

2019 RULEBOOK



OVERVIEW

SiD Origins - Overview

SiD Origins is an annual team competition entered via a 3-month online qualification. Teams consist of 12 athletes in total, combining 7 males, 5 females including a master's athlete of each sex. One master must be 40+ and the other 35+. The combined age of the master's athletes must be at least 75.

The online qualification phase consists of 3 workouts, the first is an individual workout, the second pairs and the third workout is to be completed in teams of 4. Each team score submitted for all the workouts must maintain the team combination listed above (7 males, 5 females including a master's athlete of each sex). All qualifying workouts are released on the official Strength in Depth website (www.strengthindepth.com) and Competition Corner. Competition Corner will host the SiD Origins leaderboard which will be embedded on the Strength in Depth website.

The top 68 qualifying teams (+ the previous year's champion team and an invitational team) will be invited to compete at the SiD Origins final. The SiD Origins final is intended for experienced athletes with intermediate and above levels of technical competency and the capacity to complete workouts at competitive loadings.

QUALIFIERS

Registration

Registration for SiD Origins will open on Sunday 23 June at 08:00, closing on closing on Sunday 28 July at 22:00 2019. All teams wishing to be part of the competition (Qualifier series - Final) must have registered, paid for their team place and entered a valid qualifier 1 score during this period. Only elected, team captains should complete the SiD Origins team registration, only one place needs to be purchased per team.

The member of the team that purchases the SiD Origins team place is the elected team captain and will therefore manage the team's admin throughout the qualifier stages i.e submit qualifier scores.

Teams are encouraged to register more than the 12-person minimum requirement (7 males, 5 females and a master's athlete of each sex). A maximum of 20 athletes can be registered per team up until the registration closing date of Sunday 28 July at 22:00.

Strength in Depth reserves the exclusive right to allow or deny the participation of any athlete or team. Strength in Depth also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the live Final. Strength in Depth will make such participation and scoring decisions to preserve the integrity of the competition. Strength in Depth reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others to participate in any stage of the competition.

QUALIFIERS (continued)

Team composition and eligibility

To be eligible to compete in the SiD Origins Qualifiers competition a team must be:

- registered as a team on Competition Corner;
- comprised of a minimum of 12 athletes (7 athletes must be male and 5 must be female);
- one male and one female athlete must be a master (see Section below)
- have paid the qualifier competition entry fee (£250 inc VAT)

Teams can register a total of 20 athletes for the qualifier stages of SiD Origins.

Athletes must be at least 18 years old at the time they register to compete within the SiD Origins qualifiers.

To be eligible to compete for a team an athlete must be:

- registered as an athlete within their team on Competition Corner;
- be over 18 years of age on 1 Jun 19;
- be employed by, or hold a membership at, the affiliate, gym, sports club or fitness community represented by the team. Team validity states that team members must train at the designated team location/facility for more than 2 days of their training days per week. In accordance to this rule, creating an 'all-star' team, or any team consisting of team members training at different locations is not acceptable.

To be eligible to compete for a team in the qualifiers as a master, athletes must be either:

- 35 years or older at 1 Jun 19
- 40 years or older at 1 Jun 19

The combined age of the master's athletes cannot be less than 75 years at 1 Jun 19.

In exceptional circumstances only, e.g. if an affiliate, gym, sports club or fitness community is unable to comply with the team composition requirements, the team may 'import' one athlete to compete for that team from a different affiliate, gym, sports club etc. Such 'imports' must be agreed with Strength in Depth prior to registering the import athlete.

QUALIFIERS (continued)

Transgender policy

Strength in Depth is committed to ensuring that all athletes have equal access and opportunities to participate in Strength in Depth events in a manner that is fair to all competitors while preserving the integrity of the sport. Transgender athletes are welcome to participate in accordance with the requirements set forth below.

Participation in Strength in Depth events

Athletes who plan to register in a gender category other than the gender assigned to them at birth must request their participation by contacting megan@strengthindepth.com. The email must confirm the following:

- Full name
- The affiliate, gym or club they wish to represent.
- Their gender in their everyday life matches their registration gender.
- They have obtained civil documents with their registration gender identified. (e.g. Passport or driver's license).

