



SPARTAN™

COMPETITION RULES



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Article I. SCOPE, PURPOSE AND EXCEPTIONS

Section 1.01 SCOPE

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

Section 1.02 PURPOSE

These Rules are designed to provide a consistent standard to allow competitors 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 competitors; and
- (b)** To protect the health, safety, and well-being of competitors as much as possible; and
- (c)** To promote the integrity of Spartan events and competitors.

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 ELITE COMPETITION

- (a)** All Elite competitors are expected to follow all of the rules set forth in this book and participate in a competitive manner.
- (b)** Failure to comply with the rules set forth in this book will result in Disqualification (disqualification) from the event.
- (c)** Failure to start in your assigned start time will result in disqualification from the heat.

Section 2.03 Age Group COMPETITION

- (a) All Age Group competitors must participate and compete in the Age Group division corresponding to the competitor's age at the end of the year.
- (b) All Age Group competitors are expected to follow all of the rules set forth in this book and participate in a competitive manner.
- (c) Failure to comply with the rules set forth in this book will result in disqualification from the event.
- (d) Failure to start in your assigned start time will result in disqualification from the heat.

Section 2.04 GENERAL CONDUCT

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

- (a) Act in compliance with these Competitor Rules;
- (b) Conduct themselves in a manner that is not offensive in any way to fellow competitors, spectators, staff or volunteers and is considered reasonable and acceptable in the community;
- (c) Treat all competitors, 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.

Section 2.05 RACE CONDUCT

- (a) Entire Course. competitors must cover the prescribed course in its entirety. It is the competitor's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a disqualification, unless the competitor is able to place themselves back on course at the same spot they went off course. Unless determined by the Head Referee that the violation constituted endangerment under Section 2.05(i). In the event the Head Referee makes such a determination; the penalty shall be disqualification.
- (b) Re-entry. Upon leaving the course, a competitor shall re-enter the course and continue at the same point of departure. If the Head Referee in their sole discretion determines that the violation constituted endangerment under Section 2.05(i), in which case the penalty shall be disqualification.
- (c) Unsportsmanlike Conduct. competitors shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed towards competitors, 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 by the sole discretion of the Head Referee.

- (d) Obstruction.** competitors shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another competitor. Any violation of this Section shall result in a disqualification.
- (e) Unauthorized Assistance.** No competitor 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, times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Receiving physical support from another (other than from another competitor in the event helping to recover to a standing position) that assists in making forward progress in the race shall result in a disqualification.
- (f) Race Numbers.** competitors 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. Competitors will not be allowed to start the race without their number properly displayed. Use of prior race numbers will be grounds for immediate disqualification and suspension from future competitive Spartan Heats for a period as determined by Spartan officials.
- (g) Abandoned Equipment.** No competitor shall leave any equipment or personal gear on the race course. Any violation of this section shall result in a disqualification. Wrappers and other packaging may be disposed of in Spartan designated trash bins. Littering of any kind shall result in a disqualification.
- (h) Unauthorized Equipment.** No competitor 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 competitors. No competitor shall, at any time during the event, use or wear a hard cast, crampons or metal studs, outside rigging, 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 disqualification.
- (i) Endangerment.** No competitor shall commit any dangerous act which could cause injury to any competitor. Any violation of this Section shall result in disqualification.
- (j) Heat Starts.** When the beginning of any event is commenced by starting designated "heats" or groups of competitors at different times, all competitors shall start in and with the proper wave or group. Any competitor who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any competitor who starts in an incorrect wave shall be ineligible for awards including qualification to any championship events.

Section 2.06 UNREGISTERED competitorS

- (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 competitor to violate Section 2.06a by providing a race bib to that competitor shall be suspended or barred from any Spartan event for a period of up to one year.
- (c) Any second violation of this Section can 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 competitors 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, competitor, 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 (OCR).

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.

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 competitor shall constitute grounds for penalizing such competitor 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 competitors (pacing is defined as the practice running in front of or alongside another competitor) is strictly prohibited.

Section 2.13 OBSTACLE FAILURE PENALTIES

- (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 competitor 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) Obstacles are separated into 2 categories: Mandatory Obstacles and Pass/Fail obstacles.
- (d) Penalty for failure of Mandatory obstacles is disqualification from the event.
- (e) Penalty for pass/fail obstacles is 30 burpees for outdoor events defined as Sprint, Super, Beast, or Ultra obstacles and 15 burpees for Stadion events.
- (f) Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count toward the burpee penalty.

- (g)** Non-Burpee obstacle failure penalties (such as penalty loops) may be employed at certain obstacles at specific events. These will be described in pre-race briefings or by the volunteers at these obstacles.
- (h)** 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.
- (i)** 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 30 burpees or the mandatory penalty for that obstacle.
- (j)** In the case of obstacle failure caused by significant physical interference from another competitor, the affected competitor may restart the obstacle with no additional penalty after receiving permission from an official.
- (k)** Competitors cannot be within the active obstacle area except for when attempting the obstacles. This includes walking under obstacles such as Twister in order to realign or preset a lane.
- (l)** Obstacles may have male/female options. Where present competitors are required to complete the option based on how they have signed up and are competing.

Section 2.14 TIME PENALTIES

- (a)** In General a time penalty may be imposed for each infraction of Section 2.13e of these rules. The penalty is 30 seconds per missed burpee up to 5 minutes or 10 reps for outdoor events and 2.5 minutes or 5 reps for Stadion events.
- (b)** Missing more than 10 burpees at outdoor events or 5 burpees at Stadion events at a single obstacle will result in a disqualification.
- (c)** Prior to the results being considered final, an official video review process will take place. Therefore, a race's final results may not be posted on-site immediately, pending this official review.
- (d)** During the video review process Race Officials reserve the right to assess penalties including, but not limited to, a time penalty of 120 seconds or disqualification for obstacle failures and/or infractions.
- (e)** Penalties found during this review are displayed real-time on the display monitors inside the Results Tent throughout the Official post-Race video review process. It is the competitors sole responsibility to check these penalty display monitors until 15 minutes prior to the awards ceremony in the event they would like to protest any penalties administered by the Head Official.

- (f) The protest period for timing, results, disqualification, penalty issues and the like, ends 15 minutes prior to the award ceremony for each event.
- (g) Any protest a Competitor may wish to dispute with penalties, or issues that affect the race outcome, must be brought to the Head Official during this time period. In some circumstances Head Official may extend protest periods beyond the award ceremony, at their discretion.
- (h) The Race Official reserves the right to continue penalty resolution post-event for those not present, or who are unavailable during the event.
- (i) 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.
- (j) Spartan Race reserves the right to change the standings or race day decisions indefinitely after the event in cases of unsportsmanlike conduct and/or intentional or malicious breaking of the rules, including but not limited to, failing of any Anti-Doping and Drug Control protocol administered by Spartan Race or a third party as designated by Spartan Race.

Section 2.15 ANTI-DOPING SANCTIONS

Distribution of prize money shall comply with the following standards:

- (a) Each Spartan Race competitor acknowledges the likelihood of Anti-Doping controls being administered at any given Spartan Event and that he/she has reviewed and accepts the Banned Substances List of the World Anti-Doping Agency (WADA). This list can be found here: <https://www.wada-ama.org/en/content/what-is-prohibited>
- (b) Any Spartan Race competitors who demonstrate or return a positive test for a WADA Banned Substance will be awarded the following sanctions:
 - (i) First offense: 2-Year Ban from all Global Spartan events.
 - (ii) Second offense: Lifetime Ban from all Global Spartan events.
- (c) Any Elite and/or Age Group competitor with any further or specific questions, including TUE requests, should contact Customer Service at us@spartan.com

Section 2.16 PRIZE MONEY

Distribution of prize money shall comply with the following standards:

- (a) When prize money is available in any event, competitors must comply with the following rules in order to be eligible:
 - (i) Fill out all required financial paperwork.

