

DECLARATION

Registering at Southern Warriors 2018 from the event's website, the participant declares the following:

To be participant (below, "participant") in the event on the sports competition named Southern Warriors to be held in Monopoli July 6-7-8, 2017 at campi alternativi "Tommaso Carrieri" organized by DMG Global Limited and Sinapsi Srl, (below, "Project"), consisting of the implementation of the Fitness competitions as scheduled (below, "Event") and online qualifier with this declaration.

REQUISITI PER LA PARTECIPAZIONE

To be allowed to take part to Southern Warriors, participants have to fulfill the following:

- participant has to be full aged or authorized by the parents;
- participant has to accept the Terms & Conditions, Privacy Policy and Waiver;
- participant has to register within the given time on the official website www.southernwarriors.com and pay the registration fee, after the qualifier, of 75,00 euro including the admittance to the competition and the athlete's competition kit (daily meal, water, T-shirt and gifts);
- participant has to send by e-mail a valid medical certificate for "competitive sport activity" (Crossfit® / Weightlifting) at the latest on 30/05/2018
- Categories divisions will be automatically assigned by the registration system according the date of birth: athletes must have the relevant age as of the 8th of July 2018.
- The Leaderboard of online qualifications must be considered temporary until all the athletes invited to the final have confirmed their participation. If one or more invited athletes leave their place in the final, will be made a repechage and new invitations will be sent.
- Therefore some previously excluded athletes could be re-inserted later and invited into the Second Category and in the same way some athletes at the beginning classified in the Second Category could be promoted in the First Category.
- To not be subjected to precautionary suspension measures from sporting activities or sanctioning measures of any degree of judgment by the competent national and international sports authorities. If the participant will omit these situations to the organization, the latter entails the right to protect themselves legally in any legal head office. The organization will carry out the appropriate checks and possibly will exclude the participant who will not be entitled to any refund.

6TH JULY 2018

To be allowed to take part to Lift Size Sw018: it is not necessary to make a qualification but only to enroll online in the cost of Eur 65,00 in the suitable date in www.southerwarriors.eu

WEIGHT CATEGORIES

XS, S, M, L, XL

XS = M:60-69Kg / F:48-53Kg

S = M:70-77Kg / F:54-58Kg

M = M:78-85Kg / F:59-63Kg

L = M:86-94Kg / F:64-69Kg

XL = M:+94Kg

PRIZE FOR CATEGORIES OF WEIGHT

1° € 250

2° €150

3° €100

3 EVENTS IN TOTAL

1 RM Snatch

1 RM Clean and Jerk

Final Event

there are 20 places available per weight category, once reached the number established, the registrations will be automatically closed

THE TOLERANCE OF WEIGHT

0,500 kg;

Ex. 1 Athlete man weight 69,500 kg must enroll in cat. 60-69kg

Ex. 2 Athlete man weight 69,600 kg must enroll in cat. 70-77kg

the same rule is worth for women cat.

the category cannot be changed after the registration

the athlete that doesn't correspond affiliate to the category of weight will participate in the competition in the same category, but his score won't be valid to the goals of the general leaderboard

CHECK WEIGHT

It will happen on **6 July** at the time of the registration of the competition through a scale provided by the same organization. Schedules and details will be send after on line registration.

EVENT SW018 6-7-8 JULY 2018

All athletes will be selected with a single qualifier Workout and 3 scores, so the athlete can not decide his category, but it will be his score to determine it always divided into its age range.

The athletes will be placed in a unique Leaderboard for the qualifier with a single ranking that will see in the final the following athletes divided:

Teens dal 1[^] al 10[^] Prima categoria RX
dal 11[^] al 20[^] Seconda categoria M

Teens dal 1[^] al 10[^] Prima categoria RX
dal 11[^] al 20[^] Seconda categoria W

Junior dal 1[^] al 10[^] Prima categoria RX
dal 11[^] al 30[^] Seconda categoria M

Junior dal 1[^] al 10[^] Prima categoria RX
dal 11[^] al 20[^] Seconda categoria W

Senior dal 1[^] al 56[^] Prima categoria RX
dal 57[^] al 256[^] Seconda categoria M

