



2024 RULES OF COMPETITION



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1. PART A

SCOPE, PURPOSE AND VARIATIONS

1.1 SCOPE

1.1.1 The following rules of competition ("Rules") are set forth and governed by Spartan and apply to all Spartan events and competitions globally. These Rules are binding on all competitors participating in any Spartan event.

1.2 PURPOSE

1.2.1 These Rules explain how a race should be officiated and seek to:

- a) ensure that all Spartan events are conducted in a fair and consistent manner and with a spirit of sportsmanship and integrity; and
- b) provide clear guidelines to facilitate globally standardized competition; and
- c) protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport of obstacle course racing.

1.3 VARIATIONS AND AMENDMENTS

1.3.1 Spartan may from time to time change these Rules and make further Rules in its absolute discretion.

1.3.2 The English language version of these Rules shall be controlling in all respects and shall prevail in case of any inconsistencies with translated versions, if any.



2. PART B

DEFINITIONS OF KEY TERMS

2.1 DEFINITIONS

2.1.1 Categories: the various types of competitor levels defined as either Competitive or Open (regular events) or Pro, Age Group, and Open (championship events).

2.1.2 Head Official: a person designated by Spartan as the chief decision maker on all matters of Rules at any event, and the ultimate authority for enforcing and interpreting these Rules.

2.1.3 Official: Any representative of Spartan designated to carry out event activities and responsibilities in a position of authority. This includes staff members, referees, and volunteers.

2.1.4 Heats and Waves: groups of competitors belonging to a category and separated by individual start times and/or pace groups.

2.1.5 Mandatory Obstacles: any obstacle which a competitor must complete before progressing further on the course during a race.

2.1.6 Multiple Attempt (Pass/Fail) Obstacles: any obstacles that may be attempted as many times as necessary until successful completion or a penalty is awarded.

2.1.7 Single Attempt (Pass/Fail) Obstacles: any obstacle where once a competitor has committed to an attempt as defined within the specific rules for that obstacle, the obstacle must be completed successfully or a penalty will be awarded.

2.1.8 Referee: a Spartan appointed official tasked to ensure that all Rules are adhered to, usually posted at obstacles and in the video review tent, reporting to the Head Official.

2.1.9 Race Director: the Spartan appointed person responsible for the overall operations and execution of a Spartan event.

2.1.10 Truss: the main supporting structure of an obstacle typically seen as metal tubed diagonal, vertical, and horizontal load bearing beams & supports.

2.1.11 Timing and Results: the finish times of competitors in any particular race, and their overall position in their respective Category of competition.



3. PART C

GENERAL RULES AND PENALTIES

3.1 PREPARATION AND TRAINING

3.1.1 No person shall participate in a Spartan event unless that 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 and other medical examinations, if any, and generally accepted standards of good health.

3.2 COMPETITION STANDARD

- a) All Competitive category racers are expected to explicitly follow all of these Rules and participate in a spirited and competitive manner.
- b) Open category racers are also encouraged to abide by these Rules in the spirit of sportsmanship and personal accountability, despite the more relaxed atmosphere within this category.
- c) The Head Official is ultimately responsible for the execution and upholding of these Rules.
- d) Any competitor that fails to start in their assigned heat start time may receive a time penalty or be disqualified.



3.3 PASS / FAIL OBSTACLES

3.3.1 Single Attempt obstacles are considered Pass/Fail obstacles as defined in Section 2.1.7.

3.3.2 Multiple attempt obstacles are considered Pass/Fail obstacles as defined in Section 2.1.6.

3.4 TIME PENALTIES

3.4.1 During the race or during the post-race review period prior to the awards, if it is determined that a competitor attempted and failed a Pass/Fail obstacle but did not complete the mandatory penalty loop, a 10 minute time penalty shall be added to their overall finish time.

3.4.2 During the race or during the post-race review period prior to the awards, if it is determined that a competitor missed any repetitions of a repetition based obstacle, a 30 second time penalty per missed repetition shall be added to their overall finish time.

3.5 GENERAL CONDUCT

3.5.1 When participating in a Spartan event and while on an event site, all competitors must:

- a) act in compliance with these Rules; and
- b) treat all fellow competitors, Spartan staff members, Spartan volunteers, spectators, and members of the public with fairness, respect and courtesy at all times; and
- c) refrain from the use of abusive, threatening, or insulting language or conduct; and
- d) report any personal violation of these Rules to the Head Official or voluntarily withdraw from the event.



3.5.2 Violations of General Conduct may result in a penalty depending on the severity of the violation, as determined at the sole discretion of the Head Official.

3.6 RACE CONDUCT

3.6.1 When on course during competition, competitors must:

- a) cover the official course in its entirety. It is each competitor's responsibility to follow the course correctly; and
- b) not intentionally impede another competitor's forward progress. Jostling, running across, charging, or otherwise interfering with other competitors is prohibited; and
- c) not accept from any person, other than a Spartan official, physical assistance in any form including taking or utilizing given food/drink (excluding official aid stations), equipment, physical support, or pacing unless an express exception has been granted and approved in writing by Spartan. The receipt of information regarding the progress, race times and results, or location of other competitors on the official course shall not be considered the acceptance of unauthorized assistance; and
- d) be solely responsible for plainly displaying their race number on their headband at all times, and shall maintain the race number on the headband in an unaltered, unobstructed and readable state at the start and finish lines, and on the course at all times. A competitor may momentarily protect their headband during situations where it may be lost; and
- e) not start the race without their headband and race number properly displayed. Competitors must only use a race number assigned specifically to them for each event.

3.7 ABANDONED EQUIPMENT

3.7.1 No competitor shall leave any equipment or personal items on a race course, regardless of their position on the course. Littering is strictly prohibited. Food wrappers and other packaging may be disposed of in designated trash bins. Any competitor in violation of this rule will be subject to disqualification at the discretion of the Head Official.

3.7.2 Any equipment carried by a competitor before attempting an obstacle must be carried by them on their person throughout all stages of the attempt. Discarding equipment during the attempt, even if done momentarily, is not permitted. Any competitor in violation of this rule will be subject to a 10 minute penalty at the discretion of the Head Official.



3.8 UNAUTHORIZED EQUIPMENT

3.8.1 No competitor shall use any equipment which the Head Official determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other competitors.

3.8.2 No competitor shall, at any time during an event, use or wear a hard cast, crampons or metal studs, external rigging, trekking poles, headsets, radios, personal audio devices including MP3 players, glue, non liquid chalk or any other item deemed to provide a competitive advantage by the Head Official. Gloves, athletic tape, or first aid bandages are permitted to be used. Unless otherwise provided for in these Rules, any competitor in violation of this rule will be subject to disqualification.

3.9 RACE AND HEAT STARTS

3.9.1 All competitors shall start in and with their assigned starting heat, wave or group. Any competitor who starts in an incorrect heat shall be ineligible for awards including qualification to any championship events.

3.9.2 Competitive racers who do not start within a Competitive heat will be disqualified from the competition and must be reassigned to an Open heat

3.9.3 The start of the Competitive Awards ceremony will be considered the official cutoff time for podium award eligibility. Any racer achieving a top 3 overall or age group finish after this time may become ineligible for podium awards.

3.9.4 A competitor may not pre-run a designated Spartan course or engage with any obstacle on the course prior to race day unless explicitly approved beforehand by the Race Director and/or Head Official. Violation of this rule shall result in disqualification.

3.10 UNREGISTERED COMPETITORS

3.10.1 Any person who participates in any part of an event without first properly registering and paying any registration fees as stipulated by Spartan may be suspended or barred from all Spartan events for a period of up to one year.

3.10.2 Any person who assists a competitor with unregistered or unauthorized event entry by providing a race number, headband, and/or timing chip to that competitor may be suspended from all Spartan events for a time period to be determined at Spartan's discretion, including a lifetime ban from all Spartan events.



