



# The Australian Wife Carrying Titles (Finals)

## Terms and Conditions of Entry Form

The following are Terms and Conditions of Entry to the **Australian Wife Carrying Titles (the Event)** to be held at the **Singleton Showground** by the **Singleton Show (Northern Agricultural Association Inc.)** 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 an Australian Citizen
2. You are at least 18 years of age.
3. Your team consists of a male and female.
4. That team members are not required to be married;
5. The team that completes the course in the fastest time, including penalties will be eligible for first prize. No heats are run.
6. You understand that you will be in a medically fit state and NOT pregnant in order to compete in this event.
7. If the carrying weight of the wife is less than 49kg (Minimum weight to compete), teams must bring their own weights to weigh the wife up to the 49kg mark. All wives will be weighed on the day.
8. The husband of each team MUST wear fully enclosed shoes. The wife team member MUST wear a helmet at all times when competing. Both team members are required to wear shirts provided by the coordinators for the duration of the race and after for media purposes.
9. 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. The only time team members may separate without incurring a 10 second penalty is on entering the water obstacle. The wife must mount the husband again immediately after exiting the water and before the team moves forward in the race (this will be indicated to teams during the briefing).
10. 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.
11. The Wife must be carried across the finish line. Time recording stops when both Competitors are completely over the finish line.
12. Entry Fee: **\$40.00**



## 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 60 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 and will forfeit full Entry Fee.**
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 at the entry to the ring as shown during your course walk through, after their heat or the event final.
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 *Australian Wife Carrying Titles Participant Risk Acknowledgement & Waiver Form*
7. That all participants must sign a Media Release Form

## Protective Clothing and Footwear Requirements

1. Competitors are to be fully clothed in attire chosen by the individual, or provided by the Society, that is deemed acceptable for the activity 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. (visit [www.productsafety.gov.au](http://www.productsafety.gov.au) for current standards)
3. Fully enclosed covered footwear must be worn by the “husband” in a running team for the duration of competing in the Event. Steel caps 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 approximately 250 metres and may be in a circular or indented circular design.
2. The course obstacles will consist of a maximum of seven (7) obstacles – being sand-pit, tyre run, hay bale, see-saw, limbo bar, hurdle, and pool. Each obstacle will be placed a minimum of 20 metres apart
3. The limbo bar will be at a minimum height of 1.50 metres
4. Hurdles are a minimum of 600mm high and will not exceed 800mm in height.
5. The pool is to be no more than 10metres in length with a minimum width of 3metres. The deepest point of the pool is 1.4 metres with the pool being filled with water to a depth of no more than 1.2metres.

## 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 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), competitors are to approach the tyres, slow down and walk through the tyres placing right foot than 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.



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.





See-Saw – competitors must approach the see-saw at a safe pace placing one foot on the see-saw to gain balance and walk one foot after the other in the centre of the see-saw until the obstacle is completed.



Pool – On approaching the pool competitors must dismount at the start of the pool and dive or walk into the pool individually. On swimming to the end of the pool, competitors must walk out of the pool one foot after the other. On exiting the pool competitors must come to a complete stop, the husband is to lift the wife back into the carrying position before they can progress any further in the Event.



**Winners of the Event**

If you win the Event, you understand and agree to:

- 8. That the first prize is a trip to Finland inclusive of Flights, accommodation and car hire for the 2 people in the winning team to a value of \$5000, any excess costs above \$5000 are the competitor’s responsibility.
- 9. 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.
- 10. That as winners of the Event, you acknowledge that you will be required to satisfy the following obligations. 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 Australian Wife Carrying Titles.

Signature: \_\_\_\_\_ Dated: \_\_\_/\_\_\_/\_\_\_

Relationship with Team Member: \_\_\_\_\_  
Occupation: \_\_\_\_\_