



*KIDS RACE COMPETITION
RULES*

Article I. SCOPE, PURPOSE AND EXCEPTIONS

Section 1.01 SCOPE

These Competitor Rules ("Rules") are set forth by Spartan and apply to all Spartan Kids races globally. These Rules are binding on all participants of any Spartan event in a heat deemed as competitive, generally considered the competitive heats.

Section 1.02 PURPOSE

These Rules are designed to provide a consistent standard to allow athletes to participate in Spartan Events globally in a standardized manner. These Rules are intended:

- (a)** To promote and maintain sportsmanship, equal opportunity and fair play among all racers; and
- (b)** To protect the health, safety, and well-being of participants as much as possible; and
- (c)** To promote the integrity of Spartan events and athletes.

Section 1.03 RULE EXCEPTIONS AND ADDITIONS

For any particular event, a race director may make specific exceptions or additions to these Rules. These changes or additions may be announced via verbal or written race day instructions given in pre race emails, pre race briefings, or by volunteers and/or race marshals.

Article II. GENERAL RULES OF CONDUCT AND PENALTIES

Section 2.01 PREPARATION AND TRAINING

No person shall participate in Spartan events unless such person:

- (a)** Is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition; and
- (b)** Is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

Section 2.02 2 MILE COMPETITIVE

- (a)** All competitive athletes are expected to follow all of the rules set forth in this book and participate in competitive manner.
- (a)** Athletes must race in the age category that corresponds with their age as of 12/31 of the current race year.

- (b) Failure to comply with the rules set forth in this book will result in Disqualification from the event.
- (c) Failure to start in your assigned start time will result in Disqualification from the heat.

Section 2.03 GENERAL CONDUCT

At or during an event, or while at the event site, all participants must:

- (a) Act in compliance with these Competitor Rules;
- (b) Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, staff or volunteers and is considered reasonable and acceptable in the community;
- (c) Treat all participants, staff, volunteers and spectators with fairness, respect and courtesy;
- (d) Refrain from the use of abusive language or conduct; and
- (e) After violating any of the Competitor Rules, report such violation to the Head Referee or retire from the event. Violations will be reported by the staff, volunteers, or course marshalls.

Section 2.04 RACE CONDUCT

All participants in Spartan events must adhere to the rules in this Section 2.04:

- (a) Entire Course. Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in disqualification, unless the racer is able to place themselves back on course at the same spot they went off course. Unless determined by the head referee the violation constituted endangerment under Section 2.4(i). In the event the Head Referee makes such a determination; the penalty shall be disqualification.
- (b) Re-entry. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. If the Head Referee in his sole discretion determines that the violation constituted endangerment under Section 2.4(i), in which case the penalty shall be disqualification.
- (c) Unsportsmanlike Conduct. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed towards participants, staff, volunteers and spectators . Violations of this Section shall result in disqualification or a time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.

- (d) Obstruction.** Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in disqualification.
- (e) Unauthorized Assistance.** No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, or pacing, unless an express exception has been granted and approved, in writing, by Spartan. The receipt of information regarding the progress, timing, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in disqualification.
- (f) Race Numbers.** Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, and on the course. Racers will not be allowed to start the race without their number properly displayed.
- (g) Abandoned Equipment.** No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in disqualification.
- (h) Unauthorized Equipment.** No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Unless otherwise provided for in these Rules, any violation of this Section shall result in Disqualification.
- (i) Endangerment.** No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.
- (j) Wave Starts.** When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an incorrect wave shall be ineligible for awards including qualification to any championship events.

Section 2.05 PARENTAL/GUARDIAN CONDUCT

- (a)** Do not ever leave your child "alone" at the Kids event, and go run your adult race.
- (b)** There will be zero tolerance for any verbal or physical abuse towards a racer. If a parent/guardian berates a child, either their own or someone else's, they will be removed from the area.
- (c)** Adults/Guardians are not permitted to run directly beside their child at any point during the race. Doing so can result in the risk of disqualification of any child that is assisted.
- (d)** Adults/Guardians may not coach the athlete, provide water, food or any other form of assistance. Doing so may result in immediate disqualification.