- (ii) Adhere to any and all Anti-Doping controls in place at the given Race.
 - (iii) Wear a Spartan Finisher Shirt or an approved, unmodified alternative issued by Spartan at its sole discretion on the podium and for the official podium photo.
- (b)** Not adhering to any of these protocols may result in disqualification from the event and forfeiting of prize money.

Section 2.17 TIMING

The winner of each race is determined by the first person to cross the finish line of an Elite heat, regardless of when each Competitor crossed the start line.

- (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 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.

Article III. OBSTACLE SPECIFIC RULES

Section 3.01 MULTIPLE ATTEMPT PASS/FAIL 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. If a competitor fails any of these obstacles, they must complete the required penalty.

- (a)** Herc Hoist
 - (i) Competitor Instructions:
 1. Pull the rope to raise the weight until the knot hits the pulley at the top.
 2. Lower the weight slowly and with control, without releasing the rope until weight reaches the ground. No dropping the weight.
 3. Competitor must control the rope with their own body. Rope cannot be tied off to the fence or any other object.
 - (ii) Failure Modes:
 1. Inability to raise the weight all the way to the top.
 2. Dropping the weight to the ground for any reason (rope slips through or leaves the Competitors hands and the weight touches the ground).
 3. Using any outside object to assist in completing of the obstacle, other

than use of feet on the fence (see additional notes).

(iii) Additional Notes:

1. A competitor may make multiple attempts and change lanes at any time, as long as the weight was returned to start position in a controlled manner.
2. 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.
3. 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.
4. Standing on the top of the fence or crossing the fence results in an immediate disqualification.
5. At Stadion events, these rules may be modified for safety reasons to require a "no feet on the fence" rule.

(b) 4'-8' Over Wall

(i) Competitor Instructions:

1. Climb up and over the wall without touching the support bracing, sides of the wall, or straps.

(ii) Failure Modes:

1. Inability to climb over the wall
2. Using the support structure, sides of the wall, or straps.

(c) Hurdles

(i) Competitor Instructions

1. Climb up and over the obstacle without touching the support structure or straps.

(ii) Failure Modes

1. Inability to climb over the obstacle.
2. Anyone using the support structure or straps.

(d) Inverted Walls

(i) Competitor Instructions

1. Climb up and over the wall without touching the support structure or straps.

(ii) Failure Modes

1. Inability to climb over the wall
2. Anyone using the support structure or straps.

(e) Atlas Carry

(i) Competitor Instructions

1. Pick up the stone, carry it to the other side, put it down, complete 5 burpees, pick up the stone, return stone to the starting point.

- (ii) Failure Modes
 1. Not being able to carry the stones along the marked course
 2. Not completing 5 burpees.
 3. Not Returning stone to Starting point
 - (iii) Additional Notes
 1. Competitor may put stone down during the carry, however they cannot roll it or allow it to roll.
 2. 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.
 3. If Competitor cannot complete obstacle or fails the obstacle, the penalty will be 30 burpees total (not 35 as the 5 burpees are considered part of the obstacle.)
 4. Competitors must start behind designated starting flag.
- (f) Flip Obstacles**
- (i) Competitor Instructions
 1. Flip the element (i.e. tire, log, etc.) the required number of times.
 - (ii) Failure Modes
 1. Inability to flip the element the required number of times.
 - (iii) Additional Notes
 1. Competitor is considered committed to a lane once they have completed one flip.
 2. Prior to being committed to a lane, a Competitor can change lanes and take multiple attempts.
 3. Dropping the element is not considered a failure.
 4. While engaging with the tire obstacle(s), competitors may not stand inside of the tire when flipping it. They must engage with the tire from the outside of it.
- (g) Plate Drag**
- (i) Competitor Instructions
 1. 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.
 - (ii) Failure Modes
 1. Inability to complete task.
 2. Not pulling the element out until the rope is taut.
 3. Not pulling the element all the way back to the stake.
 4. Lifting the element off the ground, unless build up has blocked the path.
 5. Rolling the element. It must be dragged.
 6. Removing the rope from the stake
 - (iii) Additional Notes
 1. In some events order may be reversed, (pulling first, followed by dragging).

2. Competitor may not carry plate, plate must be touching the ground at all times. However competitor is allowed to dislodge a stuck sled, but no forward movement can be completed.
3. Competitor may redo the obstacle, including changing lanes, as long as the full “cycle” is completed. If changing lanes sled must be returned to starting position before starting new lane.

(h) Water Moats, Rolling Mud, Trenches, Rolling Snow

(i) Competitor Instructions

1. Competitors must pass through the pits from one side to the other while staying within the marked course at all times.
2. Cannot skirt obstacle to avoid significant engage with pits, regardless of course marking.
3. No diving.

(ii) Failure Modes

1. Not staying within the boundaries of the obstacle, or skirting the obstacle.

(iii) Additional Notes

1. Competitor may reenter the pit at the point of exit if skirting was unintentional, or forced by congestion.

(i) Over-Under-Through

(i) Competitor Instructions

1. Navigate OVER the first wall, UNDER the second wall, and THROUGH the last set of walls.

(ii) Failure Modes

1. Inability to navigate the walls
2. Anyone using the support structure to go over the wall

(iii) Additional Notes

1. Walls may be in mixed order. Please ensure to listen to volunteer instructions or posted signs for correct order.

(j) Slip Wall

(i) Competitor Instructions

1. Navigate up and over the wall.
2. May use ropes if provided.
3. Competitor cannot use supports or side of wall for assistance.

(ii) Failure Modes

1. Not staying within the boundaries of the obstacle, or skirting the obstacle.

(iii) Additional Notes

1. disqualification for skirting; Competitor may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.

(k) A-Frame Cargo

- (i) Competitor Instructions
 1. Climb up the obstacle, over the top, and down the other side using only the webbing and horizontal truss for support.
 - (ii) Failure Modes
 1. Inability to climb over the obstacle.
 2. Intentionally using any truss, other than horizontal pieces for support, aiding in upward or downward momentum.
 - (iii) Additional Notes
 1. Horizontal truss or supports are able to be used to complete the obstacle.
- (l) Fire Jump**
- (i) Competitor Instructions
 1. Jump over the fire
 - (ii) Failure Modes
 1. Inability to jump over the fire.
 - (iii) Additional Notes
 1. disqualification for skirting the obstacle
 2. Competitor may backtrack and redo the obstacle properly, if skirting was unintentional, or forced by congestion.
- (m) Bridge**
- (i) Competitor Instructions
 1. Navigate over the bridge.
 - (ii) Failure Modes
 1. Inability to climb over the obstacle.
 2. Using truss or supports under cargo net to your advantage.
 - (iii) Additional Notes
 1. If Competitors fail the obstacle due to using truss or support, they must complete the penalty for that obstacle.
 2. Not all bridges will have cargo nets.
- (n) Rope Climb**
- (i) Competitor Instructions
 1. Climb the obstacle and ring the bell with your hand.
 - (ii) Failure Modes
 1. Not ringing the bell
 2. Using more than one lane at a time to complete the obstacle
 3. Using any mechanical device
 - (iii) Additional Notes
 1. 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.

2. Competitors attempting multiple times should yield to Competitors attempting for the first time.
3. Competitors must return the ground in a safe and controlled manner (Competitors cannot drop from the rope).

