SPARTAN KIDS

2026 KIDS RACE COMPETITION RULES

Article I. SCOPE, PURPOSE AND EXCEPTIONS

Section 1.01 SCOPE

These Competitor Rules ("Rules") are set forth by Spartan and apply to all Spartan Kids races globally. These Rules are binding on all participants of any Spartan event in a heat deemed as competitive, generally considered the competitive heats.

Section 1.02 PURPOSE

These Rules are designed to provide a consistent standard to allow athletes to participate in Spartan Events globally in a standardized manner. These Rules are intended:

(a) To promote and maintain sportsmanship, equal opportunity and fair play among all racers; and
(b) To protect the health, safety, and well-being of participants as much as possible; and
(c) To promote the integrity of Spartan events and athletes.

Section 1.03 RULE EXCEPTIONS AND ADDITIONS

For any particular event, a race director may make specific exceptions or additions to these Rules. These changes or additions may be announced via verbal or written race day instructions given in pre-race emails, pre-race briefings, or by volunteers and/or race marshals.

Article II. GENERAL RULES OF CONDUCT AND PENALTIES

Section 2.01 PREPARATION AND TRAINING

No person shall participate in Spartan events unless such person:

(a) Is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition; and
(b) Is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

Section 2.02 COMPETITIVE

(a) All competitive athletes are expected to follow all of the rules set forth in this book and participate in a competitive manner.
(b) All athletes must participate and compete in the division corresponding to the athlete's age on the day of the event.
(c) Failure to comply with the rules set forth in this book will result in DQ from the event.

(d) Failure to start in your assigned start time will result in being moved to the Open category.

Section 2.03 GENERAL CONDUCT

At or during an event, or while at the event site, all participants must:

(a) Act in compliance with these Competitor Rules;
(b) Conduct themselves respectfully and reasonably towards all participants, spectators, staff, and volunteers.
(c) Treat all participants, staff, volunteers and spectators with fairness, respect and courtesy;
(d) Refrain from the use of abusive language or conduct; and
(e) After violating any of the Competitor Rules, report such violation to the Head Referee or retire from the event. Violations will be reported by the staff, volunteers, or course marshalls.

Section 2.04 RACE CONDUCT

All participants in Spartan events must adhere to the rules in this Section 2.04:

(a) **Entire Course -** Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in disqualification, unless the racer is able to place themselves back on course at the same spot they went off course. Unless determined by the head referee the violation constituted endangerment under Section 2.4(i). In the event the Head Referee makes such a determination; the penalty shall be disqualification.
(b) **Re-entry** - Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. If the Head Referee in his sole discretion determines that the violation constituted endangerment under Section 2.4(i), in which case the penalty shall be disqualification.
(c) **Unsportsmanlike Conduct** - Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed towards participants, staff, volunteers and spectators . Violations of this Section shall result in disqualification or a time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.
(d) **Obstruction** - Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in disqualification.

(e) Unauthorized Assistance - No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, or pacing, unless an express exception has been granted and approved, in writing, by Spartan. The receipt of information regarding the progress, timing, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in disqualification.

(f) Race Numbers - Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, and on the course. Racers will not be allowed to start the race without their number properly displayed.

(g) Abandoned Equipment - No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in disqualification.

(h) Unauthorized Equipment - No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee .Unless otherwise provided for in these Rules, any violation of this Section shall result in a DQ.

(i) Endangerment - No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.

(j) Wave Starts - When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an incorrect wave shall be ineligible for awards including qualification to any championship events.

Section 2.05 PARENTAL/GUARDIAN CONDUCT

(a) Do not ever leave your child without adult supervision at a Spartan event. The only acceptable time for a child to be unsupervised by their parent/guardian is whilst they are racing the Kids course itself.

(b) There will be zero tolerance for any verbal or physical abuse towards a racer. If a parent/guardian berates a child, either their own or someone else's, they will be removed from the area.

(c) Adults/Guardians are not permitted to run directly beside their child at any point during the race. Doing so can result in the risk of disqualification of any child that is assisted.

(d) Should an injury occur, allow staff and medical to perform the appropriate procedures. Interference from parents/guardians will result in disqualification.

(e) Parents/Guardians cannot stand in the middle of the course.

(f) Parents/Guardians and their respective athlete have been given matching wristbands at registration. Both of the wristbands must be shown to the appropriate staff member for the parent/guardian and their child to be reunited and effectively leave the course.

(g) If a parent/guardian is found to have lied about the age of their child, immediate disqualification will occur.

