# Official Rules and Regulations

Last Update: September 29, 2016

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# General Rules and Athlete Conduct

**It is the responsibility of each racer to know and understand the rules for the event and for each specific obstacle.** If you do not understand a specific rule it is up to you to ask the race director or volunteer at the obstacle before attempting to complete it.

Any verbal or written race day instructions given in pre race emails, pre race briefings, or by volunteers and/or race marshals will supersede rules in this book.

Unless otherwise noted in the following rule book, during pre-race instructions, or by the specific volunteer at an obstacle, all racers are given one attempt to complete each obstacle. What defines "an attempt" is outlined within the race specific rules that follow. However, typically once both feet have left the ground you will be considered committed to that obstacle and must complete it or take the penalty.

In the event that a racer attempts but is unable to complete an obstacle, a penalty must be completed before the racer may proceed on course. The standard penalty is 30 burpees. If a racer miscounts a burpee penalty (or completes an improper burpee), a 30 second penalty per missed burpee will be added to the racer's time. If a racer completes fewer than 20 burpees, the penalty is disqualification. The racer is solely responsible for counting his/her own burpees, and should not trust/rely on others, including volunteers, to count for them. (See Appendix for what constitutes a complete burpee.)

# General Rules
# and Athlete Conduct (cont'd.)

Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count toward the 30 burpee penalty.

6) Racers must count their burpees aloud and may be asked to repeat burpees on the spot, if the judge or volunteer determines the racer is not performing correct burpees, while auditing the penalty.

7) Non-Burpee "Obstacle Failure Penalties" may be employed at certain obstacles at specific events. These will be described in pre-race briefings or by the volunteers at these obstacles.

8) Certain obstacles will be considered mandatory to complete and have no burpee option for failure. Typically these obstacles include carries and/or crawls. These obstacles will be listed in the rule book or noted in pre-race briefings or by race day staff and volunteers.

**Failure to complete any of these obstacles within the scope outlined in this rulebook, the rules provided in the pre race briefing, or instructions given by the obstacle volunteers will result in a DQ.**

# General Rules and Athlete Conduct (cont'd.)

**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. This terrain cannot be bypassed with penalty burpees, unless advised as acceptable in pre-race briefings or by race day staff/volunteers.

10) It is the responsibility of the racer to stay on course. Any racer that intentionally or accidentally goes "Off-Course" and is unable to put themselves back "On-Course" where they went "Off-Course" will be disqualified.

11) Every obstacle, or its penalty if permitted for that obstacle, must be completed in course sequence for a racer to continue in competition. If a racer cannot complete either the obstacle or the penalty, the racer must return to results staff without interfering with other competitors, and inform the results staff of their withdrawal.

Non-racer assistance is not permitted on the course. Racers may not receive gear, water or food on the race course unless provided by Spartan Race on course and made available to all racers. There is no penalty for verbally interacting with medical personnel, however any form of physical treatment by medical staff (including but not limited to: receiving a bandaid, oxygen, water, or physical evaluation) will result in immediate disqualification.

# General Rules and Athlete Conduct (cont'd.)

The winner of each race is determined by the first person to cross the finish line of an Elite heat, regardless of when each racer crossed the start line.

Racer times will be validated by RFID timing chips. It is the racer's responsibility to assure the chip is securely fastened and worn across all checkpoints on course. Missing chip times will be subject to independent review, resulting in racers being considered for disqualification, at the discretion of Race Director and Head Official.

If a racer's chip is lost, it must be immediately reported to Timing/Results Staff upon crossing the finish. Course marshals may also be used to validate a racer's "route" on course, if a racer's timing chip is lost or a Checkpoint is not read by RFID.

The protest period for timing, results, disqualification, penalty issues and the like, ends 15 minutes prior to the award ceremony for each event. Any protest a racer may have with penalties, or issues that affect the race outcome, must be brought to the Head Official during this time period. In some circumstances Head Official may extend protest periods beyond the award ceremony, at their discretion.

# General Rules and Athlete Conduct (cont'd.)

A camera review will be completed prior to the results being considered final. Final results may not be posted on-site immediately, pending official review. Racers may check with the Head Official and/or posted board in Timing/ Results tent to be sure they were not assessed a penalty, so they have time to protest that penalty, review video records, or consult the official who assessed the infraction.

The Race Official reserves the right to continue penalty resolution post-event for those not present, or who are unavailable during the event.

