

WRESTLING MAN STANDING

RULE 2021
BOOK

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OVERVIEW

Last Man Standing is a lifestyle brand that comprises of a number of annual events.

Live Event 1: Last Man Standing Johannesburg

Live Event 2: Last Man Standing Pretoria

Live Event 3: Last Man Standing Sun City

The rules and regulations laid out in this document govern the above-mentioned events. Should you have any queries regarding any of the below, please contact our event staff in writing on general@lms360.net.

ENTRY PROCESS VIA LAST MAN STANDING FITNESS APP

Each athlete is required to register an account on the Last Man Standing Fitness App in order to be able to register for any Last Man Standing event. Creating a Last Man Standing Fitness App profile only needs to be done once and thereafter can be used to enter all future Last Man Standing events. Athletes will use their profile to register for events, submit scores, track workout submissions, and review their score submission history.

It is the athlete's sole responsibility to provide current, valid, and correct information when creating their profile. It is the athletes' sole responsibility to ensure that their information remains up to date and relevant. These details are used to communicate important event information to all registered competitors. To download the Last Man Standing Fitness App and register a profile, visit the Last Man Standing website at www.lms360.net and follow the process.

Any athlete with questions or concerns regarding creating a profile can contact our event support desk in writing via support@lms360.net.

No athlete under the age of 16 may register to compete without providing additional parental consent. By completing the online registration process and agreeing to the terms and conditions, guardians/parents' consent to such minor being bound by the 2021 Last Man Standing Rule Book and further indemnifies Last Man Standing to the extent, to which such minor is not capable of waiving his/her rights as stipulated within.

ENTRY PROCESS – CATEGORY & DIVISION SELECTION

An athlete's category will be determined based on their gender, birth date and skill level.

- Gender
 - Male
 - Female
- Age
 - All competitors need to be 16 years or older to compete
 - An athlete's competition age is the age that he/she turns in the year of the event
- Category

- Team
- Individual
- Division
 - Beginner
 - Intermediate
 - Elite
- Subcategories
 - Masters 40 - 49
 - Masters 50+

Subject to the outline of each competition, these are the only restrictive categories. An athlete's division is based on the skill level which the athlete feels they are capable to participate in at the time of competition. An athlete's division is chosen by the athlete upon entry into the event. Please note that the aforementioned division may not be available in all the events.

Athletes who fall under the Masters' subcategory will register under a normal division (Beginner, Intermediate or Elite). These athletes will compete against all other athletes within their respective division entered. A separate leader board will be listed for athletes who fall under the subcategories of master's 40 - 49 and 50+ within their respective entered division (Beginner, Intermediate or Elite).

These guidelines can also be found on the Last Man Standing website. See Annexure A at the end of this document: <https://www.lms360.net/>

ENTRY - TERMS AND WAIVERS

As part of the registration process for all Last Man Standing events, athletes must agree, without limitation, to comply with the Terms & Conditions of entry and competition rules and guidelines set out in this document.

ACCEPTANCE OF CONDITIONS

As a participant, I shall be deemed to have accepted these terms and waivers upon completion of the entry form and payment of the event entry fee. I acknowledge and agree that the event organiser will have sole authority and will be the final arbiter on all decisions relating to the safety, running and organisation of the event, the rules of the event, the timings/finish times, and the placings.

WEBSITE DISCLAIMER

Last Man Standing is not responsible for any inaccurate entry information, whether caused by website/App users or by any of the equipment or programming associated with or utilized in the Last Man Standing events. Last Man Standing accepts no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website/App related to the Last Man Standing events, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information.



Last Man Standing 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 the Last Man Standing events, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by Last Man Standing 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 participant's or any other person's computer relating to or resulting from participating in the Last Man Standing events or downloading any materials related to the Last Man Standing events.

Last Man Standing reserves the right, at its sole discretion, to disqualify any individual it finds tampering with the entry, registration or submission process or the operation of the Last Man Standing events or website, or any additional website/App related to the Last Man Standing events, to be acting in violation of the official rules, or to be acting in a non-sportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person, including Judges and Volunteers. Any use of robotic, macro, automatic, programmed, or the like entry methods will void all such entries by such methods. In the event of a dispute regarding entries submitted by multiple users having the same identifying information, Last Man Standing reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules.

