



Obstacle Rules Spartan Race

- 1) **The responsibility of each racer is to know and understand rules of the race and all specifications of the obstacles.** If racer does not understand the rules, it is his responsibility to ask the organizer or volunteer before the racer enter the obstacle.
- 2) **Any verbal or written instruction by e-mail before the race, meeting before the race or info from volunteers, race manual have priority before the rules written here.**
- 3) If it is not written otherwise in these rules or during the pre-race instructions or by volunteer at the obstacles, all racers have only 1 try to finish the obstacle. If both feet are on the obstacle, racer must finish the obstacle without touching the ground, otherwise penalty will apply.
- 5) If racer will try to conquer the obstacle but is not able to do so, the racer must do penalty before the racer continue in the race. The penalty is 30 burpees. If racer does not finish the penalty correctly, the racer will get 30 second extra time for each wrong or missing burpee. If racer will do less than 20 burpees, the racer will be disqualified. The racer is responsible for own counting of burpees and cannot depend on volunteers or others counting for the racer.
- 6) Burpees must be done within the burpee zone, otherwise the penalty will not count.
- 7) Racer must say loud every 5th burpee, also the racer can be told to do any burpees again if they are not done correctly.
- 8) Some of the obstacles are mandatory without penalties such as sandbag, barbwire etc. If racer is not able to finish these mandatory obstacles, the racer will be disqualified.
- 9) Racer at every obstacle must try the obstacle – it means at least touch the obstacle, walk through water or hard terrain
- 10) Racer is responsible for stazing on the course during the race, the racer should follow the signs before verbal instructions from people.
- 11) If for any reason racer cannot complete the obstacle or do the penalty, racer must announce this to the volunteer and in the finish line (timing company) say that he quit and give back the timing chip.
- 12) Helping racers (elite, competitive) is not allowed only in open heat category. If racer (elite, competitive) will use help of other people including medical team, other racers - that racer will be disqualified. Racers in elite and competitive heat cannot get help with food, drinks and etc.
- 13) The winner is the racer, who from the elite individual comes first to finish. The time of the racers is measured by timing chip. Racer is responsible for carrying the chip, walking through all the check points and giving the chip back to the organizers. If racer loses the chip, the racer must announce this to the timing company in the finish line so they can manually write his finish time.
- 14) Protest regarding racers, time, results and disqualifications are possible and must be done no later than 60 minutes before award ceremony. Protest fee is based on the country where the race is organized and it is specified in race manual.
- 15) After reviewing recording of the race are results final. Final results does not have to be visible right away. Racer can check final time at the result tent -also extra penalty time or disqualification.
- 16) Organizers have the right to add extra penalty time or disqualification of the racer even after the race after reviewing all materials.
- 17) Organizers have the right to change final results after the race when breaking rules on purpose is found
- 18) **Every racer must have headband on the head with BIB number facing front so referee can easily see it. If racer break this rule, racer will be disqualified.**

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 racers making their first attempt

4", 5", 6", 7", 8" Wall

Racer Instruction:

- Climb up and over the wall without touching the support structure, straps or flags
- 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:

- Racers may re-try this obstacle until they complete it properly, or complete the penalty
- Only Open Heat racers are allowed to help each other to conquer the obstacle (no to use the straps or flags)

Inverted Wall

Racer Instruction :

- Climb up and over the wall without touching the support structure, straps or flags. Men are not allowed to use any horizontal structure which are build as part of the obstacle
- 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:

- Racers may re-try this obstacle until they complete it properly, or complete the penalty
- Only Open Heat racers are allowed to help each other to conquer the obstacle (no to use the straps or flags)

Atlas Carry (Burdens Carry)

Racer Instruction :

- Pick up the stone, carry it to the other side, put it down (not throw down), complete 5 burpees, pick up the stone, return stone to the starting point (not throw down)

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 :

- Racer 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 racer 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.)
- Racers must start behind designated starting flag.

Flip Obstacles

Racer Instruction :

- 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 :

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

Plate Drag (Táhnutí, tažení)

Racer Instruction :

- Pull the element out until the line is taut. The element cannot be picked up, it must be dragged from the sit down position. 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)
- Racer may not carry plate, plate must be touching the ground at all times.
- Racer may redo the obstacle, including changing lanes, as long as the full "cycle" is completed

Spartan Sled

Racer Instruction :

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 :

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

Water Moats, Rolling Mud, Trenches

Racer Instruction :

- Staying within the boundaries of the obstacle, racers must complete marked course.
- No diving
- Racer must finish the obstacle

Failure Modes:

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

Additional Notes :

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

Over – Under - Through

Racer Instruction :

- 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 racer

Slip Wall

Racer Instruction :

- Navigate up and over the wall.
- May use ropes if provided.
- Racer 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 racer
- Only Open Heat racers are allowed to help each other to conquer the obstacle

A-Frame Cargo

Racer Instruction :

- 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 racers fail the obstacle due to using truss, they are able to redo obstacle from beginning

