

CONQUER THE GAUNTLET ELITE RULES AND REGULATIONS

There are three overarching rules that all athletes must abide by at Conquer The Gauntlet:

1. Be Safe
2. Run with Integrity
3. Have fun

Athletes competing in the Elite Wave must be registered for the event prior to entering the Start Corral. Athletes in the Elite Wave must arrive and be in the Start Corral at the time the gun is fired and the Elite Wave begins. All athletes must climb the Start Wall to enter the Start Corral.

Athletes competing in the Elite Wave must put on an Elite Belt. Elite belts will be provided to you at the Start Line. Each athlete will take one belt and only one belt. The belt must be worn on the course and be visible at all times. The belt must be on the outside of all clothing and may not be covered in any way. Any attempt to conceal the belt will result in disqualification.

Athletes must run the entire course and complete all obstacles successfully per the rules to be designated an Elite Finisher and be eligible for podium and other awards.

Conquer The Gauntlet is a mandatory completion obstacle course race. If you cannot do the obstacles, you cannot complete this race as an Elite Finisher. If you want to be designated an Elite Finisher at CTG, you must complete all the obstacles. We do not do burpees or other penalties in place of obstacle completion.

General Course Rules:

1. Athletes may not enter the course or touch any obstacles for any reason at any time prior to the race. The course will be closed to **ALL** athletes competing in the Elite Wave until the gun is fired. Athletes must stay on the course at all times during the race.
2. Athletes must carry all gear and accessories with them at all times. Anything you take on the course with you must go through the entire course (including obstacles) with you from start to finish.
3. Athletes may not receive assistance of any kind from staff, spectators, or other athletes. Athletes may not come into physical contact of any kind with staff, spectators, or other athletes. Athletes may not use or obtain any gear or accessories from staff, spectators, or other athletes (i.e. towels, food, drink). Exception: Athletes may obtain water from staff or other assistance if deemed necessary by staff or medical personnel. Athletes may obtain water from the water stations.
4. Athletes may not cut the course or skip any portion of the course. If it is determined that you have intentionally skipped any portion of the course, you will be disqualified from the race and ineligible to run the Elite Wave for one calendar year. If it is determined that you have skipped any portion of the course by mistake, we will return you to where the mistake occurred and you may continue through the course from that point.
5. If an athlete fails an obstacle, the athlete may attempt the obstacle as many times as desired. If the athlete cannot complete the obstacle and chooses to move forward through the course, the athlete **must** remove the belt and can no longer be in contention for the Elite Finisher designation or any cash or podium awards. Course cut off time will be when the last open wave runner completes the obstacle at which you are stuck.
6. If an athlete fails an obstacle, the athlete must use the retry lanes if there are others waiting to complete the obstacle. Male athletes **MAY NOT** use the female lane of an obstacle at any time.

Female athletes **MAY NOT** use the male lane of an obstacle at any time. Retry lanes are gender neutral unless otherwise specified. Retry lanes are first come, first served, whether you have a belt or not.

7. Obstacle staff and course marshals make the final call as to obstacle completion or failure. Arguing, debating, complaining, or bad mouthing the officials will not be tolerated. We understand this is important to you, you've trained hard and you want to succeed, but temporary failure is a part of life. Accept the official's decision, learn from it, grow from it, train harder, and come back ready to conquer.
8. Gun time will be the final determining factor for placement in the Elite Wave. The first three male and female Elite Finishers, respectively, to cross the finish line will be the top three overall per gender. If you lose your timing chip, or your timing chip malfunctions, we will use gun time to determine placement. However, if there is a tie and we cannot determine who crossed first, we will use chip time to determine placement.
9. Athletes that cross the finish line with their Elite Belt, having completed the entire course and all obstacles will be designated as CTG Elite Finishers. To obtain this distinction, athletes must go to the timing trailer immediately upon completing the race. At the timing trailer, the athlete will turn in their belt and give their name and bib number. The athlete will receive their CTG Elite Finisher Band and be placed on the Elite Finisher Timing Sheet. Any athlete who fails to complete this process will not receive their Elite Finisher Band or be placed on the Elite Finisher Timing Sheet.
10. Awards will be given for the top three overall male and top three overall female Elite Finishers. The top three male and top three female champions will receive \$300, \$200, and \$100, in order of their placement. They will also receive one free registration to defend their championship. The top overall male and female will each receive the highly coveted Gauntlet Trophy. The second and third place male and female will receive medals for their placement. All male and female Elite Finishers will receive recognition during the podium awards ceremony, which will take place between 10:00 am and 11:00 am on race day. Athletes may wear the attire of their choosing on the podium, so long as it is appropriate.

