

SPARTAN
2024 SPRINT & 100M
WORLD CHAMPIONSHIP

HOSTED BY:

HVAR
C R O A T I A



SPARTAN 100M
COMPETITION RULES
2024

Version 1

1. INTRODUCTION:

1.1. Purpose

1.1.1. The SPARTAN 100M is a timed obstacle course race where the athletes run and overcome obstacles.

1.2. Intention

1.2.1. the Rules are intended to:

- 1.2.1.1. Create an atmosphere of sportsmanship, equality, and fair play;
- 1.2.1.2. Provide safety and protection;
- 1.2.1.3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
- 1.2.1.4. Disqualify or penalize athletes who gain an unfair advantage;

1.2.2. Any difficulty in the interpretation or application of Rules should be referred to the Officials.

1.3. Rule Updates

1.3.1. The Rules may be changed by Spartan Staff and will be communicated to the athletes.

2. CONDUCT OF ATHLETES

2.1. General Conduct

2.1.1. Race tactics are part of the interaction between athletes however athletes are required to:

- Practice good sportsmanship at all times;
- Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways;
- Be responsible for their own safety and the safety of others;
- Know, understand and follow the Rules
- Obey instructions from race officials.
- Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.
- Not use abusive, derogatory or inflammatory language.
- Inform a Technical Official immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result in a suspension.
- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- Not dispose of litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.
- Not attempt to gain unfair advantage in any way.

2.2. Health

- 2.2.1. SPARTAN 100M is strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare are of paramount importance. By starting in a race, the athletes declare they are in good health and are in physical condition to complete the race without negative consequences.
- 2.2.2. A 2 minutes time limit is in place. An athlete taking longer than 2min will be removed from the course and his run considered DNF.

2.3. Eligibility

- 2.3.1. All athletes must be older than 14 years of age at the day of the event.

2.4. Footwear

- 2.4.1. Athletes must wear a covering for their feet while competing on the course.
- 2.4.2. Footwear must be:
- closed toed - no flip flops, sandals or any footwear of any type that could catch on an obstacle
 - free of all external hard objects, for example spikes or traction devices
 - free of external metal, ceramics, exotic or composite materials that could cause damage to obstacles or other athletes.

2.5. Other Equipment

- 2.5.1. Equipment other than footwear, apparel and gloves are prohibited.
- 2.5.2. Glasses are allowed provided they are securely attached to the athlete.
- 2.5.3. Bottles and other loose items are prohibited.

2.6. Race numbers

- 2.6.1. Athletes must be wearing at all times the wristband received at registration.
- 2.6.2. Race numbers are assigned by Spartan prior to the start of the event.

2.7. Timing and Results

- 2.7.1. The athlete who has the shortest time from the start signal to the moment when they press the finish

button will win the race (gun time protocol).

2.7.2. Official Videography might be used as a backup at the finish line and for verification, if needed.

2.7.3. If the tie happens in the qualification round, position will be determined by a random protocol -like a coin flip- in order to allocate their spot in the final table.
If there is a tie during the knockout stage, the run will have to be done again to determine the winner.
If two athletes tie for a place, and their performances cannot be separated, they will be awarded the same rank and will share the combined cash prize allocated to their position and the next one splitted half and half. The next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing.

2.7.4. Results will include athletes who do not finish the race (DNF), those who do not start (DNS), and those who are disqualified (DQ).

3. PENALTIES AND RULES

3.1. The Course

3.1.1. The OCR 100 m course is a linear running track consisting of a start line, twelve (12) obstacles and a finish line.

3.1.2. The course has two lanes.

3.2. General Rules

3.2.1. Completion of all obstacles is mandatory.

3.2.2. Completion of an obstacle is when the athlete touches the bell for suspended obstacles or completes the obstacle as defined in the event competition rules (balance, walls, etc.). The attempt begins when **both feet** leave the ground, you may find a starting platform. Just touching the structure or the obstacle is not considered as an attempt.

