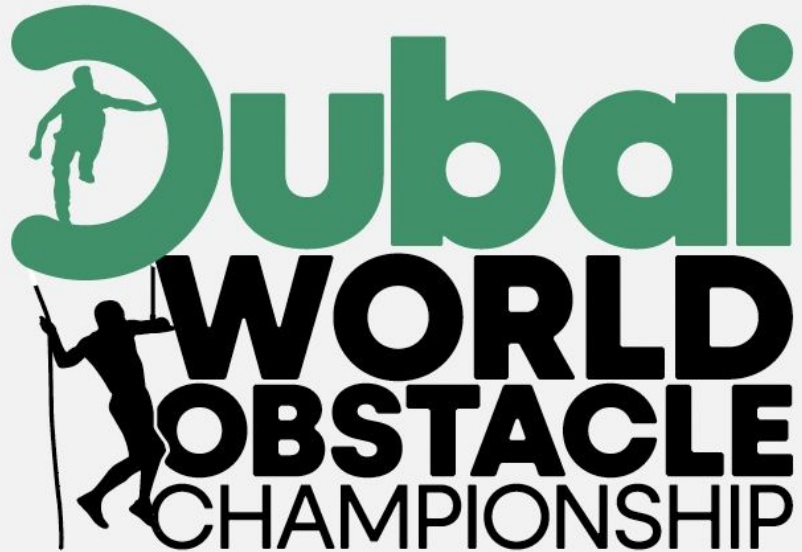


RULEBOOK



RULEBOOK DISCLAIMER

- *The obstacles listed in this rulebook may not be the ones\only ones you will find on the courses*
 - *There might be changes due to weather, terrain, safety policies, etc...*
- *The sequence of obstacles shown in this rulebook may not be the final one*
 - *The obstacles sequence may change depending on the different courses (1500m, 2500m 5000m, Team)*
- *Although there might be changes to the obstacles themselves, **General rules** and **Grab rules** that you will find in this rulebook will not change*
- *If not further specified, World Obstacle's Competition and Conduct rules apply*

GENERAL RULES

- All **Carries** and **strength obstacles** are mandatory. Failing continuously or refuse to complete one will result in the removal of all remaining bands and the athlete will be considered DNC
 - If the athlete damages the item during the transport or leaves it dropped without accompanying it to the finish, the athlete will be required to repeat the obstacle but no band will be cut.
- All **Weights**, including the penalty loop's ones, must be placed on the ground. They must **not** be dropped or thrown. In case of dropping or throwing the obstacle must be repeated, no band will be cut.
 - Under 16 athletes will be exempted from strength and carry obstacle by showing their U16 wristband
- **Walls** must be overcome without the help of the structures; all athletes may use the additional step if provided. If the athlete uses the structure, the obstacle must be repeated, no band will be cut.
- Athletes must **NOT help** each other overcoming obstacles
- Athletes may help each other in case of **danger**
- Athletes cannot be assisted by spectators in any way; they cannot receive or pass any item from\to people other than race staff: water, food, accessories, gloves, etc

SUSPENSION AND BALANCE RULES

- For **suspension (hanging)** and balance obstacles, the attempt begins when **both feet** leave the ground. Just touching the structure or the obstacle is not considered as an attempt
 - Feet must be lifted off the ground before the obstacles structure; you may find a starting platform which is mandatory to use.
 - Feet must remain lower than athlete's head at all times when on obstacles in elevated suspension (2 m and higher)
- After an attempt begins, no body part may actively use the ground or the obstacle structure to gain an advantage for the athlete. Unintentionally grazing or touching the ground or any part of the structure is not considered a violation **if not providing advantage** to the athlete.
- Elements connecting holds to the structure **are** part of structure themselves
- Bells must be touched only with the **hands**
- Usage of **chalk** or similar items is **NOT ALLOWED**
- Usage of gloves is **allowed** as long as not dropped on the course (littering) and worn or carried from the start
- Shoes or other sportswear must not contain dangerous parts (metal spikes, etc...)

