

COMPETITION RULES

Introduction

The Ultimate Fitness Challenge pre-selection, semi-final en final contest will take place in the Netherlands and / or other countries in the world. The event is organised by UFC B.V., settled in Amsterdam.

During the pre-selection, semi-final en final the following competition rules will be applied.

The organiser of The Ultimate Fitness Challenge, UFC B.V. has its own competencies and responsibilities that are unrelated to these competition rules.

Definition

The Ultimate Fitness Challenge is a sports and fitness contest for young women. The complete contest includes various items / disciplines and is divided in a pre-selection, a semi-final and a final contest.

The disciplines include the next elements:

- power, speed and endurance
- commitment, team spirit, fair play, general en verbal behaviour
- presentation, charisma and beauty

Per discipline every contestant will be awarded with points, based on the score (see the scoring system). The total in points determines the ranking of a contestant. The overall standings per contest will be handled as selection criterion for a placement in the next round.

Winner of The Ultimate Fitness Challenge 2002 is the contestant who finally stands best through all disciplines.

Pre-selection

For the purpose of the physical presentation there will be an audition day by the middle of May 2002 at which a jury's panel will judge the contestants on the above-mentioned elements.

In the first round of the audition the contestants will present themselves in bikini / bathing suit and shoes. Next - in the second round - the contestants will present themselves in evening dress. The choice of all clothing (bikini / bathing suit, evening dress and shoes) is in accordance to the contestants own preference.

During the presentation rounds the contestants will be requested to present themselves frontward and backward and finally again frontward for the jury's panel.

Selection / qualification of the contestants for the semi-final is based upon the overall standings. The location of the semi-final will decide whether how many contestants (40-60) will be selected for the semi-final.

Semi-final

During the semi-final individual outdoor-disciplines or a combination of outdoor-disciplines will be used for a definitive selection of contestants for the final contest.

Which disciplines will be part of the semi-final contest will be announced at the contest location via the contest program.

Selection of the contestants for the final contest will take place based upon the overall standings. The location of the final contest will decide how many contestants (20-25) finally will be selected for the final contest.

Final

The 20-25 best all round contestants will participate in the final contest, at a location still to be determined. The final contest, which will possibly be broadcasted on TV, includes disciplines similar to those in the semi-final contest as well as one or more surprise disciplines, supplemented with several catwalk performances like a fashion show / beauty contest.

A jury's panel will judge the catwalk performances of the contestants. The judging and the judging criteria are specified in a separate regulation document.

De final contest disciplines and the fashion show / beauty contest rules will be announced at least one month preceding the departure to the final contest location. The information will be included in the contest program.

Winners of the Ultimate Fitness Challenge will be decided based on the definite final results. The first through the fifth place of The Ultimate Fitness Challenge are these contestants with the best five overall rankings for all the disciplines.

Contest disciplines

The following disciplines are - at random - part of the semi-final and final contest:

Outdoor disciplines

1. Mountain biking
2. Running
3. Swimming
4. Climbing
5. Abseiling
6. Military assault course
7. Canoeing
8. Bench press / Latt Pull
9. Survival course
10. Push up
11. Cat crawl
12. Surprise discipline

Depending on the circumstances at the contest location all course disciplines, whether or not combined, basically have a maximal distance of 10 kilometres; with the exception of the survival course. A maximum of 10 outdoor disciplines (alternatively in combination) will be used for the final contest.

Catwalk performances

1. Fashion show (casual dress)
2. Fashion show (business dress)
3. Fashion show (bikini / bathing suit)
4. Fashion show / Beauty contest (evening dress)

The four rounds, e.g. evenings, of the fashion show and the beauty contest will be performed at the contest location in the involved host country. The casual dress round, the businesslike dress round, the bikini / bathing suit round and evening dress round are done on a catwalk or platform. The sequence of performances will be determined by means of a daily drawing and according to predetermined and trained walking pattern.

Surprise discipline

The Ultimate Fitness Challenge is not Ultimate without a surprise discipline in the final contest. The organisation will continue this tradition for the upcoming contest with an attractive / spectacular discipline in the contest program. This surprise discipline will be kept secret for all contestants until the day of arrival in the host country.

Scoring system

The next scoring system will be applied to all contest disciplines (outdoor disciplines and fashion show disciplines):

The fastest or best contestant: Nr. 1	=	1 point
Nr. 2	=	2 points
Nr. 3	=	3 points
Nr. 4	=	4 points
Nr. 5	=	5 points
Nr. 6	=	6 points
Etc.		etc.

For each contestant the points scored at the contest disciplines will be totalized. In this way there is a total score for each contestant.

The ranking of the contestants is as follows: The contestant with the lowest number of points is Nr. 1 in ranking. The contestant with the highest number of points is lowest in ranking.

For the final contest the arrangement of the contest disciplines will be determined in such a way that the achievements of the outdoor disciplines and the fashion show items will be given weight to for approximately 2/3 and 1/3 respectively in the final decision.