(o) Gauntlet

- (i) Competitor Instructions
 1. Run Through the hanging bags
- (ii) Failure Modes
 1. Inability to run through the bags
- (iii) Additional Notes
 1. Competitors must be within the support structure and cannot skirt the obstacle at any point.

(p) Spartan Sled

- (i) Competitor Instructions
 1. Pull the sled/weight along the designated route while dragging it.
- (ii) Failure Modes
 1. Inability to complete task.
 2. Lifting the element off the ground and moving in a forward motion.
 3. Rolling the element. It must be dragged.
- (iii) Additional Notes
 1. Competitor may not carry sled, sled must be touching the ground at all times.
 2. Competitor may redo the obstacle, including changing lanes, as long as the full “cycle” is completed. Sled must be returned to starting position before changing lanes.

(q) Stairway to Sparta

- (i) Competitor Instructions
 1. Climb up and over the wall without touching the support structure or straps.
 2. Only women can use the “kickers” where available.
- (ii) Failure Modes
 1. Inability to climb over the wall
 2. Anyone using the support structure or straps.
 3. Men using the “kickers”.
- (iii) Additional Notes

(r) Vertical Cargo Net

- (i) Competitor Instructions

1. Climb up and over the obstacle using the netting only.
 - (ii) Failure Modes
 1. Inability to climb over the obstacle.
 2. Using supports (including natural supports, such as trees) to complete the obstacle.
 - (iii) Additional Notes
 1. If Competitors fail obstacle due to using side truss (or other supports), they are able to redo obstacle from beginning.
- (s) Dunk Wall**
- (i) Competitor Instructions
 1. Proceed under the wall.
 2. No Diving
 - (ii) Failure Modes
 1. Inability to go under the wall.
 - (iii) Additional Notes
 1. Competitor must enter water (if present), even if not completing the dunk wall portion of obstacle.
- (t) Bender**
- (i) Competitor Instructions
 1. Climb up and over the obstacle without touching the support structure, straps, or flag poles.
 - (ii) Failure Modes
 1. Inability to climb over the wall
 2. Anyone using the support structure or straps.
 - (iii) Additional Notes
 1. Competitors may re-try this obstacle until they complete it properly, or complete the penalty.
 2. Competitors are able to use their feet on the rungs.
- (u) Snow Quarter Pipe**
- (i) Competitor Instructions
 1. Climb up and over the wall without touching the support structure or straps.
 - (ii) Failure Modes
 1. Inability to climb over the wall
 2. Anyone using the support structure or straps.
 - (iii) Additional Notes
- (v) Vertical Cargo 2.0**

- (i) Competitor Instructions
 1. Climb up and over the obstacle.
- (ii) Failure Modes
 1. Inability to climb over the obstacle.
 2. Using supports (including natural supports, such as trees) to complete
 3. the obstacle.
- (iii) Additional Notes
 1. The Vertical Cargo 2.0 is considered a single obstacle. A penalty of 30 burpees in total is appropriate for failure at any point.

(w) Ladder Climb

- (i) Competitor Instructions
 1. Climb to the top of the ladder and ring the bell with your hand.
- (ii) Failure Modes
 1. Not ringing the bell
 2. Changing to another lane while climbing on the ladder
 3. Using any mechanical device
 4. Kicking the bell
- (iii) Additional Notes
 1. A competitor may change lanes once they have returned to the ground and can continue to attempt obstacle as many times as they would like.
 2. Competitors attempting multiple times should yield to others attempting for the first time.
 3. Competitors must return to the ground in a safe and controlled manner (Competitors cannot drop from the ladder).

(y) 8' Foot Box

- (i) Competitor Instructions
 1. Climb up and over the wall without touching the support structure, side of wall, or straps
- (ii) Failure Modes
 1. Inability to climb over the wall
 2. Anyone using the support structure or straps.
- (iii) Additional Notes
 1. A competitor may change lanes once they have returned to the ground and can continue to attempt obstacle as many times as they would like.
 2. Competitors attempting multiple times should yield to others attempting for the first time.
 3. Competitors may use ropes if provided

Section 3.02 SINGLE ATTEMPT PASS/FAIL OBSTACLES

Single Attempt Obstacles are generally skill based obstacles. Once a competitor 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.

(a) Monkey Bars

(i) Competitor Instructions

1. Traverse the rungs using **ONLY** your hands/Arms and ring the bell. Feet cannot touch the ground or the rungs (to your advantage).
2. Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.

(ii) Failure Modes

1. Any part of the body touching the ground between the start and finish area.
2. Feet touching bars above head.
3. Using side supports.
4. Not ringing the bell

(iii) Additional Notes

1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.

(b) Spartan Rig

(i) Competitor Instructions

1. Traverse the elements, using **ONLY** your hands, and ring the bell. Feet cannot touch the ground (to your advantage) or the elements, unless the element is designed to be touched by your feet (e.g. at foot level).
2. Competitor must stay on the bottom of the obstacle. Competitor cannot complete obstacle by climbing on the top.

(ii) Failure Modes

1. Any part of the body touching the ground between the start and finish area.
2. Feet touching bars above the head
3. Using side supports
4. Not ringing the bell if present

(iii) Additional Notes

1. Competitor is committed to their lane and considered to have attempted the obstacle once both of competitor's feet have left the starting step.

2. Obstacle may end with a wall. The obstacle is complete when the competitor transfer climbs over the wall without touching the ground.

(c) Spear Throw

(i) Competitor Instructions

1. Attempt to throw the spear and have it stick into the spearman (wood or hay)
2. Competitor has one attempt

(ii) Failure Modes

1. Spear does not stick into the spearman
2. Any part of spear is touching the ground, once it comes to a rest.

(iii) Additional Notes

1. An attempt is considered to be in progress once a Competitor releases the spear in a forward motion.
2. 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 spear.
3. 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.
4. Spear must remain stuck in the spearman until the Competitor has left the designated obstacle area (last Spearman), or it will be considered a fail.
5. Spearman is considered any part of the structure including bracing.
6. Spear can touch the ground during the throw or during initial entry into target. However, once it comes to a final rest no part of the spear may be touching the ground.

(d) Traverse Wall/Z Wall

(i) Competitor Instructions

1. Laterally navigate the wall, using only the holds within your lane, and ring the bell.
2. Competitors are not allowed to touch the top of the wall, the ground, or any section other than the designated holds including the cutout at any time.

(ii) Failure Modes

1. Touching the ground
2. Touching the top of the wall after starting
3. Touching the cutout to the competitors advantage
4. Not ringing the bell
5. Using any mechanical (rigging) assistance to complete the obstacle.

(iii) Additional Notes

1. 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 can not reset or restart.
2. The first hand block and the first foot block must be used when starting the traverse.
3. Competitor does not need to use all the holds provided. Competitor can skip any holds including the final holds in order to hit the bell. However if any part of your body hits the ground before the bell it will be considered a fail.

(e) Olympus

(i) Competitor Instructions

1. Using only your hands on the holds within your lane, Laterally navigate the obstacle and ring the bell.
2. Competitors are not allowed to touch the top of the wall or the ground at any time.

(ii) Failure Modes

1. Any part of the body touching the ground between the start and finish bell
2. Competitor touching the top of the obstacle.
3. Competitor touching any of the holds on the wall with their feet.

(iii) Additional Notes

1. Competitor must start from or behind starting step.
2. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor’s feet have left the starting step
3. Competitor may place their feet against the wall, however not on the holds, including the cutouts.
4. Competitors can use any combination of the holds provided.