Vertical Cargo

Racer Instruction :

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

Dunk Wall

Racer Instruction :

- Proceed under the wall

Failure Modes :

- Inability to go under the wall

Additional Notes :

- Racer must enter water, even if not completing the dunk wall portion of obstacle a touch the obstacle
- There is no limit to the number of attempts for each racer

Fire Jump

Racer Instruction :

- Jump over the fire

Failure Modes :

- Inability to jump over the fire

Additional Notes :

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

Bridge Obstacles

Racer Instruction :

- Navigate over the bridge

Failure Modes :

- Inability to climb over the obstacle.
- Using truss or supports under cargo net to your advantage (racer cannot walk over the middle or side support)

Additional Notes :

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

Hercules Hoist

Racer Instruction :

- Pull the rope to raise the weight, until the knot hits the pulley at the top.
- Lower the weight slowly and under control, without releasing the rope, until weight reaches the ground. (No dropping the weight)
- Racer cannot hold the rope by foot or sit on the rope

Failure Modes :

- Inability to raise the weight to the top.
- Dropping the weight to the ground for any reason (rope slips through, or leaves the racers hands AND hits the ground)

Additional Notes :

- Racer may take multiple attempts and change lanes at any time, as long as weight was returned to start position in a controlled manner.
- Racers may not raise the weight by walking away from fence or gain an advantage by moving beyond what is considered a reasonable distance from the fencing.
- In CEU Spartan Race it is not allowed to use fences to support your legs, climb the fences and jump to pull the weight
- Racers in open heat are not allowed to help each other

Starway to Sparta

Racer Instruction :

- Climb up and over the wall without touching the support structure or straps.
- Only women can use the “kickers” where available
- Racers cannot go down the obstacle with head down first
- Jump from the obstacle is allowed from the lower half of the obstacle (marked by orange color). If racer jumps from the upper half of the obstacle, the racer will be disqualified
- It is not allowed to laydown on the obstacle and sled down

Failure Modes :

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

Additional Notes :

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

Rope Climb

Racer Instruction :

- Climb the obstacle and ring the bell with your hand
- If the rope climb starts from water, racers must get into the water (not jumped) and start from there.
- No diving

Failure Modes :

- Not ringing the bell
- Ringing the bell with your foot
- Using more than one lane at a time to complete the obstacle
- Using any mechanical device
- Jumping from the top of the rope climb

Additional Notes :

- Racer may change lanes at any time once returning to the ground and can continue to attempt obstacle as many times as they would like.
- Racers attempting multiple times should yield to racers attempting for the first time.
- Racers must return the ground in a safe and controlled manner (racers cannot drop from the rope).
- If the rope climb starts from water, racers must get into the water (not jumped) and start from there

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 Bar

Racer Instruction :

- Traverse the rungs using ONLY your hands and ring the bell by hand only. Feet cannot touch the ground or the rungs.
- Racer must stay on the bottom of the obstacle. Racer 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 :

- Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the starting step
- Racers does not have to use all the rungs of the obstacle. Racer must start using the first rung and must finish the obstacle by ringing the bell by hand or if bell is not on the obstacle, the racer must touch the last structure of the obstacle

Spear Throw

Racer Instruction :

- Attempt to throw the spear and have it stick into the spearman (wood or hay)
- Racer 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 :

- An attempt is considered to be in progress once a racer releases the spear in a forward motion.
- Racers 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 to throwing spear.
- It is the racer's responsibility to ensure the tether is placed in a manner such as to not cause entanglement. If the tether gets tangled in any manner during a racer's throw, it will still be considered an attempt.
- Spear must remain stuck in the spearman until the racer 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

Racer Instruction :

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

- Racer is considered committed to a lane once a second log or element is touched with any part of the body.
- Racer must use a single lane to complete obstacle.
- Racer may make several attempts to get onto the first log; as long as the racer has not committed to a lane they can select another lane.
- Racer is able to use any part of their body to complete the obstacle, however the last element MUST to be touched by at least 1 foot to be considered completed
- Racers CANNOT help each other, penalty will be applied

Traverse Wall/ “Z” Traverse Wall

Racer Instruction :

- Laterally navigate the wall, using only the holds within your lane, and ring the bell.
- Racers 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 any mechanical (rigging) assistance to complete the obstacle

Additional Notes :

- Once 4 points of contact are on the wall hand/foot holds, or the racer 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
- Racer does not have to touch all the blocks of the obstacle and can ring the bell by not touching the last blocks

Tyrolean Traverse

Racer Instruction :

- Racer 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 racer 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 racer is unable to complete the traverse by rope.
- If the obstacle is over water, racer may continue along rope after hitting bell to minimize swimming.

Slip and Slide

Racer Instruction :

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

Failure Modes :

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

Additional Notes :

- Racer is not able to repeat this obstacle.
- Racers going head first must complete burpees before moving on.

