



Official Rules and Regulations

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General Rules and Athlete Conduct

It is the responsibility of each Competitor to know and understand the rules for the event and for each specific obstacle. If you do not understand a specific rule it is up to you to ask the race director or volunteer at the obstacle before attempting to complete it.

Any verbal or written race day instructions given in pre race emails, pre race briefings, or by volunteers and/or race marshals will supersede rules in this book.

Unless otherwise noted in the following rule book, during pre-race instructions, or by the specific volunteer at an obstacle, all Competitors are given one attempt to complete each obstacle. What defines “an attempt” is outlined within the race specific rules that follow. However, typically once both feet have left the ground you will be considered committed to that obstacle and must complete it or take the penalty.

In the event that a Competitor attempts but is unable to complete an obstacle, a penalty must be completed before the Competitor may proceed on course. The standard penalty is 30 burpees. If a Competitor miscounts a burpee penalty (or completes an improper burpee), a 30 second penalty per missed burpee will be added to the Competitor’s time. If a Competitor completes fewer than 20 burpees, the penalty is disqualification. The Competitor is solely responsible for counting his/her own burpees, and should not trust/rely on others, including volunteers, to count for them. (See Appendix for what constitutes a complete burpee.)



General Rules and Athlete Conduct (cont'd.)

Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count toward the 30 burpee penalty.

Competitors must count their burpees aloud and may be asked to repeat burpees on the spot, if the judge or volunteer determines the Competitor is not performing correct burpees, while auditing the penalty.

Non-Burpee “Obstacle Failure Penalties” may be employed at certain obstacles at specific events. These will be described in pre-race briefings or by the volunteers at these obstacles.

Certain obstacles will be considered mandatory to complete and have no burpee option for failure. Typically these obstacles include carries and/or crawls. These obstacles will be listed in the rule book or noted in pre-race briefings or by race day staff and volunteers.

Failure to complete any of these obstacles within the scope outlined in this rulebook, the rules provided in the pre race briefing, or instructions given by the obstacle volunteers or race marshals will result in a DQ.



General Rules and Athlete Conduct (cont'd.)

All obstacles must be attempted. An attempt, at a minimum, is defined by touching the obstacle. In other cases it may include entering the water or other difficult terrain, to get to the obstacle itself. Such terrain cannot be bypassed via penalty burpees, unless advised as acceptable in pre-race briefings or by race day staff/volunteers.

It is the responsibility of the Competitor to stay on course. Any Competitor that intentionally or accidentally goes “Off-Course” and is unable to put themselves back “On-Course” where they went “Off-Course” will be disqualified.

Every obstacle, or its penalty if permitted for that obstacle, must be completed in course sequence for a Competitor to continue in competition. If a Competitor cannot complete either the obstacle or the penalty, the Competitor must return to results staff without interfering with other competitors, and inform the results staff of their withdrawal.

Non-Competitor assistance is not permitted on the course. Competitors may not receive gear, water or food on the race course unless provided solely by Spartan Race on course and made available to all Competitors. There is no penalty for verbally interacting with medical personnel; however any form of physical treatment by medical staff (including but not limited to: receiving a bandaid, oxygen, water, or physical evaluation) will result in immediate disqualification.



General Rules and Athlete Conduct (cont'd.)

The winner of each race is determined by the first person to cross the finish line of an Elite heat, regardless of when each Competitor crossed the start line.

Competitor times will be validated by RFID timing chips. It is the Competitor's responsibility to assure the chip is securely fastened and worn across all checkpoints on course. Missing chip times will be subject to independent review, resulting in Competitors being considered for disqualification, at the discretion of Race Director and Head Official.

If a Competitor's timing chip is lost, it must be immediately reported to Timing/Results Staff upon crossing the finish. If a Competitor's timing chip is lost or a Checkpoint is not read by RFID, course marshals may also be used to validate a Competitor's "route" on course..

The protest period for timing, results, disqualification, penalty issues and the like, ends 15 minutes prior to the award ceremony for each event. Any protest a Competitor may have with penalties, or issues that affect the race outcome, must be brought to the Head Official during this time period. In some circumstances Head Official may extend protest periods beyond the award ceremony, at their discretion.



General Rules and Athlete Conduct (cont'd.)

Prior to the results being considered final, a camera review will be completed. Final results may not be posted on-site immediately, pending official review. Competitors may check with the Head Official and/or posted board in Timing/ Results tent to be sure they were not allocated a penalty, so they have time to protest that penalty, review video records, or consult the official who allocated the infraction.

The Race Official reserves the right to continue penalty resolution post-event for those not present, or who are unavailable during the event.

It is up to the Competitor to determine if they were allocated a penalty during the event and protest it during the allowed protest period.