- (e) Should an injury occur, allow staff and medical to perform the appropriate procedures. Interference from parents/guardians may result in disqualification.
- (f) Parents/Guardians can not stand in the middle of the course.
- (g) Parents/Guardians and their respective athlete have been given matching wristbands at registration. Both of the wristbands must be shown to the appropriate staff member for the parent/guardian and their child to be reunited and effectively leave the course.
- (h) If a parent/guardian is found to have lied about the age of their child, immediate disqualification will occur.
- (i) Parents/Guardians will treat Staff, Course Marshals and Volunteers with respect. Any verbal or physical abuse will be met with possible disqualification of the athlete.
- (j) For International Licensees, wristbands can be made locally. Please see picture below:



Section 2.06 UNREGISTERED PARTICIPANTS

- (a) Any person who participates in any portion of an event without first properly registering and paying any required registration fee shall be suspended or barred from any Spartan event for a period of up to one year.
- (b) Any person who in any way assists another athlete to violate Section 2.5a by providing a race bib to that athlete shall be suspended or barred from any Spartan event for a period of up to one year.
- (c) Any second violation of this Section shall result in a lifetime suspension or ban from Spartan events.

Section 2.07 PENALTIES AND PROHIBITED CONDUCT

Penalties, including disqualification and suspension, may be imposed upon race participants who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of

these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or Spartan. The following penalties may be imposed for a violation of these Rules:

- (a) Assessment of a time penalty
- (b) Disqualification
- (c) Written reprimand or censure
- (d) Suspension from Spartan events (including retroactive suspension), and
- (e) Permanent expulsion from Spartan Events

Section 2.08 ACTS WARRANTING SUSPENSION

In addition to other penalties which may be imposed at the discretion of Spartan, the following acts may be grounds for suspension for a period of time designated by Spartan:

- (a) A flagrant or willful violation of the Competitive Rules;
- (b) Gross or continued unsportsmanlike conduct;
- (c) Physical violence directed toward a race official, participant, volunteer, spectator, or another person;
- (d) Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to Spartan or race officials;
- (e) Intentionally participating in an event despite failure to register;
- (f) Repetitive or recurring violations of the Competitive Rules;
- (g) Failure to notify a race official after withdrawing from a race;
- (h) Violation of the Medical Control Rules as set forth in Article VIII;
- (i) Refusal to abide by the final determination by Spartan of any matter relating to these Rules; and
- (j) Any act which disgraces or brings discredit to the sport of obstacle course racing.

Section 2.09 EFFECT OF SUSPENSION

Any person suspended from Spartan shall be ineligible to participate in any Spartan event and shall be disqualified from any Spartan event during the suspension period and until that person has applied for and received written notice of reinstatement from Spartan.

Section 2.10 REINSTATEMENT

Any person who has been suspended must apply in writing to Spartan for reinstatement after or immediately preceding expiration of the suspension period. The appeal letter for reinstatement should be sent to Justin Ross, Director of US Spartan Kids Race (justinr@spartan.com).

Section 2.11 NOTICE OF DISCIPLINARY ACTION

Any person reprimanded, censured, suspended, or expelled from Spartan shall be entitled to receive reasonable notice of such disciplinary action.

Section 2.12 ACTS OF AGENTS

The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules. 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 alongside another competitor) is strictly prohibited.

Section 2.13 OBSTACLE FAILURE PENALTIES

- (a)** 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.
- (b)** 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.
- (c)** Obstacles are separated into 2 categories: Mandatory Obstacles and Pass/Fail obstacles.
- (d)** Penalty for failure of Mandatory obstacles is disqualification from the event.
- (e)** Penalty for pass/fail obstacles is 15 burpees.
 - (i)** 30 seconds added to time for every missed burpee
 - (ii)** Automatic disqualification for anything under 10 burpees
- (f)** Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count toward the 15 burpee penalty.
- (g)** 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.
- (h)** 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.
- (i)** 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.

- (j) 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 15 burpees or the mandatory penalty for that obstacle. After kicking the bell, leaving the penalty zone before completing the penalty is an immediate disqualification.

Section 2.14 TIME PENALTIES

- (a) 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.
- (b) Prior to the results being considered final, a camera review may be completed if cameras are utilized for the event. 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.
- (c) The Race Official reserves the right to continue penalty resolution post-event for those not present, or who are unavailable during the event. Parents/Guardians can assist their child in this matter.
- (d) 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.
- (e) Spartan Race reserves the 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.

