

Reebok SPARTAN RACE



STANDARD OBSTACLE SPECIFIC INSTRUCTIONS

- Instructions given verbally during pre-race briefing by the Race Director, or given verbally at a specific obstacle, or in written event specific instructions, take precedence over rules below. Some obstacles may, at certain events, be modified to be more challenging or have variations in their proper execution. The Instructions given at the obstacle must be followed. It is quite common for a obstacle to have modified instructions for various environmental, logistical or creative reasons.
- Obstacles may have a "Burpee Zone or Burpee Area". Athletes are required to complete their penalty burpees within the designated zone or area, as burpees are monitored by Course Officials and/ or video cameras. Course officials will review video to ensure proper form is used and the athlete has completed the burpee penalty. Burpee zones are there for safety and to allow for athlete flow on course. Blocking other Athletes progress by doing penalty burpees in the athletes path falls under the rules of "unsportsmanlike conduct".
- Camera review can change the outcome of the race, and results are not final until camera review and field officials have approved the results and assessed penalties.

WALLS, 6' , 7' , 8' , +

Racer Instructions:

- Climb up and over the wall without touching the support structure.
- Only women can use the "kickers"
- Elite racers are not allowed to help each other.

Failure Modes:

- Anyone unable to climb over the wall
- Anyone using the support structure.
- Men using the "kickers".
- Elite racers that help each other.
- Elite athletes may re-try this obstacle until they complete it properly, or complete the penalty.

Punishment for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)

MONKEY BARS

Racer Instructions

- Swing from bar to bar using ONLY your hands. Feet cannot touch the ground or the rungs. Racers are not allowed on top of the obstacle. Elite racers are not allowed to help one another.

Failure Modes:

- Feet touching the ground. Feet touching bars above head.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground).

POLE TRAVERSE

Racer Instructions

- Swing along the bar using **ONLY** your hands. Feet cannot touch the ground or the rungs. Racers are not allowed on top of the obstacle. Elite racers are not allowed to help one another.

Failure Modes:

- Feet touching the ground. Feet touching bars above head.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground).
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MONKEY NET

Racer Instructions

- Cross the net using **ONLY** your hands, and ring the bell on the other side . Racers are not allowed on top of the obstacle. Feet are allowed only to ring the bell if Athlete chooses that method.

Failure Modes:

- Falling from net.
- Feet touching net above head.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground).
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ROPE LADDER

Racer Instructions

- Climb the ladder and ring the bell

Failure Modes:

- Not ringing the bell
 - Penalty for Failure:
 - 30 Burpees (chest must hit the ground, feet must leave the ground).
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TARZAN SWING

Racer Instructions

- Swing from rope to rope and ring the bell

Failure Modes:

- Not ringing the bell.
 - Penalty for Failure:
 - 30 Burpees (chest must hit the ground, feet must leave the ground).
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SPEAR THROW

Racer Instructions:

- One attempt to throw the spear and have it stick into the spearman (wood or hay).
- The spear can not be touching the ground.

Failure Modes:

- Spear does not stick into the spearman or it is touching the ground.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground).

BUCKET BRIGADE

Mandatory to complete route.

Racer Instructions:

- Fill the bucket to at least the bottom of the marked line with gravel or sand from the "bin" and carry the bucket along the prescribed route. The bucket must return filled to the marked line in the bucket (NO bucket can be seen below the line). It is advised to overfill the bucket to allow for settling. Do not carry the bucket on or above your shoulders (e.g. neck or head). This can cause a serious injury and is not permitted. Empty bucket back into the bin upon completion of the bucket obstacle route. Buckets returned with a significantly low level of contents require the racer to complete the obstacle again. The entire prescribed route must be followed. Staff / volunteers are not responsible for checking your buckets when you start the carry, only when you return to make a fail / no-fail decision.

Failure Modes:

- Not returning the bucket full to the specified line.
- Carrying the bucket on shoulders, neck, or head
- Not emptying the bucket into the bin.

Penalty for Failure:

- Returning with the bucket filled with rocks below the line = 30 burpees.
 - For a Significantly low level of contents, Athlete must repeat obstacle.
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ATLAS CARRY

Racer Instructions:

- Pick up the stone > Carry it to the other side > Put it down > 5 Burpees > Return Stone to Starting Point.

