

Obstacle Descriptions-

1. **Zipline (Single Attempt)**- Athletes use the rope to pull a trapeze bar toward them, grab the bar and slide to the end to hit the bell.
2. **Tire Drag- (Mandatory Complete)** Athletes may grab the handle of a tire that is their designated size, and drag the tire until their body fully crosses the cone/tape line. Once they cross, they turn it around and bring it back. Tire must fully be behind the starting cone line before continuing.
3. **Cargo Net Traverse (Single Attempt)**- Use hands and feet to traverse across the cargo net until they ring the bell. No Scaffolding is allowed to be used to cross, but it may be used to assist in getting up or down from the net.
4. **PVC Roll- Up (Mandatory Complete)**-Athletes may spin PVC either direction to raise the chain weight at the end of the pulley. Once the designated tape color makes full contact with the PVC, the Athlete may let go of the PVC and move on. They **do not** need to manually unwind the rope from the PVC
5. **Blue Bar Traverse (Single Attempt)**- Athletes must use the Blue metal bars, and trapeze bars to traverse across the bay to hit the bell. If they fall at any point before hitting the bell, it is a fail. Since the obstacle is low hanging, for taller athletes, incidental contact with the mat is ok, as long as they are not dropping, or bearing any weight on their feet.
6. **Herc Hoist Tire Pull (Mandatory Complete)**- Athletes must pull the rope down to drag the tire towards them. Once an athlete's hand is on or past their designated color on the rope, they must drag the tire back to its starting position. A knot in the rope will prevent them from resetting the obstacle too far.
7. **Grip Junction (Single Attempt)**- Athletes must use the varying grips to cross the bay and hit the bell. Incidental contact may happen for taller athletes
8. **PVC Crawl (Single Attempt)**- Athletes may use hands and feet to traverse across PVC until they reach the bell. Athletes must go on the underside of the obstacle, they cannot cross by walking on top. If they fall at any point before hitting the bell, they must get a band cut and move on.
9. **Tire Pull (Mandatory Complete)**- Athletes must use the rope to pull the far tire towards them. Once an athlete's hand is on or past their designated tape line, they must drag the tire back and reset it to its starting position before moving on.
10. **Floating Bridge (Single Attempt)**- Athletes may use hands only to make their way across the obstacle to hit the bell . Kids (7-12 age group) must only reach the green tape line, all other groups must hit the far bell. Kids may use the ring/grips as well as the bar above the box to assist in getting to the obstacle.
11. **Wall Ball Carry (Mandatory Complete)**- Athletes must pick up their designated size ball and make their way to the cone and back. Athlete must duck under each rope line, go around the cone, and duck under each line on the way back returning the ball. They must bring the ball all the way back to the start before moving on.
12. **Door Traverse (Single Attempt)**- Athletes may use hands and feet to make their way across the doors and ring the bell. If they fall at any point, they must get a band cut before moving on. As soon as they ring the bell they can step down. Athletes will be

allowed to enter through the side of the bay to get to the first door, but must climb over the bar at the end

- 13. Tire Push (Mandatory Complete)**- Athletes must push their designated tire across the cone and back to its starting position. The tire must fully cross the line before they turn around, and it must be fully across the beginning line before moving on. They may stop at any point to rest, but must push the tire all the way across the line on either side before moving on.
- 14. Cliffhanger- (Single Attempt)** Athletes must use the Cliff ledges to traverse across the bay to ring the bell. Kids/shorter athletes may use the grip at the start to assist getting to the obstacle.
- 15. Over-Unders (Mandatory Complete)**- Athletes will vault over the first bar, duck under the second bar.
- 16. Sandbag Carry (Mandatory Complete)**- Athletes must carry their designated sandbag down to the far line and back. Dropping the bag is **not** a fail. As long as they carry it down and back, the obstacle is considered complete. Athletes must carry the bag at all times, until they come back to the starting position and set down their sandbag.
- 17. Ring Traverse (Single Attempt)**- Athletes will use the rope to pull the rings towards them, and grab onto the rings. Athletes must use the rings only to traverse across the bar to the bell. If they fall at any point, they must get a band cut before moving on. Athletes may use the ring/grip to assist themselves in getting to the obstacle, or to the ring above to be able to reach the rings.
- 18. Cargo Net Climb (Mandatory Complete)**- Athletes must make their way up and over the cargo net, and down the bar ladder on the other side. Athletes may not jump from the top, they must make their way at least halfway down before dismounting.
- 19. Foot ring Traverse(Single Attempt Obstacle)**- Athletes must make their way across the bay by using their feet in the rings and hands on the black straps and ring the bell at the end. If they fall at any point, a band must be cut before moving on.
- 20. Farmer Carry**- Athlete must grab two weights of their designated size, walk down and back around the cone before either running to the finish line, or the Penalty Lap Judge to run extra laps.