Section 2.06 UNREGISTERED PARTICIPANTS

(a) Any person who participates in any portion of an event without first properly registering and paying any required registration fee shall be suspended or barred from any Spartan event for a period of up to one year.

(b) Any person who in any way assists another athlete to violate Section 2.5a by providing a race bib to that athlete shall be suspended or barred from any Spartan event for a period of up to one year.

(c) Any second violation of this Section shall result in a lifetime suspension or ban from Spartan events.

Section 2.07 PENALTIES AND PROHIBITED CONDUCT

Penalties, including disqualification and suspension, may be imposed upon race participants who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or Spartan. The following penalties may be imposed for a violation of these Rules:

(a) Assessment of a time penalty

(b) Disqualification

(c) Written reprimand or censure

(d) Suspension from Spartan events (including retroactive suspension), and

(e) Permanent expulsion from Spartan Events

Section 2.08 ACTS WARRANTING SUSPENSION

In addition to other penalties which may be imposed at the discretion of Spartan, the following acts may be grounds for suspension for a period of time designated by Spartan:

(a) A flagrant or willful violation of the Competitive Rules;

(b) Gross or continued unsportsmanlike conduct;

(c) Physical violence directed toward a race official, participant, volunteer, spectator, or another person;

(d) Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to Spartan or race officials;
(e) Intentionally participating in an event despite failure to register;
(f) Repetitive or recurring violations of the Competitive Rules;
(g) Failure to notify a race official after withdrawing from a race;
(h) Violation of the Medical Control Rules as set forth in Article VIII;
(i) Refusal to abide by the final determination by Spartan of any matter relating to these Rules; and
(j) Any act which disgraces or brings discredit to the sport of obstacle course racing.

Section 2.09 EFFECT OF SUSPENSION

Any person suspended from Spartan shall be ineligible to participate in any Spartan event and shall be disqualified from any Spartan event during the suspension period and until that person has applied for and received written notice of reinstatement from Spartan.

Section 2.10 REINSTATEMENT

Any person who has been suspended must apply in writing to Spartan for reinstatement after or immediately preceding expiration of the suspension period. The appeal letter for reinstatement should be sent to Spartan Customer Service, (US@spartan.com).

Section 2.11 NOTICE OF DISCIPLINARY ACTION

Any person reprimanded, censured, suspended, or expelled from Spartan shall be entitled to receive reasonable notice of such disciplinary action.

Section 2.12 ACTS OF AGENTS

The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules. No spectators are allowed on course outside of specific zones designated for spectators.Spectators include all competitors who have already completed the course. Pacing of athletes (pacing is defined as the practice running in front of or alongside another competitor) is strictly prohibited.

Section 2.13 OBSTACLE FAILURE TYPES AND PENALTIES

CATEGORY	DESCRIPTION	PENALTY FOR FAILURE
Mandatory Obstacle	Obstacles that **must** be completed to progress in the race.	**Disqualification (DQ)** from the event (OR moved to Open Category).
Multiple Attempt (Pass/Fail)	Obstacles that can be attempted **multiple times** until successful or a penalty is applied.	**10 burpees** or **penalty loop** if not completed.
Single Attempt (Pass/Fail)	Obstacles where only **one attempt** is allowed (as defined per obstacle rules). Once committed, it must be completed or a penalty is applied.	**10 burpees** or **penalty loop** if not completed.

(a) Unless otherwise noted in the following rule book, during pre-race instructions, or by the specific volunteer at an obstacle, all Competitors are given one attempt to complete each obstacle. What defines “an attempt” is outlined within the race specific rules that follow. However, typically once both feet have left the ground you will be considered committed to that obstacle and must complete it or take the penalty.

(b) Any verbal or written race day instructions given in pre-race emails, pre-race briefings, or by volunteers and/or race marshals will supersede rules in this book.

(c) Penalty for pass/fail obstacles is 10 burpees or a marked out penalty loop section.

(i) 30 seconds added to time for every missed burpee

(ii) Automatic disqualification for anything under 5 burpees

(iii) Penalty loops will be at least 50 meters in length, clearly marked, and must be completed immediately after the obstacle failure. Once the loop is completed, the racer may continue to progress in the race.

(d) Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count toward the 10 burpees penalty.

(e) Competitors must count their burpees aloud and may be asked to repeat burpees on the spot, if the judge or volunteer determines the competitor is not performing correct burpees, while auditing the penalty.