3.11 ACTS WARRANTING SUSPENSION

3.11.1 In addition to other penalties outlined in these Rules 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 at its discretion:

- a) flagrant or willful violation of the Competitive Rules; and
- b) gross or continued unsportsmanlike conduct; and
- c) physical violence directed toward a race official, competitor, volunteer, spectator, or another person; and
- 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; and
- e) intentionally participating in an event despite failure to register; and
- f) repetitive or recurring violations of the Rules; and
- g) failure to notify a race official after withdrawing from a race; and
- h) violation of the Anti Doping Rules set forth in Section 3.19; and
- i) refusal to abide by the final determination and judgment by Spartan of any matter relating to these Rules; and
- j) any act which disgraces or brings discredit to Spartan or the sport of Spartan obstacle course racing (Spartan OCR).
- k) providing, sharing, or using a Pro Band that was not earned by the athlete wearing it

3.12 EFFECT OF SUSPENSION

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

3.13 REINSTATEMENT

3.13.1 Any person who has been suspended must apply in writing to Spartan for reinstatement after or immediately preceding expiration of the suspension period.



3.14 ACTS OF AGENTS

3.14.1 The conduct of any agent, coach, manager, friend, or family member representing a competitor shall constitute grounds for penalizing such competitor if such person's conduct violates any of these rules.

3.15 SPECTATORS

3.15.1 There may be instances where spectators are not permitted to stand beside the course at the discretion of the Race Director. Spectators include all competitors who have already completed the course.

3.15.2 Spectators are not permitted on course where there is intent to provide an unfair advantage for a competitor. Following a competitor along a carry (e.g. bucket, sandbag or log carry) or into restricted areas at or near an obstacle is not allowed. Verbally coaching or cheering on a competitor while at an obstacle is permitted.

3.16 PACING

3.16.1 The pacing of competitors by any person is strictly prohibited. Pacing is defined as running with or near a competitor, in between obstacles, with the intent of assisting the competitor by giving instruction, coaching, or to set a pace.

3.17 GENERAL OBSTACLE GUIDELINES

3.17.1 Obstacles are separated into 2 categories, Mandatory Obstacles and Pass/Fail Obstacles.

3.17.2 The penalty for the failure of Mandatory Obstacles is disqualification from the event. At the race director's discretion a time penalty can be substituted for a disqualification depending on the severity of the infraction.

3.17.3 The penalty for Pass/Fail Obstacles is:

- a) Spartan OCR : penalty loop
 - i) Loop distance may be modified due to terrain or the addition of a carry, crawl, or other impediment

- b) For Stadion events the penalty will remain as 15 burpees for all heats.

3.17.4 One complete burpee consists of one cycle between two body positions, referred to as "top" and "bottom". The competitor must move from the bottom position to the top position, followed by a jump.

- a) The top position is defined as a balanced, upright standing position that any person could maintain over an extended period of time without



falling over, forwards or backwards. A competitor's hips and knees should be extended, not bent.

- b) The bottom position is lying prone on the ground, with the competitor's chest touching the ground.
- c) Once a competitor returns to the top position from the bottom position, they should perform a jump with their hands extended upwards above their ears.

3.17.5 Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count towards the burpee penalty. Race officials may designate additional burpee zones in cases where a burpee zone no longer has room, or to separate categories of competitors.

3.17.6 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 a penalty, unless advised as acceptable in pre-race briefings or by race day staff/volunteers.

3.17.7 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 the mandatory penalty for that obstacle.



3.17.8 In the case of obstacle failure caused by significant physical interference from another competitor, the affected competitor may restart the obstacle with no additional penalty after receiving permission from an Official.

3.17.9 Obstacles may have different male and female completion options. Where present, competitors are required to complete the option based on their registered gender category. Female competitors may choose to forgo using a female specific kicker or step.

3.18 POST RACE REVIEW AND PENALTIES

3.18.1 Prior to race results being considered final, an official video review process should take place. Because of this, an event's final results may not be posted on-site immediately, pending the outcome of this official review.

3.18.2 During the official video review process Race Officials reserve the right to assess penalties including, but not limited to, a time penalty of 10 minutes or disqualification for obstacle failures and/or infractions.

3.18.3 Penalties given during this review are made available inside the Results Tent throughout the official video review process.

3.18.4 Race Officials are not obligated to review or consider any video or still image captured by competitors, spectators or persons not acting in an official capacity during the video review process.

3.19 PROTEST PERIOD

3.19.1 A competitor protest period for penalties, timing and results, disqualifications, or other penalties issued starts immediately after a competitor crosses the finish line and ends 15 minutes prior to the official award ceremony time for their respective Category.

3.19.2 It is each competitor's sole responsibility to check for any penalties administered to them by the Head Official, up to 15 minutes prior to the official awards ceremony for their Category, in the event they would like to protest any such penalties.

3.19.3 Any protest a competitor may wish to raise regarding penalties, or other issues that affect the outcome of the race, must be brought to the Head Official during the protest period. In some circumstances the Head Official may extend a protest period beyond the award ceremony at their sole discretion.



3.19.4 Spartan reserves the right to continue penalty resolutions post-event, and change race standings or race day decisions indefinitely after an event in cases of unsportsmanlike conduct and/or intentional or malicious breaking of the rules, including but not limited to the failing of any Anti-Doping and Drug Control protocols administered by Spartan or a third party designated as an official drug tester by Spartan.

3.20 DRUG TESTING AND ANTI-DOPING SANCTIONS

3.20.1 Each Spartan competitor acknowledges the likelihood of Anti-Doping controls being administered at any given Spartan event and that he/she has reviewed, understands and accepts the most recent Banned Substances List as provided by the World Anti-Doping Agency (WADA). This list can be found here: <https://www.wada-ama.org/en/content/what-is-prohibited>

3.20.2 Any Spartan competitor who returns a positive test for a WADA Banned Substance may be given the following sanctions by Spartan:

- a) First offense: two year ban from all Spartan events.
- b) Second offense: lifetime ban from all Spartan events.

3.20.3 Any Elite and/or Age Group athlete with questions or concerns, including TUE requests, should contact Spartan Customer Service in the United States at us@spartan.com.

3.21 PRIZE MONEY AND AWARDS

3.21.1 Where prize money and/or awards are available, competitors eligible to receive them must:

- a) fill out all required paperwork as requested by Spartan; and
- b) comply with all Anti-Doping controls in place at the given event; and
- c) wear an official unmodified Spartan Finisher Shirt on the podium from that specific event or another officially approved, unmodified alternative as issued by Spartan at its sole discretion.

3.21.2 Failure to adhere to these standards may result in disqualification from the event and forfeiture of prize money.

3.22 TIMING



3.22.1 The winner of Competitive and Open Category heats will be determined by “Chip Time”, or based on the accumulated time from when a competitor crossed the start line until they have crossed the finish line, with the addition of any time penalties assessed by the Head Official.

3.22.2 Competitor times will be validated by RFID timing chips. It is each competitor’s sole responsibility to assure the chip is securely fastened to their wrist and worn across all checkpoints on course.

3.22.3 Any missing chip times will be subject to independent review and may result in a competitor being considered for disqualification, at the discretion of the Race Director and Head Official.

3.22.4 If a competitor’s timing chip is lost, it must be immediately reported to Timing and 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.



4 PART D

OBSTACLE SPECIFIC RULES

4.1 MULTIPLE ATTEMPT (PASS/FAIL) OBSTACLES

4.1.1 6', 7', 8' WALLS

a) Competitor Instructions

1. Climb up and over the wall without using the support bracing, the sides of the wall, flag poles, or straps.

b) Failure Modes

1. Inability to climb over the wall and descend to the other side.
2. Using the support structure, sides of the wall, or straps to aid in balance, ascending or descending.
3. Male competitors using the red step designated for female use only.

c) Additional Notes

1. The red step may be used by female athletes only.

4.1.2 ATLAS CARRY

a) Competitor Instructions

1. Pick up a stone from the designated male or female area.
2. Carry the stone past the set of flags placed opposite the starting point.
3. Turn around and return the stone to the ground at the starting point.

b) Failure Modes

1. Inability to complete the designated course as outlined with the stone.
2. Failure to return the stone to the starting point.

c) Additional Notes

1. A competitor may put the stone down on the ground during an attempt; however, they may not roll it or allow it to roll.
2. If the stone is placed down or accidentally dropped, it must be picked up again at exactly the same spot. If the stone inadvertently moves after being placed down or accidentally dropped, it must be returned to exactly the same spot and picked up before the competitor may continue forward progress again.



