

X-PHYSIQUE 2012

TEAM PARTICULARS (in BLOCK LETTERS)

*Mandatory Fields

CATEGORIES	TEAM SIZE (REQUIREMENTS)	REGISTRATION FEES
<input type="checkbox"/> Mixed Open	3 (min. 1 of each gender, aged 16 & above as of 1 st Jan 2012)	Usual: \$50.00 per person Early Bird: \$40.00 per person
<input type="checkbox"/> Men's Open	3 (3 males, aged 16 & above as of 1 st Jan 2012)	
<input type="checkbox"/> Lovers' Challenge	2 (1 male & 1 female, aged 16 & above as of 1 st Jan 2012)	\$40.00 per person
<input type="checkbox"/> Inter-Varsity Challenge	3 (min. 1 of each gender)	\$40.00 per person
<input type="checkbox"/> JC Shield	3 (min. 1 of each gender, must be from the same JC)	

- ** Students must send in a copy of their IC and student card/pass or matriculation card.
 ** Participants are required to send in a copy of their kayaking certification.
 ** An additional fee of **S\$15.00** will be required for the rental of both mountain bikes and helmets.

(There will be no rental of either mountain bikes or helmets individually).

** Early bird registration ends on **29th Feb 2012**. This is not applicable to both the JC Shield and Inter-Varsity Challenge categories.

*TEAM NAME: _____

PARTICIPANT 1 (CAPTAIN)

*Name (as per NRIC or Passport): _____
 *NRIC or Passport Number: _____ *Gender: M F
 *D.O.B: _____ (DD/MM/YYYY) *Nationality: _____
 Institution: _____ Matriculation/ Student Number: _____
 *Address: _____
 *Contact Number: _____ (HP) _____ (H)
 *Email Address: _____

Have you participated in X-Physique before? Yes No If yes, which year: _____

How did you get to know about X-Physique?

Flyers Zo cards Friends Website Island Wide Publicity

Others: _____

*T-shirt Size: XS S M L XL

*Rental of: Mountain bike and Helmet (S\$15.00) None

*Ability to:

- Swim: Able to swim 50m without the use of a float? Yes No

- Cycle: 1 2 3 (3 indicates a strong cyclist) Unable to cycle

- Kayak: Attained at least a One Star Kayaking certification? Yes No

*Medical conditions/drug allergies (specify if any): _____

*Blood Group: _____

*Emergency Contact: _____ (Name/Relationship)

*NRIC or Passport Number: _____

*Contact Number: _____ (HP) _____ (H)

Would you like to be informed of future events by NTU SPORTS CLUB? Yes No

PARTICIPANT 2

*Name (as per NRIC or Passport): _____

*NRIC or Passport Number: _____ *Gender: M F

*D.O.B: _____ (DD/MM/YYYY) *Nationality: _____

Institution: _____ Matriculation/ Student Number: _____

*Address: _____

*Contact Number: _____ (HP) _____ (H)

*Email Address: _____

Have you participated in X-Physique before? Yes No If yes, which year: _____

How did you get to know about X-Physique?

Flyers Zo cards Friends Website Island Wide Publicity

Others: _____

*T-shirt Size: XS S M L XL

*Rental of: Mountain bike and Helmet (S\$15.00) None

*Ability to:

- Swim: Able to swim 50m without the use of a float? Yes No

- Cycle: 1 2 3 (3 indicates a strong cyclist) Unable to cycle

- Kayak: Attained at least a One Star Kayaking certification? Yes No

*Medical conditions/drug allergies (specify if any): _____

*Blood Group: _____

*Emergency Contact: _____ (Name/Relationship)

*NRIC or Passport Number: _____

*Contact Number: _____ (HP) _____ (H)

Would you like to be informed of future events by NTU SPORTS CLUB? Yes No

PARTICIPANT 3

*Name (as per NRIC or Passport): _____

*NRIC or Passport Number: _____ *Gender: M F

*D.O.B: _____ (DD/MM/YYYY) *Nationality: _____

Institution: _____ Matriculation/ Student Number: _____

*Address: _____

*Contact Number: _____ (HP) _____ (H)

*Email Address: _____

Have you participated in X-Physique before? Yes No If yes, which year: _____

How did you get to know about X-Physique?

