



OBSTACLE RULES: APE SH*T

SINGLE ATTEMPT (PASS/FAIL) OBSTACLE

OFFICIAL TESTING AT SPARTAN BERLIN 2025

a) Competitor Instructions

1. Traverse the attachments using only the hands and arms
2. Utilize only the attachments, without grabbing the tubing used to affix the attachments to the structure
3. Stay within one lane without moving laterally
4. Ring the bell

b) Failure Modes

1. Failure to ring the bell
2. Falling off the obstacle
3. Feet or legs touching the attachments, including traversing above the wheels or bars
4. Grabbing the tubing used to affix the attachments to the structure
5. Climbing over the top of the obstacle.
6. Using more than one lane to complete the obstacle

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of the Competitor's feet have left the starting step.