Diss Fit Club Amateur Strongman Event

Entry Form

PROMOTER: Diss Fit Club

CONTACT: Email: [info@dissfitclub.co.uk](mailto:info@dissfitclub.co.uk) Tel: 01379 652225

DATE & TIME: Saturday 6th August 2022 - Rules briefing at 9:45 am - Start time 10:30 am Saturday

LOCATION: Diss Fit Club Car Park, Unit 18 Hopper Way, Sandy Lane, Diss Norfolk IP22 4GT

EVENTS: Complete event details are listed below. Events in order are as follows:

1.Bench Press – 100kg reps over 60 seconds

2.Tyre Flip – 70kgs x 6 flips for time

3. 18” Cartwheel Deadlift – 150Kg reps over 60 seconds

4. Farmers Walk - 50kgs each hand over 20 metres

5. Truck Pull – 2500kgs over 30 metres (hand over hand)

AWARDS: 1st, 2nd & 3rd Place Prizes (tbc when numbers are released)

ENTRY FEES: **£10** – payable either at Diss Fit Club Reception or Via Bank Transfer

(Strictly No refunds)

ENTRY CUT OFF DATE: Friday 29th July 2022

BANK DETAILS: ARH Fitness Ltd t/a Diss Fit Club

A/C 31553259 Sort Code: 40-19-18

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against ARH Fitness Ltd t/a Diss Fit Club, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the Diss Fit Club Amateur Strongman Event and its related events, I hereby grant ARH Fitness Ltd t/a Diss Fit Club and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate ARH Fitness Ltd t/a Diss Fit Club., and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that ARH Fitness Ltd t/a Diss Fit Club and/or any other approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to ARH Fitness Ltd t/a Diss Fit Club and/or any other approved video or entertainment organization hereunder.

Therefore, I affix my signature below:

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE:\_\_\_\_\_\_\_\_\_\_\_ ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TOWN:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COUNTY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ POSTCODE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PHONE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_D.O.B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WEIGHT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HEIGHT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HAVE YOU TAKEN PART IN STRONGMAN DAYS BEFORE: Y /N

SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PRINT NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Code of Conduct for Competitors

I acknowledge and accept that the Code applies to me and that violation of the Code by me may be cause to ban me from competing in certain future events organized by ARH Fitness Ltd t/a Diss Fit Club as a Competitor:

1. I will always compete according to the rules.

2. I will never argue with an official. If I disagree with a decision, I will inform the organizers in writing after the competition.

3. I will control my temper. I understand that verbal abuse of officials and slandering other competitors and deliberately distracting or provoking an opponent, is not acceptable or permitted behaviours in this sport.

4. I will be a good sport and applaud all competitors.

5. I will treat all competitors in this event as I like to be treated. I will not bully or take unfair advantage of another competitor.

6. I will display modesty in victory and graciousness in defeat.

7. I will participate for my own enjoyment and benefit.

8. I will not arrive at the venue intoxicated or drink alcohol at competitions.

9. I will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, or religion.

10. I will thank my opponents and officials at the end of the competition.

Signature of Participant Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Participants Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_