



PORTUGAL 2019

EVENT MANUAL

Friday 3rd, Saturday 4th, Sunday 5th May 2019

Praia do Almargem
Quarteira
Algarve

POWERED BY





PROGRAMME

Friday 3rd May

- 14:00 Team check-in and Registration opens
- 16:00 All Staff briefing
- 18:30 Athlete welcome, event announcement and demo (first seven workouts)
- 19:00 Team check-in and Registration closes

Saturday 4th May

- 08:30 Event 1, Heat 1
- 17:45 End of Event 6

Sunday 5th May

- 08:00 Event 7, Heat 1
- 10:30 Event 8 athlete briefing
- 14:00 Event 9 athlete briefing
- 17:15 Semi-Final
- 18:00 Final
- 18:30 Awards
- 19:30 Tribal Clash 2018 Closing Party at BJ's Oceanside



WELCOME TO TRIBAL CLASH PORTUGAL 2019

We look forward to welcoming you to the third annual Tribal Clash Portugal 2019 on the beautiful Praia do Almargem in Algarve.

This year's competition will be the biggest Tribal Clash yet. You will be competing against 190 teams from 12 European nations. Many of have experienced the Tribal Clash magic before, but if this is your first time you will see very quickly that this is not your standard fitness competition. There will be no barbells, jump ropes, ski ergs or any other shiny gym equipment. We don't test you on how good you are at going to the gym. Instead, Tribal Clash aims to find the most capable team of 6 athletes. You will be thrown into unusual situations and environments, with unusual pieces of equipment that you may not have seen in your gym. A capable team is prepared for anything and everything.

Capability is more than physical fitness. A capable team takes care of their team admin without prompting, is not late for their heat, is self-reliant, brings with them appropriate equipment (including water and spare clothes) and is helpful, courteous and kind. A capable team takes responsibility for the impact they have on the event site, takes their litter away with them and doesn't leave rubbish behind. Thank you for being awesome Tribal Clashers.

We wouldn't be able to deliver this epic event without an incredible team of over 70 people, all of whom have one task and one task only: to make sure you all have the best weekend of your year. Our staff are all volunteers, most of them Tribal Clash veterans who have travelled to Portugal because they love making epic things happen. Please help them help you - listen to their instructions and give them a high five when you see them!

The Tribal Clash community is a collection of amazing humans who come together to celebrate fitness, friendships and the incredible power of team spirit to achieve the extraordinary. We are honoured to have you join us here on Praia do Almargem this year, and we hope Tribal Clash Portugal 2019 will deliver some unforgettable memories for you to cherish for the rest of your life. We look forward to partying with you on Sunday night at BJ's Oceanside as we toast the end of an epic competition.

Thank you for supporting our event. We can't wait to see you on the beach!



KEY STAFF

Event Director: Andrew Barker

Head Judge: Rob Clemens

Head of Scoring: Jayne Clemens

Event Coordinator: Heidi Clover

Athlete Support: Rachel Roberts

For judging queries, please contact Rob Clemens.

For scoring issues, please contact Jayne Clemens.

For any questions regarding the event timings, heat schedule, team admin, team members and registration, site orientation and facilities, or tickets, please contact Rachel Roberts (registrations@tribalclash.com).

The best method of communication in the run up to the competition is email to info@tribalclash.com. We receive emails in real time and we will try to reply to your query as soon as we can. Please be aware that from Monday 29th April our team will be on site so we may be slower than usual to deal with emails.

EVENT LOCATION

Arrival Time: From 14.00 on Friday 3rd May 2019

Where: Praia do Almargem, Quarteira, Faro, Portugal

Directions: Head for BJ's Oceanside - Tribal Clash takes place on the beach next to this restaurant. Head towards Quarteira until you see a sign for BJ's Oceanside. Follow the road towards the ocean and you will find us!

Car Park: There are three main parking areas within walking distance of the Tribal Clash arena. All are public car parks which allow visitors to park all day free of charge. As there will be such a high volume of competitors and spectators this year, you may not be able to park in the main parking area near the arena so please plan accordingly to make sure you are on time for your heat. Our parking marshalls will advise drivers when the main car park is full.

Absolutely DO NOT under any circumstances park at the event entrance gate or along the road to the beach – you will be blocking traffic, causing total chaos and a delay in the event schedule. DO NOT BE THAT GUY!





