

## General Rules

- Common Sense Safety is expected at all times
  - You may not impede another participant in any way including blocking a path or physical contact
  - You must make constant forward progress on all obstacles (resting for no more than 5 seconds) that have lanes.
  - For all obstacles that involve hanging from an element, you must be completely non-weight bearing with the ground or structure before you touch the next element.
  - Athletes may not invert beyond horizontal on any obstacle involving hanging above 3 feet.
  - No chalk or any other grip assisting substances that can leave a residue on the obstacles are allowed
  - Competitive athletes may retry as many times as you want, but you must go to the end of any lines.
    - If you give up on an obstacle, you must have your obstacle completion band marked by the attendant or next available attendant if one is not present at that obstacle
    - Multi-lap athletes will collect marks for fails on the FIRST LAP ONLY (you'll do the penalty at the finish of the first lap), all other laps they will be done at the obstacle.
      - The penalty will be 20 hand release burpees (you'll take your hands off the ground in the bottom of the push-up)
    - Multi-lap athletes may skip lines for first attempts per lap as you are still competing. Open wave athletes will be made aware of this.
  - Open wave athletes may make as many attempts as they want as well, but there is no penalty or failure tracking.
  - Competitive athletes may not assist one another.
  - You are welcome to skip anything you feel like you cannot safely attempt.
  - You ARE NOT ALLOWED IN THE LAKE ON THE VENUE FOR ANY REASON! Not to cool off, not to swim, not to splash around, not to wash off. It is very deep and off limits for safety!
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- The race runs rain or shine
  - Inclement weather decisions will be made by the race director following NATA (National Athletic Training Association) guidelines.
  - We will not mail overall or AG awards so please be present to collect them. We will look into setting up a local pick up if needed for local winners who have to miss.

## Obstacle Specific Rules

Rules highlighted in yellow represent safety Rules that apply to all participants. Highlighted green denotes rule changes from prior year

All other rules are the standard rules that apply to competitive athletes and must be followed or the obstacle is considered failed. Open wave athletes should still be made aware of the rules so they can attempt the obstacles as intended, but they do not have to follow them or restart due to failure

Name: Ridge Runner

General Description: A horizontal traverse obstacle consisting of various holds and elements at varying positions along slanted boards

Rules:

1. Athletes must start on the step-up board and complete the obstacle with no part of their body bearing weight on the ground before they ring the bell with their hands. Once the bell is rang the obstacle is complete,
2. Athletes may only ring the bell with their hands

Modes of Failure: Bearing weight on the ground with any body part after the start line and before ringing the bell, breaking any of the safety rules

Multi Lap Penalty: Yes

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Name: Ice Climber

General Description: Traverse obstacle using “ninja hooks” and feet

Rules:

1. Participants must start bearing weight on the first set of elements only and finish by ringing the bell with their hand or “ninja hook” or by placing one hook in the last eye bolt if there is no bell
2. After completing the obstacle, participants must return their “ninja hook” to be bucket where they got it or they may hand it off to the next participant in line
3. Participants may not use their feet on the hanging section
4. Participants may not throw their “ninja hooks” at the bell, in the bucket, or to participants waiting in line (or throw them at all)

Modes of Failure: Using your hands instead of the “ninja hooks” to traverse. Bearing weight on the ground with any part of the body before ringing the bell, not returning your “ninja hooks”, using any part of the obstacle that is not designated for use, breaking a safety rule

Multi Lap Penalty: Yes

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Name: Guide Stones

General Description: A balance obstacle requiring participants to balance on and move 8”x8”x8” cinder blocks down and back a set distance without touching the ground

Rules:

1. Both blocks must start behind the painted start/finish line with the participant standing on one on them behind the start line
2. Both blocks must cross behind the painted finish line with the participant standing on at least one of them on the other side of the painted finish line
3. Participants must not bear weight on the ground with any body part until both blocks are across the finish line as described above.
4. Both blocks must be returned to the starting position (participant carries them back)
5. Blocks may be moved using any extremity in a safe manner
6. Blocks are not to be thrown or tossed, they must be placed if the participants choose to pick up the blocks to move them

Modes of Failure: Bearing weight on the ground with any body part prior to meeting the completion criteria listed above, breaking any of the safety rules

Multi Lap Penalty: No/Must complete

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Name: Hawkeye

General Description: Accuracy obstacle where participants hit a target using rubber tipped arrows from a bow

