



# **FIGHTERS' RUN**

# **WOLF LAWS**

## **RACE- AND OBSTACLE RULES**

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## PRESENTATION OF THE EVENT

### TYPES OF OBSTACLE RACE EVENTS

- Individual race: the Individual race of the Fighters' Run is an OCR race that can be completed individually.
- Team race: the Fighters' Run Team OCR race can be completed in men's, women's and mixed teams of two, three and four members.
- Fun run – for beginners: it is an individually completed experience OCR fun run for beginners - not a competition.
- Wolf cubs: the Fighters' Run Wolf cubs is an OCR event organized for children.
- Trail: the Fighters' Run Trail is a trail running race completed on off-road terrain, without obstacles.
- Dog run: the Fighters' Run Dog run is a trail running race completed with a dog on off-road terrain, without obstacles.

### INDIVIDUAL RACE

- Age limit: the minimum age for the Individual race is 15 years old at the time of the event. There is no upper age limit.

### ALPHA HEAT – competitive heats

- the absolute female and male 1st-3rd place finishers of the Alfa heats will be awarded based on the participants' completion time;
- based on the participants' completion time, there is also an age group evaluation in the Alpha heats, the organizer evaluates the female and male 1st-3rd placers in the following age groups according to their age by the time of the competition: 15-20, 21-30, 31-40, 41-50, 50+;
- there is time measurement and result list;
- helping each other in these heats is not allowed in any way.

### BETA HEATS- non-competitive heats

- there are no awards in these heats;
- there is time measurement and result list;
- helping each other is allowed according to the Obstacle Rules.

## TEAM RACE

- Age Limit: the minimum age for the Team race is 12 years old at the time of the event. For participants between the ages of 12 and 15, a minimum height of 150 cm is required, along with one adult (over 18) companion who must also register and complete the course together with the child. There is no upper age limit.
- Categories
  - 2-member of female / male / mixed team
  - 3-member of female / male / mixed team
  - 4- member of female / male / mixed team
- based on the team's performance time, the 1st-3rd place of the absolute 2-, 3-, 4-member female, male and mixed teams will be awarded;
- there is time measurement - a team gets 1 pc chip - and there is a list of results;
- team members must complete the course together and arrive at the finish line together;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- helping each other is allowed according to the Obstacle Rules;
- a competitor can only compete in one team, he cannot be a member of more than one team.

## FUN RUN – BEGGINERS EVENT

This is an experience run on an easy course, specifically for beginners and re-beginners.

- Age Limit: the minimum age for the Fun Run is 12 years old at the time of the event. For participants between the ages of 12 and 15, a minimum height of 150 cm is required, along with one adult (over 18) companion who must also register and complete the course together with the child. There is no upper age limit.

## BETA HEATS – non-competitive heats

- there are no awards in these heats;
- no timing and results list;
- helping each other is allowed according to the Obstacle Rules.

## WOLF CUBS – KIDS RACE

- Age Limit: start is possible from 4 to 14.99 years old by the day of the race.

### Family heats

- Family heats accompanied by 1 family member per child, without timing; the course is mainly recommended for 4-6 years old, but older children who require parental presence can also enter;
- depending on the location, max. 1 km distance.

### Age group heats - a competitor can only start in one age group.

Alpha heats: competitive heats - there is a time measurement, the 1st-3rd place girls and boys will be rewarded based on the completion time;

Beta heats: non-competitive heats, children have a time result, but no prizes.

- 6-8 years old: depending on the location, max. 1 km distance, unaccompanied by parents, timed;
- 9-11 years old: depending on the location, min. 1-, max. 2 km distance, unaccompanied by parents, timed;
- 12-14 years old: depending on the location, min. 1-, max. 2 km distance, unaccompanied by parents, timed;

## TRAIL RUN

- Age Limit: the minimum age for the Trail Run is 12 years old at the time of the event. Participants must be accompanied by an adult (over 18) who is also a registered participant and must complete the course together with the child. There is no upper age limit.
- There are no obstacles in this category.

## ALFA HEATS – competitive heats

- Based on the participant's finish times, the absolute 1st–3rd place female and male winners of the Alpha heats will be awarded.
- There is timing and official results list.

## BETA HEATS – non-competitive heats

- There are no awards in these heats.
- There is timing and an official results list.

## DOG RUN

- Age Limit: the minimum age for the Dog run is 12 years old at the time of the event. Participants must be accompanied by an adult (over 18) who must also register with another dog; they must complete the course together as two separate dog-and-runner pairs.
- There are no obstacles in this category.
- One registration allows 1 runner + 1 dog to participate.
- Based on the runner's finish times, the absolute 1st–3rd place female and male winners will be awarded.
- There is timing and official results list – each dog runner receives 1 pc timing chip.
- The dog must have a valid rabies vaccination at the time of the event. The dog must be at least 6 months old on the day of the race. In-heat female dogs are not allowed to participate in the event.

## GENERAL RULES

### IMPORTANT DOCUMENTS AND TOOLS

- Race announcements: contains fundamental information related to a specific race type (e.g., Veszprém Individual 10K) and can be found on the race website.
- Wolf laws – Race and Obstacle Rules: this current document.
- Event info: a document summarizing the most important information about a specific race/race weekend. It includes content such as the schedule, start package pick-up, venue access and parking, on-site partners, and other important event-specific details. The organizer will publish this on the website at least 10 days before the event.
- StafétApp: mobile application – from 2026, registration for the events is only possible through this app. [Click here for more details!](#)
- Waiver: signed digitally document within StafétApp; this is the only way to collect your start package.
  - For Individual races, it is available in the participant's app.
  - For Team Competition, it is in the Team Captain's app (this document covers the entire team).
  - For the Wolf cubs (Farkaskölyök) kids race, it is available in the app of the person who registered the child.

## STARTING AND HEATS

- Participants start in heats in Individual race, Fun Run, Wolf cubs and Trail. In Team race and Dog run, starts are conducted with staggered time intervals (one by one).
- Individual race, Fun run, Wolf cubs, and Trail participants may only start in the specific heat they registered for. Team race and Dog run participants may only start at the exact time designated by the organizer in the start list.
- The organizer will publish the start list with starting times at least 10 days before the event – the list will be continuously updated with new registrations until the race. For Teams and Dog runners, the exact start times will be available during the week of the race (approximate start times will be displayed before then).
- Modifying heat or start times is not possible. Any participant or team that does not start at the time designated by the organizer will be disqualified.

## HEADBAND WITH RACE NUMBER

- Our competitors (exception of Dog run racers) using a headband with a race number – this system is both athlete- and eco-friendly.
- Wearing the headband is mandatory.** It must be placed so that the race number is clearly visible on the forehead from the front.
  - For participants in the **Individual** race, the **Fun Run**, and the **Trail Run**, personalized headbands are produced, which include the competitor's unique race number and name/nickname. **This headband remains with the competitor** after their first race and must be brought to all future Individual races.
  - Participants in the **Team Race** and the **Wolf Cubs** kids race will also receive a race number headband upon collecting their race pack, which **must be returned at the finish line**. After collection, these headbands are washed and reused for future races. **Attention!** For Team and Wolf Cubs races, **RETURNING THE HEADBAND AT THE FINISH LINE IS MANDATORY!** The organizer will charge a subsequent surcharge of 5,000 HUF for any headband not returned.

