

## **APPENDIX A**

### **Obstacle Rules & Overview**

**These rules serve as a common reference guide for all Competitors, Officials, and Volunteers at the 2018 Obstacle Course Racing World Championships. It is not all-inclusive and race officials reserve the right to address violations not addressed in this document.**

**! KNOW THE RULES !**

*IT IS THE RESPONSIBILITY OF EACH COMPETITOR  
TO KNOW AND UNDERSTAND ALL COMPETITION  
RULES, OBSTACLE RULES, AND PENALTIES.*

## **TRENCHES**

**DESCRIPTION:** Several ditches in a row, may be filled with water.

**SUCCESSFUL COMPLETION:**

- Athletes must successfully walk through from the beginning of the obstacle to its completion.
- Athletes must follow the ditches at any time.

**FAILURE MODES:**

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **TYRE PIT**

DESCRIPTION: A ditch crossing filled with tyres.

SUCCESSFUL COMPLETION:

- Athletes must successfully traverse through from the beginning of the obstacle to its completion.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **CRAWL JACKS**

DESCRIPTION: Wire obstacle to negotiate throughout uneven terrain.

SUCCESSFUL COMPLETION:

- Athletes must successfully crawl under the wire from the beginning of the obstacle to its completion.
- Athletes must remain within the marked area and cannot stand up at any time.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **WRECK BAG CARRY**

DESCRIPTION: Weighted carry with or without wall and crawl elements.

SUCCESSFUL COMPLETION:

- Wreck bag must be carried at all times
- Wreck bag may be set down but must be within arm's length at all times.
- Wreck bag must successfully navigate any walls or crawls with the wreck bag on their person.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **MONTE HURDLES**

DESCRIPTION: Horizontal logs of various heights, angles, or curvature.

SUCCESSFUL COMPLETION:

- Athletes must successfully climb over the top and touch the ground in between.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **FARMER'S CARRY**

DESCRIPTION: Weighted carry with or without wall and/or crawl elements.

SUCCESSFUL COMPLETION:

- **TWO** sandbags must be carried
- Sandbags may be set down but must be within arm's length at all times.

FAILURE MODES:

- Assistance from another competitor.
- Spilling/removing of material from the top of the bag.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **INVERTED WALLS**

DESCRIPTION: Wall inverted towards athlete.

SUCCESSFUL COMPLETION:

- Athlete must successfully traverse up and over the wall.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the yellow frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **BLAST WALL**

DESCRIPTION: Tall wall to climb over.

SUCCESSFUL COMPLETION:

- Athletes must successfully traverse up and over the wall.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **SEESAW**

DESCRIPTION: Structure to walk over with a seesaw element in it.

SUCCESSFUL COMPLETION:

- Athlete must successfully traverse up and over the seesaw.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ATLAS CRAWL**

DESCRIPTION: Crawl with Atlas stone

SUCCESSFUL COMPLETION:

- Athlete must successfully follow the course of the crawl with the Atlas stone. Athlete must perform this obstacle with a crawl, pushing the ball forward.

FAILURE MODES:

- Assistance from another competitor.
- Not returning the Atlas stone to where they have started.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ROPE CLIMB**

DESCRIPTION: Vertical suspended rope with a bell at the top.

SUCCESSFUL COMPLETION:

- Athletes must start from the ground.
- Athletes must climb a vertical rope.
- Athletes must ring a bell (WITH THEIR HAND ONLY).
- Athletes must descent back to the ground in a controlled manner.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **MONKEY BARS**

DESCRIPTION: Horizontal traverse across round bars.

SUCCESSFUL COMPLETION:

- Athletes must start at the step up.
- Athletes may not touch the ground between start and bell.
- Athletes must ring a bell (WITH THEIR HAND ONLY)

FAILURE MODES:

- Assistance from another competitor.
- Touching the ground.
- Using any other part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **MYLES MUD**

DESCRIPTION: A long crawl underneath a net.

SUCCESSFUL COMPLETION:

- Athletes must successfully crawl under the net from the beginning of the obstacle to its completion.
- Athletes must remain with the net structure and cannot stand up while under the netting.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **MYLES OAK**

DESCRIPTION: Lane with fallen trees.

SUCCESSFUL COMPLETION:

- Athletes must follow the course over an ancient oak tree.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **NUTS**

DESCRIPTION: Ditch/River crossing underneath logs.

SUCCESSFUL COMPLETION:

- Athletes must successfully traverse through from the beginning of the obstacle to its completion.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **NUCLEAR NETWORK**

DESCRIPTION: River crossing.

