

# OBSTACLE RACE LOGISTICS & RULES

**Last Update: 18 May, 2026**

## 1. Team Composition

1. Teams must comprise seven (7) members, with a minimum of three (3) female participants.
2. A participant may only be a member of one team.
3. Each team must appoint a captain who will serve as the liaison with the race organizers.
4. Teams must select a team name and team color. All members must wear the selected team color shirt during the obstacle race.
5. Teams that register first will have a greater chance of receiving their preferred color. If a selected color has already been chosen, the race organizer will notify the team captain and request another selection.
6. Teams must sign in upon arrival.
7. Participants are encouraged to promote teamwork, encouragement, and fair play throughout the event.
8. Teams are encouraged to have a substitute member available in case of emergency. Substitutions are only allowed before Monday, August 17<sup>th</sup>, 2026.

## 2. Participation Order

1. All teams must be present in the morning to randomly select their race order.
2. Selection will be done in order of Check-In. The first team to check-in will choose first.
3. Numbers must be selected by the team captain.
4. Teams will participate in the numerical order assigned.
5. If a team is not present or complete with all seven (7) members who are the registered team members, when called being their turn to participate, the team will automatically forfeit.

## 3. Timing Chip

1. The event is chip-timed, and each team will receive one timing chip.
2. The timing chip must be worn on the ankle by the designated driver of the van.
3. If the designated participant cannot complete the course, another team member may take over the timing chip, but it must be properly secured to that participant's ankle before advancing on the course.
4. Only the participant wearing the timing chip is allowed to cross the finish line sensor, as the chip will stop the team's official time.

## 4. Protest Rules

1. To file a formal protest regarding rules, judging decisions, or scoring, the team captain must verbally notify the race organizer within five (5) minutes of crossing the finish line.
2. The protest committee will meet to hear the protest and make a final decision.
3. The decision of the protest committee is final.
4. Protests based solely on a judge's subjective judgment call, such as obstacle technique or penalty rulings, will not be accepted.

## 5. Penalties

1. Any team member who cannot complete an obstacle, or any team committing an infraction (such as starting the next obstacle before completing the previous one or failing to participate properly), will receive a 2-minute time penalty added to the team's overall race time.
2. If a team member voluntarily withdraws from the race, a 5-minute time penalty will be added to the team's overall time.
3. If the timing chip is lost, damaged, removed, or not worn properly during the race, a 5-minute time penalty will be added to the team's overall time.
4. Withdrawals due to medical reasons verified by the event's medic will result in a 2-minute time penalty.

## 5. Disqualification Rules

1. Any team caught cheating, intentionally skipping obstacles, or tampering with race equipment may be disqualified.
2. Physical aggression toward participants, officials, volunteers, or spectators will result in immediate disqualification.
3. Unsafe or unsportsmanlike conduct may result in penalties or disqualification at the discretion of race organizers.
4. Event organizers reserve the right to remove any participant or team for serious rule violations or safety concerns.

# OBSTACLES

## 1. Running ¼ Mile Through a Narrow Road

**Obstacle Name:** A Narrow Escape

**Rules:** All seven team members must complete the quarter-mile run. The team may not begin the next

obstacle until every member reaches the designated end of obstacle point.

## 2. Mud Crawl

**Obstacle Name:** The Mud Trenches

**Rules:** All team members must complete the mud crawl using an army-style crawl with their elbows and knees. Rolling or skating is not allowed. Every participant must complete the obstacle before the team may proceed.

## 3. Monkey Bars

**Obstacle Name:** The High Route

**Rules:** All seven team members must cross the monkey bars. Teammates may assist during the crossing, but if a participant falls, that participant must restart. Once a participant has successfully crossed, they may not return to assist others. The team may only proceed once all members have completed the obstacle.

## 4. Plank Walk

**Obstacle Name:** Dead Man Crossing

**Rules:** All seven team members must cross the elevated plank one at a time in a single-file line. If a participant falls, that participant must restart. All members must successfully complete the obstacle before moving on.