(f) Ball Throw

(i) Competitor Instructions

1. Attempt to throw the ball/snowball and have it hit the target

(ii) Failure Modes

1. Missing the Target with the Snowball.

(iii) Additional Notes

1. Must hit at least some part of the target. Hitting the spearman structure only does not count.

(g) Rolling Epic

(i) Competitor Instructions

1. Competitors place feet inside straps on the wheel and get into a plank

- position.
- 2. Competitors then travel from to end line while remaining in plank position.
- 3. Competitors removes straps and then return to starting point and return the wheel.
- (ii) Failure Modes
 - 1. Any part of the body besides the hands or elbows touching the ground.
- (iii) Additional Notes
 - 1. Competitors are able to rest in the plank position, however knees, legs, stomach, ETC cannot touch the ground.
- (h) Balance Beams**
 - (i) Competitor Instructions
 - 1. Navigate across the top of element without using any part of their body other than their legs, and without touching the ground.
 - 2. Competitor must touch the descending beam prior to touching the ground.
 - (ii) Failure Modes
 - 1. Stepping off prior to completing obstacle.
 - 2. Touching the beam with any part of their body other than their legs.
 - 3. Touching a second lane after starting.
 - 4. Using assistance.
 - (iii) Additional Notes
 - 1. Competitors are considered to have attempted the obstacle once their whole body has crossed the start (past an invisible line formed by the start of each lane)
 - 2. Once started competitors cannot use another lane including touching it with any part of their body to regain balance.
- (i) Slackline**
 - (i) Competitor Instructions
 - 1. Navigate across the top of element without using any part of their body other than their legs, and without touching the ground.
 - 2. Competitor must cross the end of the obstacle (past an invisible line formed by the end of each lane) before any part of the Competitor touches the ground within the obstacle area.
 - (ii) Failure Modes
 - 1. Touching the ground with any part of the body before passing the end of the obstacle.
 - 2. Using any device to assist, such as trekking poles, branches, etc.
 - (iii) Additional Notes

1. Competitor is considered committed to a lane once both feet have touched the obstacle.
2. Competitor may make several attempts to get onto the obstacle, but once both feet have touched the obstacle, Competitor may not start again.
3. As long as Competitor has not committed to a lane (i.e., touched the obstacle with both feet), they can select another lane.

(j) Tarzan Swing

(i) Competitor Instructions

1. Move from element to element using ONLY your hands. Feet cannot touch the ground or the ropes.

(ii) Failure Modes

1. Any part of the body touching the ground between the start and finish area.
2. Feet touching bars above head
3. Using side supports

(iii) Additional Notes

1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have crossed the plane of the front supports of the obstacle, or once both feet have left the ground.
2. There may be an additional obstacle leading to the Tarzan Swing. Each would be considered a separate obstacle, and failure of both would be 60 burpees.

(k) Log Hop

(i) Competitor Instructions

1. Navigate across the top of multiple logs/poles without touching the ground.
2. Competitor must touch the last log before any part of the Competitor touches the ground

(ii) Failure Modes

1. Touching the ground with any part of the body before touching the last log.
2. Using any outside object to assist, such as trekking poles, branches, etc.
3. Using any part of a second lane to complete the obstacle.

(iii) Additional Notes

1. Competitor is considered committed to a lane once a second log or element is touched with any part of the body.
2. Competitor must use a single lane to complete obstacle.

3. Competitor may make several attempts to get onto the first log; as long as the Competitor has not committed to a lane they can select another lane.
4. Competitor is able to use any part of their body to complete the obstacle, however the last element does need to be touched by at least 1 foot to be considered completed.

(l) Tyrolean Traverse

(i) Competitor Instructions

1. Competitor must traverse the rope and ring the bell.

(ii) Failure Modes

1. Inability to ring the bell
2. If over dry land, touching ground with any part of the body (to your advantage) before ringing the bell.
3. If over water, feet touching the water, if underneath the rope.
4. Using any mechanical devices

(iii) Additional Notes

1. If the obstacle is over water and the Competitor is completing obstacle on top of the rope, feet may touch the water. If underneath the rope, feet may not touch the water.
2. If obstacle is over water, traversing/swimming the water beneath is still required, even if Competitor is unable to complete the traverse by rope.
3. If the obstacle is over water, Competitor may continue along rope after hitting bell to minimize swimming.
4. competitors can complete obstacle either on top or bottom of the rope.

(m) Memorization Wall

(i) Competitor Instructions

1. Stop and do as the sign, instructions, or official says.
2. Competitors will be tested immediately, later in the day, or possibly not at all.

(ii) Failure Modes

1. Answering incorrectly
2. Using a mechanical/writing device to assist.

(iii) Additional Notes

1. Competitors are not permitted to write down the sequence on their body, equipment or anywhere else.
2. Competitors are not permitted to take a picture of sequence.

(n) Spartan Ladder

(i) Competitor Instructions

1. Enter the structure and climb from underside of the obstacle to top and ring the first bell.

2. Lower self down on opposite side and ring the second bell.
- (ii) Failure Modes
1. Touching the ground with any part of the body before ringing both bells.
 2. Inability to complete task
 3. Climbing on the top side of the structure.
- (iii) Additional Notes
1. Competitor is considered committed to a lane once first bell has been rung.
- (o) Ape Hanger**
- (i) Competitor Instructions
1. Climb to top of obstacle via the rope.
 2. Traverse the rungs, using **ONLY** your hands, and ring the bell.
Competitor feet cannot touch the rungs.
 3. Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.
- (ii) Failure Modes
1. Falling off the bar section of the obstacle
 2. Feet touching bars above the head
 3. Using side supports
 4. Inability or unwilling to climb rope
 5. Not ringing the bell after touching a rung.
- (iii) Additional Notes
1. Competitor is committed to their lane and considered to have attempted the obstacle, once Competitor touches any bars.
 2. The Ape Hanger is considered a single obstacle. A penalty of 30 burpees total is appropriate for failure at any point.
- (p) Adductor**
- (i) Competitor Instructions
1. Move from element to element within a single lane and ring the bell, without touching the ground.
- (ii) Failure Modes
1. Any part of the body touching the ground prior to ringing the bell.
 2. Using support poles
 3. Using multiple lanes to complete the obstacle.
- (iii) Additional Notes
1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step
 2. Competitor is able to use the chain supporting the elements for

assistance

(q) Twister

(i) Competitor Instructions

1. Traverse the rungs using ONLY your hands and ring the bell. Feet cannot touch the ground (to your advantage) or the rungs .
2. Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.

(ii) Failure Modes

1. Any part of the body touching the ground between the start and finish area.
2. Using the pipe or structure the rungs are welded to for assistance.
3. Feet touching bars above head.
4. Using side supports.
5. Not ringing the bell

(iii) Additional Notes

1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
2. When an option is provided between grips and no grips, Elite competitors are not required to choose a specific option.
3. Competitors are allowed to grab the truss in between segments of the twister grips in order to transition from one to the next.

(r) Helix

(i) Competitor Instructions

1. Using only the rungs within one lane, laterally navigate the obstacle and ring the bell.
2. Competitors are not allowed to touch the top or bottom square supports at any time.

(ii) Failure Modes

1. Any part of the body touching the ground between the start and finish bell.
2. Using rungs from another lane or crossing over the top of the obstacle.
3. Competitor using the supports to their advantage.

(iii) Additional Notes

1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
2. competitor must start with the first panel.