SUCCESSFUL COMPLETION:

- Athletes must successfully walk through from the beginning of the obstacle to its completion.
- Athletes must not exit the river at any time.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **WATERWALLS**

DESCRIPTION: Steep slopes/walls in water.

SUCCESSFUL COMPLETION:

- Athletes must successfully traverse to complete.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **CHAIN DRAG**

DESCRIPTION: Weighted drag with climb and mud elements.

SUCCESSFUL COMPLETION:

- Chain must be dragged
- Chain must be returned to original collection point.

FAILURE MODES:

- Assistance from another competitor.
- Not returning the chain to the start.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **RADIOACTIVE PUSH**

DESCRIPTION: Weighted push with a barrel

SUCCESSFUL COMPLETION:

- Athlete must successfully push the barrel on a prescribed course and return it to its collection point.

FAILURE MODES:

- Assistance from another competitor.
- Not returning the barrel to where they have started.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **THE RACK**

DESCRIPTION: Slide into water/mud

SUCCESSFUL COMPLETION:

- Climb up stairs and slide down.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **FORCE 5 TRAVERSE**

DESCRIPTION: Horizontal traverse with suspended bars running the length of the obstacle.

SUCCESSFUL COMPLETION:

- Athletes must start at the step up.
- Athletes must traverse using the only their hands or arms.
- Athletes may not touch the ground between start and bell.
- Athletes must ring a bell (WITH THEIR HAND ONLY)

FAILURE MODES:

- Assistance from another competitor.
- Touching the ground.
- Holding the straps/chains.
- Using any other part of the frame to complete the obstacle.
- Using any other body part other than hands/arms to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **MINIONS**

DESCRIPTION: Horizontal traverse with ropes and buoys. Athletes must use the ropes to reach the the opposite side of the obstacle.

SUCCESSFUL COMPLETION:

- Athletes must start at the step up.
- Athletes must descent back to the ground.

FAILURE MODES:

- Assistance from another competitor.
- Falling into the water.
- Using any other part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **KINGFISHER**

DESCRIPTION: Horizontal traverse across a monkey bar type obstacle.

SUCCESSFUL COMPLETION:

- Athletes must start at the step up.
- Athletes must traverse using only hands/arms and then descent back to the ground.
- Athletes must ring the bell (HANDS ONLY) at the end to complete.

FAILURE MODES:

- Assistance from another competitor.
- Falling into the water.
- Using any other part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **EBENEZER**

DESCRIPTION: Mud pit crossing.

SUCCESSFUL COMPLETION:

- Athletes must successfully walk through from the beginning of the obstacle to its completion.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **PONTOON**

DESCRIPTION: Water crossing over a pontoon.

SUCCESSFUL COMPLETION:

- Athletes must successfully walk through from the beginning of the obstacle to its completion.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ZIPLINE**

DESCRIPTION: Water crossing using a zipline.

SUCCESSFUL COMPLETION:

- Athletes must successfully reach the opposite side of the lake using the zipline.
- Athletes must follow the marshall safety instructions.

FAILURE MODES:

- Assistance from another competitor.
- Not following the safety instructions.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **SLIDE**

DESCRIPTION: Slide into the water

SUCCESSFUL COMPLETION:

- Climb stairs and descend the slide with arms crossed.
- Listen to marshall safety instructions.

FAILURE MODES:

- Assistance from another competitor.
- Not following the safety instructions
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **BAR DIPS**

**DESCRIPTION:** Horizontal traverse on the hands, arms, and forearms without touching the ground.

**SUCCESSFUL COMPLETION:**

- Athletes traverse on forearms to the opposite side.

**FAILURE MODES:**

- Assistance from another competitor.
- Using other body parts to complete the obstacle.
- Touching the ground.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **HOIST**

**DESCRIPTION:** Vertical pull of a weighted element from a seated position

**SUCCESSFUL COMPLETION:**

- Athlete must successfully pull down on the rope, while sitting down, to lift the weight to the top of the obstacle.
- Athlete must be sitting on the ground when pulling rope.
- Athlete must lower the weight in a controlled fashion.

**FAILURE MODES:**

- Assistance from another competitor.
- Standing up to pull the weight down.
- Dropping the weight.

## **LOW RIG**

DESCRIPTION: Low traverse with various configurations of hand and foot elements.