Athletes who cannot meet the criteria above may provide medical or other evidence satisfactory to Strength in Depth establishing that they self-identify as the gender stated in their registration.

Strength in Depth will process each request on a case-by-case basis and may request further information such as medical evidence to support their application.

Challenges to the gender classification of an athlete

Any athlete registered for SiD Origins may challenge the gender classification of an athlete by sending a confidential written request to megan@strentghindepth.com. That request will be reviewed by Strength in Depth HQ in such manner as it deems appropriate. In the interest of confidentiality, the receipt of the challenge will be acknowledged, but no further information will be provided to the challenging party. Strength in Depth may also conduct a review and evaluation of an athlete's gender classification on its own initiative.

Confidentiality and consent to sharing confidential information

The legitimate medical and other privacy interests of transgender athletes will be preserved. Any discussion involving the gender identity of an athlete and any documentation supporting a gender transition will be kept confidential on a need-to-know basis, unless the athlete makes a specific request otherwise. Athletes give their consent to Strength in Depth to share confidential information with others as may be reasonably required in the application of this policy or in the application of the transgender policies of other sports organizations in which the athlete is participating. Strength in Depth will not retain any medical documentation that may be provided by athletes in accordance with this policy after receiving notice from them that they will no longer be participating in Strength in Depth events.

QUALIFIERS (continued)

Questions concerning transgender policy

Strength in Depth is committed to ensuring that transgender athletes understand their opportunity to participate in Strength in Depth events under this policy. Any athlete with questions or concerns about this policy should contact megan@strengthindepth.com

Qualifiers

SiD Origins will host 3 online qualifier workouts. Every team looking to compete at the SiD Origins Final, must have submitted scores for all 3 workouts in line with the below deadlines.

Each qualifier workout will consist of a different format:

QUALIFIER 1 will be an individual workout. For a valid team score 12 individual scores must be submitted in line with the correct team composition.

QUALIFIER 2 will be a pairs workout. For a valid team score 6, 2 person team scores must be submitted in line with the correct team composition.

QUALIFIER 3 will be a workout to be completed in teams of 4. For a valid team score 3, 4 person team scores must be submitted in line with the correct team composition.

Fees

To successfully complete the SiD Origins registration process, teams must submit the required fee. Qualifier registration is GBP £250 inc VAT per team (maximum of 20 athletes) plus any associated costs from Competition Corner or currency conversion fees.

All payments are final. No refunds or transfers will be permitted for any reason without the express consent of Strength in Depth.

QUALIFIERS (continued)

Workout format and approved equipment/attire

For all workouts, the workout format will be released by Strength in Depth and communicated uniformly to all athletes online. The workout format will include the following: Required movement(s)

- Start and end ranges of the movement(s)
- Required number of repetitions and/or repetition scheme
- Required equipment (NOTE: Including but not limited to standard Olympic-style barbells and plates, Concept2 rowers, 20-lb., 14-lb. and 10-lb. medicine balls (or kg equivalents), pull-up bars, gymnastic rings, jump ropes, dumbbells and other equipment commonly found in a CrossFit-affiliated gym. Strength in Depth will not supply or make available any equipment.)
- Required amount of weight (NOTE: All weights will be released in kilograms. It is the team's responsibility to use the correct loading. Collars or clips are not to be counted in the total weight.
- Time domain or time limit
- Scoring details – Strength in Depth may determine the winner by highest point total or lowest point total, or any method or combination of methods Strength in Depth selects. Point values for finishing position will be released before the start of the workout.
- Filming and submission guidelines, if any. In all stages of the SiD Origins competition, it is the team's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards. Modifying the workout format in any way is prohibited and will void the teams score. Only Strength in Depth may provide official scaled versions of workouts for athletes to perform. Proper workout attire, including shoes, is required for all workouts. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met. Subject to Strength in Depth's prior approval, belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer advantage. Should the workout call for a pull-up bar to be used, athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

QUALIFIERS (continued)

Judging

Judging and validation are required for workout results at SiD Origins. Judges are responsible for enforcing movement and workout standards, and for confirming the teams score. For the qualifying stages, teams must have their scores confirmed and validated under the observation of a judge, during all workouts. Judges may perform their duties on site by judging and confirming scores to be submitted online for validation.

