



# SPARTAN RACE

## ATHLETE STANDARDS AND GUIDELINES

### PENALTIES & DISQUALIFICATION:



#### **ALL OBSTACLES MUST BE ATTEMPTED**

An "attempt" is defined, at a minimum, as touching the obstacle. In some cases this may involve entering water or other challenging terrain to get to the obstacle itself. This terrain is not allowed to be bypassed with penalty burpees.



#### **MANDATORY OBSTACLES**

In the event that an obstacle is determined "mandatory", an athlete will be disqualified if the Athlete does not complete the obstacle. Mandatory obstacles are either defined in the standard obstacle rules, or must be disclosed in the pre-race and/or described as such on course. Examples of mandatory obstacles include, but are not limited to, Sandbag Carry, Bucket Brigade, Tractor Pull, Rolling Mud, and Barbed Wire Crawl.



#### **STAYING "ONCOURSE"**

It is the responsibility of the Athlete. Many natural and human variables can cause even the best course markings to become difficult to follow. Athletes should understand that this is part of the sport of Obstacle Racing, and part of the skill set needed to have a successful race. Purposefully altering course markings by the Athlete, or associates of an Athlete, falls under the rules of 'Unsportsmanlike Conduct'. Any Athlete that intentionally or accidentally goes "Off-Course" and is unable to put themselves back "On-Course" where they went "Off-Course" will be disqualified. In some cases where incorrect instruction by officials, corrections to time, or reinstatement occur, they may be justified, on a case-by-case basis.



### **OBSTACLE FAILURE PENALTIES**

In the event that an Athlete attempts but is unable to complete an obstacle, a penalty must be completed before the Athlete may proceed on course. The standard penalty is 30 burpees. If an Athlete miscounts a Burpee Penalty, a 30 second penalty permitted Burpee will be added to the Athlete's time before results are final. If an Athlete completes fewer than 20 Burpees, the penalty is disqualification. The Athletes are solely responsible for counting their own burpees, and should not trust/rely on others, including volunteers, to count for them. Non-Burpee "Obstacle Failure Penalties" maybe employed such as running extra distance, and similar guidelines should be followed to be sure that the penalties are completed before an Athlete continues on course. Feet must leave the ground, chest must touch the ground in the downward position. Feet must leave the ground, and chest must touch the ground" and "For proper form, feet must leave the ground, and chest must touch the ground.



### **UNABLE TO COMPLETE**

Every obstacle, or its penalty if permitted for that obstacle, must be completed in course sequence, for an athlete to continue in competition. If an athlete cannot complete either the obstacle or the penalty, the athlete must return to Results Staff without interfering with other competitors, and inform the results staff of their withdrawal.



### **NO OUTSIDE ASSISTANCE**

Is permitted on the course. Racers may not receive gear, water or food on the race course unless provided by Spartan Race. There is no penalty for verbally interacting with medical personnel or receiving help or support from other racers, with the exception that Elite racers are not allowed to help each other complete obstacles. Any form of physical treatment by medical staff will result in immediate disqualification.



### **GEAR AND CLOTHING**

An Athlete must complete the event with all the clothing and gear the Athlete had with them at the start of the event. An Athlete may only use items to their advantage that are carried with them from the start of the race, Example: hydration pack, clothing and food. Using mechanical aids such as, but not limited to, rigging or trekking poles is not allowed. Items found, natural or man made, are also not permitted as mechanical aids. For example: found sticks used as walking sticks. Leaving items behind on course is grounds for disqualification. Athlete clothing and gear must stay with the athlete through, or while completing the obstacles.



### **TIME CUTOFFS**

Time limits for completing a course may apply. Most often, these are for the safety of the Athlete, and leaving the course if asked to do so is mandatory. Time cutoffs can be altered and added at the Race Director's discretion.



### **PRE-RUNNING OR OBSTACLE PRACTICE**

Pre-running/ walking the course, or practicing obstacles prior to the Official start of the event is grounds for disqualification. Exception to this rule is viewing obstacles within the festival area or as otherwise advised by Event Staff.

# ATHLETE STANDARDS:



## **SPORTSMANLIKE CONDUCT**

Sportsmanlike conduct is expected of all competitors, at all times in all areas of the event and competition. 'Unsportsmanlike Conduct' is grounds for expulsion from the event, expulsion for a year, or lifetime expulsion from future events, depending on severity, and at the sole discretion of race officials.



## **SLOWER PACED ATHLETES**

Slower paced athletes must allow faster athletes to overtake. Purposefully preventing a faster athlete to advance at any point in the competition falls under the rules of 'Unsportsmanlike Conduct'.



## **LITTERING**

Littering on the course is grounds for disqualification.



## **MEDICAL AND SAFETY EMERGENCIES**

Under no circumstances are Athletes, who have witnessed an unattended medical or safety emergency, to continue racing until a race official has arrived. Failure to assist a racer in significant danger or distress falls under the rules of 'Unsportsmanlike Conduct.' Athletes are expected to use their best judgment concerning severity, staying to assist a person or people in trouble, or running to the nearest official for help. The Athlete understands that this is a risk to their results in competition. The Athlete understands that it is unlikely that timing personnel will be present and thus, time or placement compensation for medical assistance will unlikely to be awarded to the Athlete.



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# TIMING & SCORING :



## THE WINNER

The winner of each race is determined by the first person to cross the finish line of an Elite heat. Racers times will be validated by RFID timing chips. It is the Athlete's responsibility to assure the chip is securely fastened and worn across all checkpoints on course. Missing chip times will be subject to independent review and subject to Athlete disqualification at the discretion of Race Director and Head Official. If an Athlete's chip is lost, it must be immediately report to Timing/Results Staff upon crossing the finish.

Course marshals can also be used to validate an athlete's "route" on course if an Athletes chip is lost or a Checkpoint is not read by RFID.



## PROTEST PERIOD

The protest period ends 15 minutes prior to awards for each event. Any issues an Athlete may have with penalties, or issues that affect the race outcome must be brought to the Head Official during this time period.

In some circumstances Head Official may extend protest periods beyond awards.



## NATURAL DISASTER OR SAFETY CONCERNS

An event can be forced to close for various safety reasons including weather. In the event that a race must be stopped, a restart will be scheduled if time permits and if the safety issues have been resolved. If Athletes are asked to remove themselves from the course for any reason, they must do so immediately.

**ALL ABOVE RULES ARE SUBJECT TO RACE  
DIRECTOR'S DISCRETION.**