



2019 CEU LIST OF OBSTACLES

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Section 1 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).

(ii) Additional Notes:

1. 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.
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. Competitors can not step or sit on the the rope during pulling the weight.
5. Standing on the top of the fence or crossing the fence results in an immediate DQ.

(b) 4',5',6',7',8' 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.
3. Use of 'kicker' block by men.



(c) Hurdles

- (i) Competitor Instructions:
 1. Climb up and over the obstacle without touching the support structure or straps.
- (ii) Failure Modes:
 1. Inability to climb over the obstacle.
 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.

(e) Atlas Carry

- (i) Competitor Instructions:
 1. 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.
- (ii) Failure Modes:
 1. Not being able to carry the stones along the marked course.
 2. Not completing 5 burpees.
 3. 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 obstacle or fails the obstacle, the penalty will be 30 burpees total (not 35 as the 5 burpees are considered part of the obstacle.)
 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.
4. While engaging with the tire obstacle(s), participants may not stand inside of the tire when flipping it. They must engage with the tire from the outside of it.

(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. However competitor is allow dislodge a stuck sled, but no forward movement can be completed.
 3. Competitor may redo the obstacle, including changing lanes, as long as the full "cycle" is completed. If changing lanes sled must be returned to starting position before starting new lane.

(h) Water Moats, Rolling Mud, Trenches, Rolling Snow

- (i) Competitor Instructions:
 1. Pass through the pits from one end to the other while staying within the marked course all time.
 2. Must not skirt obstacle to avoid significant engagement with pits, regardless of course marking.
 3. No diving.
- (ii) Failure Modes:
 1. Not staying within the boundaries of the obstacle, or skirting the obstacle.
 2. Diving.
- (iii) Additional Notes:
 1. Competitor may reenter the pit at the point of exit if skirting was unintentional, or forced by congestion



(i) Over-Under-Through

- (i) Competitor Instructions:
 - 1. Navigate OVER the first wall, UNDER the second wall, and THROUGH the last set of walls.
- (ii) Failure Modes:
 - 1. Inability to navigate the walls.
 - 2. Anyone using the support structure to go over the wall.
- (iii) Additional Notes:
 - 1. Walls may be in mixed order. Please ensure to listen to volunteer instructions or posted signs for correct order.

(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. DQ 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 using the netting only, the horizontal truss at the base and peak, and any horizontal pipes for support.
- (ii) Failure Modes:
 - 1. Inability to climb over the obstacle.
 - 2. Using any truss, other than horizontal pieces, for support or aiding in upward or downward momentum.
- (iii) Additional Notes:
 - 1. Horizontal truss or supports are able to be used to complete the obstacle.

(l) Fire Jump

- (i) Competitor Instructions:
 - 1. Jump over the fire.
- (ii) Failure Modes:

1. Inability to jump over the fire.
- (iii) Additional Notes:
1. DQ for skirting the obstacle.
 2. Competitor may backtrack and redo the obstacle properly, if skirting was unintentional, or forced by congestion.

(m) Bridge

- (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.

(n) 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 me 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 the ground in a safe and controlled manner (Competitors cannot drop from the rope).

(o) 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.

(p) 8' Box

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

(q) Spartan Sled

- (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 and moving in a forward motion.
 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. Sled must be returned to starting position before changing lanes.

(r) Stairway to Sparta

- (i) Competitor Instructions:
 1. Climb up and over the wall without touching the support structure or straps.
 2. Only women can use the “kickers” where available.
- (ii) Failure Modes:
 1. Inability to climb over the wall.
 2. Anyone using the support structure or straps.
 3. Men using the “kickers”.

(s) Vertical Cargo Net

- (i) Competitor Instructions:



1. Climb up and over the obstacle using the neng only.
- (ii) Failure Modes:
 1. Inability to climb over the obstacle.
 2. Using supports (including natural supports, such as trees) to complete the obstacle.
- (iii) Additional Notes:
 1. If Competitors fail obstacle due to using side truss (or other supports), they are able to redo obstacle from beginning.

(t) Dunk Wall

- (i) Competitor Instructions:
 1. Proceed under the wall.
 2. No Diving.
- (ii) Failure Modes:
 1. Inability to go under the wall.
- (iii) Additional Notes:
 1. Competitor must enter water (if present), even if not completing the dunk wall portion of obstacle.