3.2.3. An athlete failing an obstacle may attempt the obstacle a second time but must progress through the failed obstacle before starting the second attempt.

3.2.4. An athlete who fails to complete an obstacle on the second attempt must immediately leave the course and the attempt will be considered null (DNF).

3.2.5. An athlete who fails an obstacle is designated Did Not Finish ("DNF") in the results for that run and is not awarded a time.

3.2.6. Usage of gloves is **allowed** as long as not dropped on the course (littering) and worn or carried from the start.

- 3.2.7. Usage of **chalk** or similar items is **NOT ALLOWED**.
- Hands may be checked before each start
- 3.2.8. Shoes or other sportswear must not contain dangerous parts (metal spikes, etc...).
- 3.2.9. An athlete is obliged to go through and leave the course with all the items they started with. Leaving objects behind (gloves, shoes, etc) is considered littering and will lead to a DQ.
- 3.2.10. There are no time penalties.
- 3.2.11. Athletes finishing with the same time (measured to 1/1000th [0.001] of a second) shall be awarded a tie. Timing may include mechanical, videographic and photographic.
- 3.2.12. Failure to comply with the Rules may result in an athlete being verbally warned, subject to disqualification, suspension, or expulsion. At the discretion of the organisers.
- 3.2.13. An athlete may be issued a verbal warning or disqualified for failing to abide by the Rules.
- 3.2.14. The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created.
- 3.2.15. The starting protocol provides that the athlete has both feet on the starting platform.
- 3.2.16. In case of rain or risk of rain the race could be suspended or "Rain Protocol" could be applied: in suspended obstacles the first hold will be mandatory and so will the first step.
- 3.2.17. Qualification rounds will either be with or without "Rain Protocol" for their full duration.
- 3.2.18. Elimination rounds "protocol" will be evaluated one by one (i.e. phase by phase or pair by pair)

3.3. Verbal Warning

- 3.3.1. The purpose of a verbal warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials.
- 3.3.2. A verbal warning may be given when:
- An athlete violates a rule unintentionally
 - A TO believes a violation is about to occur
 - No advantage has been gained

3.4. Disqualification

A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, interference with other athletes, dangerous or unsportsmanlike conduct or failure to assist an athlete in distress.

3.5. Protests

3.5.1. Filing a Protest

- A written protest must be accompanied by a 50 Euros fee.
- The filing fee will be returned if the protest is upheld

3.5.2. **Notification of a Protest.** A protester must verbally notify finish line staff within five (5) minutes of crossing the finish line.

3.5.3. Proper Subject of Protest.

- No protest may be filed with respect to matters which were observed by or previously ruled upon by a race official.
- No person may file a protest which requires a judgement call. A "judgement call," as used in these Rules, means the resolution of a dispute involving one or more material facts which cannot be determined with certainty solely through the production of tangible physical evidence. Physical evidence may include images and/or video.
- The term "judgement call" shall include but shall not be limited to a resolution of:
 - o allegations of blocking, obstruction, or interference; or
 - o allegations of unsportsmanlike conduct.
- Any protest filed in contravention of this Section shall be summarily dismissed under the next section

3.5.4. **Standing to File Protest.** Protests may only be filed by participants who were directly and personally involved in any incident relevant to the protest, and who possess direct, detailed, and personal knowledge of the subject of the protest.

3.5.5. Process of Protest.

1. A race protest must be verbally given to the Race Referee, within 5 minutes of the athlete completing the qualification heat. If evidence is required, the protestor must provide that evidence, complete and deliver the race protest form to the Race Referee, within 30 minutes.
2. The Race Referee and the Spartan Race Director, will then review the protest to make a protest decision.
3. The protest decision is then final.
4. During the finals, there is no scope to delay the competition, therefore only verbal protests will be accepted, and given to the Race Referee, within 5 minutes of the athlete finishing their finals heat.
5. The process is then as per numbers 2. and 3.