Rules:

1. Participants must stay behind the firing line until the arrow is released
2. The participants must retrieve their arrow no matter if they hit the target or not.
3. Participants get 3 attempts to make one shot.
4. For each miss, participants must do 10 hand release push-ups (5k and 5 hour)
  - a. This does not count as a fail for obstacle completion purposes
5. Participants are not to intentionally point at, shoot at, or hit anyone with the bow/arrow
  - a. If intent or negligence is proven, participant may be disqualified

Modes of Failure: Missing the target, standing in front of the firing line, failure to retrieve your arrow, breaking any safety rules

Competitive/Multi Lap Penalty: Yes

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Name: Grip Buster

General Description: Farmers carry through a set course

Rules:

1. Participants must take 1 of the weights, carry them through the course, and place them within the painted return area
2. Weights must remain below the shoulders of the participant
3. Weights may be placed down to rest, but no forward progress can be made with the weights in contact with the ground
4. Weights must be placed on the ground and never thrown or intentionally dropped

Modes of Failure: Making forward progress in an illegal manner, breaking a safety rule

Multi-Lap Penalty: MUST COMPLETE

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Name: Gibbontron

General Description: A rig type obstacle where participants cross using wooden rods

Rules:

1. Participants must start behind the painted start line or on the start step and finish by ringing the bell with their hand or wooden rod
2. After completing the obstacle, participants must return their wooden rod to the bucket where they got it or they may hand it off to the next participant in line
3. Participants may not throw their wooden rod at the bell or to participants waiting in line

Modes of Failure: Using your hands instead of the wooden rod to traverse. Bearing weight on the ground with any part of the body before ringing the bell, not returning your wooden rod, breaking a safety rule

Multi Lap Penalty: Yes

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Name: Gibbons

General Description: A rig type obstacle where participants cross using wooden rods

Rules:

4. Participants must start behind the painted start line or on the start step and finish by ringing the bell with their hand or wooden rod
5. After completing the obstacle, participants must return their wooden rod to the bucket where they got it or they may hand it off to the next participant in line
6. Participants may not throw their wooden rod at the bell or to participants waiting in line

Modes of Failure: Using your hands instead of the wooden rod to traverse. Bearing weight on the ground with any part of the body before ringing the bell, not returning your wooden rod, breaking a safety rule

Multi Lap Penalty: Yes

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Name: Barricades

General Description: A climbing obstacle consisting of Over, Under, and Through walls

Rules: Participants must climb over, under, or through each wall in the method each wall is designated

Modes of Failure: failure to complete each wall in the method each wall is designated

Multi-Lap Penalty: MUST COMPLETE

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Name: The Gallows

General Description: A climbing obstacle where participants use a rope to assist them in climbing a vertical wall

Rules: Participants must reach and go over the top of the wall

Modes of Failure: Not climbing over the top of the wall

Multi-Lap Penalty: MUST COMPLETE

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Name: Mythic

General Description: A monkey bar/stairway type obstacle with angled series of bars and steps

Rules:

1. Participants must reach the bell at the end of the bars using only their hands and ring it with their hand
2. Athletes must be non-weight bearing with the ground on the first hold to start
3. Athletes may not use their feet
4. Athletes may only ring the bell with their hands

Modes of Failure: bearing weight with any part of the body before ringing the bell, using your feet, breaking a safety rule

Multi-Lap Penalty: yes

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Name: Siege Ladder

General Description: A climbing Type obstacle where participants will climb up spaced boards like a ladder

Rules:

1. Participants must climb up and over the top of the wall
2. Participants must dismount from a hanging position ( don't jump from the top!)

Modes of Failure: Failing to climb up and over the top of the wall, breaking a safety rule

Multi Lap Penalty: MUST COMPLETE

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Name: Dragon Rig

General Description: A rig type obstacle where participants cross using various hand holds

Rules:

1. Participants must start with both hands on the first hold
2. Participants may use feet to lock off on longer ropes, place them in low hanging rings/holds, or on full length elements like a cargo net or floating wall
3. You must engage the elements, NOT the ropes they are suspended from
4. Participants must ring the bell at the end with their hands to complete the obstacle

Modes of Failure: bearing weight with any part of the body on the ground within the rig before ringing the bell, breaking safety rules

Multi Lap Penalty: Yes

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Name: Ropes are Dope!