Uncommon movement clause/ range of motion exceptions

Any violation of the prescribed workout format, including the movement standards and range of motion, will result in the repetition(s) being disallowed. Therefore, athletes and judges should be familiar with the Uncommon Movement Clause: "Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted movement standard or range of motion, including line of action, of any workout movement can and will be disallowed. It is the responsibility of the athlete to notify the judge or Strength in Depth of any questionable movement before the workout." In addition, athletes and judges should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, at Strength in Depth's sole discretion, from performing the prescribed range of motion for the workout. This limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. Any limitation must be brought to the attention of a judge or Strength in Depth PRIOR to the beginning of the competition. Such instances are extremely rare and will be handled on a case-by-case basis.

Score submission and validation

It is the sole responsibility of the team to ensure the timely and successful submission of workout scores or videos for each qualifier workout. Team captains must submit their teams scores by 22:00 on the last day of the qualifying period. Submissions that are incomplete (missing information such as the complete score, the team or individual's name or the judge's name, or containing video links that do not work, videos that are unsubmitted, incomplete, amended, filmed from a position that preclude effective judging etc.) will not be accepted.

Note: Strength in Depth reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, teams are permitted to complete or redo the lifts or workouts within the new timeframe provided. Scores then will be validated by a representative of Strength in Depth.

QUALIFIERS (continued)

Validating and video submissions

Teams only means of submitting a valid score, for each qualifier workout, is to upload their score for the workout to the SiD Origins Competition Corner page. Teams must have their scores confirmed and validated under the observation of a judge, during all qualifier workouts. Qualifier 3 will require an online video submission of all 3 sub teams of 4 completing the workout. Score validation for any online video submission is the sole right of Strength in Depth. The qualifier 3 video will be reviewed and scored by representatives of Strength in Depth. As part of this video review process, the athlete's posted score may be accepted, modified or invalidated. Reasons for modification or invalidation of a score include, but are not limited to:

- Failure to follow the video submission guidelines, including recording movements from angles, distances or with lighting effects that do not allow judges to assess whether the movement standards are being met (Note: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
- Violation of the workout format, including movement standards;
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards; and
- Miscounting repetitions. Video submissions may be invalidated or adjusted without warning and after the close of a workout. Teams submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, teams should review the video to ensure their reps meet the required standards; that the camera angle, distance and lighting permit the judge to determine whether the movement standards are being met; and that there are no technical problems with the video itself.

Scoring Protocol

There are four possible outcomes in the judging and scoring of online video submissions:

- **Good Video:** The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted.
- **Valid with Minor Penalty:** Over the course of the video, the athlete demonstrates 1 to 4 "no reps" that may be removed from the team's final score as required. This penalty is used for video submissions for which the score needs to be adjusted by fewer than 5 reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.
- **Valid with Major Penalty:** Over the course of the video, the athlete demonstrates 5 or more "no reps." In this case, the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted at the discretion of Strength in Depth.

QUALIFIERS (continued)

- Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no reps,” or the video does not contain the criteria listed in the video submission standards. The team’s score will be rejected, and the video will be removed from the team’s score submission. The team will have to submit a new video prior to the score submission deadline to receive a score for this workout.

Appeals

Appeals, scoring discrepancies or questions about the judging or scoring of online videos will be handled through megan@strengthindepth.com. Only the affected team may appeal a result. Coaches or unrelated parties may not appeal on behalf of the affected team and correspondence entered into by such persons will not be considered. Teams may not appeal their own performance based on the judging, scoring or performance of another team. Violation of the judging standards by a judge may result in disciplinary action against the gym and/or the judge(s) involved. During the appeals process, meeting submission requirements and deadlines is still the responsibility of the team. PRIOR to the score submission deadline Strength in Depth must be notified at megan@strengthindepth.com of any undetermined rulings or potentially late score submissions. Notifications received after the qualifier deadline will not be considered.

