

WORLD'S TOUGHEST MUDDER

2025 OBSTACLE, PENALTY, & CHALLENGE RULES

OVERVIEW: The following outline of individual obstacle rules exists as an addendum to the Official Rules of Competition. Final enforcement and adjudication of these rules will be at the authority of the Race Director. Any appeals on the decision of an obstacle monitor should be made directly to the Race Center. Alterations to the obstacles and/or penalties may occur at any point during the event at the discretion of TMHQ Staff.

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**Indicates Penalty*

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GENERAL RULES:

- **ALL PARTICIPANTS:**

- All obstacle opening times are approximate and subject to change.
- Obstacle openings may be adjusted at the discretion of the Race Director and TMHQ staff.
- Obstacles may also be intermittently or permanently closed for weather, safety and staffing reasons.
- Volunteers and Pit Crew are not allowed to assist participants on course via physical contact, including the completion of obstacles, or provide any food, beverage, clothing, supply, or electronic communication.
- Participants may assist and be assisted by other participants unless explicitly noted below.
- Participants must complete their own penalties.
- Volunteers are not permitted to provide assistance in obstacle completion.
- Participants that fail an obstacle on their first attempt may be directed to a designated retry-lane for subsequent attempts.

- **TEAM RELAY:**

- All individuals must complete every obstacle and/or attempt the obstacle and perform the associated penalty during an active lap.
 - Obstacles can be bypassed via the redemption of Obstacle Bypass Wristbands. One (1) wristband grants the bypass of one (1) athlete. One (1) wristband does not grant the bypass of one (1) team.
 - Team members on an active lap together are allowed to redeem an obstacle bypass wristband at different obstacles. Team members are no longer required to partake in an obstacle bypass at the same obstacle on the same lap.
 - All athletes registered to a team must complete the first -and- last lap of the race together, as a full team. All other laps may be completed (with the exception of the first and last lap) by only 1 team member on-course at a time, regardless of the overall size of the team. Teams may complete laps with 2 or more team members if desired.
 - Team members on an active lap will no longer need to cross timing mats within 60 seconds of each other (with the exception of the first and last lap).
 - Only the individual(s) that failed the obstacle must complete the associated penalty. Team members will no longer be required to complete a penalty if any single team member is unable to complete the associated obstacle
 - Each team will have one (1) Team Timing Chip. Each team athlete will have their own individual timing chip and will be eligible for individual mileage rewards, including mileage patches, bibs, and belt buckles. Only miles run by the individual athlete, not that of the team, will count

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towards individual mileage awards. Only miles calculated by the Team Timing Chip will count towards Team Relay awards / prizes.

- The team timing chip will be assigned and distributed via the Timing Team at the Race Center. If you are a Team Participant, please proceed to the Race Center after registration to ensure that everything is set up properly

- **ADAPTIVE ATHLETES:**

- Athletes that have registered in an Adaptive Athlete category may be eligible for alternative completion criteria, which may include:
 - The option to proceed directly to a penalty without attempting an obstacle
 - The option to complete an obstacle with alternative completion criteria
 - An alternative penalty option
- Unless specifically noted in this document, adaptive athletes must request and receive approval for exemptions and/or modified standards from the Race Director **before** the beginning of the event
- Approved exemptions and/or modifications will apply for **all** athletes within an Adaptive Athlete subcategory for the duration of the event

A complete list of the rules can be found online at the following [link](#)

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OBSTACLES & PENALTIES

1. BREXIT BARRIER

- a. Completion: Required
- b. Open Time: 9:00 PM - END
- c. Description: Two rows of same height Hero Walls, interspersed with 1 row of low crawl under walls.
- d. Details:
 - i. Participants must jump, climb or be lifted over the Hero Wall before climbing down the other side
 - ii. Participants must crawl under the net and then continue under the low walls
 - iii. Participants may not use ratchet straps or any other structural supports to assist in climbing over, or pulling themselves under, the walls, including the wooden braces at the bottom of the walls
 - iv. Participants must go over the top of the Hero walls and under the low walls and are not permitted to climb/walk/crawl around the side.

