



projecton
technology

BARBARIAN
RACE



BARBARIAN RACE

Rulebook 2.4



General rules



1. If the obstacle has a bell you have to finish the obstacle by **ringing** the bell **by your hand only**. Any other kind of hitting the bell will be considered as a failed attempt.



2. Traverse obstacles using one lane only.



3. Multiple attempt obstacles are: **walls, moving walls, fence, ramp, carries, balance beam, Thor**, and all other mentioned in briefing, or prestart announcement.



4. Both **open and elite** competitors (Arrow and Race) are **not allowed to help each other** to overcome any obstacle. You can help each other in the "Opener" only.



5. Being rude, unfair, impolite or arguing with other competitors or referees may result in 10 minute penalty, or even disqualification, which is up to the head referee.



6. Using any kind of glues or any sticky substances is strictly forbidden. When violating of this rule is noticed a competitor is immediately disqualified. **Chalk is allowed.**



7. Any wounds have to be dressed before continuing the race. **You are not allowed to continue with any open or bleeding wounds.**
To continue you have to dress your wound by yourself or ask the medical point for help. In some cases it is up to the medical staff to allow you to continue. After that you continue the race when you stopped.



8. To be classified (individual or as a team) you have to finish the race with at least one wrist band.



9. You are not allowed to shorten or leave the race track.

10. Any external help from others (spectators, family members etc.) is forbidden.

11. Protests



- **to begin a protest it is required to pay 100 PLN caution in the race office.**
- in case the competitor is right the caution is refunded
- protest may be done by the competitor or his team captain only

12. Failed obstacle attempt



- in case of a failed attempt a competitor has to go to the referee to have the wrist band cut or time penalty marked
- trying to cheat and hide a failed attempt results in: **10 minutes penalty for elite and 15 minutes penalty for open**, repetitive violation of the obstacle rules and other unfair behaviour results in disqualification



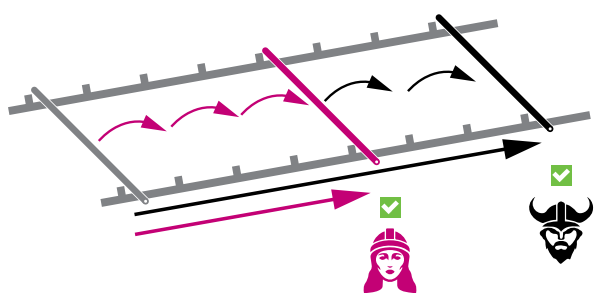
Modifications for women



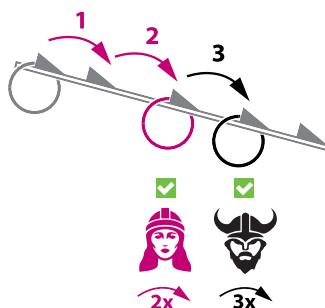
Some Barbarian Race obstacles are changed for women.

- a. lighter carries
- b. one jump on the "flying Barbarian"; two jumps on the Dragon Tail and the Salmon Ladder
- c. heavier hammer for Ding-Dong obstacle
- d. shorter Uzi lane

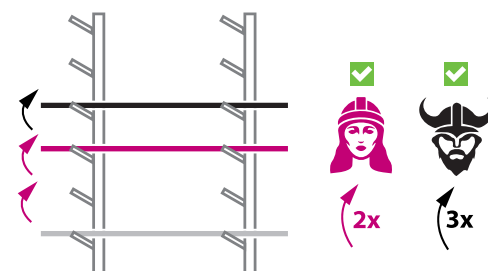
You will find all details on following pages.



Uzi



Dragon Tail



Stairway to Heaven (*Salmon Ladder*)









Time penalties

Refers to races with two attempts: Arrow; open category in Race and Pain.

Failed obstacles are marked by the referee on the yellow wrist band.

Time penalties are not added to the time limits. Cut-off time is based on the run time only.

Additional penalty minutes are added to the run time on the finish line.

-  **2 min** Chamster (Chomik), Kołowroty, Balance beam (Równoważnia), Ufo
-  **3 min** Long Swing, Hot wheels, Rurecznica,
-  **4 min** Dragon Tail, Rampa, Klik-Klak, Sausage (Parówa), Rock n' hole, Silk Slider (Szmeterling), Akwedukt, Fuzja1
-  **5 min** Hybryda, Wisienki, Siekiera, Combo, Uzi, Corrida, Low Rig, Low Rig 2, Fuzja2, Latający, Haker Toroz
-  **6 min** Skolopendra
-  **7 min** Egzekutor, Stairway to heaven (*Salmon Ladder*), Holy Sticks
-  **8 min** Hexagonium
-  **10 min** Fatality, Fatality 2.0



Opener

↔ 6-8 km

🚧 20-25

🕒 2,5 h



- multiple attempts for all obstacles



- you are allowed to help each other

- no time penalties or penalty rounds,
in case of failed attempt or giving up do **20 burpees** and continue the race

Barbarian Race

↔ 12-14 km

🚧 30-35

🕒 2,5-3 h



Race ELITE



- one attempt for an obstacle



- 5 wrist bands for women



- 3 wrist bands for man



- failed attempt results in cutting one wrist band



- to be classified as an elite competitor finish the race with **at least one wrist band**



- number of lost wrist bands = number of penalty rounds done before the finish line
- in case of losing all wrist bands you are out of classification



- helping during obstacle attempts is strictly forbidden



- 20 minutes before the start there is a mandatory briefing



Race OPEN



- two attempts for an obstacle



- after the second failed attempt you get the time penalty; it is marked by the referee on the yellow wrist band



Time penalties are not added to the time limits. Cut-off time is based on the run time only. Additional penalty minutes are added to the run time on the finish line.



- helping during obstacle attempts is strictly forbidden



- OPEN winners rules: 3 men and 3 women with best results (including time penalties)



- 20 minutes before the start there is a mandatory briefing

Pain

↔ 20-24 km  60-65  2,5/5 h



Once a year toughest warriors meet to face up Barbarian Pain, which is the ultimate Barbarian Race challenge. To receive a **special medal** you have to run **two Race laps**. There is a **cut-off time for the first loop** (you have to do it within 2,5-3 hours), and also you need to finish the whole race within about 5-6 hours. In case of being late on the first loop you are not allowed to continue, you go to the finish line to receive the regular Race medal.



To register for the PAIN race choose Race, and then choose the first heat called "Pain". There are open rules with **additional rule of priority in case of queues/lines on obstacles**



- two attempts for an obstacle



- after the second failed attempt you get the time penalty; it is marked by the referee on the yellow wrist band



- **time penalties are not added to the time limits.** Cut-off time is based on the run time only. Additional penalty minutes are added to the run time on the finish line.



- helping during obstacle attempts is strictly forbidden



- **in case of queues/lines on obstacles PAIN competitors have priority before others**



- PAIN winners rules: 3 men and women with best results (including time penalties)

Arrow

↔ 200-600 m  8-10  15 min



- two attempts for an obstacle



- after the second failed attempt you get the time penalty; it is marked by the referee on the yellow wrist band



- **time penalties are not added to the time limits.** Cut-off time is based on the run time only. Additional penalty minutes are added to the run time on the finish line.



- helping during obstacle attempts is strictly forbidden

Other Arrow rules:



- **there are 4 people heats, which start every 5 minutes**



- teaming up or starting order is up to competitors, then is shown to the head referee



- **priority for everybody who started later than you and is faster**



- final rules: 4 men and 4 women with best results

Multiple attempt obstacles



Those obstacles are mandatory for all. You are not allowed to pass them, change for a time penalty or burpees.

Ramp and the balance beam are multiple attempt obstacles too, but they also are time penalty obstacles and you will find specific rules on the following pages.



Vertical wall

Climb the wall or the fence and go to the other side.

Whole body has to move above the top of the wall or the fence. The moving wall will drop when you go to the other side.

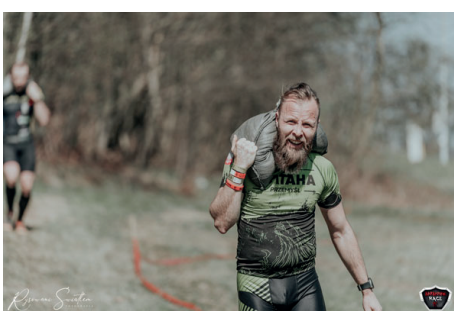
You are allowed to use the support structure to climb.



Fence



Moving wall

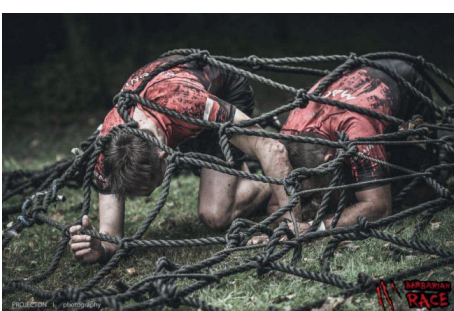


Sandbag carry

Take the sandbag (different for men and women) and carry it along the marked course.

- you can take a rest and drop the sandbag on the ground
- continue from where you dropped the sandbag
- **pulling and throwing the sandbag is strictly forbidden**

Successful attempt: carry the sandbag along the marked course and put down from where you took it. In other case you will have to repeat whole course again.



Anakonda (Opener only)

Crawl under the cargo net from the one side to the other.



Thor (Opener only)

Take the wooden hammer, throw it and hit the target.

Everytime you throw (whenever hit or missed) take the hammer back.

Forbidden: throwing the hammer when on a chosen lane is another person (competitor or volunteer).



Slide

Slide to the water. **Begin on the staff signal only.**

In extraordinary cases as any fobia or being frightened you can ask the volunteer or referee for a change for burpees. Do 10 burpees and continue.

Neutral obstacles

🕒 0 min ✂️ ❌

It is mandatory to take a try. In case of a failed attempt you will not lose wrist band or have time penalty added.

Slicer (Szatkownica)

Opener Arrow Race



Moving mechanical obstacle. Soft bags are placed on moving big propellers. Avoid being touched or hit and pass them, in case of being hit you will safely fall to the water.

- in case of failed attempt you are allowed to continue the race
- **you can't lose elite wrist band or have the time penalty added here**

Launcher (Wyrzutnia)

Opener Arrow Race



Ring the bell hanging above the water. Use the trampoline to make a bigger and longer jump. Successful attempt: ring the bell by your hand only. **Our recommendation: one leg jump works good.**

- this is a two attempt obstacle.
- **in case of fail, the second attempt is mandatory**
- if you fail for the second time - continue run
- **you can't lose elite wrist band or have the time penalty added here**

Kaer Morhen

Opener Arrow Race

Mechanical moving obstacle. Walk on the balance beam and avoid being touched by moving axes.



Technical obstacles



In this part you will find rules for all technical obstacles.


Failed attempt results in: elite category - losing a wrist band (elite), time penalty (Arrow and Open category) or 20 burpees (Opener).





 **1** - elite - one attempt for an obstacle



 **2** - open category (Race, Arrow) - two attempts for an obstacle


 - Opener - multiple attempts for all obstacles

 - number of time penalty minutes

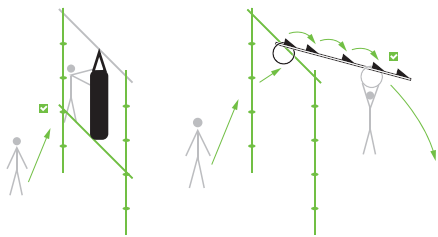
 - if there is a bell hit by a hand only, **bell has to ring**, you can't just touch it without making a sound

  - **hands only**, no use of legs on the obstacle

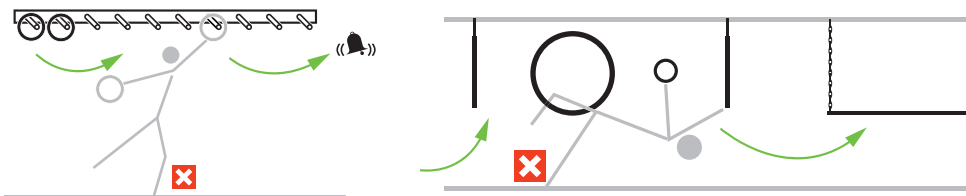
  - both hands and legs are allowed

 - use of legs is partially allowed

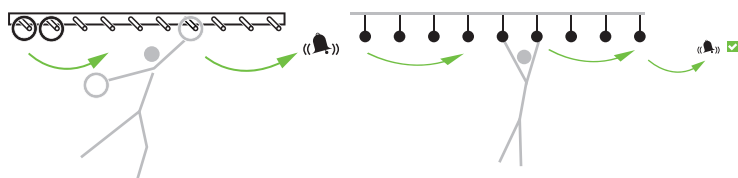
  - **man and women differences**



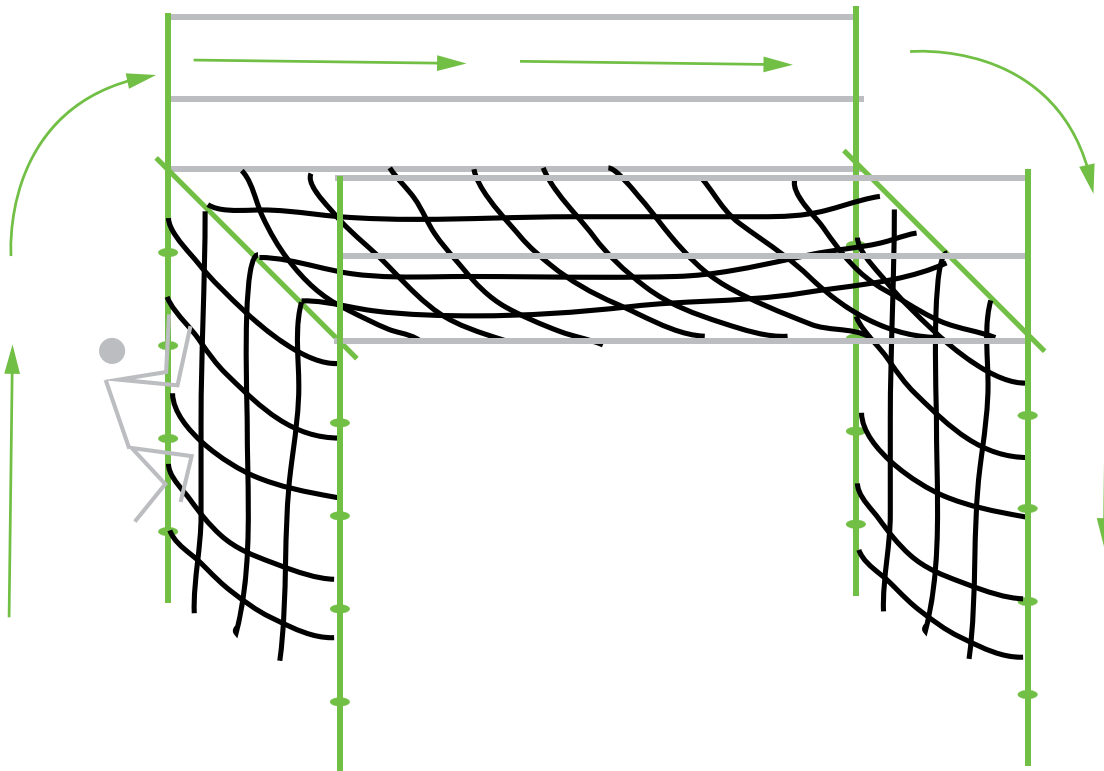
- you are allowed to use the support structure to start your attempt.



