



Special Rules for Competitive Wave Athletes

- **Start times/seeding**

- Athletes will be sent out in waves of 5 approximately every 5 minutes.
- all competitive athletes must submit verifiable 5k times. Your start time will be based on this. Fastest first. Anyone not responding before the cut-off and all day of registrations will receive a placement at the end. **IF YOU DO NOT REGISTER/SUBMIT YOUR TIME BEFORE THE CUTOFF, YOU WILL NOT BE SEEDED IN THE FIRST WAVES.** Even if you are the fastest person on the planet. Day of registrations will receive the last competitive waves. Want the first waves? Register early and submit your verification.

[SUBMIT YOUR 5K VERIFICATION HERE](#)

- **Mandatory obstacle completion**

- Each athlete will have unlimited attempts at all obstacles EXCEPT the Strike Zone Challenge.
 - Following the first failed attempt, the athlete will yield to oncoming racers
 - Well Balanced will have a 20 squat penalty before a retry
 - If at any point an athlete determines that they cannot/do not wish to complete an obstacle they must give up their competitive athlete wristband
 - Athletes may continue to run the course but must yield to other athletes on obstacles
 - Athletes will be ineligible for awards after giving up their wristband

- **Obstacle List, Rules, and Penalties**

(Mandatory completion + penalties as listed below)

1. Hurdles (hop over)
2. Low Crawl (get low)
3. Net Crawl (keep crawling)
4. 7' Wall (over not under)
5. Low Rig (3 10' sections that must be traversed upside down. Hands and feet may be used. Once on the rig athlete may not touch the ground until ringing the bell. Athlete may not touch/use the frame along the sides of the obstacle but MAY use the wood beam when transitioning between

sections. An athlete's clothing may brush the ground but no part of the body.)

6. Cargo Net (climb up and over)
7. Rolling Thunder Over/Under (over the high one/under the low one)
8. Tire Flips (flip over and back)
9. Such a Drag (drag a tire out and back)
10. Jerry Cans Carry (carry 2 Jerry Cans out and back)
11. Y-Wall (Once on the wall athlete may not touch the ground until ringing the bell. Athlete may not touch/use the frame of the obstacle or tops of the walls. Only use hand and footholds)
12. Assault Bike (15 calories)
13. Spider Web (make your way through it!)
14. Well Balanced (Don't touch the ground. Penalty - 20 bodyweight squats, retry)
15. emPowered Peak (Athlete must traverse from one side to the other without touching the ground, or frame (top and bottom) and ring the bell)
16. Barnstormer's Rig Presented by Scenic Ridge (Athlete must traverse from one end to the other using only the attachments/handles - not the frame - without touching the ground and ring the bell. No feet may be used on the obstacle.)
17. Wreck Bag Carry (pick it up, take it for a carry.)
18. Stadium Steps (run, walk, crawl... just get it done!)
19. High Roller (Feet must be planted as you throw a slam ball up the hill. Once thrown, athlete runs to the ball and repeats until reaching the marker at the top of the hill. Athlete must then carry the ball back down the hill and return it to the starting position.)
20. Rope Climb (Climb to the top and ring the bell)
21. Strike Zone Challenge (Ball must hit designated target (center square of net) without bouncing and stay in. 1 attempt only! Penalty - a missed throw will result in a 15 burpee penalty. Once all 15 burpees are completed (chest to ground, the stand, jump with hands above head and feet leaving the ground) the athlete will continue with the race. They will NOT repeat the obstacle and will NOT lose their wristband (unless they cannot complete all 15 burpees).)
22. Inverted Wall Presented by Rachel's Cafe & Creperie (climb up and over)
23. Box Jumps on Dugout Steps (15 box jumps or step-ups)

*Bells may be rung with any part of the body.

*We reserve the right to change out, add, or remove any obstacle at any time for any reason.

*All penalty reps must be counted out loud

- **Finish times and placement**

- Timing will be done by timing chips provided by 2L Race Services

- Results are not final until the award ceremony. All competitive waves must be run and all times compared.
- Top 3 male and female competitive athletes will be recognized at an award ceremony as soon as all results are tallied.

*SPORTSMANSHIP, INTEGRITY, AND KINDNESS ARE AN INTEGRAL PART OF OUR SPORT.
PLEASE COMPETE WITH DIGNITY AND RESPECT.*