If, for any reason, the Last Man Standing events 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 Last Man Standing, which, in the sole opinion of Last Man Standing, are corrupt or affect the administration, security, fairness, integrity or proper conduct of the Last Man Standing events, Last Man Standing reserves the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the Last Man Standing events and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. Last Man Standing has no obligation to operate or produce the Last Man Standing events (or any part thereof) and there is no obligation to broadcast the Last Man Standing events, even if the Last Man Standing events take place.

In the event that the Last Man Standing events are cancelled, Last Man Standing (or any party) has no obligation to award any prize money. Any and all decisions by Last Man Standing concerning eligibility, qualification and judging related to the Last Man Standing events is final and not subject to challenge or appeal. Last Man Standing owns and will have no obligation to return or maintain any materials submitted as part of the qualification or registration process for the Last Man Standing events.

Under no circumstance, will Last Man Standing 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 Last Man Standing events website/App or the downloading from and/or printing of material downloaded from said site.

EVENT ORGANISER RESPONSIBILITIES/LIABILITY

The event organiser shall not be liable to the participant for any loss or damage to personal equipment belonging to the participant, or any indirect or consequential loss or damage whatsoever arising from participation in the event, or for any loss of business, revenue or profits, anticipated savings or wasted expenditure, or loss of reputation. The event organiser will not be liable for any actions of any spectators or other third parties. As a participant, I irrevocably renounce the right to any recourse or claims whatsoever

against the event organiser, sponsors, suppliers, medical advisers, or any other person involved in the organisation of the event (“associated parties”), as a result of any kind of physical, mental, or other loss or damage of whatsoever nature suffered by the participant, directly or indirectly, or by the participant’s family, caused by an event in any way relating to the participation in the event.

As a participant, I will indemnify the event organiser and the associated parties for any claim, actions, liability, or losses from any breach of the participant’s declarations above. Nothing in these conditions shall exclude or limit the liability of the event organiser for death or personal injury caused by the event organisers’ negligence, for fraud, or for any other liability to the extent that it cannot be excluded or limited by law.

ATHLETE INDEMNITY

I, the participant, fully recognize and appreciate that due to the nature of the event there is an inherent risk of possible injury. I understand that participating in any Last Man Standing event involves the risk of severe physical injury and/or death that cannot otherwise be eliminated. I voluntarily, knowingly, and freely assume all risk associated with competing in the event, including, but not limited to, my own actions or inactions, or the actions or inactions of others (including participants, staff, or spectators).

I undertake to participate entirely at my own risk. I agree that I shall have no claims whatsoever against the event organiser, any individuals, organiser or official, marshal, judge, assistant, helper or agent, the sponsors, local authority, or landowners, in respect of any loss or damage whatsoever, which I may suffer. This includes any injury to my person or loss or damage to property as a result of, or arising out of, whether directly or indirectly, my participation in this event, including my arrival and departure and attendance of any ceremony and function thereof, however such loss or damage may arise and regardless of whether or not it was caused directly or indirectly by negligence, of one or more or all of the aforementioned parties.

I, the participant, thereby accepts all and any financial responsibility which may occur due to negligence and or injury caused by my participation within the event. Further, I fully absolve Jukwaa Events Pty (Ltd) (event organiser) and or the venue, its agents, employees, principals, and volunteers from any legal costs incurred to enforce this agreement. I further agree to reimburse them for all, and any costs incurred to enforce this agreement. In the event of my approval of this form as a guardian of a minor, I hereby consent to such minor being bound by the foregoing and further, I indemnify the aforementioned parties to the extent, if any, to which such minor is not capable of waiving his rights as stipulated within.

MEDICAL CONDITIONS & ASSOCIATED RISKS

I acknowledge that participation in the event will be physically demanding, and I am aware of the nature of the event and the associated medical and physical risks involved. I confirm that I am fit and healthy, and physically capable of competing in the event. I agree to be solely responsible for my actions and will not hold the event organiser or associated parties responsible for any injury, accidents, illness, loss or damaged suffered by me in, or reason of, the event however it may be caused, unless due to the negligence of the event organiser.

If a medical or physical condition arises prior to the event, which is likely to affect my ability to compete, then I will notify the event organiser and will withdraw from the event in accordance with these conditions. Only a valid medical certificate by a doctor will be accepted. The event organiser takes every care with the staging of the event, but as the participant, I acknowledge that no insurance is taken out on the participant’s behalf by the event organiser. Therefore, any and all insurance, including personal accident and personal items insurance is my own responsibility.