- do not touch the ground when attempting all technical obstacles; especially on low rigs where you are very close to the ground so accidental touches are possible but **it is up to the obstacle referee to decide touching the ground was intentional and helped you or not**, so do your best to avoid touching the ground in any way



- when traversing any obstacle made of hanging grips, rungs, pegs, rings etc. you are allowed to skip them, you don't have to use them all.



Description:

This obstacle is a bridge made of a cargo net placed on steel construction.

- you are required to go from the one end to the other using the cargo net and metal parts
- **you are allowed to use the truss (all metal parts of the obstacle)**

Successful attempt:

- climb up using the cargo net and move from the one end to the other

time penalty: 4 minutes



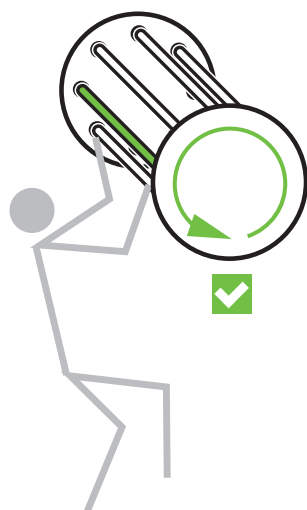
Opener



Arrow



Race



Description:

Using your arms and hands only make a full turn of the spindle.

- you start by hanging on both your arms on the black rung
- **you make a full single turn of the spindle in any direction**
- make a full turn and grab the black rung again with both hands



Successful attempt:

- make a full single turn of the spindle
- finish with both hands on the black rung



Forbidden:

- touching the ground
- use of legs
- using of the support structure except for starting the attempt



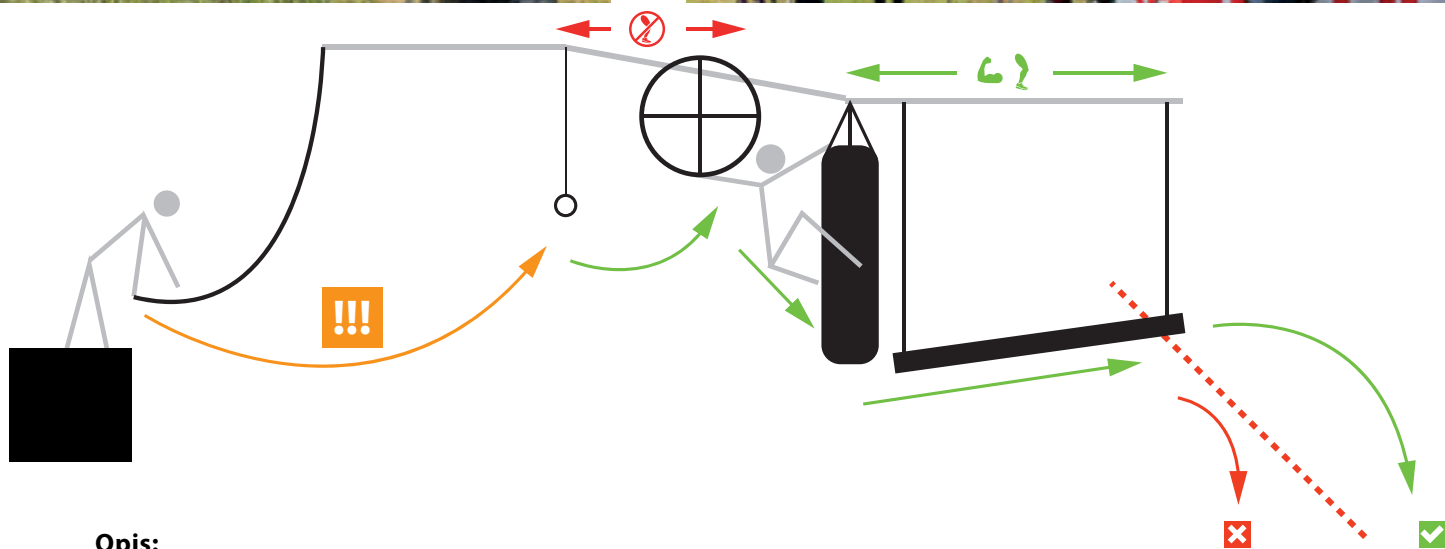
time penalty: 2 minutes

Combo



+5 min

Opener Arrow Race



Opis:

Combined obstacle. Use the rope to swing to the small ring, than traverse to the big wheel and boxing bag, nad from ther to the diagonal wooden log.

- pull the rope by the attached string to start the obstacle
- **the rope to small ring swing is a multiple attempt part**
- you are allowed to use your legs on the boxing bag and log
- **you are allowed to grab boxing bag and log support tapes**
- traverse the obstacle without touching thr ground
- **finish the obstacle by placing both your legs behind the finish line**



Successful attempt:

- traverse your lane without touching the ground
- finish behind the finish line



Forbidden:

- touching the ground
- using any of the support structure
- stretching or stepping on the finish line
- **using legs on the big wheel**



time penalty: 5 minutes



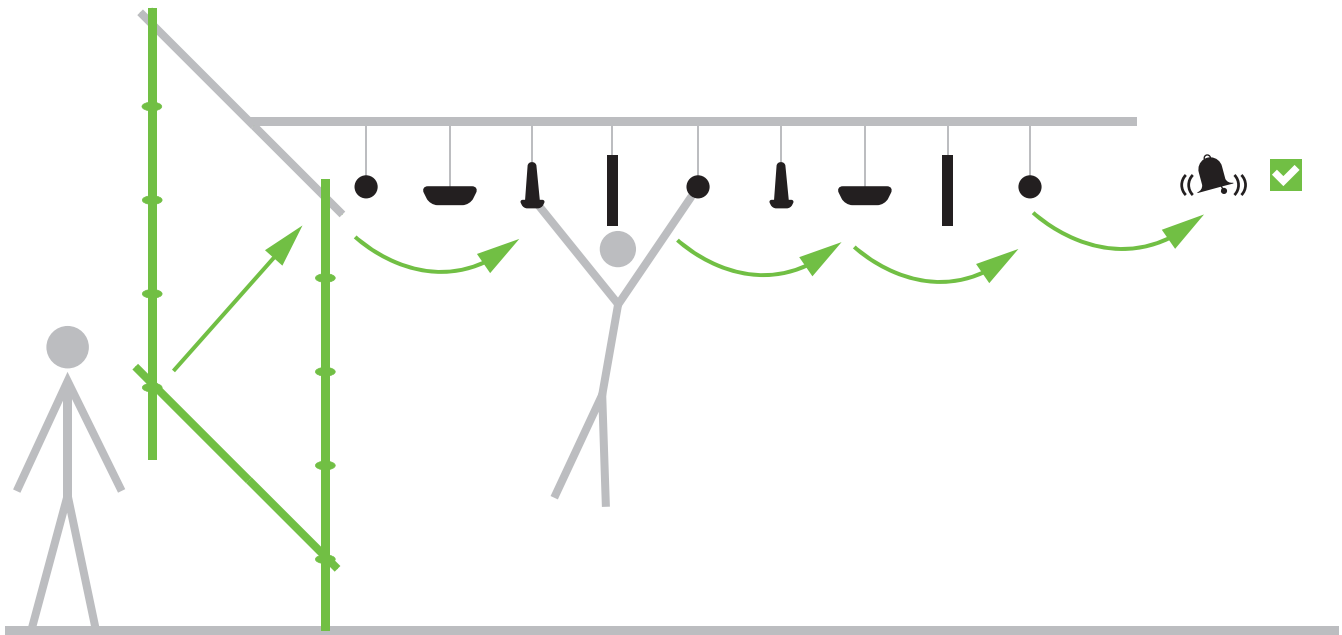
Additional notes:

The rope swing to the small ring is multiple attempt - you can try this section as many times as you want. **You are considered to have attempted the obstacle once you touch the big wheel.**



"Combo" tutorial: <https://youtu.be/113rWHXbsbM>

Corrida de Toroz +5 min Opener Arrow Race



Description:

Obstacle made of different Toroz holds.

- traverse the hanging composite holds using only hands and arms and **ring the bell**
- you may skip holds
- **you are allowed to use the support structure to start the obstacle**
- do not touch the ground



Successful attempt:

- stay within one lane and traverse using **only hands and arms**, without touching the ground
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- use of legs
- **gripping the Toroz holds by metal parts**
- using of the support structure except for starting your attempt



time penalty: 5 minutes



"Corrida" obstacle tutorial: <https://youtu.be/nxpuZ1lu-Ag>

Dragon tail



+4 min

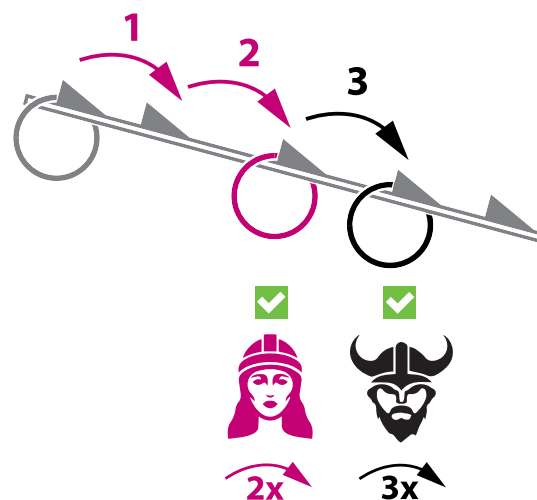
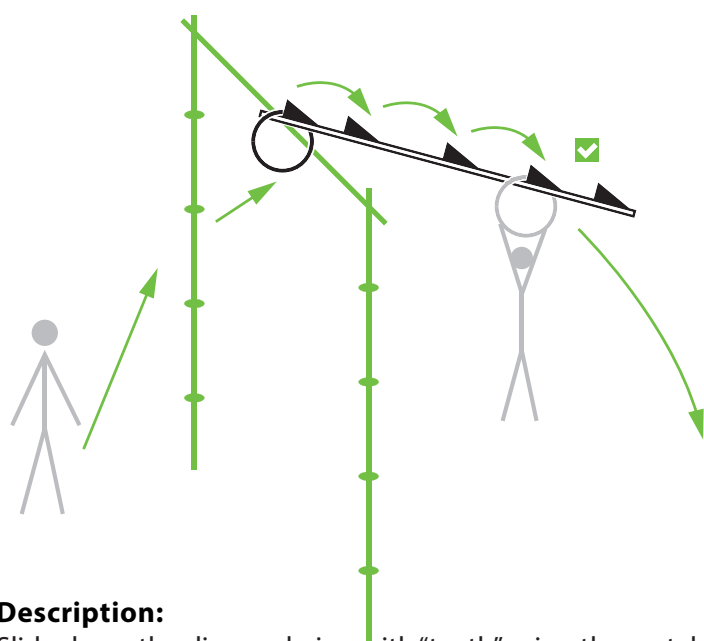
Opener



Arrow



Race



Description:

Slide down the diagonal pipe with "teeth" using the metal ring.

- use the steel string to get the ring to the start position
- you are allowed to use the support structure to start the obstacle
- to start the obstacle hold the ring both and hang
- **you can jum more 2 or 3 "teeth" at once but this is counted as one jump**
- do not touch the ground
- **finish the obstacle by doing required number of jumps**
- **when on the end of the pipe your number of jumps is less than required it is a failed attempt**



Successful attempt:

- traverse your lane using **only hands and arms**, without touching the ground
- doing jumps over the "teeth": **2 jumps for women** and 3 for men



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt



time penalty: 4 minutes



For Women:

- women do two jumps



"Dragon tail" tutorial: <https://youtu.be/6IXP8jINCPA>

Egzekutor



+7 min

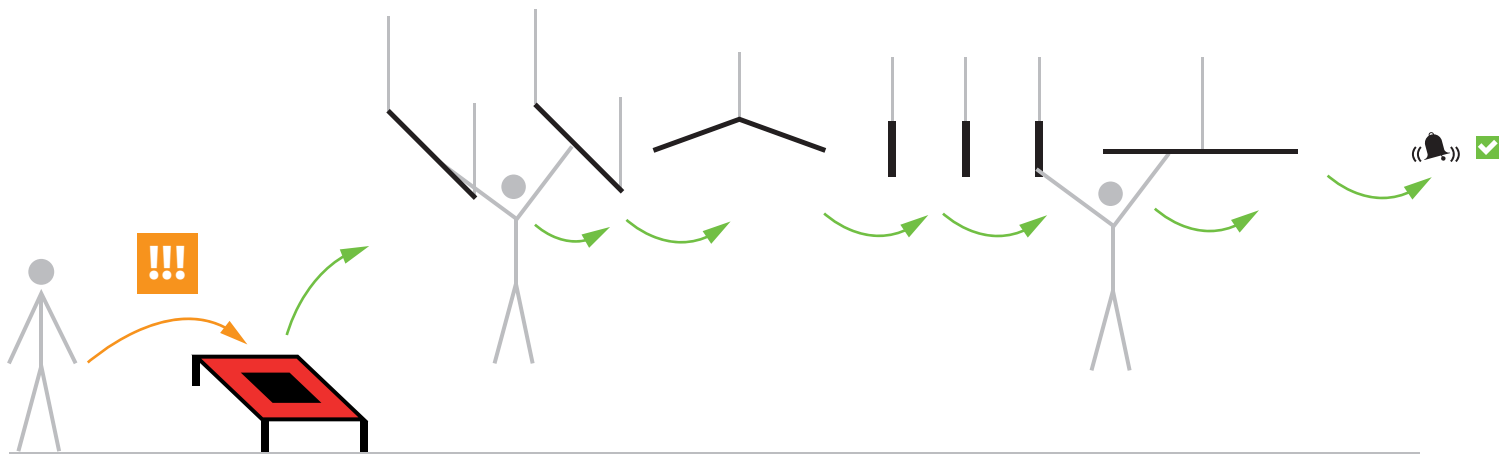
Opener



Arrow



Race



Description:

Combined obstacle. Start by jumping from the trampoline (black square) than catch the hanging bar. Traverse to the second bar, two propellers and nunchuks and finally ring thr bell.

- you can try the trampoline jump multiple times
- **after the trampoline jump catch the first bar**
- traverse to the first propeller, nunchuks and second propeller,
- **use only free lane! start your attempt only when another competitor has left the lane**
- do not touch the ground



Successful attempt:

- traverse your lane using **only hands and arms**, without touching the ground
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt
- **using red parts of the trampoline**
- use of legs
- **starting when another person is still on chosen lane**
- using of the support structure except for starting your attempt



time penalty: 7 minutes



Additional notes:

You can try the trampoline jump multiple times.

You are considered to have attempted the obstacle once you touch the first hanging bar.

