



THE TEST OF WILL 2019

COMPETITION RULES

- To participate in any stage of the Under Armour Test of Will every athlete must agree to any and all Rules and Policies, including, without limitation, the Health and Safety Waiver, Publicity Release and to the decisions of UA Sports (S.E.A.) Pte. Ltd. (UA Sports), which are final and binding in all respects.
- All athletes must be registered for entry via www.testofwill.com and must have completed on-site check-in with valid photographic identification.
- Athletes must be at least 18 years old at the time they register to compete.
- Subject to age restrictions and residency requirements, anyone that can perform the exercises as prescribed may attempt to register to compete as an athlete in the Test of Will. Such registration is subject to each prospective athlete's agreement to comply with UA Sports' policies, rules and regulations, as determined by UA Sports in its sole and absolute discretion.
- For the 2019 events, there will be 8 divisions for individual athletes. There will be no other recognized divisions beyond those listed.

DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4	DIVISION 5	DIVISION 6	DIVISION 7	DIVISION 8
Elite Category Men	Elite Category Women	Open Category Men 18 – 34 yrs	Open Category Women 18 – 34 yrs	Open Category Men 35 - 44 yrs	Open Category Women 35 – 44 yrs	Open Category Men 45+ yrs	Open Category Women 45+ yrs

- Athletes can register for one competition slot in one country only. Athletes must be a resident of the country in which they register and compete.
- All athletes are required to affirm their address during online registration and will be required to prove residency in the form of a valid and generally accepted form of identification (i.e., a valid driver's license, current utility bill displaying name and address, identification card, working visa, etc.) to complete on-site check-in.
- Registration fees are chargeable for every athlete during the online registration process. Failure to pay the registration fees means failure to complete registration for Test of Will 2019. Only successfully registered individuals can compete.

Categories	Singapore, SG	Kuala Lumpur, MY	Manila, PH	Bangkok, TH	Brunei, BN	Jakarta, ID
Open	SGD 25	RM 75	PHP 950	THB 600	BND 25	SGD 25
Elite	SGD 35	RM 100	PHP 1300	THB 900	BND 35	SGD 35

- At check-in, each athlete will receive a corresponding scorecard based on their division, with their name and unique competitor ID number. This card must be given to the Judge or Scorer who will record reps achieved in each exercise in writing on the scorecard. Only the Judge or Scorer for the individual athlete is authorized to record reps on the scorecard.
- Any scorecard which is believed to have been altered by anyone other than the Judge or Scorer for an individual athlete will be void and the athlete's scores will not appear on the leaderboard.
- Each athlete will compete in a 4-minute fitness trial consisting of four (4) exercises to be completed within consecutive 60-second periods, with variation in the judging criteria depending on the category.
 - Double Rope Slams for max reps – 60 second period
 - Rope Russian Twists for max reps – 60 second period
 - Reverse Lunges for max reps – 60 second period
 - Rope Pulls for max reps – 60 second period
- A strict 20-second rest period will be observed between each exercise.
- Judges will monitor each athlete and are responsible for:
 - enforcing the movement standards;
 - counting reps aloud in English for the benefit of the athlete;
- When the athlete completes a rep the judge will say aloud the number of the rep

15. The judge will say "no rep" and will not count the rep if the athlete:
 - a) fails to go through the entire required range of motion for the rep as described in the Judging Criteria;
 - b) uses techniques, accessories and/or equipment proscribed in the Judging Criteria;
16. Only reps completed before the end of the exercise period will be counted towards max reps for the exercise period.
17. A bell, buzzer or horn will indicate the end of each exercise period.
18. The athlete is responsible for checking their score and submitting their completed scorecard to the scoring counter to be validated. If an athlete fails to submit their completed scorecard to the scoring counter, their score will not be recorded and will not show on the Test of Will leaderboard or website.
19. Failing to comply with a Judge's instructions, quarreling with or questioning of a judge or event staff may result in penalty or disqualification of the athlete from an event. This includes derogatory comments from an athlete, their representative, supporters or guests.
20. All scores will be posted on www.testofwill.com within 24 hours of the conclusion of each live event.
21. Ties on the overall leaderboard will be broken by awarding the best position to the athlete who has the lowest standard deviation across all four (4) exercises.
 - a) Starting and ending ranges of the movement
 - b) Prohibited technique, accessories and/or equipment, if any
 - c) Adjustments by division, if any
 - d) Required equipment
 - e) Required amount of weight, if any (all weights will be in kg)
22. Event Judges and On-site Directors have the authority to stop or suspend an athlete at any point in the competition if he/she feels that the athlete is at risk of serious injury to himself/herself or others.
23. A protest may be filed if the athlete believes an error has been made by a Judge or Scorer which caused a negative effect on their performance. All protests must be filed in person, within 12 hours of competing, to one of the Event Crew or the Head Judge.
24. Questions can be directed by email to customerservice@triple-retail.com
25. The highest scoring two (2) male and highest scoring two (2) female athletes in each age group under the Open Category will be awarded medals.
26. The highest scoring one (1) male and highest scoring one (1) female athlete under the Elite Category will be awarded medals.
27. The overall highest scoring one (1) male and highest scoring one (1) female under the Open Category in each country, will each be awarded a cash prize.
28. The overall highest scoring one (1) male and highest scoring one (1) female under the Elite Category in each country, will each be awarded a cash prize
29. You must be a resident/permanent resident of the country where the event is held to be eligible for the cash prize and/or medals.
30. All competitors will receive a competition pack containing one (1) Under Armour t-shirt in the size specified during the registration process, once they have successfully completed their challenge and submitted their completed scorecard.
31. All winners will be contacted within five (5) working days of the conclusion of each competition weekend in each country.
32. It is the sole responsibility of the winners and/or compensated athletes to present valid identification, when requested, and to comply with paying any and all applicable taxes in connection with any prizes.
33. Athletes are advised to wear appropriate sporting apparel which must comply with the following requirements:
 - a) All athletes are required to wear athletic shoes.
 - b) Athletes in military service may wear boots and utilities.
 - c) "barefoot" or "gorilla feet" shoes are permitted.
 - d) Athletes shall not wear jewelry except for wedding rings and stud earrings
 - e) Subject to approval, belts, gloves, neoprene joint sleeves and common fitness wear will be permitted provided that it does not provide weight support or heavy grip assistance.
 - f) Chalk or liquid chalk is not allowed.
 - g) Athletes shall not wear, use or display any apparel, equipment, accessories constituting or containing symbols, art, graphics or other items deemed by UA Sports to be offensive.
 - h) No item of apparel shall interfere with judging and the ability to see the complete range of motion.