



## Spartan Para World Championship FAQ

Get ready, Spartans! We're thrilled to announce the inaugural Spartan Para World Championship! Here are the details you need to know:

### When and where is the Spartan Para World Championship?

The championship will take place on **Sunday, November 9, 2025**, in **Orlando, Florida**.

### What time is the championship heat?

The competitive heat for the Para World Championship will kick off on Sunday morning at **11:00 AM**.

### What distance will the championship be?

Racers will compete in the **Super 10K** distance.

### Will there be awards?

Absolutely! This is a true competitive heat, and we'll be recognizing our top athletes. Awards will be given for **1st, 2nd, and 3rd place for the OVERALL Championship**, along with **Category winners**.

## PARA CATEGORIES

**PO1:** Athletes in this sport class use a non-motorized wheelchair and either self-propel or have assistance in areas of flat or even terrain. This class includes athletes with, but not limited to, impairments of muscle power, range of movement, limb deficiency, such as unilateral or double leg amputation, spinal cord injuries resulting in paraplegia or tetraplegia.

**PO2-1:** Athletes in this sport class have a significant limitation within the obstacle elements of racing. They have a severe degree of activity limitation, such as, but not limited to: complete loss of range of motion, power, or proprioception in one arm, through-the-shoulder amputation, severe cerebral palsy, or a severe neurological impairment affecting mostly the upper body. Athletes in this group are unable to use their upper limb to grip under the armpit.

**PO2-2:** Athletes in this sport class have a significant limitation with the running elements of racing. They have a severe degree of activity limitation, such as complete loss of motion, power, or proprioception in one leg, short stature, or a

severe neurological impairment affecting mostly the lower body. Athletes in this class may choose to use mobility devices to race, such as walking stick(s) or crutches.

**P03:** Athletes in this sport class have a moderate degree of activity limitation in their lower limb(s), such as athletes with, but not limited to, lower limb amputation, moderate neurological impairments affecting the lower body, or a loss of range of motion or power in the ankle or knee joint.

**P04:** Athletes in this sport class have a moderate degree of activity limitation in their upper limb(s) such as athletes with, but not limited to; upper limb amputation where the athlete is able to grip under the armpit, moderate neurological impairments affecting the upper body or a loss of range of motion or power in the wrist or elbow joint.

**P05:** Athletes in this sport class have a visual impairment.

#### **All athletes:**

- They are required to wear a wristband (color may vary) or, if provided, a pinny. Verification of this identification must be presented to volunteers and/or marshals prior to starting an obstacle attempt.
- Any apparatus that is being used to navigate the race will not need to go with the athlete through the obstacles. Example: walking sticks.

## **PENALTIES**

#### **Penalty Loop:**

When the penalty is a carry loop, the Para Athlete will simply complete the loop without carrying any kind of weight.

#### **Burpees:**

- **For P02, P03, P04, and P05**-if para athletes can't do a burpee, then they need to inform the race director before the race, and there will be a time penalty. If they can make a burpee with some adjustments, the race director will make the call on whether this way of doing a burpee will be accepted or not.
- **For P01**-if para athletes can't do a burpee, one of the race buddies is allowed to do and must designate before the race starts, the person doing the burpees (will need to wear a specific wristband to be identified).

Burpee penalty will be exclusively applied to the Spearthrow obstacle. All other obstacles will mandate a designated penalty loop. Any deviations from these penalty rules for Para Athletes will be communicated by the Race/Event Directors prior to their race.

## **EXTRA RULES FOR WHEELCHAIR ATHLETES-P01**

#### **The rules below are only for qualifying or championship races.**

Wheelchair athletes may compete with the assistance of teammates. The minimum number of teammates required will vary depending on the course. While athletes may choose to have more people in their team than the minimum, **a maximum of 4 people per chair is permitted for competition.**

Wheelchair athletes are required to remain in their wheelchair when traversing the course between obstacles. For instance, within a multi-component obstacle such as

the O.U.T, athletes are permitted to walk between its individual elements, as this constitutes a single obstacle. However, walking is strictly prohibited between the completion of two subsequent obstacles, regardless of the distance separating them.

### **Specific Team Rules at Obstacles:**

- Individual Obstacle Completion: every athlete within the team must individually attempt and complete each obstacle
- Penalty for Failed Attempts: for every unsuccessful obstacle attempt, the athlete and/or the entire team must complete the designated penalty.
- Teammate Assistance: direct assistance to other teammates (i.e., non-wheelchair athletes) in completing an obstacle is not permitted. Assistance to the wheelchair itself is only permitted if it does not involve carrying the full weight of the wheelchair athlete. For example, guiding or controlling a wheelchair athlete's legs to the ground after a wall is allowed. However, carrying the athlete on a teammate's shoulder, such as during the monkey bars, is strictly forbidden.
- Wheelchair Athlete Penalty: if the wheelchair athlete incurs a penalty loop, the entire team must accompany and assist the wheelchair athlete throughout the completion of this penalty.
- Other Team Members' Penalties: should any other team member (a non-wheelchair athlete) also fail an obstacle, their individual penalty loop will only commence after they have completed any penalty loop required with the wheelchair athlete.
- Concurrent Penalties: Multiple team members are permitted to execute their individual penalty loops simultaneously, provided this concurrent execution does not conflict with the requirement for the entire team to accompany and assist the wheelchair athlete if they are also serving a penalty.