Fatality 2.0



+10 min

Opener



Arrow

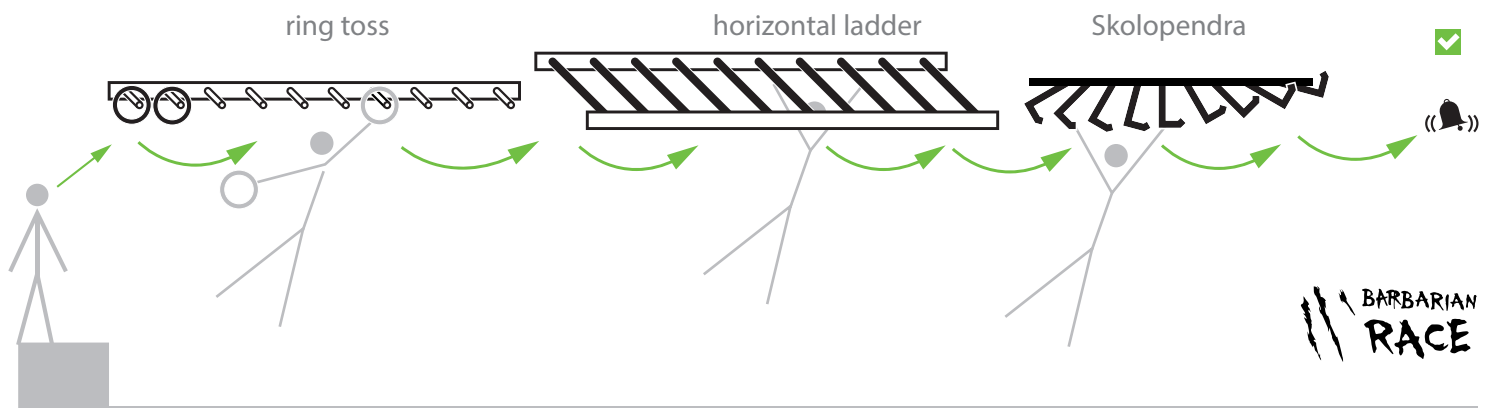


Race



Triple combo obstacle:

First section is the ring toss, second monkey bar and final part is called "Skolopendra".



Description:

1. Ring toss (also called ninja rings)

- on this section use only rings held in your hands
- **begin on first two pegs**, then traverse to the monkey bars
- you are allowed to skip pegs, you do not have to use all of them

2. Horizontal ladder, monkey bar

- traverse the monkey bars from one end to the "Skolopendra" section using only the hands and arms
- you are allowed to skip rungs, you do not have to use all of them

3. **Skolopendra** - set of metal holds fixed to a rotating pipe

- you are allowed to grab both horizontal and vertical parts of the holds
- **you can not use the pipe the holds are fixed to**
- ting the bell to finish the obstacle



Successful attempt:

- without touching the ground traverse all three parts at once using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- any use of the support structure
- use of legs
- **beginning from other than first two pegs on the ring toss**



time penalty: 10 minutes

Fatality



+10 min

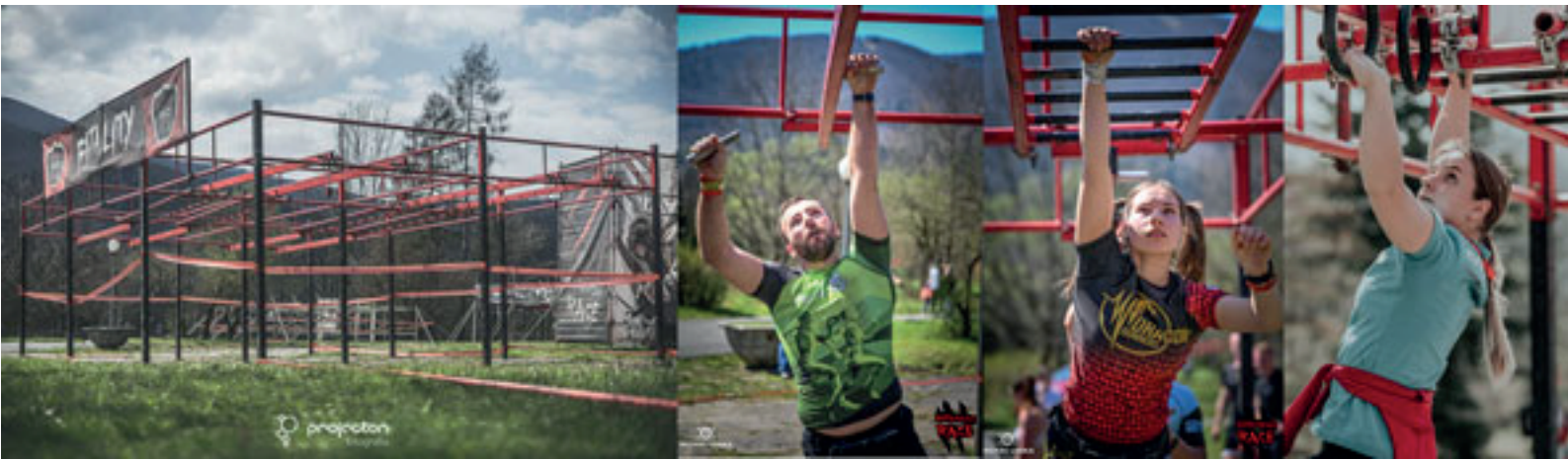
Opener



Arrow

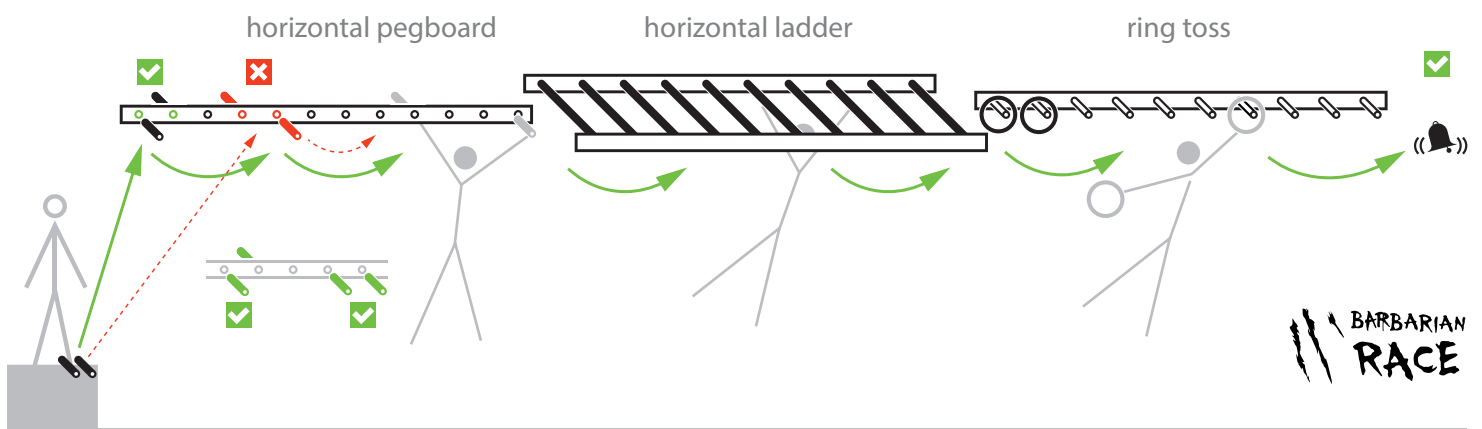


Race



Przeszkoda składająca się z trzech części:

kołkownicy, drabinki poziomej i kół gimnastycznych na poziomej belce z hakami (*ringi, ninja rings, ring toss*)



Description:

1. Horizontal pegboard (this section is for Race and Arrow only)

- take pegs from the starting box by yourself and place them in **first two holes of the log**
- **using pegs held in your hands** move to the horizontal ladder section
- start your attempt by getting your feet off the start box and hang on your arms
- you are allowed to move on one side of the log, or you may place pegs on both sides of the log
- **it is forbidden to start from other than first two holes in the log**, after that you may skip holes

2. Horizontal ladder, monkey bar

- traverse the monkey bars from one end to the "Skolopendra" section using only the hands and arms
- you are allowed to skip rungs, you do not have to use all of them

3. Ring toss (also called ninja rings)

- on this section use only rings held in your hands
- **begin on first two pegs**, then traverse to the monkey bars
- you are allowed to skip pegs, you do not have to use all of them



Successful attempt:

- without touching the ground traverse all three parts at once using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- any use of the support structure
- use of legs
- **beginning from other than first two holes on the pegboard**



time penalty: 10 minutes

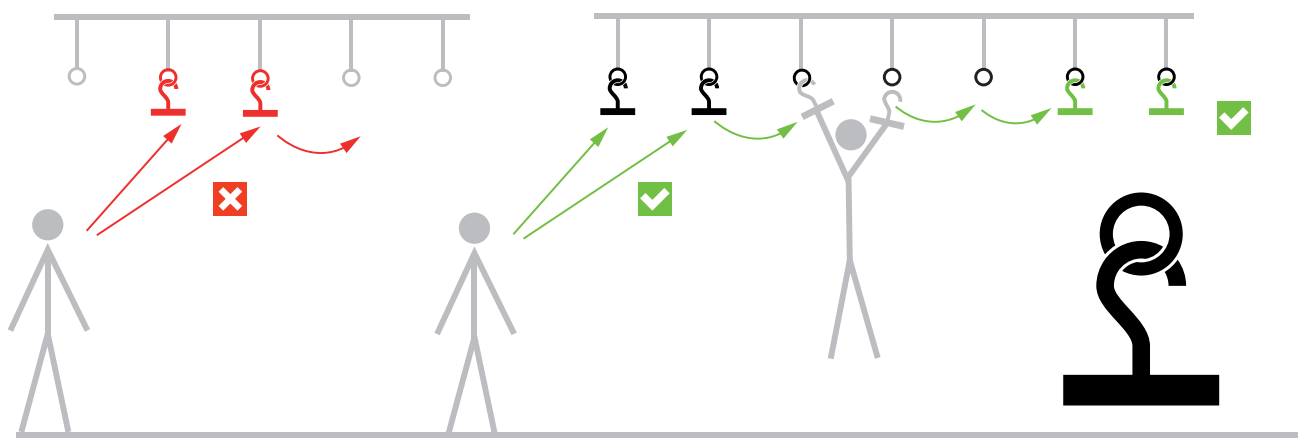


"Fatality" tutorial: <https://youtu.be/JPkG3pIOf5U>

Haker



+5 min Opener Arrow Race



Description:

Traverse your lane using "T" holds with hooks. Place the hooks in small metal rings to move forward.

- **start by hanging on first two rings**
- place hooks in last two metal rings to finish the obstacle
- **it is forbidden to start from other than first two rings**, after that you may skip rings



Successful attempt:

- without touching the ground traverse your lane using **only hands and arms**
- finish the obstacle by placing hooks in last two metal rings



Forbidden:

- touching the ground
- any use of the support structure, except for starting your attempt
- use of legs
- **beginning from other than first two rings**



time penalty: 5 minutes



"Haker" tutorial: <https://youtu.be/dMzuiDkgszU>

Hexagonium



+7 min

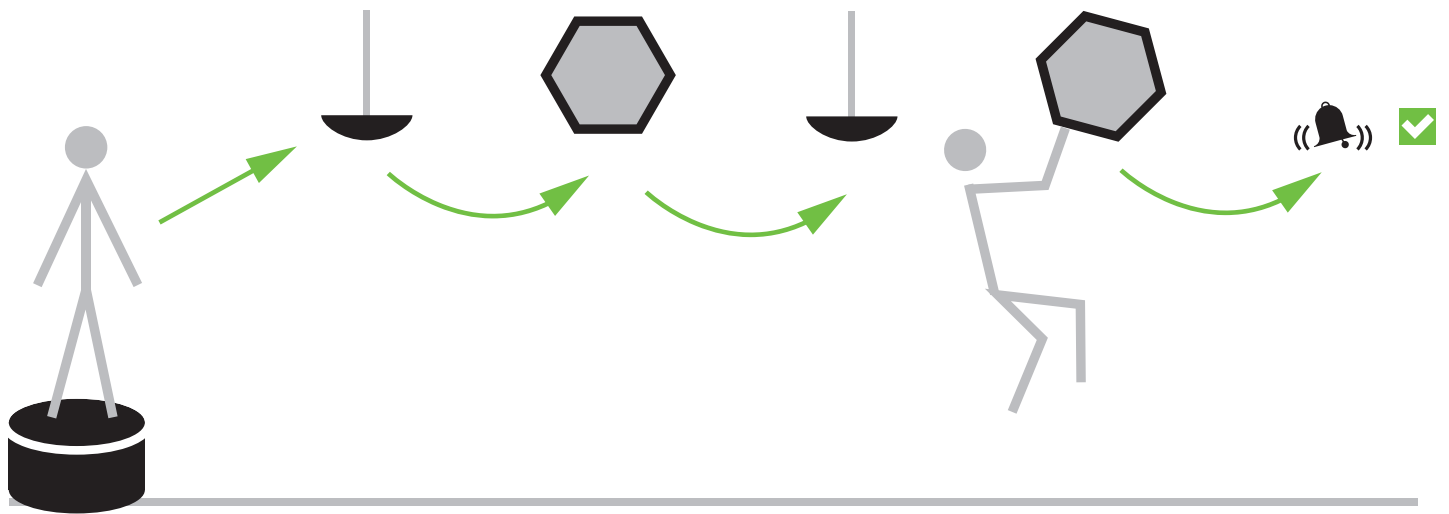
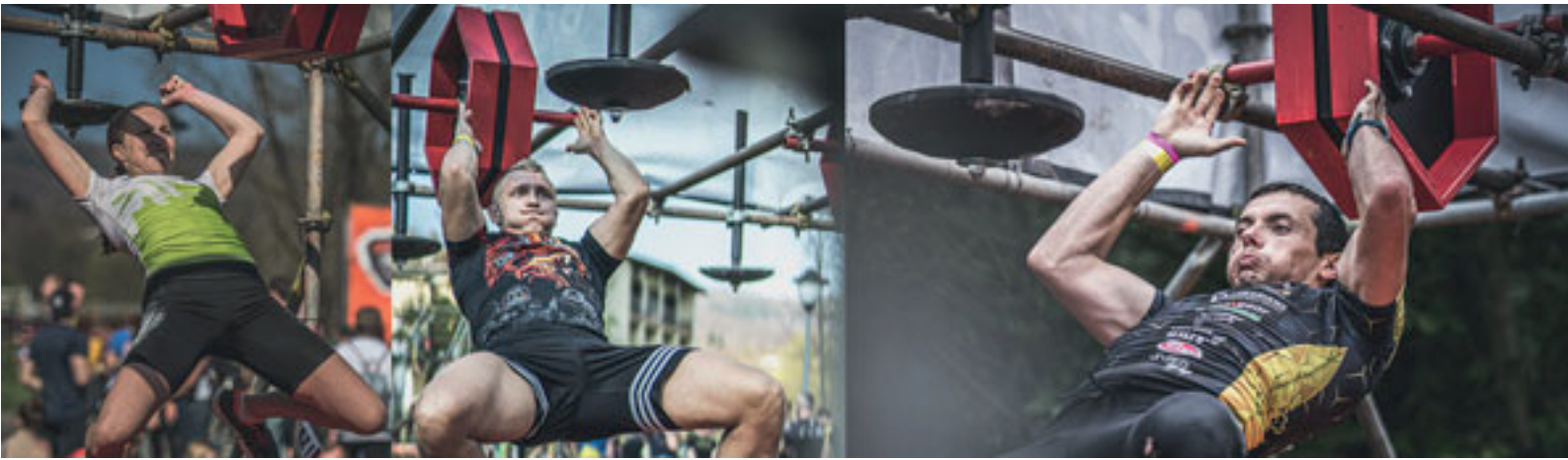
Opener



Arrow



Race



Description:

The obstacle consists of dishes and rotatable hexes, use only your arms and hands to move from the first dish to the other side of your lane and ring the bell.

