



COMPETITOR GUIDE & RULES





SPARTAN ULTRA WORLD CHAMPIONSHIP

ICELAND 2018

COMPETITOR GUIDE & RULES

V. 041218

1. Introduction

1.1. Purpose

The purpose of this document is to provide official and consistent information for the 2018 Spartan Ultra World Championship. Unless otherwise specified in this document, Competition Rules are the Spartan standards [available here](#).

1.2. Location

The 2018 Spartan Ultra World Championship will be held at the [Hamarshöllin Sports Club](#) in the surrounding fields and mountains of [Hveragerði](#), Iceland.

1.3 General Rules

1. All participants in the 2018 Spartan Ultra World Championship event in Iceland (the "Ultra Event") ("Ultra Competitors") must be at least 18 years old to race. 2018 Spartan Sprint Iceland (the "Spartan Sprint Iceland") ("Sprint Competitors") (Ultra Competitors and Sprint Competitors collectively, "Competitors") must be at least 14 years old to race.
2. There are absolutely no refunds or transfers of the Ultra Event or Spartan Sprint Iceland registrations.
3. The Ultra Event will be held regardless of any non-extreme weather conditions. However, Spartan reserves the right to postpone, modify or cancel the event in the interest of Competitor and staff safety.
4. We encourage all Competitors to receive clearance from their physician to participate in the event.
5. All Competitors are required to sign liability waivers.
6. Spartan reserves the right to:
 - a. Modify or close the course and any of its obstacles during the race at any time;
 - b. Adjust the rules at any time; and
 - c. Remove any Competitor from the course and/or event at any time.



1.4 Race Categories, Summarized

Elite Ultra	Open Ultra
<ul style="list-style-type: none"> • Entry by completing any Ultra in 2017 under 10 hours, regardless of heat, or any 2018 Ultra under 10 hours in the Elite heat. • Up to 100 people are selected to race in this category. • Finisher belt buckle, 24hr finisher medal and mileage patches available if earned. • Top place awards & prize money available if earned. • Burpee penalties will be tracked per obstacle, and penalties completed and officiated at the end of each lap. 	<ul style="list-style-type: none"> • Entry is open to anyone. • Standard Spartan rules enforcement per obstacle • Burpee penalties paid at obstacle upon failure. • Finisher belt buckle, 24hr finisher medal and mileage patches available if earned. • No top place awards or prize money available
Age Group Ultra	Sprint Race
<ul style="list-style-type: none"> • Entry by completing any Ultra in 2017 under 13 hours, regardless of heat, or any 2018 Ultra under 13 hours in the age group heat. • Finisher belt buckle, 24hr finisher medal and mileage patches available if earned. • Top place awards for each age group available if earned. No prize money available. • Burpee penalties will be tracked per obstacle, and penalties completed and officiated at the end of each lap. 	<ul style="list-style-type: none"> • Single loop of race course. • Two races, Saturday and Sunday. • Standard Spartan rules enforcement per obstacle. • Burpee penalties paid at obstacle upon failure. • Top place awards & finisher medals available if earned.

2: General Information

2.1 Event Schedule

Friday, December 7th	<ul style="list-style-type: none"> • 2:30 pm: Doors Open for Mandatory Ultra Briefing at the Harpa in Reykjavik • 3:00 pm - 5:00 pm: Mandatory Ultra Briefing at the Harpa • 5:00 pm - 7:00 pm: Mandatory Ultra Packet Pickup & Mingle at the Harpa; Parade of Nations representatives are selected
Saturday, December 8th	<ul style="list-style-type: none"> • 9:00 am: Local shuttles begin to run between the venue and Hveragerdi parking areas. • 11:00 am: Parade of Nation representatives meet at Registration • 11:15 am: All Competitor Transition Area Bins are racked and Competitors are race ready



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	<ul style="list-style-type: none">● 12:00 pm: Ultra Race Start (all categories)● 3:00 pm-4:00 pm: Sprint Race #1 Start Times
Sunday, December 9th	<ul style="list-style-type: none">● 7:00 am-8:00 am: Sprint Race #2 Start Times● 11:00 am: Ultra Start Line Closes● 12:00 pm: Ultra Finish Line Closes● 2:00 pm: Last local shuttle to Hveragerdi● 7:00 pm: Award Ceremony/Post-race party at the Tales From Iceland Museum in Reykjavik

2.2 Volunteers

1. We can always use more volunteers. If you or someone you know can volunteer, click [here](#) to register and receive the following:
 - a. Volunteer hoodie
 - b. 1 free pair of Darn Tough socks! (Limited to first 140 volunteers to register)
 - c. \$50 merchandise credit (online only)
 - d. Choose one:
 - i. Free Iceland Sprint race entry
 - ii. Free future race (Valid for 1 year; USA, UK, CAN, Europe only)

2.3 Pre-Race Ultra Briefing

1. Ultra Competitors are required to attend the Mandatory Pre-Race Briefing on Friday, December 7th at 3:00 pm at the [Harpa](#) in Reykjavik.
2. Doors will open at 2:30pm, briefing will start at 3:00pm.
3. Due to space constraints, only Ultra Competitors will be allowed inside the briefing area where there is seating — Spectators and Sprint Competitors will not be accommodated.
4. No transportation is provided to/from the Ultra Briefing. Please make your own way to the Harpa. Public transportation is available in Reykjavik.
5. If Competitors and Spectators are traveling together to the Harpa, Spectators are encouraged to enjoy the city or the different options that exist within the Harpa during the Ultra Briefing for the Competitors.

