

\*mandatory fields

## X-Physique 2010 Registration Form

**Date: 16<sup>th</sup> May 2010**

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### **CATEGORIES** (please tick the appropriate box)

(\*Note: For Mixed Open, National Service Force Challenge, Inter-Varsity Challenge and JC Shield – teams of 3. For Lovers' Challenge – teams of 2.)

- Mixed Open (min. 1 of each gender, aged 16 & above as of 1<sup>st</sup> Jan 2010)
  - National Service Force Challenge (3 males, no age requirement)
  - Inter-Varsity Challenge (min. 1 of each gender, no age requirement)
  - JC Shield (min. 1 of each gender, must be from the same JC)
  - Lovers' Challenge (1 male & 1 female, aged 16 & above as of 1<sup>st</sup> Jan 2010)
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### **TEAM PARTICULARS** (in BLOCK LETTERS)

**\*Team Name:** \_\_\_\_\_

(\*Please note: There should not be an all-male or all-female team except for the teams participating in the National Service Force Challenge. A minimum of 1 of each opposite gender is required in all participating teams for the Mixed Open, Inter-Varsity Challenge, JC Shield and Lovers' Challenge categories)

### PARTICIPANT 1 (CAPTAIN)

\*Name (as per NRIC or Passport): \_\_\_\_\_

\*NRIC or Passport number: \_\_\_\_\_ \*Gender:  M  F

\*D.O.B: \_\_\_\_\_DD/\_\_\_\_\_MM/\_\_\_\_\_YYYY

\*Name of Institution: \_\_\_\_\_

\*Matriculation No.: \_\_\_\_\_ NTU alumni:  Yes  No

Year/Course: \_\_\_\_\_

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

\*Address: \_\_\_\_\_

\*Contact No.: \_\_\_\_\_ (Home) \_\_\_\_\_ (Hp)

\*Email Address: \_\_\_\_\_

\*T-Shirt Size:  XS  S  M  L  XL

\*Rental of:  Mountain Bicycle and Helmet (\$13.00)  None

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\*Ability to: (1 being the lowest and 5 the highest ability)

Swim:  1  2  3  4  5

Cycle:  1  2  3  4  5

Kayak:  1  2  3  4  5

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

\*Blood Group: \_\_\_\_\_

\*Emergency Contact Name/ Relationship: \_\_\_\_\_

\*Contact No.: \_\_\_\_\_ (Home) \_\_\_\_\_ (Hp)

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## PARTICIPANT 2

\*Name (as per NRIC or Passport): \_\_\_\_\_

\*NRIC or Passport number: \_\_\_\_\_

\*Gender:  M  F

\*D.O.B: \_\_\_\_\_ DD/ \_\_\_\_\_ MM/ \_\_\_\_\_ YYYY

\*Name of Institution: \_\_\_\_\_

\*Matriculation No.: \_\_\_\_\_

NTU alumni:  Yes  No

Year/Course: \_\_\_\_\_

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

\*Address: \_\_\_\_\_

\*Contact No.: \_\_\_\_\_ (Home) \_\_\_\_\_ (Hp)

\*Email Address: \_\_\_\_\_

\*T-Shirt Size:  XS  S  M  L  XL

\*Rental of:  Mountain Bicycle and Helmet (\$13.00)  None

\*Ability to: (1 being the lowest and 5 the highest ability)

Swim:  1  2  3  4  5

Cycle:  1  2  3  4  5

Kayak:  1  2  3  4  5

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

\*Blood Group: \_\_\_\_\_

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\*Emergency Contact Name/ Relationship: \_\_\_\_\_

\*Contact No.: \_\_\_\_\_ (Home) \_\_\_\_\_ (Hp)

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**PARTICIPANT 3**

\*Name (as per NRIC or Passport): \_\_\_\_\_

\*NRIC or Passport number: \_\_\_\_\_ \*Gender:  M  F

\*D.O.B: \_\_\_\_\_ DD/ \_\_\_\_\_ MM/ \_\_\_\_\_ YYYY

\*Name of Institution: \_\_\_\_\_

\*Matriculation No.: \_\_\_\_\_ NTU alumni:  Yes  No

Year/Course: \_\_\_\_\_

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

\*Address: \_\_\_\_\_

\*Contact No.: \_\_\_\_\_ (Home) \_\_\_\_\_ (Hp)

\*Email Address: \_\_\_\_\_

\*T-Shirt Size:  XS  S  M  L  XL

\*Rental of:  Mountain Bicycle and Helmet (\$13.00)  None

\*Ability to: (1 being the lowest and 5 the highest ability)