(f) All obstacles must be attempted. An attempt, at a minimum, is defined by touching the obstacle. In other cases it may include entering the water or other difficult terrain, to get to the obstacle itself. Such terrain cannot be bypassed via penalty burpees, unless advised as acceptable in pre-race briefings or by race day staff/volunteers.

(g) Competitors may only strike bells present on ANY obstacle using their arms and hands, or any other part of their body above their chest. Using feet, legs, or knees to "kick" the bell is not allowed. Violation of this rule will be considered an obstacle failure. The competitor will not be allowed to retry the obstacle, and must complete 10 burpees or the mandatory penalty

for that obstacle. After kicking the bell, leaving the penalty zone before completing the penalty is an immediate disqualification.

Section 2.14 TIME PENALTIES

(a) The protest period for timing, results, disqualification, penalty issues and the like, ends 15 minutes prior to the award ceremony for each event. Any protest a Competitor may have with penalties, or issues that affect the race outcome, must be brought to the Head Official during this time period. In some circumstances Head Officials may extend protest periods beyond the award ceremony, at their discretion.

(b) Prior to the results being considered final, a camera review may be completed if cameras are utilized for the event. Final results may not be posted on-site immediately, pending official review. Competitors may check with the Head Official and/or posted board in Timing/ Results tent to be sure they were not allocated a penalty, so they have time to protest that penalty, review video records, or consult the official who allocated the infraction.

(c) The Race Official reserves the right to continue penalty resolution post-event for those not present, or who are unavailable during the event. Parents/Guardians can assist their child in this matter.

(d) It is up to the Competitor to determine if they were allocated a penalty during the event and protest it during the allowed protest period.

(e) Spartan Race reserves the right to change the standings or race day decisions indefinitely after the event, in cases of intentional or malicious breaking of the rules, including but not limited to, failing of a drug test administered by Spartan Race or a third party as designated by Spartan Race.

Section 2.15 PRIZES

Distribution of prizes shall comply with the following standards:

(a) Spartan Kids will never receive direct financial awards or anything that could interfere with NCAA regulations on paid athletes and scholarship awards.

(b) When prizes are available in any event, racers must comply with the following rules in order to be eligible:

(c) Fill out all required financial paperwork if present.

(d) Wear spartan approved gear on the podium for the official podium photo.

(e) Each gender who places on the podium (1st, 2nd, 3rd) gets a gold, silver, or bronze medal.

(f) Championship events will have a different prize awarding than standard events.

(i) These are awarded to the top 3 in each category

(ii) Awards will vary and are subject to change.

Section 2.16 TIMING

The winner of each race is determined by the top times to cross the finish line of a Competitive heat, based on their initial start time. Races may be timed either via a digital or manual timing system.

Where a digital timing system is being used:

(a) Competitor times will be validated by RFID timing chips. It is the Competitor's responsibility to assure the chip is securely fastened and worn across all checkpoints on course. Missing chip times will be subject to independent review, resulting in Competitors being considered for disqualification, at the discretion of the Race Director and Head Official.

(b) If a Competitor's timing chip is lost, it must be immediately reported to Timing/Results Staff upon crossing the finish. If a Competitor's timing chip is lost or a Checkpoint is not read by RFID, course marshals may also be used to validate a Competitor's "route" on course.

Where a manual timing system is being used:

A. Competitor details and times will be recorded manually at the finish line.

B. The competitor is responsible for ensuring that these details are recorded promptly and accurately.

Article III. OBSTACLE SPECIFIC RULES

Section 3.01 MULTIPLE ATTEMPT OBSTACLES

These obstacles may be attempted as many times as necessary until successful completion. If taking multiple attempts, one must yield to competitors making their first attempt.

1) 4',5',6' WALL
   a) Competitor Instructions:
      i) Climb up and over the wall without touching the support structure or straps.
   b) Failure Modes:
      i) Inability to climb over the wall
      ii) Anyone using the support structure or straps.
   c) Additional Notes
      i) Competitors may re-try this obstacle until they complete it properly, or

complete the penalty.

2) A-FRAME
   a) Competitor Instructions
      i) Climb up and over the obstacle.
   b) Failure Modes
      i) Inability to climb over the obstacle.
      ii) Using truss or support structure of the obstacle to complete the obstacle, or for an advantage
   c) Additional Notes
      i) If Competitors fail the obstacle due to using truss, they are able to redo the obstacle from the beginning.