### **SUCCESSFUL COMPLETION:**

- Athletes must enter obstacle at designated entrance area.
- Athletes must exit at designated exit area.
- Athletes must use hands and feet to traverse from entrance area to exit area.
- Athletes may NOT touch the ground with any part of their body while attempting this obstacle.

### **FAILURE MODES:**

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.

## **TYRE MANGLE**

DESCRIPTION: Structure with tyres to climb trough.

SUCCESSFUL COMPLETION:

- Athletes must successfully squeeze themselves through the tyres.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **HANG TOUGH**

DESCRIPTION: Horizontal traverse with various configurations of hand and foot elements.

### **SUCCESSFUL COMPLETION:**

- Athletes must enter obstacle at designated entrance area.
- Athletes must exit at designated exit area.
- Athletes must use hands and/or feet to traverse from entrance area to exit area.
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### **FAILURE MODES:**

- Assistance from another competitor.
- Athletes may NOT touch the ground with any part of their body while attempting this obstacle.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **STAIRWAY TO HEAVEN**

DESCRIPTION: A frame ladder. in which athletes must traverse inside using only their hands.

SUCCESSFUL COMPLETION:

- Athletes must only use their hands to complete this obstacle.
- Athletes must ascend and descend the a-frame internally.
- Athletes must ascend and descent the ladder without any part of their body touching the ground while attempting this obstacle.
- Athletes must not touch the ground between the first (entrance platform) and last flat steps (finish landing) at the bottom of the obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **QUARTER PIPE**

DESCRIPTION: Curved vertical wall toward oncoming athlete. May or may not have rope assist.

SUCCESSFUL COMPLETION:

- Athlete must successfully go up and over the wall.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **BATTERING RAM**

DESCRIPTION: Horizontal traverse over logs with various foot elements.

SUCCESSFUL COMPLETION:

- Athletes must enter obstacle at designated entrance area.
- Athletes must exit at designated exit area.
- Athletes must walk over the logs to opposite side to exit.
- Athletes may NOT touch the ground with any part of their body while attempting this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **CLIFF HANGER**

DESCRIPTION: Horizontal traverse with grip blocks on a wall.

SUCCESSFUL COMPLETION:

- Athletes must enter obstacle at designated entrance area.
- Athletes have to use the grip blocks to get to the opposite side of the wall.
- Athletes may NOT touch the ground with any part of their body while attempting this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **BERLIN**

DESCRIPTION: Wall with holes which athletes traverse over over.

SUCCESSFUL COMPLETION:

- Athletes must enter obstacle at designated entrance area.
- Athletes have to use the holes in the obstacle to get over the wall.
- Athletes may not touch the ground with any part of their body while attempting this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **MUD QUEEN RINGS**

DESCRIPTION: Horizontal traverse with rings.

SUCCESSFUL COMPLETION:

- Athletes must enter obstacle at designated entrance area.
- Athletes must exit at designated exit area.
- Athletes must move through the rings to the opposite side to exit.
- Athletes may not touch the ground/water with any part of their body while attempting this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **WAFFLE CROUCH**

DESCRIPTION: Horizontal traverse with vertical steel netting.

SUCCESSFUL COMPLETION:

- Athletes must enter obstacle at designated entrance area.
- Athletes must exit at designated exit area.
- Athletes must use the steel net to reach to opposite side of the obstacle.
- Athletes may not touch the ground with any part of their body while attempting this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **VERTIGO**

DESCRIPTION: Wall to climb over.

SUCCESSFUL COMPLETION:

- Athlete must successfully go up and over the wall.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **URANIUM RODS**

DESCRIPTION: Weighted drag with climb and mudpit elements. The athlete drags the rod on the prescribed course back to the rod collection point.

SUCCESSFUL COMPLETION:

- Rod must be dragged

FAILURE MODES:

- Assistance from another competitor.
- Not returning the rod to the start.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **STEPTOE**

DESCRIPTION: Horizontal traverse foot rig.

SUCCESSFUL COMPLETION:

- Athletes must enter obstacle at designated entrance area.
- Athletes must exit at designated exit area.
- Athletes must walk over the footswings to opposite side to exit.
- Athletes may NOT touch the ground with any part of their body while attempting this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Touching the ground.
- Failure to make forward progress as outlined in general rules.

## **CATERPILLAR**

**DESCRIPTION:** Horizontal traverse. Athlete hangs underneath the obstacle and moves forward using two pipes which can move/slide.