Spartan Race reserves to right to change the standings or race day decisions indefinitely after the event, in cases of intentional or malicious breaking of the rules, including but not limited to, failing of a drug test administered by Spartan Race or a third party as designated by Spartan Race.



General Rules and Athlete Conduct (cont'd.)

Competitors are required to wear Spartan issued headbands at the start line of the race.

In order to be eligible for awards, Competitors agree to wear a Spartan Branded finisher shirt for initial podium photography and videography.

Any outstanding monies owed to Spartan Race must be paid in full prior to Competitor starting the race or they will be subject to DQ.

Pre-running / walking the course, or practicing obstacles prior to the Official start of the event is grounds for disqualification. Exception to this rule is viewing obstacles within the festival area or as otherwise advised by Event Staff.

Competitors may only strike bells present on ANY obstacle using their arms and hands, or any other part of their body above their chest. Using feet, legs, or knees to "kick" the bell is not allowed. Violation of this rule will be considered an obstacle failure. The competitor will not be allowed to retry the obstacle, and must complete 30 burpees or the mandatory penalty for that obstacle. After kicking the bell, leaving the penalty zone before completing the penalty is an immediate disqualification.



General Rules and Athlete Conduct (cont'd.)

Headphones, iPods, mp3 players, music players and other personal audio devices are not to be carried or worn at any time by Elite and Competitive category competitors while on the course. Competitors from these categories who are found with any of these items on their person during competition will be subject to immediate disqualification.

No spectators are allowed on course outside of specific zones designated for spectators. Spectators include all competitors who have already completed the course. Pacing of athletes (pacing is defined as the practice running in front of or along aside another competitor) is strictly prohibited.



General Rules and Athlete Conduct (cont'd.)

An Athlete must complete the event, and complete each obstacle with all the clothing and gear the Athlete had with them at the start of the event. Athletes may set aside gear while doing burpees. An Athlete may only use items to their advantage that are carried with them from the start of the race, Example: hydration pack, clothing and food. Using mechanical aids such as, but not limited to, rigging or trekking poles is not allowed. Items found, natural or man made, are also not permitted as mechanical aids. For example: found sticks used as walking sticks. Leaving items behind on course is grounds for disqualification. Exceptions to this rule may apply to adaptive athletes requiring wheelchair or other aids that may make it impossible or unsafe to complete the obstacle. Pre-placement of gear, nutrition, or hydration on course is not allowed.

Sportsmanlike conduct is expected of all competitors, at all times in all areas of the event and competition. 'Unsportsmanlike Conduct' is grounds for expulsion from the event, expulsion for a year, and/or lifetime expulsion from future events, depending on severity, and at the sole discretion of race officials.



General Rules and Athlete Conduct (cont'd.)

Under no circumstances are Athletes who have witnessed an unattended medical or safety emergency to continue racing until a race official has arrived. Athletes are expected to use their best judgment concerning severity, staying to assist a person or people in trouble, or running to the nearest official for help. The Athlete understands that such actions will affect their competition results. The Athlete understands that it is that timing personnel will not be present and thus, time or placement compensation for medical assistance will not be awarded to the Athlete.

Slower paced athletes must allow faster athletes to pass. Purposefully preventing a faster athlete to advance at any point in the competition falls under the rules of 'Unsportsmanlike Conduct'.

Littering on the course is grounds for disqualification, this includes gear the athlete started the event carrying or wearing.



I. Multiple Attempt Obstacles

- You are able to take as many attempts as needed to complete these obstacles.
- If you are taking multiple attempts you must yield to Competitors making their first attempt.



4', 5', 6', 7', 8' Over Wall

Competitor Instructions:

- Climb up and over the wall without touching the support structure or straps.
- Only women can use the “kickers” where available.

Failure Modes:

- Inability to climb over the wall
- Anyone using the support structure or straps.
- Men using the “kickers”.

Additional Notes:

- Competitors may re-try this obstacle until they complete it properly, or complete the penalty.



Hurdles

Competitor Instructions:

- Climb up and over the wall without touching the support structure or straps.

Failure Modes:

- Inability to climb over the wall
- Anyone using the support structure or straps.

Additional Notes:

- Competitors may re-try this obstacle until they complete it properly, or complete the penalty.



Inverted Wall

Competitor Instructions:

- Climb up and over the wall without touching the support structure or straps.

Failure Modes:

- Inability to climb over the wall
- Anyone using the support structure or straps.

Additional Notes:

- Competitors may re-try this obstacle until they complete it properly, or complete the penalty.



Stairway to Sparta

Competitor Instructions:

- Climb up and over the wall without touching the support structure or straps.
- Only women can use the “kickers” where available.

