- Random testing for doping will be conducted before and/or within and/or after the Competition prior without notice. Competitors found positive of any performance-enhancing drugs and/or any other illegal substance will be disqualified from the Competition entirely and stripped off any title, prize money and prizes. Competitor will also be banned from the Competition for life.

7. PROTESTS

- Any protest during the Competition must be lodged in writing by the participant within 10 minutes upon completion of the event to the Organiser. Protest forms will be provided and a fee of S\$0.00 will be levied on all protests. Any decision taken by the Organiser is final.

8. AMENDMENTS

- The Organiser reserves the right to change and/or add any of the challenges, rules and regulations without prior notice.
- The Organiser's decision shall be final. No correspondence will be accepted.



Preliminary Round:
26 February 2012

Grand Finals:
24 March 2012

Time:
10am - 6pm

Venue:
Toa Payoh HDB Hub Atrium

Closing Date:
19 February 2012

Registration Fee:
\$25.00 (Men's Individual)
\$20.00 (Women's Individual) *New!*
\$40.00 per team
(Under-20 Tag Team)

For more information, please call
6665 4607 / 6665 4608
or email
events@HomeTeamNS.sg
or check out our website
www.StrongmanChallenge.sg

Organiser:



Major Sponsor:



Sponsors:



Partners:



REGISTRATION FORM (Please select/cancel accordingly)

Choice of Category:

MEN'S INDIVIDUAL (S\$25) | WOMEN'S INDIVIDUAL (S\$20) | UNDER-20 TAG-TEAM (S\$40)

Individual Name/Under-20 Tag-Team Leader Name:

(Refer to PART B for your Under-20 Tag-Team member's registration)

PART A

NRIC/Passport No.:

Date of Birth:

Hp No:

Address:

Postal Code:

Email Address:

Ht:

Wt:

m

kg

PART B

Name of Under-20 Tag-Team Member 2:

NRIC/Passport No.:

Date of Birth:

Hp No:

Ht:

Wt:

m

kg

Declaration

I, _____ (name), _____ (I/C/Passport no.) declare that all the particulars stated above are correct and hereby agree that I/My Team will abide by all the Rules & Regulations of the HomeTeamNS Strongman Challenge 2012.

Indemnity/Waiver

In consideration of the acceptance of my entry, I, my team, my heirs, successors and assigns do hereby unconditionally waive and release HomeTeamNS, this competition's sponsors and all persons and agencies connected with them, from all claims and damages whatsoever that may arise from my participation in this competition including, without limitation, personal injury and property damage. I certify that I am/we are physically fit to participate in the HomeTeamNs Strongman Challenge 2012.

Signature of participant/Under-20 Tag-Team leader: _____ Date: _____

For Official Use:

Payment received (Cash/NETS/Cheque No.): _____

Receipt No: _____ Date: _____ Attended By: _____

PRELIMINARY ROUND

Date: 26th February 2012, Sunday

Time: 9.00am to 1.00pm

Venue: National Service Training Institute (NSTI)
91 Jalan Bahar, Singapore 649735

GRAND FINALS

Date: 24 March 2012, Saturday

Time: 10.00am to 6.00pm

Venue: Toa Payoh HDB Hub Atrium



REGISTRATION

Onsite: Entry form submission and payment may be done in person at any of the following locations (payment in Cash and NETS):

HomeTeamNS @ Bukit Batok

2 Bukit Batok West Avenue 7 Singapore 659003 (9am - 9pm)

HomeTeamNS @ Balestier

31 Ah Hood Road Singapore 329979 (9am - 9pm)

For more information please log on to www.StrongmanChallenge.sg



PRIZE DETAILS

Individual (Men) Category	POSITION	PRIZES
	1st	Cash & Products worth \$8,000
	2nd	Cash & Products worth \$6,000
	3rd	Cash & Products worth \$4,000
	4th	Cash & Products worth \$2,000
	5th	Cash & Products worth \$700
	6th - 10th	Cash & Products worth \$400

Individual (Women) Category	POSITION	PRIZES
	1st	Cash & Products worth \$1,500
	2nd	Cash & Products worth \$700
	3rd	Cash & Products worth \$500

Under-20 Tag-Team* Category	POSITION	PRIZES
	1st	\$1,000 Cash
	2nd	\$500 Cash
	3rd	\$300 Cash

* Competitors must be above 16 years of age and not more than 20 years of age in year 2012.

Bodybuilding Championship	POSITION	PRIZES FOR HOMETEAM	PRIZES FOR INVITATIONAL
	1st	\$250 Cash	\$600 Cash
	2nd	\$150 Cash	\$400 Cash
	3rd	\$100 Cash	\$300 Cash
	4th		\$250 Cash
	5th		\$200 Cash

Supporting/ Side Events	EVENTS	PRIZES
	Car Pull Challenge	\$500 Cash
	Barrel Lift Challenge	\$300 Cash
	Guess The Winner Contest (\$300 x 3)	\$900 Cash