DRUG TESTING POLICY

I acknowledge that as a registered participant for the event, I may be subject to drug testing at any time during the competition. Athletes selected for drug testing will be notified by the organiser or their appointed representatives. Any athlete who declines this test will be subject to appropriate sanctions. Any athlete found to be in contravention of the general accepted World Anti-Doping policies and guidelines will be subject to a minimum ban of 3 years subject to a hearing.

PARTICIPATION – RULES & REGULATIONS

I agree to abide by all applicable rules and regulations that are relevant to the event. The event organiser is also entitled to impose rules upon the participant from time to time which will form part of these conditions. All decisions, instructions and ruling given by, or by instruction of, the event organiser is considered final. Accordingly, I agree to comply with all instructions and guidelines given by the event organisers, stewards, marshals, security, and safety personnel. Any participant that acts negligently, maliciously, with wilful misconduct or otherwise without due care and attention for the event or other participants, to cause the participant's removal from the event, will not be entitled to a refund.

EVENT ENTRY CONDITIONS

I represent and warrant to the event organiser that I have full legal authority to complete this event registration on behalf of myself and/or any person I am registering (registrant/s), including full authority to make use of the credit or debit card to which registration fees will be charged. If I am registering a minor under the age of 16, I represent and warrant that I am the parent or legal guardian of that person and have the legal authority to enter into this agreement on their behalf and by proceeding with this event registration. I agree that the terms of this agreement shall apply equally to all registrants.

ENTRY FEES

All entry fees are inclusive of VAT, (current rate of 15%) I acknowledge that I shall not be eligible or entitled to participate in the event until full payment of the entry fee has been received by the event organiser. No payment shall be deemed to have been received until the event organiser has received cleared funds. If entry is accepted, the entry fee is non-refundable other than as otherwise stated in the withdrawals policy.

WITHDRAWALS POLICY

Written notification of withdrawal should be given by the participant to the event organiser by email, according to the following:

- All withdrawals are strictly on a no refund policy, any deviations from this are subject to the organisers' own discretion.
- Due to the nature of the activities involved, the event organisers are unable to make exceptions for injuries, pregnancies, or other circumstances.

The event organiser reserves the right to remove participants from the event or prevent participants participating in the event at any time, if it considers such action necessary for safety reasons or the proper

enjoyment of the event by other participants or for any other practical reason using the event organiser's sole discretion. A refund will not be provided under such circumstances.

ALTERATIONS TO THE EVENT

I acknowledge that alterations to the event may be required from time to time. Any change to the event start-time or format will be communicated to the participant as soon as is reasonably practicable.

Start/finish time – I am aware that the event organiser reserves the right to alter the start/finish time of the event. No refund, in full or in part shall be made for any change in start/finish time for an event.

Program alteration – I am aware that the event organiser reserves the right to amend the program at their sole discretion in order to stage the event.

Other alterations – I acknowledge and accept that circumstances concerning the event may change from time to time for reasons out of the event organiser's reasonable control, without any rights to withdrawal being accrued by the participant other than as set out in the withdrawals policy, and without the event organiser incurring any liability. For illustration purposes, these changes may include car parking arrangements or course alterations, but such changes/issues will not allow the participant to withdraw, nor will the event organiser be deemed liable except as otherwise set out herein.

EVENT CANCELLATION

I agree that the event organiser reserves the right to cancel the event in the case of extreme weather (including, but not limited to, heat, tornadoes, earthquakes, fires, storms, lightning, and floods), accidents, acts of war or terrorism, military conflicts, or riots or for any reason that, in the organiser's discretion, will protect the safety and security of event participants and spectators. In the event of such cancellation, there will be no refund of my registration fee.

COMMUNICATIONS

I acknowledge that the event organiser will primarily use email, SMS, the Last Man Standing App, and social media platforms to communicate with participants. To ensure receipt of all event information, I accept sole responsibility to ensure that I provide the event organiser with the correct email address and to inform the event organiser of any changes to these prior to the event as soon as is reasonably possible. The event organiser shall not be held responsible for any computer malfunction or other technical anomaly that may occur during the process of sending out email communications that may lead to failure of receipt by the participant. The event organiser can be contacted by the below methods of communication and shall endeavour to respond to participant enquiries within five working days of receipt of the correspondence.

