



TEAM REGISTRATION PACK

27th May
2023

Emo Court, Emo, Co Laois



PRIZE MONEY



EVENT CRITERIA

Age	All athletes must be 16 or over on or before Saturday, May 27 th 2023
Photo	Team photo will be taken upon registration
ID	All Athletes must present Photo ID at registration on May 27 th 2023 to ensure they are over 16 on the day of the event
Team Composition	Teams will be made up of 6 athletes. Each event requires 4 athletes to participate, with a minimum of one female member in each event. Subs will be used as per rules for use of subs see below
Dress Code	Teams must wear their Team jersey or Team singlet during each event.

ENTRY FEE & WHAT TO EXPECT

Fee	€500 per Team
Food	Food Health pack will be provided on the day and teams will have access to refreshments
Hydratio	Water pack for each Team will be provided
Team	There will be a warm-up and warm-down guide provided for teams
Physio	Free Physio available to teams on the day
Parking	Priority parking for team members (the printed pass must be visible in the car)

THE EVENT – THREE PHASES

PHASE 1 - PRELIMINARY QUALIFYING

Teams

Grouping

Group 1 – 09.00 & 1100hrs start times
Group 2 – 09.30 & 1130hrs start times
Group 3 – 10.00 & 12.00hrs start times
Group 4 – 10.30 & 12.30hrs start times

Structure

There will be Four Groups of 8 Teams
Each Team will be drawn into one of the four groups.
Each Team will be drawn into a specific competition lane for each run.
Each Team will present themselves to their respective lane a minimum of 10 minutes before the group start time.
Each team will compete twice in this phase. Rotation one 25 minutes.
Rotation two 25 minutes.

Four teams in each group with the highest overall placing score will progress to the semifinal.

Description

Teams will compete in a physically demanding, placing event. Teams will negotiate a route and stay within the confines of their own designated lane.

Type of Activity

Activities will include the following;
Running & Crawling
Lifting, Carrying & Climbing
Jumping, Landing & Flipping
Pushing, Pulling & Dragging

Eliminatio

Four teams in each group with the lowest overall placing score will be eliminated from the competition.

PHASE 2 - SEMIFINAL

Teams Competing	16 teams
Structure	Group 1 eight teams – 14.00hrs start time Group 2 eight teams – 14.50hrs start time Teams will be seeded based on Phase 1 Each Team will be drawn into one of four groups of eight teams Each Team will be drawn into a specific competition lane. Each Team will present themselves to their respective lane a minimum of 10 minutes before the group start time. The semifinal draw will take place on site at 1310hrs
Description	Teams will compete in a physically demanding, timed event. Teams will negotiate a route and stay within the confines of their own designated lane. The four quickest teams in each group will progress to the Grande Finale. <i>NOTE: 30 minutes is the cut off time for each Team to compete the course.</i>
Type of activity	Similar to the qualifying phase, with additions and variations.
Elimination	The four slowest team times in each group will be eliminated.

PHASE 3 - THE GRAND FINALE

Teams Competing	Eight teams
Structure	1 group of 8 (or less) teams – 1630hrs Teams will be drawn into one of eight lanes. Head to head competition with the first Team over the line declared the overall winner. This draw will take place live on-site at 1545hrs.

PRESENTATIONS

Winners Presentation	There will be winner's presentations with key sponsors.
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Team Event Rules & Regulations

- Maximum of 32 teams to compete in a knockout competition.
- Team panels will consist of up to 6 team members, with a minimum of 4.
- Each team Must have a least one female team member with a
- Maximum of 4 males.
- Team members must be 16 years of age or older.
- Teams will wear Team jerseys or singlets.
- The event commences at 0900hrs on the event
- date. Registration tent will open at 0745hrs.
- All team members must register together.
- Teams are required to register at least 60 minutes before their event commencement time.
- All participants will wear an identity tag issued by event management.
- All team members will be required to complete a health screening form and event waiver.
- The Team must have a nominated team captain.
- Teams must present themselves to the designated warm-up area at least 30 minutes before their nominated event start time. This will be a supervised area, and teams will be checked in & out.
- Teams are responsible for conducting their pre-event warm-up. Teams may bring a coach to conduct the warm-up.
- Teams must present themselves to the designated cool-down area on completion of the event. This is a supervised area, and teams will be checked in & out.
- Event management will engage only with the team captain.
- Each task area will be zoned. Only the teams participating in a zone will be permitted in that zone. Teams are not permitted to bring team mentors into a zoned area.
- Team substitutes will be permitted into a designated area of the zone but will not be permitted to travel with the Team.
- Each Team will have a lane within the task zone in which to operate. Therefore physical or verbal interaction with opposing teams will not be required or permitted.
- Breaching of event rules & regulations will result in either disqualification from a particular task or, if serious enough, disqualification from the entire event.
- All teams are expected to behave in a sporting & safe manner.
- Any team that plays an ineligible player will be immediately disqualified from the event.
- Any team that is victorious but who are discovered to have fielded an eligible player post the event will not receive the prize money. The next ranked team will be promoted to this position.
- Prize money will be paid directly into the victorious Team's bank account within seven days of completion of the event.

Team Structure

A panel of six competitors per Team.

Panels will consist of a least one female and a maximum of four males.

The competitive Team will consist of four team members & must include one female.

The teams will start and finish with four team members.

The substitution pair will consist of one female and one male.

Substitution Process

There will be two substitute bays located in each competitive lane.

Bay 1 will be located at the halfway point, and one substitute (male or female) will be positioned in this location. The Team have to reach this point before a substitution (if required) is made. **TEAMS MUST HAVE ONE FEMALE COMPETING AT ALL TIMES.**

Bay 2 will be located at the three-quarter waypoint, and the second substitute (male or female) will be positioned in this location. The Team has to reach this point before a substitution (if required) is made. **MUST HAVE ONE FEMALE COMPETING AT ALL TIMES.**

Appeals & Disputes

All appeals or disputes will be put to the nominated event judges.

Type of Equipment

Ropes, tyres, stretchers, firefighting mannequins, water containers etc.

Event clothing & Equipment

- It is recommended to wear a light, full-body cover (long-sleeved top and bottoms) while competing.
- Training runners must be worn.
- Football boots will not be permitted.
- Gloves are permitted.

Hydration

Teams must present themselves to each task with hydration fluids. The task supervisor will check this. Teams will not be permitted to participate in a given task if they present without adequate fluids. Teams are required to manage their hydration plan.

EVENT CANCELLATION

In extreme weather, the event will be rescheduled for Saturday, May 27th 2023. A decision to defer the event will be taken no later than Wednesday, May 18th, and will be solely based on weather predictions.

FUNDRAISING EVENT

Teams may take this opportunity to hold trials to send their strongest Team to Emo. Teams could set a target of, say, €200 for each competitor to fundraise to enter into the Team's trials for the fittest team. On top of being a fundraiser, it will also be a fun day at your team. Hopefully, this will ensure that your strongest Team travels to Emo to represent your Team and bring home the title and the cash.