BANDS AND ATTEMPTS

- Each athlete will start the race with three (3) **wristbands** and one (1) **ID headband**
 - Bands must be visible at all times and will be checked by the TO before entering the start zone
- Each athlete may lose up to two (2) bands by failing an obstacle or giving-up overcoming it.
 - An athlete will be able to recover up to two (2) bands by completing a **penalty loop** FOR EACH BAND LOST, before the finish line
- An athlete who loses all three (3) bands will be listed in the results as DNC
 - They may finish the course, but they will not be able to recover any band
- It's athlete's responsibility to ensure to arrive at the finish line with 3 bands and made this registered by the TO
 - If less than 3 bands are shown at the finish line, the athlete will be considered DSQ
- Some obstacles (carries and strength) are **mandatory**: missing their completion will result in the cut of all the bands
 - The athlete who gives up overcoming mandatory obstacle will have all the remaining bands cut
- Suspension based obstacles can only be attempted one (1) time
- Walls and balances may be tried infinite times
 - The athlete who gives up overcoming these obstacle will have one (1) band cut

HOW TO WEAR WRISTBANDS

- Each athlete has to wear and present one (1) identification headband and three (3) race wristbands before the start zone
- Athletes have to wear **3 race wristbands** on the **RIGHT WRIST**
- **Wristbands must be visible at all times** (it is not allowed to cover them with gloves or any other equipment or garment) and will be checked by the staff/technical officials before start line, penalty loop and after the finish line.
- It is the athlete's **responsibility** to keep the bands safe during the competition. In case of damage of a wristband the athlete must preserve it until next check and must inform the nearest judge.
- Bands must be spaced apart enough to allow safe and sure cutting.
- In case of damage or loss of wristbands before the race starts athlete has to request a new set and will receive - if available - a new BIB number as well as a new start wave. Keeping the wristbands safe before the race is each athlete's responsibility.

FORBIDDEN BEHAVIORS

Other behaviours which may lead to the **disqualification** of the athlete include, but are not limited to:

- Littering on the course, outside the dedicated area or trash bins
- Disrespectful, unsporting behaviour against other athletes, officials, staff members
- Purposefully hiding race wristbands
- Using chalk or any other kind of sticky substance on your hands

If not further specified, WorldObstacle's Competition and Conduct rules apply

PLATFORMS AND BELLS

The start of suspension obstacle will be a green box platform, and the obstacle will end with the bell; this rule applies to **all suspended (hanging) obstacles**, unless otherwise communicated by the organization.

START PROCEDURE

- CHECK-IN AREA
 - All athletes have to arrive to the check-in area **10 minutes before** their actual starting time for race control (timing chip, wristbands, etc)
 - In order to make the start smooth, athletes in different waves could start from different start zones.
- START ZONE
 - Athletes need to enter their start zone at least **5 minutes before** actual starting time.
- Athletes who arrive late for their heat will be allowed to start in subsequent heats only if max capacity is not exceeded and, in any case, only with a TOs authorization, without the need of being assigned a new BIB
- Timing mat is a sensitive device, athletes who are waiting for their start must stay away from the start gate (e.g. cheering, photo shooting) and from the arrival one

PENALTY LOOP

- The penalty loop is a course laid right before the finish line
 - It will consist of an object to carry along a marked course
- Athletes will be able to recover one (1) band by completing one (1) penalty loop
 - Max number of recoverable bands is two (2), by completing two (2) penalty loops
- The average duration of a penalty loop is set to 90” (subject to change by discretion of the race direction)
 - this means that, in case of a protest, adding or subtracting a penalty loop will result in 90” added or subtracted to\by the athlete effective time per each penalty loop considered.
- If an athlete does not complete all the required penalty loops and\or arrives at the finish line with one (1) or two (2) bands only, the athlete will be considered DSQ

GENERAL TEAM RULES

- Each athlete will start the race with 3 wristbands
- Some obstacles require teammates to **work together** to be completed
- All other obstacles on the course must be completed by each team member individually
 - Team members have to use the **same lane** on an obstacle
 - Team members must be at an obstacle **at the same time** before they are allowed to start the obstacle.
 - Team members are not allowed to assist each other on suspension obstacles in any way including, but not limited to stopping obstacles
- Athletes have to run across the finish line within a 30” timeframe, the result of the team will be the time of the slowest athlete
- Team members must complete the penalty loop together to recover their lost wristband(s):
- If a team member loses all of his/her wristband the whole team will result as DNC, they may finish the course, but they will not be able to recover any band
- It is mandatory to make an honest attempt at the walls. It is not allowed to give up voluntarily and then help out team members.

GRAB RULES

Here are the **rules for engaging** the holds that you will find on the race courses

NUNCHUK



HANDLE



RING

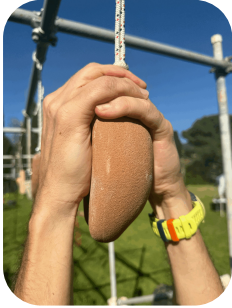


RIGATONI

Athletes are not allowed to touch the top part of the vertical grip.