2.4 Packet Pickup

1. Packet pickup (*Ultra Competitors Only*), also at the Harpa, will start after the briefing at approximately 5:00 pm.
2. All Competitors must bring their Photo ID and registration barcode to pick up their packet.
3. Parade of Nations representatives are selected (one representative per country)
4. Packet pickup will end at 7:00 pm.
5. Packet pickup on Saturday morning will only be available to those who make prior arrangements by emailing us@spartan.com no later than Wednesday, December 5.

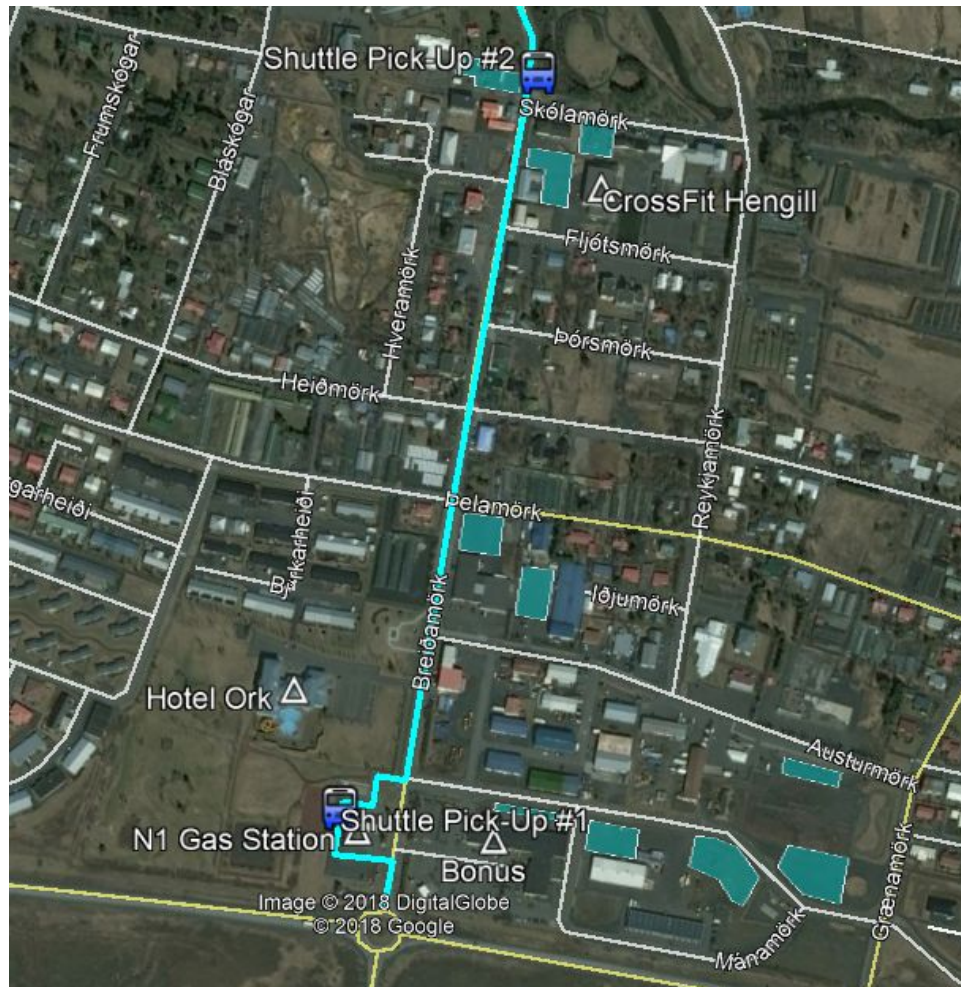


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6. Sprint Competitor packets can ONLY be picked up at the venue from 1:00 pm to 3:00 pm on Saturday and 5:00 am to 7:00 am on Sunday.
7. There is no Spectator registration at packet pickup. All Spectators, even those who have pre-registered online, will need to check in on Saturday at the race venue.