3) A-WALL
   a) Competitor Instructions
      i) Climb up and over the obstacle.
   b) Failure Modes
      i) Inability to climb over the obstacle.
      ii) Using side or support structure of the obstacle to complete the obstacle, or for an advantage
   c) Additional Notes
      i) If Competitors fail the obstacle due to using the side or support structure, they are able to redo the obstacle from the beginning.

4) ATLAS CARRY
   a) Competitor Instructions
      i) Pick up the stone, carry it to the other side, return the stone to the starting point.
   b) Failure Modes
      i) Not being able to carry the stone along the marked course
      ii) Not returning stone to starting point
   c) Additional Notes
      i) Competitor may put stone down during the carry, however they cannot roll it or allow it to roll.
      ii) If stone is dropped or put down, it must be picked up again at the same spot. If the stone rolls with forward movement after being dropped or placed down, it must be returned to the same spot and picked up before continuing forward again.
      iii) Competitors must start behind the designated starting flag.

5) BEATER
   a) Competitor Instructions
      i) Traverse the spinning bars using only the hands and arms. Feet must not touch the ground to create an advantage.
      ii) Ring the bell.
   b) Failure Modes
      i) Failure to ring the bell.
      ii) Feet touching the ground to create an advantage.
      iii) Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
      iv) Feet or legs touching any of the bars, including traversing above the bars on top of the obstacle.
   c) Additional Notes
      i) A competitor is considered to have attempted the obstacle once both of their feet have left the starting step.
      ii) A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

6) BENDER
   a) Competitor Instructions
      i) Climb up and over the obstacle and down the other side without using the support structure, straps, or flag poles.
   b) Failure Modes
      i) Inability to climb over the obstacle and down the other side.
      ii) Using the support structure, straps, or flag poles.
   c) Additional Notes
      i) Competitors may use their feet on the rungs.

7) FLIP OBSTACLES
   a) Competitor Instructions
      i) Flip the element (i.e. tire, log, etc.) the required number of times.
   b) Failure Modes
      i) Inability to flip the element the required number of times.
   c) Additional Notes
      i) Competitor is considered committed to a lane once they have completed one flip.
      ii) Prior to being committed to a lane, a Competitor can change lanes and take multiple attempts.
      iii) Dropping the element is not considered a failure.

8) HERCULES HOIST

a) Competitor Instructions:
   i) Pull the rope to raise the weight until the knot hits the pulley at the top.
   ii) Lower the weight slowly and with control, without releasing the rope until weight reaches the ground. No dropping the weight.
   iii) Competitor must control the rope with their own body. Rope cannot be tied off to the fence or any other object.

b) Failure Modes:
   i) Inability to raise the weight all the way to the top.
   ii) Dropping the weight to the ground for any reason (rope slips through or leaves the Competitors hands and the weight touches the ground).
   iii) Using any outside object to assist in completing of the obstacle, other than use of feet on the fence (see additional notes)

c) Additional Notes:
   i) A competitor may make multiple attempts and change lanes at any time, as long as the weight was returned to the starting position in a controlled manner.
   ii) Competitors may not raise the weight by moving away from the fence, or gain an advantage by moving beyond the immediate vicinity of the fence.
   iii) Unless specifically defined otherwise by Spartan officials, competitors do not need to keep their feet on the ground and may use the fence for leverage.
   iv) Standing on the top of the fence or crossing the fence results in an immediate disqualification.
   v) At stadium events, these rules may be modified for safety reasons to require a"no feet on the fence" rule.

9) HURDLES

a) Competitor Instructions
   i) Climb up and over the wall without touching the support structure or straps.

b) Failure Modes
   i) Inability to climb over the wall
   ii) Anyone using the support structure or straps.

10) INVERTED WALLS

a) Competitor Instructions
   i) Climb up and over the wall without touching the support structure or straps.
b) Failure Modes
   i) Inability to climb over the wall
   ii) Anyone using the support structure or straps.
c) Additional Notes
   i) Competitors may re-try this obstacle until they complete it properly, or complete the penalty.

11) JUMP ROPE

a) Competitor Instructions
   i) Jump the rope 10 times. A jump is defined as swinging the rope over the head and beneath the feet in any direction.
b) Failure Modes
   i) Inability to complete 10 jumps.
c) Additional Notes
   i) The rope may travel backwards or forwards over the competitor's head.

