



Getting started as a new competitor

By choosing to become a **Mental Athlete** and a competitive memoriser, you are embarking on a lifetime journey of discovering what your amazing brain is capable of. And we guarantee you will indeed be amazed at what you can achieve given a bit of training, a bit of practice and the encouragement of seeing your mental capabilities increase.

Your first step is to read some of **Dominic O'Brien's** books. We recommend "**You can have an amazing memory**". As the eight times **World Memory Champion**, nobody knows more about the subject. Indeed he put his name to the 'Dominic System' used by all competitors.

Step two is to join a memory club either locally to you or online and then start practicing your techniques with fellow members. You will find some helpful videos on the WMC site

Thirdly, enter a local or **national memory competition** and put your new skills to the test. Be encouraged to know that more than one World Memory Champion achieve the top prize with little more than a year to perfect their skills. Everyone starts where you are right now!

There will be minimum achievement criteria which you will have to reach in order to take part in the **World Memory Championships**. These change each year as the achievements of our competitors increases. The minimum criteria for this year's competition will be published on this site.

Welcome to the Mind Sport of Memory. We look forward to recognising your future achievements!

The Competitors' Pledge

By registering as a Accredited Competitor, you agree to act in accordance with the Competitors' Pledge:

I agree to act at all times as an Ambassador for the Mind Sport of Memory and actively to promote the benefits of becoming a Mental Athlete. I pledge to conduct myself in a civilised and dignified fashion at all times, whether representing my nation or myself.

I pledge to uphold the principles of fair play and transparency in accordance with the rules and regulations of the Sport of Memory and in the spirit of the Magna Memoria. Dendritae Jubilent!

There are four age categories for competitors in a Memory Championship:

- Kids – must be 12 years or under in the calendar year of the competition.
- Junior – must be between 13 and 17 years old in the calendar year of the competition.
- Adult – for those between the ages of 18 and 59 in the calendar year of the competition.
- Senior – for those 60 years and over in the calendar year of the competition.

Junior and kid competitors may elect to compete in an adult competition if they desire. Their results will be listed separately from the adult competition.

Titles

The overall winner of a Championship will be entitled to call themselves THE [country] MEMORY CHAMPION [of the competition year] regardless of the age category in which they have competed. The title of Memory Champion is also available for each age category

- Kids Memory Champion
- Junior Memory Champion
- Adult Memory Champion
- Senior Memory Champion

If there are fewer than three competitors in any category, the winning competitor must achieve a minimum total score across the 10 disciplines of 2,099 points in order to be honoured with the title of 'Memory Champion'.

“The great thing about memory sports is that everyone can compete in them. The Championships are based on fundamental cognitive skills that are essential for everybody's survival. “All of us, no matter how appalling we might think our memories are, can – with the correct formulae and a little bit of practice - train our brains and memories to function ever more efficiently and effectively. The contestants to Memory Championships are normal people who've trained their own brains at a level reflecting their true potential.”