



# FEMSPORT

"Women's All-Strength + Fitness Challenge"

## COMPETITION INFORMATION



Thank you for your interest in the 10<sup>th</sup> Anniversary FEMSPORT event. We welcome and encourage everyone to participate in this unique, on-of-a-kind event. The following should give you a better idea of the show format and what to expect.

### **Team Entries OR Individual Entries:**

There are two options for entries; Individual and Team.

All team participants' scores will be recognized as an individual score, therefore allowing you to become a **Team Champion** AND/OR an **Individual Champion**. Athletes are not required to enter into both in order to obtain an individual score. You can enter as an Individual athlete if you are not participating in a Team.

**Teams must be made up of 3 (three) athletes.** Teams must be assembled prior to registration. It is not the responsibility of FEMSPORT Athletics to choose teams.

### **Team Fees:**

Team fees **MUST** be paid in full by submission date on Entry Form or additional fees apply to all team members!!

### **Novice OR Open Divisions:**

There are two divisions to choose from; NOVICE or OPEN. This will allow the athlete to place themselves in a comfortable level playing field.

#### **Novice = First time competitors ONLY!!**

If you are participating on a Novice Team, you are also automatically entered as a Novice Individual. You are not permitted to enter into two different divisions.

#### **Open = First time competitors and ALL previous competitors.**

If you are participating on an Open Team, you are also automatically entered as an Open Individual. You are not permitted to enter into two different divisions.

### **Friday evening before the show – REGISTRATION (Mandatory)**

**ALL athletes must attend registration.** We will conduct weigh-ins and registration from 4-8pm at our host hotel or venue (will advise and be posted to website). Competitors will be subject to the following: assigned their numbers; receive a FEMSPORT T-shirt; weigh-in; complete all necessary forms; hand-in registration fees; collect sponsors promo gifts; and receive schedule information for show format, photo shoots, etc.

We do not expect you to come in ripped to shreds, nor are we looking for that. Some of you will be better conditioned than others and that's fine, but you should not prepare for this in the same way you would for a bodybuilding contest. Come in **HEALTHY**, not depleted. Remember, this is a physically challenging strength competition, so don't sacrifice too much of your strength by trying to get your body fat down to an extremely low percentage.

### **On the day of the show:**

There will be a **mandatory meeting for ALL competitors** 1hr prior to competition. We'll review all of the following information. We intend to have all your questions answered at this time so that the show will run smoothly.

**EVENT SCHEDULE:** (approximate times – schedule may change without notice)

- 10:30 am - Athletes Meeting (at venue)
- 11:15 am - Athlete Introduction
- 11:30 am - Competition begins
  - Biceps Curls
  - Box Jumps
  - Tire Flip
  - Kettlebell Lift
  - Tire Pull
  - Obstacle Course
- 5:00pm – 5:30pm - Awards



**Note:** Please keep in mind the final number of athletes can only be confirmed the day prior to the event and show times/schedule may need to be adjusted to accommodate the athletes, judges and spectators.

The **competition will begin promptly at 11:30 am.** We'll be on a very strict time schedule, so it's imperative that everyone be in place on time.

ALL athletes are requested to stay in their FEMSPORT T-shirts OR Team Tops throughout the competition.

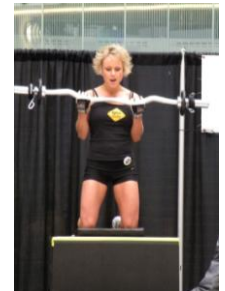
**Fitness/Strength Events (Mandatory for Overall placing):**

**BICEPS CURLS** - Competitors will go for maximum repetitions within a one-minute time limit, all the while making certain to maintain steady form while kneeling on a bench.