OBSTACLE RULES

Stairway to Heaven- Athlete must start on the entry platform, traverse up the stairs, transfer, and traverse down the stairs, finishing on the exit platform. Athlete must traverse the underside of the steps using hands and arms. Athlete may not touch steps or obstacle with feet or legs while traversing. Once on the final step, athlete may use legs to aid in exiting obstacle. If any part of the athlete touches the water, they must retry the obstacle. Once feet are planted on the exit platform, the obstacle has been completed. Athlete must carry all items brought on course with them over the obstacle. All lanes are gender neutral. Retry lane will be the far left and right lane, as needed.

Pegatron- Athlete must start on entry block, using two pegs and feet to traverse the first section of the obstacle. Athlete must traverse the middle section using two pegs only. Athlete must insert the pegs from the front of the obstacle. Athlete may not use hands or fingers in the peg holes. Athlete may reach out with legs to reach the final section. Athlete must traverse the final section using two pegs and feet. To complete the obstacle, athlete must ring bell using either their hand or the peg. Athlete may not throw peg to ring bell. If athlete falls off the obstacle or touches the ground, they must start the obstacle again from the beginning block. The female lane(s) have a block placed in the middle section. Female athletes may stop on the block, but at no time can they touch the ground. Males may not use the female lane **at any time**. Athlete must carry all items brought on course with them over the obstacle. The retry lane(s) will be the far-left lanes as needed.

Cliffhanger- Athletes must start on the entry platform and traverse up and down the monkey bars using hands only. Athletes finish on the exit platform. If any part of the athlete touches the water, they must retry the obstacle. No feet or legs are allowed on the monkey bars. Athlete must carry all items brought on

course with them over the obstacle. All lanes are gender neutral. The retry lane(s) will be the far left as needed.

Tarzan Swing- Athletes will use the grips to swing from the entry to the exit. Athlete must start by placing weight on the first grip and transferring through the grips, landing with at least one foot touching the marked finish line. The male lanes are the six lanes on the left, the female lanes are the six on the right, as marked. Athletes may retry in any lane. If there is a line, they must wait in it, per usual. Athletes may only hang from the grip. If the official judges the athlete to have hung improperly, the athlete must start again from the entry. Athlete must carry all items brought on course with them over the obstacle.

Continental Divide- Athletes traverse up the angled wall using the ropes for assistance. Athletes traverse down the backside using the ladder rungs. Athletes may not use the inner bracing for assistance. Athlete must carry all items brought on course with them over the obstacle. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Torpedo- Athletes climb the ladder rungs to the top platform. There athletes enter the slide tubes FEET FIRST and slide into the water pit. Athletes exit the water pit from the end using the net for assistance. Athletes MAY NOT go head first down the slide, doing so may result in disqualification. Athletes must carry all items brought on course with them through the obstacle. All lanes are gender neutral. Athletes MUST wait for their lane to clear before entering the slide tube.

Belly of the Beast- Athletes traverse up the balance beam to the platform using any part of the body. Athletes climb down the underside of the net using any part of the body and finish by ringing the bell. Once the bell is rung, athlete may drop to the ground. Athlete may use any part of their body to ring the bell. Athlete may not touch the ground before ringing the bell. Athlete may not traverse the top side of the net. Athlete must carry all items brought with them on course through the obstacle. All lanes are gender neutral. Retry lane(s) will be to the far left, as needed.

Hammer Time- Athletes swing the sledge hammer to drive the block down the channel and back. Block must contact end plate on both ends. Athletes may not push the block with the hammer, the hammer must be swung. After completion, athlete must set sledge hammer back for next competitor. If the block comes out of the channel, simply set it back in and continue from that point. If for any reason the lane is inoperable, move to another lane and perform the entire task.