## PAPER RACE NUMBERS

- In **Fighters' Run Dog Run** participants receive a paper race number. This must be worn on the front of the running apparel in a clearly visible manner.
- Occasionally organized events – such as asphalt running races – are also conducted using paper race numbers.

## TIMING CHIP

- During timed events, participants are mandatory required to wear the chip throughout the race – **the chip must be returned upon crossing the finish line**. It is the participant's responsibility to wear and protect the timing chip; should the chip be lost, it must be reported immediately at the finish line. **Attention!** All competitors are **MANDATORY REQUIRED TO RETURN THE CHIP AT THE FINISH LINE!** The organizer will charge a subsequent surcharge of 5,000 HUF for any chip not returned!
- The chip must be worn on the **wrist** in all race categories.
  - In the **Team Competition**, there is 1 chip per team, which is worn by a chosen team member.
  - In **Individual** races and the **Trail Run**, it is the competitor's responsibility and duty to touch their chip to the timing units (/UFO/) at the checkpoints along the course and at the finish line; otherwise, they will not have a valid time.
  - In the **Team Competition** and **Dog Run**, it is the participants' responsibility and duty to touch the chip to the timing units (/UFO/) at the start, at the checkpoints along the course, and at the finish line; otherwise, they will not have a valid time result.
  - In the **Wolf Cubs** age-group kids' races, it is the competitor's responsibility and duty to touch their chip to the timing unit (/UFO/) at the finish line; otherwise, they will not have a valid time.
  - The **Fun Run** is not a competitive race, so **there is no timing for this event!**

## COURSE INFORMATION

- the course will be designed with the distance and number of obstacles specified in the Competition Notice related to the given event;
- entering the track before the race is **PROHIBITED**;
- leaving or cutting off the route is prohibited - in the event of accidentally leaving the route, the participant must go back to the marked point where the route was left and continue the race from there;
- Cut off time: none in the short and medium term, however all competitors must reach the finish line by the closing of the course; for longer distances, the organizer can determine a cut off times on the course also;
- the exact time of track closure and any cut off times are specified in the Race details and the Event Info document of the given event;
- spectators may not enter the closed area of the track or the area of obstacles;
- the organizer does not publish the map of the adult course before the event, but only after the event;
- marking - it is the participant's own responsibility to follow the route exactly **based on the event's own logo markings**; following another runner in the wrong direction or following the tape of another event is also the responsibility of the participant;
- the Individual, Team competition, Fun run, Trail run, Dog run courses are marked by a clearly placed white tape with the FIGHTERS' RUN logo in turquoise blue and black; also in adult competitions, a red-white tape indicates the area of the penalty loop;
- the course of the Wolf Cubs kid race is marked by a clearly placed white tape with a turquoise wolf footprint logo.

## PROGRESS ON THE COURSE

- in the case of the Individual race, Fun run, Trail run, Dog run the competitors move individually on the track;
- in the case of the Team race, the team members start together, they can leave each other with a minimum difference of a maximum of 30 meters, they must complete the obstacles together as specified in the Obstacle Regulations, and they must also arrive at the finish line together.

## ASSISTANCE AT THE OBSTACLES

### INDIVIDUAL RACE, FUN RUN

- competitors starting in the Alpha heats of the Individual race cannot help each other in any way, breaking this will result in disqualification;
- in the Beta heats of the Individual race and the Fun Run, the participants can help each other at the obstacles, where this is allowed by the Obstacle Regulations. At obstacles where assistance is not allowed, if assistance is used, the competitors of the Beta heats will also be disqualified - both the one helping and the one who accepted the assistance.

### TEAM RACE

- In the Team race, the competitors must work together on certain obstacles, they can help each other on other obstacles, and there are also those where it is forbidden to help each other, as in the individual race - the exact rules are written in the Obstacle Regulations.
- Different teams may NOT help each other EXCEPT for the Giant Slanted Board and Giant Concave Board obstacles.

## REQUEST FOR EXTERNAL ASSISTANCE

- regardless of the type of competition, competitors may not use external assistance;
- it is forbidden to give food, drink or any refreshments to competitors on the track from outside the track;
- it is forbidden to accept help from spectators!

## MEDICAL CARE

- a rescue team will take care of the necessary care of the participants at the venue of the event;

- if the competitor needs medical treatment or requests medical assistance, he cannot continue the race, his race is considered incomplete, the timing chip and, in the case of Team Races and Wolf Cubs children's competitors, the headband must also be handed over to the staff member present, he will not have a valid time result and he is not entitled to receive the Finisher medal. Of course, the participant is still entitled to receive the gifts provided by the sponsor and to use the goulash party/pasta party.

## GIVING UP THE RACE

Individual race, Fun run, Trail run, Dog run, Wolf cubs:

- the participant who for some reason does not want to continue the race, must indicate this to the staff at the nearest obstacle and hand in the chip and the headband there; In the case of Wolf cubs child racers, the headband must also be handed in;
- the staff will not transport the participant back to the finish line, he must walk back to the competition center on his own feet, he can ask the staff for information about the shortest route to the competition center;
- anyone who gives up the race during the race or fails to finish by the track closing time, will receive a DNF ("Did not finish") status on the results list; will not have a valid time result and will not be entitled to receive the Finisher medal. Of course, you are still entitled to receive the gifts provided by the sponsor and to use the goulash party/pasta party.

Team race:

- the team member who for some reason does not want to continue the competition must notify the staff at the nearest obstacle, the chip must remain with the team mates who are moving on;
- the leaving team member must also hand over the headband;
- the staff will not transport the participant back to the finish line, he must walk back to the competition center on his own feet, he can ask the staff for information about the shortest route to the competition center;
- the other members of the team can continue the competition, but the team will receive a DNF ("Did not finish") status on the results list;
  - the leaving team member is not entitled to receive the Finisher medal. Of course, you are still entitled to receive the gifts provided by the sponsor and to use the goulash party/pasta party;
  - the team members who have reached the finish line are entitled to receive the Finisher medal, as well as to receive the gifts provided by the sponsor and to use the goulash party/pasta party.

## DISQUALIFICATION

**A competitor will be disqualified if...**

- fail to wear their race number, or wear it improperly / in a way that is not clearly visible;
- run the course before the start of the race;
- leave the designated course and do not resume from the exact point where they left it;
- skip any obstacle;
- fail to complete a penalty lap, or complete it incorrectly;
- exhibit unsportsmanlike conduct or argue with other competitors;
- litter;
- fail to follow the instructions of the staff or argue with the staff;
- receive assistance from a spectator/companion, or if their companion enters the obstacle area;
- utilize any form of outside assistance.

**In addition to the above, the following apply to teams:**

- if one team member is disqualified, the **entire team** will be disqualified;
- any team that does not complete the penalty lap together, fails to complete it, or completes it incorrectly;
- any team that fails to complete obstacles in accordance with the specific team competition rules;
- any team that does not stay together while on the course;
- any team that does not cross the finish line at the same time.

The decision regarding disqualification is made by the Race Director. Disqualified competitors will be marked as **DSQ** ("Disqualified") on the results list, are not eligible to receive a Finisher medal, and cannot receive any awards.