Contest program

In the contest program the exact number of outdoor items will be determined according to the rules for each outdoor item for performing the disciplines and courses. Likewise the timetable and the order of the disciplines, outdoors as well as catwalk disciplines, will be determined for each day in the contest program. Depending on the contest location additional rules can be included in the contest program.

Fair play and honest contest proceeding

Contestants who deliberately deviate from the in advanced determined / marked contest item / course will be immediately disqualified from the item in question and will get a lowest ranking with double score points at this item for their daily score result.

In case of recidivism in a next item the contestant will be definitely disqualified and banned from further participation.

During the outdoor items one head referee and two referees will take care for a fair, honest contest proceeding and timekeeping. A decision concerning a incorrect performed discipline will be taken by at least: the head referee and one referee.

Concerning the outdoor items only the head referee and one of the referees will decide. Objections concerning a referees decision can be brought before the head referee not later than one quarter of an hour after the finish of the concerning outdoor item. There will be no next outdoor item until the head referee, after having consulted the objecting referee and the co-ordinating organiser, has taken a decision and has effectuated this decision.

The head referee and the referees and other officials will be introduced to the contestants and coaches before the first day of the final contest.

Doping control'At random' tests

Concerning the use of doping the organisation of The Ultimate Fitness Challenge uses the doping rules of the NOC/NSF. To control the use of doping the organisation will 'at random' carry out tests for doping.

Contestants are obliged to fully co-operate in these 'at random' tests, at which contestants 'at random' can be summoned to hand in two double-blind urine samples under supervision. Contra expertise and objections are treated in accordance with the NOC/NSF rules.

Contestants who refuse to co-operate in an 'at random' test or are found to have a positive test result will be immediately disqualified.

Individual doping tests

Summoned contestants who by circumstances are unable to submit to the 'at random' doping test(s) will be given the opportunity to prove themselves clear of doping by way of a NOC laboratory test with a report. Individual testing is only permitted after a written approval of the organiser. The costs involved are fully for the account of the contestant.

The individual doping testing has a time limit of 6 days after the call for the 'at random' test. In case of omission of the obliged and / or time submission of the NOC laboratory report or in case of a positive doping test result, the contestant will be excluded from further participation by disqualification.

Safety, health risks and insurance

A proper medical examination of the contestants of The Ultimate Fitness Challenge by a doctor is not compulsory but recommended.

During the semi-final and final contest a first aid team will be present. During the swim events members of the rescue-team / first aid team will be present in the water with a boat. During the other outdoor events there will be a first aid team present with transport facilities.

The above-mentioned measures are intended to minimise safety and health risks. However, participation is at own risk, contestants must themselves take care of a proper insurance. The organiser can never be held responsible for costs, direct or indirect, as a result of participation in The Ultimate Fitness Challenge.

Advertising

Legal regulations

Regarding a possible television broadcast the organiser is bound to the media law and to legal regulations made by the 'Commissariaat van de Media' (a law enforced by a government-appointed media commission). All contestants and coaches are obliged to comply, like the organiser, with these legal regulations.

Private sponsoring

It is not allowed for contestants and coaches to express / expose private sponsoring during the pre-selection, semi-final and final contests during television shootings without written permission of the organiser.

The organiser reserves the right to remove contestants, coaches, companions, family, friends and fans from the contest location at all times. Specifically in the presence of television cameras recording or preparing to record (taking shots or not) for The Ultimate Fitness Challenge when previous mentioned persons: carry, wear, show, use, consume too showy and ostentatious logos / logotypes / utterances / products or other eye striking features from third parties / non event sponsors.

Required dress code

During the semi-final and final contest all contestants are bound to a dress code. For each contest the contest program includes discipline event rules which define what kind of dressing and / or articles (supplied by the organiser) the contestants have to use at each event. The required dress code includes the following articles: shoes, socks, gloves, swimming gear, evening wear, accessories, sportswear, running wear, protection wear, helmets, elbow and knee protectors and other for specific events suitable wear or articles.

Only in case the organiser does not supply with the involved wear or articles the contestants are allowed to use neutral wear (wear and / or articles 'without' logo / logotype) during the performance of a contest item. The organiser has the right to determine if the wear is neutral and, if necessary, refuse it.

Coaches

Concerning the contests (pre-selection, semi-final and final) there are two regulations for coaching. For each contest and depending on the contest location and it will be decided which regulation will be applicable. This will be announced via the definite contest program.

Regulation A

No coaches present during the contest.

Regulation B

Concerning the coaching of the contestants during the contest, the contestants will be divided into groups of four or five persons. Each group of contestants is allowed to have one contest coach. Coaching just before and after a contest discipline /event is reserved to the contest coaches. The four or five contestants in a group decide between themselves which coach is most suitable as a contest coach. The contest coach is to be selected from their individual coaches or other available coaches,

Other coaches are allowed to be present at the contest location, but they are not allowed to directly interfere, just before and after the contest item, with the contestants or the contest item.

Coaches who consider themselves suitable as a contest coach should apply not later than one month before the contest to the organiser.

In conclusion

All contestants and coaches are strictly bound to observe the instructions of officials of the organiser and the local authorities e.g. police and fire brigade.