2.5 Parking and Transportation

1. All parking is onsite in the town of Hveragerði and free for all competitors, spectators and volunteers. There are several small lots within town that attendees can access. All parking is self-service.
2. Please be careful of ice and high winds while driving on the roads.
3. Free shuttles will run continuously starting at 9:00 am on Saturday until 2:00 pm on Sunday between Hveragerði and the venue. The shuttles will make two stops in town before dropping off/picking up racers at the venue. All designated lots are within walking distance of the two pick-up locations.
4. There is NO parking at the venue. Vehicles will be towed.
5. There will be NO buses running between Hveragerði and Reykjavik. However, check with the hotel you are staying at to see if they offer a shuttle to the event.
6. In the rare event that these lots fill up, public parking is available on select roads.
7. Shuttle pick-up locations:
 - a. #1: [N1 Breiðumörk 1, 810 Hveragerði, Iceland](#)
 - b. #2: [Breiðamörk 25 - 810, Hveragerði, Iceland](#)
8. Parking lot map:
 - a. Blue shaded polygrams indicate open parking lots



2.6 Post-Race Party / Awards Ceremony

1. Please join us at the official post-race party / awards ceremony at Austurbær event venue ([Tales From Iceland Museum](#)) in Reykjavik on Sunday, December 9, from 7:00pm to 9:00pm!
2. A cash bar will be available. Plenty of restaurants and nightlife are within walking distance. Eat before you come!
3. Street parking and public transportation options are available
4. All attendees will also receive a free raffle ticket to win a Spartan Swag Bag valued at over \$1500 including a 2019 Spartan Elite Pass, Spartan Merchandise and more!
5. Address: [Austurbær, Snorrabraut 37, Reykjavik, Iceland \(Tales From Iceland Museum\)](#)



3: Race Procedure

3.1 General Race Procedure

See Section 3.9 for Spartan Sprint details

1. Course Details:

- a. A full lap is approximately 6.6 (+/- .1 depending on gps noise) miles and 1330' / 405m of elevation gain with 25 obstacles. We are going to be continually testing this distance with various GPS devices throughout the week to determine the official lap distance for race day. Note that a racer's interpretation of the course markings, their speed, and gps type will all have an impact on a measurement. It is agreed and understood that penalty loops shall not count toward an Ultra Competitor's official mileage.
- b. The course is subject to multiple changes throughout the race based on weather conditions and race management discretion. If this happens, not all Competitors will complete the exact same course so Competitors will be credited for their distance based on timing mat data. More specifically, a "short" course option exists which will keep racers off of the exposed mountain. This short course is approximately 6.0 miles and 600' / 183m of elevation gain with one less obstacle vs the the full course.
- c. No hydration or nutrition will be provided by Spartan on the course, all Competitors are responsible for bringing their own items.

2. Ultra Event Winners:

- a. The winners of the Spartan Ultra World Championship will be the Top Elite Male & Top Elite Female Finishers who each complete the most miles the fastest. Each winner must also complete the requirements set forth at Section 3.5 below to be considered a 24-hour Finisher.
- b. An Elite Ultra Competitor must complete a minimum of 30 miles to be considered an official finisher.
- c. If no Elite Ultra Competitors meet the requirements to be considered a 24-hour Finisher, the Ultra Event winner will be determined by the Elite Ultra Competitor who completes the most mileage the fastest (at the discretion of race management).
- d. Only mileage from completed laps will be counted towards an Ultra Competitor's official mileage. It is agreed and understood that penalty loops shall not count toward an Ultra Competitor's official mileage.
- e. Only Elite Ultra Competitors are eligible to be winners.
- f. Official finish time will be calculated based on total time elapsed from "gun" start to when they complete their final lap.

3.2 Ultra Start Procedure & 5k Prologue

See Section 3.9 for Spartan Sprint details



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1. The Official Start for the 2018 Spartan Ultra World Championship is 12:00 pm local time on Saturday, December 8th
2. All Ultra Competitors must begin their race at the Official Start; no late starts are permitted.
3. The race begins with a (*roughly*) 5k run (the "5k Prologue"), with no obstacles, through the town of Hveragerði.
4. All Ultra Competitors are required to run the 5k Prologue before beginning the standard course.
5. The distance run in the 5k Prologue will count toward an Ultra Competitor's final mileage.
6. Obstacles on the course may be opened in stages to prevent backups the first few hours of the Ultra Event.

3.3 Ultra Finish Procedure

See Section 3.9 for Spartan Sprint details

1. Ultra Competitors have until 12:00 pm on Sunday, December 9 to complete as many miles on the course as possible and cross the finish line.
2. At 12:00 pm Sunday, the finish line will close and the Ultra Event will officially end. At such time, any Ultra Competitors on an active lap will be removed from the course without any credit for finishing.
3. At the end of every lap, Ultra Competitors must choose between beginning another lap, entering the Transition Area or crossing the Finish.
 - a. If an Ultra Competitor physically crosses the Finish, they are officially done racing, will have their timing chip removed and may not attempt any more laps.
 - b. Ultra Competitors who wish to attempt another lap must exit BEFORE the Finish using the designated route. At this point, they will be able to access the Transition Area or move right to starting another lap.
 - c. Once the Ultra Competitor enters the Transition Area, they can choose to leave the Transition Area to cross the Finish within 60 minutes of entering.
 - d. Ultra Competitors can choose to cross the Finish after any lap in order to be finished with the Ultra Event and have an official time (*only complete laps will be counted towards final mileage*).
 - e. Ultra Competitors must cross the Finish to qualify as official finishers. Ultra Competitors who do not cross the Finish before 12:00 pm Sunday will not have an official finish time.
 - f. Only official finishers will receive their medals and mileage patches. Plan Accordingly!
4. If an Ultra Competitor is pulled from the course for any reason other than disqualification (e.g. injury), their final mileage will be determined based on the last full loop they completed, at the discretion of Race Management.
5. Ranking will be determined by total mileage completed. In the event of a tie in mileage, the winner will be determined by finish time for their last lap based on gun time.