Failure Modes:

- Inability to climb over the wall
- Anyone using the support structure or straps.
- Men using the “kickers”.

Additional Notes:

- Competitors may re-try this obstacle until they complete it properly, or complete the penalty.



Atlas Carry

Competitor Instructions:

- Pick up the stone, carry it to the other side, put it down, complete 5 burpees, pick up the stone, return stone to the starting point.

Failure Modes:

- Not being able to carry the stones along the marked course.
- Not completing 5 burpees.
- Not Returning stone to Starting point

Additional notes:

- Competitor may put stone down during the carry, however they cannot roll it or allow it to roll.
- If stone is dropped or put down, it must be picked up again at the same spot. If the stone rolls with forward movement after being dropped or placed down, it must be returned to the same spot and picked up before continuing forward again.
- If Competitor cannot complete obstacle or fails the obstacle, the penalty will be 30 burpees total (not 35 as the 5 burpees are considered part of the obstacle.)
- Competitors must start behind designated starting flag.



Flip Obstacles

Competitor Instructions:

- Flip the element (i.e. tire, log, etc.) the required number of times.

Failure Modes:

- Inability to flip the element the required number of times.

Additional Notes:

- Competitor is considered committed to a lane once they have completed one flip.
- Prior to being committed to a lane, a Competitor can change lanes and take multiple attempts.
- Dropping the element is not considered a failure.



Plate Drag

Competitor Instructions:

- Pull the element out until the line is taut. The element cannot be picked up, it must be dragged. Return to the rope attachment point (stake) and pull the element back to the stake, using the rope.

Failure Modes:

- Inability to complete task.
- Not pulling the element out until the rope is taut.
- Not pulling the element all the way back to the stake.
- Lifting the element off the ground, unless build up has blocked the path.
- Rolling the element. It must be dragged.
- Removing the rope from the stake

Additional Notes:

- In some events order may be reversed, (pulling first, followed by dragging).
- Competitor may not carry plate, plate must be touching the ground at all times.
- Competitor may redo the obstacle, including changing lanes, as long as the full “cycle” is completed.



Spartan Sled

Competitor Instructions:

- Pull the sled along the designated route while dragging it.

Failure Modes:

- Inability to complete task.
- Lifting the element off the ground.
- Rolling the element. It must be dragged.

Additional Notes:

- Competitor may not carry sled, sled must be touching the ground at all times.
- Competitor may redo the obstacle, including changing lanes, as long as the full “cycle” is completed.



Water Moats, Rolling Mud, Trenches, Rolling Snow

Competitor Instructions:

- Staying within the boundaries of the obstacle, Competitors must complete marked course.
- No diving.

Failure Modes:

- Not staying within the boundaries of the obstacle, or skirting the obstacle.

Additional Notes:

- Disqualification for skirting; Competitor may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.



Over – Under - Through

Competitor Instructions:

- Navigate OVER the first wall, UNDER the second wall, and THROUGH the last set of walls.

Failure Modes:

- Inability to navigate the walls
- Anyone using the support structure to go over the wall

Additional Notes:

- Walls may be in mixed order. Please ensure to listen to volunteer instructions or posted signs for correct order.
- There is no limit to the number of attempts for each Competitor.



Slip Wall

Competitor Instructions:

- Navigate up and over the wall.
- May use ropes if provided.
- Competitor cannot use supports or side of wall for assistance.

Failure Modes:

- Inability to get up and over the wall
- Using supports to complete obstacle.

Additional Notes:

- There is no limit to the number of attempts for each Competitor.



A-Frame

Competitor Instructions:

- Climb up and over the obstacle.

Failure Modes:

- Inability to climb over the obstacle.
- Using truss or support structure of the obstacle to complete the obstacle, or for an advantage.

Additional Notes:

- If Competitors fail the obstacle due to using truss, they are able to redo obstacle from beginning.



Vertical Cargo Net

Competitor Instructions:

- Climb up and over the obstacle.

Failure Modes:

- Inability to climb over the obstacle.
- Using supports (including natural supports, such as trees) to complete the obstacle.

Additional Notes:

- If Competitors fail obstacle due to using truss (or other supports), they are able to redo obstacle from beginning.



Dunk Wall

Competitor Instructions:

- Proceed under the wall.
- No Diving

Failure Modes:

- Inability to go under the wall.

Additional Notes:

- Competitor must enter water (if present), even if not completing the dunk wall portion of obstacle.
- There is no limit to the number of attempts for each Competitor.



Fire Jump

Competitor Instructions:

- Jump over the fire

Failure Modes:

- Inability to jump over the fire

Additional Notes:

- Disqualification for skirting the obstacle
- Competitor may backtrack and redo the obstacle properly, if skirting was unintentional, or forced by congestion.