15) It is up to the racer to determine if they were assessed a penalty during the event and protest it during the allowed protest period.

16) Spartan Race reserves to right to change the standings or race day decisions indefinitely after the event, in cases of intentional or malicious breaking of the rules, including but not limited to, failing of a drug test administered by Spartan Race or a third party as designated by Spartan Race.

# I. Multiple Attempt Obstacles

- You are able to take as many attempts as needed to complete these obstacles.

- If you are taking multiple attempts you must yield to racers making their first attempt.

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

**Racer Instructions:**

- Climb up and over the wall without touching the support structure or straps.
- Only women can use the "kickers" where available.

**Failure Modes:**

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

**Additional Notes:**

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

# Inverted Wall

**Racer Instructions:**

- Climb up and over the wall without touching the support structure or straps.
- Only women can use the "kickers" where available.

**Failure Modes:**

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

**Additional Notes:**

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

# Stairway to Sparta

**Racer Instructions:**

- Climb up and over the wall without touching the support structure or straps.
- Only women can use the "kickers" where available.

**Failure Modes:**

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

**Additional Notes:**

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

# Atlas Carry

**Racer Instructions:**
- Pick up the stone, carry it to the other side, put it down, complete 5 burpees, pick up the stone, return stone to the starting point.

**Failure Modes:**
- Not being able to carry the stones along the marked course.
- Not completing 5 burpees.
- Not Returning stone to Starting point

**Additional notes:**
- Racer may put stone down during the carry, however they cannot roll it or allow it to roll.
- If stone is dropped or put down, it must be picked up again at the same spot. If the stone rolls with forward movement after being dropped or placed down, it must be returned to the same spot and picked up before continuing forward again.
- If racer cannot complete obstacle or fails the obstacle, the penalty will be 30 burpees total (not 35 as the 5 burpees are considered part of the obstacle.)
- Racers must start behind designated starting flag.

# Flip Obstacles

**Racer Instructions:**

- Flip the element (i.e. tire, log, etc.) the required number of times.

**Failure Modes:**

- Inability to flip the element the required number of times.

**Additional Notes:**

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

# Plate Drag

**Racer Instructions:**

- Pull the element out until the line is taut. The element cannot be picked up, it must be dragged. Return to the rope attachment point (stake) and pull the element back to the stake, using the rope.

**Failure Modes:**

- Inability to complete task.
- Not pulling the element out until the rope is taut.
- Not pulling the element all the way back to the stake.
- Lifting the element off the ground, unless build up has blocked the path.
- Rolling the element. It must be dragged.
- Removing the rope from the stake

**Additional Notes:**

- In some events order may be reversed, (pulling first, followed by dragging).
- Racer may not carry plate, plate must be touching the ground at all times.
- Racer may redo the obstacle, including changing lanes, as long as the full "cycle" is completed.

# Spartan Sled

**Racer Instructions:**

- Pull the sled along the designated route while dragging it.

**Failure Modes:**

- Inability to complete task.
- Lifting the element off the ground.
- Rolling the element. It must be dragged.

**Additional Notes:**

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

# Water Moats, Rolling Mud, Trenches

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

**Failure Modes:**
- Not staying within the boundaries of the obstacle, or skirting the obstacle.

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

# Over – Under - Through

**Racer Instructions:**

- Navigate OVER the first wall, UNDER the second wall, and THROUGH the last set of walls.

**Failure Modes:**

- Inability to navigate the walls
- Anyone using the support structure to go over the wall

**Additional Notes:**

- Walls may be in mixed order. Please ensure to listen to volunteer instructions or posted signs for correct order.
- There is no limit to the number of attempts for each racer.

# Slip Wall

**Racer Instructions:**

- Navigate up and over the wall.
- May use ropes if provided.
- Racer cannot use supports or side of wall for assistance.

**Failure Modes:**

- Inability to get up and over the wall
- Using supports to complete obstacle.

**Additional Notes:**

- There is no limit to the number of attempts for each racer.

# A-Frame Cargo

**Racer Instructions:**

- Climb up and over the obstacle.

**Failure Modes:**

- Inability to climb over the obstacle.
- Using truss or support structure of the obstacle to complete the obstacle, or for an advantage.

**Additional Notes:**

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

# Vertical Cargo

**Racer Instructions:**

- Climb up and over the obstacle.

**Failure Modes:**

- Inability to climb over the obstacle.
- Using supports (including natural supports, such as trees) to complete the obstacle.

