



# AGRICULTURAL SOCIETIES COUNCIL OF NSW LTD

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## Wife Carrying Event – Preliminary Competitions

### Terms and Conditions of Entry Form

The following are Terms and Conditions of Entry to the **Wife Carrying Event (the Event)** to be held at:

\_\_\_\_\_ Location

by the \_\_\_\_\_ (Show Society)

These terms are not negotiable and by accepting entry into the Event and paying entry fees, you are hereby acknowledging your acceptance of our Terms and Conditions of Entry.

You acknowledge that this Event:

#### Competition Rules

You understand and agree to the following Rules for the Event:

1. You are at least 18 years of age.
2. Your team consists of a male and female.
3. That team members are not required to be married;
4. That the team that completes the course in the fastest time, including penalties will be eligible for first prize. No heats are run.
5. You understand that you will be in a medically fit state and not pregnant in order to compete in this event.
6. If the carrying weight of the wife is less than 49kg (Minimum weight to compete), teams must bring their own weights to weigh you up to the 49kg mark. All wives will be weighed on the day.
7. The 'Husband' of each team **MUST** wear fully enclosed shoes. The wife team member must wear a helmet at all times when competing.
8. A 10 second time penalty will be incurred if the wife is dropped or any part of her body touches the ground at any time throughout the course.
9. If the husband drops the wife, he has to lift her onto his back again or in his arms and continue carrying. The husband cannot move forward at any point on the course without the wife being carried.
10. The Wife must be carried across the finish line. Time recording stops when both Competitors are completely over the finish line.
11. Entry Fee: a 50% deposit is required before **COB** \_\_\_\_\_, otherwise Entry will not be accepted. The 50% deposit is non-refundable after **COB** \_\_\_\_\_. Refunds prior to this date are subject to approval from Event organisers.

#### General Rules

You understand and agree to the following:

1. Participants must abide by the instructions given by the organisers of the Event.
2. Participants must meet at the marshalling point at a minimum of 30 minutes before the scheduled event start time for a safety and course briefing and familiarisation. **Any team that does not attend the compulsory briefing will not be allowed to compete.**



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3. That if, at any time, you feel the Event course is not safe, you must immediately direct your concerns to the Event organisers.
4. That team members are responsible for completing warm-up activities and stretching prior to competing to minimize the risk of injury. Cool down and stretching activities are to be performed after the Event.
5. A certified medical officer will be present during the competition. Any competitor that is injured in any way MUST report to the medical tent as shown during your course walk through, after their heat.
6. That all team members acknowledge that participation in the Event is at their own risk. All participants must read, sign and agree to the Wife Carrying Event Participant Risk Acknowledgement & Waiver Form.
7. That all participants must sign a Media Release Form.

## Protective Clothing and Footwear Requirements

1. All competitors are to be fully clothed in attire chosen by the individual that they deem acceptable for activities described.
2. Bike/scooter helmets that meet Australian/New Zealand standards must be worn by the “wife” in a running team during the event at all times. (For current standards visit [www.productsafety.gov.au](http://www.productsafety.gov.au))
3. Fully enclosed covered footwear must be worn by the “husband” in a running team for the duration of competing in the Event. Steel cap boots are not acceptable. Studs cannot be added to boots/joggers.
4. The “wife” can be barefoot during the race although it is recommended that enclosed footwear, such as joggers, be worn, with the exclusion of steel cap boots and footwear with studs and heels.

## Course Information

1. The course length is 100 to 150 metres and may be in a straight line or circular format
2. The course obstacles will consist of a maximum of 4 designs – being Tyre run, limbo bar, hurdle and Haystack.
- Each obstacle will be placed 20-25 metres apart, depending on the length of the course
3. The limbo bar will be at a minimum height of 1.2 metres
4. Hurdles are a minimum of 600mm high and will not exceed 800mm in height.

## Obstacle Descriptions

Sandpit – Competitors are to race running forward facing through the sand and run in the middle of the sandpit until obstacle is completed.



Hay Stack – There are to be two (2) hay bales lined up and joined by the end of each hay bale touching each other. Competitors are to approach the hay bales, while carrying the wife, at a safe pace, and slowly utilise the obstacle by placing one leg over the hay stack followed by the other leg for completion.



Tyre Run – there will be six (6) tyres laid on the ground (three tyres on the right hand side and three tyres on the left hand side joined together in the centre), these can be separated into lots of 3 if running 2 competitors at a time, competitors are to approach the tyres, slow down and walk through the tyres placing right foot then left foot in the centre of the tyres until all tyres have been utilised.



Hurdle – To complete the hurdle obstacle, the husband needs to approach the hurdle still carrying the wife at a safe pace, and slowly utilise the obstacle by placing one leg over the hurdle followed by the other leg for completion.





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Limbo Bar - competitors are to approach the limbo bar proceeding to walk under the overhead bar without making contact. This may result in a competitor having to lower themselves under the bar to compete the obstacle.



## Winners of the Event

If you win the Event, you understand and agree:

1. The first prize is \_\_\_\_\_
  
2. That the winning team will be asked on the day if they wish to accept first prize. If the team declines, the opportunity will go to the next fastest team.
  
3. That as winners of the Event, you acknowledge that you will be required to satisfy the following obligations should you compete at the Australian Wife Carrying Titles FINALS held in Singleton. Below requirements are based on both nationally and internationally.
  - a. At every media interview, you will acknowledge our sponsors of the Event;
  - b. Wear our sponsors clothing provided during the world finals, throughout presentations and introductions and within all media interviews;
  - c. All media photographs and TV interviews taken at the Event must be in front of the official Sponsor Board
  - d. There will be numerous TV and Radio interviews after the event and whilst in Finland, and you must take every opportunity to conduct yourselves in a respectable manner and promote The Australian Wife Carrying Titles at every opportunity.

I, \_\_\_\_\_(name), agree to and acknowledge the above Terms & Conditions of Entry as a participant in the Wife Carrying Competition.

Signature: \_\_\_\_\_

Dated: \_\_\_\_\_