



**VIRGIN ACTIVE THAILAND
CLUB GAMES 2026
TERMS & CONDITIONS**

By signing up for Club Games 2026, you agree to agree to be bound by the following terms and conditions:

1. Eligibility

- Participants must be aged 20 years or older.
- Only active Virgin Active Thailand members who are in good standing and do not have any outstanding membership dues are eligible to compete.

2. Registration

- All sign-ups must be completed via this link [Club Games 2026](#) between 16 April to 6 May 2026 ("Registration Period").
- Participants may compete in a maximum of two (2) clubs, subject to the access rights permitted under their membership type. Each individual member may participate in only one (1) event per club.
- All registrations are final and non-transferable.
- Any participant substitution must be notified no less than three (3) days prior to the competition date by informing the Exercise Experience Manager of the club at which the participant is registered.

3. Event dates

Club Games is scheduled to commence on 11 -16 May 2026 across clubs in Thailand, on various dates as follows:

Club	Date	Time Slots & Capacity per club
Virgin Active EmQuartier	11-May-26	
Virgin Active Siam Discovery	12-May-26	
Virgin Active Wireless Road	13-May-26	Slot 1 - 08:00 - 09:30 (20 teams)
Virgin Active WestGate	13-May-26	Slot 2 -10:00 - 11:00 (12 teams)
Virgin Active Chiang Mai	13-May-26	Slot 3 -17:30 - 19:00 (20 teams)
Virgin Active Eastville	14-May-26	Sot 4 -19:30 - 20:30 (12 teams)
Virgin Active Empire Tower	15-May-26	
Virgin Active True Digital Park	16-May-26	Slot 1 - 09:30 - 11:00 (20 teams) Slot 2 - 13:00 - 14:30 (20 teams) Slot 3 - 15:00 - 16:30 (20 teams)

The above schedule may be subject to change as deemed necessary by Virgin Active Thailand.

4. Event Format

- This Competition is a team-based event, with team comprising two members, in one of three categories: doubles men, doubles women and mixed doubles.
- The team will be disqualified should there be only one participant on the day of the event.
- Participants must arrive at least 15 minutes before your time slot starts on the event day.
- Teams will be assigned to their starting work out station by the Virgin Active Thailand team.
- The Club Games uses a Synchronized and Shared ("Sync & Shared") competition format, requiring teams to perform together and alternate tasks across 7 stations in a forward-and-back pyramid structure within a 12-minute time cap.
- **Synchronization (Sync)** - Synchronization refers to both participants performing the exercise movement at the same time and with the same rhythm. A repetition will be counted only when both participants complete the movement simultaneously and meet all required standards.
- **Shared Repetitions (Shared)** - Shared Repetitions refers to a format in which team members may divide the total required repetitions in any proportion they choose. Each participant must complete the repetitions they choose to perform with proper form and in accordance with the prescribed movement standards. A participant may switch with their partner only after fully completing the repetitions they are currently performing.
- Partners will follow the prescribed **Sync & Shared sequence**:
 - Begin with **synchronized** work on **Exercise 1**
 - Then transition to **share** work on **Exercises 2 and 3**
 - Continue with **synchronized** work on **Exercise 4**
 - Move into **shared** work on **Exercises 5 and 6**
 - Then complete **synchronized** work on **Exercise 7**
 - After reaching Exercise 7, teams **reverse the order** and work their way back down the pyramid, ending again on **Exercise 1**
 - Teams continue switching, sharing, and synchronizing according to the format until the **12-minute cap** is finished.
- There are 7 exercises for competition
 - Ex 1 – Shuttle Run (2 Blocks) – 10 Rounds Sync
 - Ex 2 – DB S/A Snatch – 20 Reps Shared
 - Ex 3 – KB Goblet RV Lunges – 20 Reps Shared
 - Ex 4 – Burpee Lateral Jump – 10 Reps Sync
 - Ex 5 – KB Goblet RV Lunges – 20 Reps Shared
 - Ex 6 – DB S/A Snatch – 20 Reps Shared
 - Ex 7 – Shuttle Run (2 Blocks) – 10 Rounds Sync
- Exercise order: 1 → 2 → 3 → 4 → 5 → 6 → 7 → 6 → 5 → 4 → 3 → 2 → 1
- The equipment weights for this competition have been specified by Virgin Active Thailand as follows:
 - Doubles Men teams: 16 kg kettlebell and 12.5 kg dumbbell.
 - Doubles Women teams: 8 kg kettlebell and 7.5 kg dumbbell.
 - Mixed Doubles teams: 16 kg kettlebell and 12.5kg dumbbell.

