



Presented By:



Trio Fitness OCR
DON'T LET YOUR TRAINING BE AN OBSTACLE

2019 Competition Rule Book

- 1.** All videos must be submitted within the given timeline to be considered for the competition ranking and prizes. Any attempted submissions after the given timeframe will not be considered under any circumstance. All submissions must be uploaded directly through the link provided for the competition. Upload links will be posted along with each Official Competition Video.
- 2.** Each submission video must follow ALL the given rules to be considered. If ALL the rules are not followed, the contestant will be penalized or, when appropriate, disqualified. An Official Competition Video will be released for each competition with exact instruction.
- 3.** Submission videos should be titled as follows: Last Name, First Name, Age
- 4.** Appeals are not permitted. All rules and exercise form listed in the Official Competition Video will be followed exactly as the judges score each competitor video.

- 5.** Unless SPECIFICALLY stated in an Example Video, videos may not be edited in any way and must be one full take. We will not permit any cuts, splits, or other editing forms. All videos with editing of any kind will be pulled from contention for the prize money and will score a Zero for that competition.
- 6.** Each contestant may submit one (and only one) video per competition. Any occurrences of contestants submitting more than one video per competition will result in the contestant being disqualified for that competition.
- 7.** Prize money will be awarded within 30 days of the announcement of the contest results. Payment will be awarded via paypal, or physical check sent in the mail (dated within 30 days of the contest results announcement). It is the responsibility of each winner to respond to official emails from Trio Fitness OCR with the proper information (paypal or mailing address) in order to be paid. A lack of response for more than 30 days after the contest results are announced will VOID the total value of the prize money that would have otherwise been owed to the winner.
- 8.** Under no circumstance may any contestant be assisted during the challenge. The only assistance that is permitted is for another person to operate the camera for the contestant.
- 9.** Contestants must be up-to-date on their monthly subscription in order to be eligible for the prize money. All contestants whose accounts are not paid up to date will be unable to win the prize money, and will not be scored if they attempt a competition video submission.
- 10.** Trio Fitness OCR reserves the right to publicly share the video submissions of the top 3 male and female competitors for each competition if we choose. Competitors, upon submitting their competition video, acknowledge that they are permitting Trio Fitness OCR to share their video if they place in the top 3 male or female categories.
- 11.** Some competitions may require the use of equipment. As a competitor with the Global Coliseum, you are responsible for finding or providing access to the equipment for yourself.