## OBSTACLES

- types of obstacles;
- obstacles with a penalty loop - in the event of an unsuccessful test/trials at these obstacles (it may vary depending on the obstacle, whether there is one or more attempts), the competitor is obliged to complete the penalty loop determined by the organizer;

- mandatory obstacles – the number of attempts at these obstacles is always infinite, in the case of an unsuccessful attempt, the competitor must keep trying until the obstacle is successfully completed; in case of unsuccessful completion of the obstacle, the competitor is disqualified.
- in Beta heats of the Individual race, the Fun Run, and the Team race, it is possible to ask for help from fellow competitors at certain obstacles - specific details are provided in the Obstacle Regulations;
- the Obstacle Regulations provide for the type of obstacles and their completion;
- the obstacles can only be used during the race by participants who have registered for the competition, children and adult competitors, as well as spectators, are not allowed to try the obstacles!

## PENALTIES

For certain obstacles, the organizer applies a penalty loop. If the competitor cannot complete the obstacle according to the rules, it is mandatory to complete the specified type of penalty loop. You have to go around the penalty loop performing a specific task, the area of the penalty loop is marked by the organizer with a red and white tape.

### PENALTY LOOPS BY RACE TYPE

Several types of penalty loops may occur within a competition type, but in general it can be said that the punishment is done by completing a penalty loop.

### LENGTH OF PENALTY LOOPS

- the length of the penalty loops in the Individual and Team race: 100 m - in exceptional cases, the organizers may deviate from this, in such cases the obstacle staff will inform the participants - example: there is an extra penalty loop at the obstacle called "The tower", where the length of the penalty loop is 150 m in case of failure!
- in FUN RUN, the penalty loop is half as long as in normal races: in this case, the penalty loop must be completed in such a way that the penalty must be carried out in the first half of the designated route, and there is a run from backway.

### INDIVIDUAL RACE, FUN RUN

**WOLF CRAWL:** the competitor must complete the penalty loop in wolf crawl (practice also known as bear crawl); during the movement, the competitor's palms and toes remain in contact with the ground without the knees being on the ground. So at least 1 palm and the toes of one foot must be down on the ground;

In all cases, wolf crawl takes place head first, moving backwards or sideways is not allowed! The competitor may rest on his knees while standing, but may not move during the rest period.

- the competitor must complete the penalty loop in wolf crawl (practice also known as bear crawl); during progress, the competitor's palms and toes remain in contact with the ground, so at least 1 palm and the toes of one foot must be down on the ground;
- the competitor may rest on his knees, but may not move while climbing on his knees;
- attention, the contact of the fingertips with the ground alone is not acceptable, if the surface of the palm is not on the ground.

## TEAM RACE

In all cases, the teams must complete the penalty loop together. The type of penalty depends on how many team members fail the obstacle; therefore, for the teams, the task may be to walk as a wolf or to carry a partner during the penalty loop. Types of penalty loops:

**WOLF CRAWL:** the competitor must complete the penalty loop in wolf crawl (practice also known as bear crawl); during the movement, the competitor's palms and toes remain in contact with the ground without the knees being on the ground. So at least 1 palm and the toes of one foot must be down on the ground;

In all cases, wolf crawl takes place head first, moving backwards or sideways is not allowed! The competitor may rest on his knees while standing, but may not move during the rest period.

- competitor must complete the penalty loop in wolf crawl (practice also known as bear crawl); during progress, the competitor's palms and toes remain in contact with the ground, so at least 1 palm and the toes of one foot must be down on the ground;
- competitor may rest on his knees, but may not move while climbing on his knees;
- attention, the contact of the fingertips with the ground alone is not acceptable, if the surface of the palm is not on the ground.

**PARTNER CARRY:** one or more members of the team must be carried throughout the penalty loop. During carrying, the team members can change their positions, but this is not mandatory - the team members themselves decide who and which team member will be carried - detailed description in the next point.

Disqualification:

- if one of the team members goes to the penalty loop before the others or does not go to the penalty loop;
- if any member of the team does not complete the penalty loop;
- if the competitor argues with the staff about the legitimacy of the penalty;
- if the competitor uses his knees to move forward during the wolf crawl; if, during the wolf crawl, both palms of the racer lift off the ground at the same time, if the racer moves sideways or backwards.
- if the competitors do the partner change while moving forward when carrying a partner.

## TYPE OF THE PENALTY LOOP DURING TEAM RACE

### TEAM OF 2:

- if 2 team members do not complete the obstacle, all team members go to the penalty loop, in a wolf crawl;
- if 1 team member does not complete the obstacle, then the penalty loop is completed by partner carrying - one team member puts the other on his back or carries him with a fireman's hold (over the shoulder); exchange is possible, however, you cannot move forward during the exchange;

### TEAM OF 3:

- if 3 team members do not complete the obstacle, all team members go to the penalty loop, in a wolf crawl;
- if 2 team members do not complete the obstacle, then the penalty loop is completed by partner carrying in such a way that two carry the third team member, exchange is possible, however, you cannot move forward during the exchange;
- if 1 team member does not complete the obstacle, then the penalty loop is completed by partner carrying - one team member sits the other on his back or carries him with a fireman's grip (over the shoulder), the third team member goes next to them by walk, exchange is possible, however, during the exchange you can't move forward.

### TEAM OF 4:

- if 4 team members do not complete the obstacle, all team members go to the penalty loop, in a wolf crawl;
- if 3 team members do not complete the obstacle, then the penalty round is completed by partner carrying - two team members carry the other two sitting on the back, or with a fireman's hold (slung over the shoulder), exchange is possible, however, during the exchange, it is not possible to move forward;
- if 2 team members do not complete the obstacle, then the penalty loop is completed by partner carrying in such a way that two carry the third team member, the fourth team member goes next to them by walk, exchange is possible, however, during the exchange, it is not possible to move forward;
- if 1 team member fails to complete the obstacle, then the penalty round is completed by partner carrying - one team member sits the other on his back or carries him with a fireman's hold (over the shoulder), the third and fourth team member goes next to them by walk, exchange is possible, however the you cannot move forward during the exchange.

## RESULTS

- the time results can be viewed on the timing company's website immediately after arrival at the finish line;
- ATTENTION, the result indicated upon arrival at the finish line is not necessarily final, because in the case of several heats, there may be a competitor who starts later but finishes in a shorter time;
- the website containing the results can be accessed using the QR code located in the competition center.

## PROTEST

- after arrival at the finish line, at the latest 30 minutes before the start of the award ceremony, it is possible to submit a warning at the race office (where picking up the on-site start package);
- the protest fee is 10,000 HUF - if the protest is valid, the organizer will refund the fee.

## EQUIPMENT

### RECOMMENDED EQUIPMENT

- the competitor can choose his own running clothes, wear a running bag or a belt;
- cross-country shoes; gloves are recommended for certain obstacles and certain types of penalty loops; tick repellent from spring to autumn, sunscreen in sunny weather;
- the competitor must take all his equipment with him on the obstacles and on the course;
- a towel for after the competition, a full set of dry clothes, shoes, warm clothing and accessories in case of cold weather.

### MANDATORY EQUIPMENT

- the organizer may prescribe mandatory equipment for certain events - e.g. headlamp, insulation foil - without these it is not possible to start the race; Mandatory equipment is provided for in the Event details and the Event Information document for the given event.

### PROHIBITED EQUIPMENT

- the use of shoes with spiked soles, liquid and powder magnesia, running/hiking sticks, and glass water bottles is prohibited.

## CONDUCT OF THE COMPETITOR

- the competitor must read the Race and Obstacle Regulations before the competition;
- the competitor must fulfil the penalty in the event of a mistake at the obstacles in the penalty loop;
- faster runners cannot be hindered, they must be let go, at obstacles that can be attempted multiple times, those who try for the first time must also be allowed to go ahead, if there is no free lane;
- the competitor is obliged to follow the staff's instructions, whether it concerns the completion of the obstacles or the penalty, the competitor may not argue with the staff, this behavior will result in disqualification;
- mutual respect and sportsmanlike behavior are expected from all participants.