Bridge Obstacles

Competitor Instructions:

- Navigate over the bridge.

Failure Modes:

- Inability to climb over the obstacle.
- Using truss or supports under cargo net to your advantage.

Additional Notes:

- If Competitors fail obstacle due to using supports, they are able to redo obstacle from beginning.
- Not all bridges will have cargo nets.



Hercules Hoist

Competitor Instructions:

- Pull the rope to raise the weight until the knot hits the pulley at the top.
- Lower the weight slowly and with control, without releasing the rope until weight reaches the ground (no dropping the weight).
- Competitor must control the rope with their own body. Rope cannot be tied off to the fence or any other object.

Failure Modes:

- Inability to raise the weight all the way to the top.
- Dropping the weight to the ground for any reason (rope slips through or leaves the Competitors hands AND the weight touches the ground).
- Using any outside object to assist in completing of the obstacle, other than use of feet on the fence (see additional notes).



Hercules Hoist

Additional Notes:

- A competitor may make multiple attempts and change lanes at any time, as long as the weight was returned to start position in a controlled manner.
- Competitors may not raise the weight by moving away from the fence, or gain an advantage by moving beyond the immediate vicinity of the fence.
- Unless specifically defined otherwise by Spartan officials, competitors do not need to keep their feet on the ground and may use the fence for leverage.
- Standing on the top of the fence or crossing the fence results in an immediate disqualification (DQ).
- At stadium events, these rules may be modified for safety reasons to require a "no feet on the fence" rule.



Rope Climb

Competitor Instructions:

- Climb the obstacle and ring the bell with your hand.

Failure Modes:

- Not ringing the bell
- Using more than one lane at a time to complete the obstacle
- Using any mechanical device

Additional Notes:

- Competitor may change lanes at any time once returning to the ground and can continue to attempt obstacle as many times as they would like.
- Competitors attempting multiple times should yield to Competitors attempting for the first time.
- Competitors must return the ground in a safe and controlled manner (Competitors cannot drop from the rope).



Bender

Competitor Instructions:

- Climb up and over the wall without touching the support structure, straps, or flag poles.

Failure Modes:

- Inability to climb over the wall
- Anyone using the support structure or straps.

Additional Notes:

- Competitors may re-try this obstacle until they complete it properly, or complete the penalty.
- Competitors are able to use their feet on the rungs.



Snow Quarter Pipe

Competitor Instructions:

- Climb up and over the wall without touching the support structure or straps.

Failure Modes:

- Inability to climb over the wall
- Anyone using the support structure or straps.

Additional Notes:

- Competitors may re-try this obstacle until they complete it properly, or complete the penalty.



Gauntlet

Competitor Instructions:

- Run Through the hanging bags

Failure Modes:

- Inability to run through the bags

Additional Notes:

- Competitors must be within the support structure and cannot skirt the obstacle at any point.



8' Box

Competitor Instructions:

- Climb up and over the box without touching the support structure or straps.
- Only female competitors can use the “kickers” (boosters) where available.

Failure Modes:

- Inability to climb over the box.
- Competitors using the support structure or straps. The support structure includes supports above a competitors' head.
- Male competitors using the “kickers”.

Additional Notes:

- Competitors may attempt this obstacle multiple times until they complete it, or accept the penalty.



Vertical Cargo 2.0

Competitor Instructions:

- Climb up and over the obstacle.

Failure Modes:

- Inability to climb over the obstacle.
- Using supports (including natural supports, such as trees) to complete the obstacle.

Additional Notes:

- The Vertical Cargo 2.0 is considered a single obstacle. A penalty of 30 burpees in total is appropriate for failure at any point.



Ladder Climb

Competitor Instructions:

- Climb to the top of the ladder and ring the bell with your hand.

Failure Modes:

- Not ringing the bell
- Changing to another lane while climbing on the ladder
- Using any mechanical device
- Kicking the bell

Additional Notes:

- A competitor may change lanes once they have returned to the ground and can continue to attempt obstacle as many times as they would like.
- Competitors attempting multiple times should yield to others attempting for the first time.
- Competitors must return the ground in a safe and controlled manner (Competitors cannot drop from the ladder).



II. Single Attempt Obstacles

- Generally these would be skill based obstacles.
- Once you have committed to a lane (as defined within the specific obstacle rules), your attempt will be considered started and you must complete the obstacle or the penalty.



Monkey Bars

Competitor Instructions:

- Traverse the rungs using ONLY your hands/Arms and ring the bell. Feet cannot touch the ground or the rungs.
- Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.

Failure Modes:

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above head.
- Using side supports.
- Not ringing the bell

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.



