

# General Rules & Regulations

This is the general rules and regulation for Endurolift Fitness Challenge, with each series organized may have or may not have another specific rules and regulations.

## 1. Eligibility:

- Athletes must be at least 18 years old to participate in the open event, between 40 to 49 years old for Veteran Class B and 50 to 60 years old for Veteran Class A.
- Athletes must sign a waiver/release form acknowledging the risks associated with the competition.
- Athletes registering under the Veteran Class A and Class B category MUST obtain medical clearance for participation in rigorous exercise activities and competition from registered medical doctors in Malaysia.

## 2. Registration:

- All participants must register online at [www.sigconditioning.com](http://www.sigconditioning.com) OR [www.endurolift.com](http://www.endurolift.com) before a specified deadline.
- Registration fees are non-refundable for any paid event.

## 3. Athlete Conduct:

- Athletes must conduct themselves in a sportsmanlike manner.
- Unsportsmanlike behavior, including verbal abuse or cheating, may result in disqualification.

## 4. Event Format:

- The competition will consist of multiple events designed to test various aspects of fitness.
- Events may include weightlifting, gymnastics, cardiovascular exercises, and other functional exercise modalities.

## 5. Scoring:

- Points will be awarded based on performance in each event.
- The athlete with the highest total points at the end of all events will be declared the winner.
- Ties will be broken based on predetermined criteria.

#### 6. Safety:

- Athletes must follow all safety instructions provided by event staff.
- Event organizers reserve the right to modify or cancel events due to safety concerns.

#### 7. Equipment Standards:

- All equipment must meet Endurolift standards and be approved by event organizers.
- Athletes are responsible for their own equipment, including ensuring proper maintenance.

#### 8. Judging:

- Each athlete will be assigned a judge to ensure fair and accurate scoring.
- Judges' decisions are final.

#### 9. Scaling:

- Athletes may be allowed to scale movements based on injury or other factors, but such modifications must be approved by event organizers.

#### 10. Medical Support:

- Medical personnel will be present at the venue to handle injuries and emergencies.
- Athletes must inform event staff of any pre-existing medical conditions.

#### 11. Doping Policy:

- Athletes are subject to drug testing in accordance with anti-doping regulations.
- Violation of the doping policy may result in disqualification and other sanctions.

#### 12. Spectators:

- Spectators must follow event rules and guidelines.
- Spectators are not allowed on the competition floor unless authorized.

13. Disqualification:

- Athletes may be disqualified for violating rules, unsafe behavior, or failure to follow event instructions.

14. Awards:

- Awards will be given to the top-performing athletes in various categories.
- Certificate distribution will be conducted in accordance with the event schedule.