## THE BEHAVIOR OF SPECTATORS AND ATTENDANTS

- it is forbidden for spectators and attendants to enter the closed areas of the race track and the competition;
- it is forbidden for the spectator or companion to climb the obstacles - this is not allowed either before, during or after the competition;
- it is forbidden for spectators or escorts to push or take photos when entering the obstacle area, as it may hinder the other competitors and the organizers. In case of violation of this rule, the competitor belonging to the escort will be disqualified;

## OBSTACLE RULES MANDATORY OBSTACLES

The number of attempts at these obstacles is always infinite, in the case of an unsuccessful attempt, the competitor must keep trying until the obstacle is successfully completed. In case of unsuccessful completion of the obstacle, the competitor is disqualified. Note: in the Beta heats of the Individual competition, as well as in the Team race, it is possible to ask for help from fellow competitors at certain obstacles - specific details can be found in the description of the obstacles.

## WALLS (various sizes) – climbing

### Individual race

- method of performance: you have to cross the wall;
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross the obstacle, does not cross it from the correct direction, uses the support structure of the obstacle to cross;
- number of attempts: unlimited;
- penalty circle: none, the obstacle must be completed.

### Team race

- method of performance: you have to cross the wall; team members must climb behind each other;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team race, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle, does not cross it from the correct direction, uses the support structure of the obstacle to cross;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Fun Run

- the method of completion is the same as the rules of the Beta heat of the Individual race;
- the participants of the Fun Run do not have to cross a wall higher than 160 cm.

## GIANT SLOPING WALL – climbing

Note: depending on weather and terrain conditions, the organizer can make the obstacle replaceable with a penalty loop.

### Individual race

- method of performance: you have to cross the wall;

- assistance: if there is an assistive device - e.g. rope - it can be used by both the Alpha and Beta heats, the competitors can only help each other in the Beta heat;
- invalid performance: if the competitor does not cross the obstacle;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Team race**

- method of performance: you have to cross the wall; team members can climb with each other's help; the member who has already passed can go back to help; team members must move behind each other, but do not have to wait for each other's performance;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team race, different teams can also help each other at this obstacle;
- invalid performance: if the competitor does not cross the obstacle;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Fun Run**

- the method of completion is the same as the rules of the Beta heat of the Individual competition.

## **HEDGE – climbing**

#### **Individual race**

- method of performance: you have to cross under palisades and over beams;
- assistance: prohibited in Alpha heats, allowed in Beta heats;
- invalid performance: if the competitor does not cross the obstacle, does not cross it from the correct direction, uses the support structure of the obstacle to cross;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Team race**

- method of performance: you have to cross under a palisade and over beams; team members must move behind each other;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle, does not cross it from the correct direction, uses the support structure of the obstacle to cross;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Fun Run**

- the method of completion is the same as the rules of the Beta heat of the Individual competition.

## **HAY WALL – climbing**

### **Individual race**

- method of performance: you must pass through the hay bale row;
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross or does not cross the obstacle from the correct direction;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Team race**

- method of performance: you must pass through the hay bale row; team members must go behind each other, but do not have to wait for each other's performance;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross or does not cross the obstacle from the correct direction;

- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Fun Run**

- the method of completion is the same as the rules of the Beta heat of the Individual competition.

### **BARBED WIRE, ROPE WIRE, WOLF HOLE – crawling**

#### **Individual race**

- method of performance: you have to go under the barbed wire / rope / camouflage net;
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross or does not cross the obstacle from the correct direction;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Team race**

- method of performance: you have to go under the barbed wire / rope / camouflage net; team members must move behind each other, but do not wait for the previous team member to finish the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team race, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross or does not cross the obstacle from the correct direction;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Fun Run**

- the method of completion is the same as the rules of the Beta heat of the Individual competition.

## SANDBAG CARRY – weight obstacle

### Individual race

- method of performance: you have to go through the designated circle, carrying the weight, the weight can be carried in any way; men and women carry different weights, men cannot carry women's weight; the weight can be put down while walking, but after a rest you must continue carrying it from the same place; the weight cannot be pulled/pushed on the ground;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot go through the designated circle with the weight; if it is not in the designated place, it returns the weight; if you pull/push the weight on the ground;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Team race

- method of performance: you have to go through the designated circle, carrying the given weight, the weight can be carried in any way; men and women carry different weights, men cannot carry women's weight; the weight can be put down while walking, but after a rest you must continue carrying it from the same place; the weight cannot be pulled/pushed on the ground; teammates can start at the same time, they don't have to wait for the other to complete.
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Not allowed in team competition, each team member must carry his own weight; different teams cannot help each other;
- invalid performance: if the competitor cannot go through the designated circle with the weight; if it is not in the designated place, it returns the weight; if you pull/push the weight on the ground;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Fun Run

- the method of completion is the same as the rules of the Beta heats of the Individual competition.

## LOAD CARRY (there and back) – weight obstacle

### Individual race

- method of performance: you have to go back and forth along the designated route, carrying the specified weight, the weight can be carried in any way; men and women carry different weights, men cannot carry women's weight; the weight can be put down while walking, but after a rest you must continue carrying it from the same place; the weight cannot be pulled/pushed on the ground;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot go through the designated route with the weight; if it is not in the designated place, it returns the weight; if you pull/push the weight on the ground;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Team race

- method of performance: you have to go back and forth along the designated route, carrying the specified weight, the weight can be carried in any way; men and women carry different weights, men cannot carry women's weight; the weight can be put down while walking, but after a rest you must continue carrying it from the same place; the weight cannot be pulled/pushed on the ground; team members must use the same weight, except in the case of a mixed team, where the male members use men's weights and the female members use women's weights, the performance of team members is only allowed one after the other, it cannot be done at the same time;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Not allowed in team competition, each team member must carry his own weight; team members can pass the weight from hand to hand when changing; different teams cannot help each other;
- invalid performance: if the competitor cannot go through the designated route with the weight; if it is not in the designated place, it returns the weight; if you pull/push the weight on the ground;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Fun Run

- the method of completion is the same as the rules of the Beta heats of the Individual competition.

## LOAD ROLLING – weight obstacle

### Individual race

- method of performance: you have to go back and forth along the designated route, rolling the specified weight; men and women roll different weights, men cannot use the women's weight; the weight can only be rolled, it is forbidden to pick it up;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot go through the designated route with the weight; if it is not in the designated place, it returns the weight; if the weight is lifted;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Team race

- method of performance: you have to go back and forth along the designated route, rolling the specified weight; men and women roll different weights, men cannot use women's weights; the weight can only be rolled, it is forbidden to pick it up; team members must use the same weight, except in the case of a mixed team, where the male members use men's weights and the female members use women's weights, the performance of team members is only allowed one after the other, it cannot be done at the same time;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Not allowed in a team competition, each team member must roll his own weight; different teams cannot help each other;
- invalid performance: if the competitor cannot go through the designated route with the weight; if it is not in the designated place, it returns the weight; if you pull/push the weight on the ground or lift it
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Fun Run

- the method of completion is the same as the rules of the Beta heats of the Individual competition.

