



# VIRGIN ACTIVE GRID GAMES 2019 TERMS & CONDITIONS

## COMPETITION RULES

- By participating in the GRID GAMES, you accept these terms and conditions.
- This competition is open to active Virgin Active membership holders in South Africa, Namibia, Botswana, UK, Italy, Singapore, Thailand & Australia and who reside in one of these countries.
- To compete in the GRID GAMES and be eligible for any prizes, you will need to be a current Virgin Active member at the time of competing in the GRID GAMES and if you qualify for any Regional/Nationals or Global Finals, a current member at the time of those events. You must not have cooled off and re-joined during the competition period.
- To qualify for a prize, the Virgin Active member's membership and /or account must be in good standing and all membership dues up to date.
- The qualified Virgin Active member must be over the age of 18 years or be turning 18 in 2019 to participate in the GRID GAMES. Date of birth 2001 and older.
- The GRID GAMES is open to current members only. Staff (permanent or part time), buddy members and independent contractors are not eligible irrespective of their membership status.
- Virgin Active and/or their affiliates are not responsible for any injury or damage to you while participating in the GRID GAMES.
- All Virgin Active Club Rules and membership agreement terms and conditions apply. Any personal information collected during the competition will be dealt with in accordance with Virgin Active's privacy policy. By participating you agree that we may contact you for marketing purposes.
- By competing in the GRID GAMES, participants consent to have their photographs and videos taken during the GRID GAMES events, during the Club qualifiers in Virgin Active Fitness Clubs, at the Regionals/Nationals as well as the global finals.
- By competing in the GRID GAMES, participants consent to have their photo / videos shared on social media platforms.
- GRID GAMES qualifiers' details may be published and made public.
- GRID GAMES Club, Regional/National winners will need to make themselves available for interviews before, during and after the 2019 Club and Regional/Nationals competition.
- Global Finalists will need to make themselves available for interviews before, during and after the 2019 GRID GAMES Finals.
- Virgin Active reserves the right to review the GRID GAMES Club qualifiers' data, Regionals/Nationals results as well as results obtained at the Global Finals to confirm that the challenge was completed correctly.
- Only results officiated by an official Grid judge will count and their decision will be final. Please listen to the directions given by the Grid judge prior to participation in the competition as these directions form part of the terms and conditions and only movements demonstrated by the judge will be counted as valid in the judging. No correspondence will be entered into regarding the Grid judge's decision(s).
- Entries are not transferable - you qualify, you compete.
- Acceptance / rejection of your participation at the Regionals/ Nationals and Global Final will be final and cannot be changed after the pre-communicated dates.

## TRAVEL REQUIREMENTS

- Travelling qualifiers for Regionals/Nationals and the Global Finals must have a valid passport or identification document for travel purposes which will be requested upon check-in and to confirm bookings.
- Regional GRID GAMES qualifiers will need to cover their own travel expenses to the Regional/National event.
- Travel arrangements for GRID GAMES Finalists based in Singapore to attend the Singapore final must be made by competitors at their own expense.
- Virgin Active Head Office will make all travel arrangements on behalf of the member to



# VIRGIN ACTIVE GRID GAMES 2019 TERMS & CONDITIONS

- attend the Global Finals in Cape Town.
- Travel will only be covered from the closest airport in the region the members qualified in for the Global Finals.
- Once dates are agreed and booked, transport arrangements cannot be altered. Airline travel, if applicable, will be economy class on airlines of Virgin Active's choice.
- Travel arrangements for GRID GAMES Finalists based in Cape Town will not apply.
- GRID GAMES Finalists based out of Cape Town will receive one-night's accommodation preceding the GRID GAMES Finals and the evening of the GRID GAMES Finals.

## CLUB QUALIFIERS

- Club Qualifiers will run for 6 weeks from 4 March 2019 to 14 April 2019 in all Virgin Active Clubs across all territories.
- GRID GAMES will take part in different parts of the week, bookable through MyLocker.
- To enter, members have to pre-book their spot through MyLocker or pre-register on the day with one of the fitness staff in the club.
- You can compete as many times as you want in the Club Qualifiers challenge during the club qualification period, so you'll have tons of chances to work your way up The GRID GAMES leader board.
- Only results officiated by an official Grid Coach or Virgin Active Staff will count towards advancing to the Regionals/Nationals.
- Grid Coach or Virgin Active Staff will be responsible for calculating the entrant's score and submitting it to Virgin Active National Head Office.
- To qualify for the GRID GAMES Regionals/Nationals, the top four female and top four male participants in each club with the highest scores by 14 April 2019 will be selected to take part in The GRID GAMES Nationals.
- In the event that there is a tie for first place, the tied competitors will be invited to compete in a qualifying round of the competition at a time nominated by Virgin Active in its sole discretion. The top score from that round will be used to decide the competitor who will continue to the Nationals.
- A member can only qualify once. If a member participates at various clubs across the regions and are the top male/female in more than one club, they need to choose which club they will represent at the Nationals.
- A member who qualifies for the Nationals can only attend the National qualifiers in the nation that the clubs are associated with.
- All members who qualifies for the Nationals will be notified by 16 April 2019 by telephone or email.

