

Gold's Gym Challenge 2022

Official Rules and Regulations

1. Must be a member of Gold's Gym North Hollywood, Hollywood, Downtown LA, Thousand Oaks, Simi Valley, Culver City, Fullerton, West Covina, Valencia, Arcadia, Montclair, Glendale, Oxnard, Anaheim, Garden Grove, La Mirada, Long Beach, Uptown Santa Barbara, Downtown Santa Barbara, or Goleta (Gold's Gym SoCal Group) in good standing throughout the entire contest and the judging.
2. Must be at least 18 years of age and a legal resident to enter.
3. There will be categories Weight Loss and Muscle Gain and maybe divided into age categories.
4. Employees of Gold's Gyms, their spouses, immediate family, and related household members may participate in the employee division only.
5. Cash prize winners of previous contests are not eligible to participate in the contest for a minimum of 5 years.
6. Pictures: will be taken by participants, front, side and back. Hands must be hanging down at your sides on both front and back shots.
 - a. A USA Today, other paper, or digital display will be in the photo to verify the date. Please wear the same type of clothing in the "before" and "after" shots. Swim suits or shorts are preferred. Males will be photographed with no shirt. It is recommended females wear a sports bra or bathing suit. Please show midsection to distinguish your progress. Speedos, thongs or undergarments are not allowed.
 - b. Waist, hip and thigh measurements will be taken. Waist directly around the navel, hips around the "largest" part of your buttocks, and thigh measurement around the upper thigh. Body composition test will also be performed. InBody Results Sheet will be uploaded into the SoCal Fitness App also.
7. An essay maybe required upon completion of The Challenge.
8. Pictures, measurements and judging points awarded will be confidential to the judging panel until after the judging. Winning participants' (defined as anyone who accepts cash prizes) pictures, measurements and points may be used at the discretion of Gold's Gym and its designated assignees for marketing and advertising, without compensation to the participants. All other participants' pictures, measurements, and points will remain confidential.
9. The participants will be judged on the combination of the before and after photos, and the measurements (Essays maybe requested).
10. A judging panel will be selected at the discretion of the Gold's Gym SoCal Group to choose the winners of the local Gold's Gym Challenge '22. Additionally, Gold's Gym Team SoCal (21 local area locations) will select one overall male and one overall female winner who will each receive \$1000.
11. The entry fee is \$99.00. Entry fees are not refundable. All winners are responsible for all applicable taxes and will receive their prize money upon completion of all required tax forms, which will require a social security number, at the time of their award. Prizes are not transferable, and there are no substitutions for the prizes.
12. Final judging will take place after March 9th. Gold's Gym SoCal Group reserves the right to submit selected participants to compete in the Gold's Gym National Contest and those winners will be announced on or before June 2022.
13. The last possible start date for the local contest is January 18th. All finishers must submit their required materials by close of the The Challenge by March 9th, 2022. In the event of an emergency, you may submit your results early, a participant may have less than 8 full weeks but ineligible over 8 weeks to the day.
14. Gold's Gym reserves the right to interpret these rules and to amend the rules at its sole discretion and without notice to participants. Rule interpretation and judging decisions are final. All information and materials submitted become the sole and exclusive property of Gold's Gym.
15. Participants may not use anabolic steroids or any strength-enhancing prescription drugs or medication unless prescribed by a physician to treat an existing medical condition (medication and medical condition must be noted in written portion of your packet with physician signature). Enhancement surgery is not permitted during your 8 weeks of participation. Prizes may be withheld, and winners may be asked to submit to polygraph and/or other drug testing for final determination.

16. Participants may be asked to supply a copy of the diet and exercise program they followed during the 8 weeks of the contest.
17. Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the “Gold’s Gym Challenge ‘22” and holds Gold’s Gym, its owners, franchisees, employees, agents, and assignees, harmless from any loss and/or injury sustained as a result of their participating in said contest that is not a direct result of direct negligence by said owners, franchisees, employees, or agents of Gold’s Gym.
18. Consult with your physician or healthcare provide before starting any new exercise or nutrition program especially if you suffer from any medical condition or regularly use prescription or over-the counter medications.
19. Pictures, measurements, and essays will not be returned.
20. Participants must notify Gold’s Gym in writing of any changes in email, address, or phone number. Winners that cannot be reached within five days at address or phone number listed on application will be disqualified. Any unclaimed prize money will be used at the discretion of Gold’s Gym.
21. Submission of your completed application for and designation as a winner of the “Gold’s Gym Challenge ‘22” contest, constitutes your express consent and permission for Gold’s Gym and/or its assignees, to use your name, photographs and written responses for promotional and advertising purposes without compensation. Such consent is deemed given by your entry and participation in this contest.
22. START STRONG, FINISH STRONG

All information I have provided is true and correct. I have read, understand and agree to all rules and regulations for the Gold’s Gym Challenge ‘22 contest.

Gold’s Gym Challenge ‘22

GOLD’S STRONG