Video Submission Appeals Process

A team submitting a video for review will receive an email message from Strength in Depth if the score posted with the video is modified. The message will give a brief description explaining the reason for this change in score. Any teams who disagree with their score modification must contact megan@strengthindepth.com upon receiving notification that their score has been modified. In the email, they must list the workout in question, the original score, the modified score and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision. Strength in Depth will review the team’s appeal and the video in question in order to render a final scoring decision. This decision will be communicated to the team via email.

Ranking

The Strength in Depth website will host the official leaderboard. The leaderboard will also be available on Competition Corner and may also be made available to 3rd parties upon request. Teams will be ranked on The SiD Origins leaderboard based on their performance relative to other teams. Ties on the overall leaderboard will be broken by awarding the best position to the team who has the highest result in any single workout. If teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single workout results unless tiebreaker criteria are offered at the time of scoring. More than one team can share a workout rank, and each will earn the original point value. The team with the top performance across multiple workouts in a competition wins that competition.

QUALIFIERS (continued)

Submitted Scores

Scores posted by video submission may be validated, invalidated or modified through the assessment of a minor or major penalty. Furthermore, scores may be removed at any time at the discretion of Strength in Depth. Common reasons for adjustment and/ or removal of scores include unacceptable movement standards, improper rep counts or a poor-quality video submission. If a registered team fails to submit a score for any reason (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score or cannot complete a single repetition), that team will receive a score of "0" for that workout and be ranked below all teams who post a score for that workout. Teams receiving a "0" score will maintain an overall rank on SiD Origins leaderboard.

Qualifier Prizes

The winning team for each qualifier will receive a £500 cash prize. If teams are tied the prize will be split evenly among the teams. To be eligible for a prize, teams must have their score verified by the organisers by video submission. Additional prizes may be made available by sponsors, suppliers, and vendors. It is the responsibility of the winners of these prizes to organise shipment should it be necessary. All prizes are awarded at the sole discretion of Strength in Depth. Payment of prizes will be made by BACS transfer in one transaction i.e not split amongst the 12 competing athletes. Any bank charges arising from this transfer will be charged to the prize winner.

FINALS

Live Finals

Saturday 30 November – Sunday 1 December 2019, The Sports Training Village at The University of Bath. The top 68 teams (+ the previous year's champion team and an invitational team) will advance to the Live Finals to compete for the title of Champion 2019. Teams will only qualify via the prescribed qualification process or by invitation following dropouts (for any cause). Invitations due to dropouts will be extended by a stepwise process of positions offered by back-filling in descending rank from the last confirmed qualifying position. Strength in Depth will not back fill any team who has failed to submit valid scores for any of their qualifying videos. Teams invited by this process must adhere to the timeline stipulated in their invitational email, irrespective of whether the team has read it. Strength in Depth accepts no responsibility for communications unread or undelivered for any cause leading to the accidental failure to accept an invitational position.

Registration Process

Shortly after qualifying for SiD Origins all teams who wish to compete in the Final will receive an email containing instructions on how to register for the Final and pay the registration fee (GBP £1000 inc VAT). The email will also provide a general overview of information with regards to the competition, accommodation options, waiver link, a basic schedule listing the dates and times for team check-in and orientation. Teams who have questions before travelling to the Finals may contact lydia@strengthindepth.com for assistance.

Fees

To successfully complete the SiD Origins registration process for the live finals, teams must submit the required fee. Finals registration is GBP £1000 inc VAT per team plus any associated costs from Competition Corner or currency conversion fees.

All payments are final. No refunds or transfers will be permitted for any reason without the express consent of Strength in Depth.

