



July 13 - 31

Alpha Warrior Obstacle Course Rules

- Each team of 4 or individual athletes will navigate the obstacle course and **PENALTY strength movements as deemed**
- All 4 athletes as a team must complete each obstacle before proceeding to the next. Team members who have completed the obstacle may go back and help their teammate(s) complete the obstacle as needed.
- Each participant must make a fair effort to complete each obstacle.
- If a participant is unable to complete in full a obstacle, then he or she must complete the identified **penalty strength movement (highlighted in yellow)** that is listed below each obstacle on the next page
- Teams will be given a MAXIMUM of 1-hour to complete the course. Any team still on the obstacle course at the 1-hour time limit will be stopped and marked down for the FULL ONE HOUR as their result time for the event
- All strength movement penalties are a “Must Pass,” and participants and teams of 4 are not allowed to progress to the next obstacle until the strength movement has been completed.

See next page for detailed description of each of the 14 obstacles with penalties underneath. Please note that the assault bike listed at the end of each penalty will be there as a penalty for any participant you may have a injury that prevents them from doing overhead movements like the slam ball, etc..

OBSTACLE		GOAL	RULES
1	MONSTER BARRRELS	ascend each barrel	you may not utilize the metal structure, only the implement
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
2	SIDEWINDER	traverse cargo net from platform to platform	touching the ground at any point constitutes failure of the obstacle
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
3	SEA OF ROPES	traverse ropes from platform to platform far rubber mat and back	touching the ground at any point constitutes failure of the obstacle
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
4	GUT BUSTER	traverse bars from platform to platform	touching the ground at any point constitutes failure of the obstacle
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
5	PIPE BOMBS	traverse pipes from platform to platform	touching the ground at any point constitutes failure of the obstacle
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
6	SKYWALK	complete obstacle by getting to final platform and descending fire pole	failure to clear each platform results in failure of obstacle
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
7	PITFALL	ascend platform, traverse rope to cargo net, descend ladder	touching the ground at any point constitutes failure of the obstacle
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
8	CHOPPER CRAWL	travers crawl ladder from platform to platform	touching the ground at any point constitutes failure of the obstacle
10x reps Slamball Slams 50lb men 35lb woman or 10 cal. Assault bike			
9	RADIAL RINGS	traverse rings from platform to platform	touching the ground at any point constitutes failure of the obstacle
10x reps Ram Roller Burpees 44lb men 33lb woman or 10 cal. Assault bike			
10	SLACK CITY	travers slacklines from platform to platform	may not stand and touching the ground at any point constitutes failure of the obstacle
10x reps Ram Roller Burpees 44lb men 33lb woman or 10 cal. Assault bike			
11	CAMELBACK	traverse obstacle from platform to platform	touching the ground at any point constitutes failure of the obstacle
10x reps Ram Roller Burpees 44lb men 33lb woman or cal. Assault bike			
12	SPIDERWALL	traverse obstacle from platform to platform to descending the fire pole	may not touch the top of the glass and touching the ground at any point constitutes failure of the obstacle
10x reps Ram Roller Burpees 44lb men 33lb woman or 10 cal. Assault bike			
13	BATTERING RAMS	traverse battering rams from platform to platform	touching the ground at any point constitutes failure of the obstacle
10x reps Ram Roller Burpees 44lb men 33lb woman or 10 cal. Assault bike			
14	ALCATRAZ	traverse each level of Alcatraz and descend cargo net to leap of faith	touching the ground at any point constitutes failure of the obstacle
10x reps Tire flips 250lb men 150lb women or 10 cal. Assault bike			