Senior dal 1[^] al 17[^] Prima categoria RX
dal 18[^] al 77[^] Seconda categoria W

Master 35 dal 1[^] al 9[^] Prima categoria RX
dal 10[^] al 29[^] Seconda categoria M

Master 35 dal 1[^] al 9[^] Prima categoria RX
dal 10[^] al 19[^] Seconda categoria W

Master 40 dal 1[^] al 9[^] Prima categoria RX
dal 10[^] al 29[^] Seconda categoria M

Master40 dal 1[^] al 10[^] Prima categoria RX
dal 11[^] al 20[^] Seconda categoria W

Master45 dal 1[^] al 9[^] Prima categoria RX
dal 10[^] al 19[^] Seconda categoria M

Master45 dal 1[^] al 9[^] Prima categoria RX
dal 10[^] al 19[^] Seconda categoria W

Master50 dal 1[^] al 9[^] Prima categoria RX - M

2ND CATEGORY 06 - 07 JULY 2018

To be admitted to the 2nd category:

- it is necessary to do an online qualification by registering within April 8 specifications on www.southernwarriors.it, the cost is € 22.00 within February 27 and € 28 within April 8;
- for the qualifiers winners it is necessary the final registration at the cost of € 75.00 which includes the race kit (meal, water, t-shirt and gifts)

Numero atleti qualificati suddiviso per categoria di età
(totale 400 atleti):

Teens 10 uomini + 10 donne - età 15-17 anni

Junior 20 uomini + 10 donne - 18-21 anni

Senior 200 uomini + 60 donne - 22-34 anni

Master 35 20 uomini + 10 donne - 35-39 anni

Master 40 20 uomini + 10 donne - 40-44 anni

Master 45 10 uomini + 10 donne - 45-49 anni

COMPETITION STANDARD REQUIRED

all movement skills

Master not required advanced gymnastics movements

Teens all the movement skills

Junior all the movement skills

WEIGHT STANDARDS REQUIRED

Teens - Junior - Senior - Master:

Ground to Over head from 50/35 kg (M/W)

1ST RX CATEGORY 07 - 08 JULY 2018

To be admitted to the 1st category:

it is necessary to do an online qualification by registering within April 8 specifications on www.southernwarriors.it, the cost is € 22.00 within February 27 and € 28 within April 8;

for the qualifiers winners it is necessary the final registration at the cost of € 75.00 which includes the race kit (meal, water, t-shirt and gifts)

REQUIRED STANDARDS

All movement skills and loads in line with European standards

CUTS PER CATEGORY

Second category

For all athletes who will compete on 6-7 July the cut will be done only for the workout of the final as follows:

Teens 5 men + 5 women - age 15-17 years
Junior 5 men + 5 women - 18-21 years
Senior 10 men + 10 women - 22-34 years
Master 35 RX 5 men + 5 women - 35-39 years
Master RX 40 5 men + 5 women - 40-44 years

First category RX

For all athletes who will compete on 7-8 July the cut will be done only for the workout of the final as follows:

Teens 5 men + 5 women - age 15-17 years
Junior 5 men + 5 women - 18-21 years
Senior 10 men + 10 women - 22-34 years
Master 35 RX 5 men + 5 women - 35-39 years
Master RX 40 5 men + 5 women - 40-44 years
Master RX 45 5 men + 5 women 45-49 years
Master RX 50 5 men + 50 years
Master RX 45 5 men + 5 women 45-49 years

Prizes will be awarded within 90 days from the end of the competition

CATEGORIES (190 ATHLETES IN TOTAL)

Teens 10 men + 10 women - age 15-17 years
Junior 10 men + 10 women - 18-21 years
Senior 60 men + 20 women - 22-34 years
Master 35 RX 10 men + 10 women - 35-39 years
Master RX 40 10 men + 10 women - 40-44 years
Master RX 45 10 men + 10 women - 45-49 years
Master RX 50 10 men + 50 years