3.4 Ultra Final Lap Cutoff

1. Ultra Competitors must be past the Timing and Results tent and have begun their final lap by 11:00am Sunday, December 9. After this time, no Competitors will be allowed to begin another lap.



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2. The Race Director reserves the right to adjust this final lap cutoff time. All Ultra Competitors will be made aware of any changes with more than adequate time to adjust their race strategy.

3.5 Ultra 24-Hour Finishers

1. A "24-hour Finisher" is any Ultra Competitor who a) finishes between 9:00am and 12:00pm on Sunday, b) has a cumulative time of at least 15 hours on course, and c) completes at least 30 miles.
2. "On-course time" is defined as any time after a Competitor crosses the start line and before they enter the transition area. This includes time spent in the burpee pit.
3. 24-hour Finisher medals will be available in the finish area with the rest of the medals.

3.6 Ultra Timing

1. Competitors must wear the assigned timing chip on their wrist at all times during the race.
2. Once a Competitor crosses the Finish, their timing chip will be removed. Once the chip is removed, Competitors are not allowed to continue.
3. There are several timing mats throughout the course. Competitors must cross all available timing mats during each lap.
4. It is the sole responsibility of each Competitor to ensure their timing chip is secure and worn at all times.
5. It is the sole responsibility of each Competitor to notify a race official if a timing chip is lost or malfunctions at any time.
6. If a timing chip is lost, it could result in disqualification, this decision will be made on a case dependent basis by the Race Director and/or Race Officials.
7. Miles are only "counted" for completed laps. Partial laps are not counted.

3.7 All Competitors - Bibs & Race Numbers

1. Headbands and jerseys (pinnies) will be given to Ultra Competitors at registration:
 - a. Ultra Competitors are not required to wear the headband.
 - b. Ultra Competitors must write their assigned race number on the front and back of their jersey.
 - c. Lap Leaders must write their assigned race number on the front and back of their "Lap Leader" jersey.
 - d. Race jerseys must always be on the outside of each Competitor's clothing with race number clearly visible.
 - i. Backpacks / hydration packs may be worn on top of pinnies as long as the numbers on the front are always visible.
2. Headbands and red armbands are given to Sprint Competitors at registration.
 - a. Sprint Competitors are required to wear their headband all times while on course.



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- b. Sprint Competitors are required to wear the red armband on their arm at all times while on course.
- c. Sprint Competitors will not be issued jerseys.
- 3. Four types of jerseys (pinnies) will be assigned to racers.
 - a. Pinnies must be visible at all times and must be worn over the top of all apparel.
 - b. Backpacks / hydration packs may be worn on top of pinnies as long as the numbers on the front are always visible.

Jersey Type:	Open Ultra (Black)	Age Group Ultra (Purple with Blue Stripe)	Elite Ultra (Purple with Gold Text)	Elite Ultra Leader (White)
Details:	Worn by all Open Ultra Competitors	Worn by all Age Group Ultra Competitors	Worn by all Elite Ultra Competitors	Starting 6 hours into the event, the Top 5 Male/Female Elite Ultra Leaders will be assigned this jersey. Positions are calculated as a Competitor comes in at the end of a lap.



3.8 Obstacles & Penalties

1. Unless otherwise stated in this document, all Competitors must properly attempt every obstacle according to Spartan Obstacle-Specific Rules [seen here](#).
2. There are three categories of obstacles on the Spartan Ultra World Championship Course:

Mandatory Obstacles	Penalty Loop Obstacles	Burpee Penalty Obstacles
If a Competitor fails a mandatory obstacle, they will be immediately disqualified and their timing chip will be removed.	Upon failure, Competitor must complete the prescribed penalty loop. Failure to complete penalty loop results in disqualification.	Burpee Penalties upon failure — Elite Ultra and Age Group Ultra Category Competitors must use the penalty tracking system outlined below. <i>(Open & Sprint Competitors will pay burpee penalties at the obstacle).</i>

3. Burpee Passport — Elite and Age Group Ultra Competitors Only:
 - a. Elite and Age Group Ultra Competitors must carry a penalty tracking card (“Passport”) to track penalties during each lap. The Passport is Tyvek® material and approximately 5in x 2.5in with a hole punched at the top.
 - b. Passports will be punched by designated race staff upon COMPLETION of designated Burpee Penalty obstacles. (Elite and Age Group Ultra Competitors only).
 - c. The first Passport will be given to Elite and Age Group Ultra Competitors prior to the start of the race.
 - d. A new Passport must be issued at the start of every lap at the Timing and Results Tent.
 - e. A means of attaching the Passport will be provided by Spartan, but Elite and Age Group Ultra Competitors are 100% responsible for the security and functionality of their Passport.
 - f. Burpee Penalties for Elite and Age Group Ultra Competitors will be completed in the designated Elite Ultra Burpee Zone. All Open Ultra Competitors and Sprint Competitors will complete their Burpees at the obstacles.
 - g. The quantity of Burpees will change depending on time as illustrated below.

