



THE TEST OF WILL 2016 GENERAL RULES

1. The Test of Will consists of two stages of competition
 - a) The Test of Will National Heats:
 - b) The Test of Will Final:
2. All athletes must compete in The Under Armour Test of Will National Heats in order to advance to The Test of Will Final.
3. 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.
4. All athletes are required to be validly registered for entry, completed an on-site check in process, and must have valid identification and/or credentials where required.

REGISTRATION AND PARTICIPATION REQUIREMENTS

5. Athletes must be at least 21 years old at the time they register to compete.
6. Subject to age restrictions and residency requirements, anyone that is able to 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.
7. For the 2016 Events, there will be 2 divisions for individual athletes. There will be no other recognized divisions beyond those listed.
 - a) Individual Men
 - b) Individual Women
8. Athletes can register for one competition slot in one heat in one country only. Athletes must be resident in the country in which the Test of Will National Heat they register for takes place.
9. 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) to complete on-site check-in at National Heats or the Final.

REGISTRATION FEES

10. The Test of Will is free to enter.

NATIONAL HEATS RULES/FORMAT

11. Each athlete will receive a scorecard with their name and unique competitor ID number. This card must be given to the officiating judge who will count and record reps achieved in each exercise period and then record them on the scorecard.
12. Each athlete will compete in a 4-minute fitness trial consisting of four (4) exercises to be completed within consecutive 60 second period.
 - a) burpees for max reps – 60 second period
 - b) squats for max reps – 60 second period (men's division 20kg; women's division 10kgs)
 - c) dumbbell overhead press for max reps –60 second period (men's division 10kg; women's division 5kgs)
 - d) pull-ups for max reps – 60 second period
13. Judges will monitor each competitor and are responsible for:
 - a) enforcing the movement standards;
 - b) counting reps aloud in English for the benefit of the athlete;
 - c) recording and validating the athlete's score;
14. 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 test format guide;
 - b) uses techniques, accessories and/or equipment proscribed in the test format guide;
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 table to be stamped and validated.
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 the official online leaderboard within 24 hours of the conclusion of each National Heat 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. The Challenge Format Guide for The Test of Will National Heats will be published by UA Sports and communicated uniformly to all athletes online and on-site.
23. The Challenge Format Guide will include the following:
 - a) Movements
 - b) Start and finish range of motion
 - c) Specifically prohibited techniques or equipment, if any
 - d) Adjustments by division, if any
24. 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.
25. A protest may be filed if the athlete believes an error has been made by an official or staff member which caused a negative effect on their performance. All protests must be filed immediately with the scorer's desk.
26. For questions, please direct all inquiries to the "Contact Us" section of the website at <http://testofwill.tripleready.com>

PRIZING

27. The two (2) top ranked athletes in each division in each National Heat will qualify for The Test of Will Final.
28. Heat winners who qualify for entry into the Test of Will Final will be contacted within five (5) working days of the conclusion of the National Heats.
29. Winners are required to signify acceptance of their place in The Test of Will Final within five (5) working days of notification from UA Sports.
30. If a qualifying competitor cannot be contacted or fails to signify acceptance in the final the next highest scoring competitor will be nominated to take their place in the final.
31. Qualifying athletes for The Test of Will Final will receive travel, accommodation and entry to Singapore subject to travel and visa requirements.
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 prize.