(s) Low Rider

(i) Competitor Instructions

1. Traverse the elements and ring the bell. Feet cannot touch the ground (to your advantage).
 2. Competitor must stay on the bottom of the obstacle. Competitor cannot complete obstacle by climbing on the top.
- (ii) Failure Modes
1. Any part of the body touching the ground between the start and finish area.
 2. Using side supports
 3. Not ringing the bell if present
- (iii) Additional Notes
1. Competitor is committed to their lane and considered to have attempted the obstacle once both of competitor's feet have left the starting step.
 2. There may be elements for feet on this obstacle.
- (t) Beater**
- (i) Competitor Instructions
1. Traverse the rungs using ONLY your hands/Arms and ring the bell. Feet cannot touch the ground or the rungs (to your advantage).
 2. Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.
- (ii) Failure Modes
1. Any part of the body touching the ground between the start and finish area.
 2. Feet touching bars above head.
 3. Using side supports.
 4. Not ringing the bell
- (iii) Additional Notes
1. Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.
- (u) Pipe Lair**
- (i) Competitor Instructions
1. Traverse the obstacle using the pipes only.
 2. Competitor must start with or behind the 1st pipe.
- (ii) Failure Modes
1. Touching the ground or top of the obstacle after committing to a lane and before ringing the bell.
 2. Changing lanes after committing to a lane.
- (iii) Additional Notes
1. First pipe will be marked red.

2. Competitors are considered committed to a lane once both feet are off the ground on or past the first pipe.

Section 3.03 MANDATORY OBSTACLES

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

(a) Bucket carry (Uncapped Buckets)

(i) Competitor Instructions

1. Fill the appropriate bucket with gravel, sand or water from the designated area and carry the bucket along the marked route.
2. The bucket must return to the start point filled above the holes drilled into the bucket with no light showing. It is advised to overfill the bucket to allow for settling.
3. Bucket must be carried with the bottom of the the bucket below the Competitor's shoulders. Do not carry the bucket on or above your shoulders (e.g. neck or head).
4. Empty the bucket back into the bin upon completion of the bucket obstacle route. The entire route must be followed.
5. Staff / volunteers are not responsible for checking your buckets when competitor start the carry, only when competitor returns to make a fail / no-fail decision.

(ii) Competitor Instruction (Capped Buckets)

1. Select a bucket from the designated area and carry the bucket along the marked route.
2. The bucket must return to the start point filled with the same amount of material.
3. Bucket must be carried with the bottom of the the bucket below the Competitor's shoulders. Do not carry the bucket on or above your shoulders (e.g. neck or head).

(iii) Failure Modes (Uncapped Buckets)

1. Not returning the bucket full to the specified line
2. Placing the bucket on shoulders, neck, or head
3. Not emptying the bucket into the bin

4. Cutting any part of the designated route
 5. Not filling your own bucket with rocks from the bin.
- (iv) Failure Modes (Capped Buckets)
1. Not returning the bucket full.
 2. Placing the bucket on shoulders, neck, or head
 3. Cutting any part of the designated route
- (v) Additional Notes (Uncapped Buckets)
1. There is no burpee option for this obstacle.
 2. If Competitor returns with bucket filled below line, the Competitor must redo the entire route with a properly filled bucket.
 3. A Competitor carrying the bucket above shoulder height will be subject to repeating the obstacle.
 4. Competitors may place the bucket down as needed. They will not need to restart the course if they do so.
 5. Competitors cannot pick up gravel or sand along the course, unless it spilled from their bucket and picked up at the time of the spill. Once a Competitor makes substantial forward movement they can no longer pick up materials.
 6. A Competitor can return to start to at any time and refill to bucket to ensure completion.
- (vi) Additional Notes (Capped Buckets)
1. There is no burpee options for this obstacle.
 2. If Competitor returns with bucket with material missing, the Competitor must redo the entire route.
 3. A Competitor carrying the bucket above shoulder height will be subject to repeating the obstacle.
 4. Competitors may place the bucket down as needed. They will not need to restart the course if they do so.
 5. The caps of the bucket are not permanently attached. If a cap comes loose during the carry and any material spills, the competitor must return to the start with the bucket and lid and select a new bucket and start over.
- (b) Barbed Wire/Low Crawl**
- (i) Competitor Instructions
1. Crawl under the wire or cords. (Rolling IS allowed).
 2. Personal belongings must follow same path as Competitors (Competitors cannot leave anything on the side, throw it over the obstacle, etc.).
 3. No diving.
- (ii) Failure Modes

1. Walking or running past the obstacle.
2. Not carrying personal belongings through the obstacle.
3. Going over wire or cord that was designed to go under, unless obstacle has been damaged in a way to make it impractical to navigate otherwise.

(iii) Additional Notes

1. There is no burpee options for this obstacle.
2. Competitor may make as many attempts as needed.

(c) Sandbag Carry

(i) Competitor Instructions

1. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
2. Return element(s) to correct location as designated by Spartan.

(ii) Failure Modes

1. Inability to complete the designated route with the weight
2. Damaging or destroying the weight
3. Cutting any part of the designated route
4. Dragging the weight
5. Carrying the incorrect element or amount of elements

(iii) Additional Notes

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

(d) Log Carry

(i) Competitor Instructions

1. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
2. Return element(s) to correct location as designated by Spartan.

(ii) Failure Modes

1. Inability to complete the designated route with the weight
2. Rolling the log
3. Cutting any part of the designated route
4. Dragging the weight

(iii) Additional Notes

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

(e) Farmers Carry

(i) Competitor Instructions

1. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
2. Return element(s) to correct location as designated by Spartan.

(ii) Failure Modes

1. Inability to complete the course.
2. Cutting any part of the designated route.
3. Not carrying the weight by the handles.

(iii) Additional Notes

1. If multiple weights are required, they must be carried together. Competitors cannot make significant forward progress with a single weight.
2. Weights may be placed down as needed. This is not considered a failure.
3. Weights must be carried and cannot be dragged, rolled, pushed, etc.
4. 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.
5. Competitor must start behind designated start flag.

(f) Jump Rope

(i) Competitor Instructions

1. Jump over the rope the prescribed number of times.

(ii) Failure Modes

1. Inability to complete the prescribed number of jumps.
2. Not placing band around legs if required.

(iii) Additional Notes

1. Rope can travel in either direction.

2. Competitors can choose to jump with both feet or 1 foot at a time in a “running motion”

(g) Push Ups

- (i) Competitor Instructions
 1. Complete the prescribed amount of pushups.
 2. Chest must touch the ground and hands must come off the floor at the bottom of the rep.
- (ii) Failure Modes
 1. Inability to complete the prescribed number of push ups.
 2. Not touching chest to ground or releasing hands at the bottom of the rep.
- (iii) Additional Notes
 1. Must complete push ups within the designated area.

(h) Box Jumps

- (i) Competitor Instructions
 1. Complete the prescribed amount of Box Jumps.
 2. Competitor must lock out legs at top of jump
- (ii) Failure Modes
 1. Inability to complete the prescribed number of Box Jumps.
 2. Not Locking out the legs at the top of the box.
- (iii) Additional Notes
 1. Competitors are able to step down off box. Do not need to jump off box.
 2. Resting during the completion is allowed, however if active competitors are waiting for a space competitor must yield to them.

(i) Swim

- (i) Competitor Instructions
 1. No diving
 2. Use a personal floatation device (PFD) if directed by volunteers and/or staff
- (ii) Failure Modes
 1. Inability to complete the swim
- (iii) Additional Notes
 1. In situations where an alternative route is offered to Competitors, Competitors are still required to enter the water before continuing on, after completing the required penalty.

(j) Jerry Can Carry

- (i) Competitor Instructions
 1. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
 2. Return element(s) to correct location as designated by Spartan.