TEAM CHECK-IN

Teams can check in any time between 14.00 and 19.00 on Friday 3rd May. Only one team member is required to check in the team - this will be your team captain or nominated team member.

Your team captain will collect the team info pack which will contain athlete tattoos and heat schedules. Please thoroughly check your team info pack when you receive it. Our check-in team will talk you through the contents, but it is your responsibility to make sure that you have received your tattoos and anything else that is required.

All team members must have completed and signed the Tribal Clash Portugal 2019 online waiver prior to check-in. The link to the waiver will have been emailed to the team contact (ie the person who purchased the team space) - please share this with your team mates and ensure all your team members have completed it. Your athlete tattoos will not be released to you at check-in unless all team members have done so. It is the responsibility of the team captain to make sure that all online waivers have been completed – please do not email us to check. The check-in team will have a list of all completed online waivers and will send away any teams with missing waivers.

ATHLETE TATTOOS

Teams will receive a set of temporary tattoos for each athlete. These are unique to each individual and will be used by event staff to identify you throughout the weekend. There are no replacements so do not remove or lose these.

Each tattoo is made up of four numbers which should be worn going down the outside of each upper arm, clearly visible at all times. Tattoos must be applied before the first workout and worn for the duration of the competition. They must be applied to dry, clean skin before putting on sun cream – further instructions can be found on the tattoos.

SUBSTITUTIONS AND WITHDRAWALS

You can substitute team members right up until team check-in on Friday 3rd May, as long as all replacement team members complete the online waiver.

No substitutions can be made after your team has checked in. Your team must start and finish all events as a team of 6 athletes, 3 men and 3 women. If one of your team members has to withdraw from the competition e.g. due to injury, your team cannot continue in the competition as a team of 5. Your team can do the workouts ‘for fun’ and participate in the competition, but these workouts where you don’t have a full squad will not be scored and your team will not advance on the leaderboard. Please take care when handling odd objects and listen to the advice from Tribal Clash staff to avoid injury.



KEY INFORMATION

EVENT FORMAT

All teams will race in six individually scored workouts on Saturday and one workout on Sunday morning, before the elimination rounds begin. After Event 7, the 144 teams who have accumulated the most points so far will then take part in another workout. The scores from this workout will be added to those from across the weekend, then the top 72 teams on points will take part in one additional workout. After this workout, the points from across the weekend will determine the top 24 teams who will advance to the Semi-Final. This is traditionally a tug-of-war where you have just one chance to beat your opposing team - the team ranked 24th on points will pull against the team ranked 1st, the team ranked 23rd will pull against the team ranked 2nd, and so on. After the Semi-Final, 12 teams will be eliminated from the competition and the remaining 12 (the winners of each tug-of-war contest) will go head-to-head in the winner-takes-all Final.

Once we enter the knockout stages of the competition on Sunday, all heat times and lane assignments will be communicated on Competition Corner - <https://competitioncorner.net/events/2049>. Please make sure that you check this website to see if your team has reached the next round of the competition.

ATHLETE BRIEFING AND EVENT ANNOUNCEMENTS

On Friday 3rd May at 18.30 we will announce and brief the athletes on the first seven workouts – these are the workouts that all teams will take part in.

This athlete briefing will take place in the Tribal Clash arena on the beach. Our demo team will run through the workouts and movement standards on the arena, then there will be a brief question and answer session. The workouts will be posted online on our website as well as on Facebook and Instagram, where you can also ask questions. Please make sure that you have understood what is required and how the events are scored.

We will make further announcements after each round of eliminations, where we will brief the teams on the next workout. These athlete briefings will also take place in the Tribal Clash arena on the beach, where our demo team will run through the workouts and movement standards. Again, the workouts will be posted online on our website as well as on Facebook and Instagram, where you can also ask questions.

We will not publish the workouts before the competition weekend, so you are strongly advised to be at the briefing and pay attention! Unfortunately we cannot answer any questions regarding the events until these athlete briefings, including whether everyone has to swim and how far, or how heavy the equipment is. Workouts from past Tribal Clash competitions are in the 'archive' section of our website.



Tribal Clash workouts are programmed to test team capability, and many events require tactical decision making and efficient teamwork to achieve a top-of-the-leaderboard score. We cannot guarantee that each athlete completes the same amount of work - in some events the organisation of work to be completed is for the team to decide. We also cannot guarantee that each athlete or team gets to do what they are good at.