3. All competitors must start behind the flag at the designated starting point.



4.1.3 BENDER

a) Competitor Instructions

1. Climb up and over the obstacle and down the other side without using the support structure, straps, or flag poles.

b) Failure Modes

1. Inability to climb over the obstacle and down the other side.
2. Using the support structure, straps, or flag poles.

c) Additional Notes

1. Competitors may use their feet on the rungs.

4.1.4 THE BOX

a) Competitor Instructions

1. Climb up and over the box and down the other side using only the front face of the box, ropes, and horizontal pipe to which the ropes are attached.

b) Failure Modes

1. Inability to climb over the box and down the other side.
2. Using the vertical support structures, sides of the box, straps, or horizontal pipes other than the one to which the ropes are attached.

4.1.5 HERCULES HOIST

a) Competitor Instructions

1. Pull the rope to raise the weight until the knot touches the pulley



at the top.

2. One or both feet may be used as leverage on the barrier.
3. Lower the weight so that it is under control and not in a state of freefall when it touches the ground, only releasing the rope when the weight has touched the ground.
4. A competitor must control the weight using only the rope and their body and limbs. A competitor may not tie off the rope to the barrier or to any other object.

b) Failure Modes

1. Inability to raise the weight until the knot touches the pulley at the top.
2. Dropping the weight to the ground in an uncontrolled manner for any reason, including the rope slipping and leaving a competitor's hands and resulting in the weight touching the ground.
3. Using any outside object to assist in completion of the obstacle, other than the use of feet on the barrier.
4. If the competitor's hips rise above the top of the barrier while attempting the obstacle. The top is defined as a horizontal plane that extends in all directions from the top of the barrier.
5. Crossing the barrier.

c) Additional Notes

1. A competitor may make multiple attempts and change lanes at any time, as long as the attempted weight is returned to the ground position in a controlled manner.
2. Competitors may not raise the weight by moving away from the barrier, or gain an advantage by moving beyond the immediate vicinity of the barrier.
3. At Stadion events, these rules may be modified for safety reasons to require a "no feet on the barrier" rule.

4.1.6 INVERTED WALL

a) Competitor Instructions

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

b) Failure Modes



1. Inability to climb over the wall and descend to the other side.
2. Using the support structure, sides of the wall, or straps to aid in balance, ascending or descending.

4.1.7 ROPE CLIMB

a) Competitor Instructions

1. Climb up the rope.
2. Ring the bell with any part of the body above the waist.

b) Failure Modes

1. Failure to ring the bell.
2. Ringing the bell with any part of the body below the waist.
3. Using more than one rope during a single attempt to complete the obstacle.

c) Additional Notes

1. A competitor may change lanes (change ropes) at any time after returning to the ground and may continue to attempt the obstacle multiple times.



2. Competitors who attempt the obstacle multiple times should yield to other competitors attempting it for the first time, although this is not a mandatory requirement.
3. Competitors must return to the ground in a safe and controlled manner with at least one hand touching the rope at all times.

4.1.8 SLIP WALL

a) Competitor Instructions

1. Traverse up the sloping ramp, over the top of the wall and down the other side.
2. A competitor may use rope(s), where provided.
3. Competitor cannot use supports or the side of the wall for assistance.

b) Failure Modes

1. Inability to traverse up and over the wall and down the other side.

c) Additional Notes

1. Moving from one rope to another is permitted, and a competitor may change ropes as many times as they wish throughout the ascent phase of the wall.

4.1.9 SNOW QUARTER-PIPE

a) Competitor Instructions

1. Climb up and over the obstacle without using the support structure or straps.

b) Failure Modes

1. Inability to climb up and over the obstacle.
2. Using the support structure or straps.

4.1.10 SPARTAN LADDER

a) Competitor Instructions

1. Climb from the underside of the obstacle to the top using only the rungs and horizontal truss, and then ring the first bell on the



top of the obstacle.

2. Proceed down on the opposite side of the obstacle and ring the second, lower bell.

b) Failure Modes

1. Touching the ground with any part of the body before ringing both bells.
2. Climbing on the top of the obstacle.
3. Using any part of the truss other than the horizontal truss.

4.1.11 SPARTAN SLED

a) Competitor Instructions

1. Drag the sled along the designated route using only the rope and handle.

b) Failure Modes

1. Inability to complete the designated route with the sled.
2. Lifting the sled off the ground and moving it forward.
3. Rolling or otherwise failing to drag the sled.

c) Additional Notes

1. A competitor may not carry the sled. It must touch the ground at all times.
2. A competitor may re-try the obstacle, including changing sleds, as long as the full designated route is completed. The sled must be returned to its starting position before changing sleds.

4.1.12 STAIRWAY TO SPARTA

a) Competitor Instructions

1. Climb up and over the wall without touching the support bracing, sides of the wall, or straps.

b) Failure Modes

1. Inability to climb over the wall



2. Anyone using the support structure, sides of wall, or straps.

4.1.13 TIRE FLIP

a) Competitor Instructions

1. Flip the tire over once until it comes to rest upon the ground.
2. Once the first flip is complete, release all physical contact with the tire, including hands and feet.
3. Flip the tire back over to its original starting point until it comes to rest upon the ground.

b) Failure Modes

1. Inability to flip the tire two times.
2. Failure to have the tire rest completely on the ground after the first flip while making no physical contact.
3. Failure to return the tire to its starting point.

c) Additional Notes

1. A competitor is considered committed to a tire once they have completed one full flip.
2. Prior to being considered committed to a tire, a competitor may change tires and make multiple flip attempts.
3. Dropping the tire accidentally or due to exhaustion is not considered a failure.
4. While engaging with the tire obstacle(s), a competitor may not stand inside the tire while attempting to flip it, and must engage with the tire from the outside only.

4.1.14 VERTICAL CARGO PLUS

a) Competitor Instructions

1. Climb up the obstacle beginning with the shelf, over the top, and down the other side using only the webbing and shelf, the horizontal truss at the base and top, and any horizontal pipes for support.

b) Failure Modes

1. Inability to climb over the obstacle.



2. Using the sides of the shelf.
3. Using supports other than the horizontal truss at the base and the top and horizontal pipes to complete the obstacle.

4.1.15 LOG FLIP

a) Competitor Instructions

1. Flip the log over once until it comes to rest upon the ground.
2. Once the first flip is complete, release all physical contact with the log, including hands and feet.
3. Flip the log back over to its original starting point until it comes to rest upon the ground.

b) Failure Modes

1. Inability to flip the log two times.
2. Failure to have the log rest completely on the ground after the first flip while making no physical contact.
3. Failure to return the log to its starting point.

c) Additional Notes

1. A competitor is considered committed to a log once they have completed one full flip.
2. Prior to being considered committed to a log, a competitor may change logs and make multiple flip attempts.
3. Dropping the log accidentally or due to exhaustion is not considered a failure.

4.1.16 SPARTAN COLUMNS

a) Competitor Instructions

1. Pick up one or more weights from the designated male or female area.
2. Carry the weight(s) past the set of flags placed opposite the starting point and place it on the ground.
3. Repeat the procedure until all weights are stacked in a column.

b) Failure Modes

1. Inability to complete the designated course as outlined with the



weight, and create a stack.

