

NATIVEX

OBSTACLE FITNESS RACE



ELITE ATHLETE **RULES & GUIDELINES**

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ELITE WAVE RULES & GUIDELINES

GENERAL: ELITE athletes must be respectful and courteous to all competitors, spectators, race officials, and race staff. ELITE athletes may never intentionally impede or disrupt the progression of another competitor. Additionally, ELITE athletes must follow all rules in good faith, including adherence to course markings, rules for proper obstacle completion, and execution of required repetitions and form for functional fitness exercises. Failure to adhere to these guidelines may lead to ELITE Race disqualification.

COURSE PREVIEW – A race course map featuring all obstacles and functional fitness exercises will be made available in advance of any upcoming event. However, the Race Director has the ability to alter the course, including changing obstacles or functional fitness exercises, at his/her sole discretion and at any time leading up to the race.

RULE CHANGES: The NATIVE-X Race Director may change/alter the rules for an obstacle/exercise as needed at any time. If a race official instructs you to do something that is contrary to the written rules of an obstacle or functional fitness exercise, follow their verbal instructions. Failure to adhere to verbal instruction will result in ELITE Race disqualification.

OBSTACLE/FUNCTIONAL FITNESS EXERCISE COMPLETION: Athletes in the Elite Races must fully complete ALL OBSTACLES & FUNCTIONAL FITNESS EXERCISES as specified in course previews (or as instructed on race day), in order to be eligible for awards and cash prizes.

- ELITE athletes are not allowed to receive physical assistance from others during any obstacle or functional fitness exercise attempts. Spectators or fellow athletes may hand athletes snacks/beverages, towels, shoes/shirts, lifting belts (no lifting straps), gloves, and verbal encouragement as needed.
- ELITE athletes are allowed multiple attempts to fully complete obstacles. However, athletes making a second attempt, must allow athletes approaching for their first attempt, go ahead of them.
- ELITE athletes are allowed rest during repetitions of functional fitness exercises. However, if the athlete is resting, and another competitor needs use of the exercise equipment of the resting athlete, they will be given priority. For instance, if an ELITE athlete is resting after 12 reps of a 25 rep deadlift, and another athlete approaches for their first reps, the resting athlete must allow the approaching athlete to use their barbell until that athlete finishes, or needs a rest themselves.

ELITE RACE WRISTBAND: At check-in on Race Day, you will receive a rubber wristband that signifies which ELITE Race event you are participating in (2.5k - Grey Band; or 5k - Blue Band).

- This wristband must be worn on your RIGHT WRIST at all times of the race, so that race officials can easily identify your status as an ELITE Race participant.
- If you are unable to fully complete an obstacle or functional fitness exercise, you must remove your wristband and turn it into the nearest race official. You may continue to

finish the race, but will no longer have your wristband, and will no longer be eligible for awards or prizes.

- At the finish line, you must show the finish line race official that you are still in possession of your wristband. The race official will record your Name and Bib Number and you will be marked as having 100% completion of the race.

AWARDS: There will be awards and cash prizes for the Top 3 Overall Male and Female athletes in Elite Races (2.5k and 5k). There will be awards (but no cash prizes) for Top 3 Overall Male and Female Masters athletes (age 40+) in the Elite Races (2.5k and 5k). Athletes are only eligible for one award, meaning an Overall Award winner will not be eligible for a Masters award. Athletes must be in attendance at the Award Ceremony, in order to receive their awards or cash prizes.