## TRENCHES – terrain obstacle

### Individual race

- method of performance: you must proceed along the designated route;
- assistance: if there is a support device - e.g. rope - it can be used by both the Alpha and Beta heats, the competitors can only help each other in the Beta heats;
- invalid performance: if the competitor cannot go along the designated route or leaves or avoids the designated section;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Team race

- method of performance: you must proceed along the designated route;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other; if there is an assistive device - e.g. rope - can be used by all participants in the Team race;
- invalid performance: if the competitor cannot go along the designated route or leaves or avoids the designated section;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Fun Run

- the method of completion is the same as the rules of the Beta heats of the Individual competition.

## BRIDGE – crossing

### Individual race

- method of performance: pass over the obstacle - climb up at the beginning of the obstacle, pass over the top and climb down on the other side; the competitor cannot touch the support structure of the obstacle, he can only use the parts necessary for climbing up and down; if there is a barrier at the top of the obstacle, the barrier cannot be grasped;
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross the obstacle or if he use the support structure;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Team race**

- method of performance: pass over the obstacle - climb up at the beginning of the obstacle, pass over the top and climb down on the other side; the competitor cannot touch the support structure of the obstacle, he can only use the parts necessary for climbing up and down; if there is a barrier at the top of the obstacle, the barrier cannot be grabbed; team members must move behind each other, but do not wait for the previous team member to finish the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle or if he uses the support structure;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Fun Run**

- the method of completion is the same as the rules of the Beta heat of the Individual competition.

## **WATER SLIDE – crossing**

Note: depending on the circumstances, the organizer can make the obstacle with a penalty loop.

### **Individual race**

- method of performance: pass over the obstacle - climb to the top of the obstacle, slide down on the other side; the competitor cannot touch the support structure of the obstacle, he can only use the parts necessary for climbing up and down; if there is a barrier at the top of the obstacle, the barrier cannot be grabbed; one competitor can slide on one lane at a time;
- assistance: prohibited in the Alpha heat, permitted during the climb in the Beta heat;
- invalid performance: if the competitor does not cross the obstacle or if he touches the support structure;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Team race**

- method of performance: pass through the obstacle - climb to the top of the obstacle, slide down on the other side; the competitor cannot touch the support structure of the obstacle, he can only use the parts necessary for climbing up and down; if there is a barrier at the top of the obstacle, the

barrier cannot be grabbed; team members must move behind each other, but do not have to wait until the previous team member finishes the task, however, one competitor can slide in one lane at a time;

- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: It is allowed when climbing in a team competition, but different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle or if he clings to the support structure;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Fun Run**

- this obstacle is not included in the Fun Run.

### **TUNNEL – crossing**

#### **Individual race**

- method of performance: the obstacle must be passed in the shortest possible time; maintenance of others is not permitted;
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross the obstacle;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Team race**

- method of performance: the obstacle must be passed in the shortest possible time; maintenance of others is not allowed; team members must move behind each other, but there is no need to wait for the previous team member to finish the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

#### **Fun Run**

- the method of completion is the same as the rules of the Beta heat of the Individual competition.

## WATER PIT, MUD PIT, STREAM, LAKE – crossing

### Individual race

- method of performance: pass through the obstacle; the competitor must stay within the designated area, he cannot avoid the wet, muddy parts;
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross the obstacle or leaves the obstacle area;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Team race

- method of performance: pass through the obstacle; the competitor must stay within the designated area, he cannot avoid the wet, muddy parts;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle or leaves the obstacle area;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### Fun Run

- this obstacle is not included in the Fun Run.

## CRASH DIVE – crossing

Note: depending on the circumstances, the organizer can make the obstacle with a penalty loop.

### Individual race

- method of performance: you have to go under the part of the obstacle in the water
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross the obstacle or leaves the obstacle area;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Team race**

- method of performance: you have to go under the part of the obstacle in the water
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle or leaves the obstacle area;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Fun Run**

- this obstacle is not included in the Fun Run.

## **STEEP WALL – terrain obstacle**

### **Individual race**

- method of performance: climb the designated route;
- providing assistance: if there is an assistive device - e.g. rope - it can be used by both the Alpha and Beta heats, the competitors can only help each other in the Beta heat;
- invalid performance: if the competitor cannot go along the designated route or leaves or avoids the designated section;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

### **Team race**

- method of performance: climb the designated route;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other; if there is an assistive device - e.g. rope - can be used by all participants in the Team Competition, help is allowed in the Team Competition;
- invalid performance: if the competitor cannot go along the designated route, or leaves or avoids the designated section;
- number of attempts: unlimited;
- penalty loop: none, the obstacle must be completed.

## Fun Run

- this obstacle is not included in the Fun Run

## TIK-TAK – skill obstacle

### Individual Race

- Method of Completion: You may only move along the designated path by stepping on the 3 stones provided; all three stones must pass over the line marking the end of the path; stones must be carried back by hand to the starting point (either all at once or separately); only one foot may be on a stone at any given time; if the competitor steps off a stone, they must resume the exercise from the exact point where they stepped off.
- Assistance: Prohibited in both Alfa and Beta heats.
- Invalid Completion: If the competitor crosses the path without using the stones; if they do not cross the finish line with all stones; if they do not return the stones to the starting point; if they stand on a stone with both feet at the same time.
- Number of Attempts: Unlimited.
- Penalty Loop: None; completing the obstacle is mandatory.

### Team Competition

- Method of Completion: Each team receives a number of stones equal to the team size + 2; movement along the designated path is only permitted by stepping on the stones; all stones must pass over the line marking the end of the path; stones must be carried back by hand to the starting point (all at once or separately); only one foot may be on a single stone at any time; if any team member steps off a stone, the exercise must be resumed from the point where they stepped off.
- Every team member must complete the obstacle; it is not possible to complete it on behalf of another member.
- Assistance: Different teams are not allowed to help each other.
- Invalid Completion: If the team crosses the path without using the stones; if they do not cross the finish line with all stones; if they do not return the stones to the starting point; if anyone from the team stands on a stone with both feet at the same time; if the last team member picks up the stones while facing away from the direction of travel; if the entire team moves in the opposite direction of the course.
- Number of Attempts: Unlimited.
- Penalty Loop: None; completing the obstacle is mandatory.

## Fun Run

- The method of completion is identical to the rules of the Individual Race Beta heats.

## OBSTACLES WITH PENALTY LOOP

If the competitor fails the obstacle (depending on the obstacle, whether there is one or more attempts may vary), must complete the penalty loop determined by the organizer;

### THE TOWER – climbing

The tower is a nearly 10 m high climbing structure - it is not mandatory to complete it, it can be triggered by a penalty loop, however, the penalty loop of this obstacle is 50 m longer than the normal 100 m penalty circle!

#### Individual race

- method of performance: cross the obstacle, climb on the cargo net;
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross the obstacle, does not cross the obstacle from the correct direction, uses the support structure of the obstacle, or the barrier on the side of the obstacle;
- prohibited: standing on top of the obstacle, leaning out of the obstacle to the side (both in the parts protected by the railing and in the parts without the railing), falling down from the obstacle upside down due to the height and steepness of the obstacle;
- number of attempts: unlimited;
- extra penalty loop: there is - in case of unsuccessful completion, this obstacle can be replaced with a penalty loop: 150 m wolf crawl!