**SUCCESSFUL COMPLETION:**

- Athletes take a green and a black pipe at the start.
- Athletes enter the obstacle and will place the pipes on top of the slide rails
- Green pipe is for hands only.
- Black pipe is for legs only.
- Start is the low bar in the structure.
- Athletes start with movement to the opposite side by sliding/hopping the pipes over the sliding rails while hanging underneath the pipes.
- Finish will be behind a line on the ground.
- Athletes must bring back the pipe to the start.

**FAILURE MODES:**

- Assistance from another competitor.
- Using other body parts to complete the obstacle.
- Touching the ground.
- Not returning the pipes to the start.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **PLATINUM RIG**

DESCRIPTION: Traverse with various configurations of hand and foot elements.

### **SUCCESSFUL COMPLETION:**

- Athletes must begin at the first hanging element
- Athlete must ring the bell, if equipped, (WITH THEIR HAND ONLY) at the end of the obstacle.
- Athletes may NOT touch the ground with any part of their body while attempting to complete this obstacle.
- Athletes may skip internal elements while completing this obstacle.
- Athletes may NOT use feet, legs, lower body to navigate the hand hold portions of these obstacles.

### **FAILURE MODES:**

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **VARJAGEN SAGA**

**DESCRIPTION:** Traverse with various configurations of hand and foot elements.

The Varjagen Saga has 3 separate sections with their own bell. Each bell has to be rang before touching the ground and start with the next section.

### **SUCCESSFUL COMPLETION:**

- Athletes must begin at the first hanging element.
- Athlete must ring the bell, if equipped, (WITH THEIR HAND ONLY) at the end of the obstacle.
- Athletes may not touch the ground with any part of their body while attempting to complete this obstacle.
- Athletes may not use feet, legs, lower body to navigate the hand hold portions of these obstacles.

### **FAILURE MODES:**

- Assistance from another competitor.
- Failing one of the sections requires starting at the beginning of the obstacle.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **LA GAFFE**

**DESCRIPTION:** Angled poles where an athlete must use body weight to create an inverted pendulum motion to navigate.

**SUCCESSFUL COMPLETION:**

- Athletes must start on the first pole.
- Athletes must swing on poles and transition from pole to pole without any part of their body touching the ground.
- Athletes must ring a bell (WITH THEIR HAND ONLY).

**FAILURE MODES:**

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **WOODS TRAVERSE**

DESCRIPTION: Terrain based obstacles with or without ascent/descent aids

SUCCESSFUL COMPLETION:

- Athletes must successfully navigate the designated course
- Athletes using the ascent/descent aids is optional.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **TRAPEZE**

**DESCRIPTION:** Traverse with various configurations of hand elements.

**SUCCESSFUL COMPLETION:**

- Athletes must begin at the first hanging element and swing through the entire obstacle using the various elements.
- Athlete must finish the obstacle by touching the bar at the end.
- Athletes may NOT touch the ground with any part of their body while attempting to complete this obstacle.
- Athletes may skip internal elements while completing this obstacle.
- Athletes may NOT use feet, legs, lower body to navigate the hand hold portions of these obstacles.

**FAILURE MODES:**

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ISOTOPE**

DESCRIPTION: Obstacle involving leaping from platform to platform using affixed safety bars.

SUCCESSFUL COMPLETION:

- Athletes must leap from a platform to another and catch themselves on an affixed horizontal safety bar.
- Athletes slide down a pipe to finish the obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Any part of the body touching the ground between platforms.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **DRAGON'S BACK**

DESCRIPTION: Obstacle involving leaping from platform to platform using affixed safety bars.

SUCCESSFUL COMPLETION:

- Athletes must leap from a platform to another and catch themselves on an affixed horizontal safety bar..
- Athletes must then swing into the net with a rope and climb over the bar.
- Athletes go down in the net to finish the obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Any part of the body touching the ground between platforms.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **FIREMAN POLE**

DESCRIPTION: Structure to climb up and slide down by a pipe.

SUCCESSFUL COMPLETION:

- Athletes climb up a container on the backside.
- Athletes grab the pipe and slide down.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **NINJA RINGS**

DESCRIPTION: Horizontal traverse with hand rings.

SUCCESSFUL COMPLETION:

- Athletes pick up the rings.
- Athletes have to move to the opposite side by using the hand rings.
- Athletes may not touch the green safety mats between start and finish hay bales.
- Athletes must cross the passing line on the finish hay bale.
- Athletes return the rings to the original collection point.
- Athletes are permitted to use each side of their lane provided they are not blocking the path of another athlete.

