



## 2019 Elite Rules Code of Conduct

If you are registered for the elite wave, you can qualify for both the North American Championships this summer and the OCR World Championships this fall. The first 5 male and first 5 female finishers overall will automatically qualify. Male and female athletes will run separate in the elite wave only.

We expect all our athletes competing in the elite wave to abide by the following rules or you will be DISQUALIFIED.

**Mandatory Obstacle Completion:** You will receive a band inside your race packet which will be removed if you cannot complete an obstacle. You cannot opt to do jump squats instead of the obstacle and you cannot fail an obstacle. If you fail any obstacle you can retry (using the retry lanes ONLY) until you complete it or forfeit your elite band. There are NO EXCEPTIONS to the rules.

**Awards:** The top 3 males/females under & top 3 male/female finishers over 40 running the elite wave ONLY will qualify for awards.

**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. If you fall you can retry using the retry lanes only.

**Urban Cliffhanger:** Must be completed without touching the floor or skipping any of the attachments and the bell must be rang at the end. If you fall you can retry using the retry lanes only.

**Box Jumps:** You must do 30 box jumps before you move on at every station (not 29 not 28) our staff will be watching, and you will be disqualified if you do not complete 30.

**Water Jug Carries:** 40lb jugs for elites (1 per athlete).

**Kettle Bell Swings:** You cannot grab any of the PINK bells (all the others are permissible) and complete 30 kettle bell swings (RUSSIAN STYLE) not 29 not 28 our staff will be watching. You must count your reps out loud or you will be disqualified if you do not complete 30.

**Double Sand Bag Carry:** You must carry 1 camouflage bag & 1 orange bag (2 bags per athlete). Do not throw the bag at the end of your run!

**Building Supplies:** You must carry (2) blocks NO EXCEPTIONS! 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.

**Heavy Jump Ropes:** All elites must grab the thicker jump rope (2 inches thick) not the thinner rope and count 30 jumps!

**The RIG:** Must be completed without touching the floor or skipping a ring and the bell must be rang at the end. If you fall you can retry using the retry lanes only.

**Rope Climb:** You cannot use any of the ropes with knots. Only the straight ropes can be used by ELITES. You cannot help each other at any point of the race.

**Stacy Williams Carry:** Does not apply to the elite wave.

We expect each one of you to conduct yourselves with the utmost integrity.

*If you have any questions, please email [yvette@citychallengerace.com](mailto:yvette@citychallengerace.com)*

**The Team @CityChallengeRace**