Failure Modes:

- Anyone not able to move the "stones".
- Elite racers that help each other.
- Anyone who doesn't complete 5 correct burpees.

Punishment for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
-

BARBED WIRE CRAWL

Mandatory to complete. No burpee option for failure.

Racer Instructions:

- Crawl under the barbed wire. (Rolling IS allowed).
- Packs / bottles must go through the barbed wire obstacle.
- No diving.

Failure Modes:

- Disqualification if they skip the obstacle, or do not carry their personal belongings through the obstacle.
- 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.
- There is no option to do burpees instead of this obstacle.

Penalty for Failure:

- Disqualification for not completing the obstacle.

HERCULES HOIST

Racer Instructions:

- Pull the rope to raise the weight until the knot or weight reaches the top. Lower the weight slowly and under control, without releasing the rope, until weight reaches the ground. (no dropping the weight). As in all obstacles, Elite racers are not allowed to help each other.

Failure Modes:

- Unable to fully raise the weight.
- Dropping the weight (rope slips through, or leaves the Athletes hands AND hits the ground hard).

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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LOG HOP

Racer Instructions:

- Navigate across the top of multiple logs/poles without touching the ground. Athlete may make several attempts to get on to the first log, but once the second log is touched, athlete may not start again. If the last log is touched before the athlete touches the ground, the obstacle will be judged as completed.
- As in all obstacles, Elite racers are not allowed to help each other.

Failure Modes:

- Touching the ground before touching the last log.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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ROPE CLIMB

Racer Instructions:

- Climb the rope and ring the bell. Elite racers get one try. No mechanical devices are allowed to aid with climbing the rope.

Failure Modes:

- Not able to ring the bell. Using a mechanical aid.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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TIRE FLIP

Racer Instructions:

- Flip the tire the prescribed number of times.
- As in all obstacles, Elite racers are not allowed to help each other.

Failure Modes:

- Unable to flip the tire the required number of times.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)

TRACTOR PULL

Racer Instructions:

- Pull the blocks along the prescribed route. Do not carry blocks, they must stay on the ground. As in all obstacles, Elite racers are not allowed to help each other.

Failure Modes:

- Carrying the block.
- Not completing the route.

Penalty for Failure:

- Elite Athletes: Disqualification.
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TRAVERSE WALL

Racer Instructions:

- Navigate the wall using only the handholds and ring the bell. Racers are not allowed to touch the top of the wall or the ground. As in all obstacles, Elite racers are not allowed to help each other. Athletes are allowed to use the structure and top to position themselves on the beginning of the obstacle. the first hand block and the first foot block must be used when starting the traverse. Once 4 points of contact are on the wall hand/foot-holds, the Athlete is considered "committed" and can not reset or restart.

Failure Modes:

- Touching the ground.
- Touching the top of the wall after start.
- Not ringing the bell.
- Using any any mechanical (rigging) assistance to complete the obstacle.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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TYROLEAN TRAVERSE

Racer Instructions:

- Athlete must traverse the rope and ring the bell. If on top of the rope, feet may touch the water. If underneath the rope, feet may not touch the water.

Failure Modes:

- Not ringing the bell
- Feet touching the water if underneath the rope.

Penalty for Failure:

- Elite Racers: 30 burpees unless otherwise stated. This obstacle is common to have a greater than 30 penalty burpee. Traversing/Swimming the water beneath is still required even if Athlete is unable to complete the traverse by rope.
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HOBIE HOP

Racer Instructions:

- Racers put the band around their ankles > Hop along the dictated route. Both feet must leave the ground at the same time when hopping.

Failure Modes:

- Not completing the route.
- Both feet not leaving the ground when hopping.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)

TIRE DRAG

Racer Instructions:

- Pull the tire out until the line is taught grabbing only tire. Return to the rope attachment point (stake), sit, (butt must be on the ground), and pull the tire back to the stake using the rope. In some events order may be reversed, (pulling first, followed by dragging). Athlete may not carry tire, tire must be touching the ground at all times.
- As in all obstacles, Elite racers can not help each other.

Failure Modes:

- Unable to complete task.
- Not pulling the tire out until the rope is taught. (re-do or fail).
- Not pulling the tire all the way back. (re-do or fail).

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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WATER MOATS AND ROLLING MUD

Racer Instructions:

- Staying within the widths of the obstacle. No diving.