Section 2.15 PRIZES

Distribution of prizes shall comply with the following standards:

- (a) When prizes are available at any event, racers must comply with the following rules in order to be eligible:
- (b) Fill out all required financial paperwork. If applicable.
- (c) Wear spartan approved gear on the podium for the official podium photo.

- (d) Each gender who places on the podium (1st, 2nd, 3rd) gets a gold, silver, or bronze medal. They will also receive either a \$30, \$20 or \$10 merch voucher for onsite sales depending on their finishing position.

Section 2.16 TIMING

The winner of each race is determined by the top times to cross the finish line of a Competitive heat, based off of their initial start time.

- (a) 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 the Race Director and Head Official.
- (b) 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.

Article III. OBSTACLE SPECIFIC RULES

Section 3.01 MULTIPLE ATTEMPT OBSTACLES

These obstacles may be attempted as many times as necessary until successful completion. If taking multiple attempts, one must yield to competitors making their first attempt.

(a) Herc Hoist

(i) Competitor Instructions:

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

(ii) Failure Modes:

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

(iii) Additional Notes:

1. A competitor may make multiple attempts and change lanes at any time,

as long as the weight was returned to starting position in a controlled manner.

2. 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.
3. 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.
4. Standing on the top of the fence or crossing the fence results in an immediate disqualification.
5. At stadium events, these rules may be modified for safety reasons to require a "no feet on the fence" rule.

(b) 4',5',6' Over Wall

(i) Competitor Instructions:

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

(ii) Failure Modes:

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

(iii) Additional Notes

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

(c) Hurdles

(i) Competitor Instructions

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

(ii) Failure Modes

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

(d) Inverted Walls

(i) Competitor Instructions

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

(ii) Failure Modes

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

(iii) Additional Notes

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

(e) Atlas Carry

(i) Competitor Instructions

1. Pick up the stone, carrying it out and back.

(ii) Failure Modes

1. Not being able to carry the stones along the marked course
 2. Not Returning stone to Starting point
- (iii) Additional Notes
1. Competitors may put stone down during the carry, however they cannot roll it or allow it to roll.
 2. 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.
 3. If Competitor cannot complete an obstacle or fails the obstacle, the penalty will be 15 burpees total
 4. Competitors must start behind designated starting flag.
- (f) Flip Obstacles**
- (i) Competitor Instructions
1. Flip the element (i.e. tire, log, etc.) the required number of times.
- (ii) Failure Modes
1. Inability to flip the element the required number of times.
- (iii) Additional Notes
1. Competitor is considered committed to a lane once they have completed one flip.
 2. Prior to being committed to a lane, a Competitor can change lanes and take multiple attempts.
 3. Dropping the element is not considered a failure.
- (g) Plate Drag**
- (i) Competitor Instructions
1. 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.
- (ii) Failure Modes
1. Inability to complete task.
 2. Not pulling the element out until the rope is taut.
 3. Not pulling the element all the way back to the stake.
 4. Lifting the element off the ground, unless build up has blocked the path.
 5. Rolling the element. It must be dragged.
 6. Removing the rope from the stake
- (iii) Additional Notes
1. In some events order may be reversed, (pulling first, followed by dragging).
 2. Competitor may not carry plate, plate must be touching the ground at all times.
 3. Competitor may redo the obstacle, including changing lanes, as long as the full “cycle” is completed.
- (h) Water Moats, Rolling Mud, Trenches, Rolling Snow**

- (i) Competitor Instructions
 1. Staying within the boundaries of the obstacle, Competitors must complete marked course.
 2. No diving.
 - (ii) Failure Modes
 1. Not staying within the boundaries of the obstacle, or skirting the obstacle.
 - (iii) Additional Notes
 1. Disqualification for skirting; Competitor may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.
- (i) Through**
- (i) Competitor Instructions
 1. Navigate through the wall and under any netting/crawl involved.
 - (ii) Failure Modes
 1. Inability to navigate through the wall or under netting.
 2. Anyone using the support structure to go over the wall or crawling on top of netting.
 - (iii) Additional Notes
 1. Walls and crawl may be in mixed order. Please ensure to listen to volunteer instructions or posted signs for correct order.
 2. There is no limit to the number of attempts for each Competitor.
- (j) Slip Wall**
- (i) Competitor Instructions
 1. Navigate up and over the wall.
 2. May use ropes if provided.
 3. Competitor cannot use supports or side of wall for assistance.
 - (ii) Failure Modes
 1. Not staying within the boundaries of the obstacle, or skirting the obstacle.
 - (iii) Additional Notes
 1. Disqualification for skirting; Competitor may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.
- (k) A-Frame**
- (i) Competitor Instructions
 1. Climb up and over the obstacle.
 - (ii) Failure Modes
 1. Inability to climb over the obstacle.
 2. Using truss or support structure of the obstacle to complete the obstacle, or for an advantage