#### Team race

- method of performance: cross the obstacle, climb on the cargo net; team members can climb with each other's help; team members DO NOT have to climb behind each other on this obstacle and do not have to wait for each other to complete;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, different teams can also help each other at this obstacle;

- invalid performance: if the competitor does not cross the obstacle, does not cross the obstacle from the correct direction, uses the support structure of the obstacle, or the barrier on the side of the obstacle;
- prohibited: standing on top of the obstacle, leaning out of the obstacle to the side (both in the parts protected by the railing and in the parts without the railing), falling down from the obstacle upside down due to the height and steepness of the obstacle;
- number of attempts: unlimited;
- extra penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 150 m wolf walk or carrying a partner depending on the number of finishers!

#### **Fun Run**

- this obstacle is not included in the Fun Run.

### **NEGATIVE EXPERIENCE – climbing**

#### **Individual race**

- method of performance: cross the negative structure and then climb down on the other side of the obstacle; the support legs of the obstacle cannot be used, only the horizontal bars.
- assistance: prohibited in Alpha heat, allowed in Beta heat;
- invalid performance: if the competitor does not cross the obstacle, does not cross it from the correct direction, uses the support structure of the obstacle to cross;
- number of attempts: unlimited;
- penalty round: yes - in case of failure, this obstacle can be replaced with a penalty round: 100 m wolf crawl!

#### **Team race**

- method of performance: cross the negative structure and then climb down on the other side of the obstacle; the support legs of the obstacle cannot be used, only the horizontal bars. The team members have to move behind each other, but they don't have to wait for each other to complete;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross the obstacle, does not cross it from the correct direction, uses the support structure of the obstacle to cross; number of attempts: unlimited;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

## Fun Run

- this obstacle is not included in the Fun Run.

## SLOTH – climbing

### Individual race

- method of performance: climb along the pole chosen by the competitor from below, holding on with feet and hands, the body must not touch the ground, the performance is considered successful if the competitor has touched the bell placed at the end of the obstacle with his hand;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot cross the obstacle, if any part of his body touches the ground, if he does not touch the bell;
- number of attempts: one attempt is possible, as soon as the competitor's feet leave the ground at the beginning of the obstacle, the attempt is considered to have started;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty round: 100 m wolf crawl!

### Team race

- method of performance: climb along the selected pole from below, holding on with your feet and hands, the body must not touch the ground, the performance is considered successful if the competitor has touched the bell placed at the end of the obstacle with his hand, the team members must move in the same lane one after the other, but there is no need to wait until the previous team member finishes the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: prohibited;
- invalid performance: if the competitor cannot cross the obstacle, if any part of his body touches the ground, if he does not touch the bell;
- number of attempts: one attempt is possible, as soon as the competitor's feet leave the ground at the beginning of the obstacle, the attempt is considered to have started;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

## Fun Run

- method of performance: climb along the pole chosen by the participant from below, holding on with feet and hands, the body must not touch the ground, the performance is considered successful if the participant touched the bell placed in the middle of the obstacle with his hand;
- assistance: prohibited;

- invalid performance: if the participant cannot cross the obstacle, if any part of his body touches the ground, if he does not touch the bell;
- number of attempts: one attempt is possible, as soon as the participant's foot leaves the ground at the beginning of the obstacle, the attempt is considered to have started;
- penalty loop yes - in case of unsuccessful completion, this obstacle can be replaced with a reduced penalty loop: 50 m wolf crawl!

## MONKEYBAR, MONKEYBAR SINUS – swing

### Individual race

- method of performance: it is necessary to move along the lane chosen by the competitor, holding on to the bars, only the hands can be used during the performance, the performance is considered successful if the competitor has touched the bell placed at the end of the obstacle with his hand;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot cross the obstacle, does not use only his hands, does not touch the bell with his hands, or does not touch the bell;
- number of attempts: one attempt is possible, as soon as both legs of the competitor left the ground, the attempt is considered to have started;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty round: 100 m wolf crawl!

### Team race

- method of performance: you have to move along the selected lane, holding on to the bars, you can only use your hands during the performance, the performance is considered successful if the competitor touched the bell placed at the end of the obstacle with his hand, the team members must move in the same lane one after the other, but there is no need to wait until the previous team member finishes the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: prohibited;
- invalid performance: if the competitor cannot cross the obstacle, does not use only his hands, does not touch the bell with his hands, or does not touch the bell;
- number of attempts: one attempt is possible, as soon as both legs of the competitor left the ground, the attempt is considered to have started;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

## Fun Run

- method of performance: only the first half of the obstacle must be completed; you have to walk along the lane chosen by the participant, holding on to the bars, only hands can be used during the performance, the performance is considered successful if the participant touched the sign placed on the middle part tube of the obstacle with his hand;
- assistance: prohibited;
- invalid performance: if the participant cannot cross the obstacle, if any part of your body touches the ground, he use his feet, does not touch the signed tube with his hand;
- number of attempts: one attempt is possible, as soon as both legs of the participant left the ground, the attempt is considered to have started;
- penalty loop: yes - in case of unsuccessful completion, this obstacle can be replaced with a reduced penalty round: 50 m wolf crawl!

## LIANES – swing

### Individual race

- method of performance: participant must use the chosen lane, holding on to the ropes and straps, if there is a knot or ring at the end of the hangers, you can step on it; the performance is considered successful if the competitor touched the bell placed at the end of the obstacle with his hand; if the competitor's weight causes the rope to stretch and his feet touch the ground, but this does not give him an advantage, it is not considered a fault.
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot cross the obstacle, does not touch the bell with his hand, or does not touch the bell;
- number of attempts: one attempt is possible, as soon as both legs of the competitor left the ground, the attempt is considered to have started;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty loop: 100 m wolf crawl!

### Team race

- method of performance: have to walk along the selected lane, holding on to the ropes and straps, if there is a knot or ring at the end of the hangers, you can step on it; the performance is considered successful if the competitor touched the bell placed at the end of the obstacle with his hand; team members must follow the same lane one after the other, but do not have to wait for the previous team member to complete the task; if the competitor's weight causes the rope to stretch and his feet touch the ground, but this does not give him an advantage, it is not considered a fault.
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: prohibited;
- invalid performance: if the competitor cannot cross the obstacle, does not touch the bell with his hand, or does not touch the bell;
- number of attempts: one attempt is possible, as soon as both legs of the competitor left the ground, the attempt is considered to have started;

- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

### Fun Run

- method of performance: only the first half of the obstacle must be completed; participant must use the chosen lane, holding on to the ropes and straps, if there is a knot or ring at the end of the hangers, it's possible to step on it; the performance is considered successful if the participant stands on the double suspended rope in the middle of the obstacle and holds both stems of the rope with his hands; if the rope stretches due to the participant's weight and the foot touches the ground, but does not gain an advantage, it is not considered a fault.
- assistance: prohibited;
- invalid performance: if the participant cannot cross the obstacle, does not reach the double suspended rope and does not complete the exercise as described above;
- number of attempts: one attempt is possible, as soon as both legs of the participant lift off the ground, the attempt is considered to have started;
- penalty loop: yes - in case of unsuccessful completion, this obstacle can be replaced with a reduced penalty loop: 50 m wolf crawl!

## ROPE CLIMB – climbing

### Individual race

- method of performance: climb the rope and ring the bell by hand; you have to climb down, you can't jump down;
- assistance: prohibited in the Alpha heat, you can help in the Beta heat, but you cannot climb instead of the other competitor;
- invalid performance: if the competitor cannot climb up, if he does not ring the bell, if he jumps down while descending;
- number of attempts: unlimited, however, the competitor cannot choose another rope, he must try the same one;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty round: 100 m wolf crawl!

