

**ELITE/COMPETITIVE ARE NOT ALLOWED TO HELP, RECEIVE HELP OR TO SHARE BURPEES.
RACE RULES ARE ELIGIBLE TO BE CHANGED BY THE RACE DIRECTOR.**

OBSTACLE	RULES	
6' WALLS	Climb up and over the Wall. Using the support braces is not allowed. Men are not allowed to use the steps on the sides. Those are for women only.	Fail = 30 Burpees
7' WALLS	Climb up and over the Wall. Using the support braces is not allowed. Men are not allowed to use the steps on the sides. Those are for women only.	Fail = 30 Burpees
8' WALLS	Climb up and over the Wall. Using the support braces is not allowed. Men are not allowed to use the steps on the sides. Those are for women only.	Fail = 30 Burpees
ATLAS CARRY	Pick up the stone > Carry it to the other side > Put it down > 5 Burpees > Return stone to starting point. Do not put the stone on your shoulders or your head.	Fail = 30 Burpees
BALANCE BEAM	Balance over the wooden beams without touching the ground or the supporting beams on the ground. One try only, switching lanes is not allowed.	Fail = 30 Burpees
BUCKET BRIGADE	Fill the bucket up to the small holes and carry the bucket around the designated loop. There are different markings for men and women. If racer returns and bucket is not filled to the holes then they must do it again. Do not put the bucket on your shoulders or your head.	MUST COMPLETE = No Burpee option
CHAIN CARRY	Carry the chain through the designated route. Put the chain back in the designated area. There are different weights for men and women.	MUST COMPLETE = No Burpee option
HERCULES HOIST	Pull on the rope to raise the weight to the pulley. Let the weight down slowly and under control. Dropping the weight equals failing the obstacle.	Fail = 30 Burpees
HO3IE HOP	Put the band around your ankles - NOT your knees - and then navigate the route.	MUST COMPLETE = No Burpee option
HURDLES	Climb up and over the hurdle. Do NOT go under the hurdle. Using the support braces is not allowed.	Fail = 30 Burpees
INVERTED WALL	Climb up and over the wall. Using the support braces is not allowed.	Fail = 30 Burpees
LOG HOP	Hop from log to log without touching the ground. One try only! Racers are committed to the row they pick after stepping onto the first log.	Fail = 30 Burpees
LOG CARRY	Carry the log through the designated route. Put the log back in the designated area. There are different weights for men and women.	MUST COMPLETE = No Burpee option
MEMORY BOARD	Use the last two digits of your bib number to look up the corresponding alpha-numeric code. Memorize the code, you will be asked to recall it later in the race.	Fail = 30 Burpees
MULTI RIG	Navigate the Multi Rig (with your arms only) without touching the ground. Using the feet equals failing the obstacle. One try only! Racers are committed to the row they pick after touching the first bar/handle.	Fail = 30 Burpees
MONKEY BARS	Navigate the monkey bars with your arms only without touching the ground. Using the feet equals failing the obstacle. One try only! Racers are committed to the row they pick after touching the first bar/handle.	Fail = 30 Burpees
ROPE CLIMB	Climb the rope and ring the bell with your hands. One try only.	Fail = 30 Burpees
SLACKLINE	Balance over the slackline without touching the ground or supporting beams. One try only! Switching lanes is not allowed.	Fail = 30 Burpees
SANDBAG CARRY	Carry the sandbag through the designated route. Put the bag back in the designated area. There are different weights for men and women.	MUST COMPLETE = No Burpee option
SPARTAN SLED	Racers pull sled through marked course. Sled must be dragged and cannot be picked up off the ground.	Fail = 30 Burpees
SPEAR THROW	Throw the spear so that it sticks into the target or supporting structure. Racers have only one try. The end of the spear is not allowed to touch the ground.	Fail = 30 Burpees
TIRE DRAG	Pull the tire out until the rope is straightened, then go back to the starting point and pull the tire back using the rope.	Fail = 30 Burpees
TIRE FLIP	Flip the tire the number of times dictated by the marshall.	Fail = 30 Burpees
TRACTOR PULL	Using the chain, drag the weight behind you on the designated route. Carrying the weight is not allowed.	MUST COMPLETE = No Burpee option
TRAVERSE WALL	Using only the wooden blocks, get from one end of the wall to the other and ring the bell. Racers cannot touch the top of the wall or the ground.	Fail = 30 Burpees
TYROLEAN TRAVERSE	Traverse the rope and ring the bell. The racers feet are not allowed to touch the ground/ the water.	Fail = 30 Burpees