12) ROPE CLIMB

a) Competitor Instructions
   i) Climb the obstacle and ring the bell with your hand.
b) Failure Modes
   i) Not ringing the bell
   ii) Using more than one lane at a time to complete the obstacle
   iii) Using any mechanical device
c) Additional Notes
   i) Competitor may change lanes at any time once returning to the ground and can continue to attempt obstacle as many times as they would like.
   ii) Competitors attempting multiple times should yield to Competitors attempting for the first time.
   iii) Competitors must return to the ground in a safe and controlled manner (Competitors cannot drop from the rope).

13) SLIP WALL

a) Competitor Instructions
   i) Navigate up and over the wall.
   ii) May use ropes if provided.
b) Failure Modes
   i) Not staying within the boundaries of the obstacle, or skirting the obstacle.
   ii) using supports or the side of the wall for assistance.
c) Additional Notes
   i) Disqualification for skirting; Competitors may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.

14) STAIRWAY TO SPARTA

a) Competitor Instructions
   i) Climb up and over the wall without touching the support bracing, sides of the wall, or straps.
b) Failure Modes
   i) Inability to climb over the wall
   ii) Anyone using the support structure, sides of wall, or straps.
c) Additional Notes
   i) The step may be used by all competitors.

15) VERTICAL CARGO

a) Competitor Instructions
   i) Climb up the obstacle, over the top, and down the other side using only the webbing, the horizontal truss at the base and top, and any horizontal pipes for support.
b) Failure Modes
   i) Inability to climb over the obstacle and down the other side.
   ii) Using supports other than the horizontal truss at the base and the top and horizontal pipes to complete the obstacle.

16) SLAM BALL

a) Competitor Instructions
   i) Select a ball from the designated male or female area.
   ii) Lift the ball overhead to full extension of knees and hips.
   iii) Return the ball to the ground directly in front. The ball must touch the ground.
   iv) Complete 10 ball slams.

b) Failure Modes
   i) Inability to complete 10 ball slams.
   ii) Failure to lift the ball overhead to full extension of the knees and hips.
   iii) Failure to return the ball to the ground during the final phase of each repetition.
c) Additional Notes
   i) The athlete may catch the ball on a rebound. The ball does not need to come to a full stop on the ground.
   ii) The ball can be slammed, dropped, or placed on the ground from the overhead position.

17) WATER MOATS, ROLLING MUD

a) Competitor Instructions
   i) Staying within the boundaries of the obstacle, Competitors must complete the marked course.
   ii) No diving.
b) Failure Modes
   i) Not staying within the boundaries of the obstacle, or skirting the obstacle.
c) Additional Notes
   i) Disqualification for skirting; Competitor may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.

Section 3.02 SINGLE ATTEMPT OBSTACLES

Single Attempt Obstacles are generally skill based obstacles. Once a racer has committed to a lane, as defined within the specific obstacle rules, an attempt will be considered started and the obstacle must be completed or a penalty will be enforced.

1) BALANCE BEAMS

a) Competitor Instructions
   i) Traverse along the top of one beam without using any part of the body other than the feet on the beam, and without touching the ground.
   ii) Cross the line marked on the descending beam with at least one foot before touching the ground.
b) Failure Modes
   i) Touching the ground prior to crossing the marked line on the descending beam.

ii) Touching the beam with any part of the body other than the feet.
iii) Touching another beam after making an attempt on a single beam.

c) Additional Notes
i) Once a competitor has placed two feet on the beam, it is considered an attempt.

2) SLACKLINE

a) Competitor Instructions
i) Navigate across the top of a single slackline without using any part of the body other than the feet on the strap, and without touching the ground.
ii) Touch the ground beyond the marked completion line on the other side with at least one foot.

b) Failure Modes
i) Touching the ground with one or more feet prior to the marked completion line.
ii) Touching the slackline with any part of the body other than the feet.
iii) Touching another slackline after making an attempt on a single slackline.

c) Additional Notes
i) Competitor is considered committed to a lane once both feet have touched the obstacle.

3) QUARTER PIPE

a) Competitor Instructions
i) Staying within the boundaries of the obstacle, Competitors must run up and over the ramp
ii) Competitors may use the top ledge to pull themselves up to the top elevated deck.
iii) No Jumping from the top ledge is allowed

b) Failure Modes
i) Not completing the entirety of the obstacle, including the steps off the back
ii) Skirting around the side of the obstacle

c) Additional Notes
i) Disqualification for skirting; Competitors may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.
ii) A competitor is committed and considered to have attempted the obstacle once their feet have touched any part of the face of the ramp.