COFFEE BEANS



SPECIFIC RULES FOR

OBSTACLES

	Obstacle Name	Type		Attempt	Instructions
1	Over - Under	Wall	Hands and feet	Infinite, mandatory	Go over the first one, then under the second
2	Hurdles	Tactical	Hands and feet	Infinite, mandatory	Go over the beams, not under them
3	1M Gorilla Crawl	Crawl	Hands and feet	Infinite, mandatory	Crawl free under the net, do not go out of the sides
4	Balance Beams	Balance	Feet only	Infinite, mandatory	Walk across the beams without falling off
5	Pyramid Climb	Truss Cargo Net	Hands and feet	Infinite, mandatory	Climb up and over the cargo net to the other side, do not use the center truss
6	1.5M Wall	Wall	Hands and feet	Infinite, mandatory	Scale the wall by jumping and pulling yourself over.
7	Hanging Doors	Truss Rig	Hands and feet	1 attempt, non mandatory	Swing from door to door using only the holes in the door, Hit Do not touch the top the bell with your hands, not your feet.
8	Sandbag Carry	Weight	Hands and feet	Infinite, mandatory	Carry the sandbag and follow the marked course. Do not drag the sandbag
9	Cyclone	Truss Rig	Hands only	1 attempt, non mandatory	Swing across rotating bars without falling. Hit the bell with your hands, not your feet.
10	Slip Wall	Truss	Hands and feet	Infinite, mandatory	Run up the inclined wall using the provided rope for assistance.

	Obstacle Name	Type		Attempt	Instructions
11	Ring Swing	Truss Rig	Hands only	1 attempt, non mandatory	Swing from ring to ring without touching the ground. Hit the bell with your hands, not your feet.
12	ZigZag Traverse	Wall	Hands and feet	1 attempt, non mandatory	Move across the zigzag wall using handholds, maintaining balance. Do not touch the top or the ground.
13	Vertical Cargo	Truss Cargo Net	Hands and feet	Infinite, mandatory	Climb up and over vertical cargo net and descend to the other side.
14	2M Wall	Wall	Hands and feet	Infinite, mandatory	Scale the wall by jumping and pulling yourself over.
15	Rope Climb	Truss	Hands and feet	1 attempt, non mandatory	Climb the rope to the top and ring the bell with your hands.
16	0.75M Gorilla Crawl	Crawl	Hands and feet	Infinite, mandatory	Crawl under the net, do not go out of the sides
17	Bucket Carry	Carry	Hands only	Infinite, mandatory	Carry the bucket along the designated path and return it to the start.
18	Sky Swinger	Truss Rig	Hands and feet	1 attempt, non mandatory	Climb the rope, then swing across the cable ladder above the water pit until you reach the bell. Hit the bell with your hands, not your feet.
19	Slack Line	Balance	Feet only	Infinite, mandatory	Walk across the slackline without losing balance.
20	Curved Wall	Wall	Hands and feet	Infinite, mandatory	Run up the curved wall and grab the top ledge to pull yourself over.

	Obstacle Name	Type		Attempt	Instructions
21	Multi Grip	Truss Rig	Hands only	1 attempt, non mandatory	Swing from grip to grip using upper body strength. Hit the bell with your hands, not your feet.
22	2.5M Wall	Wall	Hands and feet	Infinite, mandatory	Scale the wall by jumping and pulling yourself over.
23	Titan Pull	Truss/Weight	Hands only	Infinite, mandatory	Pull the weighted sandbag to the top using the rope and pulley system, lower it down to the ground without letting it fall
24	Tyrolean Traverse	Truss	Hands and feet	1 attempt, non mandatory	Traverse along the rope suspended over the ground and ring the bell at the end.
25	0.5M Gorilla Crawl	Crawl	Hands and feet	Infinite, mandatory	Crawl free under the net, do not go out of the sides
26	Spiral	Truss	Hands only	1 attempt, non mandatory	Traverse across the twisting bars using your hands, no legs, you can use the truss in the middle. Hit the bell with your hands, not your feet.
27	Sled Pull	Weight	Hands only	Infinite, mandatory	pull the weighted sled along the marked course
28	Wind Chimes	Truss	Hands and feet	1 attempt, non mandatory	Swing across the hanging ropes to reach the other side. Hit the bell with your hands, not your feet.
29	Multi Grip 2	Truss Rig	Hands only	1 attempt, non mandatory	Use the various grips to traverse the obstacle without touching the ground. Hit the bell with your hands, not your feet.
30	Laser Pistol	Tactical	Hands only	time limited, mandatory	Hit the target using the laser pistol from the shooting station.