



2022 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.

**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.

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 of 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.

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.

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

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

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: Yes

Flat Tires: Flip 1 tire 20 times before you can move on the course.

Out of Water (40 lb. jug carry): 2 jugs per male athlete | 1 jug per female athlete.

Flood Zone: Male athletes must carry 2 camouflage bags (approximately 40 lbs. each). Female athletes must carry 2 orange sandbags (approximately 25 lbs. each). Do not throw the bag at the end of your run!

Block Party: Male athletes must carry 2 cinder blocks (approximately 40 lbs. each). Female athletes must 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 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.

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 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 info@citychallengerace.com