Flyers Zo cards Friends Website Island Wide Publicity

Others: _____

*T-shirt Size: XS S M L XL

*Rental of: Mountain bike and Helmet (\$\$15.00) None

*Ability to:

1. Swim: Able to swim 50m without the use of a float? Yes No
2. Cycle: 1 2 3 (3 indicates a strong cyclist) Unable to cycle
3. Kayak: Attained at least a One Star Kayaking certification? Yes No

*Medical conditions/drug allergies (specify if any): _____

*Blood Group: _____

*Emergency Contact: _____ (Name/Relationship)

*NRIC or Passport Number: _____

*Contact Number: _____ (HP) _____ (H)

Would you like to be informed of future events by NTU SPORTS CLUB? Yes No

#Fill in particulars at the appropriate places

INDEMNITY FORM (FOR PARTICIPANTS BELOW THE AGE OF 21)

I, the undersigned, whose particulars are as written below, confirm that I fully understand and appreciate the effect of the Declaration Clause below and hereby agree and declare on behalf of the Entrant that the purpose of the Declaration Clause will have equal binding effect on the Entrant. I am aware that the Event consists of high element, water element and cycling activities in which the Entrant will be participating in and will not hold NTU Sports Club responsible for any loss of life, injury to person, loss or damage to property of goods whatsoever and howsoever occasioned at the Event.

#Parent/Guardian of Participant 1: _____ (Name) _____ (NRIC)

_____ (Signature)

#Parent/Guardian of Participant 2: _____ (Name) _____ (NRIC)

_____ (Signature)

#Parent/Guardian of Participant 3: _____ (Name) _____ (NRIC)

_____ (Signature)

DECLARATION/ WAIVER CLAUSE

I, the undersigned, consent to participate in X-Physique 2012, I agree to hold NTU Sports Club X-Physique 2012 committee, sponsors and appointed staff and officials free of liability whatsoever for loss of life, injury to person, loss or damage to property of goods whatsoever and howsoever occasioned during the Event. I am aware that the Event consists of high element, water element and cycling activities in which I will be participating in and further agree to keep the above mentioned indemnified from and against all claims, actions, damages, losses and expenses whatsoever and howsoever arising from the Event. I hereby certify that I will abide by the rules and regulations of X-Physique 2012. I do also declare that I am medically fit and I am taking part in X-Physique 2012 with full knowledge of the consequences that may arise from my participation in the Event and do hereby, for myself, my executors, administrators and assigns, covenant with the organizers and the sponsors to release them from any claims I may have against them in the event of injury, fatal or otherwise, that I may suffer as a result of my participation. I also agree that the decision of the organizers is final and that no appeal will be entertained. *Please note that participants above the age of 33 are advised to obtain medical certification to ensure that they are fit for the competition.

*Participant 1: _____ (Name) _____ (NRIC)

_____ (Signature)

*Participant 2: _____ (Name) _____ (NRIC)

_____ (Signature)

*Participant 3: _____ (Name) _____ (NRIC)

_____ (Signature)

HEALTH DECLARATION FORM

Please circle Yes or No for the following questions:

- 1) Do you have any heart condition that will allow you to perform physical activities only upon recommendations by the doctor?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)
- 2) Do you feel any chest pain when performing physical activities?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)
- 3) Have you felt any chest pain over the past month despite not having performed any physical activities?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)
- 4) Have you ever loss consciousness or balance due to dizziness after a strenuous activity?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)
- 5) Do you have a bone or joint condition that could be made worse by physical activities?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)
- 6) Are you currently on any prescribed drugs for heart conditions or blood pressure?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)
- 7) Are you aware of any medical condition that you may have that may render you unsafe for strenuous activities?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)
- 8) Have you ever experience an unusual shortness of breath after a strenuous activity?
Participant 1: (Yes/ No) Participant 2: (Yes/ No) Participant 3: (Yes/ No)

**If your answer is a yes for any of the questions above, please obtain a certificate of approval from a certified doctor to prove that you are able to participate in strenuous activities and submit it along with the registration form for record purposes.