2. Creating an unstable stack that topples to the ground.

c) Additional Notes

1. A competitor may put the weight down on the ground during an attempt, however they may not roll it or allow it to roll.
2. If the weight is placed down or accidentally dropped, it must be picked up again at exactly the same spot. If the weight inadvertently moves after being placed down or accidentally dropped, it must be returned to exactly the same spot and picked up before the competitor may continue forward progress again.
3. All competitors must start behind the flags placed at the designated starting point.

4.1.17 SLAM BALL

a) Competitor Instructions

1. Select a ball from the designated male or female area.
2. Lift the ball overhead to full extension of knees and hips.
3. Return the ball to the ground directly in front. The ball must touch the ground.
4. Complete 15 ball slams.

b) Failure Modes

1. Inability to complete 15 ball slams.
2. Failure to lift the ball overhead to full extension of the knees and hips.
3. Failure to return the ball to the ground during the final phase of each repetition.

c) Additional Notes

1. The athlete may catch the ball on a rebound. The ball does not need to come to a full stop on the ground.
2. The ball can be slammed, dropped, or placed on the ground from the overhead position.



4.1.18 IRISH TABLES

a) Competitor Instructions

1. Following the marked course, climb up and over the Irish Table(s) to the other side, without using the support bracing, the sides of the table, or straps.

b) Failure Modes

1. Inability to climb over all Irish Tables to the other side while following the marked course.
2. Using the support structure, sides of the Irish Table(s), or straps to aid with balance, ascent, or descent.



4.2 SINGLE ATTEMPT (PASS/FAIL) OBSTACLES

4.2.1 ADDUCTOR

a) Competitor Instructions

1. Move from bag to bag within a single lane without touching the ground.
2. Ring the bell.

b) Failure Modes

1. Any part of the body touching the ground prior to ringing the bell.
2. Using the horizontal structural poles.
3. Using multiple lanes to complete the obstacle.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of their feet have left the starting step.
2. A competitor is able to use the chains supporting the heavy bags to complete the obstacle.

4.2.2 APE HANGER

a) Competitor Instructions

1. Climb to the top of the rope or rope ladder to begin the obstacle.
2. Transfer to the bars, and traverse along the underside of the bars using only the hands. Feet cannot touch the bars.
3. Ring the bell.

b) Failure Modes

1. Failure to ring the bell.
2. Falling off the obstacle, with the exception of the rope climb phase which may be attempted multiple times.
3. Feet touching any of the bars.
4. Using the support structure or straps. Use of horizontal truss in



the center of the obstacle is allowed.

5. Climbing over the top of the obstacle.

c) Additional Notes

1. A competitor is committed to the obstacle and considered to have made an attempt once they touch any of the overhead bars. At this point, they must either complete the obstacle or the penalty.

4.2.3 BALANCE BEAM

a) Competitor Instructions

1. Traverse along the top of one beam without using any part of the body other than the feet on the beam, and without touching the ground.
2. Touch the descending beam with at least one foot before touching the ground.

b) Failure Modes

1. Touching the ground prior to touching the descending beam.
2. Touching the beam with any part of the body other than the feet.
3. Touching another beam after making an attempt on a single beam.

c) Additional Notes

1. Once a competitor has placed two feet on the beam, it is considered an attempt.

4.2.4 BEATER

a) Competitor Instructions

1. Traverse the spinning bars using only the hands and arms. Feet must not touch the ground to create an advantage.
2. Ring the bell.

b) Failure Modes

1. Failure to ring the bell.



2. Feet touching the ground to create an advantage.
3. Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
4. Feet or legs touching any of the bars, including traversing above the bars on top of the obstacle.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of their feet have left the starting step.
2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

4.2.5 HELIX

a) Competitor Instructions

1. Using only the bars in a single lane (one side of the obstacle), laterally navigate the obstacle without touching the top.
2. Ring the bell.

b) Failure Modes

1. Any part of the body touching the ground between the start and ringing the bell.
2. Touching the top of the obstacle.
3. Using bars from another lane, or crossing over the top of the obstacle.

c) Additional Notes

1. Once four points of contact are made, a competitor is considered committed to an attempt and may not restart the obstacle.
2. A competitor must start with the first panel at the start of the obstacle.

4.2.6 MONKEY BARS

a) Competitor Instructions

1. Traverse the monkey bars from one end to the other using only



the hands and arms.

2. Ring the bell.

b) Failure Modes

1. Feet touching the ground to create an advantage in completing the obstacle.
2. Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
3. Feet or legs touching the bars, including traversing above the bars on top of the obstacle.
4. Failure to ring the bell.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of the competitor's feet have left the starting step.
2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

4.2.7 MULTI-RIG

a) Competitor Instructions

1. Traverse the attachments using only hands and arms and ring the bell.
2. Utilize only the attachments, without grabbing the ropes, sling, or chains used to affix the attachment to the structure
3. Stay within one lane, without moving laterally.

b) Failure Modes

1. Feet cannot touch the ground to create an advantage.
2. Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
3. Feet or legs touching the attachments, including traversing above the bars.
4. Grabbing the ropes, slings, or chains that affix the attachments to the structure
5. Failure to ring the bell.



6. Using more than one lane to complete the obstacle.

c) **Additional Notes**



1. A competitor is considered to have attempted the obstacle once both of the Competitor's feet have left the starting step.
2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

4.2.8 MULTI-RIG PLUS

a) Competitor Instructions

1. Traverse the attachments using only hands and arms.
2. Utilize only the attachments, without grabbing the ropes, sling, or chains used to affix the attachment to the structure
3. Transfer to the wall and climb over without touching the ground prior to completing the wall climb.
4. Stay within one lane without moving laterally.

b) Failure Modes

1. Feet cannot touch the ground to create an advantage.
2. Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
3. Grabbing the ropes, slings, or chains that affix the attachments to the structure
4. Feet or legs touching the attachments, including traversing above the bars.
5. Inability to climb the wall to the other side.
6. Using more than one lane to complete the obstacle.

c) Additional Notes

1. Competitor is considered to have attempted the obstacle once both of the competitor's feet have left the starting step.
2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

4.2.9 OLYMPUS

a) Competitor Instructions



1. Laterally navigate the obstacle using only hands upon and within the holds and holes found within a single lane.
2. Ring the bell.



b) Failure Modes

1. Any part of the body touching the ground between the start and the bell being rung.
2. Touching the top of the obstacle.
3. Touching any of the holds or holes on the wall with feet.

c) Additional Notes

1. A competitor must start from or behind the starting step.
2. A 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. A competitor may place their feet and/or knees against the wall for support, however their feet or knees may not touch any of the handholds, including stepping upon or placing a knee into the cutouts.
4. A competitor may use any combination of the holds provided.

4.2.10 ROLLING EPIC

a) Competitor Instructions

1. Place both feet on the wheeled platform (dolly).
2. Get into a straight arm plank position.
3. While remaining in plank position, crawl using only the hands to move forward until the entire body and wheeled platform crosses the line of completion.
4. Return to the starting point with the wheeled platform. During this process, the platform may be picked up and carried.

b) Failure Modes

1. Any part of the body besides the hands or elbows touches the ground.
2. Failure to cross the line of completion with the entire body and wheeled platform.
3. Failure to return the wheeled platform to the starting position.



c) Additional Notes

1. A competitor is able to rest in the plank position, however their knees, legs, stomach, or other parts of the body must not touch the ground.

4.2.11 SPEAR THROW

a) Competitor Instructions

1. Stand with both feet behind the barrier.
2. Throw the spear at the target in the same lane.
3. Have the spear embed into the indicated target and stay there without any part of the spear touching the ground.

b) Failure Modes

1. The spear does not embed into the indicated target structure.
2. Any part of the spear touches the ground once the spear is stationary after being thrown.

c) Additional Notes

1. Once a competitor releases the spear in a forward motion, it is considered an attempt.
2. A competitor is allowed to change lanes, however this must be done prior to an attempt being made.
3. It is the competitor's responsibility to ensure the tether is placed in a manner so it does not cause entanglement. If the tether becomes tangled during a competitor's attempt and affects the flight of the spear, it shall still be considered an attempt.
4. A spear may touch the ground during an attempt before it becomes stationary in the target, as long as it is not touching the ground once it becomes stationary.