Tarzan Swing

Competitor Instructions:

- Move from element to element using ONLY your hands. Feet cannot touch the ground or the ropes.
- Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.

Failure Modes:

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above head
- Using side supports

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have crossed the plane of the front supports of the obstacle, or once both feet have left the ground.
- There may be an additional obstacle leading to the Tarzan Swing. Each would be considered a separate obstacle, and failure of both would be 60 burpees.



Pole Traverse

Competitor Instructions:

- Traverse the elements using **ONLY** your hands and ring the bell. Feet cannot touch the ground or the elements.
- Competitor must stay on the bottom of the obstacle. Competitor cannot complete on the top.

Failure Modes:

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above head
- Using side supports
- Not ringing the bell

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.



Spartan Rig

Competitor Instructions:

- Traverse the elements, using **ONLY** your hands, and ring the bell. Feet cannot touch the ground or the elements, unless the element is designed to be touched by your feet (e.g. at foot level).
- Competitor must stay on the bottom of the obstacle. Competitor cannot complete obstacle by climbing on the top.

Failure Modes:

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above the head
- Using side supports
- Not ringing the bell if present

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle once both of competitor's feet have left the starting step.
- Obstacle may end with a wall. The obstacle is complete when the competitor climbs over the wall without touching the ground.



Spear Throw

Competitor Instructions:

- Attempt to throw the spear and have it stick into the spearman (wood or hay)
- Competitor has one attempt

Failure Modes:

- Spear does not stick into the spearman
- Any part of spear is touching the ground, once it comes to a rest.

Additional Notes:

(Continued on next page)



Spear Throw (cont'd.)

Additional Notes:

- An attempt is considered to be in progress once a Competitor releases the spear in a forward motion.
- Competitors are allowed to choose a different spear if they feel there is a defect in the initial spear they chose, however this must be done prior to throwing spear.
- It is the Competitor's responsibility to ensure the tether is placed in a manner such as to not cause entanglement. If tether gets tangled in any manner during a Competitor's throw, it will still be considered an attempt.
- Spear must remain stuck in the spearman until the Competitor has left the designated obstacle area (last spearman), or it will be considered a fail.
- Spear can touch the ground during the throw or during initial entry into target. However, once it comes to a final rest no part of the spear may be touching the ground.



Log Hop

Competitor Instructions:

- Navigate across the top of multiple logs/poles without touching the ground.
- Competitor must touch the last log before any part of the Competitor touches the ground

Failure Modes:

- Touching the ground with any part of the body before touching the last log.
- Using any outside object to assist, such as trekking poles, branches, etc.
- Using any part of a second lane to complete the obstacle.

Additional Notes:

- Competitor is considered committed to a lane once a second log or element is touched with any part of the body.
- Competitor must use a single lane to complete obstacle.
- Competitor may make several attempts to get onto the first log; as long as the Competitor has not committed to a lane they can select another lane.
- Competitor is able to use any part of their body to complete the obstacle, however the last element does need to be touched by at least 1 foot to be considered completed.



Traverse Wall/Z Wall

Competitor Instructions:

- Laterally navigate the wall, using only the holds within your lane, and ring the bell.
- Competitors are not allowed to touch the top of the wall or the ground at any time.

Failure Modes:

- Touching the ground
- Touching the top of the wall after starting
- Not ringing the bell
- Using any mechanical (rigging) assistance to complete the obstacle.

Additional Notes:

- Once 4 points of contact are on the wall hand/foot holds, or the Competitor has touched any block after the 2nd one, they are considered “committed” and can not reset or restart.
- The first hand block and the first foot block must be used when starting the traverse.



Tyrolean Traverse

Competitor Instructions:

- Competitor must traverse the rope and ring the bell.

Failure Modes:

- Inability to ring the bell
- If over dry land, touching ground with any part of the body (to your advantage) before ringing the bell.
- If over water, feet touching the water, if underneath the rope.
- Using any mechanical devices

Additional Notes:

- If the obstacle is over water and the Competitor is completing obstacle on top of the rope, feet may touch the water. If underneath the rope, feet may not touch the water.
- If obstacle is over water, traversing/swimming the water beneath is still required, even if Competitor is unable to complete the traverse by rope.
- If the obstacle is over water, Competitor may continue along rope after hitting bell to minimize swimming.



Slip and Slide

Competitor Instructions:

- Feet first, slide down the obstacle.
- Competitor can not go down the obstacle head first.

Failure Modes:

- Inability to complete the obstacle.
- Going head first down the obstacle.

Additional Notes:

- Competitor is not able to repeat this obstacle.
- Competitors who goes head first must complete burpees before moving on.