2. TWINKLE TOEZZZ

- a. Completion: Penalty if not completed
- b. Open Time: 4:00 PM - END
- c. Description: A traverse up, along and down a narrow wall or beam approximately 3-4' tall.
- d. Details:
 - i. Participants must traverse along the beam without using any part of their body other than their feet, and without touching the ground.
 - ii. If, at any point between the start and finish, any part of a participant's body makes contact with the ground, they have failed the obstacle and must take the penalty or retry without impeding another participant's progress.
 - iii. A participant may not receive assistance from another participant at any time on this obstacle
 - iv. Participants may attempt the obstacle as many times as they wish

e. PENALTY: GRAND NATIONAL

- i. Upon failure of Twinkle Toezzz, participants will be directed to the penalty loop
- ii. Participants must mount a space hopper, wrapping their legs around the inflatable
- iii. The participant will begin the loop at the "Penalty Loop Entrance" sign
- iv. Participant's butts must maintain contact with the inflatable when progressing forward in the penalty
- v. Participants will bounce through a 20+ yard course on the inflatable.
- vi. Participants may not walk or waddle, they may only make forward motion by bouncing
- vii. The participant will end the loop at the "Penalty Loop Exit"

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3. SKIDMARKED

- a. Completion: Required
- b. Open Time: 6:00 PM - END
- c. Description: An 8 foot inverted wall.
- d. Details:
 - i. Participants must approach the wall from the inverted side, mount the wall from the ground and traverse over the wall to the exit side
 - ii. Participants may not use angled braces, ratchet straps, or any other structural supports to assist in climbing over the wall
 - iii. Participants are not permitted to climb/walk/crawl around the side

4. PYRAMID SCHEME 2.0

- a. Completion: Required
- b. Open Time: 3:00 PM - END
- c. Description: Participants climb into a water pit and over the straw bales and then create a human pyramid on the wall to help each other reach the top platform.
- d. Alternatively they are permitted to climb under the fitted net and/or rope if fitted to pull themselves up the obstacle face.
- e. Details:
 - i. Participants must not run up the obstacle, they either create a human pyramid or use the net/rope.
 - ii. Nets and/or ropes can only be added or removed from the obstacle by TMHQ staff; participants and volunteers may not add or remove ropes to the obstacle.
 - iii. Participants must climb under the net if in place.
 - iv. Participants cannot hold the edges or edge handrails.
 - v. All participants must enter at the front of the water pit.
 - vi. All participants exit via the ladder on the rear descent.

5. FIRE FLY

- a. Completion: penalty if not completed
- b. Open Time: 8:00 PM - END
- c. Description: Participants must climb up the ladder and jump off a 3m platform into a water pit, aiming to hit a bell on the end of an outstretched pole. At intermittent times; there may also be flames for the participants to jump over before reaching the bell.
- d. Details:
 - i. Participants must not run up the ladders.
 - ii. Participants must stay within one lane and adhere to the information being told to them by the Obstacle Staff.
 - iii. Participants must jump off the platform from a standing position, or single step motion. No running on the platform is allowed.
 - iv. Participants have 30 seconds from entering the jump area to attempt the obstacle. Failure to jump within 30 seconds will result in the

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participant being asked to move back to allow others to go or take the penalty.

- v. Participants must jump off the platform from behind the marked line.
- vi. Participants must not hold the upright scaffold structure to assist with momentum whilst jumping.
- vii. Participants must hit the bell on their way down. Failure to do so results in a penalty.
- viii. Once in the water, participants must swim forwards and exit out of the front of the pit.

e. **PENALTY: KNOT A CHANCE**

- i. Upon failure Participants will be directed to the penalty area.
- ii. Participants must pick up a piece of rope from the table.
- iii. Each piece of rope will have a number of knots tied along it.
- iv. Participants must undo each knot one by one until the piece of rope has no knots along it.
- v. Once the knots have all been undone, participants must show the penalty area staff their piece of rope.
- vi. If cleared to move on, participants must hand the piece of rope to the penalty area staff.
- vii. Only penalty area staff or TMHQ can re-tie knots into the rope for the next participants.

6. RAT FROST

- a. Completion: Required
- b. Open Time: 2:00 PM - END
- c. Description: Participants must crawl face down through a set of tubes into a pit of ice water. The obstacle may be run in reverse, where participants enter the water pit first and then climb through the tubes.
- d. Details:
 - i. Participants may not exit the sides of the pit
 - ii. No jumping into or over the pits, or climbing on top of the tubes.
 - iii. Participants may use ropes to exit the pits and in the tubes, if present. Ropes can only be added or removed from the obstacle by TMHQ staff; participants and volunteers may not add or remove ropes to the obstacle

7. KISS OF MUD

- a. Completion: Required
- b. Open Time: 2:00 PM - END
- c. Description: A low to ground crawl through mud under a barbed wire structure, sitting at 18-24 inches off the ground.
- d. Details:
 - i. The crawl out must be completed in a forward linear direction toward the exit; no exiting via the side of the obstacle is permitted