FAILURE MODES:

- Assistance from another competitor.
- Touching the ground.
- Not returning the rings.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **COBRA ATTACK**

DESCRIPTION: Crawl with elements

SUCCESSFUL COMPLETION:

- Athletes must successfully navigate the designated course
- Athletes have to crawl through the tyres.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

FAILURE LANE: NO

MUST COMPLETE

## **SNIVELING SWING**

DESCRIPTION: Swing from rope over water to landing platform.

SUCCESSFUL COMPLETION:

- Athletes must begin at the hanging rope.
- Athlete must land at the platform at the end of the obstacle.
- Athlete may use their feet and legs to grip the rope.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **SWING TIME**

DESCRIPTION: Athletes step from pipe to pipe.

SUCCESSFUL COMPLETION:

- Athletes must begin at the first hanging element and step and swing through the entire obstacle using the various elements.
- Athletes may not touch the ground with any part of their body while attempting to complete this obstacle.
- Athlete may use their feet only on the pipes, no hands or crawling.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **TYROLEAN TRAVERSE**

DESCRIPTION: Army-type crawl on a rope suspended water.

SUCCESSFUL COMPLETION:

- Athletes may NOT touch the ground or water with any part of their body while attempting to complete this obstacle.
- Athletes may hang under the rope or crawl on top of it.
- They must use their hand to hit the bell when finished.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **SPLAT THE RAT**

DESCRIPTION: Crawling through suspended tubes.

SUCCESSFUL COMPLETION:

- Athletes crawl through tubes.
- Athletes may NOT touch the ground or water with any part of their body while attempting to complete this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ROLLER WALL**

DESCRIPTION: A-frame roller wall.

SUCCESSFUL COMPLETION:

- Athletes crawl up one side and down the other.

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **CONNECT FOUR**

DESCRIPTION: Very large wall created of tires.

SUCCESSFUL COMPLETION:

- Athletes crawl up and over tires.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle. Can only use tires.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **JUMP COURSE**

DESCRIPTION: Forest run with numerous logs of various sizes

SUCCESSFUL COMPLETION:

- Athletes must successfully walk through from the beginning of the obstacle to its completion.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the sides to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **SLAMMER**

DESCRIPTION: Hitting tire with sledgehammer.

SUCCESSFUL COMPLETION:

- Athletes must hit the tire from one side to the other and then leave the hammer.
- Athletes must not raise the hammer above waist high.
- Must stand with tire between the legs and behind them and hit the tire.

FAILURE MODES:

- Hitting the tire from the side or any way not described above.
- Raising the hammer above waist high.
- Assistance from another competitor.
- Impeding progress as outlined in general rules.

## **SPINNING MONKEY**

DESCRIPTION: Rig-type obstacle with spinning wheels.

SUCCESSFUL COMPLETION:

- Athletes have to move to the opposite side by using the wheels with only their hands.
- Athletes may not touch the ground or water between start and bell.
- Athletes must ring a bell (WITH THEIR HAND ONLY)

FAILURE MODES:

- Assistance from another competitor.
- Touching the ground.
- Using any other part of the frame to complete the obstacle
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **CAVING LADDERS**

DESCRIPTION: Ladder climb and ladder descent.

SUCCESSFUL COMPLETION:

- Athlete must ascend the ladder, ring the bell, and descend.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **YOKE CARRY**

DESCRIPTION: Weighted carry with or without wall and crawl elements.

SUCCESSFUL COMPLETION:

- Log must be carried with a bag on each side.
- Apparatus may be set down but must be within arm's length at all times.
- Apparatus must be returned to the collection point.

FAILURE MODES:

- Assistance from another competitor.
- Dragging the weight is not allowed.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **TIRE FLIP**

DESCRIPTION: Flip a truck tire on a prescribed course.

SUCCESSFUL COMPLETION:

- Athlete must flip a tire to a marked spot.

FAILURE MODES:

- Assistance from another competitor.
- Rolling is not allowed.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **LOG SQUATS/RUN**

DESCRIPTION: Athlete follows a course while carrying a log across their shoulders

SUCCESSFUL COMPLETION:

- Athlete picks up a log and carries it in the neck like a barbell.
- Athlete follows the course with several bars to go underneath performing a squat/lunge
- Athlete returns log to collection point.

FAILURE MODES:

- Assistance from another competitor.
- Not returning the log.
- Dragging or rolling the log.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **WEAVER**

DESCRIPTION: Structure with horizontal bars where athletes have to weave through alternating between over and under.