Phone – +27 12 661 0285

General Enquiries – general@lms360.net

Athlete/App Enquiries – support@lms360.net

MEDIA & PHOTOGRAPHY

As a participant in the event, I irrevocably consent to being filmed, recorded, and photographed at the event, and for the video footage, recordings, and images to be incorporated and exploited in whole or in part in any television program, film, video, or broadcast of whatever nature, and in all media for the purpose of advertising, publicity and otherwise in relation to the exploitation and/or promotion of the event (and future events). Any film, photographs, or any other recording of moving or still picture, shall remain the property of the event organiser. Accordingly, any such recording by the participant shall not be used other than for private use without the event organiser's prior written consent.

DATA PROTECTION

I agree that my personal information can be stored and used by the event organiser and event partners/sponsors in connection with the organisation, delivery, and administration of the event, and may be used by the event organiser and event partners/sponsors in connection with the compilation of statistical information and to improve the procedures at future events. Medical information and emergency contact details are only collected for health and safety purposes, to allow medical assistance to be given on the event date. Personal information or marketing information pertaining to the participant shall not be used or reproduced, in whole or in part, in any form except for events related to the Last Man Standing platform.

SPORTSMANSHIP

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an Official or representative of Last Man Standing, taunting, heckling, fighting or any conduct that would bring disrepute upon Last Man Standing, the competition, other competitors, or spectators or event sponsors, as determined by Last Man Standing, in the eyes of the viewing public or the Last Man Standing community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events and/or legal action. All athletes agree to put forth suitable effort in every workout or event. Deliberately doing less work or performing at a level less than 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 athlete deemed by Last Man Standing to be "sandbagging" may be penalized or disqualified from competition, as Last Man Standing 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, 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 event, is not allowed. 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 group or groups is deemed by Last Man Standing 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 the athlete, coaches, and other attendees. This is not intended as a limitation on Last Man Standing's rights to operate the Last Man Standing events in any manner it sees fit. Last Man Standing reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator participating in, attending, or viewing any sponsored, sanctioned or supported Last Man Standing event 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 with the intent to cheat or circumvent the rules or intent of the rules of the Last Man Standing events, including lying (as one example), will result in disqualification. Last Man Standing 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 spectator/s or dismissal of any attendee.

SPORTSMAN MISCONDUCT

All Individual athletes and Teams entering any Last Man Standing event agrees to the Event Entry Conditions and Rules and Regulations as set out in this document. The event organiser is responsible for implementing the Rule Book and the contents therein in order to ensure fair and sportsmanlike competition for all competitors.

If it is found that an Individual athlete/s or Team/s competes at any Last Man Standing event and finishes in any podium position (1st, 2nd. or 3rd) and leads/wins by such a margin that warrants investigation by the organiser or appeal from fellow athletes, a formal investigation will be launched and/or validated appeals will be heard. The Individual athlete/s and/or Team/s of concern will be summoned to a hearing with their coach or a fellow representative in the presence of the Head Judge, Event Director, implicated Judge, or any other party deemed fit or obliged to attend at the sole discretion of the organiser.

In the case that the Individual athlete/s or Team/s is found guilty of participating in the wrong Division in order to gain an unfair advantage above fellow athletes he/she/they will be publicly disqualified, and their results will be nullified together with being stripped of all prizes followed by the release of a public statement containing the details of the incident. The organiser holds the right for further disqualification and/or banning at their sole discretion.

Following the disqualification of the party/s that have been found guilty of this misconduct, the next eligible Individual athlete/s or Team/s will be awarded the position/s accompanied by all relevant prizes and benefits of the podium position/s. The Last Man Standing Leader Board will be automatically updated according to the disqualified party/s removal.

Any entered Individual athlete or Team reserves the right to lodge an appeal against their fellow athlete/s should they have reasonable grounds of evidence or motivation that the aforementioned conduct has/is taken place in order to substantiate their claim. The event organiser reserves the right to either pursue or decline the appeal based on their knowledge and information at hand at the time of the appeal.