Team Composition and Eligibility

To be eligible to compete in the SiD Origins finals a team must be:

- registered as a team on Competition Corner;
- comprised of a minimum of 12 athletes with one male and one female master's athlete (further details below)
- have paid the finals competition entry fee (£1000 inc VAT)

Each finals team must comprise of a minimum of 12 athletes (7 athletes must be male and 5 must be female and one male and one female athlete must be a master 35 years or older at 29 Nov 19 or 40 years or older at 29 Nov 19). Teams can then register a total 4 substitute athletes (only to be called on in case of injury) as well as a team captain/coach. To be eligible for selection for the finals, athletes must have been registered within the team's roster on Competition Corner at the time of the initial qualifier registration. Note: athletes must be listed within the team roster (by 28 July), however athletes do not have to have actively participated in the qualifier workouts. Athletes must be at least 18 years old at the time they register to compete at SiD Origins (qualifier stages). If a team who has qualified for the final are unable to field a full team from its original roster, they may request to add additional athletes to their team. The team must be able to provide evidence that they are unable to field a team with their original roster and pay a £50 admin fee for any additional athletes they wish to include.

Onsite Check in

The dates, location and travel information for the Finals will be distributed on the Strength in Depth website and/ or through email to teams. It is the responsibility of each team captain to ensure their team are aware and meet all required travel and scheduling commitments. This includes, but is not limited to, all noncompetition appearances and media commitments. Teams are required to designate a point of contact with Strength in Depth (their team captain) at registration and maintain this for the duration of the Finals. Team captains will be sent full registration check in details at least 2 weeks prior to the Finals.

Event Announcements

Teams will compete in multiple workouts, over the two competition days. In keeping with the spirit of the Finals, the schedule and workouts will be released shortly before the competition begins. Workout details will be released prior to the start of a workout and transmitted in a consistent manner for all eligible teams.

Onsite Briefing

Teams will be briefed on workouts through scheduled workout briefings. It is the responsibility of each competing team to attend all workout briefings and all events on the competition schedule. Team attendance is mandatory for the daily briefings. The time and location of the briefings will be communicated to all teams. Teams who are late to, or absent from, a briefing may lose the right to appeal any decision made during the competition and may also be disqualified from further competition. Demonstration of a workout's movement standards, including the acceptable ranges of motion, or demonstration of unacceptable movements or ranges of motion, is not required. Such demonstration methods will be used at the discretion of the head judge or onsite director. Judges will confirm scores and enforce movement standards for each workout a team performs. Judges will attend team briefings as well as their own briefings to prepare for each workout. Should any team require a translator for the workout briefing, they will need to speak with the head judge on site to receive approval for the translator to be present.

Athlete Seeding

All competing teams will be seeded going into the Final competition. Overall competitor seeding at the Final will be determined by teams' scores in the Qualifiers.

Leaderboard Rankings

Team performances will be ranked in each workout. Points will be assigned according to a team's relative rank (i.e., performance when compared to the performance of other teams). These points will be used to rank the teams on the SiD Origins Leaderboard. Ties on the overall leaderboard will be broken by awarding the best position to the team who has the highest result in any single workout. If teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single workout results. More than one team can share a workout rank, and each will earn the original point value. The team with the top performance across multiple workout in a competition wins that competition. As the competition unfolds, only the top-ranked teams may be selected to continue in the competition.

Scoring

Specific scoring formats will be provided when the workout formats are announced and during on-site briefings. Workouts may have time penalties. Failure to complete a workout within the designated time may result in a specified penalty for any portion of the workout not completed or may result in the team not advancing to the next workout, regardless of overall rank. Workouts may have a minimum work requirement in terms of the amount of time, repetitions, weight or rounds to be completed in order to advance. Any such minimums will be announced as part of the workout format. Failure to complete the minimum work requirement may cause the team not to advance in the competition, regardless of overall rank. Workouts may use chip timing (transponders) for official timing. For chip-timed workouts, the chip will be placed on the same area of the body for all athletes. The official time for each team will be recorded when the transponder reaches the finish mat or crosses the finish line. If a team does not advance to the next workout for any reason (DNF, injury, etc.), the team will be ranked below all competitors or teams who started that workout and will be disqualified from the competition. Upon request, a suitable replacement may be considered in order to allow the team to continue to complete workouts, but the team will not contribute further scores.