- (iii) Additional Notes
 - 1. If Competitors fail the obstacle due to using truss, they are able to redo obstacle from beginning.

(l) Bridge Obstacles

(i) Competitor Instructions

- 1. Navigate over the bridge.

(ii) Failure Modes

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

(iii) Additional Notes

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

(m) Rope Climb

(i) Competitor Instructions

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

(ii) Failure Modes

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

(iii) Additional Notes

- 1. 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.
- 2. Competitors attempting multiple times should yield to Competitors attempting for the first time.
- 3. Competitors must return to the ground in a safe and controlled manner (Competitors cannot drop from the rope).

(n) Gauntlet

(i) Competitor Instructions

- 1. Run through the hanging bags

(ii) Failure Modes

- 1. Inability to run through the bags

(iii) Additional Notes

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

(o) 6' Box

(i) Competitor Instructions

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

- (ii) Failure Modes
 - 1. Inability to climb over the box.
 - 2. Competitors using the support structure or straps. The support structure includes supports above a competitors' head.
 - 3. Male competitors using the “kickers”.
- (iii) Additional Notes
 - 1. Competitors may attempt this obstacle multiple times until they complete it, or accept the penalty.
- (p) Tractor Pull**
 - (i) Competitor Instructions
 - 1. Pull the sled/weight along the designated route while dragging it.
 - (ii) Failure Modes
 - 1. Inability to complete task.
 - 2. Lifting the element off the ground.
 - 3. Rolling the element. It must be dragged.
 - (iii) Additional Notes
 - 1. Competitor may not carry sled, sled must be touching the ground at all times.
 - 2. Competitor may redo the obstacle, including changing lanes, as long as the full “cycle” is completed.
- (q) Balance Beams**
 - (i) Competitor Instructions
 - 1. Navigate across the top of element without touching the ground.
 - 2. 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.
 - (ii) Failure Modes
 - 1. Stepping off prior to completing obstacle
 - 2. Using assistance
 - (iii) Additional Notes
 - 1. Competitors may re-try this obstacle until they complete it properly, or complete the penalty
- (r) Slackline**
 - (i) Competitor Instructions
 - 1. Navigate across the top of element without touching the ground.
 - 2. 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.

- (ii) Failure Modes
 - 1. Touching the ground with any part of the body before passing the end of the obstacle.
 - 2. Using any device to assist, such as trekking poles, branches, etc.
- (iii) Additional Notes
 - 1. Competitor is considered committed to a lane once both feet touched the obstacle.
 - 2. Competitor may make several attempts to get onto the obstacle, but once both feet have touched obstacle, Competitor may not start again.
 - 3. As long as Competitor has not committed to a lane (i.e., touched the obstacle with both feet), they can select another lane.

Section 3.02 SINGLE ATTEMPT OBSTACLES

Single Attempt Obstacles are generally skill based obstacles. Once a racer has committed to a lane, as defined within the specific obstacle rules, an attempt will be considered started and the obstacle must be completed or a penalty will be enforced.

(a) Monkey Bars

- (i) Competitor Instructions
 - 1. Traverse the rungs using **ONLY** your hands/Arms and ring the bell. Feet cannot touch the ground or the rungs.
 - 2. Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.
- (ii) Failure Modes
 - 1. Any part of the body touching the ground between the start and finish area.
 - 2. Feet touching bars above head.
 - 3. Using side supports.
 - 4. Not ringing the bell
- (iii) Additional Notes
 - 1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of the Competitor's feet have left the starting step.

(b) Spartan Rig

- (i) Competitor Instructions
 - 1. 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).