## 5. Net Wall Climb

**Obstacle Name:** The Web Crawl

**Rules:** All team members must successfully complete the net wall climb. Teammates may assist during the crossing, but once a participant has crossed, they may not return to assist others. The team may only proceed once all members have completed the obstacle.

## 6. Tire Pull

**Obstacle Name:** The Weight of the World

**Rules:** All seven team members must participate. Four members will pull the large tractor tire while three members pull the medium tractor tire using the attached ropes. Both tires must be moved from the starting point to the designated finish point before the team can proceed to the next obstacle.

## 7. Rope Climb

**Obstacle Name:** One Way Up

**Rules:** Three designated team members must complete the rope climb and retrieve their team color flags. Once designated, these participants may not be substituted. The team may proceed once all three flags have been retrieved.

## 8. Hurdles

**Obstacle Name:** The Leap of Faith

**Rules:** All seven team members must cross the hurdles. Teammates may assist during the obstacle, but once a participant has completed the hurdles, they may not return to assist others. The team may only proceed once all members have completed the obstacle.

## 9. Tire Run

**Obstacle Name:** The Leg Killer

**Rules:** All seven team members must complete the tire run by stepping through each tire in sequence without skipping any. If a participant misses a tire, that participant must restart the obstacle. The team may proceed once all members have completed the obstacle.

## 10. Pool Crossing

**Obstacle Name:** Sink or Swim

**Rules:** All seven team members must complete the pool crossing. Teammates may assist during the crossing, but once a participant has crossed, they may not return. Any participant assisting from the water must complete their own crossing without assistance. If a participant falls into the pool, they must restart. The team may only proceed once all members have successfully crossed.

## 11. Fill the Bucket

**Obstacle Name:** The Spill Zone

**Rules:** All seven team members must work together in a line to transfer water into a bucket. The team may only proceed once the bucket is filled to the required level.

## 12. Human Bridge

**Obstacle Name:** Bridge of Pressure

**Rules:** Six team members will form a human bridge while one participant crawls across them. As the crawler advances, team members may reposition themselves to continue the bridge. If the bridge collapses or the crawler falls, the team must restart the obstacle. The team may only proceed once the crawler reaches the designated endpoint.

## 13. Range

**Obstacle Name:** Trigger Happy

**Rules:** Three designated team members must successfully hit their targets before the team may proceed to the next obstacle. Each participant will have five attempts to hit their target. Failure to hit the target within five attempts will result in a 1-minute penalty per participant.

## 14. Log Carry

**Obstacle Name:** The Final Load

**Rules:** Teams must transport all five (5) logs to the end of the obstacle. Logs may be carried in any order or method chosen by the team, but all team members must actively participate throughout the challenge. The team may only proceed once all logs have reached the designated endpoint.

## 15. Push the Van

**Obstacle Name:** The Last Haul

**Rules:** Six team members must push the van while one participant acts as the driver. The obstacle is only complete once the van reaches the finish point. To stop the team's official time, the driver wearing the timing chip must exit the van and cross the finish line sensor.

## Medical & Safety Rules

1. All participants compete at their own risk.
2. Teams are responsible for ensuring all members are physically capable of completing the race.
3. Participants must immediately report any injury or medical concern to event officials or medics.
4. Event medics have the authority to stop any participant from continuing if deemed medically unsafe.
5. Proper athletic footwear must be worn at all times during the race.
6. Unsafe behavior, rough conduct, or actions that place others at risk may result in penalties or disqualification.
7. Hydration is strongly encouraged before and during the event.
8. Participants must follow all instructions given by obstacle marshals and safety personnel.
9. In the event of severe weather or unsafe conditions, organizers reserve the right to delay, modify, or stop the event.
10. Organizers are not responsible for lost, stolen, or damaged personal items.
11. Any participant withdrawing for medical reasons must be cleared by the event medic before leaving the course area.