



USA 2019

EVENT MANUAL

Saturday 15th & Sunday 16th June 2019

At:
T7-T8 Huntington State Beach
California

POWERED BY





SCHEDULE

Friday 14th June

16:00	All Staff briefing
17:00 – 19:00	Team check-in on Huntington State Beach
20:00	Event 1 description released online

Saturday 15th June

07:30 – 08:30	Team check-in
08:30	Event announcements and demo (Saturday's events)
09:30	Event 1, Heat 1
18:30	Event announcement and demo (Sunday's Events)

Sunday 16th June

08:30	Event 6, Heat 1
16:45	Semi-Final
18:00	Final
19:00	Awards

Schedule is subject to change.



WELCOME TO TRIBAL CLASH USA 2019

We can't wait to welcome you to the inaugural Tribal Clash USA 2019 on Huntington State Beach!

This will be the first Tribal Clash for the vast majority of competitors and you will see very quickly that this is not your standard fitness competition. There will be no barbells, jump ropes, ski ergs or 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 probably won't 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 30 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 veterans of several Tribal Clashes. Many have travelled half way across the world 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 in Huntington Beach this year, and we hope Tribal Clash USA 2019 will deliver some unforgettable memories for you to cherish for the rest of your life.

If this is your first Tribal Clash, thank you for supporting our event. We can't wait to see you on the beach!



KEY STAFF

Event Director: Andrew Barker

Head Judge: Barnaby Gehlcken

Head of Scoring: Elle Clemens

Event Coordinator: Heidi Clover

Athlete Support: Rachel Roberts

For judging queries, please contact Barnaby Gehlcken.

For scoring issues, please contact Elle 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 on rachel@tribalclash.com.

The best method of communication in the run up to the competition is to email info@tribalclash.com - we will try to reply to your query as soon as we can. Please be aware that from 10th June our team will be on their way to California so we may be slower than usual to deal with emails.

EVENT LOCATION

Where: Tower 7 – Tower 8 Huntington State Beach, California

Directions: Head south on the Pacific Coast Highway from Huntington Beach Downtown, then turn right when you reach the intersection with Magnolia Street. Follow the road round and you will find plenty of parking right by the beach. Parking costs from \$15 per day.





TEAM CHECK-IN

Teams can check in between the following times –

Friday 14th June 17:00 - 19:00

Saturday 15th June 07:30 - 08:30

If you will be checking in on Saturday morning, please let us know in advance by emailing info@tribalclash.com.

Only one team member is required to check in the team - this should be the team captain that is registered on Competition Corner.

Your team captain will collect the team info pack which will contain race numbers 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 USA 2019 online waiver prior to check-in. The link to the waiver will have been emailed to all registered team members. If you personally have not received an email with a link to the online waiver, please check with your team mates who should be able to forward it to you. Your athlete tattoos will not be released to you at check-in unless all team members have done this. The team captain must 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. You can substitute team members right up until team check-in on Friday – any new team members should be added to the team roster on Competition Corner by the team captain and must sign the Tribal Clash online waiver.



KEY INFORMATION

ATHLETE BRIEFING AND EVENT ANNOUNCEMENTS

Event 1 will be announced online on Friday 14th June at 20:00 – a description of the workout will be released on Facebook ([/tribalclash](https://tribalclash.com)), Instagram ([@tribalclash](https://tribalclash.com)), Competition Corner (<https://competitioncorner.net/events/1417>) and our website (tribalclash.com/news).

All of Saturday's events will be announced and briefed at 08:30 on Saturday 15th June. 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 events 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.

Sunday's events will be announced and briefed at 18:30 on Saturday 15th June. This athlete briefing 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 events 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 (with the exception of Event 1) 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!



ATHLETE KIT: WHAT WE RECOMMEND

- For the waiting time between the events and your heats, we highly recommend that you bring some form of shade for you and your team. You can, for example, pitch a gazebo or pop-up tent on the beach. Please be aware that this should not get in the way of event operations or competition flow - some events may take the athletes outside the main arena so you should make sure your shelter is not disrupting such events.
- Bring plenty of sun cream and water.
- Athletes are advised to bring more than one pair of shoes as these may get wet. You may wish to bring trail shoes for any possible run event. Some competitors get primal and compete in bare feet, but please bear in mind that there may be stones and shells on the arena and on the beach.
- We will not be providing chalk. We recommend that 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. 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.
- Protective sleeves may be useful in case you have to handle atlas stones
- Gloves are highly recommended - athletes may 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, barbells and assault bikes. You may want to bring some mobility tools with you.
- There are no storage facilities for your kit.



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 information pack that your team captain collects when they check-in on Friday.

The athlete staging area is beside the arena. Your team should be in the athlete staging area 15 minutes before your scheduled heat start time.

Events will have up to 6 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 you to be ready in the holding area 15 minutes before your start time. During this time you 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. Athlete Control will show you through to the arena when the lanes are ready for you.

After your heat is finished, all athletes except the Team Captain are required to exit their lane WITHOUT DELAY. You will not be able to stay behind take photographs on the lane after the event. Your Team Captain will stay behind to sign your score sheet. When all the athletes have left the arena, Athlete Control will wave through the next heat. Please do not delay the start of the next heat, and make 54 athletes who are raring to go, wait for you – 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.

SUBSTITUTIONS AND WITHDRAWALS

You can substitute team members right up until team check-in on Friday 14th June. 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.



EVENT FORMAT

All teams will race in several individually scored events across the weekend. On Sunday afternoon, the 18 teams who have accumulated the most points across the weekend 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 18th on points will pull against the team ranked 1st, the team ranked 17th will pull against the team ranked 2nd, and so on. After the Semi-Final, 9 teams will be eliminated from the competition and the remaining 9 (the winners of each tug-of-war contest) will go head-to-head in the Final where the overall winner will be decided.

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/1417>. If you believe that your team's score is not accurately presented on the competition leaderboard, please speak to the Head of Scoring.

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 is provided by a team of lifeguards 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 medical staff along with your lane assignments, so that they are best able to treat you if needed.

RESTROOMS

Portable toilets will be available on the beach. Additional restrooms are located adjacent to the parking lot, overlooking the beach.

FOOD AND DRINK

The following food trucks will be located in the parking lot overlooking the beach, serving food throughout the day - Pizzami Buscemi, Falasophy and Sambazon.

VENDORS

The Tribal Clash shop will be selling merchandise all weekend – only cash payments will be accepted.

A number of vendors will be joining us at the beach including our sponsor Progenex as well as Nocco, Mana Life Energy, Shogun Sports, Bixby Clothing, Gryt Fitness Co, Chalk Babe, Jolyn Swimwear and Livesore.

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://www.facebook.com/tribalclash)) and follow us on Instagram ([@tribalclash](https://www.instagram.com/tribalclash)) to stay up to date.

Don't forget to tag us in your Instagram photos and videos and use the hashtag #tribalclashusa 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 eight main events followed by a Semi-Final for up to 18 teams. After the Semi-Final, a further 9 teams are eliminated, leaving the remaining 9 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.

Please be advised that there is NO money to win at Tribal Clash, and never has been. Tribal Clash is different, and whilst we understand the motivation to compete for money (we all have rent to pay!), Tribal Clash has always been about the community coming together to compete for the thrill of winning, without a monetary goal. We invest all the entry fees (sometimes many times over!) into the event production, as we want to give ALL teams an amazing competition experience, rather than just the podium winners.

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.

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!