Appeals

On-site appeals, workout protests or scoring questions will be filed by the team captain with the head judge immediately following the workout or at the earliest possible opportunity. If the workout Head Judge is unavailable, a director or alternate head judge can begin the appeals process. Judgment calls made during a workout are final and are not negotiable or subject to change, modification or appeal. In addition, teams may not protest discrepancies related to the judging, scoring or performance of another team.

Appeals Process

For all on-site appeals, workout protests or scoring questions, the following process will be used:

- The team captain only (no coaches or other athletes may be involved) will state the case and request an Appeals Form from the head judge for the workout in question.
- If granted the right to appeal, team captain will fill out the Appeals Form completely, providing the team's name and workout information (including workout number, heat number and lane number), and a detailed description of the issue in question. As soon as possible and prior to the end of the competition day, the team captain will return the Appeals Form to the head judge.
- The workout head judge, the involved judge(s) and the on-site competition director will review the submitted Appeals Form and communicate to complete the fact-finding process for the issue in question. Strength in Depth has final authority on all athlete workout appeal decisions and may delegate this authority to the head judge. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by a workout judge but may be requested to assist the fact-finding process. Nothing in these procedures concerning workout appeals, scoring discrepancies, workout movement standards or range of motion requirements should be read as a limitation on Strength in Depth's right to run or operate any Strength in Depth supported or sponsored workout as it sees fit in its sole and absolute discretion. The head judge

FINALS (continued)

and Strength in Depth's decisions are final. This includes the right to remove or disqualify any team at Strength in Depths sole and absolute discretion.

Injury Policy

Any team who is unable to finish a workout due to injury, or who requires medical attention following the completion of a workout, must receive clearance from the medical staff and head judge or on-site director before returning to competition. The head judge or on-site director will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury and other factors. Injuries to the head or neck will immediately preclude an athlete from further participation in the workout. Teams who miss their heat for a workout due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. If any team member is disqualified from competition due to injury, the team may continue to participate if the team can replace the injured athlete with one of their 4 substitute athletes. The team composition must remain the same after the substitution ensuring that the team still has 7 males, 5 females and a master of each sex. Tactical substitutions will not be allowed. Teams are limited to one athlete substitution at the finals, if more than one athlete substitution is requested due to injury the team can continue within the competition, however their team score will be void and the team will score maximum penalties in each workout.

TERMS & CONDITIONS

Every team may take their team captain/coach into the warm-up area as well as Athlete Area. The team captain/coach must present the required credentials to enter this area. All other competition areas (the competition floor) are off-limits to team captains/coaches. Any additional coaches, personal therapy providers or athlete entourage are considered general admission spectators and will not be allowed to access warm-up areas or restricted athlete-only areas. Athlete rehabilitative medical staff (soft-tissue care and body-care providers) will be provided by Strength in Depth in a designated space close to the Athlete Area. Any athletes using their own personal therapy providers (masseuses, physical therapists, chiropractors, etc.) must do so in public areas only.

Finals Prizes

The following cash prizes will be awarded to the podium placed teams, 1st place - £3,500; 2nd place - £1,500; and 3rd place - £1000. Additional prizes may be made available by sponsors, suppliers, and vendors. It is the responsibility of the winners of these prizes to organise shipment should it be necessary. All prizes are awarded at the sole discretion of Strength in Depth. Payment of prizes will be made by BACS transfer in one transaction i.e not split amongst the 12 competing athletes. Any bank charges arising from this transfer will be charged to the prize winner. All prizes are awarded at the sole discretion of Strength in Depth. The previous year's Champion team wins a place in the following year's final without having to qualify. Note that final entry fees for the Champion team still apply.