ALLEGATIONS OF MISCONDUCT

An athlete may contact general@lms360.net to file an investigation into unfair practices or Rule Book violations by athletes, Teams or Judges. Regulations for Photography/Footage/Still Images Photography and Footage: Non-professional, flash photography and video cameras are permitted at the Last Man Standing event venues and events for personal use only. Last Man Standing may provide credentials necessary to gain access to media areas at Last Man Standing events for the sole and exclusive purpose of editorial coverage and athlete media relations. Still Images: may not be used for any commercial or retail purposes whatsoever and may only be used for promotional purposes upon written permission from Last Man Standing organisers. Photography is for personal or editorial use only. Any other use, including but not limited to commercial and promotional use, is

specifically prohibited. Footage: Footage may not be used for any commercial or retail purposes whatsoever and may only be used for promotional purposes upon written permission of Last Man Standing.

LIVE COMMUNITY EVENTS ENTRY PROCESS

1. TEAM EVENT

The entry process as outlined at the start of this document shall apply to all teams wishing to enter this event.

The team captain of each respective team is responsible for completing the online process and facilitating payment. Thereafter the team captain is responsible for linking his/her team mates' Last Man Standing App account profiles to the purchased team entry.

The team captain will assume full administrative responsibilities for the team, including but not limited to ensuring that all team members details as per their Last Man Standing App profile are correct, reading, acknowledging and thereafter distribution and dissemination of all important event information as communicated by the event organisers as well as onsite management of team members at event days.

2. INDIVIDUAL EVENT

The entry process as outlined at the start of this document shall apply to all individuals wishing to enter this event.

The individual is responsible for completing the online process and facilitating payment.

The individual will assume full administrative responsibilities for his/her entry, including but not limited to ensuring that all details as per their Last Man Standing App profile are correct, reading and acknowledging all important event information as communicated by the event organisers.

ON-SITE CHECK-IN

Competition Days will take place from Friday to Sunday for all Last Man Standing events unless otherwise stipulated by Last Man Standing organisers with the exception of Last Man Standing Sun City that will take place from Thursday to Saturday. A seeding WOD, applicable to Elite athletes only, may or may not take place on the first night of the competition weekend. All entry categories and divisions will complete their first WOD on the first day of competition unless otherwise stipulated by Last Man Standing organisers. On-site check-in will take place on the first day of competition, during the morning and will close once the athlete briefing session has come to an end. The onsite check-in is mandatory for all athletes. Last Man Standing cannot guarantee that athlete check-in services will be available after the first day of competition. Once the competition has begun as stipulated by Last Man Standing organisers, any Individual athlete or Team that has not checked in will be automatically disqualified. Once on site, the athlete (or Team Captain in the case of the Team event) should proceed to the counter which states the division of entry, in order to complete the on-site check-in process.

1. TEAM EVENT

Only the Team Captain may check-in for his/her Team and collect all necessary registration packs. To complete the on-site check-in, the Team Captain must provide proof of identity, with a valid and generally accepted form of identification, such as an ID Document, Driver's License, or passport to confirm his credentials as the Team Captain. The Team Captain should also provide an indemnity form, signed by all four teammates in order to

complete the check-in process. This indemnity form can be downloaded from the website at www.lms360.net. A limited number of forms will be available on-site for completion for those who could not bring their own copy.

Should a Team Captain not be available to complete the on-site check in process, written communication signed by the Team Captain must be given to another teammate, nominating him/her to complete the check-in process on his/her behalf and stating whom will assume the role of interim Team Captain.

2. INDIVIDUAL EVENT

Only the registered Individual taking part in the event may check-in and collect his/her registration pack. To complete the on-site check-in, the individual must provide proof of identity, with a valid and generally accepted form of identification, such as an ID document, Driver's License, or passport to confirm his/her credentials. The individual should also provide a signed indemnity form in-order to complete the check-on process. This indemnity form can be downloaded from the website at www.lms360.net. A limited number of forms will be available on-site for completion. Should an individual not be available to complete the on-site check in process, written communication signed by the individual must be given to a person, nominating him/her to complete the check-in process on his/her behalf.

ONSITE ATHLETE BRIEFING

Individual athletes and Teams will be briefed regarding the event program and WOD's during the onsite briefing session. These briefings will take place on the first day of the competition at a time communicated by the event organisers prior to the commencement of the event, unless otherwise stipulated by the event organisers. Period briefings may also take place during the event days should the organisers deem it necessary.

It is the responsibility of each competing Individual athlete and Team to attend all workout briefings and all events on the competition schedule. Individual athletes or Teams who are late to and/or miss an athlete briefing will lose the right to appeal decisions made during the competition days.