4) MONKEY BARS
   a) Competitor Instructions
      i) Traverse the rungs using ONLY your hands/Arms and ring the bell. Feet cannot touch the ground or the rungs.
      ii) Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.
   b) Failure Modes
      i) Any part of the body touching the ground between the start and finish area.
      ii) Feet touching bars above head.
      iii) Using side supports.
      iv) Not ringing the bell
   c) Additional Notes
      i) The competitor is committed to their lane and considered to have attempted the obstacle, once both of the competitor's feet have left the starting step.

5) MULTI-RIG
   a) Competitor Instructions
      i) Traverse the attachments using only hands and arms and ring the bell.
      ii) Utilize only the attachments, without grabbing the ropes, sling, or chains used to affix the attachment to the structure
      iii) Stay within one lane, without moving laterally.
   b) Failure Modes
      i) Feet cannot touch the ground to create an advantage.
      ii) Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
      iii) Feet or legs touching the attachments, including traversing above the bars.
      iv) Grabbing the ropes, slings, or chains that affix the attachments to the structure
      v) Failure to ring the bell.
      vi) Using more than one lane to complete the obstacle.
   c) Additional Notes
      i) A competitor is considered to have attempted the obstacle once both of the Competitor's feet have left the starting step.
      ii) A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

6) RUBBER TIPPED SPEAR THROW

a) Competitor Instructions
   i) Attempt to throw the spear and have it hit the target
   ii) Competitor has one attempt

b) Failure Modes
   i) Spear does not hit the target

c) Additional Notes
   i) An attempt is considered to be in progress once a Competitor releases the spear in a forward motion.
   ii) Competitors are allowed to choose a different spear if they feel there is a defect in the initial spear they chose, however this must be done prior to throwing the spear.
   iii) It is the Competitor's responsibility to ensure the tether is placed in a manner such as to not cause entanglement. If tether gets tangled in any manner during a Competitor's throw, it will still be considered an attempt.

7) SPEAR THROW

a) Competitor Instructions
   i) Stand with both feet behind the barrier.
   ii) Throw the spear at the target in the same lane.
   iii) Have the spear embed into the indicated target and stay there without any part of the spear touching the ground.

b) Failure Modes
   i) The spear does not embed into the indicated target structure.
   ii) Any part of the spear touches the ground once the spear is stationary after being thrown.

c) Additional Notes
   i) Once a competitor releases the spear in a forward motion, it is considered an attempt.
   ii) A competitor is allowed to change lanes, however this must be done prior to an attempt being made.
   iii) It is the competitor's responsibility to ensure the tether is placed in a manner so it does not cause entanglement. If the tether becomes tangled during a competitor’s attempt and affects the flight of the spear, it shall still be considered an attempt.
   iv) A spear may touch the ground during an attempt before it becomes stationary in the target, as long as it is not touching the ground once it becomes stationary.
   v) The penalty for failure at this obstacle will be 10 burpees.

8) TRAVERSE WALL/Z WALL
   a) Competitor Instructions
      i) Laterally navigate the wall, using only holds within your lane, and ring the bell.
      ii) Competitors are not allowed to touch the top of the wall or the ground at any time.
   b) Failure Modes
      i) Touching the ground
      ii) Touching the top of the wall after starting
      iii) Not ringing the bell
      iv) Using any mechanical (rigging) assistance to complete the obstacle.
   c) Additional Notes
      i) Once 4 points of contact are on the wall hand/foot holds, or the Competitor has touched any block after the 2nd one, they are considered “committed” and cannot reset or restart.
      ii) The first hand block and the first foot block must be used when starting the traverse.

9) OLYMPUS
   a) Competitor Instructions
      i) Using only your hands on the holds within your lane, Laterally navigate the obstacle and ring the bell.
      ii) Competitors are not allowed to touch the top of the wall or the ground at any time.
   b) Failure Modes
      i) Any part of the body touching the ground between the start and finish bell
      ii) Competitor touching the top of the obstacle.
      iii) Competitor touching any of the holds on the wall with their feet.
   c) Additional Notes
      i) Competitor must start from or behind starting step.
      ii) Competitor is committed to their lane and considered to have attempted the obstacle, once both of the Competitor's feet have left the starting step
      iii) Competitor may place their feet against the wall, however not on the holds, including the cutouts.

10) BALL THROW
   a) Competitor Instructions

i) Attempt to throw the ball/snowball and have it hit the target

b) Failure Modes
   i) Missing the Target with the Snowball.

c) Additional Notes
   i) Must hit at least some part of the target. Hitting the spearman structure only does not count.