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- ii. All body parts must stay under the barbed wire for the entire length of the obstacle

8. CHUNKY MONKEY

- a. Completion: Penalty if not completed
- b. Open Time: 8:00 PM - END
- c. Description: An angled monkey-bar climb, with a rotating section, over a 5-foot deep water pit to a horizontal wheel, followed by vertically mounted rotating wheels and a 4-foot hanging pipe.
- d. Details:
 - i. Participants must use only their hands to complete the entire obstacle
 - ii. Any contact with the water is considered a failure. Upon failure, the participant must fully submerge their body in the water before taking the penalty
 - iii. Participants may attempt the obstacle as many times as they wish, but a failure of any section requires complete restart of the obstacle from the beginning.
 - iv. Participants must attempt the obstacle, prior to taking the penalty. An attempt is constituted by full body submersion in the water.
 - v. A participant may not receive assistance from another participant at any time on this obstacle
- e. **PENALTY: HIGH TEA**
 - i. Upon failing the obstacle, the penalty staff will provide a spoon to each participant
 - ii. Using only the provided spoon, participants must retrieve spoil from the spoil pile and transport it to a cup on a table.
 - iii. Participants may not use their hands or any other body parts/equipment to transfer spoil to the cup
 - iv. Once the cup is filled, the penalty staff will inspect it and confirm that the penalty has been successfully completed
 - v. Once successfully completed participants need to empty the cup back onto the spoil pile, and replace it on the table before moving on.

9. BLOCKNESS MONSTER

- a. Completion: Required
- b. Open Time: 6:00 PM - END
- c. Description: Traverse over two rotating blocks in a 5 foot deep water pit.
- d. Details:
 - i. Participants will enter the water and traverse over two large rectangular rotating blocks before exiting the pit via cargo net.
 - ii. Participants may not use the edges of the pit, ladders, or any other structural elements of the structure to complete the obstacle
 - iii. Blocks do not need to be rotated whilst completing the obstacle
 - iv. Participants may not jump into the water pit

10. NETFLICKS AND CHILL

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- a. Completion: penalty if not completed
- b. Open Time: 2:00 PM - END
- c. Description: A low to ground rig that is to be traversed backwards with hands and feet, without any part of the body touching the ground.
- d. Details:
 - i. Participants must crawl under the obstacle and turn to face the net.
 - ii. There will be a line marked on the floor near the start of the obstacle, at this point participants must have their hands and feet on the net ready to complete the obstacle.
 - iii. Participants must traverse the net backwards using hands and feet, without any other body part touching the floor.
 - iv. Participants must hit the bell at the end of the obstacle before any body part may touch the ground to be classed as a successful completion.
 - v. If, at any point between the start and finish, any part of a participant's body makes contact with the ground, they have failed the obstacle and must take the penalty or retry from the start without impeding another participant's progress.
 - vi. A participant may not receive assistance from another participant at any time on this obstacle
 - vii. Participants may not use any part of the truss structure to complete the obstacle
 - viii. Participants may attempt the obstacle as many times as they wish
- e. **PENALTY: BOULDERDASH**
 - i. Upon failure of Netflicks and Chill, participants will be directed to the penalty loop.
 - ii. Participants must Bear Crawl from the start of the penalty loop to the mid way point, whilst pushing a medicine ball.
 - iii. To Perform the Bear Crawl:
 - Move forward by simultaneously moving the right hand and the left leg in a crawling motion without the knees touching the ground.
Switch sides immediately after placing weight on the right hand and left leg, moving the left hand and right leg forward.
 - Continue in a crawling motion, moving forward towards the exit of the penalty loop.
 - iv. The participant is allowed to stop and place their knees on the ground during the attempt, but may not move forward, or move the medicine ball; with their knees touching the ground.
 - v. Once participants have reached the halfway point, they must pick up their medicine ball and carry it to the end.
 - Participants can only move forwards whilst they are carrying the medicine ball. If they drop the medicine ball they must stop and pick it up before moving on.

