

OFFICIAL RULES & REGULATIONS

The FIT FIRST RESPONDERS™ Fit For Duty Fit For Life Challenge 2016 (“2016 Challenge”) is a 25 week Challenge combining a physical body (external) transformation, and life transformation (internal). The 2016 Challenge will be conducted in Tulsa Oklahoma, United States of America and will be open to Active Duty First Responding Personnel.

Challenge Overview:

1) The Fit First Responders Jim Glover Truck Giveaway Body Transformation Challenge runs from October 31st, 2016 to April 28th, 2017.

All participants must be registered before October 30th by attending a registration at DSD on October 29th or 30th and finish before April 28th, 2017 while attending the Finish Line Post Measurements on May 1st or May 2nd. Each entrant has 25 Weeks (180 days) to complete their Body Transformation.

2) To Enter Challenge:

Each First Responding Personnel must be present at the registration and complete the registration process in order to participate.

3) The First Responder™ Jim Glover Giveaway-Body Transformation™ Challenge will be judged by a panel of Chosen Professionals, including but not restricted to: Coach JC’s staff.

By entering this Contest, each winner of a contest prize consents to the use of his/her name, and/or photograph in any publicity carried out by the Contest Sponsor and its advertising and promotional agencies without further notice or compensation.

Timelines and Deadlines

To officially enter the 2016 Challenge you must apply at www.FITFIRSTRESPONDERS.org and register in person at DSD on the official registration dates and times and complete the required information to become officially entered.

Upon completing the 25-week 2015 Challenge, 2016 Challenge participants must take their post measurements, after pic and submit their story/questionnaire at DSD during the finish line event on May 1st or May 2nd.

All Official Entry Registrations must be turned in at DSD by the registration dates of October 29th or 30th.

Incomplete and not legible entries will be disqualified. All stories/questionnaires and “before” and “after” photos must be your own original from the 25-week challenge.

All participants must be present at the registration.

FIT FIRST RESONDERS™ is not responsible for internet connectivity, misplaced or lost entries.

Each participant must complete a full consecutive 25-week program (“25-week Program”) in order to be eligible to become a WINNER.

How You Will Be Judged

The 2016 Challenge judges will select one overall WINNER for the truck giveaway and a first place male and female, second place male and female. WINNERS will be chosen based upon the following criteria with a total of 100 points:

50 points (Panel Judged)

External Transformation– Pic – taken at DSD during registration and at Conclusion

Internal Transformation – Story – provided at registration and at Conclusion

50 points - (Compliant based – points received for performing and completing)

Attendance -10 points – (3 out of 5 days a week = Qualifying week/ 23 Qualifying weeks for points)

***ALL competitors MUST make 23 qualifying weeks to be eligible for the truck. Once 23 qualifying weeks are completed you will receive 10 points. If 23 qualifying weeks are not completed you will not be eligible for the truck.

Performance -20 points – (5 tests-performed at beginning, middle and end. Points for completion)

Medical – 20 points – (At DSD during registration and post finish line/turning in your Medical Lab Work)

*ALL Competitors are required to turn in fasting lab work within the first week of the competition.

The likelihood of winning depends upon the number of entries received, and the quality of your entry compared to the quality of all other entry submissions as determined by the judges. In the event of a tie, WINNERS will be selected based solely on the inner transformation story and questions. All WINNERS will be chosen by the professional panel of judges to be selected by the Fit First Responders™ board members.

Who's Eligible to Enter the 2015 Challenge?

2016 Challenge participants must be a sworn in First Responder and a resident of the United States, its territories and possessions, before starting their 2016 Challenge 25-week Program. The 2016 Challenge is subject to applicable federal and state laws and is void where prohibited.

Employees of FIT FIRST RESPONDERS™, Dynamic Sports Development it's affiliates, subsidiaries, and any of their advertising, promotion and internet agencies, or consultants and contractors providing services for the 2016 Challenge, and all their immediate family members, along with all those with whom they are domiciled, may participate, but are NOT eligible to win. Immediate family means any of the following: spouse, ex-spouse, defacto spouse, child or step-child (whether nature or by adoption), parent, step-parent, grandparent, step-grandparent, uncle, aunt, niece, nephew, brother, sister, step-brother, step-sister or 1st cousin.

