



2025 PARA RULES OF COMPETITION



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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.

PO3: 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.

PO4: 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.

PO5: Athletes in this sport class have a visual impairment. All PO5 athletes will be required to have a designated guide throughout the entire race. The guide's role is to provide verbal and/or physical cues to assist with navigation and obstacle awareness.

- The guide may not physically assist the athlete in completing the obstacle itself (e.g., pulling them up a wall, carrying a weight for them).
- The guide may provide verbal instructions and describe the environment, upcoming turns, terrain changes, and the layout of obstacles.
- Physical contact for guidance (e.g., a tether or holding an arm) is permitted between obstacles.

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 of 3 minutes. 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 before 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 wheelchairs 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 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 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.



4', 5', 6', 7', 8', INVERTED WALLS & HURDLES

a) Competitor Instructions

1. Climb up and over the wall/hurdles without using the support bracing, the sides of the wall, flag poles, or straps.

b) Failure Modes

1. Inability to climb over the wall/hurdles and descend to the other side.
2. Using the support structure, sides of the wall, or straps to aid in balance, ascending, or descending.

c) Para Specific

1. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the wall and back. Assistance is only for movement and not for pulling the athlete over the wall.
2. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely climbing and descending the wall. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction
3. Any wall that has a RED STEP, all Para Athletes are allowed to use this to start the obstacle.



STAIRWAY TO SPARTA

a) Competitor Instructions

1. Climb up and over the wall without touching the support bracing, sides of the wall, or straps.

b) Failure Modes

1. Inability to climb over the wall
2. Any use of the support structure, sides of wall, or straps.

c) Additional Notes

1. **P01** athletes: Team members are allowed to assist with the transfer from the chair to the wall and back. Assistance is only for movement and not for pulling the athlete over the wall. The team is allowed to get the athlete up to the 1st hand holds.
2. **P05** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely climbing and descending the wall. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction.
3. All Para Athletes are allowed to use the RED STEP to start the obstacle.



OLYMPUS

a) Competitor Instructions

1. Laterally navigate the obstacle using only hands upon and within the holds and holes found within a single lane.
2. Ring the bell.

b) Failure Modes

1. Any part of the body touching the ground between the start and the bell being rung.
2. Touching the top of the obstacle.
3. Touching any of the holds or holes on the wall with feet.

c) Additional Notes

1. A competitor must start from or behind the starting step.
2. A competitor is committed to their lane and considered to have attempted the obstacle once both of the competitor's feet have left the starting step.
3. A competitor may place their feet and/or knees against the wall for support; however, their feet or knees may not touch any of the handholds, including stepping upon or placing a knee into the cutouts.
4. A competitor may use any combination of the holds provided.

d) Para Specific

1. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the wall and back. Assistance is only for movement and not for pulling the athlete along the wall. The team is allowed to get the athlete up to the 1st hand holds.
2. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely completing the obstacle. The guide may not touch or support the athlete during the execution, only offer verbal direction.
3. Para athletes with an upper body impairment are allowed to grab/use the top of the wall with their stump/arm/pit.



SLIP WALL

a) Competitor Instructions

1. Traverse up the sloping ramp, over the top of the wall and down the other side.
2. A competitor may use rope(s), where provided.
3. The competitor cannot use supports or the side of the wall for assistance.

b) Failure Modes

1. Moving from one rope to another is permitted, and a competitor may change ropes as many times as they wish throughout the ascent phase of the wall.

c) Para Specific

1. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the wall and back. Assistance is only for movement and not for pulling the athlete over the wall.
2. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely climbing and descending the wall. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction
3. No assistance while on the wall is permitted.

HELIX

a) Competitor Instructions

1. Using only the bars in a single lane (one side of the obstacle), laterally navigate the obstacle without touching the top.
2. Ring the bell.

b) Failure Modes

1. Any part of the body touching the ground between the start and ringing the bell.
2. Touching the top of the obstacle.
3. Using bars from another lane, or crossing over the top of the obstacle.

c) Additional Notes

1. Once four points of contact are made, a competitor is considered committed to an attempt and may not restart the obstacle.
2. A competitor must start with the first panel at the start of the obstacle.

d) Para Specific

1. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the rig and back.
2. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely climbing and descending the wall. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction
3. Para athletes with an upper body impairment are allowed to grab/use the top of the wall with their stump/arm/pit.



Z WALL

a) Competitor Instructions

1. Laterally traverse the wall using only the hand and foot blocks and upright supports within a single lane.
2. Ring the bell.

b) Failure Modes

1. Touching the ground, the top of the wall, any brace structures, or the top or bottom of any cutouts within the wall.
2. Failure to ring the bell.

c) Additional Notes

1. Once four points of contact are made on the hand and foot blocks, a competitor is considered committed to an attempt and may not restart the obstacle.
2. The first hand block and the first foot block located in the lane of attempt must be used when starting the traverse.
3. A competitor does not need to use all the hand and foot blocks provided apart from the first hand and foot blocks. A competitor may skip over all other holds, including the final holds, in order to ring the bell.

d) Para Specific

1. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the wall and back.
2. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely climbing and descending the wall. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction
3. Para athletes with an upper body impairment are allowed to grab/use the top of the obstacle with their stump/arm/pit.