All athletes must stay out of the Tribal Clash arena outside of their heat times. Please do not attempt to try out the equipment in the kit corral or on the arena, at any time. The arena and equipment storage is fenced off so please do not attempt to break in and 'have a go' – our staff will have words with you and you may be disqualified.

EVENT SCORING

Your team will be asked to sign their score sheet at the end of each event. By signing the score sheet, you are deemed to have confirmed the score to be correct so please check carefully before signing.

If you believe your judge has made an error during the event and you want to challenge their decision, please speak to the Head Judge no later than 15 minutes after your heat finish time. Video footage of your heat is not admissible.

A live online leaderboard will be available on Competition Corner and can be viewed at <https://competitioncorner.net/events/2049>. If you believe that your team's score is not accurately presented on the competition leaderboard, please speak to the Head of Scoring.



COMPETITION FLOW

Your team will be assigned a heat and a lane in each event, except in a possible mass start event where all competitors race together. We will be publishing a full schedule of all heats for the Saturday and Sunday events which will be available on Competition Corner and in the info pack that your team captain collects when they check-in on Friday.

The athlete staging area is beside the main arena (unless otherwise advised). Events will have between 8 and 16 heats, and while we endeavour to start each heat on time, there will be some flexibility in the schedule (we may start a minute early if we are ready, or later if necessary) so we ask your whole team to be ready by the holding area at least 10 minutes before your start time. Please listen to the announcements.

Your team captain must arrive at the athlete staging area 15 minutes before your scheduled heat start time (10 minutes before your scheduled start time for Event 8). If your team captain is not present at this time, your team may miss out on vital information about the workout. During this time, your team captain will have the opportunity to ask our Athlete Control staff last-minute questions about the event. They will have been briefed about the workouts and movement standards. Your judge will NOT be able to answer any questions before the start of your heat, so please make sure you have understood the workouts before you step onto the arena.

The rest of your team must be in the athlete staging area at least 10 minutes before your scheduled heat start time – it is up to the team captain to pass on any important information. Athlete Control will show you through to the arena when the lanes are ready for you.

After your heat is finished, the team captain will sign your score sheet while the rest of the team returns the equipment to the starting position. The entire team must then exit their lane without delay. You will not be able to stay behind take photographs on the lane after the event. Please do not delay the start of the next heat - up to 144 athletes will be raring to go so please exit your lane promptly, taking all your belongings with you. Please do not leave any items of clothing hanging on the fences and collect all debris from the lane. When all the athletes have left the arena, Athlete Control will show the next heat through to the arena.



ATHLETE KIT: WHAT WE RECOMMEND

- For the waiting time between the events and your heats, we recommend that you bring whatever you and your team needs to be comfortable in ANY weather. You can, for example, pitch a gazebo on the beach. If you set up a pop up tent on the beach, please be aware that it should not get in the way of event operations or competition flow. Some events may take the athletes outside the arena so you should make sure your tent is not disrupting such events.
- Bring plenty of suncream, water and hand sanitiser (this is not provided in the portable toilets).
- Athletes are advised to bring more than one pair of shoes, including trail shoes for any possible run event. Some competitors get primal and compete in bare feet. There may be stones and shells on the arena and on the beach.
- We will not be providing chalk. We recommend you bring some with you as you may want to use it in some of the events.
- All athletes should expect to get wet during the competition. The water may be cold. Wetsuits, wearable buoyancy aids neoprene shoes and swimming goggles are permitted for water-based events. Hand paddles, rafts, fins or kick boards are not allowed.
- Bring plenty of spare clothes – you may get wet more than once in a day, and it may get cold in the evening.
- Protective sleeves may be useful in case you have to handle atlas stones.
- Gloves are highly recommended - athletes will be required to handle logs, tyres and atlas stones, and climb a rope.
- There is no designated warm up area on the beach with foam rollers or barbells or assault bikes. You may want to bring some mobility tools with you.
- There are no storage facilities for your kit.



WEATHER DISCLAIMER

After heat schedules have been fixed and distributed in your team info packs, we may still have to change the timings of the weekend's events or swap them around depending on changes in the short-term weather forecast. Weather and in particular sea conditions can change very rapidly and even a small change can have a big knock-on effect on all aspects of the competition.

Factors such as wind speed and the size of swell may not be immediately visible from the beach, but these play an important part in making the competition safe for all athletes. We revert to the expertise of our Water Safety Team where the safety of water-based events is in doubt. We try to communicate any changes as quickly as we can so please listen to announcements from the arena. If there is a schedule change, please be patient and understand that our staff are working their socks off.