- move by your hands only
- you are allowed to jump or to use side technique
- **use only free lane! start your attempt only when another competitor has left the lane**
- do not touch the ground



Successful attempt:

- without touching the ground traverse all three parts at once using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt
- use of legs
- **starting when another person is still on chosen lane**



time penalty: 7 minutes

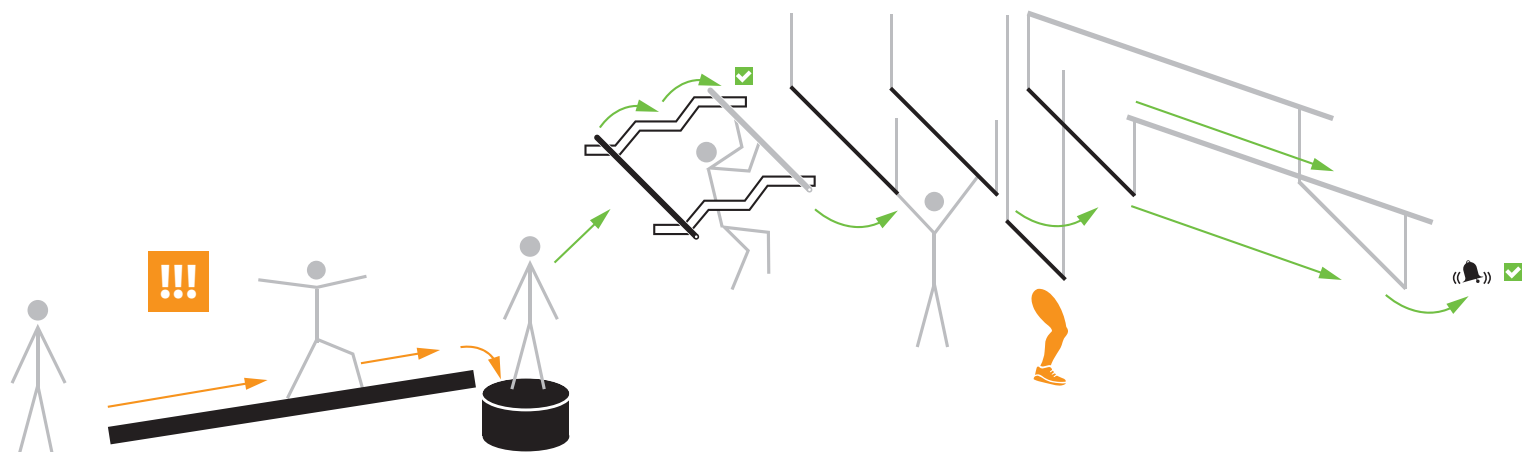


"Hexagonium" tutorial: <https://youtu.be/8LgxLrFCatM>

Holy Sticks



+7 min Opener Arrow Race



Description:

Combined obstacle. In the **Opener race you will meet an easier version:** instead of two jumps with bar you have two ropes.

- start from the balance beam, it is multiple try part o the obstacle
- use the bar to jump the steps, after reaching the top, you can move to the hanging bars
- use the bars to move to the swing which is the only part when use of legs is allowed
- **finally reach the bar slider and move down and ring the bell**
- do not touch the ground

- Successful attempt:**
- without touching the ground traverse from the steps to the bar slider
 - finish the obstacle by ringing the bell **by your hand**

- Forbidden:**
- touching the ground
 - any use of the support structure
 - use of legs, except for the low hanging bar

time penalty: 7 minutes

Additional notes:
The balance beam is a multiple try part.

"Holy Sticks" tutorial: <https://youtu.be/euxef8KZjgw>

Hot Wheels



+3 min

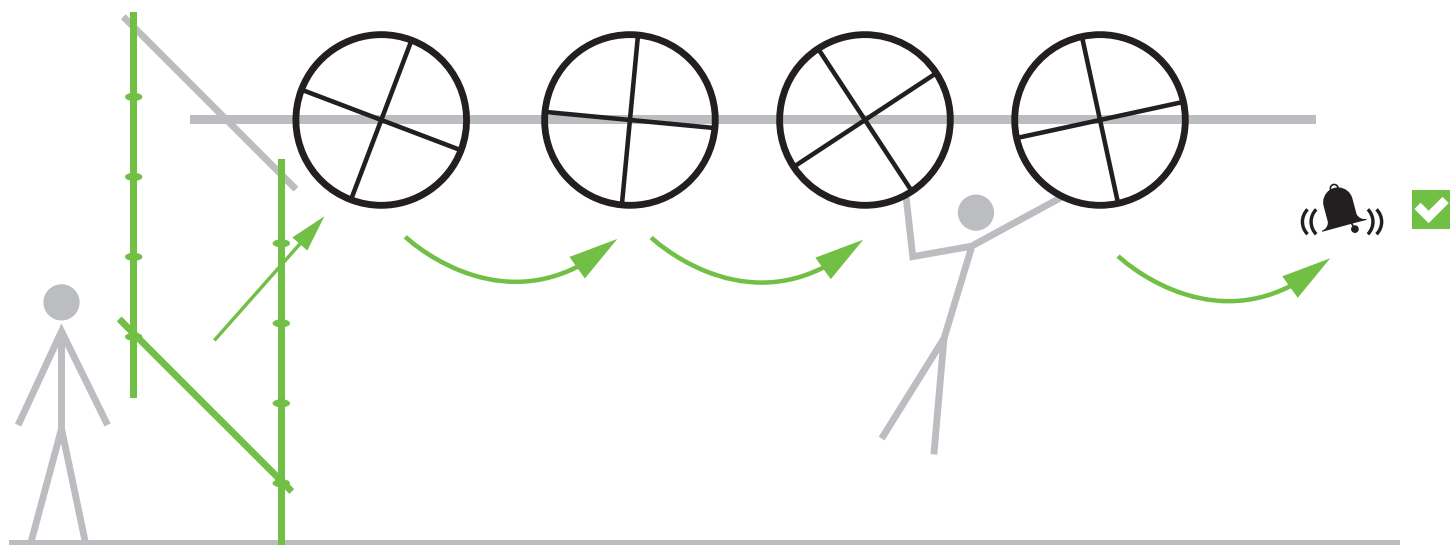
Opener



Arrow



Race



Opis:

Obstacle made of 4 big steel rotating wheels.

- traverse the wheels using only hands and arms and ring the bell
- **you are allowed to use the support structure to start the obstacle**
- do not touch the ground



Successful attempt:

- without touching the ground traverse your lane using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt
- use of legs



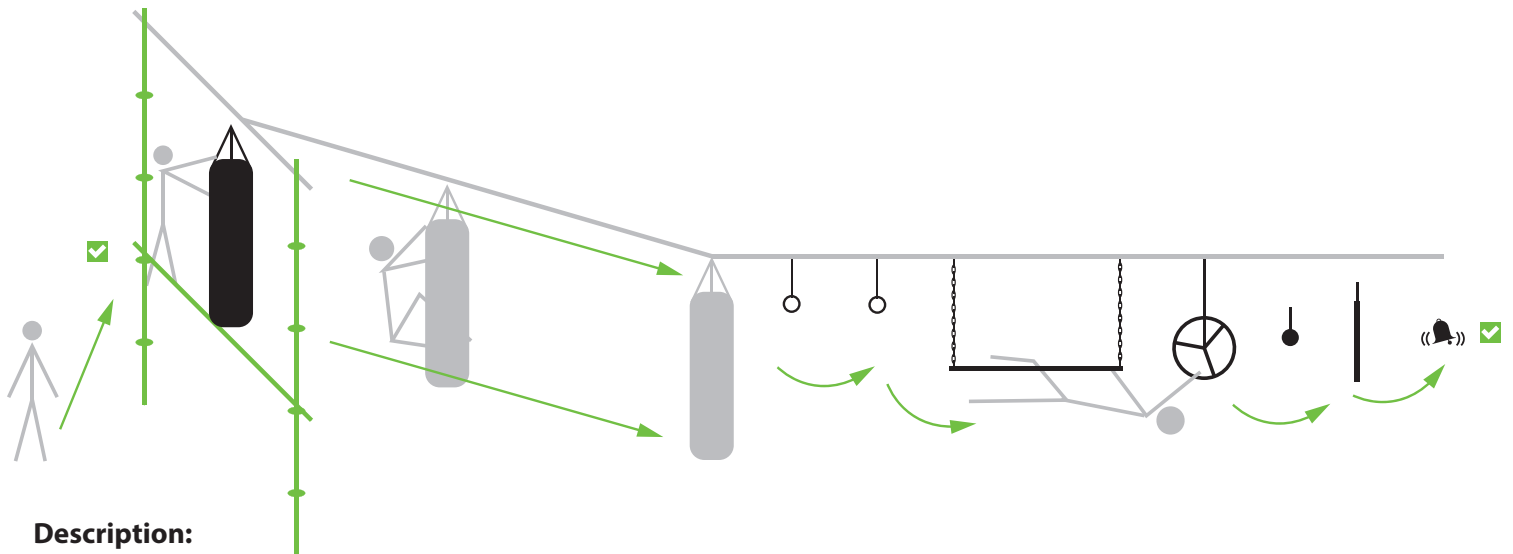
time penalty: 3 minutes

Hybryda



+5 min

Opener Arrow Race



Description:

The Hybrid is a low rig type obstacle, made of various parts hanged about 1 meter above the ground level. Easier version for the Opener.

- **start by taking the boxing bag to the beginning of your lane**
- use the support structure to get to the bag, hold it and use it to slide down to rings
- you may start without going up to the horizontal support structure - take the bag to the start, and use your legs to jump of the horizontal bar to start the slide
- you may use arms and legs
- **you are allowed to use the chains**
- do not touch the ground - in all low rig type obstacles you are very close to the ground so accidental touches are possible but **it is up to the obstacle referee to decide touching the ground was intentional and helped you or not**, so do your best to avoid touching the ground in any way



Successful attempt:

- without touching the ground, traverse your lane using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt



time penalty: 5 minutes

Klik Klak



+4 min

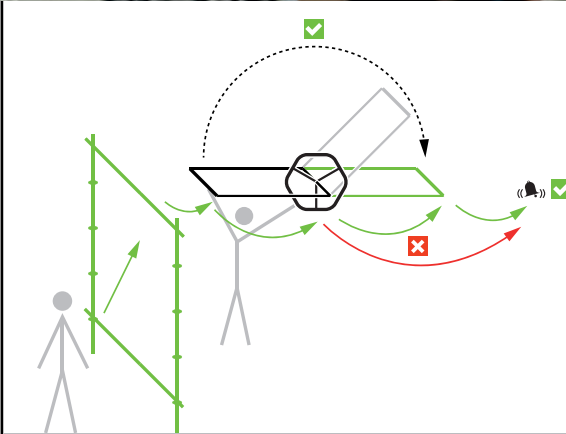
Opener



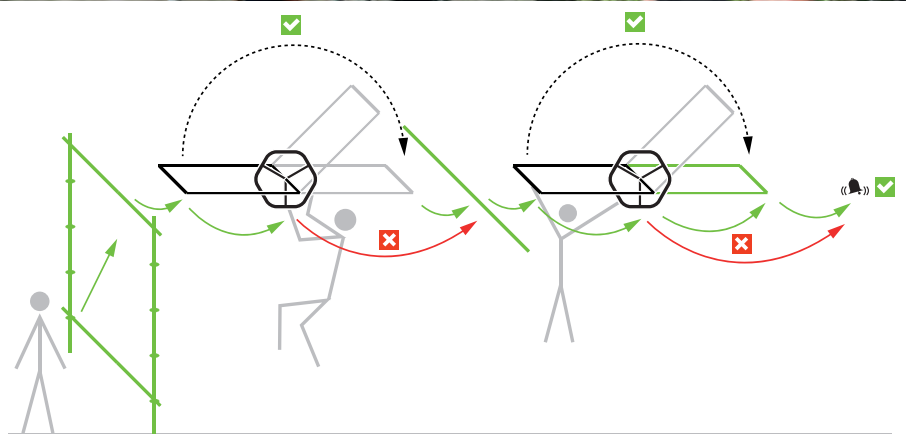
Arrow



Race



Klik Klak (single)



Klik Klak (double)

Description:

Obstacle made of rotatable wheels with attached bar. Begin from the bar, and then turn the wheel to move the bar forward.