Participants may not use anabolic steroids or any strength-enhancing prescription drugs or medications unless prescribed by a physician to treat an existing medical condition (medication and medical condition must be noted in the written portion of your packet). A medical note from the prescribing physician may be required. All prize winners will be required to sign an affidavit of eligibility, and may be drug and/or polygraph tested. If any winner is under the age of 21, Fit First Responders™ reserves the right to require the signature of a parent or legal guardian on any documents.

Regulations and Requirements

Fit First Responders reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual 2016 Challenge participants. Any amendments to the rules or changes in prizes will be published online at www.FITFIRSTRESPONDERS.org Rule interpretations and

all judging decisions are final. All information and materials submitted along with your Official Entry Kit become the sole and exclusive property of FIT FIRST RESPONDERS. 2016 Challenge participant scores are proprietary to Fit First Responders and will not be disclosed. Fit First Responders shall have the sole right in its sole discretion to disqualify any 2016 Challenge participant without explanation for any reason at any stage of the 2016 Challenge, and Fit First Responders shall be fully and completely released and discharged from any liability or responsibility in this regard.

Each 2016 Challenge participant assumes all risk of injury, harm or loss of any kind arising from participation in the 2016 Challenge. Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach. 2016 Challenge participants expressly release Fit First Responders, its distributors and affiliated companies, and the directors, officers and employees of any of them from all risk, loss, injury, damage or harm that may arise from participating in the 2016 Challenge.

2016 Challenge participants must notify Fit First Responders in writing of any change of address or phone number. WINNERS who cannot be reached within ten (10) days at the address or phone number in their completed Official Entry Kit will be disqualified.

Submission of your completed Official Entry Kit in the 2016 Challenge constitutes your express consent and permission for Fit First Responders, and any of its affiliated companies, to use your name, photographs and written responses (in whole or in part) for promotional and advertising purposes to promote Fit First Responders, Dynamic Sports Development products, its business, and JJC Enterprises, in any media and in any manner whatsoever, without limitation or restriction or further consideration of any kind, and such consent is deemed given by your entry and participation in the 2016 Challenge. Submission of your completed Official Entry Kits shall be deemed your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to Fit First Responders of all right, title, and interest, including copyright, of your photographs and written responses.

Prizes and Approximate Retail Values

There will be 5 Overall Winners (Four runner up winners and The overall 2016 Truck WINNER receive):

Overall 2016 WINNER – A 2016 Jim Glover Chevy Silverado Truck (\$40,000.00)

First Place Male Winner - \$1000 cash + prizes

First Place Female Winner - \$1000 cash + prizes

Runner Up Male Winner - \$1000 cash + prizes

Runner Up Female Winner - \$1000 cash + prizes

****The 2016 Prize Package will be enlarged with prizes throughout the 25 weeks.**

Prize values state approximately the recommended retail value as provided by the supplier(s) and are correct at time of printing. All prize values (or where relevant, possible maximum value), are in US dollars. Fit First Responders™ takes no responsibility for any variation in prize values.

All winners are responsible for all applicable taxes; prizes are not transferable; and there will be no substitutions for the prizes except at the option of Fit First Responders™ in the event of unavailability. All winners must sign a declaration and release form confirming compliance with the contest rules, acceptance of the prize as awarded and releasing Fit First Responders and its affiliates, its advertising and promotion agencies, the contest judges and their respective officers, directors, agents, representatives, successors and assigns from any liability in connection with 2016 Challenge, the entrant's participation therein and/or the awarding and use of the prize or any portion thereof. Category WINNERS will become

an exclusive endorser for Fit First Responders and related products and services for 2016.