Balance Beam

Competitor Instructions:

- Navigate across the top of element without touching the ground.
- Competitor must cross the end of the obstacle (past an invisible line formed by the end of each lane) before any part of the Competitor touches the ground within the obstacle area.

Failure Modes:

- Touching the ground with any part of the body before passing the end of the obstacle.
- Using any device to assist, such as trekking poles, branches, etc.

Additional Notes:

- Competitor is considered committed to a lane once both feet touched the obstacle.
- Competitor may make several attempts to get onto the obstacle, but once both feet have touched obstacle, Competitor may not start again.
- As long as Competitor has not committed to a lane (i.e., touched the obstacle with both feet), they can select another lane.



Slackline

Competitor Instructions:

- Navigate across the top of element without touching the ground.
- Competitor must cross the end of the obstacle (past an invisible line formed by the end of each lane) before any part of the Competitor touches the ground within the obstacle area.

Failure Modes:

- Touching the ground with any part of the body before passing the end of the obstacle.
- Using any device to assist, such as trekking poles, branches, etc.

Additional Notes:

- Competitor is considered committed to a lane once both feet touched the obstacle.
- Competitor may make several attempts to get onto the obstacle, but once both feet have touched obstacle, Competitor may not start again.
- As long as Competitor has not committed to a lane (i.e., touched the obstacle with both feet), they can select another lane.



Memorization test

Competitor Instructions:

- Stop and do as the sign, instructions, or official says.
- Competitors will be tested immediately, later in the day, or possibly not at all.

Failure Modes:

- Answering incorrectly
- Using a mechanical device to assist.

Additional Notes:

- Competitors are not permitted to write down the sequence on their body, equipment or anywhere else.
- Competitors are not permitted to take a picture of sequence.



Spartan Ladder

Competitor Instructions:

- Enter the structure and climb from underside of the obstacle to top and ring the first bell.
- Lower self down on opposite side and ring the second bell.

Failure Modes:

- Touching the ground with any part of the body before ringing both bells.
- Inability to complete task
- Climbing on the top side of the structure.

Additional Notes:

- Competitor is considered committed to a lane once first bell has been rung.



Ape Hanger

Competitor Instructions:

- Climb to top of obstacle via the rope.
- Traverse the rungs, using ONLY your hands, and ring the bell. Competitor feet cannot touch the rungs.
- Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.

Failure Modes:

- Falling off the bar section of the obstacle
- Feet touching bars above the head
- Using side supports
- Inability or unwilling to climb rope
- Not ringing the bell after touching a rung.

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle, once Competitor touches any bars.
- The Ape Hanger is considered a single obstacle. A penalty of 30 burpees total is appropriate for failure at any point.



Olympus

Competitor Instructions:

- Using only your hands on the holds within your lane, Laterally navigate the obstacle and ring the bell.
- Competitors are not allowed to touch the top of the wall or the ground at any time.

Failure Modes:

- Any part of the body touching the ground between the start and finish bell
- Competitor touching the top of the obstacle.
- Competitor touching any of the holds on the wall with their feet.

Additional notes:

- Competitor must start from or behind starting step.
- Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step
- Competitor may place their feet against the wall, however not on the holds, including the cutouts.



Thigh master

Competitor Instructions:

- Move from element to element within a single lane and ring the bell, without touching the ground.

Failure Modes:

- Any part of the body touching the ground prior to ringing the bell.
- Using support poles
- Using multiple lanes to complete the obstacle.

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
- Competitor is able to use the chain supporting the elements for assistance



Dip Walk

Competitor Instructions:

- Move across the obstacles using only your arms.

Failure Modes:

- Any part of the body touching the ground between the start and finish area.
- Competitor using feet on bars.

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
- There is no bell to ring. Competitor must land past the end of the obstacle, prior to feet touching any part of the ground between the start and finish.



Twister

Competitor Instructions:

- Traverse the rungs using ONLY your hands and ring the bell. Feet cannot touch the ground or the rungs.
- Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.

Failure Modes:

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above head.
- Using side supports.
- Not ringing the bell

Additional notes:

- Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.



Snowball Throw

Competitor Instructions:

- Attempt to throw the Snowball and have it hit the target

Failure Modes:

- Missing the Target with the Snowball.

Additional Notes:

- Must hit at least some part of the target. Hitting the spearman structure only does not count.



Rolling Epic

Competitor Instructions:

- Competitors place feet inside straps on the wheel and get into a plank position.
- Competitors then travel from to end line while remaining in plank position.
- Competitors removes straps and then return to starting point and return the wheel.

Failure Modes:

- Any part of the body besides the hands or elbows touching the ground.

Additional Notes:

- Competitors are able to rest in the plank position, however knees, legs, stomach, ETC cannot touch the ground.