(u) Bender

- (i) Competitor Instructions:
 1. Climb up and over the obstacle without touching the support structure, straps, or flag poles.
- (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.
 2. Competitors are able to use their feet on the rungs.

(v) Snow Quarter Pipe

- (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.



(w) Vertical Cargo 2.0

- (i) Competitor Instructions:
 - 1. Climb up and over the obstacle.
- (ii) Failure Modes:
 - 1. Inability to climb over the obstacle.
 - 2. Using supports (including natural supports, such as trees) to complete the obstacle.
- (iii) Additional Notes:
 - 1. The Vertical Cargo 2.0 is considered a single obstacle. A penalty of 30 burpees in total is appropriate for failure at any point.

(x) Ladder Climb

- (i) Competitor Instructions:
 - 1. Climb to the top of the ladder and ring the bell with your hand.
- (ii) Failure Modes:
 - 1. Not ringing the bell.
 - 2. Changing to another lane while climbing on the ladder.
 - 3. Using any mechanical device.
 - 4. Kicking the bell.
- (iii) Additional Notes:
 - 1. 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.
 - 2. Competitors attempting multiple times should yield to others attempting for the first me.
 - 3. Competitors must return to the ground in a safe and controlled manner (Competitors cannot drop from the ladder).

Section 2 SINGLE ATTEMPT OBSTACLES

Single Attempt Obstacles are generally skill based obstacles. Once a competitor 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 (to your advantage).



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 Competitor's feet have left the starting step.

(b) Multi- Rig

(i) Competitor Instructions:

1. Traverse the elements, using ONLY your hands, and ring the bell. Feet cannot touch the ground (to your advantage) 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 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 competitor's feet have left the starting step.
2. Obstacle may end with a wall. The obstacle is complete when the competitor transfer climbs over the wall without touching the ground.

(c) Spear Throw

(i) Competitor Instructions:

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

(ii) Failure Modes:

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

(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.
3. 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.
4. 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.
5. Spearman is considered any part of the structure including bracing.
6. 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.

(d) Travers Wall/Z Wall

- (i) Competitor Instructions:
 1. Laterally navigate the wall, using only the holds within your lane, and ring the bell.
 2. Competitors are not allowed to touch the top of the wall, the ground, or any section other than the designated holds including the cutout at any time.
- (ii) Failure Modes:
 1. Touching the ground.
 2. Touching the top of the wall after starting.
 3. Touching the cutout to the competitors advantage.
 4. Not ringing the bell.
 5. 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.
 3. You do not need to use all the holds provided. You can skip any holds including the final holds in order to hit the bell. However if any part of your body hits the ground before the bell it will be considered a fail.

(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 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.
4. Competitors can use any combination of the holds provided.

(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 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 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 remove 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.

(j) Balance Beams

- (i) Competitor Instructions:
1. Navigate across the top of element without using any part of their body other than their legs, and 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 are considered to have attempted the obstacle once their whole body has crossed the start (past an invisible line formed by the start of each lane).
 2. Once started competitors cannot use another lane including touching it with any part of their body to regain balance.

(k) Slackline

- (i) Competitor Instructions:
1. Navigate across the top of element without using any part of their body other than their legs, and 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 have touched the obstacle.
2. Competitor may make several attempts to get onto the obstacle, but once both feet have touched the 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.

(l) Tarzan Swing

(i) Competitor Instructions:

1. Move from element to element using ONLY your hands. Feet cannot touch the ground or the ropes.

(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.

(iii) Additional Notes:

1. 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.
2. 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.

(m) Log Hop

(i) Competitor Instructions:

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

(ii) Failure Modes:



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

(iii) Additional Notes:

1. Competitor is considered committed to a lane once a second log or element is touched with any part of the body.
2. Competitor must use a single lane to complete obstacle.
3. 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.
4. 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.

(n) Tyrolean Traverse

(i) Competitor Instructions:

1. Competitor must traverse the rope and ring the bell.

(ii) Failure Modes:

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

(iii) Additional Notes:

1. 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.
2. If obstacle is over water, traversing/swimming the water beneath is still required, even if Competitor is unable to complete the traverse by rope.
3. If the obstacle is over water, Competitor may continue along rope after hitting bell to minimize swimming.
4. Racers can complete obstacle either on top or bottom of the rope.