2. Competitor must stay on the bottom of the obstacle. Competitor cannot
3. complete obstacle by climbing on the top.

(ii) Failure Modes

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

(iii) Additional Notes

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

(c) Spear Throw

(i) Competitor Instructions

1. Attempt to throw the spear and have it hit the target
2. Competitor has one attempt

(ii) Failure Modes

1. Spear tip does not hit the target

(iii) Additional Notes

1. An attempt is considered to be in progress once a Competitor releases the spear in a forward motion.
2. 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.

(d) Traverse Wall/Z Wall

(i) Competitor Instructions

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

(ii) Failure Modes

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

(iii) Additional Notes

1. 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.
2. The first hand block and the first foot block must be used when starting the traverse.

(e) Slip and Slide

(i) Competitor Instructions

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

(ii) Failure Modes

1. Inability to complete the obstacle.
2. Going head first down the obstacle.

(iii) Additional Notes

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

(f) Olympus

(i) Competitor Instructions

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

(ii) Failure Modes

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

(iii) Additional Notes

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

(g) Dip Walk

(i) Competitor Instructions

1. Move across the obstacles using only your arms.

(ii) Failure Modes

1. Any part of the body touching the ground between the start and finish

area.

2. Competitor using feet on bars.

(iii) Additional Notes

1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of the Competitor's feet have left the starting step.
2. 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.

(h) Ball Throw

(i) Competitor Instructions

1. Attempt to throw the ball/snowball and have it hit the target

(ii) Failure Modes

1. Missing the Target with the ball/snowball.

(iii) Additional Notes

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

(i) Rolling Epic

(i) Competitor Instructions

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

(ii) Failure Modes

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

(iii) Additional Notes

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

Section 3.03 MANDATORY OBSTACLES

Generally these will be any carries or crawls. If a racer fails any of these obstacles they may restart the obstacle. If a race is not able to complete the obstacle, they must turn in their timing chip to a course marshal or official.

(a) Bucket Brigade (Uncapped Buckets)

- (i) Competitor Instructions
 - 1. Fill the appropriate bucket with gravel, sand or water from the designated area and carry the bucket along the marked route.
 - 2. 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.
 - 3. Bucket must be carried with the bottom of the bucket below the Competitor's shoulders. Do not carry the bucket on or above your shoulders (e.g. neck or head).
 - 4. Empty the bucket back into the bin upon completion of the bucket obstacle route. The entire route must be followed.
 - 5. 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.
- (ii) Competitor Instruction (Capped Buckets)
 - 1. Select a bucket from the designated area and carry the bucket along the marked route.
 - 2. The bucket must return to the start point filled with the same amount of material.
 - 3. Bucket must be carried with the bottom of the bucket below the Competitor's shoulders. Do not carry the bucket on or above your shoulders (e.g. neck or head).
- (iii) Failure Modes (Uncapped Buckets)
 - 1. Not returning the bucket full to the specified line
 - 2. Placing the bucket on shoulders, neck, or head
 - 3. Not emptying the bucket into the bin
 - 4. Cutting any part of the designated route
- (iv) Failure Modes (Capped Buckets)
 - 1. Not returning the bucket full.
 - 2. Placing the bucket on shoulders, neck, or head
 - 3. Cutting any part of the designated route
- (v) Additional Notes (Uncapped Buckets)
 - 1. There is no burpee option for this obstacle.
 - 2. If Competitor returns with bucket filled below line, the Competitor must redo the entire route.
 - 3. A Competitor carrying the bucket above shoulder height will be subject to repeating the obstacle.
 - 4. Competitors may place the bucket down as needed. They will not need to restart the course if they do so.
 - 5. 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.

6. A Competitor can return to start at any time add fill to bucket to ensure completion.

(vi) Additional Notes (Capped Buckets)

1. There is no burpee options for this obstacle.
2. If Competitor returns with bucket with material missing, the Competitor must redo the entire route.
3. A Competitor carrying the bucket above shoulder height will be subject to repeating the obstacle.
4. Competitors may place the bucket down as needed. They will not need to restart the course if they do so.
5. The caps of the bucket are not permanently attached. If a cap comes loose during the carry and any material spills, the competitor must return to the start with the bucket and lid and select a new bucket and start over.

(b) Bungee Cord/Low Crawl

(i) Competitor Instructions

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

(ii) Failure Modes

1. Walking or running past the obstacle.
2. Not carrying personal belongings through the obstacle.
3. 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.