Section 3.03 MANDATORY OBSTACLES

Generally these will be any carries or crawls. If a racer fails any of these obstacles they may restart the obstacle. If a race is not able to complete the obstacle, they must turn in their timing chip to a course marshal or official.

1) PLATE / WEIGHTED / TIRE DRAG
   a) Competitor Instructions
      i) Pull the element out until the line is taut. The element cannot be picked up, it must be dragged. Return to the rope attachment point (stake) and pull the element back to the stake, using the rope.
   b) Failure Modes
      i) Inability to complete task.
      ii) Not pulling the element out until the rope is taut.
      iii) Not pulling the element all the way back to the stake.
      iv) Lifting the element off the ground, unless build up has blocked the path.
      v) Rolling the element. It must be dragged.
      vi) Removing the rope from the stake
   c) Additional Notes
      i) In some events order may be reversed, (pulling first, followed by dragging).
      ii) Competitor may not carry plate, plate must be touching the ground at all times.
      iii) Competitor may redo the obstacle, including changing lanes, as long as the full “cycle” is completed.

2) BUCKET CARRY
   a) Competitor Instructions
      i) Select a bucket from the designated male or female area.
      ii) Carry the bucket along the marked course.
      iii) The bucket must complete the entire marked course with the same amount of material inside.The lid of the bucket must remain in place at all times.

b) Failure Modes
   i) Not returning the bucket with the same amount of material inside that it started with.
   ii) Cutting any part of the marked course.
   iii) Carrying a bucket designated for a gender other than the competitor's own.

c) Additional Notes
   i) There is no burpee option for this obstacle. It must be completed.
   ii) If a competitor returns a bucket with material missing after completing the marked course , the competitor must redo the entire marked course with a correctly filled bucket.
   iii) A competitor may place the bucket down on the ground to rest as needed.
   iv) The lid on each bucket is not permanently attached. If a lid is displaced accidentally, a competitor may replace the lid as long as material from the bucket is not displaced. In the case material is lost from the bucket, the competitor should return the bucket to the start of the carry, replace it, and complete the carry with a new bucket. The competitor is permitted to remove all material from the bucket before returning it.

3) BUNGEE CORD/LOW CRAWL

a) Competitor Instructions
   i) Crawl under the wire or cords. (Rolling IS allowed).
   ii) Personal belongings must follow the same path as Competitors (Competitors cannot leave anything on the side, throw it over the obstacle, etc.).
   iii) No diving.

b) Failure Modes
   i) Walking or running past the obstacle.
   ii) Not carrying personal belongings through the obstacle.
   iii) Going over wire or cord that was designed to go under, unless the obstacle has been damaged in a way to make it impractical to navigate otherwise.

c) Additional Notes
   i) There are no burpee options for this obstacle.
   ii) Competitors may make as many attempts as needed

4) CARGO NET/ SCRIM NET GROUND CRAWL
   a) Competitor Instructions
      i) Traverse under the net, with the entire body passing underneath the net, from one end to the other.
   b) Failure Modes
      i) Not traversing under the cargo net from one end to the other.
      ii) Not keeping the entire body underneath the net.
   c) Additional Notes
      i) A competitor may roll under the cargo net.
      ii) A competitor may touch the cargo net with any part of their body, and push the net away to clear a path.
      iii) Moving with any part of the body uncovered by the net is not permitted.

5) CHAIN CARRY
   a) Competitor Instructions
      i) Select a chain from the designated male or female area.
      ii) Carry the chain along the entire marked course.
      iii) Return the chain to the designated male or female area.
   b) Failure Modes
      i) Inability to complete the entire marked course with the chain.
      ii) Dragging, rolling, throwing, or pushing a chain.
      iii) Carrying an incorrectly designated chain or incorrect number of chains.
   c) Additional Notes
      i) If multiple chains are required to be carried, they must be carried at the same time.
      ii) A chain may be placed down as needed, however a competitor can not make significant forward progress with a single chain at any time.
      iii) If a competitor's chain is dropped or placed down and it moves, the competitor must return the chain to where it was dropped and restart the carry from that point.

6) DUNK WALL
   a) Competitor Instructions
      i) Traverse under the wall from one side to the other.
      ii) No diving.
   b) Failure Modes
      i) Inability to traverse under the wall and to the other side.
      ii) Passing around the side of the wall.