4.2.12 TWISTER

a) Competitor Instructions

1. Traverse the obstacle from one end to the other using only hands on the handles, and the truss segments in between each of the



handles.

2. Feet must not touch the ground to create an advantage.
3. Ring the bell.

b) Failure Modes

1. Failure to ring the bell.
2. Falling off the obstacle.
3. Using any truss besides the truss in between each handle segment.
4. Feet or legs touching the handles, including traversing on top of the obstacle above the handles.
5. Using the pipe structure that the handles are welded to in order to complete the obstacle.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of their feet have left the starting step.
2. A competitor is allowed to utilize the truss placed between each segment of handles in order to transition from one set of handles to the next.

4.2.13 TYROLEAN TRAVERSE

a) Competitor Instructions

1. Begin by mounting the rope at the point closest to the start.
2. Traverse along the rope without touching the surface beneath it in such a way that it creates an advantage in completion.
3. Ring the bell using only the hands.

b) Failure Modes

1. Failure to ring the bell.
2. Touching the surface below the rope in such a way that it creates an advantage in completion.
3. Creating an unfair advantage by mounting the obstacle too far



from the start point.

c) Additional Notes

1. For an attempt that results in failure, after releasing the rope a competitor must continue to traverse the ground or water beneath the obstacle by running or swimming while staying within their lane.
2. A competitor must dismount the obstacle after ringing the bell. They must not continue traversing along the rope.

4.2.14 Z WALL

a) Competitor Instructions

1. Laterally traverse the wall using only the hand and foot blocks and upright supports within a single lane.
2. Ring the bell.

b) Failure Modes

1. Touching the ground, the top of the wall, any brace structures, or the top or bottom of any cutouts within the wall.
2. Failure to ring the bell.

c) Additional Notes

1. Once four points of contact are made on the hand and foot blocks, a competitor is considered committed to an attempt and may not restart the obstacle.
2. The first hand block and the first foot block located in the lane of attempt must be used when starting the traverse.
3. A competitor does not need to use all the hand and foot blocks provided apart from the first hand and foot blocks. A competitor may skip over all other holds, including the final holds, in order to ring the bell.

4.2.15 SLACKLINE

a) Competitor Instructions

1. Traverse along the top of a single slackline without using any part of the body other than the feet on the strap, and without



touching the ground.

2. Touch the ground beyond the marked completion line on the other side with at least one foot.

b) Failure Modes

1. Touching the ground with one or more feet prior to the marked completion line.
2. Touching the slack line with any part of the body other than the feet.
3. Touching another slack line after making an attempt on a single slack line.

c) Additional Notes

1. Once a competitor has placed two feet on the slackline, it is considered an attempt.

4.2.16 MONKEY IN THE MIDDLE

a) Competitor Instructions

1. Traverse the obstacle from one end to the other using only hands on the handles, and the truss segments in between each of the handles.
2. The monkey bars must be traversed from one end to the other using only the hands and arms.
3. Ring the bell.

b) Failure Modes

1. Failure to ring the bell.
2. Falling off the obstacle.
3. Feet or legs touching the handles or monkey bars, including traversing on top of the obstacle above the handles or monkey bars.
4. Using the pipe structure that the handles are welded to in order to complete the obstacle.
5. Feet touching the ground to create an advantage in completing the obstacle.



6. Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of the competitor's feet have left the starting step.
2. A competitor may use horizontally located truss to start the obstacle.

4.2.17 MEMORY TEST

a) Competitor Instructions

1. Determine the last two digits of the assigned headband being worn.
2. Locate the two digits on the list provided.
3. Memorize the text or symbol(s) next to the two digits.
4. Recite the text or symbols exactly as written when requested to do so by a race official, at the marked point on the course.

b) Failure Modes

1. Inability to recall and recite the text or symbols exactly as written.
2. Writing or otherwise recording the text or symbols to aid in recall.

4.2.18 LOW RIDER

a) Competitor Instructions

1. Traverse the attachments using only feet, hands, and arms and ring the bell.
2. Stay within one lane, without moving laterally.

a) Failure Modes

1. Any part of the body cannot touch the ground to create an advantage.
2. Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.



3. Traversing above the bars that support each rope.
4. Failure to ring the bell.
5. Using more than one lane to complete the obstacle.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of the Competitor's feet have left the starting step.
2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

4.2.19 TARZAN SWING

a) Competitor Instructions

1. Climb to the top of the rope or rope ladder to begin the obstacle.
2. Traverse the attachments using only hands and arms.
3. Ring the bell.

b) Failure Modes

1. Failure to ring the bell.
2. Falling off the obstacle, except during the ascent phase using the rope or rope ladder, which may be attempted multiple times.
3. Using any support structure.
4. Climbing over the top of the obstacle.

c) Additional Notes

1. A competitor is committed to the obstacle and considered to have made an attempt once they touch any of the attachments. At this point, they must either complete the obstacle or the penalty.



4.3 MANDATORY OBSTACLES

4.3.1 ARMER

a) Competitor Instructions

1. Select a weight from the designated male or female area.
2. Starting behind the designated start flag, carry the weight along the entire marked course.
3. Return the weight to the designated area.

b) Failure Modes

1. Inability to complete the entire marked course with the weight.
2. Dragging, rolling, throwing or pushing the weight.
3. Carrying the incorrect weight.
4. Not carrying the weight by its handles.

c) Additional Notes

1. Weights may be placed down as needed.
2. If a competitor's weight is dropped or placed down and it moves, the competitor must return the weight to where it was dropped and restart the carry from that point.

4.3.2 BARBED WIRE / CORD / SCRIM NET LOW / TUBE CRAWL

a) Competitor Instructions

1. Traverse under the obstacle from one end to the other.

b) Failure Modes

1. Not traversing under the obstacle from one end to the other.

c) Additional Notes

1. A competitor may roll under the obstacle.
2. A competitor may touch the obstacle.

4.3.3 BUCKET CARRY

a) Competitor Instructions



1. Select a bucket from the designated male or female area.
2. Carry the bucket along the marked course.
3. The bucket must complete the entire marked course with the same amount of material inside.
4. The lid of the bucket must remain in place at all times.

b) Failure Modes

1. Not returning the bucket with the same amount of material inside that it started with.
2. Cutting any part of the marked course.
3. Carrying a bucket designated for a gender other than the competitor's own.

c) Additional Notes

1. There is no burpee option for this obstacle. It must be completed.
2. If a competitor returns a bucket with material missing after completing the marked course, the competitor must redo the entire marked course with a correctly filled bucket.
3. A competitor may place the bucket down on the ground to rest as needed.
4. The lid on each bucket is not permanently attached. If a lid is displaced accidentally, a competitor may replace the lid as long as material from the bucket is not displaced. In the case material is lost from the bucket, the competitor should return the bucket to the start of the carry, replace it, and complete the carry with a new bucket. The competitor is permitted to remove all material from the bucket before returning it.

4.3.4 DUNK WALL

a) Competitor Instructions

1. Traverse under the wall from one side to the other.
2. No diving.

b) Failure Modes



1. Inability to traverse under the wall and to the other side.
2. Passing around the side of the wall.

4.3.5 FARMERS CARRY

a) Competitor Instructions

1. Select a weight from the designated male or female area.
2. Starting behind the designated starting flag, carry the weight along the entire marked course.
3. Return the weight to the designated area.

b) Failure Modes

1. Inability to complete the entire marked course with the weight.
2. Dragging, rolling, throwing or pushing the weight.
3. Carrying the incorrect weight.
4. Not carrying the weight by the handles.

c) 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.
3. If a competitor's weight is dropped or placed down and it moves, the competitor must return the weight to where it was dropped and restart the carry from that point.