4. CONDUCT

4.1. General Rules:

The athletes will:

- 4.1.1. Run, walk, climb, crawl, slither scramble or otherwise propel themselves across, under, over or through the obstacles.
- 4.1.2. Display the official race number
- 4.1.3. Run with shoes. Bare feet are prohibited on any part of the course.
- 4.1.4. Not intentionally block another athlete. Blocking will result in disqualification.

4.2. Finish Definition:

An athlete will be judged as "finished," the moment he pressed the finish button. If at the knockout stages the finish button fails to record a time the winner of the round can be defined by video recording if available. If Head Referee judges that the finish time or the identification of a winner of the run is possible the run will be considered as null and athlete will have to re do that run.

4.3. Safety Guidelines:

The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

4.4. Illegal Equipment:

- 4.4.1. Headphone(s) and headset(s), or any other electronic listening communication device.
- 4.4.2. Glass containers
- 4.4.3. Chalk or "sticky" substances or any products designed to enhance the natural grip of the athletes

5. OBSTACLE CONDUCT

5.1. General Rules:

An athlete shall:

- 5.1.1. Use any means to self-propel themselves through, up, over, down or under and obstacle as proscribed by the specific race rules.
- 5.1.2. Not intentionally impede the progress of another athlete.
- 5.1.3. Not move in a manner that may cause harm to themselves or other athletes.
- 5.1.4. Not intentionally interfere with another athlete.
- 5.1.5. Not purposefully display nudity or other indecent exposure.
- 5.1.6. Completion of all obstacles is mandatory.
- 5.1.7. Maintain forward progress on all obstacles.
- 5.1.8. Follow the course route as intended.

5.2. False Start

- 5.2.1. When the start referee says “On your marks” athletes have 5 seconds to press the starting block
- 5.2.2. Once both athletes have their foot pressing the starting block the start referee will announce “Set” and the countdown will start
- 5.2.3. If one athlete releases the starting block before the countdown reaches “Go” the athlete will be considered a false starter.
- 5.2.4. In case of a false start BOTH athletes have to stop their run and restart it.
- 5.2.5. Only one false start is allowed per run. A second false start at the “second start” of the same run will disqualify the athlete who did the false start on that run. During the qualifying phase the athlete not DQed after a second false start will be allowed to restart and complete his run alone on the course. During the Final phase the athlete who hasn't been DQ will move into the next stage.