- begin from the bar
- go to the wheel - you are allowed to grab both the rim or "spokes" of it
- turn the wheel to move the bar in front of it
- you may use the horizontal support pipe in between the segments
- **you have to rotate the wheel and move the bar, you are not allowed to continue without it**



Successful attempt:

- without touching the ground, traverse your lane using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**
- **moving the bar/bars by using the wheels**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt and touching the horizontal pipe in between segments
- use of legs
- traversing the lane without moving the bars using wheels
- **starting when another person is still on chosen lane**



time penalty: 4 minutes

Kołowroty



+2 min

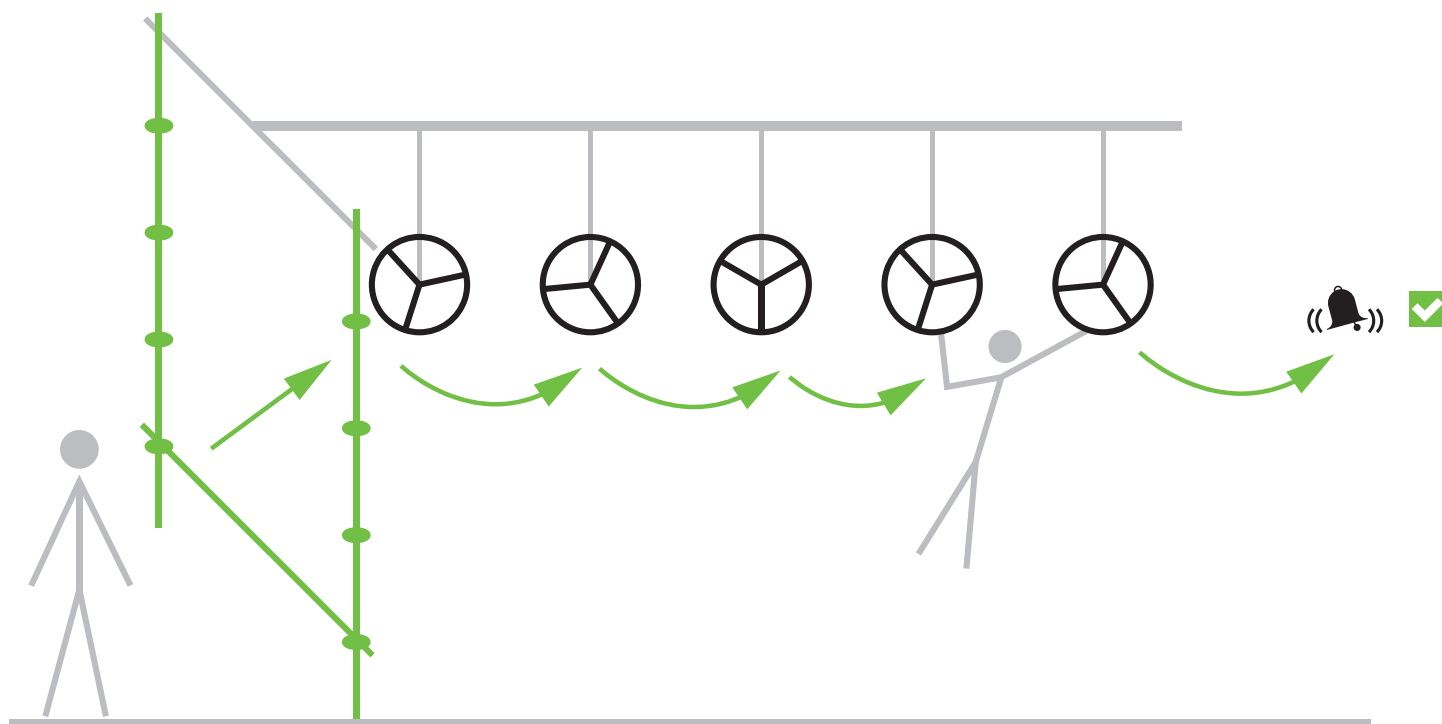
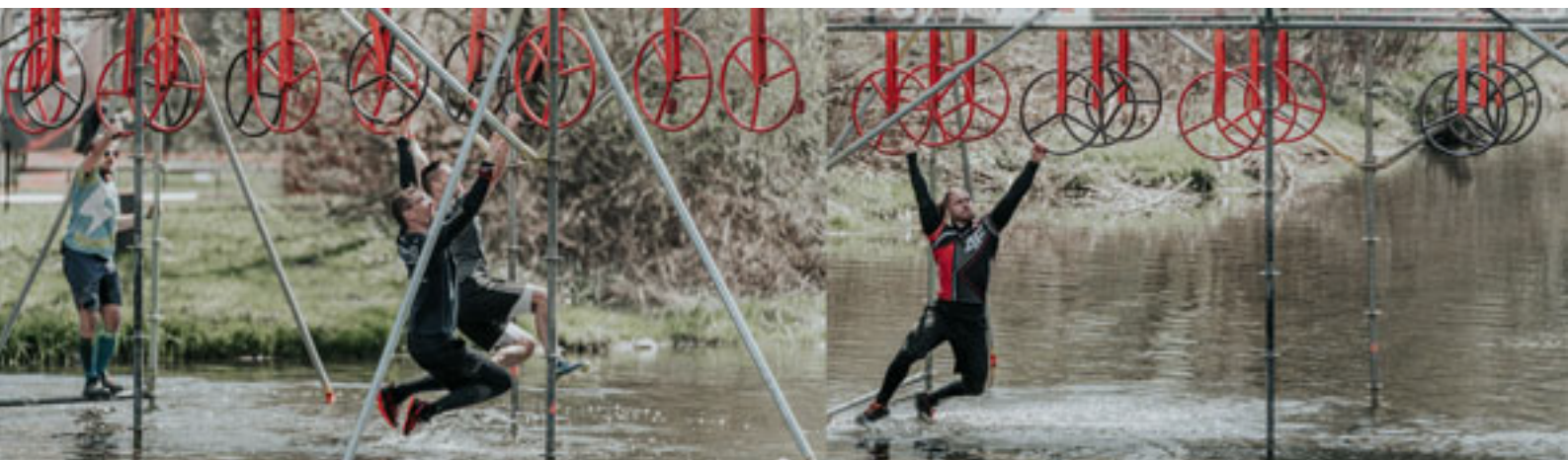
Opener



Arrow



Race



Opis:

Obstacle made of a set of steel rotating wheels.

- traverse the wheels using only hands and arms and ring the bell
- **you are allowed to use the support structure to start the obstacle**
- do not touch the ground



Successful attempt:

- without touching the ground traverse your lane using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt
- use of legs

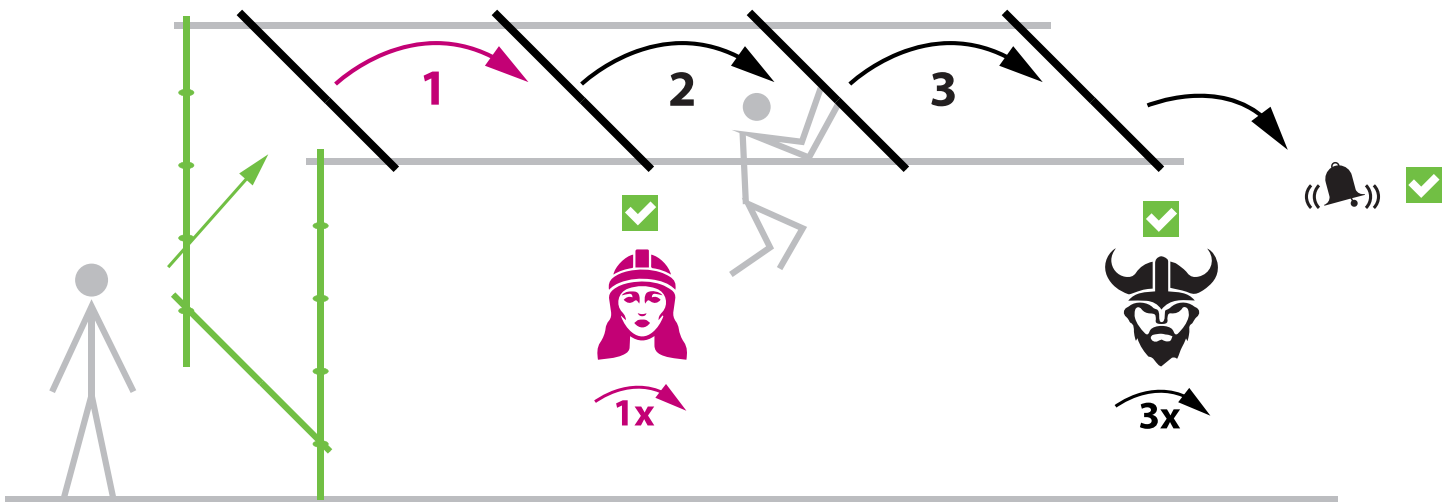


time penalty: 3 minutes

Flying Barbarian



+5 min Opener Arrow Race



Description:

Do required number of lache jumps between bars and ring the bell.

- climb the support structure to begin
- grab the first bar, swing and jump to the next one, if you can reach without jumping it is also allowed
- **use only free lane! start your attempt only when another competitor has left the lane**
- **one jump for women, three jumps for men**
- do not touch the ground, if there is water beneath the obstacle you may touch it



Successful attempt:

- without touching the ground do required number of lache jumps between bars
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt
- use of legs
- **starting when another person is still on chosen lane**



time penalty: 5 minutes



For Women:

- do one jump, grab the second bar by both hands and hang with full control on it

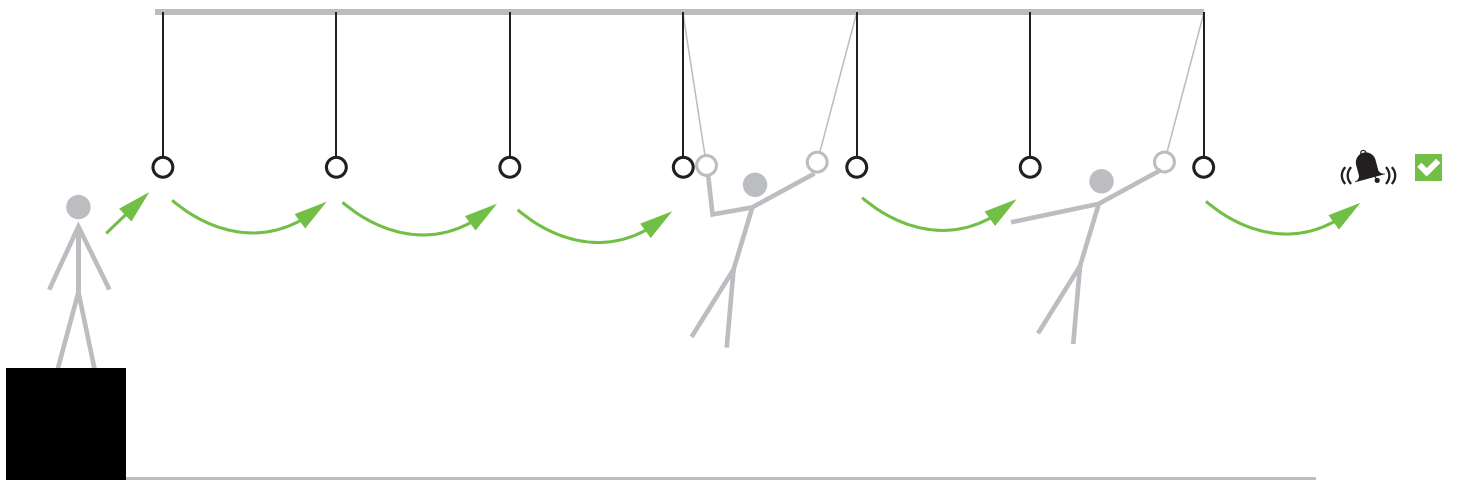
“Flying Barbarian” tutorial: <https://youtu.be/g7kOz2iFPok>

Long Swing



+3 min

Opener Arrow Race



Description:

Obstacle made of hanging gymnastic rings. Move from the one end to the other using arms and hands only. Shorter version for Opener race.

- traverse the hanging composite holds using only hands and arms and **ring the bell**
- **you are allowed to use the support structure to start the obstacle**
- do not touch the ground



Successful attempt:

- without touching the ground, traverse your lane using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt



time penalty: 3 minutes



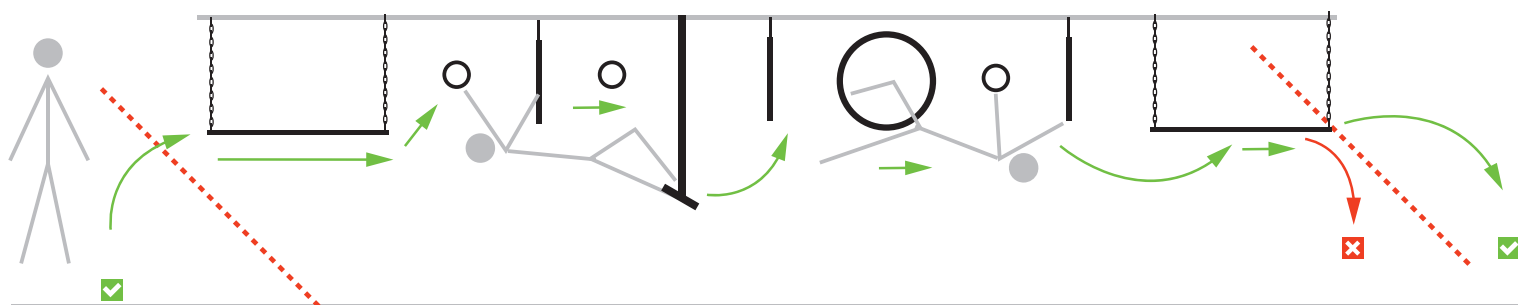
"Long Swing" tutorial: <https://youtu.be/WJz9me8Gpe4>

Low Rig 1



+5 min

Opener Arrow Race



Description:

Obstacle made of various parts hanged about 1 meter above the ground level. Easier version for the Opener.

- begin before the start line

- grab the bar hanged on chains to move forward

- you may use arms and legs on whole obstacle

- you may use chains and the log straps

- finish by placing both legs and whole body behind the finish line

- do not touch the ground - in all low rig type obstacles you are very close to the ground so accidental touches are possible but **it is up to the obstacle referee to decide touching the ground was intentional and helped you or not**, so do your best to avoid touching the ground in any way



Successful attempt:

- traverse your lane without touching the ground
- finish behind the finish line



Forbidden:

- touching the ground
- using any of the support structure
- stretching or stepping on the finish line



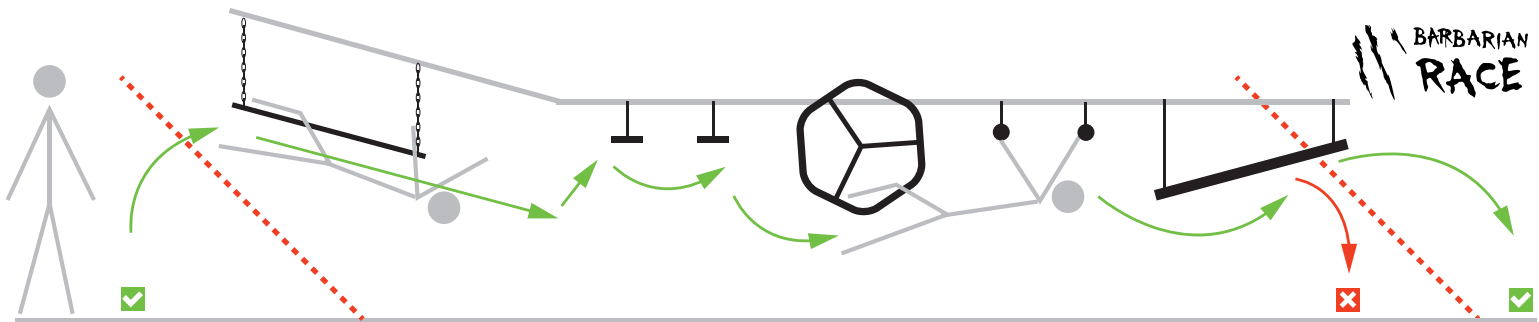
time penalty: 5 minutes

Low Rig 2



+5 min

Opener Arrow Race



Description:

Obstacle made of various parts hanged about 1 meter above the ground level. Easier version for the Opener.