Two athletes will be competing side by side. You'll use an EZ-curl bar to lift **25% of your bodyweight.**

**How to calculate your curl weight:**

- If you weigh 140 lbs, you'd be curling 35 lbs  
 $25\% \text{ of } 140 \text{ lbs} = 35 \text{ lbs}$
- The EZ bar weighs 20 lbs, so you need to place 15 lbs onto the EZ bar  
 $35 \text{ lbs} - 20 = 15 \text{ lbs}$
- Two sides to the EZ bar, so you need to load equal amounts on both sides  
 $15 \text{ lbs} / 2 = 7.5 \text{ lbs per side}$   
(The smallest plates available are 1 ¼ lbs and we will round down when necessary)



In order to alleviate unintentional cheats and promote proper form and safety, the biceps curls will be performed by kneeling on a bench in the following manner:

- Kneeling within specified area only (approx. 6" x 15")
- Full flexion at the elbow (elbow must pass 90')
- EZ bar must touch thigh area to ensure an acceptable extension at the elbow.

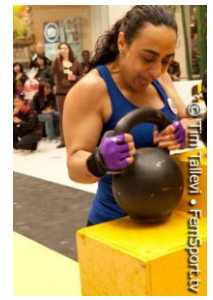
**Proper form will be strictly enforced,** however a very ***slight "cheat"*** will be permitted. For every repetition you do not maintain proper form, or touch the floor, that rep will not be counted!!! The well being of the athletes is our primary concern, so excessive movements will not be allowed and proper posture and full range of motion is required.



**BOX JUMPS** – Performed side-by-side, competitors will be timed while completing a maximum **50 repetitions** (jumps) on a box approx. 18 inches in height. You will have three (3) minutes maximum to complete this event. Each athlete must ensure both feet touch any portion of the box top (not edge) simultaneously. Heel must not drop below the edge of the box or that repetition will not count. You may choose to step down one foot at a time, but you **MUST** ensure both feet touch simultaneously on the jump "up" onto the box top.

You are permitted as many 10sec rest periods as you need. Remember, the clock does not stop while you take these rests. If you do not continue your reps before the 10sec is up, your performance will be complete. Each time you stop/rest, the timing judge will verbally count out the seconds.

**KETTLEBELL LIFT** – This will be a timed event performed side-by-side. Competitors will carry five Kettlebells (20kg/44lbs .... 20kg/44lbs.... 24kg/52.8lbs .... 24kg/52.8lbs.... 32kg/70.4lbs), one at a time, from one location to another location (approx 30ft.) There will be a pedestal of decreasing height (5ft – 4.5ft – 4ft – 3.5ft – 3ft) at each location. Competitors must place one Kettlebell on top of each pedestal so that the Kettlebell stands upright within a marked area. A final sprint will complete this event.



**Example:**

The 20kg kettlebell will be carried 30ft to and placed on the 5ft pedestal...the next 20kg kettlebell will be carried to and placed on the 4.5ft pedestal...the 24kg kettlebell will be carried to and placed on the 4.0ft...and so on...



**TIRE PULL** – This is a timed event performed side-by-side along a course approximately 75 feet in length. Each athlete will pull a weighted tire, 75% of your bodyweight (including the tire weight), by running backwards as quickly as possible the full length of the course. Each athlete must grip the rope at taped area of rope ends only, ensure the tire does not lift off the ground at any time and the tire must completely cross the finish line.

**OBSTACLE COURSE** – This is a relay timed team event. This race course is approximately 75 feet in length which will be repeated with each component. The various components may include carrying 40-lb water jugs - two at a time - along the length of the course, agility apparatus, balance beam, baton placement, sprints, and/or moving over or under obstacle, and pushing a car.



The first athletes from a team runs the obstacle course. Once they have crossed the finish line, the next athlete immediately runs the obstacle course...once they have crossed the finish line the final athlete runs the obstacle course.



**TIRE FLIP** – This is a relay timed event. Two teams at a time will perform side by side. Each athlete must flip approx. 260 lb tire, five (5) times in a straight line. You will have a maximum of three (3) minutes to complete your five (5) flips. Once the first athlete has finished her flips, the next member of that team will flip the tire five (5) times back in the other direction, the final team member will change direction again and complete her five (5) flips.