Helix

Competitor Instructions:

- Using only the rungs within one lane, laterally navigate the obstacle and ring the bell.
- Competitors are not allowed to touch the top or bottom square supports at any time.

Failure Modes:

- Any part of the body touching the ground between the start and finish bell.
- Using rungs from another lane or crossing over the top of the obstacle.
- Competitor using the supports to their advantage.

Additional notes:

- Competitor must start on the first element or section of the obstacle.
- A competitor is committed to their lane and considered to have attempted the obstacle once any part of their body has touched the second element or section.



III. Mandatory Obstacles

- Generally these will be any carries or crawls.
- If you fail any of these obstacles you may restart the obstacle.
- If you are not able to complete the obstacle, you must turn in your timing chip to a course marshal or official.



Bucket Brigade

Competitor Instructions:

- Fill the appropriate bucket with gravel or sand from the designated area and carry the bucket along the marked route.
- The bucket must return to the start point filled above the holes drilled into the bucket with no light showing. It is advised to overfill the bucket to allow for settling.
- Bucket must be carried with the bottom of the the bucket below the Competitor's shoulders. Do not carry the bucket on or above your shoulders (e.g. neck or head).
- Empty the bucket back into the bin upon completion of the bucket obstacle route. The entire route must be followed.
- Staff / volunteers are not responsible for checking your buckets when you start the carry, only when you return to make a fail / no-fail decision.

Failure Modes:

- Not returning the bucket full to the specified line
- Placing the bucket on shoulders, neck, or head
- Not emptying the bucket into the bin
- Cutting any part of the designated route



Bucket Brigade (cont'd.)

Additional Notes:

- There is no burpee options for this obstacle.
- If Competitor returns with bucket filled below line, the Competitor must redo the entire route.
- A Competitor carrying the bucket above shoulder height will be subject to repeating the obstacle.
- Competitors may place the bucket down as needed. They will not need to restart the course if they do so.
- Competitors cannot pick up gravel or sand along the course, unless it spilled from their bucket and picked up at the time of the spill. Once a Competitor makes substantial forward movement they can no longer pick up materials.
- A Competitor can return to start to at any time add fill to bucket to ensure completion.



Barbed Wire/Low Crawl

Competitor Instructions:

- Crawl under the wire or cords. (Rolling IS allowed).
- Personal belongings must follow same path as Competitors (Competitors cannot leave anything on the side, throw it over the obstacle, etc.).
- No diving.

Failure Modes:

- Walking or running past the obstacle.
- Not carrying personal belongings through the obstacle.
- Going over wire or cord that was designed to go under, unless obstacle has been damaged in a way to make it impractical to navigate otherwise.

Additional Notes:

- There is no burpee options for this obstacle.
- Competitor may make as many attempts as needed.



Sandbag Carry

Competitor Instructions:

- Carry the element on the designated route.

Failure Modes:

- Inability to complete the designated route with the weight
- Damaging or destroying the weight
- Cutting any part of the designated route
- Dragging the weight

Additional Notes:

- Intentionally damaging or destroying the weight will result in disqualification.
- If multiple weights are required they must be carried at the same time. Competitor cannot make significant forward progress with a single weight.
- Weights may be placed down as needed. This is not considered a failure.
- Weights must be carried and cannot be dragged, rolled, pushed, etc.
- If a weight is dropped or placed down and moves forward, Competitor must return back to where it was dropped and restart carry from that spot.



Log Carry

Competitor Instructions:

- Carry the element on the designated route.

Failure Modes:

- Inability to complete the designated route with the weight
- Rolling the log
- Cutting any part of the designated route
- Dragging the weight

Additional Notes:

- Intentionally damaging or destroying the weight will result in disqualification.
- If multiple weights are required they must be carried at the same time. Competitor cannot make significant forward progress with a single weight.
- Weights may be placed down as needed. This is not considered a failure.
- Weights must be carried and cannot be dragged, rolled, pushed, etc.
- If a weight is dropped or placed down and moves forward, Competitor must return back to where it was dropped and restart carry from that spot.



Swim

Competitor Instructions:

- No diving
- Use a personal floatation device (PFD) if directed by volunteers and/or staff

Failure Modes:

- Inability to complete the swim

Additional notes:

- In situations where an alternative route is offered to Competitors, Competitors are still required to enter the water before continuing on, after completing the required penalty.



Spider Web

Competitor Instructions:

- Navigate through the “web” of string, cord, or barbed wire, or similar.
- Pack or any other personal items must follow same route as Competitor.

Failure Modes:

- Walking or running past the obstacle
- Not carrying personal belongings through the obstacle
- Going over wire or cord that was designed to go under, unless obstacle has been damaged in a way to make it impractical to navigate otherwise.