General Description: A climbing obstacle where participants climb up a hanging rope to ring the bell at the top

Rules:

1. Can use hands and feet on the rope
2. Must ring the bell with your hand
3. Must remain upright while on the rope

Modes of Failure: failure to ring the bell, breaking a safety rule

Multi Lap Penalty: Yes

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Name: Dragon's Tail

General Description: a balance obstacle where participants walk along several balance beams from a painted start line to a painted finish line

Rules:

1. Participant cannot bear weight on the ground with any part of the body between the two painted lines.
2. Participants must have both feet on the last half of the last beam before they may attempt to leave the balance beam and across the finish line.

Modes of Failure: Bearing weight with any part of the body between the start and finish lines, not having both feet inside the last half of the last beam before dismounting the obstacle

Multi Lap Penalty: MUST COMPLETE

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Name: Battlements

General Description: A 8 foot wall you must climb over

Rules:

1. Participants must climb up and over the top of the wall
2. Competitive Male athletes cannot use the kick board to assist, all other divisions may
3. Participants must dismount from a hanging position ( don't jump from the top!)

Modes of Failure: Failing to climb up and over the top of the wall, breaking a safety rule

Multi Lap Penalty: MUST COMPLETE

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Name: Steeple

General Description: Three 3 foot hurdles you must go over

Rules: Go over the top of the hurdles

Modes of Failure: Not going over the top of the hurdles

Multi Lap Penalty: MUST COMPLETE

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Name: Under Pressure

General Description: A low crawl under wire

Rules: Crawl/roll under the wire

Modes of Failure: Not going under the wire/ going over or around the wire

Multi Lap Penalty: MUST COMPLETE

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Name: Under Load

General Description: Carry a sand bag around a marked course

Rules:

1. Participants must take 1 of the sand bag, carry them through the course, and place them within the painted return area
2. Weights may be placed down to rest, but no forward progress can be made with the weights in contact with the ground
3. Weights must be placed on the ground and never thrown or intentionally dropped

Modes of Failure: Making forward progress in an illegal manner, breaking a safety rule

Multi Lap Penalty: MUST COMPLETE

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Name: La Gaffe

General Description: Traverse across the obstacle on rotating poles without touching the ground

Rules:

1. You must manually rest the obstacle when you first approach by pulling on the rope
2. You cannot touch the ground once you engage the first element
3. You cannot use the obstacle frame for assistance
4. You must ring the bell at the end with your hands

Modes of Failure: Touching the ground, not ringing the bell with your hands, using the obstacle frame as an advantage

Multi Lap Penalty: YES

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Name: Dragon's Back

General Description: Jump from platform to platform landing on ramps in front of the platforms.

Rules:

1. The obstacle is completed once you land on the last platform



2. You cannot touch the ground between platforms
3. You MUST JUMP ACROSS! You cannot hang along the side rails
4. You must climb down the last platform

Modes of Failure: Touching the ground, breaking a safety rule

Multi Lap Penalty: YES

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Name: Dragon's Teeth

General Description: A traverse obstacle using 2x6's for hand and foot holds

Rules:

1. You must engage the obstacle using the vertical 2x6's, you cannot touch the horizontal beams
2. You must ring the bell with your hands
3. You may NOT jump to the bell

Modes of Failure: Touching the horizontal elements, breaking a safety rule

Multi Lap Penalty: YES

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Name: The Portcullis

General Description: inverted (angled) ladder wall angled away from the participant

Rules:

1. Participants must climb up and over the top of the wall

Modes of Failure: Failing to climb up and over the top of the wall, breaking a safety rule

Multi Lap Penalty: YES

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Name: Bucket Brigade

General Description: carry a open top bucket along a marked course

Rules:

1. Participants must take 1 of the open buckets, carry them through the course, and place them within the painted return area
2. The bucket must remain off the shoulders
3. Weights may be placed down to rest, but no forward progress can be made with the weights in contact with the ground
4. Weights must be placed on the ground and never thrown or intentionally dropped

Modes of Failure: Making forward progress in an illegal manner, breaking a safety rule

Multi Lap Penalty: MUST COMPLETE

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Name: Pack Mule

General Description: Push/pull/drag a wooden sled down and back

Rules: Sled must start behind the start line, cross the turn around line, and return behind the start line

