



GAME RANGERS
INTERNATIONAL

THE EPIC PLANK CHALLENGE

WHAT IS THE EPIC PLANK CHALLENGE?

The EPIC Plank Challenge is a digitally managed physical challenge known as 'planking', whereby a person must hold their body in a fixed, elbows on the floor, press-up type position (see image below) for as long as possible.

COMPETITION CATEGORIES

1. Open category
2. Junior category (16 years and under)

HOW DOES IT WORK?

Plank for as long as possible, take a video, submit to GRI, share on social media and raise funds!

HOW DO I WIN?

Achieve the highest EVENT SCORE!

Plank Time x ££ raised x Likes on social media = EVENT SCORE



FOLLOW THE LEADER BOARDS

Event Scores and Series Scores will be represented on live Leader Boards, which will be updated daily on the Elephant EPIC website and Facebook page.

The Judge's decision will be final in all cases.

HOW DO I REGISTER?

Go to the Elephant EPIC page on our website
<https://www.gamerangersinternational.org/elephant-epic>
Register → Pay → Get your official EPIC Challenge Card!

WHAT IS AN EPIC CHALLENGE CARD?

Your Unique Reference Number(URN) will be sent to you digitally as a downloadable Elephant EPIC branded card. This card has to be featured in your Official EPIC Photo.

CAN I HAVE MULTIPLE ENTRIES IN MY NAME?

Yes! You may enter as many results as you wish during the Elephant EPIC Challenge Series. You need to register each time you wish to enter a result which ensures each entry has its own URN and Official EPIC Challenge Card.

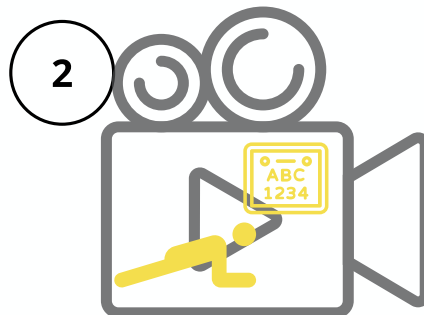
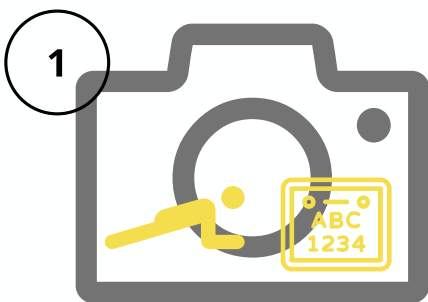
HOW LONG IS THE ELEPHANT EPIC CHALLENGE SERIES?

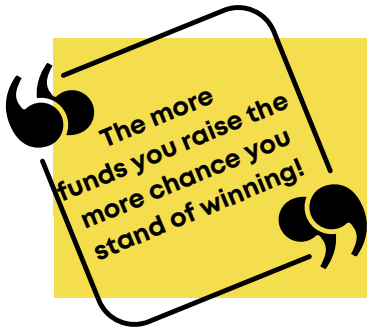
From June 21st to September 23rd.

HOW DO I SUBMIT MY CHALLENGE ENTRY?

1. Get a photo of yourself doing the plank with your EPIC Challenge Card. Make sure that your URN is clearly visible in the shot. This image will become your Official EPIC Photo which we will post on the EPIC social channels.
2. Ask a friend or set up a video to record your best plank, make sure that your EPIC Challenge Card is visible in the video.
3. Submit your photograph and video through the link sent to you on your registration email (or found on the EPIC website and below).

SUBMISSION





HOW DO I FUNDRAISE?

Fundraising is one of the three measures which will win you the EPIC Event or the EPIC Series. Use whatever means available to you. Share the EPIC social media assets on your digital pack to generate support or get creative! Ideas include... Raffle. Golf day. Movie night. Beer/Wine/Food festival/Art show/Casino night and more!!

HOW DO I SUBMIT FUNDS TO GRI?