Ultra Start to 12:00 am	12:01 am to Ultra Finish
30 Burpees per failed “Burpee Penalty” obstacle	15 Burpees per failed “Burpee Penalty” obstacle



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h. Burpee tracking with the Passport for Elite and Age Group Ultra Competitors is as follows:

Step 1	Step 2	Step 3
<p>1 — Competitor successfully completes obstacle.</p> <p>2 — Race Support Staff punches Passport to verify completion.</p>	<p>1 — At the end of a lap, at the designated Burpee control checkpoint, Competitor shows Race Official their Passport and is given a card with the quantity of assigned Burpees.</p> <p>2 — Competitor is sent into the monitored Burpee Zone to complete their Burpees.</p>	<p>1- Once burpees are completed, a Competitor will swap their Passport for a new one at the Elite/Age Group Burpee Passport Tent before starting a new lap. <i>(Race Staff will save Passports as an additional way to track laps).</i></p> <p>2- Once burpees are completed, Competitors finishing will cross the Finish Line and hand their current Passport to the Timing and Results tent.</p>

- i. Competitors cannot leave the Burpee Zone for any reason until they complete their assigned penalties.
- j. Competitors who successfully complete a Burpee Penalty obstacle and leave without having their Passport punched will be responsible for the full penalty of that obstacle.
- k. Competitors who check in at the end of a lap without their Passport are responsible for 100% of the possible penalties for that lap. It is agreed and understood that if a Passport is lost or damaged so that the punches can not be seen, Competitor must perform burpees for all the obstacles that were on the Passport. Don't lose or damage your Passport!
- l. Competitors who lose their Passport between the Burpee Zone and Timing and Results tent must complete all Burpee Penalties before continuing on.
- m. As of the latest publication of this document, below is a list of all obstacles that will be at the Ultra Event and the obstacle category for each. This is subject to change before race day and is not a complete or guaranteed list of obstacles.

OBSTACLES	PENALTY
Pipe Hurdle	Mandatory
Hurdle	Mandatory
Sandbag 1	Mandatory
Sandbag 2	Mandatory
Ice Cube Carry	Mandatory
Barbed Wire Crawl	Mandatory
Atlas Carry	Mandatory
Bucket Brigade	Mandatory
8' Lattice Wall	Mandatory
A-Frame Cargo Net	Mandatory
Plate Drag	Mandatory



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Yokohama Tire Drag	Mandatory
Cargo Bridge	Mandatory
Rope Climb	Penalty Loop
Monkey Bars	Penalty Loop
Vertical Cargo 1	Penalty Loop
Vertical Cargo 2	Penalty Loop
Bender 1	Penalty Loop
Bender 2	Penalty Loop
Olympus	Burpee Penalty
Tyrolean Traverse	Burpee Penalty
Twister	Burpee Penalty
Spear Throw	Burpee Penalty
Hercules Hoist	Burpee Penalty
Multi-Rig	Burpee Penalty

3.9 Spartan Sprint Details

1. Sprint Schedule & Cutoff Times:

Saturday, December 8	Start: 3:00 pm	Cutoff: 8:00 pm
Sunday, December 9	Start: 7:00 am	Cutoff: 12:00 pm

2. The Sprint is approximately 6 miles and consists of one lap of the Ultra course.
3. Sprint Competitors must cross the Finish no later than the indicated cutoff time.
4. All Sprint Competitors can pick up their packets starting at 1:00 pm on Saturday and 5:00am on Sunday. Registration barcode and ID are required to pick up packet.
5. All Sprint Competitors must wear their assigned headband on their forehead at all times. This must always be visible worn over any headwear.
6. All Sprint Finishers will receive a finisher medal.
7. Top Awards are available for 1st through 3rd male and female finishers for both Sprint races.
8. A small bag check area is available in the Transition Area for Sprint Competitors during their event.
9. Unless otherwise indicated, Sprint Competitors must follow all the rules outlined in this document.



4: Awards & Prizes

4.1 Award and Prize Money Criteria

- a. Competitor must comply with Competitor Conduct (*see following Section(s)*) in order to claim award & prize money.
- b. Competitor must comply with Race Procedure standards (*see following Section(s)*) in order to claim award and prize money.
- c. Competitor must not have been disqualified for any reason at any time during event.
- d. Race Officials and Race Director will review, authorize, and approve final race timing, results, positions, and winners.
- e. Finisher Awards must be claimed at the Finish at the Timing and Results tents.

4.2 Top Place Awards & Prize Money

Below are the Top Place Award categories for the Elite Ultra & Sprint Events.