Delivery of the event format, including movement standards and required range of motion, to all participating athletes will occur during daily Individual athlete and Team briefings prior to competition for all specified events. Briefings will typically be delivered by the Head Judge or a designee of the on-site Director, with or without visual demonstration. There will be an opportunity for athletes to ask questions during the on-site briefings.

Judges will confirm scores and enforce movement standards for each workout an Individual athlete or Team performs. Judges will attend Individual athlete and Team briefings as well as their own briefings to prepare for each event. Head Judges and on-site Directors have the authority to stop or suspend an athlete at any point during the competition if he/she feels the athlete is at risk of serious injury to himself/herself or others. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's performance or if there are legitimate safety concerns.

Non-compliance with a Judge's instructions, bickering with, or questioning of a Judge or Crew member, attempting to show up or publicly embarrass any Judge, Crew member, sponsor, spectator, other athlete or venue operator or owner/s, as determined by Last Man Standing, in its sole and absolute discretion, may result in penalty or disqualification of the athlete from the event and/or future Last Man Standing events. This includes derogatory comments from an athlete's coach, representative, teammate/s, supporters, guests, or entourage.

WOD ANNOUNCEMENTS

Individual athletes and Teams will compete in multiple workouts for the duration of the stipulated event days. Some event WOD's are released prior to the start of the event to allow athletes to prepare. The organisers reserve the right to withhold certain information at their discretion to enhance the competitive nature of the event.

STANDINGS (TIE PROCESS)

The performance of Individual athletes and Teams will be ranked by their performance after the successful conclusion of each specified WOD. Based on an Individual athlete or Team's relative rank, they will be assigned points. These points will be used to rank the Individual athletes and Teams on a leader board which will be made available on the Last Man Standing website via www.lms360.net and via the Last Man Standing Fitness App.

Only the top ten ranked Individual athletes and Teams within their respective categories and divisions as per the leader board will advance to the final WOD of the competition unless otherwise stated by the Last Man Standing organisers. The Individual athletes and Teams who stand at the top the leader board after the conclusion of the final WOD at the end of the competition within their respective categories and divisions will earn the title of Last Man Standing Champion.

Ties will be dealt with as follows: The Team and/or Individual athlete who has acquired the highest place finishes between the parties overall, taking into consideration all completed WOD's for a specified event, shall be awarded the higher placing. In the event that two or more Team and/or Individual athletes obtain an equal number of wins, the result will be determined by the last competitive WOD that both Teams and/or Individual athletes have competed in.

In the case of a tie at the conclusion of the event between the top two positions, the organisers reserve the right to determine the winner through a WOD of their choosing. This is at the absolute and sole discretion of the organisers.

SCORING

Specific scoring formats will be provided when the event WOD's are announced prior to the event and during the on-site briefings. WOD's may have time penalties. Failure to complete a workout in the designated time may result in a specified penalty for any portion of the workout not completed. WOD's may have a minimum work requirement in terms of the amount of time, reps, weight or rounds to be completed to advance. Any such minimums will be announced as part of the event format.

Failure to complete the minimum work requirement may cause the Individual athlete or Team to acquire a penalty. Events may use chip timing (transponders) for official timing. For chip-timed events, the chip will be placed on the same area of the body for all athletes. The official time for each athlete will be recorded when the transponder reaches the finish mat or crosses the finish line.

If an Individual athlete or Team does not advance to the next WOD for any reason (DNF, injury, etc.), they will be ranked below all competitors or Teams who started that event and will be disqualified from the event.

APPEALS PROCESS

On-site appeals, event protests, or scoring questions should be filed by the Individual athlete or Team with the Head Judge immediately following the completion of the WOD. If the event Head Judge is unavailable, a Director or alternate Head Judge can begin the appeals process. Judgment calls made during a WOD are final and are not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring or performance of another Individual athlete or Team.

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

1. Competing Individuals athletes or competing Team Captain only (no coaches or other athletes may be involved) will state the case and request an appeal with the Head Judge for the WOD in question.
2. If granted the right to appeal by the Head Judge, the Individual athlete or Team Captain will be granted the right to fill in the appeal form at the designated registration area.
3. The Head Judge, Judge/s involved, and the on-site Director will then communicate to complete the fact-finding process for the issue at hand.
4. No video, photo, cell phone media or any other media will constitute grounds for changing any decision.
5. Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards or range of motion requirements should be read as a limitation on Last Man Standing's right to run or operate any Last Man Standing supported, sanctioned or sponsored event as it sees fit in its sole and absolute discretion.