**Additional Notes:**

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

# Dunk Wall

**Racer Instructions:**

- Proceed under the wall.

**Failure Modes:**

- Inability to go under the wall.

**Additional Notes:**

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

# Fire Jump

**Racer Instructions:**

- Jump over the fire

**Failure Modes:**

- Inability to jump over the fire

**Additional Notes:**

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

# Bridge Obstacles

**Racer Instructions:**
- Navigate over the bridge.

**Failure Modes:**
- Inability to climb over the obstacle.
- Using truss or supports under cargo net to your advantage.

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

# Herc Hoist

**Racer Instructions:**

- Pull the rope to raise the weight, until the knot hits the pulley at the top.
- Lower the weight slowly and under control, without releasing the rope, until weight reaches the ground. (No dropping the weight).

**Failure Modes:**

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

**Additional Notes:**

- Racer may take multiple attempts and change lanes at any time, as long as weight was returned to start position in a controlled manner.
- Racers may not raise the weight by walking away from fence or gain an advantage by moving beyond what is considered a reasonable distance from the fencing.
- At stadium events rules may be modified to state no feet on the fence.

# Rope Climb

**Racer Instructions:**

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

**Failure Modes:**

- Not ringing the bell
- Ringing the bell with your foot
- Using more than one lane at a time to complete the obstacle
- Using any mechanical device

**Additional Notes:**

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

# II. Single Attempt Obstacles

- Generally these would be skill based obstacles.

- Once you have committed to a lane (as defined within the specific obstacle rules), your attempt will be considered started and you must complete the obstacle or the penalty.

# Monkey Bars

**Racer Instructions:**

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

**Failure Modes:**

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above head.
- Using side supports.
- Not ringing the bell

**Additional notes:**

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

# Tarzan Swing

**Racer Instructions:**

- Move from element to element using ONLY your hands. Feet cannot touch the ground or the ropes.
- Racer must stay on the bottom of the obstacle. Racer cannot complete the obstacle on the top.

**Failure Modes:**

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above head
- Using side supports

**Additional notes:**

- Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have crossed the plane of the front supports of the obstacle, or once both feet have left the ground.
- There may be an additional obstacle leading to the Tarzan Swing. Each would be considered a separate obstacle, and failure of both would be 60 burpees.

# Pole Traverse

**Racer Instructions:**

- Traverse the elements using ONLY your hands and ring the bell. Feet cannot touch the ground or the elements.
- Racer must stay on the bottom of the obstacle. Racer cannot complete on the top.

**Failure Modes:**

- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above head
- Using side supports
- Not ringing the bell

Additional notes:

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

# Spartan Rig

**Racer Instructions:**
- Traverse the elements, using ONLY your hands, and ring the bell. Feet cannot touch the ground or the elements, unless the element is designed to be touched by your feet (e.g. at foot level).
- Racer must stay on the bottom of the obstacle. Racer cannot complete obstacle on the top.

**Failure Modes:**
- Any part of the body touching the ground between the start and finish area.
- Feet touching bars above the head
- Using side supports
- Not ringing the bell

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

# Ladder Climb

**Racer Instructions:**

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

**Failure Modes:**

- Not ringing the bell
- Ringing the bell with your foot
- Using more than one lane to complete the obstacle
- Using any mechanical device

**Additional Notes:**

- Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the ground. In the case of water below obstacle, racers are considered to be committed once both feet are out of the water.

# Spear Throw

**Racer Instructions:**

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

**Failure Modes:**

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

**Additional Notes:**

*(Continued on next page)*

# Spear Throw (cont'd.)

**Additional Notes:**

- An attempt is considered to be in progress once a racer releases the spear in a forward motion.
- Racers are allowed to choose a different spear if they feel there is a defect in the initial spear they chose, however this must be done prior to to throwing spear.
- It is the racer's responsibility to ensure the tether is placed in a manner such as to not cause entanglement. If thether gets tangled in any manner during a racer's throw, it will still be considered an attempt.
- Spear must remain stuck in the spearman until the racer has left the designated obstacle area (last spearman), or it will be considered a fail.
- Spear can touch the ground during the throw or during initial entry into target. However, once it comes to a final rest no part of the spear may be touching the ground.

# Log Hop

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

**Failure Modes:**
- Touching the ground with any part of the body before touching the last log.
- Using any outside object to assist, such as trekking poles, branches, etc.
- Using any part of a second lane to complete the obstacle.