Place	1st	1st	2nd	2nd	3rd	3rd	4th	4th	5th	5th
Award Type	Award	Prize Money	Award	Prize Money	Award	Prize Money	Award	Prize Money	Award	Prize Money
Elite Ultra (M/F)	Delta Award	\$6000 USD	Delta Award	\$3500 USD	Delta Award	\$2000 USD	Delta Award	\$1000 USD	Delta Award	\$750 USD
Age Group Ultra (M/F)	Age Group Award Medal	N/A	Age Group Award Medal	N/A	Age Group Award Medal	N/A	Age Group Award Medal	N/A	Age Group Award Medal	N/A
Sprint Saturday (M/F)	Delta Award	N/A	Delta Award	N/A	Delta Award	N/A	Delta Award	N/A	Delta Award	N/A
Sprint Sunday (M/F)	Delta Award	N/A	Delta Award	N/A	Delta Award	N/A	Delta Award	N/A	Delta Award	N/A
\$100,000 Challenge	The Ultra Racer to complete at least 100 miles and officially win the race will earn \$100,000 In the event that the male and female winners both break the 100 mile mark, the \$100,000 USD prize will be split evenly.									
\$1 Million Trifecta	The first Individual Elite Racer to win the 2018 World Championship, the 2018 Trifecta World Championship, and the 2018 Ultra World Championship and to complete at least 100 miles at the 2018 Ultra World Championship will win \$1,000,000 USD									



1. Top Place Awards & Prize Money Specific Criteria:
 - a. In order to be eligible for Awards and Prize Money, Competitor agrees to wear a Spartan-branded finisher shirt for official podium photography and videography.
 - b. Competitor must be physically present at the Awards Ceremony (Sunday night) to claim Awards and/or Prize Money.
 - c. In order to receive prize money, Competitors must submit any required tax documentation. Prize money will be sent to the winners post-event.

4.3 Ultra Event Finisher Awards

Ultra Event Finisher Awards are for milestones earned during the race and are given at the Finish. The following are only applicable to the Elite Ultra, Age Group Ultra & Open Ultra Categories and not for the Sprint event:

1. Ultra Finisher Milestone Definitions:
 - a. "Finisher": An Ultra Competitor who completes at least 30 miles
 - b. "24hr Finisher": An Ultra Competitor who a) finishes between 9:00am and 12:00pm on Sunday, b) has a cumulative time of at least 15 hours on course, and c) completes at least 30 miles.
2. Available Finisher Awards (requirements are summarized, see complete details in following sections):

Ultra Belt Buckle	24hr Finisher Medal	Mileage Patches 50-75-100 Miles
For any Ultra Competitor who individually completes 30 miles or more	For any Ultra Competitor who has completed 30 miles, has more than 15 combined on-course hours, and finishes between 9:00am and 12:00pm on Sunday.	For any Ultra Competitor who completes the indicated miles. <i>(Mileage Patch only received for total final mileage)</i>

5: Competitor Conduct

5.1 Competitor Behavior

If Spartan Officials determine that a Competitor may have violated or committed a gross breach of a rule, good manners, sportsmanship, or in any way has brought the sport into disrepute, that Competitor will face official review, potential disqualification, and/or removal from the event venue. Unless otherwise specified in this document, competition rules are the Spartan standards [seen here](#).

Each participating Competitor must:

1. Know, understand, and follow all the Competition Rules outlined in this document
2. Inform a Race Director or Race Official immediately upon withdrawing from the race.
3. Compete without receiving on course assistance from anyone, including other Spectators, Race Support and/or other Competitors. (Open Category Competitors are exempt from this but encouraged to follow the rules).



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4. Clear out Transition Area of all items and trash before leaving venue post-event.
5. Not receive or request any support or unfair advantage from another Competitor, Race Officials, Race Support, vehicle, or any object.

5.2 Spartan Anti-Doping Standards

1. Each Competitor acknowledges and agrees that a) anti-doping controls in accordance with the World Anti-Doping Code will be in place at the Event, and b) anti-doping controls may be administered to them in connection with their participation in the Event, and that by participating in the Event, they give their consent to participate in these controls. The code is linked [here](#). Each Competitor further agrees that they have reviewed and understand the World Anti-Doping Agency (WADA) Banned Substances list. The list is linked [here](#).
2. Each Competitor is responsible for knowing what constitutes a violation of the World Anti-Doping Code, including, without limitation, all substances and methods included on the WADA Banned Substances List. Certain medications, common beverages, supplements and other "over-the-counter" or otherwise legal products may contain banned substances.
3. A Competitor who returns a sample which test positive for a WADA Banned Substance, via the presence of a prohibited substance or its metabolites or markers in the sample, will be assessed the following penalties:
 - a. First offense: 24 month suspension with loss of results
 - b. Second offense: Lifetime suspension with loss of resultsAny Competitor whose sample test positive for a WADA Banned Substance is immediately disqualified from being eligible for any prize money at the event at which they tested positive.
4. Spartan reserves the right to assess anti-doping penalties to any competitor at its sole discretion.

5.3 Disqualification

1. Spartan Officials reserve the right to immediately remove from site any Competitors, Spectators, and Volunteers who demonstrate unsportsmanlike, dangerous, or offensive conduct.
2. Once the race begins, any Competitor outside of the marked course or Transition/Festival Area will be immediately disqualified.
3. It is the Competitor's responsibility to know and follow the marked course in a proper direction, correct obstacle sequence and Festival boundaries.



6: Gear

6.1 Ultra Mandatory Gear

Unless otherwise noted, all items on this list must be carried by Ultra Competitors from all categories at all times while on the course. Random gear checks will be in force during the event. If you do not have an item on this list during gear check, you receive a 10-mile penalty.