Additional Notes:

- There is no burpee option for this obstacle.
- Competitor may retry the obstacle if it is failed, as long as they have not made significant forward progress along the course.



Farmers Carry

Competitor Instructions:

- Competitors will carry weights around the designated course and return them back to the start point.

Failure Modes:

- Inability to complete the course.
- Cutting any part of the designated route.
- Not carrying the weight by the handles.

Additional Notes:

- If multiple weights are required, they must be carried together. Competitors cannot make significant forward progress with a single weight.
- Weights may be placed down as needed. This is not considered a failure.
- Weights must be carried and cannot be dragged, rolled, pushed, etc.
- If a weight is dropped or placed down and moves forward, Competitor must return the weight back to where it was dropped, and restart the carry from that spot.
- Competitor must start behind designated start flag.



Jump Rope

Competitor Instructions:

- If instructed place band around legs.
- Jump over the rope the prescribed number of times.

Failure Modes:

- Inability to complete the prescribed number of jumps.
- Not placing band around legs if required.

Additional Notes:

- Rope can travel in either direction.
- Competitors can choose to jump with both feet or 1 foot at a time in a “running motion”



Jerry Can Carry

Competitor Instructions:

- Carry the element on the designated route.

Failure Modes:

- Inability to complete the designated route with the weight
- Cutting any part of the designated route
- Dragging the weight

Additional Notes:

- Intentionally damaging or destroying the weight will result in disqualification.
- If multiple weights are required they must be carried at the same time. Competitor cannot make significant forward progress with a single weight.
- Weights may be placed down as needed. This is not considered a failure.
- Weights must be carried and cannot be dragged, rolled, pushed, etc.
- If a weight is dropped or placed down and moves forward, Competitor must return back to where it was dropped and restart carry from that spot.



Push Ups

Competitor Instructions:

- Complete the prescribed amount of pushups.
- Chest must touch the ground and hand must come off the floor at the bottom of the rep.

Failure Modes:

- Inability to complete the prescribed number of push ups.
- Not touching chest to ground or releasing hands at the bottom of the rep.

Additional Notes:

- Must complete push ups within the designated area.



Box Jumps

Competitor Instructions:

- Complete the prescribed amount of Box Jumps.
- Competitor must lock out legs at top of jump

Failure Modes:

- Inability to complete the prescribed number of Box Jumps.
- Not Locking out the legs at the top of the box..

Additional Notes:

- Competitors are able to step down off box. Do not need to jump off box.



IV. Appendix



Proper Burpee Form



CHEST TO FLOOR



FULL HIP EXTENSION



JUMP INTO THE AIR



HANDS OVER YOUR EARS

1. **Drop to the ground**
(chest must hit ground)
2. **Stand up**
(must have full hip extension)
3. **Put your hands up and jump up**
(hands must be at least above your ear, both feet must leave the ground and you must reach full hip extension - body straight and perpendicular to the ground)



Rulebook Change History

1. September 28, 2016: Full edit and publication
2. October 7, 2016: Minor grammar edits, addition of Multi-Rig Obstacle Rules, remove “kickers” from Invert Wall Rules.
3. January 3rd 2017: Added new rules regarding mandatory to wear headbands. (PG 8)
4. January 9th 2017: New Rules added to athlete conduct section. (PG 8-10)
5. January 24th, 2017: New Rules added to athlete conduct section. (PG 8-10)
6. January 27th, 2017: Updated wording of headband rule.
7. February 22nd, 2017: Minor Grammar edits made to entire doc. Added new obstacles
 - a. Bender PG 29
 - b. Snow Quarter pipe PG 30
 - c. The Twistah PG 52
 - d. SnowBall Throw PG 53Added Rolling Snow to the list of obstacles with the same rules PG 19
Updated Dunk wall verbiage for winter race. PG 24
Update Olympus to indicate no feet on the holds. PG 48
8. April 19, 2017: Added new General rules PG 8-9
9. May 12th, 2017. Added Stadium obstacle rules PG 32, 55, 65-68
10. July 5th, 2017. Updated Verbiage to kicking the bell rule. Pg 8

Continued on next page



Rulebook Change History

11. September 7th, 2017

Updated Herc hoist rule PG 29,30

Added Spectator rule PG 9

Changed Racer with competitor on all pages

Added new obstacles

- a) Hurdles PG 14
- b) 8' Box Page PG 35
- c) Vert Cargo 2.0 PG 36
- d) Helix Page PG 60

Moved Rope ladder from single to multiple attempt. Moved to PG 37

Updated Spartan Rig directions. PG 42

Added Arms to rules to clarify intention of rule for Monkey Bars. PG 39