**Additional Notes:**
- Racer is considered committed to a lane once a second log or element is touched with any part of the body.
- Racer must use a single lane to complete obstacle.
- Racer may make several attempts to get onto the first log; as long as the racer has not committed to a lane they can select another lane.
- Racer is able to use any part of their body to complete the obstacle, however the last element does need to be touched by at least 1 foot to be considered completed.

# Traverse Wall

**Racer Instructions:**

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

**Failure Modes:**

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

**Additional Notes:**

- Once 4 points of contact are on the wall hand/foot holds, or the racer has touched any block after the 2nd one, they are considered "committed" and can not reset or restart.
- The first hand block and the first foot block must be used when starting the traverse.

# Tyrolean Traverse

**Racer Instructions:**

- Racer must traverse the rope and ring the bell.

**Failure Modes:**

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

**Additional Notes:**

- If the obstacle is over water and the racer is completing obstacle on top of the rope, feet may touch the water. If underneath the rope, feet may not touch the water.
- If obstacle is over water, traversing/swimming the water beneath is still required, even if racer is unable to complete the traverse by rope.
- If the obstacle is over water, racer may continue along rope after hitting bell to minimize swimming.

# Slip and Slide

**Racer Instructions:**

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

**Failure Modes:**

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

**Additional Notes:**

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

# Balance Beam

**Racer Instructions:**

- Navigate across the top of element without touching the ground.
- Racer must cross the end of the obstacle (past an invisible line formed by the end of each lane) before any part of the racer touches the ground within the obstacle area.

**Failure Modes:**

- Touching the ground with any part of the body before passing the end of the obstacle.
- Using any device to assist, such as trekking poles, branches, etc.

**Additional Notes:**

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

# Slackline

**Racer Instructions:**

- Navigate across the top of element without touching the ground.
- Racer must cross the end of the obstacle (past an invisible line formed by the end of each lane) before any part of the racer touches the ground within the obstacle area.

**Failure Modes:**

- Touching the ground with any part of the body before passing the end of the obstacle.
- Using any device to assist, such as trekking poles, branches, etc.

**Additional Notes:**

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

# Memorization test

**Racer Instructions:**
- Stop and do as the sign, instructions, or official say.
- Racers will be tested immediately, later in the day, or possibly not at all.

**Failure Modes:**
- Answering incorrectly
- Using a mechanical device to assist.

**Additional Notes:**
- Racers are not permitted to write down the sequence on their body, equipment or anywhere else.
- Racers are not permitted to take a picture of sequence.

# Spartan Ladder

**Racer Instructions:**

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

**Failure Modes:**

- Touching the ground with any part of the body before ringing both bells.
- Ringing the first bell with a foot
- Inability to complete task
- Climbing on the top side of the structure.

**Additional Notes:**

- Racer is considered committed to a lane once first bell has been rung.
- First bell cannot be rung with feet, however it is permitted to ring the second bell with feet.

# Ape Hanger

**Racer Instructions:**

- Climb to top of obstacle via the rope.
- Traverse the rungs, using ONLY your hands, and ring the bell.
  Racer feet cannot touch the rungs. Racer can not kick final bell.
- Racer must stay on the bottom of the obstacle. Racer cannot complete the obstacle on the top.

**Failure Modes:**

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

**Additional notes:**

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

# Olympus

**Racer Instructions:**
- Laterally navigate the wall, using only the holds within your lane, and ring the bell.
- Racers are not allowed to touch the top of the wall or the ground at any time.

**Failure Modes**:
- Any part of the body touching the ground between the start and finish bell
- Racer touching the top of the obstacle.

**Additional notes:**
- Racer must start from or behind starting step.
- Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the starting step

# Thigh master

**Racer Instructions:**

- Move from element to element within a single lane and ring the bell, without touching the ground.

**Failure Modes:**

- Any part of the body touching the ground prior to ringing the bell.
- Using support poles
- Using multiple lanes to complete the obstacle.

**Additional notes:**

- Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the starting step
- Racer is able to use the chain supporting the elements for assistance

# Dip Walk

**Racer Instructions:**
- Move across the obstacles using only your arms.

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

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

# III. Mandatory Obstacles

- Generally these will be any carries or crawls.
- If you fail any of these obstacles you may restart the obstacle.
- If you are not able to complete the obstacle, you must turn in your timing chip to a course marshal or official.