Clothing
<ul style="list-style-type: none">• 1 backpack, running vest, or other device capable of carrying all mandatory equipment.• 1 waterproof shell jacket with hood — <i>all seams must be taped/sealed</i>• 1 long sleeve shirt — <i>cotton not allowed</i>• 1 pair long running pants, tights, pants, or leggings — <i>must fully cover the legs</i>• 1 pair waterproof shell pants / trousers• 1 hat — <i>to protect you from the cold, such as a beanie, balaclava, thermal buff etc.</i>• 1 pair of full-fingered gloves
Medical & Safety
<ul style="list-style-type: none">• 2 waterproof lights with backup batteries — <i>you must carry two light sources, one must be a headlamp. The second can be a headlamp or handheld flashlight. Do not bring rechargeable batteries</i>• 1 red flashing light — <i>required in addition to your headlamp and backup light. This must be attached to your pack, vest or headlamp strap at all times</i>• 1 survival blanket or bivvy• 1 emergency whistle
Hydration & Nutrition
<ul style="list-style-type: none">• Hydration system — <i>the capability to carry a minimum of 1 liter (30 oz) of water in any type of containers. There are NO water stations on course.</i>

6.2 Sprint Mandatory Gear

Mandatory Gear for Sprint Competitors:
<ul style="list-style-type: none">• Hydration system — <i>the capability to carry a minimum of 1 liter (30 oz) of water in any type of containers. There are NO water stations on course.</i>• 1 waterproof shell jacket with hood• 1 long sleeve shirt — <i>cotton not allowed</i>• 1 pair long running pants, tights, pants, or leggings - <i>must fully cover the legs</i>• 1 hat — <i>to protect you from the cold, such as a beanie, balaclava, thermal buff etc.</i>• 1 pair of full-fingered gloves• 1 waterproof headlamp with backup batteries.• 1 red flashing light. <i>This must be attached to your pack, vest or headlamp strap at all times</i>



6.3 Prohibited Items

The following is a list of prohibited items anywhere on course or in Festival & Transition Areas. Race Director and Race Officials have the right to remove items deemed as dangerous or illegal for any reason at any time or remove the Competitor from the event.

1. No open flames are allowed in the Transition Area or Festival, and on course.
2. Spartan officials reserve the right to request that participants remove any clothing or race gear containing certain graphics, logos, or brand names.
3. Failure to comply with a Race Official's request may result in disqualification or expulsion.

Prohibited Items List (*items include, but are not limited to the following*):

- Performance Enhancing Drugs
- Illicit/Illegal Drugs
- Firearms
- Motorized Equipment
- Bicycles
- Trekking Poles, Ice Axes, or Ice Tools
- Animals
- Open Flames
- Gas or Electric Heaters or Warmers
- Tents or Hammocks — *changing tents are available*

6.4 Foot Traction Aids

Specific types of foot traction aids will be allowed at certain times at the discretion of Race Management. Use of these aids will be limited to specific areas of course and Race Management will alert racers when and where they can be used. All foot traction aids **MUST** be removable and cannot be embedded as part of the shoe. Any racer found using any sort of traction aids outside of the specified allowed timeframe and/or location will be immediately disqualified. The following guidelines should be used when selecting traction devices. Use of any non-approved traction aids will result in disqualification:

Allowed Foot Traction Aids:

- **MUST** be removable.
- Spikes that are less less than or equal to 3/8" (1cm) in length
- Examples approved traction aids:
 - <https://kahtoola.com/product/microspikes/>
 - <https://stabil.implus.com/products/outdoor-recreation/stabil-walk>

NON-Allowed Foot Traction Aids:

- Shoes with embedded spikes (e.g. Icebugs)
- Crampons



7: Transition & Festival Area

The Transition Area (TA) and Festival is a warm indoor space (inside a soccer dome) provided for Competitors to refuel, rehydrate, change, rest, relax, socialize and store additional gear during the race.

7.1 Transition Area

1. The Festival is only accessible to Competitors after completing a lap and before beginning another lap. Inside the Festival is a segregated Transition Area to hold each competitors Drop Box.
2. Competitors are given an allocated space in the Transition Area to store their Drop Box in order to keep equipment, food, clothing and other necessary items during event.
 1. Drop Box must be no larger than 21in (53cm) wide, 36in (91cm) long and 24in (61cm) tall.
 - a. A good example is the 35 Gallon Action Packer ([click here for example](#)).
 - b. Locking the Drop Box is a good idea ([click here for example](#)).
 2. Each Drop Box must be clearly labeled with Competitor name & Bib number on all sides and the top.
 3. Each Drop Box will be stored in a designated space within the TA and Competitors will have to retrieve their Drop Box whenever they want access to it.
 4. Each Drop Box must always be put away in the correct place before leaving the Festival or a mileage penalty will be assessed.
3. Competitors are free to leave the Transition Area to enter the Festival and Sleeping Areas as many times as they want. When Competitors access their bins, they will be able to take them to wherever they want in the festival to spread out.
4. A secure Bag Check will be available to all Ultra and Sprint Competitors to store valuables.