CASH PRIZES

1.Senior M/W €1500
2.Senior M/W €750
3.Senior M/W €500

1.Master 35 M/W €300
2.Master 35 M/W €200
3.Master 35 M/W €100

1.Master 40 M/W €300
2.Master 40 M/W €200
3.Master 40 M/W €100

1.Master 45 M/W €300
2.Master 45 M/W €200
3.Master 45 M/W €100

1.Master 50 M€300
2.Master 50 M€200
3.Master 50 M€100

WILD CARD

All the first places of the SW017 for each RX category are entitled to the Wild Card which exclude a place from the leaderboard. **Attention: in the 1st category RX man and RX women will be reserved other wild cards, 3 for men and 2 for women.**

RULES OF BEHAVIOUR AND THE JUDGES' DECISIONS

- The participant accepts to behave in loyal and sporting way: manipulations or attempts of deception, behaviors of trouble or obstacle, violent discussions or offensive comments, can be punished by the organization with the exclusion from the competition, up to the appeal to the legal streets;
- They are also punishable with penalty on the classification all the behaviors antisportive and every possible facing attitude who damage the organization, the participants, the sponsors, the spectators and other presents or to prevent competing the share to the competition in equitable and correct way;
- The participant registered to the Final who can not participate in the competition for personal reasons not attributable to the organization will not receive any refund;
- The decisions of the organization are definitive and irremovable.

ATHLETE ACCEPTANCE

I understand that participation in the Event in accordance with the provisions of the Ministerial Decree February 28, 1983 ("Standards for the health protection of non-competitive sports") It not is qualified as "non-competitive sporting activities" and is therefore not subject to the health checks required for the practice of such "non-competitive".

and I declare under my responsibility:

I have read and accept the rules of the Event in www.southernwarriors.eu;

to be fully aware of the nature and relative to the physical sporting activities that I will have to practice during the event and the need to consult your doctor in order to verify the good state of health;

to enjoy good health and that he had never suffered even occasionally of diseases and / or physical imperfections that make dangerous or harmful to health participation in the Event;

to be in possession of the medical certificate of good health valid, as issued for the purposes of participation in physical activities and sports organized by sports associations, valid for 12 months;

to play sport regularly;

to rid the organization of the event from any civil and criminal liability for which would make me responsible, for any injury may result to my person and others as a result of the Event;

to acknowledge and fully understand that I will take part in activities that involve the risk of serious injury, including, without limitation, permanent disability and death, as well as social and economic losses, which may result not only in actions, by inactivity, or by my negligence, but also from the actions, or inaction by the negligence of others, the rules of the game or the condition of the buildings or any equipment that may be used and unknown risks to me now or not reasonably foreseeable;

taking all these risks and accept direct responsibility for any damage resulting from such injury, permanent disability or death;

to give, within the limits exclusively provided by law, every action for damages for death, personal injury, or property damage or that the undersigned, or any of the representatives, heirs, next of kin, or their dependents, the undersigned (below, "Subjects renounces") may exercise or that may arise in the future to any of Subjects renounces, as a result of my participation or other reasons, and that can be addressed by any of the Subjects renounces against Health Center SRL and Sinapsi Srl, the business partners of the event, the sponsors, each of the respective legal entities and affiliates, the president, the vice president, the secretary, the owners and technicians, the other participants, if applicable, the other owners and drivers of the buildings used during the Event (below, " Subjects Freed ");

to release and hold harmless each of Subjects Freed from any loss, liability, damage or cost that the same may suffer as a result of my participation in the Event or as a result of any cause in any way related to my participation, even if caused by the negligence of Subjects Freed or from other causes within the limits exclusively provided by law;

to authorize Subjects Freed to provide me with the emergency medical treatment.

Expressly I accept this RELEASE AND AGREEMENT FOR THE WAIVER OF LIABILITY 'AND COMPENSATION be interpreted according to Italian law. I accept also exclusively the Italian Jurisdiction and the jurisdiction of the Court of Bari in connection with any action that results from, or is connected to the Event.

Expressly I accept this RELEASE AND AGREEMENT FOR THE WAIVER OF LIABILITY 'AND COMPENSATION is as broad and inclusive as is permitted by Italian law, and that if any portion of this Agreement is held invalid, it is accepted that the rest of it will be valid and effective.