(iii) Additional Notes

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

(c) Sandbag Carry

(i) Competitor Instructions

1. Carry the element on the designated route.
2. Return to the same location as picked up.

(ii) Failure Modes

1. Inability to complete the designated route with the weight
2. Damaging or destroying the weight

3. Cutting any part of the designated route
 4. Dragging the weight
- (iii) Additional Notes
1. Intentionally damaging or destroying the weight will result in disqualification.
 2. If multiple weights are required they must be carried at the same time. Competitor cannot make significant forward progress with a single weight.
 3. Weights may be placed down as needed. This is not considered a failure.
 4. Weights must be carried and cannot be dragged, rolled, pushed, etc.
 5. 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.

(d) Log Carry

- (i) Competitor Instructions
1. Carry the element on the designated route.
 2. Return to the same location as picked up.
- (ii) Failure Modes
1. Inability to complete the designated route with the weight
 2. Rolling the log
 3. Cutting any part of the designated route
 4. Dragging the weight
- (iii) Additional Notes
1. Intentionally damaging or destroying the weight will result in disqualification.
 2. If multiple weights are required they must be carried at the same time. Competitor cannot make significant forward progress with a single weight.
 3. Weights may be placed down as needed. This is not considered a failure.
 4. Weights must be carried and cannot be dragged, rolled, pushed, etc.
 5. 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.

(e) Spider Web

- (i) Competitor Instructions
1. Navigate through the “web” of string, cord, or barbed wire, or similar.
 2. Pack or any other personal items must follow the same route as Competitor.
- (ii) Failure Modes

1. Walking or running past the obstacle
 2. Not carrying personal belongings through the obstacle
 3. 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.
- (iii) Additional Notes
1. There is no burpee option for this obstacle.
 2. Competitor may retry the obstacle if it is failed, as long as they have not made significant forward progress along the course.
- (f) Farmers Carry**
- (i) Competitor Instructions
1. Competitors will carry weights around the designated course and return them back to the starting point.
- (ii) Failure Modes
1. Inability to complete the course.
 2. Cutting any part of the designated route.
 3. Not carrying the weight by the handles.
- (iii) Additional Notes
1. If multiple weights are required, they must be carried together. Competitors cannot make significant forward progress with a single weight.
 2. Weights may be placed down as needed. This is not considered a failure.
 3. Weights must be carried and cannot be dragged, rolled, pushed, etc.
 4. 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.
 5. Competitor must start behind designated start flag.
- (g) Jump Rope**
- (i) Competitor Instructions
1. Jump over the rope the 10 times.
- (ii) Failure Modes
1. Inability to complete the prescribed number of jumps.
 2. Not placing band around legs if required.
- (iii) Additional Notes
1. Rope can travel in either direction.
 2. Competitors can choose to jump with both feet or 1 foot at a time in a “running motion”
- (h) Push Ups**
- (i) Competitor Instructions
1. Complete the prescribed amount of pushups.

2. Chest must touch the ground and hand must come off the floor at the bottom of the rep.
 - (ii) Failure Modes
 1. Inability to complete the prescribed number of push ups.
 2. Not touching chest to ground or releasing hands at the bottom of the rep.
 - (iii) Additional Notes
 1. Must complete push ups within the designated area.
- (i) Box Jumps**
 - (i) Competitor Instructions
 1. Complete the prescribed amount of Box Jumps.
 2. Competitor must lock out legs at top of jump
 - (ii) Failure Modes
 1. Inability to complete the prescribed number of Box Jumps.
 2. Not Locking out the legs at the top of the box..
 - (iii) Additional Notes
 1. Competitors are able to step down off box. Do not need to jump off the box.
- (j) Sack Hop**
 - (i) Competitor Instructions
 1. Must have both feet inside of the bag and pulled up to waist from start to finish.
 - (ii) Failure Modes
 1. Inability to complete the course distance.
 2. Not keeping feet inside the bag or the bag pulled up.
 - (iii) Additional Notes
 1. Competitors are able to stop midway and continue.
 2. A torn bag will not be grounds for disqualification.
- (K) Slamball**
 - (i) Competitor Instructions
 1. Pick up the ball, raise it above head and throw it to the ground. Repeat for 10 repetitions.
 - (ii) Failure Modes
 1. Not completing a full repetition or correct number reps.
 - (iii) Additional Notes
 1. A ruptured ball is not grounds for disqualification