Swim:  1  2  3  4  5

Cycle:  1  2  3  4  5

Kayak:  1  2  3  4  5

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

\*Blood Group: \_\_\_\_\_

\*Emergency Contact Name/ Relationship: \_\_\_\_\_

\*Contact No.: \_\_\_\_\_ (Home) \_\_\_\_\_ (Hp)

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\*fill in particulars at the appropriate places

**INDEMNITY FORM (FOR PARTICIPANTS BELOW THE AGE OF 21)**

I, \_\_\_\_\_(parent/guardian) of \_\_\_\_\_, whose particulars are as written above, confirm that I fully understand and appreciate the effect of the below Declaration Clause, 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 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 of participant 1: \_\_\_\_\_(name)

\_\_\_\_\_ (signature)

\*Parent of participant 2: \_\_\_\_\_(name)

\_\_\_\_\_ (signature)

\*Parent of participant 3: \_\_\_\_\_(name)

\_\_\_\_\_ (signature)

**DECLARATION / WAIVER CLAUSE**

I, \_\_\_\_\_(Name) \_\_\_\_\_(NRIC no.) consent to participate in X-physique 2010. I agree to hold NTU Sports Club X-Physique 2010 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 further agree to keep the above mentioned indemnified form 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 2010. I do also declare that I am medically fit and I am taking part in X-Physique 2010 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 check 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)

For Official Use:
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## **RULES AND REGULATIONS**

### **General**

1. X-Physique 2010 will be held on the 16<sup>th</sup> of May 2010, and will be governed by 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://www.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 **8<sup>th</sup> May 2010**. At least one member from the team must report for the Pre-Event Briefing with the respective matriculation card, student pass, NRIC or 11B Card for verification.
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.  
**\*\*Take note** that there will be an administration fee of S\$10.00 for every substitution made before or on 12<sup>th</sup> May 2010 and an administration fee of S\$20.00 for every substitution made during 13<sup>th</sup> May 2010 to 16<sup>th</sup> May 2010.
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. Using of personal mountain bicycles for the race is strongly encouraged. The use of helmets during cycling is compulsory. Hence participants with personal mountain bicycles are expected to bring their own helmets too. Non-compliance may result in disqualification.
2. Personal mountain bicycles and helmets must be deposited at the stipulated venue and time (made known during the Pre-event Brief) and also appropriately tagged and labeled as instructed by the organizers. Non-compliance may 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 mountain bicycles and helmets.
3. Participants are also strongly encouraged to use water bags during the race to hydrate themselves.
4. Gloves and other safety equipment will be provided by the organizers.
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.

## Branding

1. Every participant will be provided with an event t-shirt, which they are strongly encouraged to wear on the event day.

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## REGISTRATION

1. All entries must be made via official registration forms.
2. Incomplete forms will not be accepted.
3. All payments made by snail mail must be made by cheque and should be made payable to **\*NTU Student Union\***. Cash or cashier's order will not be accepted.
4. Closing date for registration is on **20<sup>th</sup> April 2010**.

For snail mails, all entries should be mailed together with the registration fee to:

**X-Physique 2010**

**NTU Sports Club**

**c/o Sports and Recreation Centre**

**20 Nanyang Green**

**Singapore 637715**

5. Kindly write X-Physique 2010, the category your team is entering and also indicate 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 pass or matriculation card.
7. NSF must send in a copy of their National Service Force card (11B).
8. Successful applicants will be notified via email or phone. Further details are available on our official website <http://www.xphysique.ntusportsclub.sg>
9. A confirmation email will be sent to all participants within 2 weeks upon submission of registration.
10. Registration fees (excluding the rental of both mountain bicycles and helmets) for the categories are as follows:
  - JC Shield and Inter-Varsity Challenge: **S\$40.00 per person**
  - Mixed Open, Lovers' Challenge and National Servicemen Challenge: **S\$50.00 per person**

- An additional fee of **S\$13.00** will be required for the rental of both mountain bicycles and helmets. There will be no rental of either mountain bicycles or helmets individually.
11. Early bird registration ends on **13<sup>th</sup> February 2010**. The early bird registration fees (excluding the rental of both mountain bicycles and helmets) for the categories are as follows:
- JC Shield and Inter-Varsity Challenge: **S\$40.00 per person**
  - Mixed Open, Lovers' Challenge and National Service Force Challenge: **S\$40.00 per person**
  - An additional fee of **S\$13.00** will be required for the rental of both mountain bicycles and helmets. There will be no rental of either mountain bicycles or helmets individually.