4.3.6 JERRY CAN CARRY

a) Competitor Instructions

1. Select the two cans for males or one can for females from the designated area.
2. Carry the can(s) along the entire marked course.
3. Return the can(s) to the designated area.



b) Failure Modes

1. Inability to complete the entire marked course with the can(s).
2. Dragging, rolling, throwing or pushing the can(s)
3. Carrying the incorrect number of cans.

c) Additional Notes

1. If multiple cans are required, they must be carried at the same time. A competitor must not make significant forward progress with a single can.
2. Cans may be placed down as needed.
3. If a competitor's can is dropped or placed down and it moves, the competitor must return the can to where it was dropped and restart the carry from that point.
4. If a can is damaged and a significant amount of water is spilled from the container, the competitor must return to the start with the can(s), select a new can(s), and start over.

4.3.7 LOG CARRY

a) Competitor Instructions

1. Select a single log from the designated male or female area.
2. Carry the log along the entire marked course.
3. Return the log to the designated area.

b) Failure Modes

1. Inability to complete the entire marked course with the log.
2. Dragging, rolling, throwing, or pushing the log.
3. Carrying the incorrect log.

c) Additional Notes

1. Logs may be placed down as needed.
2. If a competitor's log is dropped or placed down and it moves, the competitor must return the log to where it was dropped and



restart the carry from that point.

4.3.8 SANDBAG CARRY

a) Competitor Instructions

1. Select a bag from the designated male or female area.
2. Carry the bag along the entire marked course.
3. Return the bag to the designated male or female area.

b) Failure Modes

1. Inability to complete the entire marked course with the bag.
2. Dragging, rolling, throwing, or pushing a bag.
3. Carrying an incorrectly designated bag or incorrect number of bags.

a) Additional Notes

1. If multiple bags are required to be carried, they must be carried at the same time.
2. Bags may be placed down as needed, however a competitor can not make significant forward progress with a single bag at any time.
3. If a competitor's bag is dropped or placed down and it moves, the competitor must return the bag to where it was dropped and restart the carry from that point.

4.3.9 SWIM / WATER CROSSING

a) Competitor Instructions

1. Pass through the water from one end to the other while staying within the marked course at all times.
2. No diving.

b) Failure Modes

1. Not staying within the boundaries of the obstacle, course markings, or skirting the obstacle.



2. Skirting the obstacle to avoid significant engagement with the water, regardless of the course marking.
3. Diving.

c) Additional Notes

1. A competitor may reenter the water at the point of exit if skirting was forced by congestion.
2. Personal Floatation devices (PFDs) may be mandatory.

4.3.10 CHAIN CARRY

a) Competitor Instructions

1. Select a chain from the designated male or female area.
2. Carry the chain along the entire marked course.
3. Return the chain to the designated male or female area.

b) Failure Modes

1. Inability to complete the entire marked course with the chain.
2. Dragging, rolling, throwing, or pushing a chain.
3. Carrying an incorrectly designated chain or incorrect number of chains.

a) Additional Notes

1. If multiple chains are required to be carried, they must be carried at the same time.
2. A chain may be placed down as needed, however a competitor can not make significant forward progress with a single chain at any time.
3. If a competitor's chain is dropped or placed down and it moves, the competitor must return the chain to where it was dropped and restart the carry from that point.

4.3.11 WEIGHTED LOW CRAWL

a) Competitor Instructions



1. Select a weight from the designated male or female area.
2. Traverse under the barbed wire, cord, or net from one end to the other while staying in possession of the weight.
3. The weight must be carried or pushed, not projected or thrown, from one end of the crawl to the other.

b) Failure Modes

1. Not traversing under the wire, cord, or net from one end to the other.
2. Throwing or projecting the weight.

c) Additional Notes

1. A competitor may roll under the wire, cord, or net while holding the weight.
2. The weight may touch the ground at any time, as long as it is carried or pushed by the competitor while they are in motion from one end of the crawl to the other.
3. A competitor may touch the wire or cord.

4.3.12 LILY PADS

a) Competitor Instructions

1. Traverse the lily pads from one side of the marked course to the other.

b) Failure Modes

1. Not traversing from one side of the marked course to the other.

c) Additional Notes

1. A competitor may fall off the Lily Pads into the water, this is not an obstacle failure.
2. If a competitor falls into the water, they must either climb back onto the Lily Pads and continue along the marked course, or swim along the marked course until they reach dry land and are able to continue.



4.3.13 CLIFF CLIMB

a) Competitor Instructions

1. Ascend up and over the top of the cliff, staying within the marked course.

b) Failure Modes

1. Not ascending from one side of the marked course to the other.

4.3.14 CARGO NET GROUND CRAWL

a) Competitor Instructions

1. Traverse under the cargo net, with the entire body passing underneath the net, from one end to the other.

b) Failure Modes

1. Not traversing under the cargo net from one end to the other.
2. Not keeping the entire body underneath the net.

c) Additional Notes

1. A competitor may roll under the cargo net.
2. A competitor may touch the cargo net with any part of their body, and push the net away to clear a path.
3. Moving with any part of the body uncovered by the net is not permitted.

4.3.15 STONE CARRY

a) Competitor Instructions

1. Select a stone from the designated male or female area.
2. Carry the stone along the entire marked course.
3. Return the stone to the designated male or female area.

b) Failure Modes

1. Inability to complete the entire marked course with the stone.
2. Dragging, rolling, throwing, or pushing a stone.



3. Carrying an incorrectly designated stone or incorrect number of stones.

c) Additional Notes

1. If multiple stones are required to be carried, they must be carried at the same time.
2. Stones may be placed down as needed, however a competitor can not make significant forward progress with a single stone at any time.
3. If a competitor's stone is dropped or placed down and it moves, the competitor must return the stone to where it was dropped and restart the carry from that point.

4.3.16 WEIGHTED VEST RUN

a) Competitor Instructions

1. Select a vest from the designated male or female area.
2. Place the vest over the head so that the vest is being worn on the torso.
3. Complete the entire marked course while wearing the vest.
4. Remove the vest, and return it to the designated male or female area.

b) Failure Modes

1. Inability to complete the entire marked course while wearing the vest.
2. Failing to wear the vest on the torso.
3. Removing and rolling, throwing, dragging, or pushing the vest.
4. Wearing an incorrectly designated vest.

a) Additional Notes

1. Vests may be removed as needed, however a competitor can not make significant forward progress without the vest being worn at any time.
2. If a vest moves for any reason while removed, the competitor



must return the vest to the place where it was removed and restart the carry from that point.

4.3.17 4', 5' WALLS

a) Competitor Instructions

1. Climb up and over the wall without using the support bracing, the sides of the wall, flag poles, or straps.

b) Failure Modes

1. Inability to climb over the wall and descend to the other side.
2. Using the support structure, sides of the wall, or straps to aid in balance, ascending or descending.
3. Male competitors using the red step designated for female use only.

c) Additional Notes

1. The red step may be used by female athletes only.

4.3.18 A-FRAME CARGO

a) Competitor Instructions

1. Climb up the obstacle, over the top, and down the other side using only the webbing, the horizontal truss at the base and peak, and any horizontal pipes for support.

b) Failure Modes

1. Inability to climb over the obstacle and down the other side.
2. Using truss other than horizontally fixed pieces as support or as an aid in upward or downward momentum, such as the truss located on the side or middle of the structure.

c) Additional Notes

1. Horizontal truss or supports are able to be used to complete the obstacle, for example the very top of the obstacle.



4.3.19 BRIDGE

a) Competitor Instructions

1. Traverse up and over the bridge, and down the other side, without using any metal truss or poles for support.

b) Failure Modes

1. Inability to traverse up and over the obstacle and down the other side.
2. Using truss or poles for support or as an aid in upward, downward or forward momentum.

c) Additional Notes

1. Truss refers to truss support structures that may be present where a cargo net crossing is used at the top of the obstacle.