Conqueror's Carry- Athletes must pick up the object and carry it through the marked section of the course. Athlete may not allow the object to touch the ground, unless instructed otherwise. If the object touches the ground, athlete MUST start again from the beginning. Athlete may carry the object in any way desired, but may not use apparel or accessories to assist them. Athlete must place the object in the marked area to finish the task. Objects are gender neutral unless otherwise specified. Athlete must carry all items brought on course with them through the duration of the carry.

More Cowbell- Athletes must climb the rope using any part of their body. Athletes must ring the bell using any part of their body. Once the bell is rung, the obstacle is complete. Athletes may not use any part of the structure to assist in climbing the rope. Athletes must carry all items brought on course with them as they climb the rope. Athletes may only use one rope at a time. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Z-Beam- Athletes must traverse the balance beams using any part of their body. Athletes must start at the entrance, as marked, and exit by touching the marked finish line with any part of their body. Athlete must touch the finish line before touching the ground behind the line. If any part of the athlete touches ground while attempting the obstacle, they must start again from the beginning. Athlete must carry all items brought on course with them over the balance beam. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Slack Line- Athletes must traverse up the entry ramp onto the platform and traverse the slack line using any part of their body. Athletes complete the obstacle by landing on the exit platform, exit ramp, or ground

past the exit platform. No body part may touch the ground inside the platforms or the athlete must start over from the beginning. Athletes may only use one slack line at a time. Athletes must carry all items brought on course with them over the slack line. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Inverted Ladder- Athletes traverse up the underside of the ladders, transfer over the top, and climb down the ladder rungs. Athletes may use any part of their body to traverse the rungs. Athletes may not use the support braces to climb the obstacle. Athletes must carry all items brought on course with them over the ladder. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Up From The Grave- Athletes must start on entry platform, enter the tube from the top side, climb down and exit the bottom of the tube and climb out of the exit side of the pit. Athletes MAY NOT go head first into the tube. Athletes must carry all items brought on course with them through the obstacle. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Great Wall of America- Athletes must traverse up the wall using ANY part of the structure. Athletes must go over the top of the wall and traverse down the back side. Athletes must carry all items brought on course with them through the obstacle. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Rockies- Athletes must traverse up and over all three angled walls. Athletes may not use the inner braces for assistance. Athletes must carry all items brought on course with them through the obstacle. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Walls of Fury- Athletes must traverse up and over all five walls. Athletes MAY NOT use A-Frame braces on the outsides. All other parts of the wall may be used. Athletes must carry all items brought on course with them through the obstacle. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Rubber Roadblock- Athletes must traverse up the tire wall, over the top, and down the back side. Athletes MAY NOT use A-Frame braces on the outsides. All other parts of the wall may be used. Athletes must carry all items brought on course with them through the obstacle. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Net Scrambler- Athletes must traverse up the net, over the top, and down the back side. Athletes may not use inner braces for assistance. All other parts of the structure may be used. Athletes must carry all items brought on course with them through the obstacle. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Boardwalk- Athletes must start on the entry platform and traverse the balance beam using any part of their body. Athletes complete the obstacle by landing on the exit platform or ground past the exit platform. No body part may touch the water, ground inside the platforms, or ground to the side or the athlete must start over from the beginning. Athletes may only use one balance beam at a time. Athletes must carry all items brought on course with them over the balance beam. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Razor's Edge- Athletes must crawl under the barbed wire from the entrance of the obstacle through the last string of wire. Athletes may not stand up while crawling under the wire. Athletes may not lift or alter the wire in any way except to become untangled if necessary. Athletes must carry all items brought on course with them through the crawl. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Flying Flames- Athletes must jump, step, or otherwise move over the burning logs. Athletes must carry all items brought on course with them over the fire. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Trenches- Athletes must traverse through the trench using any part of their body. Athletes must carry all items brought on course with them through the trenches. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

The Bog- Athletes must traverse the pit using any part of their body. Athletes must stay within the course markings at all times. Athletes MAY NOT jump into or over the pit. Absolutely NO DIVING or head first entry into the pit. Athletes must carry all items brought on course with them through the pit. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.

Barrels Beneath- Athletes must enter the pit and traverse either over or under the barrels and exit the pit. Athletes MAY NOT jump into or over the pit. Absolutely NO DIVING or head first entry into the pit. Athletes must carry all items brought on course with them through the pit. All lanes are gender neutral. Retry lane(s) will be to the left, as needed.