The Head Judge and Last Man Standing's decisions are final. This includes the right to remove or disqualify any Individual athlete or Team at Last Man Standing's sole and absolute discretion. All participants/Teams are limited to a maximum of two formal appeals.

INJURY/WITHDRAWALS POLICY

Any athlete (Individual or Team) who is/are unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the medical staff and Head Judge before returning to the competition floor. The Head Judge will have the authority to disqualify the athlete from the event based on the severity of the injury, likelihood of further injury and/or other factors.

If an Individual or Team athlete misses their heat for a WOD due to injury or while undergoing medical treatment or assessment, the athlete will be given a 0 (zero) score or DNF (Did Not Finish) for the specific WOD/s missed. If any Team member is disqualified from the competition due to an injury, the Team may continue to participate if the team can potentially meet the minimum work requirements for a workout. If the team cannot meet the minimum work requirements for a WOD without a full roster, then the team may not step onto the competition floor and will be disqualified from the competition.

INCLEMENT WEATHER

Should the Last Man Standing organisers and its associated health, safety and security officers deem the weather as dangerous to the continuation of the event, the remaining WOD's for the day will be cancelled and appropriate measures will be followed and announced to the athletes.

PRIZES

Prizes will be awarded to all Individual and Team athletes who receive a podium finish at any of the Last Man Standing events within their selected category and division. Please note that all Masters' subcategories will not be awarded the same prizes as the other categories or divisions but will be eligible for those regardless of their subcategory finish position. Any and all cash prizes are paid in ZAR (South African Rand). Prizes will be confirmed at each event and may include cash or other forms of prizes at the sole discretion of the event organiser.

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, including cash prizes, are subject to applicable taxation. Additional prizes may be presented by partners, sponsors or select vendors and all such prizes are also subject to applicable taxation. It is the athlete's sole responsibility to comply with paying all applicable taxes in connection with any prizes, including cash prizes. Prize money will only be released once drug test results have been confirmed should they be required.

DEFINITIONS & REFERENCES

Last Man Standing	The "event"
Athlete	Any person who has registered and paid to participate in the event
Team	Any group of two males and two females who have registered and paid to participate in the event as a Team
Individual	Any one person (male or female) who has registered and paid to participate in the event as an Individual
Team Captain/Team Manager	Any person elected by a Team to serve as the main decision maker and responsibility holder of the Team
Team Roster	A list of athletes elected to officially participate in the event, consisting of four members of which two of the four athletes are alternates
T's & C's	Terms & Conditions
Rules and Regulations	The contents of this document outlining what is allowed and what is not
Division	Referring to the specific competency level of an entered athlete (Beginner, Intermediate or Elite)
Category	Referring to the specific class of participation (Individual or Team)
Subcategory	Referring to the specific age category of participation (Masters 40-49 and Masters 50+)
Teammate/Team Member	Any person registered to participate within a Team at the event
Spectator	Any person who attends the event with no designated role related to the roll out or participation of the event
Coach	Any person who teaches or coaches an athlete formally
Venue/s	The location of where any set event will take place
WOD	Workout of the Day
Official	The highest authority at the event, usually the event Director or Judges Panel
Head Judge	The highest authority at the event related to all operations regarding athletes, scoring, arena management, movement standards and WOD's
Judge	The second highest authority at the event related to all operations regarding athletes, scoring, movement standards and WOD's
Crew	The second highest authority at the event, usually any and all ground staff responsible for all event operations and rollout

ANNEXURE A

Beginner

How long have you been training	0 - 8 Months
How often do you scale in your box	Frequently
How many previous competitions	0 - 2 / Scaled Level
Gymnastic Capability	Limited, can do 2-3 pull ups unbroken
Weight lifting	Lighter weights

Intermediate

How long have you been training	6 - 24 months.
How often do you scale in your box	About 50% of the WOD's
How many previous competitions	2 - 5
Gymnastic Capability	Progressive, easily achieve C2B with unbroken pull ups.
Weight lifting	Medium to heavy weights

Elite

How long have you been training	16 months upwards
How often do you scale in your box	Infrequently
How many previous competitions	5 + or any at an elite level
Gymnastic Capability	Good, Easily achieve BMU and confident on rings
Weight lifting	Heavier towards RX.