

“**View Guidelines**”

**“THE FASTEST PUNCHES WITHIN ONE MINUTE”**



### **Legal notice**

This document acts as a guide to the specific considerations and undertakings for your potential record attempt and is to be used in conjunction with the **Guide to Your Evidence**, which outlines the evidence we require to verify the success of your record attempt. These guidelines should be read and understood by all concerned with the record attempt prior to the attempt – this includes every participant, organiser and witness.

These guidelines are specific to your record attempt and **must** be followed. Should any part of these guidelines be contravened, your record attempt will be disqualified, without any right of appeal. Additionally, these guidelines in no way provide any kind of safety advice and cannot be construed as providing any comfort that the record attempt is free from risk.

Amazing Olympia World Records (“AOWR”) accepts no responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that

(a) All necessary safety precautions are in place and that all equipment used is suitable and thoroughly checked prior to the record attempt taking place and (b) you are in compliance with all applicable health and safety laws and regulations.

If you are attempting a record online using a non-AOWR website, AOWR is not responsible for the content of that platform or anything that may happen, including technical issues, during your attempt.

If you are organising a record attempt in association with an alcoholic brand you must seek explicit written permission in advance from AOWR, otherwise your record may not be approved. Please send your requests to AOWR by using the email for any correspondence at **gc@yogaministryofcanada.ca**.

If you are organising an online record attempt which may involve the consumption of alcohol, the following additional requirements must be met:

* The platform where the record attempt is to take place must include a responsible drinking message.
* Age restriction, targeting or affirmation technologies should be used, where available, to restrict access to users of legal purchase age or over.
* The record attempt must not be advertised in a manner which appeals to minors, encourages irresponsible drinking or offensive behaviour, or challenges participants to consume an alcoholic beverage.

The above guidance does not constitute legal advice and does not extinguish or dilute your contractual obligations to AOWR.

If upon reviewing your evidence it becomes clear that any one of the above measures has not been adhered to, AOWR reserves the right to disqualify the record attempt.

Finally, the provision of these guidelines in no way constitutes AOWR’s consent for you to undertake a record attempt. Any record attempt will only be considered to be authorised by us where you have signed our standard at the request form in relation to record attempts.

### **Record definition**

This record is for the longest time to correctly maintain the **“**The Fastest punches within one minute” for Boys/Girls.

* This is to be attempted by an individual.
* This record is to be measured by the amount of time spent to perform the numbers of record in minute to the nearest 100th of a second.
* For the purposes of this record, **“**The Fastest punches within one minute” first make the suitable standing position and start performing the punches.
* Attempt will end on the 60th second automatically*.*
* **Rules for “The Fastest punches within one minute**”

1. The participant may get into his performance according to the provided image at above in any way he/she wish.
2. Record participant must perform his punches without any arm support like bandages.
3. The attempt begins only when the participant has fully achieved the above-stated position and the time begins.
4. A qualified judge familiar with Box technique (i.e. boxing instructor, personal trainer, gym owner, and cheerleading coach) must be on hand to witness the attempt.
5. The attempt is over when the judge feels the performance has been modified or when the participant has chosen to finish. Amazing Olympia World Records reserves the right to judge after the attempt whether or not the participant retained the proper performance for the duration of the attempt.
6. Video footage MUST show the claimant’s attempt from BOTH “a side” and “front”-on angle, therefore two cameras must film the duration of the attempt.

Please make sure you supply the following evidence:   
  
•    One cover letter explaining the context of the record attempt. Please indicate date, time and exact location of the record attempt, your chosen witnesses and your record attempt measurement. Also please provide full details of the person attempting the record including details on age, nationality, background and preparation for the attempt.  
•    Two independent witness statements confirming the record results. The witness statements are statements of authentication from independent individuals who confirm that our guidelines have been adhered to. The witnesses must list the points that they have verified during the attempt.   
•    Photographic evidence of your attempt taking place capturing the details provided by the independent witnesses.   
•    Video evidence of the entire record attempt, from start to finish that enables us to confirm the measurement achieved, that the guidelines have been adhered to and verify the details provided by the independent witnesses. The camera must be focussed on the attempt at all times and preferably kept static.

• Slow motion footage of the attempt must also be made available. Document can upload at our Telegram link or in any local site like Google drive and share the link with us only.  
•    A measurement report from the height measuring process must be submitted with the claim, this must explain the method of height measuring and the equipment used to conduct the measurement. It must summarise the components and the individual and total height. The report must contain details of both height measuring sessions (both before and after the attempt).   
•    Media articles (newspaper, online, TV or radio) should be submitted as part of the evidence requirements.

•    Video Trailer: It’s important to make a video trailer of all attempts between 15 to 30 seconds maximum. This is compulsory evidence.   
  
Please read the Guide to Your Evidence document, where you will find further information about the evidence requirements and evidence templates. It is paramount this document is read before you submit your evidence.

### **Evidence checklist**

* [Cover letter](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/58574727-77AF-4842-A41E-70C8E0B2DB88-scaled.jpeg)
* [[Certificates](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/58574727-77AF-4842-A41E-70C8E0B2DB88-scaled.jpeg)](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/560AED81-C161-4304-8EAA-BC2EC5FAAB06-scaled.jpeg)
* [[Biography](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/58574727-77AF-4842-A41E-70C8E0B2DB88-scaled.jpeg)](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/C41AE2E1-F00D-48EF-95C9-E7F49E865DDD-scaled.jpeg)
* Log book statement 1(not required for this attempt)
* Witness statement 1
* Witness statement 2
* [Time keeper](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/65CB7440-914B-4CC3-B210-C136D67B2135-scaled.jpeg)[Example](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/B5354947-0958-49E7-8BD7-8D7B302DD0C8-scaled.jpeg)
* Photographic evidence. [(Example)](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/745A6053-F692-4061-9DE6-BFD32D8561C9.png)
* Video evidence. [(Example)](http://amazingolympiaworldrecords.com/wp-content/uploads/2020/12/IMG-4866.mp4)
* Video trailer 15 to 30 sec. [(Example)](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/IMG_4638-1.mp4)
* Slow motion footage (Very Important)
* Measurement report by sports expert/engineer.
* [Supporting Material Release](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/61D13BAA-110C-4720-8AD7-EB96FCC22B83-scaled.jpeg)
* [Guest Log Book/Visitor Comments](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/0A1E8BA4-C3A0-4DCB-8AF7-6283D6B930D0-scaled.jpeg)
* [Social Media Link](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/B53AF462-96E7-4EBB-AD5F-AAFE492C9C6D-scaled.jpeg)
* Media articles (Example)
* [Steward Witness Statement](http://amazingolympiaworldrecords.com/wp-content/uploads/2021/04/958766EC-052B-4431-8757-B7F96B2C4FEA-scaled.jpeg)

Note: Submit your all documents and details via Email at [gc@yogaministryofcanada.ca](mailto:gc@yogaministryofcanada.ca).



Logo which can be use at the official attempt.

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