CONDUCT

Sportsmanship

All teams/athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an official or representative of Strength in Depth, taunting, heckling, fighting or any conduct that would bring disrepute upon Strength in Depth, the competition, other competitors, or spectators or workout sponsors, as determined by Strength in Depth, in the eyes of the viewing public or the affiliate community, may be grounds for penalty, suspension, disqualification, removal from the workout, disqualification from future workouts or legal action. All teams/athletes agree to put forth suitable effort in every workout or workout. Deliberately doing less work or performing at a level below what one is capable of (referred to as “sandbagging”) in order to gain advantage in another workout or over another athlete or team is prohibited. Any team/athlete deemed by Strength in Depth to be “sandbagging” may be penalized or disqualified from competition, as Strength in Depth sees fit in its sole discretion. Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instruction) or that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the workout, is not allowed. Teams/athletes will be held accountable for the behaviour of their coaches, teammates, team managers, supporters and guests. If the conduct of any member of such a group or groups is deemed by Strength in Depth to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, and/or athlete is subject to the same disciplinary actions. This is not an exhaustive list and is meant as a guide for teams, athletes, coaches and other attendees. This is not intended as a limitation on The Strength in Depth’s rights to operate SiD Origins in any manner it sees fit. Strength in Depth reserves the right to terminate the participation of any team, athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or viewing any sponsored, sanctioned or supported Strength in Depth workout at any time, with no further obligation or duty to such individual. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the rules or intent of the rules of Strength in Depth, including lying (as one example), will result in disqualification. Strength in Depth has and may delegate to an on-site director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectators or dismissal of any attendee.

Allegations of Misconduct

An athlete may contact megan@strengthindepth to file an investigation into unfair practices or rule book violations by athletes, teams or judges. Strength in Depth may enter discourse with the complainant in order to initiate the investigation where it is deemed warranted or appropriate.

RIGHTS

Commercial Rights

The organiser retains all commercial rights relating to the competition. Unlike previous years Strength in Depth will allow team t-shirt branding and branded team names. Payment of qualifier or final entry fee, or any other event ticket, e.g. spectator tickets, does not confer any rights (by implication or otherwise) on you to use, alter, copy, or otherwise deal with any of the symbols, trademarks, logos and/or intellectual property belonging to Strength in Depth. You are not permitted to promote, market, sell, or distribute products or services without an agreement with Strength in Depth. You shall not bring into the venue or display or distribute (whether for free or not) at the event any sponsorship, promotional or marketing materials. Anyone engaged in unauthorised promotional activity will be asked to leave the venue without compensation.

Image Rights

By attending the event, you give your express consent to your actual or simulated likeness being included within any film, photograph, audio, and/or audiovisual recording to be exploited in any and all media for any purpose at any time throughout the world, the copyright to which shall be owned by the organiser or its contractors without payment or compensation. If you attend an event with your child aged under 18 years you give the foregoing your express consent on their behalf. This includes filming by the police or security staff that may be carried out for the security of customers.

TERMS & CONDITIONS

Terms and Conditions (all athletes)

Strength in Depth is not responsible for any inaccurate entry information, whether caused by website users or any of the equipment or programming associated with or utilized in SiD Origins. Strength in Depth assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to SiD Origins, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation, and/or entry information. Strength in Depth is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in SiD Origins computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by Strength in Depth due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to a participant's or any other person's computer relating to or resulting from participating in SiD Origins or downloading any materials related to SiD Origins. Strength in Depth may disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of SiD Origins or the website, or any website related to SiD Origins; to be acting in violation of the official rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person.

TERMS & CONDITIONS (continued)

Any use of robotic, macro, automatic, programmed, or other such entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, Strength in Depth reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules. If, for any reason, Strength in Depth are not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of Strength in Depth which, in the sole opinion of Strength in Depth, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of SiD Origins, Strength in Depth reserves the right to void suspect registrations or submissions and/or to cancel, terminate, modify, or suspend SiD Origins and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. Strength in Depth has no obligation to operate or produce SiD Origins (or any part thereof), and there is no obligation to broadcast SiD Origins, even if SiD Origins takes place. In the event that SiD Origins competition is cancelled, Strength in Depth (or any party) has no obligation to award any prizes. All decisions by Strength in Depth concerning eligibility, qualifying for and judging related to SiD Origins are final and not subject to challenge or appeal. Strength in Depth shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for SiD Origins.