4.3.20 FIRE JUMP

a) Competitor Instructions

1. Jump over the fire.

b) Failure Modes

1. Inability to jump over the fire.
2. Skirting around the obstacle.

c) Additional Notes

1. A competitor may backtrack and reattempt the obstacle if skirting was forced by congestion.

4.3.21 GAUNTLET

a) Competitor Instructions

1. Run through the hanging bags from one side to the other, following the marked course.

b) Failure Modes

1. Inability to run through the hanging bags from one side of the obstacle to the other.



c) Additional Notes

1. A competitor must stay inside the boundaries of the obstacle support structure and must not skirt around the obstacle at any point.

4.3.22 O.U.T.

a) Competitor Instructions

1. Traverse over the top of the first wall, underneath the second wall, and through the window set within the final walls to the other side.

b) Failure Modes

1. Inability to navigate the walls in the instructed manner.
2. Use of a support structure to aid in traversing a wall.

4.3.23 ROLLING MUD, WATER MOATS, ROLLING SNOW

a) Competitor Instructions

1. Pass through the pits from one end to the other while staying within the marked course at all times.
2. A competitor may not skirt around the obstacle, which is defined as avoiding significant engagement with the pits, regardless of the course marking in place.
3. No diving.

b) Failure Modes

1. Skirting the obstacle, or not staying within the boundaries of the obstacle or course markings.
2. Diving into the pits.

c) Additional Notes

1. A competitor may reenter a pit at the point of exit if skirting was forced by congestion.



4.3.24 VERTICAL CARGO

a) Competitor Instructions

1. Climb up the obstacle, over the top, and down the other side using only the webbing, the horizontal truss at the base and top, and any horizontal pipes for support.

b) Failure Modes

1. Inability to climb over the obstacle and down the other side.
2. Using supports other than the horizontal truss at the base and the top and horizontal pipes to complete the obstacle.

4.3.25 AIR BIKE

a) Competitor Instructions

1. Select an air bike and make any seat adjustments as needed.
2. Press the start button to start the calorie counting process.
3. Pedal until 15 calories of energy expenditure is reached.

b) Failure Modes

1. Inability to complete 15 calories.

c) Additional Notes

1. A competitor may change bikes at any point, however the calorie counter must be reset to 0 on the new bike.

4.3.26 HAY WALL

a) Competitor Instructions

1. Climb up and over the hay structure in the direction of the marked course.
2. Avoid using any support bracing, flag poles, straps, or other non-hay elements.

b) Failure Modes

1. Inability to climb over the hay structure and descend to the other side in the direction of the marked course.



2. Using a support structure, flag poles, or straps to aid in balance, ascending or descending.

4.3.27 10' WALL

a) Competitor Instructions

1. Climb up and over the wall without using the support bracing, the sides of the wall, flag poles, or straps.

b) Failure Modes

1. Inability to climb over the wall and descend to the other side.
2. Using the support structure, sides of the wall, or straps to aid in balance, ascending or descending.
3. Male competitors using the red step designated for female use only.

c) Additional Notes

1. The red step may be used by female athletes only.

4.3.28 PIPE LAIR

a) Competitor Instructions

1. Traverse the obstacle using only the pipes.
2. Ring the bell.

b) Failure Modes

1. Changing lanes.

c) Additional Notes

1. Competitors are considered to have attempted the obstacle once both feet are off the ground on or past the first pipe.

4.3.29 WEIGHTED BURPEES

a) Competitor Instructions

1. Complete 15 weighted burpees while holding the weight.
2. The chest must touch the weight at the bottom of the movement.



3. The weight must be held above the head at the top of the movement. The arms, hips, and knees should be extended to sufficiently allow the weight to be held above head height while the competitor is standing upright.

b) Failure Modes

1. Inability to complete 15 weighted burpees.
2. Failure to touch the chest to the weight.
3. Failure to be at full extension at the top of the repetition.

c) Additional Notes

1. A competitor must complete the weighted burpees within the designated area.

4.3.30 BOX JUMPS

a) Competitor Instructions

1. Jump or step onto the top of the designated male or female box until both feet are on the box at the same time.
2. Lock out both knees and hips on top of the box.
3. Step or jump off the box until both feet are touching the ground at the same time.
4. Complete 15 repetitions.

b) Failure Modes

1. Inability to complete 15 repetitions.
2. Failure to lock out the knees or hips at the top of the box at the same time.
3. Failure to touch the top of the box or the ground with both feet during a single repetition.

c) Additional Notes

1. Resting is allowed, however if other competitors are waiting for a space, the resting competitor should yield.



4.3.31 JUMP ROPE

a) Competitor Instructions

1. Place the elastic band around the ankles.
2. Jump the rope 15 times. A jump is defined as swinging the rope over the head and beneath the feet in any direction.

b) Failure Modes

1. Inability to complete 15 jumps.
2. Not placing the elastic band around the ankles.

c) Additional Notes

1. The rope may travel backwards or forwards over the competitor's head.

4.3.32 PUSH-UPS

a) Competitor Instructions

1. Complete 15 pushups.
2. The chest must touch the ground.
3. Lift the hands completely off the ground once the chest touches the ground, before returning to the start position.
4. Elbows and knees must be locked out at the top position.

b) Failure Modes

1. Inability to complete 15 push ups.
2. Failure to touch the chest to the ground
3. Failing to release the hands at the bottom of each repetition.
4. Failing to lock out elbows and knees at the top of each repetition.

c) Additional Notes

1. A competitor must complete the push-ups within the designated area.



4.3.33 ROWER

a) Competitor Instructions

1. Select a rower and make any foot strap adjustments as needed.
2. Press the start button to start the distance counting process.
3. Row until 200 meters has elapsed. The competitor must stay seated on the rower until the display reads 200 meters.

b) Failure Modes

1. Inability to complete 200 meters in one seated effort.
2. Getting off the rower prior to the readout displaying 200 meters.

c) Additional Notes

1. A competitor may change rowers at any point, however the distance counter must be reset to 0 on the new rower.

4.3.34 Car Hurdle

a) Competitor Instructions

1. Climb up and over the car(s) without using any support bracing, flag poles, or straps (if present).

b) Failure Modes

1. Inability to climb over the car(s) and descend to the other side.
2. Using any type of support structure, poles, or straps to aid in balance, ascending or descending.

4.3.35 Police Barricades

a) Competitor Instructions

1. Climb up and over the barricades without using the support bracing, the sides of the barricade, flag poles, or straps.

b) Failure Modes

1. Inability to climb over the barricades and descend to the other side.
2. Using the support structure, sides of the barricades, or straps to aid in balance, ascending or descending.

4.3.36 Tire Hop

a) Competitor Instructions

1. Jump from the inside of one tire to the next tire without touching



the area outside of the tires.

b) Failure Modes

1. Inability to complete the marked route.
2. Touching any area outside of the tires with any part of the body.
3. Touching a tire with any part of the body except for hands and legs.

c) Additional Notes

1. A competitor may choose to complete the route by jumping from one tire to another and skipping one or more between.
2. A competitor may not touch a tire with any part of their body other than their feet and legs.

4.3.37 OVER UNDERS

a) Competitor Instructions

1. Traverse over the top of the over walls marked with an up arrow and underneath the underwalls marked with down arrows.

b) Failure Modes

1. Inability to navigate the walls in the instructed manner.
2. Use of a support structure to aid in traversing a wall.

c) Additional Notes

1. There may be any number of over and under elements as part of the obstacle.

4.3.38 LASER PISTOL

a) Competitor Instructions

1. Stand with both feet on the ground, without support, completely within the shooting station, defined as the area 1 meter (3 Feet) directly behind the table.
2. Remove pistol from the holster.
3. Aim at the target with the corresponding number as the table



you took the pistol from.