# Bucket Brigade

**Racer Instructions:**

- Fill the appropriate bucket with gravel or sand from the designated area and carry the bucket along the marked route.
- The bucket must return to the start point filled above the holes drilled into the bucket with no light showing. It is advised to overfill the bucket to allow for settling.
- Bucket must be carried with the bottom of the the bucket below the racer's shoulders. Do not carry the bucket on or above your shoulders (e.g. neck or head).
- Empty the bucket back into the bin upon completion of the bucket obstacle route. The entire route must be followed.
- Staff / volunteers are not responsible for checking your buckets when you start the carry, only when you return to make a fail / no-fail decision.

**Failure Modes:**

- Not returning the bucket full to the specified line
- Placing the bucket on shoulders, neck, or head
- Not emptying the bucket into the bin
- Cutting any part of the designated route

# Bucket Brigade (cont'd.)

**Additional Notes:**

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

# Barbed Wire Crawl

**Racer Instructions:**

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

**Failure Modes:**

- Walking or running past the obstacle.
- Not carrying personal belongings through the obstacle.
- Going over wire or cord that was designed to go under, unless obstacle has been damaged in a way to make it impractical to navigate otherwise.

**Additional Notes:**

- There is no burpee options for this obstacle.
- Racer may make as many attempts as needed.

# Sandbag Carry

**Racer Instructions:**

- Carry the element on the designated route.

**Failure Modes:**

- Inability to complete the designated route with the weight
- Damaging or destroying the weight
- Cutting any part of the designated route
- Dragging the weight

**Additional Notes:**

- Intentionally damaging or destroying the weight will result in disqualification.
- If multiple weights are required they must be carried at the same time. Racer cannot make significant forward progress with a single weight.
- Weights may be placed down as needed. This is not considered a failure.
- Weights must be carried and cannot be dragged, rolled, pushed, etc.
- If a weight is dropped or placed down and moves forward, racer must return back to where it was dropped and restart carry from that spot.

# Log Carry

**Racer Instructions:**
- Carry the element on the designated route.

**Failure Modes:**
- Inability to complete the designated route with the weight
- Rolling the log
- Cutting any part of the designated route
- Dragging the weight

**Additional Notes:**
- Intentionally damaging or destroying the weight will result in disqualification.
- If multiple weights are required they must be carried at the same time. Racer cannot make significant forward progress with a single weight.
- Weights may be placed down as needed. This is not considered a failure.
- Weights must be carried and cannot be dragged, rolled, pushed, etc.
- If a weight is dropped or placed down and moves forward, racer must return back to where it was dropped and restart carry from that spot.

# Swim

**Racer Instructions:**
- No diving
- Use a personal floatation device (PFD) if directed by volunteers and/or staff

**Failure Modes**:
- Inability to complete the swim

**Additional notes:**
- In situations where an alternative route is offered to racers, racers are still required to enter the water before continuing on, after completing the required penalty.

# Spider Web

**Racer Instructions:**

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

**Failure Modes:**

- Walking or running past the obstacle
- Not carrying personal belongings through the obstacle
- Going over wire or cord that was designed to go under, unless obstacle has been damaged in a way to make it impractical to navigate otherwise.

**Additional Notes:**

- There is no burpee option for this obstacle.
- Racer may retry the obstacle if it is failed, as long as they have not made significant forward progress along the course.

# Farmers Carry

**Racer Instructions:**

- Racers will carry weights around the designated course and return them back to the start point.

**Failure Modes:**

- Inability to complete the course.
- Cutting any part of the designated route.
- Not carrying the weight by the handles.

**Additional Notes:**

- If multiple weights are required, they must be carried together. Racers cannot make significant forward progress with a single weight.
- Weights may be placed down as needed. This is not considered a failure.
- Weights must be carried and cannot be dragged, rolled, pushed, etc.
- If a weight is dropped or placed down and moves forward, racer must return the weight back to where it was dropped, and restart the carry from that spot.
- Racer must start behind designated start flag.

# IV. Appendix

# Proper Burpee Form

**1** CHEST TO FLOOR   **2** FULL HIP EXTENSION   **3** JUMP INTO THE AIR   **4** HANDS OVER YOUR EARS

1.  **Drop to the ground**
    (chest must hit ground)

2.  **Stand up**
    (must have full hip extension)

3.  **Put your hands up and jump up**
    (hands must be at least above your ear, both feet must leave the
    ground and you must reach full hip extension - body straight and
    perpendicular to the ground)

# Rulebook Change History

1.    September 28, 2016: Full edit and publication