- begin before the start line

- grab the bar hanged on chains to voo forward
- you may use arms and legs on whole obstacle

- you may use chains and the log straps

- finish by placing both legs and whole body behind the finish line

- do not touch the ground - in all low rig type obstacles you are very close to the ground so accidental touches are possible but **it is up to the obstacle referee to decide touching the ground was intentional and helped you or not**, so do your best to avoid touching the ground in any way



Successful attempt:

- traverse your lane without touching the ground
- finish behind the finish line



Forbidden:

- touching the ground
- using any of the support structure
- stretching or stepping on the finish line



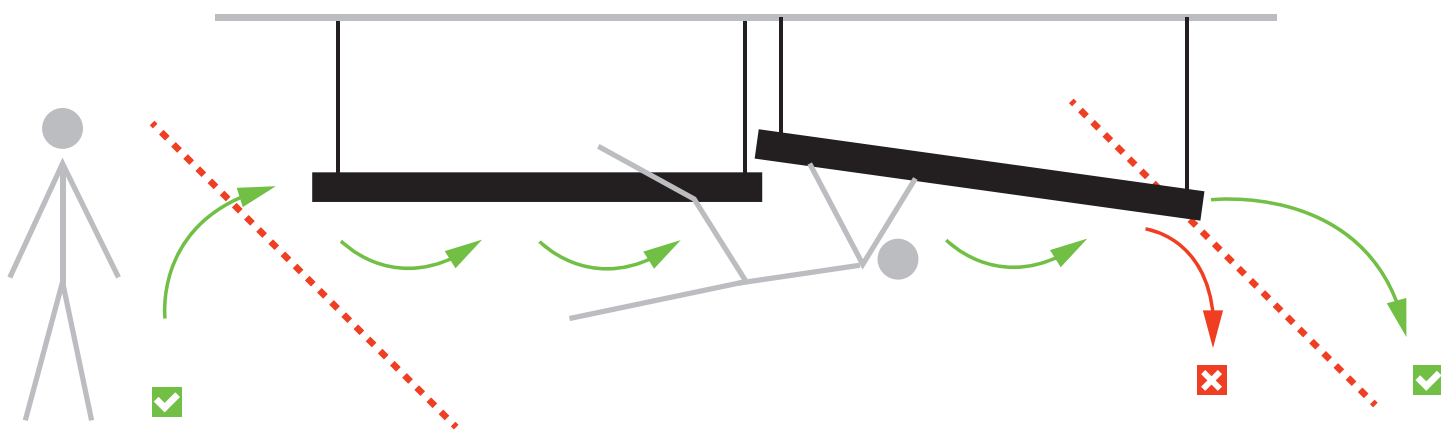
time penalty: 5 minutes

Sausage



+4 min

Opener Arrow Race



Description:

The "Sausage" is a low rig type obstacle, made of two logs hanged about 1 meter above the ground level.

- **begin before the start line**
- you may use arms and legs on whole obstacle
- you may use the log straps
- **finish by placing both legs and whole body behind the finish line**
- do not touch the ground - in all low rig type obstacles you are very close to the ground so accidental touches are possible but **it is up to the obstacle referee to decide touching the ground was intentional and helped you or not**, so do your best to avoid touching the ground in any way
- **kończysz przejście umieszczając obie nogi, a następnie całe ciało, za linką końcową**



Successful attempt:

- traverse your lane without touching the ground
- finish behind the finish line



Forbidden:

- touching the ground
- using any of the support structure
- stretching or stepping on the finish line
- **starting when another person is still on chosen lane**



time penalty: 4 minutes

Ramp



+4 min

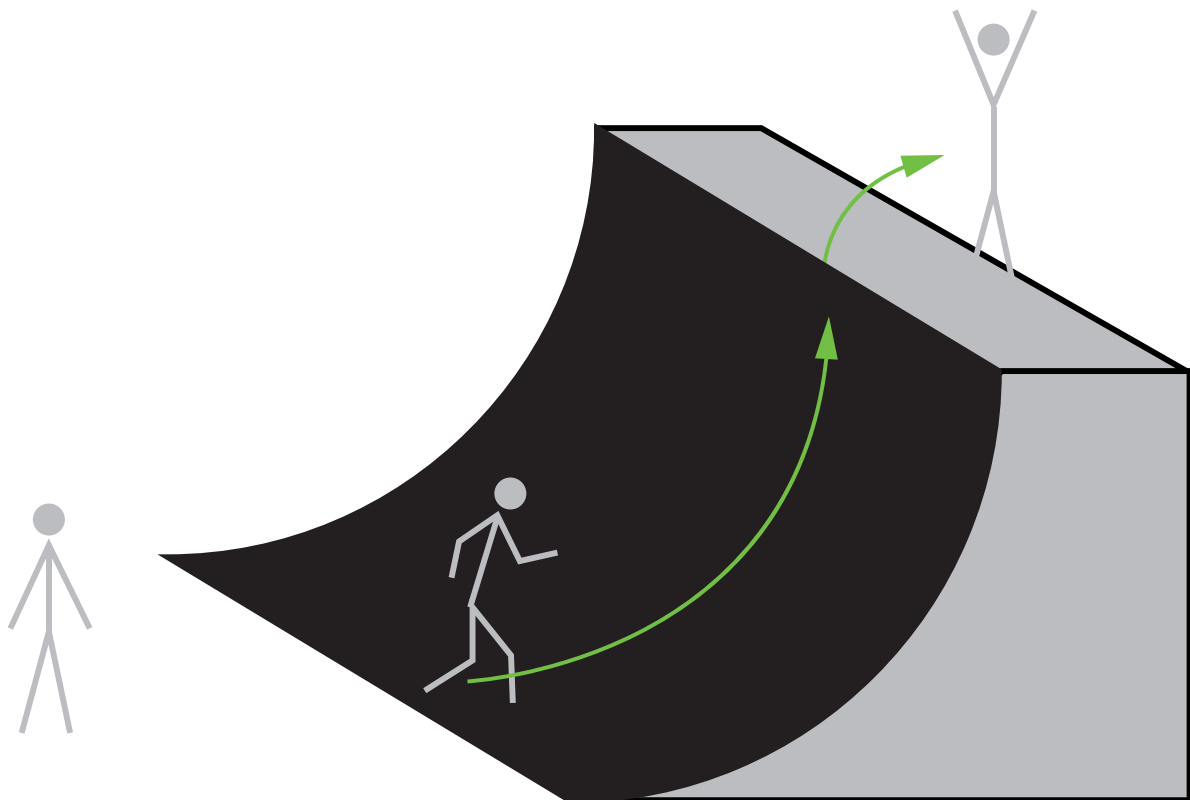
Opener



Arrow



Race



Description:

1/4 circle shape warped wall with ropes on its top. **Multiple attempt obstacle.**

- run as fast as you can to the wall
- grab a rope if you need
- you may use the side edge to climb up the wall
- **reach the top**



Successful attempt:

- get to the top and use the stairs to come down



Forbidden:

- use of the support structure, except for the side edge of the wall



time penalty: 4 minutes



Additional notes:

Multiple attempt obstacle.



Rock'n'hole



+4 min

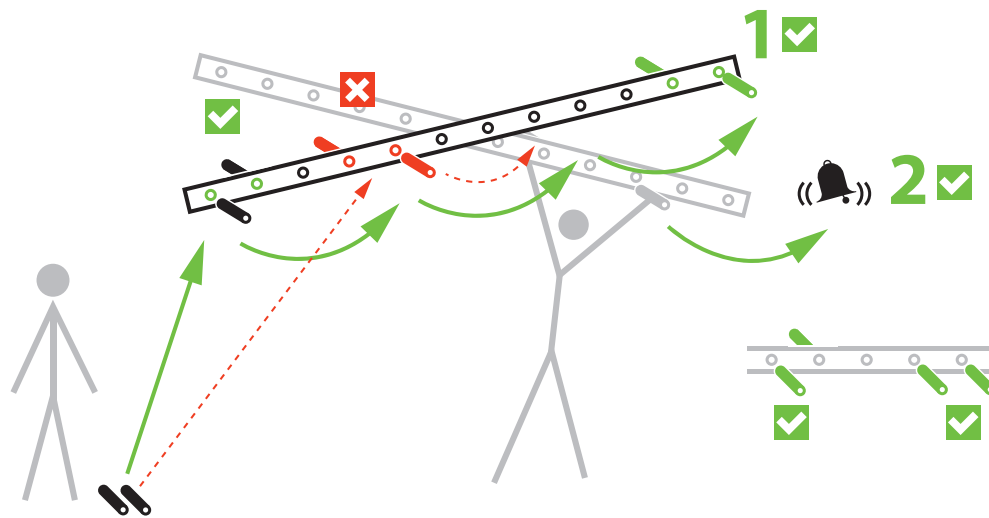
Opener



Arrow



Race



Description:

Moving pegboard. Using pegs held in your hands traverse to the other end of the log; go up to the middle the log, after that the log drops down.

- take pegs from the starting box by yourself and place them in **first two holes of the log**
- start your attempt by getting your feet off the start box and hang on your arms
- **using pegs held in your hands** move to the last two holes in the log or ring the bell
- you are allowed to move on one side of the log, or you may place pegs on both sides of the log
- **it is forbidden to start from other than first two holes in the log**, after that you may skip holes



Successful attempt:

- without touching the ground traverse the log from one end to another using **only pegs held in your hands**
- there are two possible ways of finishing the obstacle:
 - 1.) there is no bell - place the pegs in last two holes in the log
 - 2.) - finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- any use of the support structure
- use of legs
- **beginning from other than first two holes on the pegboard**



time penalty: 4 minutes



"Rock'n'Hole" tutorial: <https://youtu.be/uwJw115zd0s>

Balance beam



+2 min

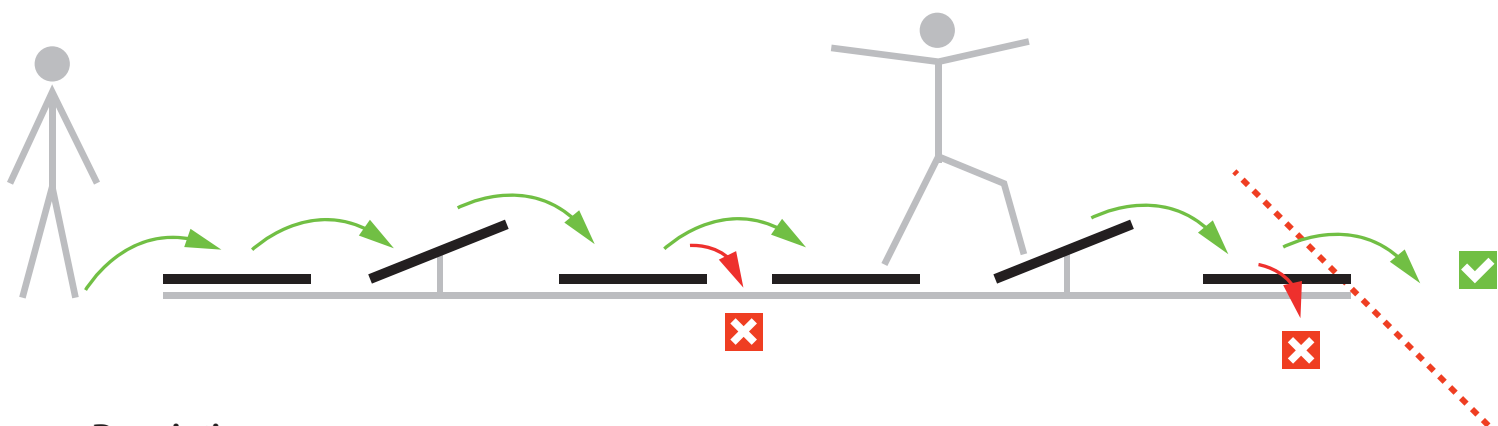
Opener



Arrow



Race



Description:

Balance obstacle made of set of balance beams. Use legs only and do not touch the ground or the support structure.

- use only your legs
- **you are allowed to use the first support pipe o start your attempt**
- do not touch the ground



Successful attempt:

- without touching the ground traverse all parts of the balance beam
- finish behind the finish line



Forbidden:

- touching the ground
- touching and stepping on the support structure in between balance beam parts
- use of arms



time penalty: 2 minutes

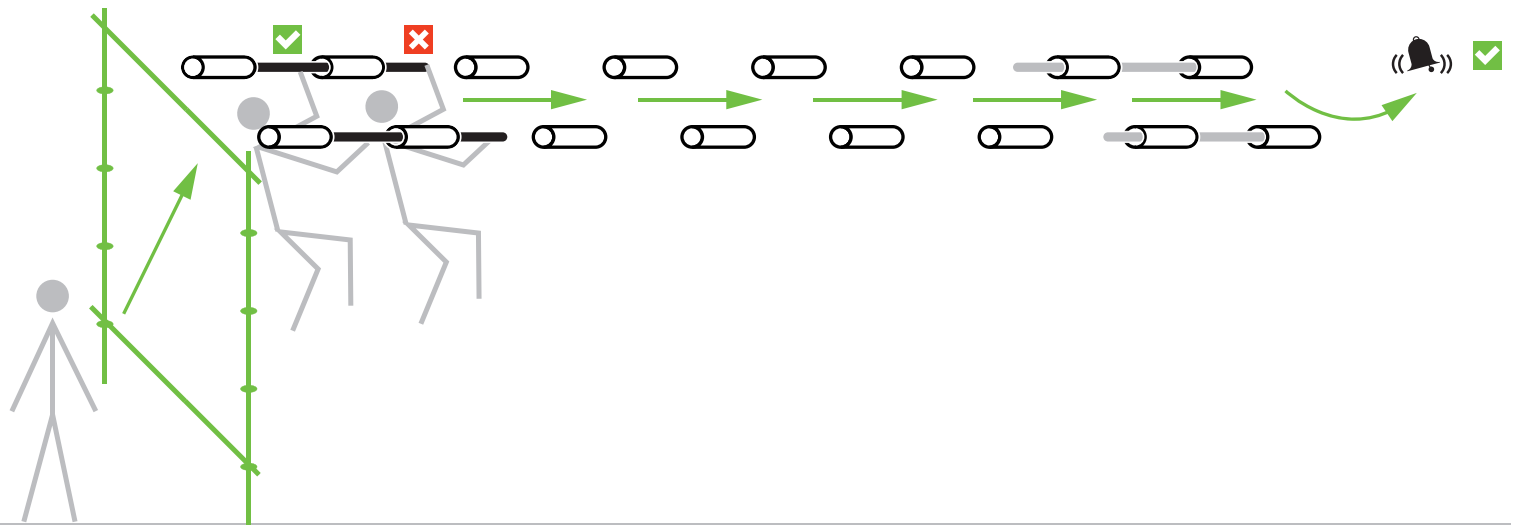


Additional notes:

The balance beam is an obstacle you can attempt multiple times.



Balance beam tutorial: <https://youtu.be/ChKSbli9xao>



Description:

Obstacle made of two sets of pipes and two bars moved inside them. Bars are moved by hands and arms only.