Arbitration and Choice of Law

Except where prohibited by law, as a condition of participating in the 2016 Challenge, participant agrees that: (1) any and all disputes and causes of action arising out of or connected with the 2016 Challenge, or any prizes awarded in connection therewith, shall be resolved individually, without resort to any form of class action, and exclusively by a sole arbitrator in a binding, non-reviewable and non-appealable proceeding conducted in accordance with the Non-Administered Arbitration Rules of the International Institute for Conflict Prevention & Resolution (2) any such proceeding shall be held in Tulsa, Oklahoma and (3) judgment upon such arbitration award may be entered in any court having jurisdiction. Under no circumstances will participant be permitted to obtain awards for, and participant hereby waives all rights to claim, punitive, incidental or consequential damages, or any other damages, including attorneys' fees, other than participant's actual out-of-pocket expenses (i.e., costs associated with entering this contest), and participant further waives all rights to have damages multiplied or increased. All issues and questions concerning the construction, validity, interpretation and enforceability of these Official Rules, or the rights and obligations of participants and Fit First Responders in connection with the 2016 Challenge, shall be governed by, and construed in accordance with, the substantive laws of the State of Oklahoma, USA without regard to Oklahoma choice of law rules.

Fit First Responders does not necessarily adopt or endorse, and does not accept any liability for, any statements or claims that are made by any retailer or partner or associate, or website content that is posted on retailer or partner or associate sites.

Failure by Fit First Responders to enforce any of its rights at any stage does not constitute a waiver of those rights.

Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program.

The Contest Sponsor's rulings are final and without appeal in all matters related to this Contest and the awarding of the prizes. The contest is subject to all applicable federal and state laws and regulations.

All entries become the property of the Contest Sponsor and will not be returned.

Contest Sponsor, its advertising and promotion agencies assume no responsibility for lost, stolen, delayed, damaged, illegible, incomplete, postage-due, garbled or misdirected entries or entries that have been submitted through illicit means, or do not conform to or satisfy the Contest Rules or for any problems or technical malfunction of any telephone network or lines, computer on-line systems, servers, access providers, computer equipment, software, failure of any entry to be received or traffic congestion on the internet or at any website, or any combination thereof including any injury or damage to an entrant's or any other person's computer related to or resulting from playing or downloading any material in the contest.

If, in the Contest Sponsor's exclusive judgment, this Contest becomes compromised in any way, Sponsor reserves the right to cancel or suspend the Contest, to withdraw the promotion offer, to cancel any method of entry, to void any entries submitted fraudulently or select winners from all eligible entries received prior to act that compromised the Contest. Any attempt to deliberately damage the content or operation of the Contest is unlawful and subject to legal action by the Contest Sponsor and its agents. Contest Sponsor shall have the sole right to disqualify any contestant for violation of the Official Rules or any applicable laws relating to the Contest, and to resolve all disputes in its sole discretion. The Contest Sponsor is not

responsible for any errors or omissions in printing or advertising this Contest.

The Contest Sponsor collects your personal information for the purposes of registration, program evaluation and to keep you informed about The Challenge. The Contest Sponsor may, if consent was given during registration, also contact you from time to time with information about other ways you can lose weight.

The Contest Sponsor will not share any personal data about entrants with any other party. The personal data collected for this Contest will not be used for any other purposes unless entrants provide explicit permission as indicated on the entry form. For more information about our privacy practices or to obtain a copy of our Privacy Policy, contact us at info@FitFirstResponders.org

By entering this Contest, entrants agree to release and hold harmless the Contest Sponsor and their respective employees, officers, directors, agents, representatives, successors, assigns, advertising and promotional agencies from any liability for any loss or damage of any kind to the entrant or any other person in connection with this Contest or participation in any Contest related activities, including but not limited to the taking of a urine test or, if declared a winner, the use or misuse of a prize or any portion of a prize including personal injury, death or property damage.

This Contest will run in accordance with these Contest Rules, subject to amendment by the Contest Sponsor. Contest Sponsor reserves the right to cancel, amend, modify or terminate this Contest or the Rules at any time in its sole discretion and without notice.

Entrants must comply with these rules, and will be deemed to have received and understood the rules

Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program.



FIT For Duty. FIT For Life.

Copyright © 2015
Fit First Responders Inc.
Tulsa, Oklahoma U.S.A.