- (ii) Failure Modes
 1. Inability to complete the designated route with the weight
 2. Cutting any part of the designated route
 3. Dragging the weight
- (iii) Additional Notes
 1. Intentionally damaging or destroying the weight will result in disqualification.
 2. If multiple weights are required they must be carried at the same time. Competitor cannot make significant forward progress with a single weight.
 3. Weights may be placed down as needed. This is not considered a failure.
 4. Weights must be carried and cannot be dragged, rolled, pushed, etc.
 5. If a weight is dropped or placed down and moves forward, Competitor must return back to where it was dropped and restart carry from that spot.

(k) ARMER

- (i) Competitor Instructions
 1. Select from the designated area and carry the proper element(s) based on your heat along the designated route.
 2. Return element(s) to correct location as designated by Spartan.
- (ii) Failure Modes
 1. Inability to complete the designated route with the weight
 2. Cutting any part of the designated route
 3. Carrying the weight by any means other than the chain.
 4. Carrying the incorrect weight for your heat.
- (iii) Additional Notes
 1. Intentionally damaging or destroying the weight will result in disqualification.
 2. If multiple weights are required they must be carried at the same time. Competitor cannot make significant forward progress with a single weight.
 3. Weights may be placed down as needed. This is not considered a failure.
 4. Weights must be carried and cannot be dragged, rolled, pushed, etc.
 5. If a weight is dropped or placed down and moves forward, Competitor must return back to where it was dropped and restart carry from that spot.



Article IV. TEAM RULE MODIFICATIONS

Section 4.01 PURPOSE

To define modifications from above rules for Team Heats

- (a) This does not apply to teams running outside of a team heat as designated by Spartan.

Section 4.02 GENERAL RULES

- (a) Three competitors per team.
- (b) Teams must all be one gender - all male, or all female.
- (c) All three team members must be citizens (passport holders) of the same country, and must compete together at the same event (no separated qualifying).
- (d) Competitors must be able to supply proof of citizenship upon request by Spartan officials and/or staff.
- (e) A naming convention applies for teams entering qualifying events. Each team's name given during registration must always include the country of citizenship of its members as the first word of the team's name. For example, Australia Dusty Kangaroos, USA Johnsteam4, Singapore Warriorz.
- (f) Competitors do not need to be living in their country of citizenship in order to qualify to represent their country. Expatriates and tourists may compete abroad but within their country's region in order to qualify to represent their home country.
- (g) Where multiple repetitions of an obstacle are required, all team members must complete at least one repetition. Further repetitions may be completed by any combination of team members.
- (h) All obstacles must be attempted by all team members.
- (i) Assistance is not allowed on any obstacles unless specifically stated otherwise.
 - (i) This includes intentionally manipulating any swinging or grasping elements of obstacles such as cowbells, or hanging elements of multi-rigs, twister, or platinum rigs.
- (j) Where allowed, a competitor may only receive or give assistance within their own team. No outside help is allowed.
- (k) Teams members are able to complete the obstacles in the same manner as the individual heats
 - (i) This means first come first serve at any lane unless there is a team designated lane

- (ii) Any team member can use any open lane, no need to all use the same lane
- (iii) Team members can start the obstacle at any time, no need to wait for a prior member to complete or fail the obstacle
- (iv) A team may only field qualified members at the Team World Championship. In the case of a team member being unable to represent their team due to illness or injury, the team may call on their emergency substitution by contacting cs@spartan.com and ensuring that person is registered. In the case another member is unable to complete, the entire team will be disqualified and the next ranked team qualified in their place.

Section 4.03 TIMING AND PENALTIES

- (a) Each team's finish time is based on the average of all 3 members.
 - (i) Competitors A, B, and C race together as a team.
 - (ii) A finishes in 1:10:15, B in 1:10:25 and C in 1:10:55.
 - (iii) The team's official finish time is 1:10:31.
- (b) All 3 team members must finish within 1 minute of each other or the team is disqualified.
- (c) One or more members failing to finish shall result in all 3 members being disqualified.
- (d) If any team member loses their timing chip, an unofficial manually calculated result will be given. The entire team becomes ineligible for a podium placement.
- (e) All three team members must attempt every obstacle. Skipping obstacles or completing burpees without an attempt is not permitted, and results in a disqualification (disqualification).
- (f) Each team member that fails an obstacle with a burpee penalty must complete 30 burpees.
 - (i) 90 burpees is the maximum burpee penalty any team can receive per obstacle.
 - (ii) Any team member may begin completing a burpee penalty as soon as they fail an obstacle, so long as they are in the designated burpee zone.
 - (iii) Burpees can not be shared among team members. Each team member failing an obstacle with a burpee penalty is responsible for individually completing 30 burpees.
- (g) All Burpees should be performed in the obstacle designated burpee zone, in clear view of the zone's camera or as directed by a Spartan Official.
 - (i) If teams are competing on course with Open category competitors, where possible a separate burpee zone for teams should be designated to allow officials to focus on teams.

- (h) Specific sections of the course that are technical, remote, or subject to unique environmental conditions may include cut-off times, at the discretion of the Race Director and QM team.

Section 4.04 OBSTACLE SPECIFIC CHANGES

(a) Herc Hoist

(i) Team Instructions:

1. Complete the obstacle following the standard rules.

(ii) Failure Modes:

1. Inability to complete required amount of repetitions.
2. Using the individual competitor lanes.

(iii) Additional Notes:

1. Assistance is allowed among team members.
2. There will be team specific lanes to complete the obstacle.

(b) Flip Obstacles

(i) Team Instructions:

1. Complete the obstacle as per the standard rules.

(ii) Failure Modes:

1. Inability to complete required amount of repetitions.
2. Using the individual competitor lanes.

(iii) Additional Notes:

1. Assistance is allowed among team members.
2. There will be team specific lanes to complete the obstacle.

(c) Slip Wall

(i) Team Instructions:

1. Complete the obstacle as per the standard rules.

(ii) Failure Modes:

1. Inability to complete obstacles as per standard rules.

(iii) Additional Notes:

1. Assistance is allowed among team members.
2. Obstacle may be modified to have shorter ropes or no ropes at all.

(d) Atlas Carry

(i) Team Instructions:

1. Complete the obstacle as per the standard rules.

(ii) Failure Modes:

1. Inability to complete required amount of repetitions.

(iii.) Additional Notes:

1. Each team member must complete obstacle including any required burpees.
2. Assistance is allowed among team members.

(e) Over Walls

(i) Team Instructions:

1. Complete the obstacle as per the standard rules.

(ii) Failure Modes:

1. Inability to complete obstacles as per standard rules.

(iii) Additional Notes:

1. Assistance is allowed among team members.

(f) Bucket Carry

(i) Team Instructions:

1. 1 Bucket per team.
2. Each team member must complete the route 1 time.

(ii) Failure Modes:

1. Inability to complete required amount of repetitions.

(iii) Additional Notes:

1. No Burpee option. If unable to complete team will be disqualification'ed
2. In the case of an uncapped bucket bucket will be checked at the end of each lap. If below the required level that lap must be repeated.
3. Assistance is allowed among team members.

(g) Sandbag Carry

(i) Team Instructions:

1. Each team member must complete the route 1 time.
2. 2 sandbags are required.

(ii) Failure Modes:

1. Inability to complete required amount of repetitions.

(iii) Additional Notes:

1. No Burpee option. If unable to complete team will be disqualification'ed
2. No Assistance is allowed.
3. Same set of sandbag must be used for all team members unless a defect is discovered prior to the handoff.

Article V. ULTRA WORLD CHAMPIONSHIP 24 HOUR

Section 5.01 Coming Soon.