UNDER NO CIRCUMSTANCES WILL STRENGTH IN DEPTH BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF ACCESS TO AND USE OF THE STRENGTH IN DEPTH WEBSITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.

Terms of Sale

We use Competition Corner to process our team registrants so please note you will be subject to their standard terms of sale. After you make a payment (deposit or full) you will receive an e-mail acknowledging your payment. If you have not received an email from us within 48 hours of making payment, please contact us at megan@strengthindepth.com. Entry fee are sold subject to our right to alter or vary the published event programme. We reserve all rights in this regard. Any published start and finish times at the final are estimates only and are subject to change. We are not be liable for any change of a published start or finish time. Entry fees are not transferrable.

Refund Policy

From the moment we begin to organise an event we start to incur costs. The qualifier fee is spent securing the venue, placing deposits, renting/buying equipment, etc. Consequently, we DO NOT refund qualifier fees once a payment (deposit or full) has been made. For those teams invited to the final there will be an additional entry fee for this two-day event. If, post receiving such fees, we are forced to cancel the final then all these teams will receive a full refund

TERMS & CONDITIONS (continued)

(less any booking fees). Refunds will only be made to the company or person who made the payment. Arrangements including travel, subsistence, and accommodation in relation to the event which have been arranged by you are made at your own risk and Strength in Depth will not have any liability for any such loss of enjoyment or wasted expenditure.

Data Protection

To the extent permitted by law and with your consent, personal information provided by you to Strength in Depth will be used for all purposes reasonably connected with the operations of Strength in Depth and SiD Origins, including (but not limited to): providing you with details of forthcoming connected events, offers and services; providing you with updates as to the latest concessions or any changes thereto and information concerning competitions and other promotional activity; supplying you with the goods that you request or in which Strength in Depth reasonably believes you may be interested; conducting market research and establishing customer profiles; and transferring or disclosing the information provided to the Promoter's professional advisors and such other parties as it considers necessary in the administration of its business. Strength in Depth will not use or disclose your personal information other than as set out in these terms & conditions without your prior consent. If you have any queries about this, please contact megan@strengthindepth.com. You will be given the opportunity to unsubscribe from any e-mail communications you receive from Strength in Depth by following the unsubscribe link.

Liability

You agree that Strength in Depth, its servants or agents will not be liable for any loss, injury or damage to any person (including yourself) or property however caused (including by Strength in Depth or its employees or agents): in any circumstances unless due to the negligence of Strength in Depth, its employees or agents; in circumstances where such loss or damage is not a reasonably foreseeable result of any such breach (save for death or personal injury due to the negligence of Strength in Depth, its servants or agents); and/or, to the extent that any increase in any loss or damage results from the breach by you of any of these terms & conditions. For the purposes of these terms & conditions, 'Force Majeure' means any cause beyond the organiser's control including, without limitation, an act of God, war, insurrection, riot, civil disturbances, acts of terrorism, fire, explosion, flood, royal mourning, national mourning, theft of essential equipment, malicious damage, strike, lock out, adverse or extreme weather, third party injunction, national defence requirements, and/or acts or regulations of national or local governments. Strength in Depth will not be liable to you for failure to perform any obligation under these terms and conditions to the extent that the failure is caused by Force Majeure. You agree that Strength in Depth shall not be liable to you for any indirect or consequential costs, claims, actual or alleged losses howsoever arising out of or in connection with SiD Origins and/or our obligations hereunder including, but not limited to, loss of profits, anticipated profits, savings, business or opportunity, or loss of publicity or loss of reputation, or opportunity to enhance reputation, or loss of contract or other economic or consequential loss arising from the performance (or any failure to perform) these terms & conditions. Strength in Depth will not have any

TERMS & CONDITIONS (continued)

liability to you whatsoever for loss or expenses incurred in connection with SiD Origins or any cancellation of the event, including, without limitation, costs of any personal travel, accommodation or hospitality arrangements made relating to the event or the cancellation of the event.