Modes of Failure: Failure to have the sled across all the above mentioned lines

Multi Lap Penalty: MUST COMPLETE

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Name: Scorched

General Description: A angled weaving obstacle where you go over and under 4x4's at an angle

Rules:

1. Start by going over the first 4x4 and repeat the over-under-over-under-over pattern
2. Ring the bell with your hands or cross over the final element

Modes of Failure: Breaking a safety rule, failing the over-under pattern

Multi Lap Penalty: Yes

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Name: Stalactite

General Description: Traverse a gap using hanging PVC pipes

Rules:

1. You must be non-weight bearing with the ground while engaged with only the first element
2. You must have both hands on the first element to start
3. You cannot touch the ground before ringing the bell
4. You must ring the bell with your hands
5. You cannot engage the ropes holding the pipes

Modes of Failure: Breaking the above rules

Multi Lap Penalty: YES

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Name: La Dragon

General Description: Traverse a gap between platforms using poles to vault over the gaps

Rules:

1. You must manually rest the obstacle when you first approach by pulling on the rope
2. You cannot touch the ground once you engage the first element
3. You cannot use the obstacle frame for assistance
4. You complete by exiting off the last platform

Modes of Failure: Touching the ground, using the obstacle frame as an advantage

Multi Lap Penalty: YES

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Name: 6-axis

General Description: A rig type obstacle consisting of poles oriented in all axes of orientation

Rules:

1. Participants may use feet on the poles as indicated based on their height from the ground and orientation
2. You must engage the elements, NOT the ropes they are suspended from
3. Participants must ring the bell at the end with their hands to complete the obstacle

Modes of Failure: bearing weight with any part of the body on the ground within the rig before ringing the bell, breaking safety rules

Multi Lap Penalty: Yes

Name: Anchor's in the Deep/ Canyon/ Valkyrie

General Description: A rig type obstacle consisting of anchors (Anchor's in the Deep) or other elements (Canyon/ Valkyrie) hanging from ascending and descending ( / \ OR \ / ) poles that are traversed with rings (Anchors in the deep) or hands (Canyon/ Valkyrie).

Rules:

1. Participants must start with one or both rings on the first anchor and cannot engage the second before being non-weight bearing.
2. participants cannot touch the ground before ringing the bell
3. bell may be rung with the hand or a ring
4. rings must be returned to the bin in which they were or to the next participant

Modes of Failure: bearing weight with any part of the body on the ground within the rig before ringing the bell, breaking safety rules

Multi Lap Penalty: Yes

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Name: Belly of the Beast

General Description: A low rig type obstacle where participants cross using various hand and foot holds

Rules:

1. Participants must start with both hands and/or feet on the first hold
2. Participants may use feet on all elements
3. You must engage the elements, NOT the ropes they are suspended from
4. Participants must ring the bell at the end with their hands or feet to complete the obstacle

Modes of Failure: bearing weight with any part of the body on the ground within the rig before ringing the bell, breaking safety rules

Multi Lap Penalty: Yes

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Name: Ricochet

General Description: A rig type obstacle where participants cross using hand holds with lanes changing direction

Rules:

1. Participants must start with both hands on the first hold
2. Participants may use feet on wall elements
3. You must engage the elements, NOT the ropes they are suspended from
4. Participants must ring the bell at the end with their hands to complete the obstacle

Modes of Failure: bearing weight with any part of the body on the ground within the rig before ringing the bell, breaking safety rules

Multi Lap Penalty: Yes

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Name: Spear Throw

General Description: A accuracy type obstacle where athletes must stick a spear in a target

Rules:

1. Participants must start by pulling the spear from the target or from the ground to them
2. Participants must stay behind the barrier
3. The spear must stick in the target with no part of the spear touching the ground AFTER it makes ANY contact with the target
4. A Spear must remain stuck in the target for 2 seconds
5. Participants get one attempt- then the penalty is 20 hand release push-ups (This does not count as a fail for obstacle completion)
6. Participants are not to intentionally point at, throw at, or hit anyone with the spear
  - a. If intent or negligence is proven, participant may be disqualified

Modes of Failure: Not throwing behind the barrier, missing the target, having part of the spear touch the ground after hitting the target

Multi Lap Penalty: Yes

### Coming Soon!

Jigsaw

Parallax

Conjunction of the Spheres

Mad Titian

Calgary

The Crossing

Double Cross

Eye of the Needle

Floss

Rubix

The Great Escape

Cargo Hold

Ninjor