

SPARTAN
2024 SPRINT & 100M
WORLD CHAMPIONSHIP

HOSTED BY:

HVAR
CROATIA

Obstacle Rules - Spartan 100M

OCT 2024

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Start, Obstacle Start and Finish



START

- “On your marks” indicates athletes have to be in place, “set” will indicate the visual and audio countdown can start.

OBSTACLE START

- Fail each single obstacle (flag and shout “OUT”):
 - 1st time: the athlete can try again the failed obstacle
 - 2nd time: flag, shout “OUT” (DNF)

FINISH

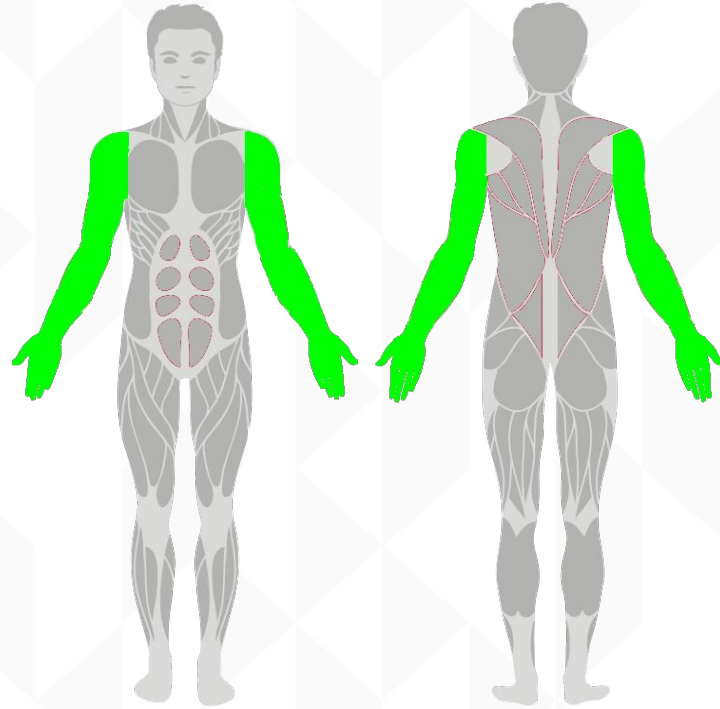
- Press the button at the top of the Finish Wall

Ring the Bell



INSTRUCTIONS

- What does “Arms” stand for:
- The area between the finger tip and the shoulder as shown in the picture



1. *Offset Steps*



INSTRUCTIONS

- Use only the steps to cross from start to the end
- Step, hop, jump, kneel, sit, or hold steps
- Obstacle completion is when the athlete has passed the last step
- Any combination of steps can be used
- Steps may be missed / skipped

DISALLOWED

- Any part of body contacts the ground or support padding
- Use of any support structure or padding for assistance
- Crossing into the other lane

2. Monkey Bars



INSTRUCTIONS

- Using only arms or hands to cross under the bars from start to finish
- Bars may be missed / skipped
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body

DISALLOWED

- Any part of body contacts the ground or support padding
- Use of any support structure or padding for assistance
- Travel over any bar
- Feet or legs above shoulder height at any time
- Use feet to hit the bell
- Crossing into the other lane

3. 1.5m Wall



INSTRUCTIONS

- Cross the wall from one side to the other
- Entire body, including both legs must go over the wall
- Obstacle completion is when the athlete lands on the far side of the wall

DISALLOWED

- Use of any support structure or padding for assistance
- If body of the part passes below the top of the wall (to either side)

4. *Balance Beam*



INSTRUCTIONS

- Traverse beam from start to finish
- The start platform must be used as the first step
- The finish platform must be used as the last step
- Obstacle completion is when the athlete passes the finish platform

DISALLOWED

- Any part of body contacts the ground
- Not stepping on both platforms
- Crossing into the other lane

5. 4-Wheel Rig



INSTRUCTIONS

- Use only the wheels to cross from start to finish
- Feet and legs must always remain below shoulder height
- Bars may be missed / skipped
- Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body

DISALLOWED

- Any part of body contacts the ground or support padding
- Use of any support structure or padding for assistance
- Use feet or legs to cross the wheels
- Use of feet to hit the bell
- Feet or legs above shoulder height at any time
- Crossing into the other lane

6. 2m Wall



INSTRUCTIONS

- Climb over wall from one side to the other
- Entire body, including both legs must go over the wall
- Female: May use assist step/bar
- Obstacle completion is when the athlete lands on the other/far side of the wall

DISALLOWED

- Use of any support structure or padding for assistance
- If part of a competitor's body passes below the top of the wall (to the side)
- Crossing into the other lane
- Male: Use assist step/ bar

7. *Island Steps*



INSTRUCTIONS

- Traverse island steps from start to end
- Must step on the first step
- Steps may be missed/ skipped after the first step

DISALLOWED

- Any part of body contacts the ground or support padding
- Crossing into the other lane

8. Rings



INSTRUCTIONS

- Using only arms or hands to cross using the rings from start to end
- Rings may be missed/ skipped
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body

DISALLOWED

- Any part of body contacts the ground or support padding
- Use feet or legs to hold the rings
- Use of any support structure or padding for assistance
- Use of feet to hit the bell
- Feet or legs above shoulder height at any time
- Crossing into the other lane

9. *Low Crawl*



INSTRUCTIONS

- Traverse under the net from start to finish

DISALLOWED

- Crossing outside the net/structure
- Crossing into the other lane

10. Climbing Holds



INSTRUCTIONS

- Use only the holds to cross from start to finish
- One hold must be touched by at least one hand
- Holds may be missed/ skipped
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body

DISALLOWED

- Any part of body contacts the ground or support padding
- Use of any support structure or padding for assistance
- Crossing into the other lane

11. Tarzan Swing



INSTRUCTIONS

- Swing on the rope from the start platform to the end platform
- The rope must be grabbed by at least one hand
- Obstacle completion is when the athlete lands on the end platform

DISALLOWED

- Any part of body contacts the ground or support padding
- Use of any support structure or padding for assistance
- Crossing into the other lane

12. Finish Wall



INSTRUCTIONS

- Ascend the wall
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the button

DISALLOWED

- Feet or legs above shoulder height at any time
- Use side or edge of the wall for assistance in any way