Use one of the following platforms which will be monitored for incomes.
JustGiving: <https://www.justgiving.com/campaign/ElephantEPICChallenge2022>

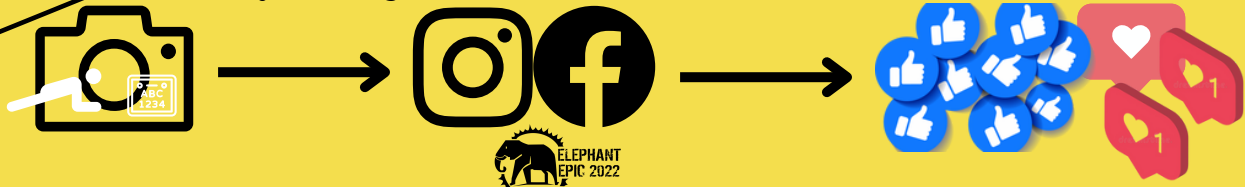
or
Go Fund Me:



RAISE AWARENESS!!

Use your Official EPIC Photo, as well as the assets from your digital pack to promote your cause! Make sure you get plenty of LIKES on your Official EPIC Photo on the EPIC Social Channels.

ONLY likes on your Official EPIC Photo on our social channels will be counted by the Judges.



REMINDER!

HOW DO I WIN?

Achieve the highest EVENT SCORE!



WEBSITE

<https://www.gamerangersinternational.org/elephant-epic>

SOCIAL

<https://www.facebook.com/ElephantEpic>
<https://www.instagram.com/theelephantepic/>

FOR MORE INFORMATION CONTACT
epic@gamerangersinternational.org



THE EPIC PLANK CHALLENGE

FREQUENTLY ASKED QUESTIONS

- Can I use a personal best plank time, which I achieved before the event started?
 - No, all Plank Times must be achieved within the Elephant EPIC Challenge Series window, which runs from the 21st of June to the 23rd of September.
- Can I register for multiple challenge entries at a time?
 - Yes, you can register for multiple challenge entries at sign up if they feel they may wish to undertake more than one Plank Time.
- If I register one or more challenge entries during my initial registration and then decide at a later date that I want to register more entries, can I do this?
 - Yes, you can come back and register for as many challenges as you like, provided this is done within the official window of the Elephant EPIC Challenge Series, which runs from 21st June to 23rd September.
- If I don't use all my entries/Challenge Cards, can I get a refund or can I use them for next year's event?
 - No, any unused Challenge Cards will not be refunded or be eligible for next year's event.
- What is the difference between the Event Leader Board and the Series Leader Board?
 - The event leader boards relate specifically to the event you have entered and takes into account the scoring system pertaining to that event, whilst the Series Leader Board includes ALL EPIC entrants, regardless of the challenge they are undertaking and ONLY uses ££ raised x Likes to calculate the overall winner (Series Champion) of the Elephant EPIC Challenge Series.
- Can I win both the EPIC Plank Challenge and the series?
 - Yes, this is very possible.
- If I do not win the Plank Challenge, can I still win the series?
 - Yes, even if you do not win the event you have entered you still stand a chance of being crowned as the Series Champion based on the fundraising and awareness you achieve during the series window, which runs from 21st of June to the 23rd of September.



THE EPIC PLANK CHALLENGE

RULES, TERMS & CONDITIONS

General EPIC Rules and Terms & Conditions

The Elephant EPIC Challenge Series (Hereinafter referred to as the EPIC)