The following items are provided in the Transition Area:

- Hot water for drinking
- Cold water for drinking
- Chairs
- Garbage Bins
- Medical tent access
- Clock

7.2 Elite Ultra Transition Area

1. Only Elite Ultra competitors will have access to the Elite Ultra Transition Area to store their Drop Box. The area will be enclosed by a fence and the entry/exit will be monitored at all times.
2. Elite Ultra competitors will receive up to three wristbands to give to spectators. Only spectators with these wristbands will have access to the Elite Ultra Transition Area. *See Section 7.3 for more information on Racer Support.*



7.3 Racer Support

Race Support will not be provided by Spartan, and can only be arranged by the Competitors themselves. Any spectator who is supporting a racer will be able to enter the Transition Area and retrieve a Competitor's Drop Box in advance of a Competitor arriving.

1. Competitors are allowed to have their spectator as support crew in 2018. There is no need to register them separately as support crew.
2. The following conduct by any Spectator is strictly prohibited and could result in disqualification of their associated Competitor:
 - a. Interfering, harassing or getting in the way of other Competitors.
 - b. Accessing equipment and supplies from any Competitor's Drop Box without their permission.
 - c. Pacing of any Competitor on the course.
 - d. Providing any Competitor with food, water, or assistance while on course.
2. The following support is allowed by someone supporting a racer:
 - a. Accessing equipment and supplies from their Competitor's Drop Box.
 - b. Updating their Competitor on position of competition.
 - c. Providing hydration and food sourced from Festival or anywhere outside of race venue while in the Festival.
 - d. Assistance changing clothing/gear while in the Festival.

8: Medical

The Race Director and/or Medical Director may require any Competitor to submit to a medical check at any time throughout the race. If a Competitor is determined to be unfit to continue in competition, the Competitor will be removed from the race. The Medical Director's decision is final and not subject to appeal.

1. Competitors who require more than 30 minutes of medical treatment either on the course or medical tent are subject to disqualification.
2. Competitors are expected to be responsible for their own basic foot care (such as treating blisters).
3. Competitors requiring transport from the course to the medical tent will be disqualified.
4. Competitors requiring an IV will be disqualified.

9: 2018 Spartan Ultra World Championship Merchandise

Our exclusive Iceland merchandise will be sold on site throughout the weekend. Anything purchased will be delivered to customers after the event. You can purchase world championship merchandise on a few occasions over the weekend. They are listed below:

- Friday, December 7: Athlete Brief at the Harpa, Reykjavik - 3pm-7pm



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- Saturday, December 8 - Sunday, December 9: Transition Area - periodically at the merchandise stand throughout race weekend
- Sunday, December 9 - Post-Race Party / Awards Ceremony: Tales from Iceland Museum, Reykjavik - 7pm-9pm

Be sure to purchase the items at the event, as they will not be available online once the weekend is over. You've earned it.

10: Definitions

- "Competitor" is any registered participant competing in any of the event categories of the Spartan Ultra World Championship
- "Ultra Competitor" is any Competitor entered in the 24hr event
- "Elite Ultra Competitor" is any Ultra Competitor competing in the Elite category
- "Open Ultra Competitor" is any Ultra Competitor competing in Open Category
- "Age Group Ultra Competitor" is any Ultra Competitor competing in the Age Group Ultra Category.
- "Sprint Competitor" is any Competitor competing in the Sprint event.
- "Race Director" is the person appointed by Spartan to be in charge of race operations and rule enforcement.
- "Medical Director" is the person appointed by Spartan to be in charge of medical and safety during the event.
- "Race Official" is the person/s appointed by Spartan to enforce rules during the event.
- "Race Support Staff" is the person/s appointed by Spartan to provide operational support during the event.

11: Revision History

- December 4th, 2018:
 - 2.1 "Parade of Nations representatives are selected" & "Parade of Nation representatives meet at Registration"
 - 2.4.3 "Parade of Nations representatives are selected."
 - 2.5.2 "Please be careful of ice and high winds while driving on the roads."
 - 2.5.4 "Vehicles will be Towed."
 - 3.1.1.a "A full lap is approximately 6.6 (+/- .1 depending on gps noise) miles and 1330' / 405m of elevation gain with 25 obstacles. We are going to be continually testing this distance with various GPS devices throughout the week to determine the official lap distance for race day. Note that a racer's interpretation of the course markings, their speed, and gps type will all have an impact on a measurement. It is agreed and understood that penalty loops shall not count toward an Ultra Competitor's official mileage."
 - 3.1.1.b "This short course is approximately 6.0 miles and 600' / 183m of elevation gain with one less obstacle vs the the full course."



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- 3.8.3.m "As of the latest publication of this document, below is a list of all obstacles that will be at the Ultra Event and the obstacle category for each. This is subject to change before race day and is not a complete or guaranteed list of obstacles."
- 4.2 "The Ultra Racer to complete at least 100 miles and officially win the race will earn \$100,000"
- 4.2 "In the event that the male and female winners both break the 100 mile mark, the \$100,000 USD prize will be split evenly."



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