11. MOAT-ER FLOATING

- a. Completion: Required

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- b. Open Time: 1:00 PM - END
- c. Description: A walk/wade through an existing body of water; averaging waist deep water
- d. Details:
 - i. Participants may only make forward progress within the water **and** within the bounds of the course marking
 - ii. Participants must not leave the water until they reach the designated exit point, as marked with course tape, pennant flag, and/or signage

12. LUCIFER'S LUGGAGE

- a. Completion: Required
- b. Open Time: 7:00 PM - END
- c. Description: A sandbag carry through a marked loop with a cargo net crawl within it. The loop may also include other obstacles within its course which need to be traversed.
- d. Details:
 - i. Participants must be in possession of the sandbag throughout the whole duration
 - ii. Participants must traverse any additional obstacles within the marked course as stipulated by TMHQ whilst in possession of the sandbag
 - iii. Participants must return the sandbag to where it was collected

13. POLE DANCER

- a. Completion: Penalty if not completed
- b. Open Time: 10:00 PM - END
- c. Description: A traverse across horizontal parallel hand bars.
- d. Details:
 - i. Participants must traverse through the obstacle in a forward direction toward the exit.
 - ii. Participants must use hands and arms only on the horizontal hand bars. No other body parts are permitted to be used.
 - iii. The structure above the hand bars is not permitted to be used at any point.
 - iv. Failure of the obstacle is constituted by any part of the participant's body making contact with the ground prior to completing the obstacle
- e. **PENALTY: RAM IT**
 - i. Upon failure of Pole Dancer, participants will be directed to the penalty area.
 - ii. Participants must select a RAM and proceed to do 15 weighted burpees.
 - iii. To Perform a burpee:
 - Begin in a standing position. Position your feet shoulder-width apart. Keep your back straight, your chest out and your arms lowered holding the RAM..
 - Drop into a squat. Bend your knees, driving them out slightly past your toes, while bringing your butt down. Keep your feet flat on the floor. Place your RAM on the floor in front of your feet.

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- Kick your legs back into a high plank position. Your body should be in a straight line from shoulders to heels. Lock your arms in place. Keep your head straight, eyes looking slightly ahead.
 - Lower toward the ground. Bend your elbows and bring your body toward the floor. (Basically, the bottom part of a push-up.) Keep your body straight and your core tight.
 - Rise back to high plank. Focus on keeping your body straight.
 - Return to a squat position. Jump your legs forward. When you land, make sure your feet are flat on the floor. (Your positioning at the end of this move should be the same as in Step 2.)
 - Jump! Reach your arms up and raise the RAM above your head as you launch toward the sky.
 - Repeat 15 times
- iv. The participant must count their burpees aloud.
 - v. If a participant's burpee(s) is not considered to be a completed rep by obstacle staff, they will be required to reset their count to the last successful repetition
 - vi. Upon completion of 15 confirmed burpees, the participant must put their RAM back where they found it before continuing on the course.

14. EVEREST

- a. Completion: Penalty if not completed
- b. Open Time: 1:00 PM - END
- c. Description: Run up and over a quarter pipe, using the top ledge to pull themselves up to the top elevated deck, there may be ropes to assist. Throughout the event, TMHQ may reverse the obstacle. This method forces participants to climb up the exit, sit on the top ledge and slide down the quarter pipe face.
- d. Details:
 - i. Participants must run up the ramp and attempt to pull themselves over the top of the wall.
 - ii. Participants must climb up the quarter pipe under their own power, with the assistance of ropes (if present), or with the assistance of other participants. If reversed, participants may use the ladder on the rear of the obstacle to climb to the top.
 - iii. Ropes can only be added or removed from the obstacle by Tough Mudder HQ staff; participants and volunteers may not add or remove ropes to the obstacle
 - iv. Failure to complete the obstacle will result in the penalty
 - v. Participants may attempt the obstacle as many times as they'd like
- e. **PENALTY: LIFE'S A DRAG**
 - i. Upon failing, participants will be directed to the penalty loop
 - ii. Participants must pick up two of the black rubber mats, allowing one edge of each to still reach the floor

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- iii. Participants must drag the set of mats when progressing forward through the penalty loop. Participants cannot lift the mats entirely off the floor
- iv. Participants will drag the set of mats through a 100 meter course
- v. The participant will end the loop and place mats back on the pile.

15. RAIN MAN

- a. Completion: Required
- b. Open Time: 4:00 PM - END
- c. Description: A shallow water pit with chain link fence panels over the surface of the water, with a sprinkler system spraying water over them; alternating fence panels are blacked out with plastic or separated by hanging mop heads.
- d. Details:
 - i. Participants must enter the obstacle from the entry side of the pit and traverse in a linear path to the exit of the pit
 - ii. Participants must traverse the water pit face-up and head first. Participants must fully submerge their head to traverse under the duck-under points within the obstacle, if present.
 - iii. If a participant exits the pit prior to the marked exit, whether by opening a fence panel or otherwise, they must retry the obstacle from the beginning.