6. COMPETITION IN QUALIFYING ROUND FORMAT

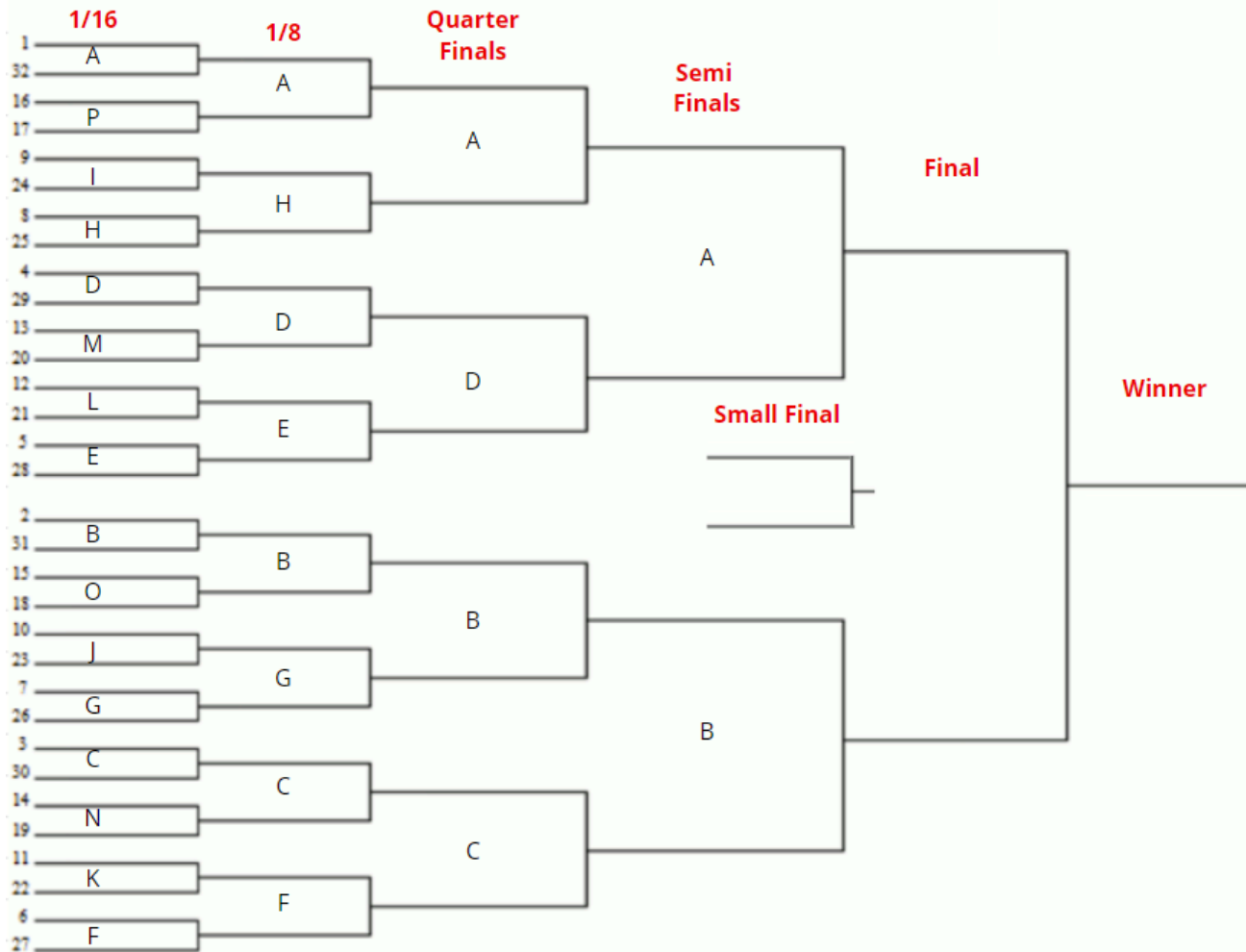
6.1.General

The competition will consist of two phases: a qualifying phase based on the individual timing of the athlete and a final phase for the top 32 times going head to head in knockout duels.

6.2.Rounds

- 6.2.1. Qualifying round on Friday 11th. Two runs per athletes
- 6.2.2. Athletes will be randomly allocated a time for their first qualification run.
- 6.2.3. Lane attribution will be done randomly before stepping into the start step during the Qualification round.
- 6.2.4. The order of the second run will be determined by the time of the first run of the athlete. Athletes with the slowest time will start first and the order will follow the reverse ranking of the run #1 of the athletes. (the fastest athlete on the run #1 will start their run #2 the latest)
- 6.2.5. Athletes must be in the warm up area minimum 15 minutes before their allocated start time. Failure to do so will result in a DNF for that run. RD might allow the athlete to run later than its allocated time slot at his discretion.
- 6.2.6. Maximum time to complete a run is 2 minutes 0 seconds. Athletes who have not pressed the finish button will be removed from the course and considered as DNF.
- 6.2.7. The time of the athlete's best run will determine the final ranking of the Qualification round. The top 32 times of each gender will qualify those athletes for the final phase.
- 6.2.8. Final phase will be a knockout phase where the winner of the duel qualifies to the next round. Athlete's times do not define the access to the next stage. -i.e. if an athlete realised the 5th fastest time of the round of 32 but has lost his duel he will not qualify to the round of 16. If an athlete realises the 5th slowest time of the round of 32 but has won his duel he has qualified to next level-
- 6.2.9. Ranking from the Qualification round will define where the athlete will start in the final table. Slowest time will be facing the fastest time in the round of 32, Second slowest time will face the second fastest time, ect -see Table below-

6.2.10.



6.2.11. During the final phase the athlete with the fastest Qualification time will have the choice of his lane.