



2023 City Challenge Race Rules Code of Conduct: updated October 15, 2023

If you are registered for an elite heat, we expect you to abide by the following rules. Elite athletes will be DISQUALIFIED should you commit any infraction.

******There are different weight carries for male & female elite athletes. Please refer to the rules + descriptions below.

Awards: Top 3 male & female finishers under & over 40 competing in the elite wave ONLY will qualify for awards.

Staying On-Course: It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials.

NEW: Bibs must be worn on the back of your shirt or pants, and it is the athlete's duty write their bib number on their orange race band with a sharpie (we will have sharpies).

Mandatory Obstacle Completion: Elite athletes will receive a band at the start line which will be removed if you cannot complete an obstacle. There are no alternatives to obstacles such as burpees, push-ups, penalty loops or other physical penalties. If you fail any obstacle you can retry (using the retry lanes ONLY) until you complete it or forfeit your elite band.

Twist On Life: Athletes must get bag all the way to the top using only their hands. CANNOT let the bag slam. You must slowly let the bag back down to the ground.

JUMP AROUND: Athletes must pick up the rope and swing it 30x before they can move to the next challenge.

Hang In There: Must be completed without touching the floor and cannot use your feet. If you fall off at any point you must start from the beginning. RETRY LANE IS FURTHEST LEFT LANE

Tricky Swiss: You can only use the holes on the boards. You cannot touch the top & once your feet leave the ground you cannot touch the floor. RETRY LANE IS FURTHEST LEFT LANE

Cliffhanger: Must be completed without touching the floor. Athletes must touch the first and last attachment. RETRY LANE IS FURTHEST LEFT LANE

Skyscrapers: Athlete must traverse through the obstacle using only the pegs NOT THE TOP OF THE BOARD. If the athlete falls off the wall you must start from the beginning. RETRY LANE IS FURTHEST LEFT LANE

Flat Tires: Flip 1 tire 30x before you can move to the next challenge.

Flood Zone: Male & Female athletes must carry 2 sandbags (one camouflage & one orange). Do not throw the bag at the end of your run!

Endless Stairs: Athletes must grab 2 sandbags, follow the markings on the stairs which includes returning the bags where you picked them up then running to the finish line located on the second floor of Icahn Stadium (

Block Party: Male athletes must carry 2 cinder blocks (approximately 40 lbs. each). Female athletes can carry 1 cinder block. DO NOT throw or slam the blocks or you will be disqualified.

Walls: You CANNOT use the step boards on the walls, or you will be disqualified automatically.

Monkey Bars: Must be completed without touching the floor. Athletes must touch the first and last bar.

Stacy Williams Carry: Does not apply to the elite heats.

Rope Climb: You CANNOT use any of the ropes with knots. Only the straight ropes can be used during the elite heat.

Please become familiar with these rules prior to race day and abide by them on race day or you will be disqualified.

Athletes participating in the open heats are encouraged to push themselves to their physical and mental limits, attempt to conquer every obstacle in front of you, challenge yourself, but most IMPORTANTLY have fun! If you cannot complete an obstacle, complete 30 burpees before you move on.

Any questions, please email info@citychallengerace.com