16. MUD MILE

- a. Completion: Required
- b. Open Time: 5:00 PM - END
- c. Description: An extended series of deep excavations with angled mud walls, requiring participants to slide into and climb out of consecutive mud pits.
- d. Details:
 - i. Participants must slide on their feet or backside into each pit, and climb out the opposite wall, traversing over the mound into the next pit
 - ii. Participants may not exit the sides of the pit
 - iii. No jumping into or over the pits
 - i. Participants may use egress ropes to exit the pits, if present. Ropes can only be added or removed from the obstacle by TMHQ staff; participants and volunteers may not add or remove ropes to the obstacle

17. STAIRWAY TO HEAVEN

- a. Completion: Required
- b. Open Time: 9:00 PM - END
- c. Description: A vertical net climb
- d. Details:
 - i. Participants must mount the obstacle from the entry side, climbing the net to reach the top
 - ii. Participants must traverse over the top, and come down the rear side of the obstacle

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- iii. Participants may not use the truss supports of the structure to ascend or descend the obstacle

18. SWINGS BOTH WAYS

- a. Completion: penalty if not completed
- b. Open Time: 7:00 PM - END
- c. Description: An above-ground lateral traverse across several sections of variable holds and sections of obstacle
- d. Details:
 - i. From the start bar, participants must complete the obstacle by first traversing a section of Just the Tip using only their hands/arms; then transitioning onto a hanging wall section where they are able to traverse the with hands/arms and feet using the red attachments. The final section is a hand only shuffle along a hanging horizontal bar.
 - ii. If, at any point between the start and finish, any part of a participant's body makes contact with the ground, they have failed the obstacle and must take the penalty or retry from the start without impeding another participant's progress.
 - iii. A participant may not receive assistance from another participant at any time on this obstacle
 - iv. Participants may not use any part of the truss structure to complete the obstacle
 - v. Participants may attempt the obstacle as many times as they wish
 - vi. Participants must hit the bell at the end of the obstacle, before any body part touches the floor to be classed as a completion.

e. **PENALTY: BALLS DEEP**

- i. Upon failing, participants will be directed to Balls Deep.
- ii. Participants will search the ball pit until they find an item hidden within it.
- iii. Participants will present the item to the Volunteer for confirmation.
- iv. Upon finding the item, the participants must give it to the Volunteer
- v. Participants may only continue on the course path after the Volunteer has confirmed that they found the correct item.
- vi. Participants may not take an item from the ball pit away from the penalty area. Failure to comply will result in disqualification.
- vii. Participants may not take more than 1 ball or item from the ball pit at a time.

19. MUDDERHORN

- a. Completion: Required
- b. Open Time: 3:00 PM - END
- c. Description: Climb up a 10ft entrance wall to a large ascending cargo net. Climb the cargo net up to the top of the structure, reverse direction, and climb down.
- d. Details:
 - i. Participants must scale the entry wall to reach the cargo net

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- ii. Participants must climb using hands and feet; tumbling down the net is not an acceptable exit method
- iii. Participants must climb under the safety net

20. ELECTROSHOCK THERAPY

- a. Completion: Penalty if not completed
- b. Open Time: 11:00 PM - END
- c. Description: Participants traverse through a field of hanging electrified wires over a series of mud pits.
- d. Details:
 - i. Participants may run, walk or crawl through the obstacle.
 - ii. Participants may not exit out the side of the obstacle; if they exit outside of the side the obstacle will be deemed incomplete.
 - iii. Intentionally dismantling any electrical elements, including wires, will result in immediate disqualification
 - iv. Participants are not required to attempt this obstacle and may proceed directly to the penalty

e. **PENALTY: FRICKIN' LASERS**

- i. Upon failing, participants will be directed to the penalty area where they must pick a lane.
- ii. Participants must stand in front of the lane with both feet on the ground, without support from the table.
- iii. Participants must pick up a Laser Pistol from the table, press the trigger and hit any section of the corresponding target to activate the 5 dots.
- iv. Once the 5 dots appear, the participant has 50 seconds to aim the laser pistol and hit the centre black section of the target 5 times.
- v. When a correct hit is recorded, this will turn one of the dots on the target green.
- vi. The participant can move on from the penalty when there have been 5 recorded hits of the target (5 green dots) or 50 seconds is up, whichever comes first.
- vii. Participants must place the Laser Pistol back on the table in the correct lane before they move on.