### Team race

- method of performance: climb the rope and ring the bell by hand; you have to climb down, you can't jump down; team members must climb the same rope, one after the other (not at the same time);
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;

- invalid performance: if the competitor cannot climb up, if he does not ring the bell, if he jumps down while descending;
- number of attempts: unlimited, however, the team cannot choose another rope, it must try the same one;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

#### Fun Run

- method of performance: participant must climb the rope to the 3 m high marked point; and climb down, it's prohibited to jump down;
- assistance: prohibited;
- invalid performance: if the participant cannot climb up, if he does touch the 3 m high marked point, if he jumps down while descending;
- number of attempts: unlimited, however, the participant cannot choose another rope, he must try the same one;
- penalty loop: yes - in case of unsuccessful completion, this obstacle can be replaced with a reduced penalty loop: 50 m wolf crawl!

### VERTICAL LOAD PULL – weight obstacle

#### Individual race

- method of performance: the weight must be pulled up to the point of impact, then slowly and controlled released back, it must not be released so that it falls; the weight must be pulled up in one place, the competitor cannot move away from the obstacle during the weight pull; men and women use separate weights, men cannot use women's weights; the competitor can rest his feet on the obstacle element intended for this purpose;
- assistance: prohibited in the Alpha heat, in the Beta race you can help, but you cannot lift, hold or lower the weight instead of the other competitor;
- invalid performance: if the competitor cannot pull up or drops the weight;
- number of attempts: unlimited, however, the competitor cannot choose another weight, he must try the same one;
- penalty loop: yes - in case of failure, this obstacle can be replaced by a penalty round: 100 m wolf crawl!

#### Team race

- method of performance: the weight must be pulled up to the point of impact, then slowly and controlled released back, it must not be released so that it falls; the weight must be pulled up in one place, the competitor cannot move away from the obstacle during the weight pull; men and women use separate weights, men cannot use women's weights; the competitor can rest his feet on the obstacle element intended for this purpose; team members must use the same weight, except in the case of a mixed team, where the male members use men's weights and the female members use women's weights, but the performance of the team members is only allowed one after the other, it cannot be done at the same time;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;

- assistance: the Team Members can help each other, but it is not possible to lift, hold or lower the weight instead of the other competitor; different teams cannot help each other;
- invalid performance: if the competitor cannot pull up or drops the weight;
- number of attempts: unlimited, however, the competitor cannot choose another weight, he must try the same one;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

### Fun Run

- method of performance: the weight must be pulled up to the point of impact, then slowly and controlled released back, it must not be released so that it falls; the weight must be pulled up in one place, the participant cannot move away from the obstacle during the weight pull; men and women use separate weights, men cannot use women's weights; the participant can rest his feet on the obstacle element for this purpose; the participants of the Fun Run must lift a smaller weight: men must lift 3 instead of 4, ladies instead of 3 weights containing 2 cylinders;
- assistance: prohibited;
- invalid performance: if the participant cannot pull up or drops the weight;
- number of attempts: unlimited, however, the participant cannot choose another weight, he must try the same one;
- penalty loop: there is - in case of unsuccessful completion, this obstacle can be replaced with an easier penalty loop: 50 m wolf crawl!

## BRAIN TRAINING MEMORIZ – mental obstacle

### Individual race

- method of performance: solving a logical task that varies from competition to competition - in some cases, the specified logical task must be completed in a single place, in other cases, boards may be placed at different points of the track, where the specified task must be performed, which will be checked later;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor is unable to answer the question asked during the re-examination on the first attempt;
- number of attempts: there is one attempt;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty round: 100 m wolf crawl!

### Team race

- method of performance: solving a logical task that varies from competition to competition - in some cases, the specified logical task must be completed in a single place, in other cases, boards may be placed at different points of the track, where the specified task must be performed, which will be checked later; attention, the Brain training task of the team competition does not necessarily match the task of the individual competition;
- assistance: the team must solve the task together, however, different teams cannot help each other;
- invalid performance: if the team cannot answer the question asked during the feedback on the first try;
- number of attempts: there is one attempt;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

### Fun Run

- the method of performance is the same as the rules of the Individual race.
- penalty loop: there is - in case of unsuccessful completion, this obstacle can be replaced with an easier penalty loop: 50 m wolf crawl!

## LONG SWING – swing

### Individual race

- method of performance: have to walk along the lane chosen by the competitor, holding on to the hangers, during the performance only the hands can be used for elements suspended at or above head height, the feet can also be used for elements close to the ground, the performance is considered successful if the competitor he touched the bell placed at the end of the obstacle with his hand;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot cross the obstacle, does not use only his hands on the high suspended elements, does not touch the bell with his hands, or does not touch the bell; during performance, the foot touches the ground;
- number of attempts: one attempt is possible, as soon as both legs of the competitor left the ground, the attempt is considered to have started;
- penalty loop: yes - in case of failure, this obstacle can be replaced by a penalty round: 100 m wolf crawl!

### Team race

- method of performance: you have to walk along the lane chosen by the competitor, holding on to the hangers, during the performance only the hands can be used for elements suspended at or above head height, the feet can also be used for elements close to the ground, the performance is

considered successful if the competitor he touched the bell placed at the end of the obstacle with his hand; team members must follow the same lane one after the other, but do not have to wait for the previous team member to complete the task;

- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: prohibited;
- invalid performance: if the competitor cannot cross the obstacle, does not use only his hands on the high suspended elements, does not touch the bell with his hands, or does not touch the bell; during performance, the foot touches the ground;
- number of attempts: one attempt is possible, as soon as both legs of the competitor left the ground, the attempt is considered to have started;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

#### Fun Run

- method of performance: only the first half of the obstacle must be completed; participant must use the chosen lane, holding on to the hangers, during the performance only the hands can be used for elements suspended at or above head height, the feet can also be used for elements close to the ground, the performance is considered successful if the participant stands on the double suspended rope in the middle of the obstacle and holds both stem of the rope with his hands;
- assistance: prohibited;
- invalid performance: if the participant cannot cross the obstacle, does not reach the double suspended rope and does not complete the exercise as described above; the foot touches the ground;
- number of attempts: one attempt is possible, as soon as both legs of the participant lift off the ground, the attempt is considered to have started;
- penalty loop: there is - in case of unsuccessful completion, this obstacle can be replaced with an easier penalty loop: 50 m wolf crawl!

#### TRAP – swing

##### Individual Race

- Method of Completion: The competitor must progress through their chosen lane. On the first, higher section of the obstacle, only hands may be used, and every suspension element must be touched; on the rope net built into the middle section, the competitor must climb across from underneath using both hands and feet; on the third, lower section, both hands and feet may be used. Completion is successful if the competitor touches the bell at the end of the obstacle with their hand before their feet touch the ground.
- Assistance: Prohibited in both Alfa and Beta heats.

- Invalid Completion: If the competitor cannot cross the obstacle; if they fail to touch every suspension element (e.g., jumping in and grabbing the second one); if they use more than just their hands on the first section; if they do not touch the bell with their hand; if their feet touch the ground before touching the bell, or if they fail to touch the bell at all; if their feet touch the ground during the attempt.
- Number of Attempts: One attempt only. Once both feet leave the ground, the attempt is considered to have started.
- Penalty Loop: Available. In case of unsuccessful completion, this obstacle can be substituted with a penalty loop: 100 m of Bear Crawl (Wolf Walk)!