(o) Memorization Wall

(i) Competitor Instructions:

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

(ii) Failure Modes:

1. Answering incorrectly.



2. Using a mechanical/writing device to assist.

(iii) Additional Notes:

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

(p) Spartan Ladder

(i) Competitor Instructions:

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

(ii) Failure Modes:

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

(iii) Additional Notes:

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

(q) Ape Hanger

(i) Competitor Instructions:

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

(ii) Failure Modes:

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

(iii) Additional Notes:

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

(r) Thigh Master

(i) Competitor Instructions:



1. Move from element to element within a single lane and ring the bell, without touching the ground.
- (ii) Failure Modes:
1. Any part of the body touching the ground prior to ringing the bell.
 2. Using support poles.
 3. Using multiple lanes to complete the obstacle.
- (iii) Additional Notes:
1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
 2. Competitor is able to use the chain supporting the elements for assistance.

(s) Twister

- (i) Competitor Instructions:
1. Traverse the rungs using ONLY your hands and ring the bell. Feet cannot touch the ground (to your advantage) 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. Using the pipe or structure the rungs are welded to for assistance.
 3. Feet touching bars above head.
 4. Using side supports.
 5. Not ringing the bell.
- (iii) Additional Notes:
1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
 2. When an option is provided between grips and no grips, Elite competitors are not required to choose a specific option.
 3. You are allowed to grab the truss in between segments of the twister grips in order to transition from one to the next.

(t) Helix

- (i) Competitor Instructions:
1. Using only the rungs within one lane, laterally navigate the obstacle and ring the bell.
 2. Competitors are not allowed to touch the top or boom square supports at any me.
- (ii) Failure Modes:
1. Any part of the body touching the ground between the start and finish bell.
 2. Using rungs from another lane or crossing over the top of the obstacle.



3. Competitor using the supports to their advantage.
- (iii) Additional Notes:
1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
 2. When an option is provided between grips and no grips, Elite competitors are not required to choose a specific option.

Section 3 MANDATORY OBSTACLES

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

(a) Bucket Carry (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 boom of the the bucket below the Competor'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 boom of the 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.
5. Not filling your own bucket with rocks from the bin.



- (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 with a properly filled bucket.
 - 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 to at any time and refill 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) Barbed Wire/Low Crawl

- (i) Competitor Instructions:
 - 1. Crawl under the wire or cords. (Rolling is allowed).
 - 2. Personal belongings must follow 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. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
2. Return element(s) to correct location as designated by Spartan.

(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.
5. Carrying the incorrect element or amount of elements.

(iii) Additional Notes:

1. Intentionally damaging or destroying the weight will result in DQ.
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. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
2. Return element(s) to correct location as designated by Spartan.

(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 DQ.
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 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. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
 2. Return element(s) to correct location as designated by Spartan.
- (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 prescribed number of 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 hands 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 box.
 2. Resting during the completion is allowed, however if active competitors are waiting for a space you must yield to them.



(j) Swim

- (i) Competitor Instructions:
 - 1. No diving.
 - 2. Use a personal floatation device (PFD) if directed by volunteers and/or staff.
- (ii) Failure Modes:
 - 1. Inability to complete the swim.
- (iii) Additional Notes
 - 1. 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.

(k) Jerry Can Carry

- (i) Competitor Instructions:
 - 1. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
 - 2. Return element(s) to correct location as designated by Spartan.
- (ii) Failure Modes:
 - 1. Inability to complete the designated route with the weight.
 - 2. Cutting any part of the designated route.
 - 3. Dragging the weight.
- (iii) Additional Notes:
 - 1. Intentionally damaging or destroying the weight will result in DQ.
 - 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.

(l) Armer

- (i) Competitor Instructions:
 - 1. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
 - 2. Return element(s) to correct location as designated by Spartan.
- (ii) Failure Modes:



1. Inability to complete the designated route with the weight.
2. Cutting any part of the designated route.
3. Carrying the weight by any means other than the chain.
4. Carrying the incorrect weight for your heat.

(iii) Additional Notes:

1. Intentionally damaging or destroying the weight will result in DQ.
2. If multiple weights are required they must be carried at the same me. 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.

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