Balance Beam

Racer Instruction :

- Navigate across the top of element without touching the ground.
- Racer must cross the end of the obstacle (past an orange line formed by the end of each lane) before any part of the racer 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
- Racer cannot jump from one lane (beam) to other beam

Additional Notes :

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

Memorization test

Racer Instruction :

- Stop and do as the sign, instructions, or official say.
- Racers 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 :

- Racers are not permitted to write down the sequence on their body, equipment

- or anywhere else.
- Racers are not permitted to take a picture of sequence

Dip Walk

Racer Instruction :

- Move across the obstacles using only your arms

Failure Modes :

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

Additional Notes :

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

Multi Rig

Racer Instruction :

- 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).
- Racer must stay on the bottom of the obstacle. Racer cannot complete obstacle on the top.
- Racer can ring the bell by hand without touching the last element of the obstacle. During conquering the obstacle racer DOES NOT HAVE TO use all the elements but must start from the first element of the obstacle

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
- Ringing the bell by last element and not by hand

Failure Modes :

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

Invert Bar

Racer Instruction :

- Racer must finish the obstacle by using legs and hands
- Racer must stay on the bottom of the obstacle. Racer cannot complete obstacle on the top

Failure Modes :

- Racer cannot touch the ground
- Racer must touch the first and last element of the obstacle. If there is a bell, racer must ring the bell by hand

Failure Modes :

- Racer must stay within the lane even though there is no direct lane

Slack-line

Racer Instruction :

- Navigate across the top of element without touching the ground.
- Racer must start from the metal part and finish by touching the medal part of the obstacle by foot
- Racer must cross the end of the obstacle before any part of the racer 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
- Racer cannot jump from one lane (beam) to other beam

Additional Notes :

- Racer is considered committed to a lane once both feet touched the obstacle.
- Racer may make several attempts to get onto the obstacle, but once both feet have touched obstacle, racer may not start again.
- As long as racer has not committed to a lane (i.e., touched the obstacle with both feet), they can select another lane.
- Racers are not allowed to help each other
- Racer must start from the metal part and finish by touching the medal part of the obstacle by foot

Olympus

Racer Instruction :

- Laterally navigate the wall, using only the holds within your lane (chains, boulders) that can be touched by hands only, and ring the bell.
- Racers are not allowed to touch the top of the wall or the ground at any time
- Racer does not have to touch all the elements of the obstacle (chains, boulders). Important is to ring the bell by hand at the end of the obstacle

Failure Modes :

- Any part of the body touching the ground between the start and finish bell
- Racer touching the top of the obstacle.
- Racer touching any element of the obstacle (chains, boulders) by legs
- Racer does not ring the bell by hand

Additional Notes :

- Racer must start from or behind starting step.
- Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the starting step
- Racer can place the legs on the obstacle but not on the elements (boulders)

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

Racer Instruction :

- 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 racer' 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 routeduring the course
- Filling up the bucket during the course will lead to disqualification

Additional Notes :

- There is no burpee options for this obstacle.
- If racer returns with bucket filled below line, the racer must redo the entire route.
- A racer carrying the bucket above shoulder height will be subject to repeating the obstacle.
- Racers may place the bucket down as needed. They will not need to restart the course if they do so.
- Racers 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 racer makes substantial forward movement they can no longer pick up materials.
- A racer can return to start to at any time add fill to bucket to ensure completion

Barbed Wire Crawl

Racer Instruction :

- Crawl under the wire or cords. (Rolling IS allowed).
- Personal belongings must follow same path as racers (racers 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.
- Racer may make as many attempts as needed

Sandbag Carry

Racer Instruction :

- 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, throwing or rolling 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. Racer 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, racer must return

Log Carry

Racer Instruction :

- 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, throwing or rolling 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. Racer 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, racer must return

Swimming

Racer Instruction :

- No diving
- Use a personal floatation device (PFD) if directed by volunteers and/or staff
- Racers are not allowed to use the rope to move forward, otherwise they will be disqualified (Elite, competitive heat). Racers can touch the rope only when rest is needed. If racer receive any help during the swimm, rules regarding helping on course will apply (elite, competitive heat).

Failure Modes :

- Inability to complete the swim

Additional Notes :

- In situations where an alternative route is offered to racers, racers are still required to enter the water before continuing on, after completing the required penalty.
- Penalty range is from 30 – 150 Burpees

Spider Web

Racer Instruction :

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

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.
- Racer may retry the obstacle if it is failed, as long as they have not made significant forward progress along the course.

Walker Walk

Racer Instruction :

- Racer must place the rubber band around the ankles and do the course by jumping
- Racer must finish all the obstacles on the course
- Racer must carry all the things he/she has (backpack and etc) on the course and obstacles, racer cannot leave it on the ground or give it to somebody

Failure Modes :

- If racer will walk and not jump, racer must return to the beginning and start jumping again
- Cutting the course short or skipping any obstacle on the course
- racer cannot roll, such a action will lead to DQF

Additional Notes :

- racer cannot damage the rubber band on purpose in order to move faster. Such a action will lead to DQF.