



TRIBAL CLASH AUSTRALIA

WOLLONGONG NORTH BEACH, NSW

14,15,16 FEBRUARY 2020

WOLLONGONG
press play

ROOGRIPS



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WELCOME TO TRIBAL CLASH AUSTRALIA 2020

We can't wait to welcome you to Wollongong to kick off the Tribal Clash 2020 global series! The inaugural Tribal Clash Australia in 2019 was epic; 2020 is set to be even bigger and better.

Some of you 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. You will find yourself in unusual situations and environments; you will experience the beauty of the landscape as well as the challenges it throws at you; and you will face a true test of physical fitness.

Tribal Clash aims to find the most capable team of 6 athletes. As well as being physically fit, a capable team takes care of admin without prompting, is on time, brings appropriate equipment, and is helpful and courteous. 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 are only able to deliver this epic event thanks to our team of volunteers, whose sole task is to ensure that you have the best weekend of your year. Some of them veterans of several Tribal Clashes and 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 Wollongong once again, and we hope that Tribal Clash Australia 2020 will deliver some unforgettable memories for you to cherish for the rest of your life!

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

SCHEDULE

FRIDAY 14TH FEBRUARY

14:00 – 19:00 Team check-in on Wollongong North Beach

19:00 Welcome, event announcements and demonstrations (Saturday's events)

SATURDAY 15TH FEBRUARY

07:00 – 08:00 Late team check-in on Wollongong North Beach

08:00 Event 1, Heat 1

19:00 Event announcements and demonstrations (Sunday's events)

SUNDAY 16TH FEBRUARY

08:00 Event 6, Heat 1

16:30 Semi-Final

17:30 Final

18:00 Awards

20:00 After-party at PEPE'S On The Beach

Schedule is subject to change. Any changes will be published on social media and on the Tribal Clash website.

AWARDS

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 20 teams. After the Semi-Final, a further 10 teams are eliminated, leaving the remaining 10 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 bills 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!

KEY EVENT STAFF



Event director & Head Judge:
Andrew Barker



Event Co-Ordinator:
Heidi Clover



Athlete Co-Ordinator:
Rachel Roberts



Head of Scoring:
Elle Clemens

Communication prior to the competition:

If you have any questions regarding the event timings, heat schedule, team admin, team members and registration, site orientation and facilities, please contact Rachel Roberts on rachel@tribalclash.com. Please note that from Thursday 6th February, Rachel will be travelling to Australia then on site from Saturday 8th February so may be slower than usual to deal with emails. For any urgent queries, please email info@tribalclash.com and we will reply as soon as we can.

Communication during the competition:

For judging queries, please see Andrew Barker.
For scoring queries, please see Elle Clemens.
For athlete support queries, please see Rachel Roberts.

EVENT LOCATION

Where: Wollongong North Beach, Wollongong, NSW

Directions: Head for North Wollongong Surf Life Saving Club (NWSLC) - Tribal Clash takes place on the beach in front of this building.

Transport: Free car parking is available in the area surrounding North Wollongong Beach, with a car park opposite the Surf Life Saving Club and more parking spaces along Cliff Road. However we would recommend that competitors park elsewhere if possible as space will be limited near the beach. Destination Wollongong suggest the following: Park at Fairy Meadow Surf Life Saving Club (Elliotts Road, Fairy Meadow) then catch the FREE Gong Shuttle Bus from Elliotts Road (Stop 6) to North Wollongong Beach. Park at Stewart Street Car Park East (near Harbour Street, Wollongong) then catch the FREE Gong Shuttle Bus from Illawarra Performing Arts Centre, Burelli Street (Stop 12) to North Wollongong Beach.

Information about the free bus can be found here: <https://www.visitwollongong.com.au/how-to-get-around/>

On Saturdays the bus runs every 20 minutes between 8am – 6pm. On Sundays the bus runs every 20 minutes between 9.40am – 5.20pm. Download the free version of the TripView app to check bus times for routes 55A and 55C.



TEAM CHECK-IN

Teams should check in prior to the start of the competition between the following times –

Friday 14th February 14:00 - 19:00

Saturday 15th February 07:00 - 08:00

Please check in on Friday 14th February unless absolutely necessary. Event 1, Heat 1 begins at 08:00 on Saturday 15th February - heat schedules will be published online a few days before the competition so if you know that you are unable to check in on Friday, please make sure you know what time your first heat is on Saturday morning. 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 number 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.

ONLINE WAIVERS

All team members must have completed and signed the Tribal Clash Australia 2020 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 COMPETITION INFORMATION

EVENT FORMAT

All teams will race in several individually scored events across the weekend. On Sunday afternoon, the 20 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 20th on points will pull against the team ranked 1st, the team ranked 19th will pull against the team ranked 2nd, and so on. After the Semi-Final, 10 teams will be eliminated from the competition and the remaining 10 (the winners of each tug-of-war contest) will go head-to-head in the Final where the overall winner will be decided.