- Management and staff of GRI (Game Rangers International), CLZ (Conservation Lower Zambezi) and WECSZ (Wildlife and Environmental Conservation Society of Zambia) can participate in the EPIC to help raise funds and awareness for wildlife and wild spaces. However, they are not eligible to win any prizes in the EPIC and their ranking/position on any leader board will not count towards final rankings.
- Registration and submission of challenge entries: - to enter the EPIC and be eligible to win the following will apply: -
 - Register and pay the event entry fee via the EPIC website
 - Contestant will receive an EPIC Challenge Card, which includes a Unique Reference Number (URN).
 - Note – a person may enter as many events/challenges as they like during the EPIC, which runs from June 21st to September 23rd. An additional registration is required for each event/challenge entered, which will result in a new Challenge Card being issued for that entry.
 - Challenge Cards can ONLY be submitted ONCE.
 - Each Challenge Card will result in a position on the Leader Boards (Event Leader Board and Series Leader Board), which will also reflect the name of the contestant.
 - Once a contestant has completed his/her challenge he/she must take a photo of him/herself holding the Challenge Card, ideally depicting the challenge event (see specific events for further details). The URN on the Challenge Card must be clearly visible to the camera for that photo to be certified (and minted) by the Judges, as the Official EPIC Photo, which will be uploaded onto the EPIC Facebook page.
 - In some cases (refer to specific events), a contestant may also be required to submit an official video as confirmatory evidence of his/her challenge.
 - The contestant must upload the necessary image/video via Official Submission Form which can be found in the Registration Pack or on the website.
- Social Media: -
 - The Judges will upload the Official EPIC Photo onto the EPIC Facebook page.
 - The contestant must then use all powers and wherewithal at his/her disposal to promote the number of Likes on his/her Official EPIC pic Photo.
 - The Judges will count the number of Likes accruing to the Official EPIC Photo to calculate the final Event Score, as well as the overall Series Champion score.
 - Only those Likes accruing to the Official EPIC Photo on the EPIC Facebook page and Instagram will be counted by the Judges.
 - Each Official EPIC Photo is associated with one EPIC Challenge Card and one entry on the Leader Boards. The judges will use the Likes specific to each Official EPIC Photo to calculate the ranking of that specific entry on the Leader Boards.
- Fundraising: -
 - A contestant may begin fundraising as soon as they have registered for the EPIC.
 - Fundraising may begin before the challenge has taken place.
 - All fundraising must be done via our official charitable fundraising platforms – JustGiving or GoFundMe.
 - 100% of all funds raised will go to the front-line of conservation.
 - Note – David Shepherd Wildlife Foundation (DSWF) charity # 1106893 is our UK based charitable partner. Endangered Species Fund (ESF) registered non-profit EIN 46-4938570 is our USA based charitable partner.
 - Where a person is unable to utilise our official fundraising platforms, for whatever reason, he/she must inform the event organisers in writing at EPIC@gamerangersinternational.org. Donations can be received by our UK office or by our charitable partners via bank transfer. Transfers must be clearly marked as donations for the EPIC and must include the contestants name and URN. The Proof of Payment (POP) will be utilised by the event organisers to calculate a contestant's final Event Score and Series Champion score.



- Any and all contestants to the Elephant EPIC Challenge Series are only required to have ONE fundraising platform.
- A contestant may use the SAME fundraising amount in ALL events/challenges that he/she may choose to enter.
- The event organisers will use this single fundraising amount per contestant for calculating positions on the Event and Series Leader Boards.
- For example: - a contestant enters five (5) x challenges throughout the EPIC series. He/she is registered with JustGiving. This is the SINGLE fundraising portal which the contestant will use for ALL five (5) x challenges. The Judges will use the total funds raised on this SINGLE portal to calculate ALL positions on the Leader Boards.

The EPIC Plank Challenge Terms & Conditions:

- A participant may return to the EPIC website at any time during the course of the EPIC Challenge Series (21st June to 23rd September) to register for additional entries/challenges.
- A participant may not enter a Plank Time retrospectively. This means you must register for an EPIC Challenge Card before you intend to undertake your Plank. The video of you attempting your Plank Time must show the EPIC Challenge Card and your URN.
- Once you have registered there is no time limit as to when you complete your Plank Time, provided it is submitted before the end of the Elephant EPIC Challenge Series window, which runs from the 21st of June to the 23rd of September.
- The EPIC Challenge Card printed or otherwise must be clearly visible in your Official EPIC Photo (see below) and your submission video.
- A participant may enter as many Plank Times as they want, provided each one is accompanied by an EPIC Challenge Card which was registered before the date that each Plank time is completed.
- Once a participant has completed their Plank Time, they must take a photo of themselves in the plank position, holding their EPIC Challenge Card with the Unique Reference Number (URN) clearly visible.
- They must submit this Challenge Photo together with the video recording your Plank Challenge, to the link provided on your registration email or above on this document.
- Once an EPIC Challenge Card has been submitted to the event organisers it may not be used again. If the participant wishes to submit another challenge entry, he/she must register for another EPIC Number Plate.
- The Challenge Photo submitted to the event organisers (once verified by the Judges – see below), will become their Official EPIC Photo, which will be published on EPIC Facebook and Instagram Pages. It is this image which the cyclist must use to generate his/her Likes on social media.
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Judging:

- Judging will be undertaken daily by a Judge's Committee constituted by GRI.
- Once the Judges have verified that the photos and video are authentic. The image will be framed/minted with the GRI and EPIC branding and loaded onto the EPIC Facebook and Instagram Pages. It is this Official EPIC Photo which will be used by the participant to generate his/her official likes on social media.
- The participant may use any other images and or videos to promote the number of likes of his/her Official EPIC Photo.