4. Shoot at the black center target.
5. Competitors must register 3 hits before 20 seconds.

b) Failure Modes

1. Not hitting the center black target 3 times in 20 seconds or less.
2. Shooting from outside the shooting station.

c) Additional Notes

1. Competitors are responsible for shooting on the correct target.
2. The 20 second timer will not start until the competitor hits any portion of the target.
3. 3 red dots will light up once the timer has started.
4. Each successful hit will turn 1 light green.
5. When 5 seconds remain the first dot will start to flash.
6. When all 20 seconds have passed all three dots will flash.
7. There is no penalty loop for this obstacle. Competitors are able to continue along the course once they either hit 3 successful shots or 20 seconds have passed.
8. If a competitor is not able to successfully hit the target to start the timer, the course marshal may start an alternative timer to judge the competitors 20 seconds.

4.3.39 TRENCHES

a) Competitor Instructions:

1. Enter the trench at the designated start point and exit at the designated endpoint.
2. Travel through the obstacle from one end to the other, strictly within the confines of the dug trench.

b) Failure Modes:

1. Failing to traverse through the obstacle inside the trench from the designated start point to the designated end point.
2. Any traversal outside the boundaries of the trench.

c) Additional Notes:



1. Competitors may touch the obstacle but must not pull down or push up on the roof of the trench.
2. Adhering to the designated start and end points is mandatory. Exiting the trench before the designated endpoint will result in failure of the obstacle.

4.3.28 HURDLES

a) Competitor Instructions

1. Climb up and over the hurdle without using the support bracing, the sides of the hurdle, or straps.

b) Failure Modes

1. Inability to climb over all hurdles and descend to the other side.
2. Using the support structure, sides of the hurdle, or straps to aid with balance, ascent, or descent.

4.3.29 PLATE / TIRE DRAG

a) Competitor Instructions

1. Select a designated male or female lane, where applicable.
2. Pull the element all the way to the stake using the rope while keeping the torso completely behind the stake.
3. Return the element to its starting position. The rope must be taut.
4. The element may not be picked up and carried, it may only be dragged.

b) Failure Modes

1. Inability to drag the element all the way to the stake.
2. Not returning the element with the rope completely taut.
3. Lifting the element off the ground unless ground material has blocked its path of travel.
4. Rolling or carrying the element.
5. Removing the rope from the stake.



c) Additional Notes

1. A competitor may not carry the element. It must touch the ground at all times.
2. A competitor is allowed to dislodge a stuck element to allow it to continue to progress forward, but no forward movement during the process of dislodging is allowed.
3. A competitor may retry the obstacle, including changing lanes, as long as the full cycle of pulling the element to the stake and returning it to its starting position with the line taut is completed.
4. When changing lanes, the element must be returned to its starting position with the rope fully taut before starting in the new lane.
5. A competitor may sit or stand while pulling the element back toward the stake.
6. A foot or leg slipping past the stake is not cause for failure, as long as the torso stays behind the stake.



5 PART G

CHANGE LOG

5.1 CHANGE HISTORY

a) 6.11.19

1. New format of rulebook with entire review of every rule, language clarifications, and formatting updates.
2. Updated Section 3.2.5 to reflect age group based on final day of year
3. Added the following Multiple Attempt (Pass/Fail) Obstacles
 - (1) 4.1.24 AIR BIKE
 - (2) 4.1.25 HAY WALL
 - (3) 4.1.26 LOG FLIP
 - (4) 4.1.27 10' WALL
 - (5) 4.1.28 SPARTAN COLUMNS
 - (6) 4.1.29 SLAM BALLS
 - (7) 4.1.30 IRISH TABLES
 - (8) 4.1.31 WEIGHTED BURPEE
4. Added the following Single Attempt (Pass/Fail) Obstacles
 - (1) 4.2.10 PIPE LAIR
 - (2) 4.2.16 SLACKLINE
 - (3) 4.2.17 MONKEY IN THE MIDDLE
 - (4) 4.2.18 MEMORY TEST
 - (5) 4.2.19 LOW RIDER
5. Added the following Mandatory Rules
 - (1) 4.3.10 CHAIN CARRY
 - (2) 4.3.11 WEIGHTED LOW CRAWL
 - (3) 4.3.12 LILY PADS
 - (4) 4.3.13 CLIFF CLIMB
 - (5) 4.3.14 CARGO NET GROUND CRAWL
6. Moved to Multiple Attempt (Pass/Fail) Obstacles
 - (1) 4.1.18 SPARTAN LADDER
 - (2) 4.1.32 BOX JUMPS



(3) 4.1.33 JUMP ROPE

(4) 4.1.34 PUSH-UPS

7. Moved to Mandatory Obstacle

(1) 4.3.4 DUNK WALL

8. Removed the requirement to complete 5 burpees from 4.1.3 ATLAS CARRY

9. Removed the requirement that a bucket cannot be carried on the shoulders or above the head from 4.3.4 Bucket Carry.

10. Clarified the use of horizontal truss in the traversing of obstacles.

11. Added no Pre-running rule 3.9.4

12. Clarified you must disengage with flip obstacle.

13. Clarified what you can and cannot use during the 4.2.15 Z WALL

b) 9.5.19

1. Clarified 3.7.2. Equipment does not need to remain on during burpees.

2. Changed fence to barrier on 4.1.19 HERCULES HOIST rule.

3. Clarified 4.2.14 TYROLEAN TRAVERSE rules about where to start.

4. Added 4.2.20 TARZAN SWING rules.

5. Clarified 4.3.3 BUCKET CARRY and displaced material

6. Added 4.3.15 STONE CARRY rules

c) 11.12.19

1. Clarified 3.21.1 (C) that approved shirt must be worn on the podium.

2. Added Rule 4.1.35 ROWER to Pass/Fail Multiple Attempt

3. Added Rule 4.3.16 WEIGHTED VEST RUN to mandatory obstacles

d) 6.3.20

1. Clarified 3.8.2. To allow only use of liquid chalk.

2. Added 4.1.36 CAR HURDLE, 4.1.37 POLICE BARRICADES, 4.1.38 TIRE HOP

e) 8.10.22

1. Removed 3.4.1 and 3.4.2 Time Penalties in regards to missed burpees



2. Updated 3.4.3 to now become 3.4.1 and removed verbiage in regards to burpees.
 3. Added 3.4.2 to clarify that any repetition based obstacles has a 30 second time penalty for a missed repetition.
 4. Updated 3.17.3 to reflect only penalty loops for the elite and age group categories.
 5. Removed 3.18.1 and 3.18.2 rules about time penalties for missed burpees.
 6. Updated 3.18.3-3.18.6 to 3.18.1-3.18.4 with no change to verbiage.
 7. Added 4.3.37 Over Unders
 8. Updated the following obstacles to be mandatory and updated numbering as follows
 - (1) 4.3.17 4', 5' WALL, 4.3.18 A-FRAME CARGO, 4.3.19 BRIDGE, 4.3.20 FIREJUMP, 4.3.21 GAUNTLET, 4.3.22 O.U.T, 4.3.23 ROLLING MUD, 4.3.24 VERTICAL CARGO, 4.3.25 AIRBIKE, 4.3.26 HAY WALL, 4.3.27 10' WALL, 4.3.28 PIPE LAIR, 4.3.29 WEIGHTED BURPEE, 4.3.30 BOX JUMPS, 4.3.31 JUMP ROPE, 4.3.32 PUSH-UPS, 4.3.33 ROWER, 4.3.34 CAR HURDLE, 4.3.35 POLICE BARRICADES, 4.3.36 TIRE HOP
 9. Updated 4.3.28 Pipe Lair to remove failure for touching the ground.
 10. Added new section 5 Event Modifications.
 11. Updated section 5 change log to section 6 change log
- f) 1.5.23
1. Added 4.3.38 Laser Pistol
- g) 8.10.23
1. Added 4.3.39 Trenches
- h) 1.12.23
1. Updated 4.2.38 Hurdles and 4.3.29 Plate/Tire Drag to Mandatory completion
- i) 10.1.24
1. Elite/Age Group language changed to reflect Competitive Category consolidation
 2. Clarified what is and isn't considered part of the attachment for 4.2.7 Multi-Rig and 4.2.8 Multi-Rig Plus.