SUBSTITUTIONS

You can substitute team members right up until team check-in on Friday 14th February, as long as all replacement team members complete the online waiver. In order for your team to score and advance on the leaderboard, the same team of six athletes must participate throughout the competition.

WITHDRAWALS AND INJURIES

A full team of six athletes must start and finish each event. If less than six athletes take part in any event, the team will not receive a score on the leaderboard. If a team member has to withdraw from the competition due to injury, the remaining five athletes can do the rest of the events for fun but these will not be scored and the team will not advance on the leaderboard. Another athlete may take the injured team member's place (after completing the online waiver) but again, these events will not be scored. The scoring team must be notified if this is the case.

Please take care when handling odd objects and listen to the advice from Tribal Clash staff to avoid injury.

ATHLETE BRIEFINGS AND EVENT ANNOUNCEMENTS

All of Saturday's events will be announced and briefed at 19:00 on Friday 14th February. 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 ([/tribalclash](#)) and Instagram ([@tribalclash](#)), where you can also ask questions. Please make sure that you have understood what is required and how the workouts are scored.

Sunday's events will be announced and briefed at 19:00 on Saturday 15th February. 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 events before the competition weekend, so you are strongly advised to be at the briefing and pay attention! 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 '[past workouts](#)' section of our website.

Tribal Clash events are programmed to test team capability, and many workouts 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 workouts 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!

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.

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 at least 10 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 60 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.

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/1954>. 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 SERVICES

FIRST AID

First aid and medical cover is provided by a team of medics 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.

If you require further treatment, the nearest Emergency Department is 2.5km away at Wollongong Hospital (384 Crown Street, Wollongong, NSW 2500).

PHYSIO TREATMENT

For any sprains, pulled muscles or other muscular injuries see Phyxit Physio & Injury Clinic. Their team will be on hand to provide physio and massage services - \$20/15 mins or \$40/ 30mins. Sports taping is available from \$15 and tape will also be available for purchase.

TOILETS & SHOWERS

Plenty of toilets and shower facilities are available in a pavilion by the beach.

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 North Wollongong Surf Lifesaving Club. 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.

FOOD AND DRINK

There are a number of cafes around the beach where Tribal Clashers can buy food and drink. The nearest options are [Diggies Café and North Beach Kiosk](#), along with a coffee cart and pop up marquee which will be catering for attendees over the competition weekend.

Friday 14th February: North Kiosk 06:00 - 20:00, Diggies Café 06:30 - 21:00.

Saturday 15th February: North Kiosk 06:00 - 20:00, Diggies Café 06:30 - 21:00, Coffee Cart 07:30 - 15:00, pop up marquee 07:30 - mid afternoon.

Sunday 16th February: North Kiosk 06:00 - 20:00, Diggies Café 06:30 - 16:00, Coffee Cart 07:30 - 15:00, pop up marquee 07:30 - mid afternoon.

AFTER PARTY

All Tribal Clash Australia participants are invited to the official Tribal Clash closing party at PEPE's On The Beach on Sunday 16th February from 20.00 onwards. There will be a DJ playing, a bar (of course!) and dancing late into the night.

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](#)) and follow us on Instagram ([@tribalclash](#)) to stay up to date. Don't forget to tag us in your Instagram photos and videos and use the hashtag #tribalclash so we can see you in action!

ATHLETE KIT LIST: WHAT YOU SHOULD BRING

APPAREL & EQUIPMENT

- Co-ordinated team outfits.
Looking good is key at Tribal Clash! Wear bright tees and matching swimwear to stand out and increase your chance of being featured in official Tribal Clash media. Bring plenty of spare clothes as you may get wet more than once in a day, and don't forget to save an eye-catching outfit for Sunday afternoon!
- More than one pair of shoes.
Shoes may get wet so make sure you've got a spare pair, plus 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.
- Swimming accessories.
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.
- 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.
- Chalk. We will not be providing chalk, but you may want to use it in some of the workouts.
- Mobility tools. There is no designated warm up area on the beach with foam rollers, barbells and assault bikes so you may wish to bring equipment with you.

OTHER ESSENTIALS

- Plenty of sun cream.
- Plenty of water.

PLEASE NOTE: North Wollongong Beach has a 'no single use plastic' policy so please bring reusable bottles. These can be refilled using water fountains on the beach.

- Some form of shade.

For the waiting time between events, we highly recommend that teams bring some form of shelter. You can, for example, pitch a gazebo or pop-up tent on the beach - please ensure that you bring appropriate weights to secure your shelter. Athlete pitch locations cannot be reserved and are occupied on a first come, first served basis. Shelters are pitched entirely at your own risk, and should not be left up overnight.

Athlete shelters must 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.

VENDORS



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

The following vendors will also be joining us:



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