RULES AND REGULATIONS

General

1. X-Physique 2012 will be held on the **20th of May 2012**, and will be governed by the organizers. The organizers have complete discretion in formulating and applying all rules and penalties. These rules may be modified or altered at the discretion of the organizers at any time.
2. All competitors are responsible for reading and understanding the rules and regulations, race, signs and directions, and any verbal instructions given before and during the race.
3. The results for the race will be determined by the time taken to complete the course plus penalties, if any. The official Race Clock will run continuously starting with the gun/horn signifying the start, and stopping (for each team) when the last member crosses the finish line.
4. Participants are to check for any updates/ amendments in reporting time or race requirements via our website: <http://xphysique.ntusportsclub.sg>.
5. The organizers, NTU Sports Club, their sponsors and appointed staff and officials will not be held responsible for the cancellation of event due to unforeseen circumstances.
6. The Pre-event Briefing for all participants will be held on **6th May 2012**. At least one member from the team must report for the pre-event briefing. Participants attending the briefing are required to bring along their respective matriculation card or NRIC for verification.
**Note that successful applicants will be notified of the time and venue of the Pre-event Briefing via Email/SMS. Details will also be available on our official website.
7. Cheating is strictly prohibited. Teams caught cheating will be disqualified.
8. Team members are required to remain as one team together throughout the race.
9. Please do not litter, cause damage to public property, or be a public nuisance.
10. Baggage counters will be provided for participants to deposit their bags on the event day.

Race Participants

1. Teams must notify the organizers of any substitution of team members via email or phone. The organizers reserve the right to reject any substitution of team members from those stated on the registration form submitted by the team and to disqualify teams with unregistered members.
**Note that there will be an administration fee of \$10 for every substitution made before or on 17th May 2012 and an administration fee of \$20 for every substitution made from 18th May 2012 to 20th May 2012.
2. Registration is based on a first-come-first-serve basis. For JC Shield and Inter-Varsity Challenge, the organizers hold the right to restrict the number of teams participating from each institute as they deem fit.
3. The organizers hold the right to close any of the categories due to unforeseen circumstances. However, teams under the affected category will be placed under another category of the same race fees. Affected teams will be given a notice 2 weeks in advance to inform them of the changes.
4. It is the responsibility of each individual to be punctual on the event day. The team will only be allowed to proceed with the race when all the team members are present.
5. By registering for the race, each competitor certifies that he/ she is an able swimmer and cyclist, possessing sufficient skills and training to safely and successfully complete the race course. He/ she also has to be in a physical condition fit enough to safely finish the race and does not suffer from any medical conditions that are likely to prevent the competitor from finishing the race.
6. The organizers, NTU Sports Club, their sponsors, appointed staff and officials will not be held responsible for damages resulting from injury, whichever fatal or otherwise, or for damages or loss of personal property while participating in the event.

Race Equipment and Provision

1. Usage of personal bicycles for the race is strongly discouraged. The use of helmets during cycling is compulsory. Hence participants with personal bicycles are expected to bring their own helmets too. Non-compliance will result in disqualification.
2. Personal bicycles and helmets must be deposited at the stipulated venue and time (made known during the Pre-event Briefing) and also appropriately tagged and labeled as instructed by the organizers. Non-compliance will result in disqualification. However, the organizers, NTU Sports Club, their sponsors, appointed staff and officials will not be held responsible for any damages caused to the bicycles and helmets.
3. Participants are also strongly encouraged to use water bags during the race to hydrate themselves.
4. Participants are also strongly advised to wear tights to prevent abrasion.
5. More details on the race equipment will be made known to participants during the pre-event briefing. Safety aspects of the race route will also be covered then.

Identification

1. Every participant will be provided with an event shirt which **MUST BE WORN** throughout the Event.

REGISTRATION

1. All entries must be made via official registration forms.
2. Incomplete forms will not be accepted.
3. Closing date for registration is on **15th April 2012**.
4. All payments via snail mail must be made by cheque and should be made payable to **"NTU STUDENT UNION"**. Cash and cashier's order will not be accepted.
For snail mails, all entries should be mailed together with the registration fee to:
X-Physique 2012
NTU Sports Club
c/o Sports and Recreation Centre
20 Nanyang Green
Singapore 637715
5. Kindly indicate X-Physique 2012, the category your team is entering and also the name of your team at the back of your cheque to facilitate registration.
6. **Students must send in a copy of their IC and student card/pass or matriculation card.**
7. Successful applicants will be notified via email or phone. Further details are available on our official website: <http://xphysique.ntusportsclub.sg>.
8. A confirmation email will be sent to all participants within 2 weeks upon submission of registration.

** Do make sure you visit our website regularly at <http://xphysique.ntusportsclub.sg> for the latest updates and news on the race!

Xtreme, Xciting, Xperience it!

Hope to see you there!

All the best!
