

NATIVEX

OBSTACLE FITNESS RACE



COMPETITIVE ATHLETE

OBSTACLE & EXERCISE STANDARDS

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The Race Director may alter the Course, Obstacles, and Functional Fitness Exercises at his/her sole discretion. Be as prepared as possible, and expect the unexpected.

****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 COMPETITIVE Race disqualification.****

ZONE 1

Sand Bag Lunges - Athletes will complete forward Walking Lunges over a specified distance while carrying a Sand Bag. The Sand Bag may be held in any manner (shoulders, back, front, etc.) the athlete prefers, but may not be dragged along the ground. An Athlete may set the Sand Bag down as necessary, but may not progress forward while the bag is on the ground. The Athlete's back knee must touch the ground on every repetition.

Male = ~50# | Female = ~30#

10x Over Bench Burpees - Athletes will complete 10x Over Bench Burpees. Athletes will begin with both feet next to each other, beside a bench. Athletes will place their hands on the front of the bench, and then kick their feet up and over it, so that they land on the other side of the bench. They will then drop their entire body to the ground, completing a burpee. Upon standing, Athletes will again put their hands on the front of the bench, kicking their feet over to the other side, where another burpee will be performed. Athletes will repeat this process for 10 total reps, counted on the bottom of the burpee.

20' Monkey Bars - Athletes will traverse a 20' section of repeating metal poles. While traversing the monkey bars, an Athlete's foot may never touch the ground below them, or the bars above them. At the end of the bars, there will be a bell for the Athlete to ring to signify obstacle completion. Athletes may kick the bell with their foot.

Uphill Carry - Athletes will carry some combination of Sand Bags and/or Water Jugs up and down a section of hill with a steep incline. Both Sand Bags and Water Jugs will weigh approximately 45#. The Sand Bags and Water Jugs may be carried in any manner (shoulders, back, front, etc.) the athlete prefers, but may not be dragged along the ground. If an Athlete needs to set the Sand Bag or Water Jug down during the carry, they must not progress forward until they have picked them back up. At the end of the carry, Sand Bags and Water Jugs should be set down gently, so as to not damage them.

ZONE 2

Small Wall Hurdles - Athletes will climb or jump over multiple 4' Walls in succession. When jumping/climbing over the 4' Walls, COMPETITIVE Athletes are not allowed to step on or use the Wall's side legs.

10x Ring Pull Up Burpees - Athletes will complete 10 reps of Pull Burpees on hanging gymnast rings. There will be varying ring heights, and athletes should choose rings that allow their arms to lock out fully overhead. Athletes must jump/pull themselves off the ground so that their chin comes above their hands on the rings, and their feet must leave the ground. Then, athletes will drop to the ground with their chest touching the ground, before standing and returning to the rings for the next Pull Up Burpee.

20x Dual Dumbbell Clean & Press - Athletes will complete 20 reps of Dual Dumbbell Clean & Press using the weight required of their race division (2.5k or 5k). Athletes will start in a wide stance with both dumbbells between their legs. Athletes will clean the weights to their shoulders, before pressing them up over head. Athlete's arms must extend fully at the top of the rep and fall between their thighs at the bottom of each rep. Reps are counted at the top of the arm extension. Athletes may set the dumbbells down as necessary, but the reps must begin with the dumbbells between their thighs.

2.5K Male = 30# | 2.5k Female = 20# | 5k Male = 20# | 5k Female = 10#

Cargo Net - Athletes will climb up and over a large Cargo Net. Athletes may use the net or metal trussing for climbing.

ZONE 3

Low Crawl - Athletes will crawl below metal wires along an extended stretch with their knees off of the ground. An Athlete may stop their crawl to rest with their knees on the ground, but they must pick their knees up before continuing forward.

5x Rope Climb - Athletes are permitted to use both their hands and feet when ascending the Rope. At the top of the Rope, Athletes must use their hand to touch the metal frame that the Rope is attached to. **If multiple Rope Climb repetitions are required, Athletes must have both feet return to the ground before ascending the Rope again.**

2:00 Wall Sit - Athletes will sit with legs parallel to the ground and back against a wall for 2:00. Each Athlete will be given a sand hour glass to monitor their 2:00. An Athlete may rest as needed, but the sand timer must be held horizontally during any rest breaks, so that sand does not continue to pass through the hour glass. Failure to adhere to these rules will result in the Athlete having to start the 2:00 timer over from the beginning. Athletes must listen to the judges directions/judgement, or they may be disqualified from the race.

10' Wall - Athletes will climb up and over a 10' vertical Wall. When climbing over the Wall,, Athletes are not allowed to step on or use the wall's side legs, however, they are allowed to use the mounted ledges on the wall, or any rope that may be provided.

ZONE 4

Vertical Pole Rig - Athletes will traverse a 20' section of vertical poles. Poles will be approximately 3' apart, and 2" in diameter. While traversing the Rig, an Athlete's foot may never touch the ground below them. Athletes are not allowed to use pole clamps or trussing for any assistance. At the end of the Rig, there will be a bell for the Athlete to ring to signify obstacle completion.

4x SLED Pull - Athletes will repeatedly pull a Weighted SLED backwards over a designated distance. Athletes will hook and unhook a carabiner to change the direction of the SLED. The SLED is considered to have been taken the full distance when the front of the SLED passes the designated threshold.

25x Barbell Deadlifts - Athletes will repeatedly lift and set down a barbell with the weight required of their race division (2.5k or 5k). The weight plates on the barbell must touch the ground on every repetition. Athletes must reach full hip extension at the top of every deadlift repetition. No lifting straps are allowed.

2.5K Male = 225# | 2.5k Female = 155# | 5k Male = 155# | 5k Female = 95#

50x Wall Balls - Athletes will squat, throw, and catch a Wall Ball, weighted according to their race division (2.5 or 5k). Athletes must squat down so that their butt touches the bucket behind them on each repetition. Failure to touch the bucket properly will result in a “no rep” from the Race judges. The Wall Ball must hit the metal trussing target above them on every repetition. Athletes must catch the ball on every repetition, and may not bounce the ball off the ground to avoid the catch. Athletes may drop the ball when resting, but may not it on the bucket.

2.5K Male = 30# | 2.5k Female = 20# | 5k Male = 20# | 5k Female = 14#

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FOR ADDITIONAL CLARIFICATION ON ANY RULES, PLEASE EMAIL CHRIS AT CHRIS.HARRIS@NATIVEXRACE.COM.