Article VI. PARA SPARTAN RULE MODIFICATIONS

Section 6.01 PURPOSE

To define modifications from above rules for Para Spartan heats

- (a) This does not apply to Para Spartans running outside of a Para Spartan heat as designated by Spartan.

Section 6.02 DEFINITIONS

- (a) **Para competitor:** competitors competing in Para sporting events have an impairment that leads to a competitive disadvantage. Consequently, a system has to be put in place to minimize the impact of impairments on sport performance and to ensure the success of a competitor is determined by skill, fitness, power, endurance, tactical ability and mental focus. This system is called classification.
- (b) **Para Heat:** singular heat within a Spartan event that only Para competitors compete amongst other Para competitors.
- (c) **Definition of Classification/Eligible Impairments:** Determines who is eligible to compete in a Para sport and it groups eligible competitors in sport classes according to their activity limitation in a certain sport. The following PERMANENT impairments will be considered when determining eligibility for the Spartan Para Obstacle Course Race*:
 - (i) ****The presence of an eligible impairment must be proven by means of medical diagnostic information that must be presented no later than at the time of competitor registration.***
 - (ii) **Impaired muscle power:** Reduced force generated by muscles or muscle groups, may occur in one limb or the lower half of the body, as caused, for example, by Spinal Cord Injuries, Spina Bifida or Poliomyelitis.
 - (iii) **Impaired passive range of movement:** Range of movement in one or more joints is reduced permanently. (Joints that can move beyond the average range of motion, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments).
 - (iv) **Limb deficiency:** Total or partial absence of bones or joints, from birth or as a consequence of trauma (e.g. car accident or amputation) or illness (e.g. bone

- cancer). (Amputation of phalanges - fingers or toes - is not considered an eligible impairment).
- (v) **Arm/Leg length difference:** Bone shortening in one arm or leg from birth or trauma.
 - (1) (Must be a medically documented length difference.)
 - (vi) **Short stature:** Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
 - (1) (Must be a medically documented short stature diagnosis).
 - (vii) **Hypertonia:** Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, which can result from injury, illness or a health condition such as cerebral palsy.
 - (viii) **Ataxia:** Lack of coordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
 - (ix) **Athetosis:** Generally characterized by unbalanced, uncontrolled movements and a difficulty in maintaining a symmetrical posture, due to cerebral palsy, brain injury, multiple sclerosis or other conditions.
 - (x) **Visual impairment:** Vision is impacted by either an impairment of the eye structure, optical nerve/pathways or the part of the brain controlling vision (visual cortex). These competitors have a very low visual acuity and/or no light perception, or a visual field of less than 20 degrees radius.
 - (xi) competitors with miscellaneous conditions such as, but not limited to the following, are NOT considered eligible permanent physical impairments: Cognitive/Intellectual Impairment, Endurance/Stamina Related Impairment, Hearing Impairment, intolerance to temperature extremes, joint replacements (unless it has caused permanent physical damage), kidney dialysis, Memory Loss, organ transplants, Psychological Impairment, Post Traumatic Stress, Temporary Orthopedic Impairments. If an competitor is not eligible to compete in this Para sport, this does not question the presence of a genuine impairment, it is a sport ruling.

Section 6.02 Classification Categories:

Each Para competitor must be categorized to ONE POINT category as defined below:

- (a) 0 POINT - CLASS OUT - needs MAXIMUM assistance to navigate terrain and ALL obstacles, cannot manipulate mobility device independently.(i.e. Spinal Cord Injury - Quadriplegia, etc.)
- (b) 1 POINT - needs MAXIMUM assistance to navigate MOST terrain and ALMOST ALL obstacles, can manipulate mobility device independently.(i.e. Spinal Cord Injury - Paraplegia, etc.)

- (c) 2 POINTS - needs MODERATE assistance to navigate SOME terrain and SOME obstacles, can manipulate mobility device independently. (i.e. Cerebral Palsy, Muscular Dystrophy, Multiple Sclerosis, etc.)
- (d) 3 POINTS - needs MINIMAL assistance to navigate SOME terrain and SOME obstacles, can manipulate mobility device independently. (i.e. Amputation/Limb Deficiency, Visual Impairment, Impaired Range of Motion, etc.)
- (e) 4 POINTS - needs NO assistance to navigate terrain, but needs assistance to navigate SOME obstacles, can manipulate mobility device independently or does not require mobility device. (i.e. Amputation/Limb Deficiency, Impaired Range of Motion, etc.)
- (f) 5 POINTS - meets eligible impairments, but needs NO assistance to navigate terrain or obstacles, does not use a mobility device.
 - (i) ALMOST ALL = competitor requires assistance on 100%-75% of terrain or obstacles
 - (ii) MOST = competitor requires assistance on 75%-50% of terrain or obstacles
 - (iii) SOME = competitor requires assistance on 50%-25% of terrain or obstacles
 - (iv) MAXIMUM = 75% assistance, 25% individual effort
 - (v) MODERATE = 50% assistance, 50% individual effort
 - (vi) MINIMAL = at most 25% assistance, 75% individual effort
- (g) 0 CLASS OUT - this does not discredit the presence or severity of a genuine impairment, it is a safety protocol and sport ruling

Section 6.04 Minimum Disability Criteria: The Para Spartan sport classification rules describe how severe an eligible impairment must be for an competitor to be considered eligible. These criteria are referred to as minimum disability criteria. If an competitor is not eligible to compete in this Para sport, this does not question the presence of a genuine impairment, it is a sport ruling.

Section 6.05 Para OCR Devices/Mobility Devices: Devices provided by Spartan or a Para competitor for the use by Para competitors in Para Heats. All registered Para competitors must list the exact type of equipment that they are using. Mobility devices are defined as wheelchairs, crutches (forearm or other), canes, trek poles or similar medical support devices used to assist an competitor with course navigation.

- (a) **Permitted Devices (All devices are subject to Course Safety Manager Approval):**
Off-Terrain GRIT Chairs (3.0, Hemi, Forward); Rolling Walkers with adequate off-terrain tires, forearm crutches, traditional crutches (wooden, metal or other titanium/aluminum models); Vipamat or like model all-terrain beach chairs (“balloon wheels” and PVC pipe construction models are not appropriate); Mountain Trikes (MT EVO, MT Push). All competitors requiring mobility devices should coordinate with the Para Spartan Team Event Director on any equipment not listed in permitted section to ensure the device will be authorized on the course at minimum 30 days prior to race day.

- (b) Prohibited Devices (All devices are subject to Course Safety Manager Approval):** Power Chairs of any Kind; Transport Chairs; Standard Wheelchairs; Reclining Chairs; Tilting Chairs; Bariatric Wheelchairs; Standing Wheelchairs; Lightweight; Active or Airplane Wheelchairs. All competitors requiring mobility devices should coordinate with the Para Spartan Team Event Director on any equipment not listed in prohibited section to ensure the device will be authorized on the course at minimum 30 days prior to race day.
- (c) Prohibited Use of Devices/Additional Devices:** Additional assistive devices such as harnesses, ropes, excessive strapping, etc. will NOT be allowed. An competitor may NOT wrap, tape, or secure their hands in any way to an assistive device.

