NATIVE X
OBSTACLE FITNESS RACE



COMPETITIVE ATHLETE

RULES AND GUIDELINES

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COMPETITIVE WAVE RULES & GUIDELINES

GENERAL: COMPETITIVE athletes must be respectful and courteous to all competitors, spectators, race officials, and race staff. COMPETITIVE athletes may never intentionally impede or disrupt the progression of another competitor. Additionally, COMPETITIVE 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 COMPETITIVE 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 COMPETITIVE Race disqualification.

COMPETITIVE RACE WRISTBAND: At check-in on Race Day, you will receive a rubber wristband that signifies which COMPETITIVE Race event you are participating in (2.5k - Grey Band; or 5k - Blue Band). For Doubles teams, both athletes will receive a wrist 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 a COMPETITIVE 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. For the Doubles competition, if neither athlete can complete an obstacle or functional fitness exercise, BOTH competitors bands must be surrendered. You may continue to finish the race, but will no longer have your wristband(s), 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. For the Doubles competition, both athletes must show their wristband. The race official will record your Name(s) and Bib Number(s) and you will be marked as having 100% completion of the race.

OBSTACLE/FUNCTIONAL FITNESS EXERCISE COMPLETION: Athletes in the COMPETITIVE 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/prizes.

- COMPETITIVE 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, chalk, shoes/shirts, lifting belts (no lifting straps), gloves, and verbal encouragement as needed.

- COMPETITIVE 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.
- COMPETITIVE 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 a COMPETITIVE 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.
- Athletes must count their reps **OUT LOUD**. Failure to count reps out loud may result in a "no rep" from Race Officials.

GENERAL DOUBLES TEAMS RULES:

- Teammates must wear some form of matching shirts/tops/bottoms/socks to make it very clear that they are a team. This to make it easier for judges to distinguish between Singles and Doubles athletes.
- Athletes must stay within arms reach of their teammate at all times and must complete all runs together.
- Teammates may split up the completion of all functional fitness exercises and obstacles at their discretion.
- Only one person on a team may be completing an exercise/obstacle at a time. If splitting reps of an exercise, partners must share the same equipment (barbell/sled/dumbbells, etc).
- Teammates can not move ahead to the next exercise/obstacle until the previous one is fully completed.
- For obstacles, if the first teammate designated to complete the obstacle fails, the next attempt must be from the START of the obstacle. There is NO HELP from teammates allowed on obstacles.
- <u>The Cargo Net, Small Wall Hurdles, and 10' Wall must be completed by BOTH teammates</u>**.**

AWARDS: There will be awards/prizes for the Top 3 Overall Male and Female athletes in COMPETITIVE Singles races (2.5k and 5k). There will be awards for Top 3 Overall Male and Female Masters athletes (age 40+) in the COMPETITIVE Singles Races (2.5k and 5k). Athletes are only eligible for one award within a category, meaning an Overall Award winner will not be eligible for a Masters award. There will be awards for Top 3 Overall Male, Female, and Coed teams in the COMPETITIVE Doubles races. There will be no age based awards in the Doubles races.

Athletes must be in attendance at the Award Ceremony in order to receive their awards.