ATHLETE WELFARE

First aid and medical cover will be provided by a team of paramedics on site. Please see them for any injuries, or if you feel unwell during the event. If you have flagged any health concerns or issues in the medical questionnaire, this information is passed on to the paramedics along with your lane assignments, so that they are best able to treat you if needed.

Sports and remedial massage and taping will be provided by a team of sports therapists from Muscle Therapy Algarve.

TOILETS

Portable toilets will be available in the parking area near the beach. ***MAKE SURE YOU BRING HAND SANITISER AS THIS IS NOT PROVIDED IN THE PORTABLE TOILETS!***

Do not try to use the toilet at BJ's Oceanside – these are for restaurant customers ONLY who have pre-booked a table. These toilets are not built to accommodate 1500 athletes and in order to maintain a good relationship with this wonderful restaurant, these MUST be kept clear.

FOOD AND DRINK

BJ's Oceanside will be catering for Tribal Clashers all weekend. They will have a bar area selling drinks and a separate service area on the beach where food will be available at the following times:

Friday 3rd May: 12.00 – 18.00

Saturday 4th May: 09.00 – 18.00

Sunday 5th May: 09.00 until late

Hot meals will be available throughout the day as well as a selection of sandwiches, fruit, cakes and energy bars.

Please note that between Friday 3rd – Sunday 5th May, BJ's Oceanside restaurant will only be open for customers who have made a prior booking. To book a table, please email bookings@bjs oceanside.com.



VENDORS

The Tribal Clash shop will be selling merchandise all weekend – we will be accepting card payments or cash payments in Euros or GBP. We will also be joined by our event sponsor Progenex and TugasoX.

AFTER PARTY

All Tribal Clash Portugal participants are invited to the official Tribal Clash closing party at BJs Oceanside on Sunday 6th May from 19.30 onwards. There will be a DJ from 20.30 onwards, a bar (of course!) and dancing late into the night. BJ's will be selling food on the beach all evening so there is no need to go back to your accommodation to refuel! Workout clothing is totally acceptable party wear at Tribal Clash, indeed recommended.

LOST PROPERTY

Please pick up all your personal belongings from your lane after your heat. Any lost property will be taken to the lost property bins in the athlete control tent, after the event they will be either discarded or given to charity, unfortunately we are not able to post any items to you that you have left behind.

DISABLED ACCESS

Tribal Clash welcomes disabled spectators and participants and we will do all that we can to make sure that Tribal Clash is accessible for everyone. If you have accessibility requirements of any kind or require assistance, please contact heidi@tribalclash.com.

COMMUNICATION

Communication prior to the event and over competition weekend will be on our social media channels – like us on Facebook ([/tribalclash](https://tribalclash.com)) and follow us on Instagram ([@tribalclash](https://tribalclash.com)) to stay up to date.

Don't forget to tag us in your Instagram photos and videos and use the hashtag #tribalclashportugal so we can see you in action!



AWARDS

THE TRIBAL MASK

The Tribal Mask is the prize awarded to the winning team. The winner will be determined after up to ten main events, followed by a Semi-Final for the top 24 teams. After the Semi-Final, a further 12 teams are eliminated, leaving the remaining 12 teams to go head to head in the final event. The overall winner will be the team that comes out on top in the final, either scoring the highest number of reps or completing the workout in the shortest time.

2018 Winners: CrossFit Nottingham | Team Hood & A Pirate

TRIBAL SPIRIT TROPHY

The Tribal Spirit Trophy is awarded to the tribe which exhibits the greatest team spirit across the whole weekend. This is judged on the spirit, presence and attitude of the affiliate's/gym's entire extended tribe, including any supporters and spectators as well as the participating athletes. The Tribal Spirit Trophy is voted by the judges.

2018 Winners: CrossFit Deviant

If you want to get your hands on the Tribal Spirit Trophy there are a few things you can do to increase your chances. Bring as many supporters as you can and make a big noise! Bring drums, rattles, whistles and vuvuzelas. Come dressed in your tribal colours and wear war paint or costumes. Get your whole tribe to make an effort to join in with this. Let the world know what tribe you are in and be proud.

Make a big noise for your own team(s) but don't forget to cheer for everyone else too. Be friendly, helpful and kind no matter whether you win or lose. In short, be the tribe everyone remembers at this year's event!

See you on the beach!