Section 6.06 Para competitor Team: Each team will consist of 4 Para competitors meeting the following criteria:

- (a)** Can be one of three gender variations: all male, all female, or co-ed
- (b)** Team must be assembled using the Classification Categories listed in Rule 3.
- (c) Trial Requirement:** At least ONE member of each team must be able to successfully complete a burpee.
- (d) Spotters:** Spotters are defined as members of the designated registered teams that are observing another team member competitor's engagement of an obstacle that does not authorize assistance. Spotters may assist each other onto obstacles. They may remove mobility devices and secure to the side of the obstacles in safe locations away from other competitors. Spotters may hold the bottom of the ropes, brace competitors and follow along (shadow competitors) in an effort to provide additional fall protection for another team member. Spotters must clear the obstacles and must remain at least one arm lengths away from other competitors as they navigate obstacles. Spotters may also safely approach and respond to uncontrolled falls and descends as needed and only in the event that not doing so would ultimately end in injury or harm to another teammate.

Section 6.07 Obstacles: Each Spartan Obstacle listed below has an identified definition of assistance that will be allowed. Any additional assistance provided by a team member or other competitor may result in disqualification. All competitors requiring assistance should coordinate with the Para Spartan Team Event Director on any questions regarding assistance to ensure it will be authorized at minimum 30 days prior to race day.

- (a) Rope Climb** - No assistance other than support getting in and out of mobility devices. No bell kicks. May use anything above the shoulders to ring bell. Burpees required if failed obstacle. Mobility support devices may not be attached to the competitor at any time or point once situated at the base of the rope. Mobility devices must be removed from the protective mat areas during a competitors climb.
- (b) Herc. Hoist** - Assistance allowed. May only assist the competitor (support weighing down, arms around torso etc.), assistants may NOT touch the rope. Every team member

must complete one repetition of the event. May not use mobility device to affix the pulling rope or to support event in any manner.

- (c) **Olympus** - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and competitor must navigate the obstacle on their own. Feet are not allowed on handgrip devices, holes, chains or the top of the obstacle. Mobility support devices may not be attached to the competitor at any time or point once mounted to the obstacle.
- (d) **Twister** - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and competitor must navigate the obstacle on their own. Feet are not allowed. Mobility support devices may not be attached to the competitor at any time or point once mounted to the obstacle.
- (e) **Monkey Bars** - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and competitor must navigate the obstacle on their own. Feet are not allowed. Mobility support devices may not be attached to the competitor at any time or point once mounted to the obstacle.
- (f) **Multi-Rig** - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and competitor must navigate the obstacle on their own. Feet are not allowed. Mobility support devices may not be attached to the competitor at any time or point once mounted to the obstacle.
- (g) **Dunk Wall** - Assistance is authorized during entire event. Mobility devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle).
- (h) **Rolling Mud** - Assistance is authorized during entire event. Mobility devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle).
- (i) **All Walls Unless otherwise Listed (START, Zee, Inverted, 6ft, 7ft., 4ft, OUT, Hurdles, A Frame Cargo, Vertical Cargo, Hay Wall, Bridge)** - Assistance is authorized during entire event. Mobility devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle). Mobility support devices may not be attached to the competitor at any time or point once during navigation of the obstacle.
- (j) **Bucket carry and Sandbag Carries** - Mobility devices are allowed. One men's bucket per team, one men's sandbag per team. Everyone must complete one loop as a team.
- (k) **Spear Throw** - Standard Rules. One attempt. Everyone must attempt. Burpee penalty for failure.
- (l) **Plate Drag** - Assistance allowed. May only assist the competitor (support weighing down, arms around torso etc.), assistants may NOT touch the rope. Every team member must complete one repetition of the event. May not use mobility device to affix the pulling rope or to support event in any manner. One team member, does NOT need to be the pulling competitor must return the plate and rope to taught starting position.
- (m) **Atlas Carry** - Must move the Atlas Stone from Point A to Point B. Must be completed by each team member. Crawling, pushing and other non-device methods of moving the Atlas stone from point A to point B are authorized. Mobility devices may not be used to



transfer the stone from point to point. Burpees must be completed by each one team member. One stone move per team.

- (n) **Slip Wall** - Full assistance by any team members; must keep to a single lane; all teammates must go over. Mobility devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle).
- (o) **Fire Jump** - Full assistance by team members; mobility wheelchair devices are NOT permitted on or in the obstacle. All team members must finish the obstacle.
- (p) Every team member must complete EVERY obstacle. Completing an obstacle is determined by: each teammate making a viable attempt at every obstacle. If a teammate cannot complete an obstacle after a viable attempt, that teammate must complete 30 burpees or a penalty lap (if offered). If one teammate is unable to complete an obstacle the burpees may be shared between teammates.

Section 6.08 Additional Rule Modifications

- (a) The entire team must complete the entire race. All Para competitors must cross the finish line before the official course closure time or the team will be disqualified.
- (b) **Open House/competitor Brief & Medical Interview:** ALL registered Para competitors MUST attend the Open House the Friday prior to race day. This will include an competitor briefing and medical interview to validate all documentation and classifications. All mobility devices must be at this meeting with the designated competitor and must be inspected for safety and to ensure that they are in compliance with the rules established. The event and medical directors reserve the right to deny any device entry onto the course if it impacts the safety of the competitor or fellow competitors on the course.
- (c) **INSTRUCTIONS FOR COMPLETING SPARTAN SPRINT - PARA SPARTAN DIVISION REGISTRATION**
 - (i) Each competitor will submit required paperwork to be assigned a Para Spartan classification determined by the following criteria:
 - (1) competitor must submit required paperwork documenting their disability (Medical Diagnosis Form)
 - (2) Each Para competitor is assigned a point value per their classification category. An competitor must “class in” to be eligible to participate.
 - (3) Each competitor will compete in teams of 4 Para Spartan competitors. Your team of 4 must meet a minimum of 8 total points and a maximum of 12 total points from each teammate’s assigned classification. (Examples of a team’s classification COULD be: 1/2/3/4, 2/2/2/2, 1/2/3/3, 2/2/3/4, 3/3/3/3).

Article VII. CHANGE HISTORY

Section 7.01 PURPOSE

To define ongoing modifications to the rule book as they happen.

Section 7.02 CHANGES

- (a) 8.16.18
 - (i) New format of rules released
 - (ii) Page 11 Flip Obstacles. Added following verbiage: While engaging with the tire obstacle(s), competitors may not stand inside of the tire when flipping it. They must engage with the tire from the outside of it.
 - (iii) Page 8. Added following verbiage: competitors cannot be within the active obstacle area except for when attempting the obstacles. This includes walking under obstacles such as Twister in order to realign or preset a lane.
 - (iv) Page 5. Updated Race numbers to include the following verbiage at the end: Use of prior race numbers will be grounds for immediate disqualification and suspension from future competitive Spartan Heats for a period as determined by Spartan officials.
 - (v) Added Para, Team, and Ultra Championship specific rules
- (b) 9.24.18
 - (i) Updated team race specific rules
 - (ii) Added Armer obstacle rules
- (c) 11.21.18
 - (i) Removed Slip and slide, Spider web, and dip walk rules
 - (ii) Updated Thigh master naming to adductor
 - (iii) Clarified Rule 2.05 (E) unauthorized assistance with additional language
- (d) 1.28.19
 - (i) Added Beater, 8' Box, and Low Rider rules
 - (ii) Added Rule 2.13 (I) to clarify male/female lanes.
- (e) 2.20.19
 - (i) Updated Section 2.03 to reflect age group based on final day of year.
 - (ii) Updated Section 3.01 (H) Water Moats, Rolling Mud, Trenches, Rolling Snow.
 - (iii) Updated Section 3.01 (K) A-Frame Cargo rules.
 - (iv) Updated Section 3.02 (H) Balance Beam rules.
 - (v) Added Pipe Lair Rules Section 3.02 (U).
 - (vi) Grammatical changes for consistency.