7) FARMERS CARRY
   a) Competitor Instructions
      i) Competitors will carry weights around the designated course and return them back to the starting point.
   b) Failure Modes
      i) Inability to complete the course.
      ii) Cutting any part of the designated route.
      iii) Not carrying the weight by the handles.
   c) Additional Notes
      i) If multiple weights are required, they must be carried together. Competitors cannot make significant forward progress with a single weight.
      ii) Weights may be placed down as needed. This is not considered a failure.
      iii) Weights must be carried and cannot be dragged, rolled, pushed, etc.
      iv) If a weight is dropped or placed down and moves forward, Competitor must return the weight back to where it was dropped, and restart the carry from that spot.
      v) Competitors must start behind the designated start flag.

8) HAY WALL
   a) Competitor Instructions
      i) Climb up and over the hay structure in the direction of the marked course.
      ii) Avoid using any support bracing, flag poles, straps, or other non-hay elements.
   b) Failure Modes
      i) Inability to climb over the hay structure and descend to the other side in the direction of the marked course

9) O.U.T.
   a) Competitor Instructions
      i) Traverse over the top of the first wall, underneath the second wall, and through the window set within the final walls to the other side.
   b) Failure Modes
      i) Inability to navigate the walls in the instructed manner.
      ii) Use of a support structure to aid in traversing a wall.

10) SANDBAG CARRY
   a) Competitor Instructions
      i) Carry the element on the designated route.

ii) Return to the same location as picked up.

b) Failure Modes
   i) Inability to complete the designated route with the weight
   ii) Damaging or destroying the weight
   iii) Cutting any part of the designated route
   iv) Dragging the weight

c) Additional Notes
   i) Intentionally damaging or destroying the weight will result in disqualification.
   ii) If multiple weights are required they must be carried at the same time. Competitors cannot make significant forward progress with a single weight.
   iii) Weights may be placed down as needed. This is not considered a failure.
   iv) Weights must be carried and cannot be dragged, rolled, pushed, etc.
   v) If a weight is dropped or placed down and moves forward, the Competitor must return back to where it was dropped and restart carry from that spot.

11) LOG CARRY

a) Competitor Instructions
   i) Carry the element on the designated route.
   ii) Return to the same location as picked up.

b) Failure Modes
   i) Inability to complete the designated route with the weight
   ii) Rolling the log
   iii) Cutting any part of the designated route
   iv) Dragging the weight

c) Additional Notes
   i) Intentionally damaging or destroying the weight will result in disqualification.
   ii) If multiple weights are required they must be carried at the same time. Competitors cannot make significant forward progress with a single weight.
   iii) Weights may be placed down as needed. This is not considered a failure.
   iv) Weights must be carried and cannot be dragged, rolled, pushed, etc.
   v) If a weight is dropped or placed down and moves forward, the Competitor must return back to where it was dropped and restart carry from that spot.

12) LOG JUMP

a) Competitor Instructions
   i) Jump over the logs.
b) Failure Modes
   i) Inability to jump over the logs.
   ii) Skirting around the logs.
c) Additional Notes
   i) A competitor may backtrack and reattempt the obstacle if skirting was forced by congestion.

13) SPIDER WEB

a) Competitor Instructions
   i) Navigate through the “web” of string, cord, or barbed wire, or similar.
   ii) Pack or any other personal items must follow the same route as Competitor.
b) Failure Modes
   i) Walking or running past the obstacle
   ii) Not carrying personal belongings through the obstacle
   iii) Going over wire or cord that was designed to go under, unless the obstacle has been damaged in a way to make it impractical to navigate otherwise.
c) Additional Notes
   i) There is no burpee option for this obstacle.
   ii) Competitors may retry the obstacle if it is failed, as long as they have not made significant forward progress along the course.

14) TUBE CRAWL

a) Competitor Instructions
   i) Traverse through the tube, with the entire body passing, from one end to the other.
b) Failure Modes
   i) Not traversing through the tube from one end to the other.
   ii) Not keeping the entire body within the tube.
c) Additional Notes
   i) A competitor must crawl facing forwards, head first.
   ii) A competitor may touch the tube with any part of their body.

15) SACK HOP

a) Competitor Instructions
   i) Must have both feet inside of the bag and pulled up to waist from start to finish.
b) Failure Modes
   i) Inability to complete the course distance.
   ii) Not keeping feet inside the bag or the bag pulled up.
c) Additional Notes
   i) Competitors are able to stop midway and continue.
   ii) A torn bag will not be grounds for disqualification.

Article IV. CONTACT US

If you have any questions or concerns, regarding the rules outlined in this document; contact Spartan Customer Service at US@spartan.com.