SUCCESSFUL COMPLETION:

- Athlete must alternatingly go over & under successive horizontally mounted beams.
- Start over the first bar.
- Finish over the last bar.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Touching the ground between the first and last bar.
- Failure to make forward progress as outlined in general rules.

## **SLAP A BOMB**

DESCRIPTION: Pull a weighted bomb out of the water and lower it back.

SUCCESSFUL COMPLETION:

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- Athletes must sit on the top platform to pull up the bomb.
- Athletes must pull up the bomb until they can touch it with a their hand.
- Athletes must lower the bomb in a controlled fashion

FAILURE MODES:

- Assistance from another competitor.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules (you must be actively pulling the rope and not rest for more than 5 seconds).

## **FORCE 5 RIG**

DESCRIPTION: Hand traverse with various configurations of hand elements.

### **SUCCESSFUL COMPLETION:**

- Athletes must traverse through the obstacle using only their hands or arms.
- Athlete must ring the bell, (WITH THEIR HAND ONLY) at the end of the obstacle.
- Athletes may NOT touch the ground with any part of their body while attempting to complete this obstacle.

### **FAILURE MODES:**

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **SKITCH 2.0**

DESCRIPTION: Bar traverse using grip hooks.

SUCCESSFUL COMPLETION:

- Athletes must use a pair of grip hooks to slide down to the end of the obstacle.
- Athletes must ring the bell at the end of the obstacle.
- Athletes may not touch the ground with any part of their body while attempting to complete this obstacle.
- Athletes must return the hooks to their original collection point.
- Athletes are permitted to use just one hook, however, they must start with two hooks and return two hooks to the collection point.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **BOMB CARRY**

DESCRIPTION: Weighted carry with or without wall and crawl elements.

SUCCESSFUL COMPLETION:

- One item must be carried
- Weight may be set down but must be within arm's length at all times.
- Must follow the course and carry item the whole way, cannot drag.
- Must return weighted item back to proper area designated

FAILURE MODES:

- Assistance from another competitor.
- Dragging the weight is not allowed.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.



## **SKULL VALLEY**

DESCRIPTION: Traverse with various configurations of hand and foot elements.

### **SUCCESSFUL COMPLETION:**

- Athletes must begin at the first hanging element
- Athlete must ring the bell, if equipped, (WITH THEIR HAND ONLY) at the end of the obstacle.
- Athletes may NOT touch the ground with any part of their body while attempting to complete this obstacle.
- Athletes must use only one lane and stay in that lane.
- Athletes may NOT use feet, legs, lower body to navigate the hand hold portions of these obstacles.

### **FAILURE MODES:**

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **RAMP WALL**

DESCRIPTION: Vertical wall with/without ropes

SUCCESSFUL COMPLETION:

- Athlete must successfully go up and over wall.

FAILURE MODES:

- Assistance from another competitor (except on Sunday during the team relay)
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **PLANKETY PLANK**

DESCRIPTION: Horizontal traverse foot elements.

SUCCESSFUL COMPLETION:

- Athletes must enter obstacle at designated entrance area.
- Athletes must exit at designated exit area.
- Athletes must walk over the logs to opposite side to exit.
- Athletes may NOT touch the ground with any part of their body while attempting this obstacle.

FAILURE MODES:

- Assistance from another competitor.
- Using any part of the frame to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ROLLO ATLAS BALLS**

DESCRIPTION: Rolling bars.

SUCCESSFUL COMPLETION:

- Team has to cross the rolling bars with 1 or more atlas balls.

FAILURE MODES:

- Assistance from another competitor other than own team.
- Using any part of the frame, if applicable, to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ATLAS DOUBLE CARRY**

DESCRIPTION: Weighted carry with or without wall and crawl elements.

SUCCESSFUL COMPLETION:

- Atlas must be carried on a stretcher by the team.
- Stretcher may be set down but must be within arm's length at all times.
- If/when a ball rolls off, it has to be placed back before the team can go on.

FAILURE MODES:

- Assistance from another competitor other than own team.
- Using any part of the frame, if applicable, to complete the obstacle.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.

## **ATLAS WEAVER**

DESCRIPTION: A carry of an Atlas stone up and over a Weaver structure

SUCCESSFUL COMPLETION:

- Atlas stone must be carried over the Weaver structure by the team.

FAILURE MODES:

- Assistance from another competitor other than own team.
- Using any part of the frame, if applicable, to complete the obstacle.
- If atlas ball falls the team have to start over again.
- Impeding progress as outlined in general rules.
- Failure to make forward progress as outlined in general rules.