- use the strings to get the bars to the start position
- **begin from the first section between pipes and hang on your arms**
- use only bars to move from one end to another
- move the bars until you can ring the bell



Successful attempt:

- start from the first segment and without touching the ground, traverse your lane using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt
- **use only free lane! start your attempt only when another competitor has left the lane**



time penalty: 3 minutes

Axes (Siekiery)



+5 min

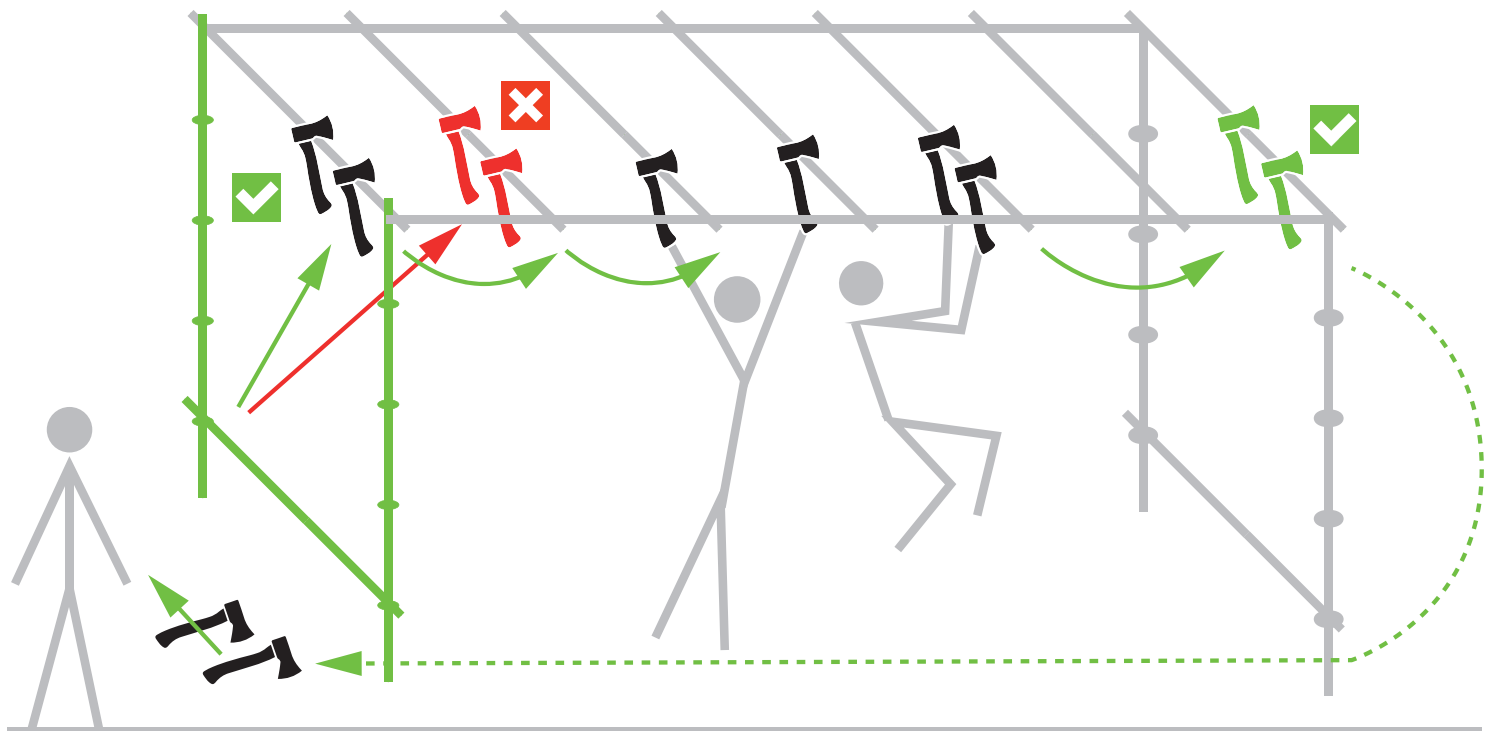
Opener



Arrow



Race



Description:

Use two axes held in your hands to move across couple of horizontal bars.

- use only axes held in your hands

- begin on the first bar

- when moving forward you can hook one or both axes on a bar, you can also skip bars

- **do not grab bars**



Successful attempt:

- begin by hanging on two axes placed on the first horizontal bar

- finish the obstacle by placing both axes on the last bar, after that take them and bring to the start area



Forbidden:

- touching the ground

- using of the support structure except for starting your attempt



time penalty: 5 minutes

Skolopendra



+6 min

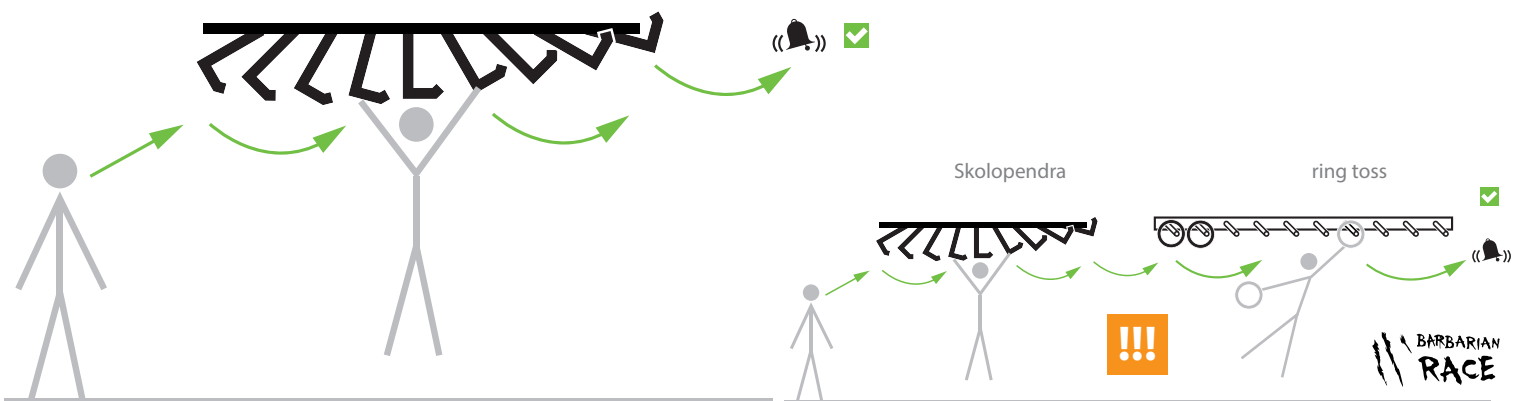
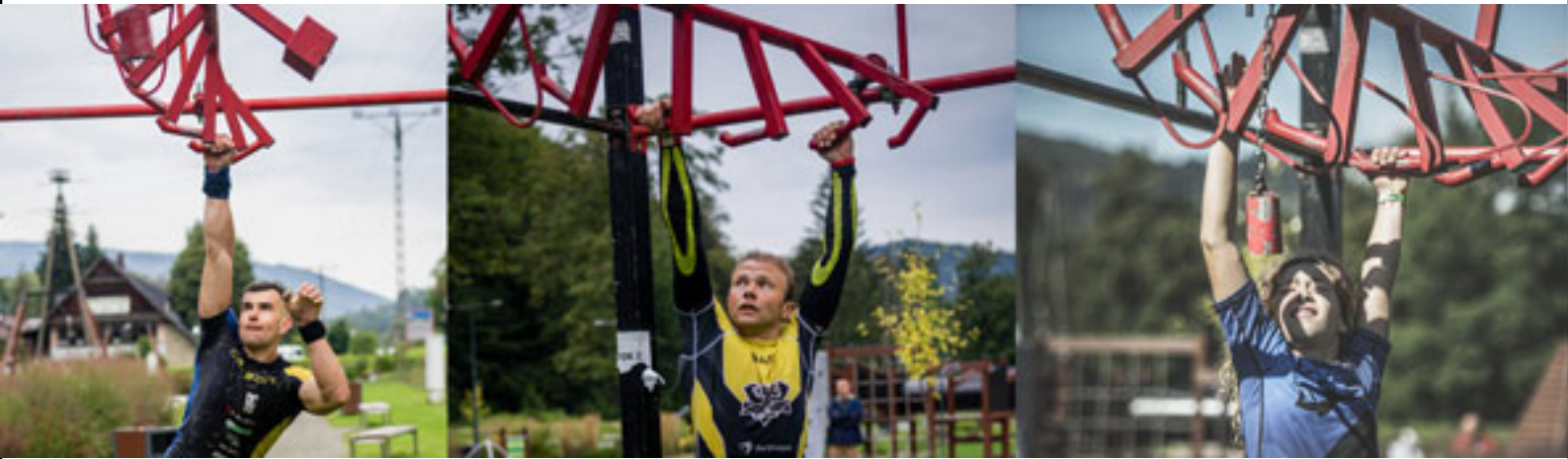
Opener



Arrow



Race



Description:

Skolopendra - set of metal holds fixed to a rotating pipe. You may find it as a single segment or combined with other obstacles like the ring toss

- begin by hanging on first two holds
- you are allowed to grab both horizontal and vertical parts of the holds
- **you can not use the pipe the holds are fixed to**
- ring the bell to finish the obstacle



Successful attempt:

- begin by hanging on first two holds
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- use of legs
- using of the support structure except for starting your attempt
- **starting when another person is still on chosen lane**



time penalty: 6 minutes

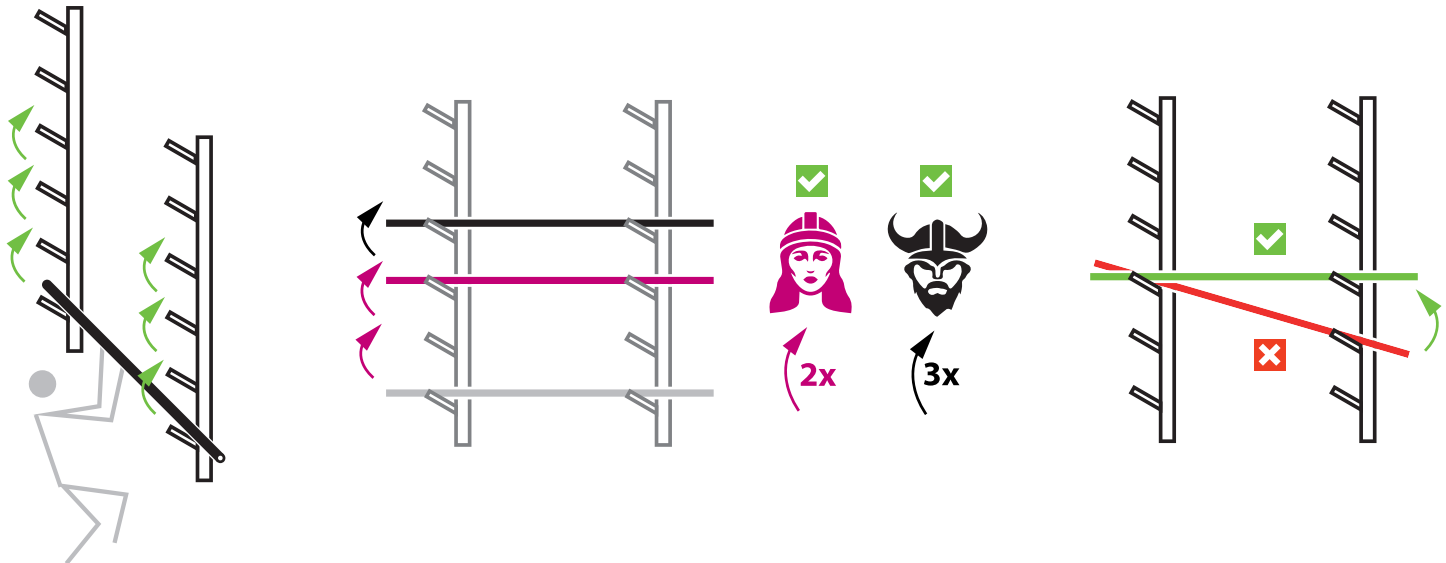


Additional notes:

Skolopendra could be combined with other segments, in such case it is considered as one obstacle.


Stairway to Heaven +7 min Opener Arrow Race


(Salmon Ladder)



Description:
Widely known as the **Salmon Ladder**. Use the bar held in your hands to move up across set of hooks.


- **begin by hanging on the bar**
- do required number of jumps
- **you may jump more than one set of hooks at once but it counts as one jump**
- you are allowed to do uneven moves, but in the end of your attempt the bar has to be evenly placed
- finish by holding the bar by both hands and hang with full control on it

 **Successful attempt:**
- without touching the ground do required number of jumps and place the bar on even hooks
- finishing by full controlled hang on the bar

 **Forbidden:**
- touching the ground
- any use of the support structure

 time penalty: 7 minutes

 **For Women:**
- women do two jumps

 "Stairway to Heaven" tutorial: <https://youtu.be/mcrb8526d4A>

Silk slider

(Szmeterling)



+4 min

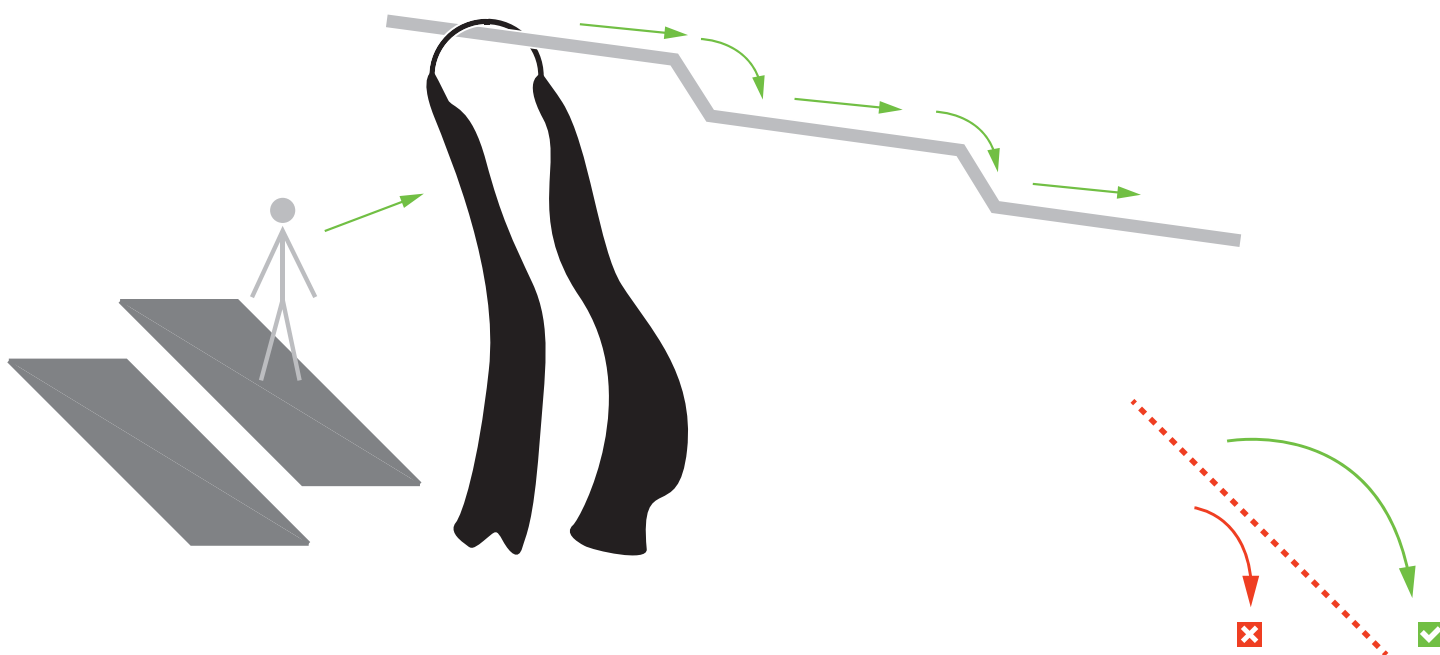
Opener



Arrow



Race



Description:

Silk slider. Slider type obstacle - grab the silk, slide down and dismount to the required place.