### **Team Competition**

- Method of Completion: Every team member must progress through their chosen lane. On the first, higher section, only hands may be used, and every suspension element must be touched; on the rope net in the middle section, they must climb across from underneath using hands and feet; on the third, lower section, both hands and feet may be used. Completion is successful if the competitor touches the bell at the end with their hand before their feet touch the ground. Team members must use the same lane one after another, but they do not need to wait for the previous member to finish before starting.
- Every team member must complete the obstacle; substitution is not allowed.
- Assistance: Prohibited.
- Invalid Completion: Same as the Individual Race (missing elements, improper use of limbs, failing to ring the bell, or touching the ground early).
- Number of Attempts: One attempt only.
- Penalty Loop: Available. In case of unsuccessful completion, the obstacle can be substituted with a penalty loop: 100 m of Bear Crawl (Wolf Walk) or Partner Carry, depending on the number of members completing the task!

### **Fun Run**

- This obstacle is not included in the Fun Run.

## **WOLF PIT – climbing**

### **Individual race**

- method of performance: you have to climb inside the obstacle at the entrance, then climb up one side of the wall and climb down the other side using grips and steps; it is forbidden to grab onto the straps used to stabilize the obstacle, as well as the rope holding the windlass; jumping off the obstacle is prohibited;
- assistance: prohibited in Alpha heat, allowed in Beta heat;

- invalid performance: if the competitor does not cross, does not cross the obstacle from the correct direction, clings to the ropes or straps, or jumps off the obstacle;
- number of attempts: unlimited;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty loop: 100 m wolf crawl!

#### **Team race**

- method of completion: you have to climb inside the obstacle at the entrance, then climb up one side of the wall and climb down the other side using grips and steps; it is forbidden to grab onto the straps used to stabilize the obstacle, as well as the rope holding the windlass; jumping off the obstacle is prohibited; team members must move behind each other, but do not have to wait for the previous team member to finish the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor does not cross, does not cross the obstacle from the correct direction, clings to the ropes or straps, or jumps off the obstacle;
- number of attempts: unlimited;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

#### **Fun Run**

- this obstacle is not included in Fun Run.

### **GIANT CONCAVE WALL- climbing**

#### **Individual race**

- method of performance: cross the concave wall and then climb down on the other side of the obstacle;
- assistance: if there is a support device - e.g. rope - it can be used by both the Alpha and Beta heats, the competitors can only help each other in the Beta heats;
- invalid performance: if the competitor does not cross the obstacle;
- number of attempts: unlimited;
- penalty loop: yes - in case of failure, this obstacle can be replaced by a penalty loop: 100 m wolf crawl!

### Team race

- method of performance: you have to cross the wall; there is no rope, the team members have to climb up with each other's help; the member who has already passed can go back to help; team members must move behind each other, but do not have to wait for each other's performance;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, different teams can also help each other at this obstacle; if there is an assistive device - e.g. rope - it can also be used by participants in the Team Competition.
- invalid performance: if the competitor does not cross the obstacle;
- number of attempts: unlimited;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

### Fun Run

- this obstacle is not included in Fun Run.

## ICE WALL – climbing, descending

### Individual race

- method of performance: you have to climb up to the top of the obstacle with the help of chopsticks. Sticks must also be inserted into the uppermost holes. Then you have to throw them on the ground, next to the obstacle - taking care not to hit anyone with them - and then lower yourself to the ground with the help of the rope.
- assistance: prohibited in the Alpha heat, you can help in the Beta heat, but you cannot climb instead of the other competitor;
- invalid performance: if the competitor cannot go up to the top of the obstacle; if you don't put the stick in the last hole. If you don't drop the stick on the ground, but leave it up;
- number of attempts: one;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty loop: 100 m wolf crawl!

### Team race

- method of performance: you have to climb up to the top of the obstacle with the help of chopsticks. Sticks must also be inserted into the uppermost holes. Then you have to throw them on the ground, next to the obstacle - taking care not to hit anyone with them - and then lower yourself to the ground with the help of the rope. Team members must climb one after the other;

- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: Allowed in a team competition, however, different teams cannot help each other;
- invalid performance: if the competitor cannot go up to the top of the obstacle; if you don't put the stick in the last hole. If you don't drop the stick on the ground, but leave it up;
- number of attempts: one;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

#### **Fun Run**

- this obstacle is not included in Fun Run.

### **BALANCE – balance obstacle**

#### **Individual race**

- method of performance: have to walk along the lane chosen by the competitor, moving with your feet on the board; the body must not touch the ground, the performance is considered successful if the competitor reaches the marked end of the obstacle with both feet;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot cross the obstacle, if any part of his body touches the ground, if his hand touches the obstacle, if he does not pass the marked end of the obstacle;
- number of attempts: one attempt is possible, as soon as the competitor has stepped on the obstacle with both feet, the attempt is considered to have started;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty loop: 100 m wolf crawl!

#### **Team race**

- method of performance: you have to walk along the lane chosen by the competitor, moving with your feet on the board; the body must not touch the ground, the performance is considered successful if the competitor reaches the marked end of the obstacle with both feet; team members must move in the same lane one after the other and wait until the previous team member finishes the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;
- assistance: prohibited;

- invalid performance: if the competitor cannot cross the obstacle, if any part of his body touches the ground, if his hand touches the obstacle, if he does not pass the marked end of the obstacle;
- number of attempts: one attempt is possible, as soon as the competitor has stepped onto the obstacle with both feet, the attempt is considered to have started;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

### Fun Run

- the method of performance is the same as the rules of the Individual race.
- penalty loop: there is - in case of unsuccessful completion, this obstacle can be replaced with an easier penalty loop: 50 m wolf crawl!

## MESH WALL – climbing

### Individual race

- method of performance: walk along the net selected by the competitor horizontally, holding on with feet and hands, the body must not come into contact with the ground or the upper scaffolding holding the net - the performance is considered successful if the competitor touches the bell placed at the end of the obstacle with his hand;
- assistance: prohibited in the Alpha and Beta heats;
- invalid performance: if the competitor cannot cross the obstacle, if any part of his body touches the ground, if he touches the upper scaffolding holding the net, if he does not touch the bell;
- number of attempts: one attempt is possible, as soon as the competitor's feet left the ground at the beginning of the obstacle, the attempt is considered to have started;
- penalty loop: yes - in case of failure, this obstacle can be replaced with a penalty round: 100 m wolf crawl!

### Team race

- method of performance: walk along the net chosen by the competitor horizontally, holding on with feet and hands, the body must not come into contact with the ground or the upper scaffolding holding the net - the performance is considered successful if the competitor touches the bell placed at the end of the obstacle with his hand, team members must follow the same lane one after the other, but do not have to wait for the previous team member to complete the task;
- the obstacle must be completed by all team members, it is not possible to complete it instead of each other;

- assistance: prohibited;
- invalid performance: if the competitor cannot cross the obstacle, if any part of his body touches the ground, if he touches the upper scaffolding holding the net, if he does not touch the bell;
- number of attempts: one attempt is possible, as soon as the competitor's feet left the ground at the beginning of the obstacle, the attempt is considered to have started;
- penalty loop: there is - in case of unsuccessful completion, the obstacle can be replaced with a penalty loop: 100 m wolf crawl or partner carrying, depending on the number of finishers!

#### **Fun Run**

- this obstacle is not included in Fun Run.

The organizer can create additional rules and modify the existing ones.