### Competition Structure:

- The GRID GAMES club qualifiers consist of back to back competitions.
- Between two to three members can take part simultaneously in a heat, dependent on the club's equipment availability.
- Each competing member will have one judge who will judge that the correct movement is executed as well as count and calculate their score.
- Each member's score will be captured on an individual score card.
- It will be the member's responsibility to ensure that their information is captured correctly on the scorecards.
- Clubs are to keep each scorecard for auditing purposes.
- GRID GAMES entrants will need to complete eight exercises in four minutes, officiated by a Grid Coach or Virgin Active Staff. All exercises need to be completed in accordance with instructions given by the Grid Coach prior to commencement of the challenge.



# VIRGIN ACTIVE GRID GAMES 2019 TERMS & CONDITIONS

## **The Objective:**

- Accumulate as many repetitions/calories as possible within 20 seconds. Rest for 10 seconds. Move onto the next exercise. Repeat.
- For the Regionals/Nationals and Global Finals, a different format will be used and /or different exercises and equipment.
- The eight exercises are based on your primal movements:
  1. Pull – Row (calculated by total calories burned)
  2. Push – Push Ups
  3. Move – Grid Corners
  4. Squat – Box Jumps
  5. Bend – Burpees
  6. Move – Grid Sprints
  7. Lunge – Lunges
  8. Twist – 180's

## **REGIONAL/NATIONALS**

- Regional/Nationals Qualifiers in each country will be held on the following dates, with venues and starting times to be confirmed:
  - 4 May '19 – KwaZulu-Natal
  - 11 May '19 – Cape Town
  - 18 May '19 – Gauteng
  - 19 May '19 – UK
  - May '19 – Italy
  - 5 May '19 – Singapore
  - 12 May '19 – Thailand
  - Early May '19 – Australia
- To qualify for the GRID GAMES Finals, the three fastest male and female athletes in SA and the top male and female athletes in the other territories at the GRID GAMES Regionals/Nationals will go head-to-head during the GRID GAMES Global Finals.
- All Finalists will be notified by 21 May 2019.

## **Competition Structure:**

- To mix up the next round for all club finalists (whilst still maintaining GRID principles), each competitor must work their way through six movement patterns and two locomotion exercises, culminating in a sprint finish.
- Most of exercises remain the same.

## **The Objective:**

- To complete each exercise with the required repetitions/calories as indicated per station as fast as possible.
- The competition will consist of back-to-back competitions in heats of three contenders.
- Contenders will be pre-placed in their respective heats randomly.
- Contenders' heat numbers, time and lane will be communicated prior to the competition.
- Each competing member will have one judge who will judge that the correct movement is executed, and repetitions are completed before the contender can continue to the next exercise.
- No outside assistance from the judges will be allowed in assisting athletes during the exercises.
- An electronic timing device and/or hand-held device (stopwatch) will be used to time each contender.
- Contenders will have a maximum of seven minutes to complete the course.
- In the case of equipment malfunction (rower or timing device), the members whose equipment malfunctioned will receive a minimum of a 10-minute break before they get allocated to a different heat.
- The Global Finals will take place in South Africa, Cape Town on 1 June 2019.



# VIRGIN ACTIVE GRID GAMES 2019 TERMS & CONDITIONS

## GLOBAL FINALS

- Virgin Active GRID GAMES Global Finals will take place in South Africa, Cape Town on 1 June 2019.
- Six territories will be competing for the title (South Africa, UK, Australia, Italy, Singapore and Thailand).
- Venues and start times for the above to be confirmed.
- The protocol for the Global Finals will be released on 21 May 2019.
- Please note that Virgin Active is not required to have all the equipment for this protocol available in each club.
- The exercises are designed to test a participants' overall speed, power, strength, agility and endurance, which you can train for in all of our facilities.

### Competition Structure:

- The Global Finals will follow a knock-out competition table (Heats, Semi-finals and Finals).
- Contenders will be placed in their respective heats based on the times they achieved at the Regional/National qualifiers.
- Each heat will consist of five participants. Ten contenders will qualify for the semi-finals and five for the Finals per category.
- The competition will follow the following format: Heats - Semi Finals - Finals.
- The first two of each heat will progress automatically through to the semi-finals. The two fastest losers will take up the remaining spots in the semi-finals.
- The first two of each semi-final heat will progress automatically through to the finals and the fastest loser.
- There will be four male and four female heats in the members competition.
- Each heat will be timed.
- Each contender will have a designated timekeeper and judge.
- Our judges have been hand-picked and will be a selection of some of our top Personal Trainers in the region and our National Managers. They are the best of the best and they have been briefed and trained on the test protocols prior to the competition.
- Our judges will indicate when you have successfully completed an exercise for you to move on to the next exercise.
- Only results officiated by an official Grid judge or Virgin Active National Manager will count and their decision will be final.
- The exercises will remain the same throughout the competition.
- No outside assistance from the judges will be allowed in assisting athletes during the exercises.
- Contenders will have a maximum of 10 minutes to complete the course.
- In the case of equipment malfunction (rower or skill mill), the heat will be stopped, and contenders will receive a minimum of a 10-minute break before the heat is restarted.
- In the case of equipment malfunction (rower or skill mill), the members whose equipment malfunctioned will receive a minimum of a 10-minute break before they get allocated to a different heat.
- For the remaining contenders in that heat, they must continue as this is a time-based competition.
- In the case of an injury, time will not be stopped, and the contender can decide to continue or withdraw.