- use string to move the silks towards you
- begin from the starting platform
- **jump/dismount behind the finish line**



Successful attempt:

- without touching the ground, slide down your lane using **only hands and arms**
- finish the obstacle by jumping behind the finish line



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt



time penalty: 4 minutes



"Silk slider" tutorial: <https://youtu.be/zXbceAC2XxA>

Ufo

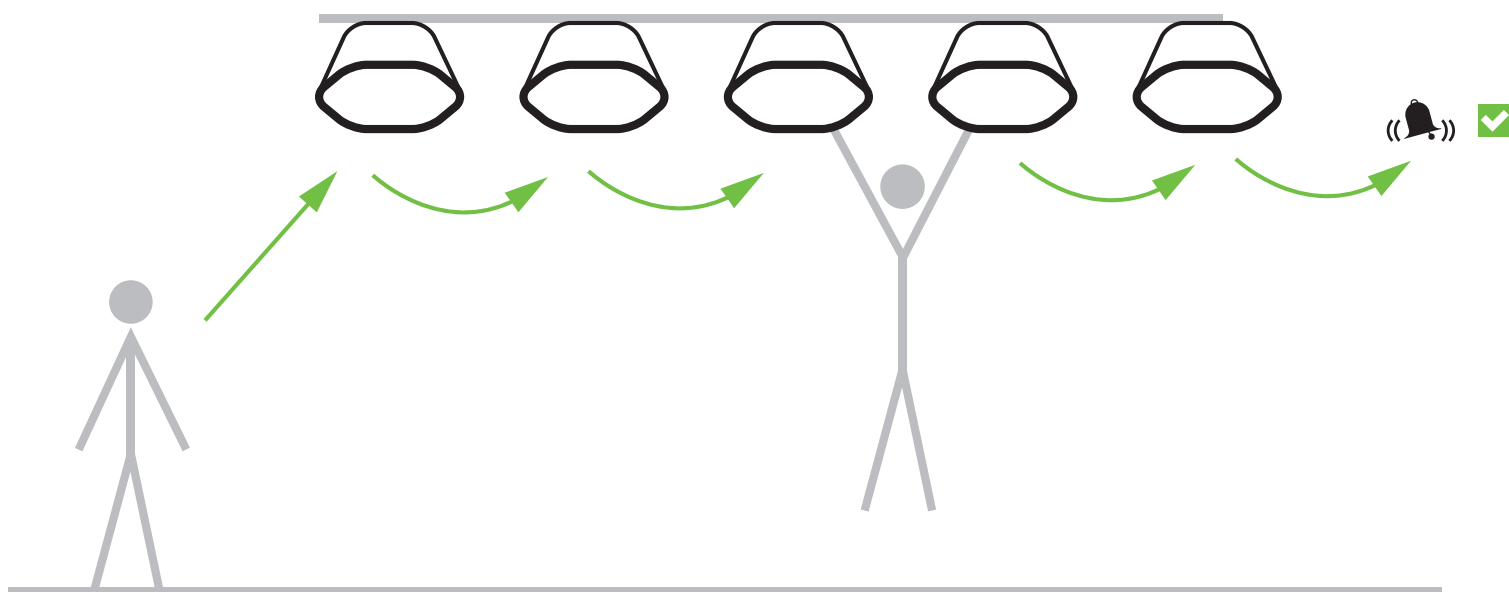
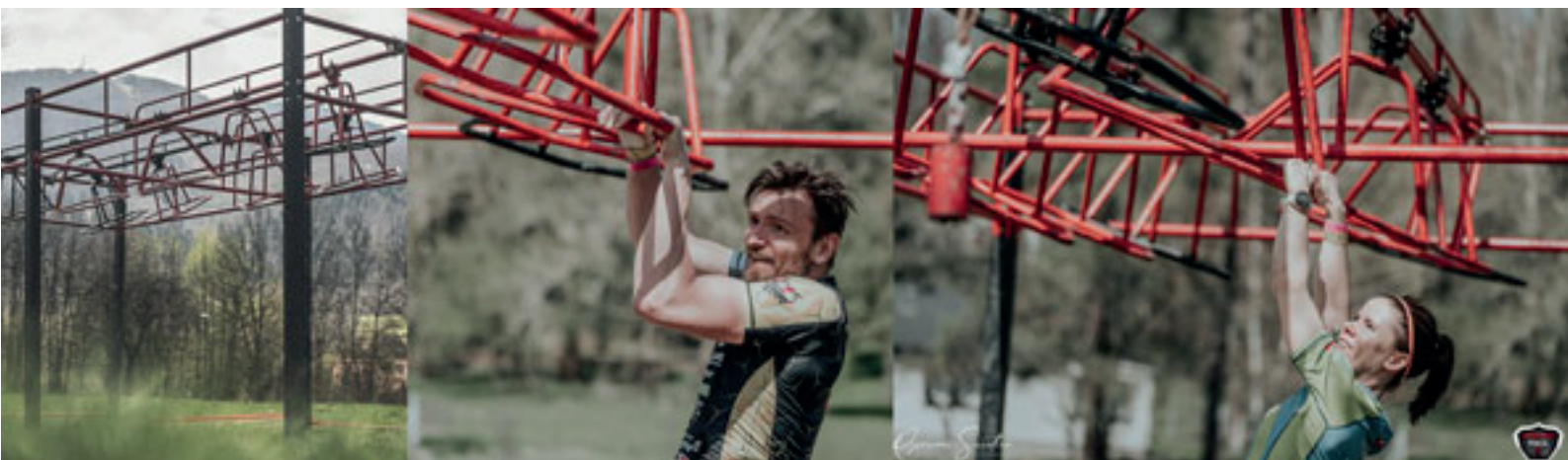


+2 min

Opener

Arrow

Race



Description:

- traverse rotating "ufos" using only hands and arms and ring the bell.

- using only hands and arms

- **you are allowed to use the support structure to start the obstacle**

- do not touch the ground



Successful attempt:

- without touching the ground, traverse your lane using **only hands and arms**

- finish the obstacle by ringing the bell **by your hand**



Forbidden:

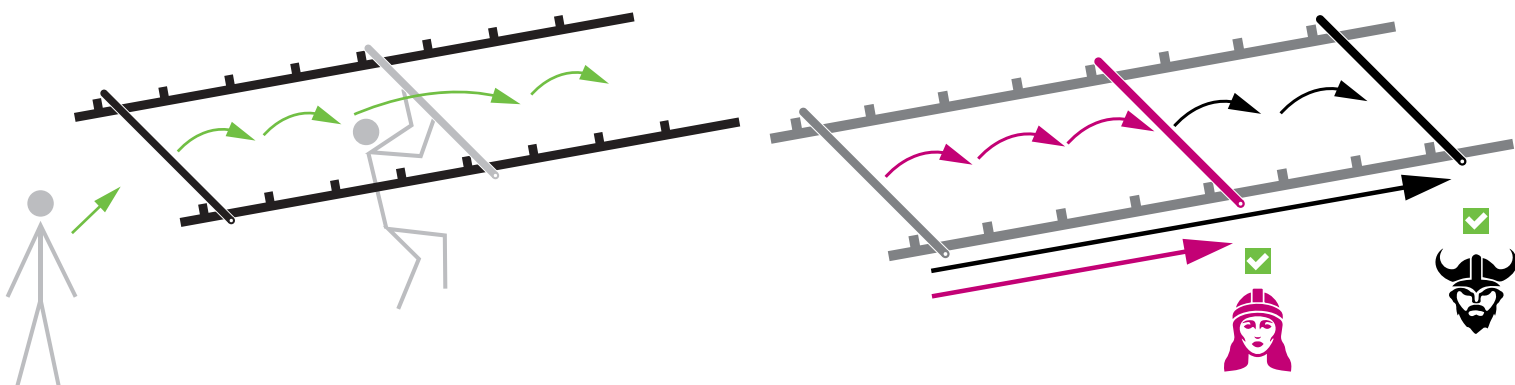
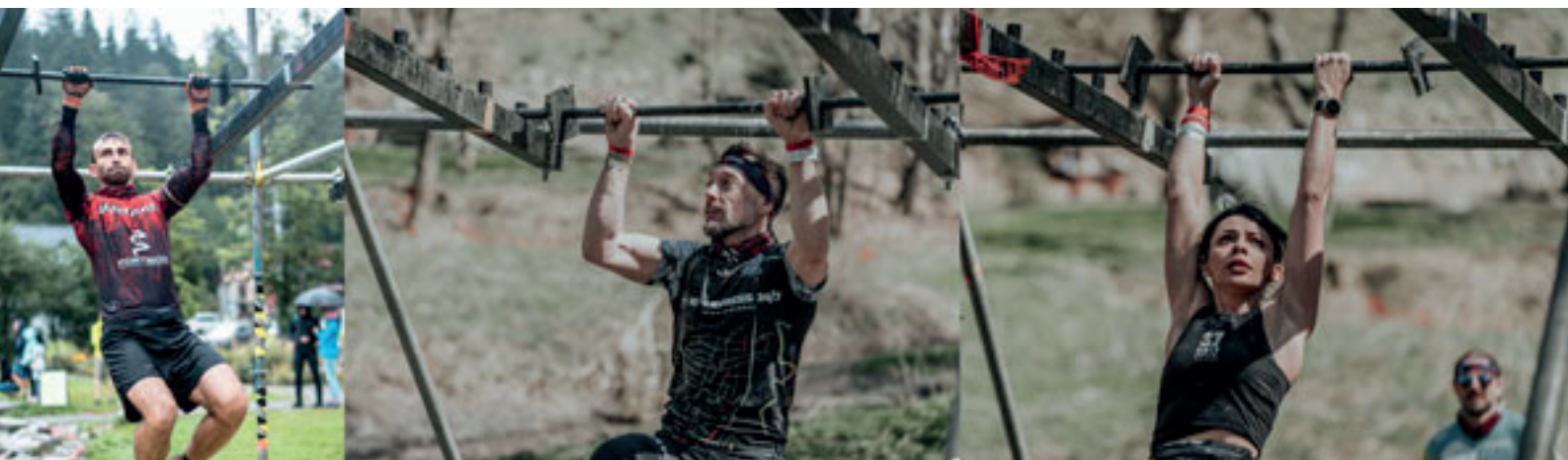
- touching the ground

- use of legs

- using of the support structure except for starting your attempt



time penalty: 2 minutes



Description:

Use the bar held in your hands to move across set of short "teeth".

- begin by hanging on the bar
- move the bar to the required place using only hands and arms
- **you may jump more than one set of teeth at once**
- finish by holding the bar by both hands and hang with full control on it



Successful attempt:

- without touching the ground, traverse your lane using **only hands and arms**
- finish the obstacle by placing the bar on the required space (marked with colour tape)



Forbidden:

- touching the ground
- use of legs
- using of the support structure except for starting your attempt



time penalty: 5 minutes



For Women:

- shorter lane for women



"Uzi" tutorial: <https://youtu.be/48qsoNbrCqU>

Cherries

(Wisienki)



+5 min

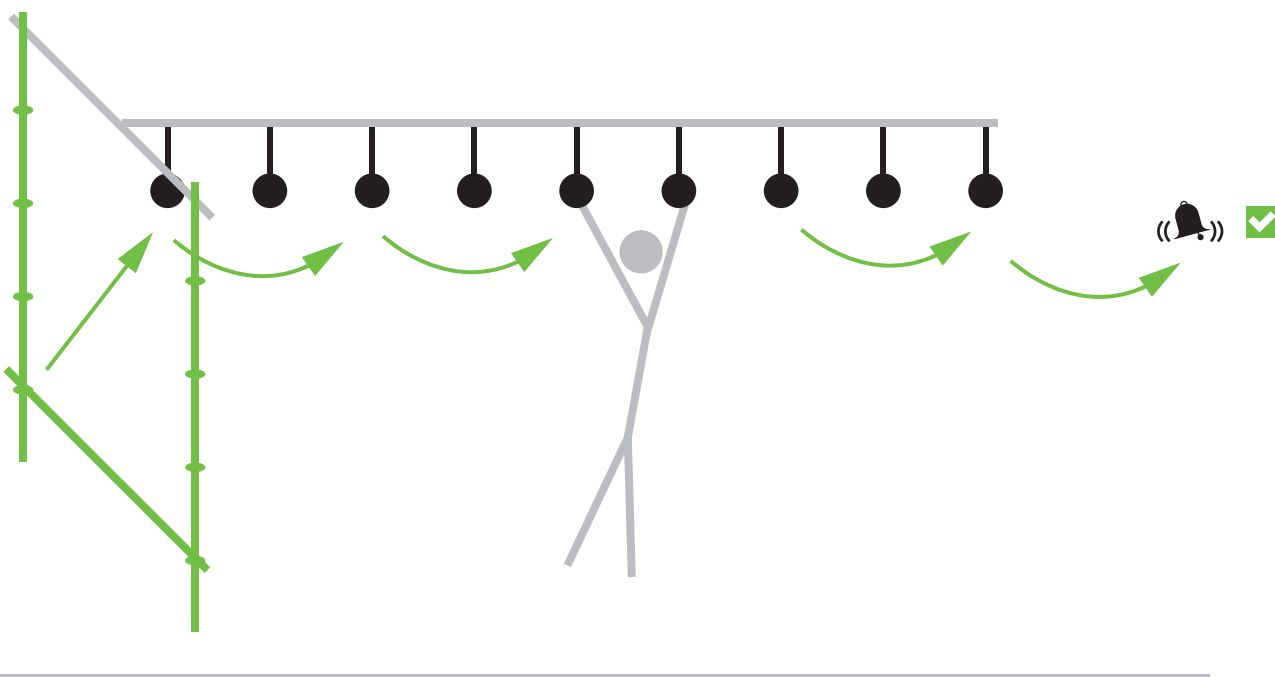
Opener



Arrow



Race



Description:

Obstacle mad of hanging metal balls, (cherries), use only your hands to move from one side to another.

- you can skip cherries, you do not have to use them all
- **it is allowed to grab the "tail" of the cherry (thin metal part above the ball)**



Successful attempt:

- without touching the ground, traverse your lane using **only hands and arms**
- finish the obstacle by ringing the bell **by your hand**



Forbidden:

- touching the ground
- using of the support structure except for starting your attempt
- use of legs



time penalty: 5 minutes

Fusion 1 and 2

(Fuzja/Fuzja 2)

 +4/5 min

Opener Arrow Race

Surprise obstacles. They are kept in secret until the race day. All rules are revealed during the race briefing or by the obstacle referee.

 time penalty: Fusion 1: 4 minutes, Fusion 2: 5 minutes

Recovery

 +1

Opener Arrow Race

Additional (not mandatory) higher difficulty level special obstacle.

It is a different obstacle every time.

All rules are revealed during the race briefing or by the obstacle referee.

- this obstacle is not mandatory - it is your choice to attempt it
- **in all race types you have only one attempt for the Recovery obstacle**
- you lose nothing here, you may only win
- **failed attempt - no time penalty or elite wrist band lose**
- successful attempt - you earn additional specila wrist band

elite

- if you have the Recovery successfully done you may fail one obstacle or just hand out the wrist band and pass one obstacle without penalty round/loop

open

- if you have the Recovery successfully done cancels one time penalty, or allows you to avoid one time penalty if you fail any one of next obstacles.

You will not wind the Recovery obstacle on League races, World Series and any other races with external rules.