5. Attire & Equipment

- Only proper athletic footwear and apparel are allowed. Proper footwear is mandatory at all times.
- Participants who do not wear proper attire or footwear may be disqualified from the event.
- Use of chalk, lifting belts, knee sleeves, grips, or any external support gear is not permitted.
- All equipment will be provided. Personal equipment is not allowed.

6. Scoring, Judging & Winners

- There will be three (3) winning teams per club, one (1) top doubles men, one (1) top doubles women and one (1) top mixed doubles team.
- Awards will be presented to winning teams at each club location.
- Winners will be determined by the highest accumulative number of rounds and repetitions completed within the 12-minute time frame.
- In the event where any rep is not carried out accurately, "no-reps" will be called out. Judges' decisions are final.
- Movement standards will be briefed on the event day before each workout.
- In the event of scoring a tie, a tie-breaker round will take place on 20 May 2026, to decide the champion. Failure to participate in the tiebreaker round with the original team members as scheduled will result in forfeiture. The winning team will be the team that records the highest cumulative number of rounds and repetitions within the 12-minute timeframe. Where applicable, Virgin Active will provide details of the tiebreaker to applicable participants involved on the day of the Club Games. For example, should there be a tie for Club Games at Virgin Active Siam Discovery's Slot 2 on 12 May 2026, Virgin Active will contact applicable participants by 23:59 hours on 12 May 2026.

7. Prizes

- The top men's doubles, women's doubles, and mixed doubles teams (a total of three (3) teams per club) will receive two (2) Virgin Active Exclusive Gift Sets. Each gift set includes one (1) tote bag, one (1) towel, and one (1) hair towel, all Virgin Active-branded, with a value of THB 1,500 per set, or prizes of equivalent value.
- Virgin Active Thailand will be contact the final winners by 24 May 2026 via email and winner must collect reward at club's reception desk by 30 June 2026. Any prize not collected within the said period will be forfeited.
- Virgin Active Thailand reserves the right to discard any prize(s) not collected.
- The reward cannot be exchange for cash or any Virgin Active Thailand service.

8. Conduct & Sportsmanship

- All participants must demonstrate sportsmanship and respect towards judges, staff, and fellow competitors.
- Unsportsmanlike conduct may result in penalties or disqualification.
- Virgin Active Thailand team may stop a participant if safety is at risk.



9. Media Consent

- By joining the event, you agree to be bound by these Terms & Conditions and grant permission to Virgin Active Thailand to take photographs or videos and use them in promotional materials, including but not limited to its website and social media channels. You further acknowledge and agree that such photographs or videos may be shared with other participants attending the event at the same time.

10. Code of Conduct & Disqualification

- The event organisers reserve the right to disqualify any team or individual at any point for:
 - Cheating or breaching movement standards
 - Deliberate interference with another team
 - Failure to follow staff or judge instructions
 - Disrespectful or aggressive behaviour toward other participants, staff, or judges

11. Informed Consent & Risk Acknowledgement

- By registering, participants acknowledge that Club Games is a physically demanding event and involves potential risk of injury.
- Participants confirm that they are medically and physically fit to take part in the event.
- Virgin Active Thailand and its staff will not be held responsible for any injury, loss, or damage incurred during the event.

12. Changes to Programming

- Virgin Active Thailand team reserves the right to modify workouts, equipment, schedules, and movement standards at any time for safety, fairness, or logistical reasons.
- Any changes will be communicated before the affected workouts begin.

13. Late Arrival Policy

- Teams who fail to arrive and check in by 15 minutes before the competition may risk forfeiting their participation in the event.

14. Event Changes and Cancellation

- Virgin Active Thailand reserves the right to change the terms, rules, and prizes (of equal value) without prior notice.
- Virgin Active Thailand reserves the right to amend, withdraw or terminate the activity or alter the specification without prior notice.

15. Authority and Final Decision

- Virgin Active Thailand reserves the right to make the final decision on all matters relating to the terms, participation, rules, eligibility and prizes (of equal value) in activities, and the interpretation of these terms. Such decisions shall be final and binding, and no correspondence or appeal will be entertained.