**TUG-OF-WAR** - (exhibition only) – This is strictly a fun event and ONLY if there is time at the end of the competition.

In the “Tug-of-War”, there will be a single-elimination tournament. There will be two weight classes for this event, lightweight / heavyweight, with the cutoff being determined once everyone has been weighed in at registration the day prior to the event.



**\*\* NOTE: This is for exhibition only and will only be included in a team score as a tie breaker. If no tie breaker is required and the event is running late, the Tug-of-War will be excluded from the event.\*\***

**EXTRA CHALLENGE** - There may, or may not, be an extra physical challenge included in the event. So make sure you train for all-round athleticism to ensure you are prepared.

**\*\* NOTE: There may be some changes made the day of competition due to increase/decrease of athletes, venue adaptations or circumstances beyond our control.\*\***

### **Attire:**

All competitors will receive a complimentary T-shirt which must be worn by all athletes who are entered as an Individual competitor and not sponsored. Teams are permitted to wear either specific team athletic tops OR T-shirts provided by Femsport.

ALL athletes (Individual and Team) are responsible for and **must wear black athletic pants or shorts**. If you choose shorts, they must cover your buttocks completely and should be snug (spandex type). No floppy attire will be permitted.



**\*\* LETS LOOK LIKE A TEAM \*\***

### **Awards:**

Trophy awards will be given to Team and Individual athletes in both Novice and Open divisions along with product and/or cash prizes as per our sponsorship support. Please remember, all prizes are donated by our sponsor and your direct appreciation to our supporters is highly recommended.

### **Media Opportunities**

There will be opportunities for photo shoots and interviews on the day of the show, the day after the show and Friday at the weigh-ins with various photographers and media associated with FEMSPORT. Expect to have your photo taken beginning with weigh-ins and extending throughout the day of the show and in some cases on the day after the show. Be prepared for photos.

Past FEMSPORT event coverage has appeared in *Inside Fitness Magazine*, *Oxygen magazine*, *Double XL Magazine*, *MuscleMag International Magazine*, *Status Fitness Magazine*, *Fitness Expert Magazine (FEM)*, *Urban Trendz*, *The WestEnder*, *METRO News*, the Urban Rush TV, Global TV, CBC TV Sports News, CBC Radio and numerous websites and online publications.

### **Drug Testing:**

Athletes will be subject to mandatory and/or random drug tests. Testing encompasses anabolic steroids and substances not sold over the counter. Tests may include urinalysis, lie detector, and/or computer voice analysis. Refusal to comply or failure of a test will result in immediate disqualification and loss of titles, prizes etc. These athletes will be banned from all future FEMSPORT events and fined \$1,000.

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### **Additional Information**

On the morning of the competition, the **judges will review this material** and proper form with you, and they will demonstrate what will and will not count. Since form, reps and speed are key elements, it is important to prepare for this type of contest by continuing to train with proper form as you always do. Keep in mind, a large number of people who've never seen a strength/physique event or even worked out will be present, so you're encouraged to be the best models for success that you can be – and that includes proper form in lifting.

There will be some food provided, however, since this is an all day event it is strongly suggested that you **bring your own food** to keep your nutrition and energy balanced.

As an athlete/competitor, it is your responsibility to ensure you **keep informed** of any changes and additional information to the show format, times, details, etc. Please remember to check the FEMSPORT website ([www.femsport.tv](http://www.femsport.tv)) and your email regularly to keep up-to-date on any changes to the show.

This is a very exciting event and we can't thank you enough for agreeing to participate. Everyone will have an enjoyable time and one of the greater goals is that other young women (and men too) will be inspired to get into healthy, athletic training, because there's everything beautiful about fitness and strength.

See you at the show!

*Nancy & Carl*

### **Questions/Information:**

[www.femsport.tv](http://www.femsport.tv) / [info@femsport.tv](mailto:info@femsport.tv) / 778-998-1990

#406 – 2242 Kingsway, Vancouver, BC V5N 5X6

*FEMSPORT ATHLETICS – “Become your own Champion”*