



2020 City Challenge Race Rules Code of Conduct

If you are registered for the elite wave or any timed waves. We expect you to abide by the following rules. Elite athletes will be DISQUALIFIED should you commit any infraction.

Awards: The top 3 males/females under & top 3 male/female finishers over 40 running the elite wave ONLY will qualify for the 2019 Championship 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.

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.

Gibbons: Athletes will pick up (2) hand-held rods and traverse across the entire length of the obstacle by placing hand-held rods inside each hanging element and ringing completion bell before returning both hand-held implements to the designated area. PROHIBITED ACTIONS: • Using feet on any element. • Not returning hand-held rods to designated area. • Failing to return both of their hand-held rods to the designated location. RETRY LANE: Yes

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: Yes

Urban Cliffhanger: Must be completed without touching the floor or skipping any of the attachments and the bell must be rang at the end. RETRY LANE: Yes

Skyscraper: 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: Yes

Flat Tires: Flip 1 tire from the starting point across the field and back to where you started.

Water Jug Carries: 40lb jugs for elites (2 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.

Flood Zone: 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.

Monkey Bars: Must be completed without touching the floor or skipping a bar and the bell must be rang at the end. RETRY LANE: Yes

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.

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

Athletes participating in the open (untimed) waves 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 it is suggested that you complete 20 jump squats before you move on.

If you have any questions, please email yvette@citychallengerace.com

The Team @CityChallengeRace