Failure Modes:

- Not staying within the widths of the obstacle, "skirting" the obstacle.

Penalty for Failure:

- Elite racers: Disqualification for "skirting", Elite Athlete may back-track and re-enter the obstacle properly if skirting was unintentional, or forced by congestion.

If unable to complete obstacle:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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OVER UNDER THROUGH

Racer Instructions:

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

Failure Modes:

- Unable to navigate the walls

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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SAND BAG / LOG / HEAVY CARRY

Mandatory to complete. No burpee option for failure.

Racer Instructions:

- Carry the sandbag on the designated route. Possible different bags for Men vs Women. Possible multiple bags for Elite Athletes.

Failure Modes:

- Not willing or able to complete the route with the sandbag.
- Damaging or Destroying the sand bag.

Penalty for Failure:

- Disqualification.
- Damaging or Destroying the sandbag requires repeat of obstacle or Disqualification

SLIP AND SLIDE

Racer Instructions:

- Feet first only. Can not go head first.

Failure Modes:

- Unable to complete the obstacle.
- Going head first.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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SLIPPERY WALL

Racer Instructions:

- Navigate up and over the wall.
- As in all obstacles, Elite racers can not help each other.
- There is no limit to the number of tries.

Failure Modes:

- Unable to get up and over the wall

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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SWIM

Mandatory to complete. No burpee option for failure.

Racer Instructions:

- No diving. Use a PFD if not able to swim.

Failure Modes:

- Unable to complete the swim.

Penalty for Failure:

- Disqualification , OR 30 burpees and an alternative route ONLY if offered.
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TRENCHES

Mandatory to complete. No burpee option for failure.

Racer Instructions:

- Navigate through the trenches.

Failure Modes:

- Not navigating the trenches.

Penalty for Failure:

- Disqualification.
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UNDER OVER UNDER

Racer Instructions:

- Alternate going over and under each "wall".

Failure Modes:

- Not going over/under the walls.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)

INVERTED WALL

Racer Instructions:

- Climb up and over the wall. Using the braces or flag post is not allowed.
- As in all obstacles, Elite racers are not allowed to help each other.

Failure Modes:

Anyone unable to climb over the wall.

- Anyone using the side braces or the flag pole.
- Elite racers that help each other.
- Elite athletes may re-try this obstacle until they complete it properly, or complete the penalty.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground).
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SPIDER WEB

Mandatory to complete. No burpee option for failure.

Racer Instructions:

- Navigate through the "web" of string, cord, or barbed wire, or similar.

Failure Modes:

- Disqualification if they skip the obstacle or do not carry their personal belongings through the obstacle. There is no option to do burpees instead of the obstacle.

Penalty for Failure:

- Disqualification for not completing the obstacle.
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BALANCE BEAM

Racer Instructions:

- Navigate across the beam(s) without touching the ground.

Failure Modes:

- Touching the ground before reaching the end of the beam.

Penalty for Failure:

- Disqualification for not completing the obstacle.
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BIG CARGO CLIMB

Racer Instructions:

- Climb up and over the cargo net.

Failure Modes:

- Not willing or able to climb over the obstacle.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
-

VERTICAL CARGO NET

Racer Instructions:

- Climb up and over the cargo net.

Failure Modes:

- Not willing or able to climb over the obstacle.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)

DUNK WALL

Racer Instructions:

- Go under the wall.

Failure Modes:

- Not willing or able to go under the wall.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground).
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FIRE JUMP

Racer Instructions

- Jump over the fire

Failure Modes:

- Not willing or able to jump over the fire

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
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BRIDGE

Racer Instructions:

- Navigate over the bridge.

Failure Modes:

- Unable to navigate over the bridge.

Penalty for Failure:

- 30 Burpees (chest must hit the ground, feet must leave the ground)
-

MEMORIZATION TEST (SIGN OR VERBAL ETC.)

Racer Instructions:

- Stop and do as the sign, instructions, or official say. Racers will be tested immediately, or later in the day.

Failure Modes:

- Answering incorrectly
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THE GAMBLE

Racer Instructions:

- Choose the route based on the provide course information, or just pick direction or option randomly.
- Elite Athletes will be instructed to ALL follow one path of the gamble.

Failure Modes:

- N/A
- Penalty for Failure N/A