

# CIMAC SUPERLEAGUE VIRTUAL GUIDELINES



**All proceeds will be donated to our chosen charity**

## YOUNGMINDS

**Fighting for Young people's mental health**



### PRE COMPETITION

1. Ensure you have adequate space to compete – test the area you wish to use, ensure your full body can be viewed on-screen, and you can comfortably train in your space.
2. Zoom version is 5.4.7 or higher. If you are on an older version, please update.  
Link below with details on how to update your zoom version.  
<https://support.zoom.us/hc/en-us/articles/201362233-Upgrade-update-to-the-latest-version>
3. If you have more than one competitor in the same division in your household, please make sure they have different devices and spaces to compete from, just in-case they need to compete against each other. If you cannot facilitate this requirement please contact Nev 07860 431739
- 4 . TEST YOUR ZOOM IN ADVANCE, make sure both your video and audio are working.
5. It is the responsibility of the competitor or competitor's guardian to ensure you have adequate bandwidth for Zoom to work.

### ON THE COMPETITION DAY

1. Please ensure you join on time, and you have the details to hand should you need to reconnect.  
If you have any issues with connecting on the day please contact Nigel 07562 716463
2. On connecting ensure you enter in full name and club of competitor. If more than one person is competing from the same household and does not have their own device or space to connect from, you will need to disconnect and reconnect in order to enter new competitors name.
3. Test that your video and audio work.
4. Make sure your space is safe, free of trip hazards, do not compete with socks on a hard floor.
5. Make sure you will not be disturbed in the space you are competing in. Other members of the household are allowed to spectate off-screen, but must not walk past or talk whilst you are competing.
6. Please ensure your space is free from younger children and pets. We understand you are at home and it's sometimes hard to control pets and young children, but please do your best to ensure you do not get disturbed whilst you are competing to give you the best chance, as well as keeping your area safe.
7. If you suffer an injury whilst competing, please raise your hand, you will be unmuted so we can talk directly with you and a timer will be set for 30 seconds injury time.  
If you can not continue after the 30 seconds, your opponent will be named the winner.
8. All competitors must wear proper martial arts uniforms and sparring equipment, foot pads and gloves no head guards.
9. Make sure you sign in to zoom before your category starts. All details and draw sheets and times will be posted up on sportdata.

### INJURY WAIVER

All participants agrees to comply with the Virtual Open rules. Each competitor will be taking part at their own risk. Make sure you have an upto date licence with your club. The competitor thereby waives any claim for any injury against the Cimac Superleague Virtual Open and WAKO GB.

To be signed by competitor, or parent if under 16 years old: Signature.....

Please sign and email to [sportsmartialart@aol.com](mailto:sportsmartialart@aol.com) before the 7th of February