A-FRAME & VERTICAL CARGO

a) Competitor Instructions

1. Climb up the obstacle, over the top, and down the other side using only the webbing, the horizontal truss at the base and peak, and any horizontal pipes for support.

b) Failure Modes

1. Inability to climb over the obstacle and down the other side.
2. Using truss other than horizontally fixed pieces as support or as an aid in upward or downward momentum, such as the truss located on the side or middle of the structure.

c) Additional Notes

1. Horizontal truss or supports are able to be used to complete the obstacle, for example the very top of the obstacle.

d) Para Specific

1. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the rig and back.
2. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely completing the rig. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction.



BENDER

a) Competitor Instructions

1. Climb up and over the obstacle and down the other side without using the support structure, straps, or flag poles.

b) Failure Modes

1. Inability to climb over the obstacle and down the other side.
2. Using the support structure, straps, or flag poles.

c) Additional Notes

1. Competitors may use their feet on the rungs.

d) Para Specific

1. Teammate(s) allowed to assist in lifting Athlete to the first rung as needed.
2. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the rig and back.
3. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely completing the rig. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction.

BUCKET CARRY



a) Competitor Instructions

1. Select a bucket from the designated male or female area.
2. Carry the bucket along the marked course.
3. The bucket must complete the entire marked course with the same amount of material inside.
4. The lid of the bucket must remain in place at all times.

b) Failure Modes

1. Not returning the bucket with the same amount of material inside that it started with.
2. Cutting any part of the marked course.
3. Carrying a bucket designated for a gender other than the competitor's own.

c) Additional Notes

1. If a competitor returns a bucket with material missing after completing the marked course, the competitor must redo the entire marked course with a correctly filled bucket.
2. A competitor may place the bucket down on the ground to rest as needed.
3. The lid on each bucket is not permanently attached. If a lid is displaced accidentally, a competitor may replace the lid as long as material from the bucket is not displaced. In the case material is lost from the bucket, the competitor should return the bucket to the start of the carry, replace it, and complete the carry with a new bucket. The competitor is permitted to remove all material from the bucket before returning it.

d) Para Specific

1. Male para athletes will carry a female bucket, Female para athletes will carry a kids bucket (if available)
2. For athletes in the **P02-1, P03, or P04** categories who may have limited mobility or strength in certain limbs. As long as the spirit of the obstacle (carrying the weight over the course) is maintained. Carrying the bucket on the shoulder may not be an option for a person with an upper limb impairment, but using a custom-built harness is



allowed.

3. **PO1** athletes, the team members will be the ones to complete the carry, while they guide the wheelchair athlete through the path.
4. **PO5** athletes: the guide is allowed to provide constant verbal cues for balance and direction.

SANDBAG CARRY

a) Competitor Instructions



1. Select a bag from the designated male or female area.
2. Carry the bag along the entire marked course.
3. Return the bag to the designated male or female area.

b) Failure Modes

1. Inability to complete the entire marked course with the bag.
2. Dragging, rolling, throwing, or pushing a bag.
3. Carrying an incorrectly designated bag or an incorrect number of bags.

c) Additional Notes

1. If multiple bags are required to be carried, they must be carried at the same time.
2. Bags may be placed down as needed; however, a competitor can not make significant forward progress with a single bag at any time.
3. If a competitor's bag is dropped or placed down and it moves, the competitor must return the bag to where it was dropped and restart the carry from that point.

b) Para Specific

1. Male para athletes will carry a female sandbag. Female para athletes will carry a kid's sandbag (if available).
2. For athletes in the **P02-1, P03, or P04** categories who may have limited mobility or strength in certain limbs. As long as the spirit of the obstacle (carrying the weight over the course) is maintained. Carrying the sandbag may not be an option for a person with an upper limb impairment, but using a custom-built harness is allowed.
3. **P01** athletes, the team members will be the ones to complete the carry, while they guide the wheelchair athlete through the path.
4. **P05** athletes: the guide is allowed to provide constant verbal cues for balance and direction.



ATLAS CARRY

a) Competitor Instructions



1. Pick up a stone from the designated male or female area.
2. Carry the stone past the set of flags placed opposite the starting point.
3. Turn around and return the stone to the ground at the starting point.

b) Failure Modes

1. Inability to complete the designated course as outlined with the stone.
2. Failure to return the stone to the starting point.

c) Additional Notes

1. A competitor may put the stone down on the ground during an attempt; however, they may not roll it or allow it to roll.
2. If the stone is placed down or accidentally dropped, it must be picked up again at the same spot. If the stone inadvertently moves after being placed down or accidentally dropped, it must be returned to the same spot and picked up before the competitor may continue forward progress again.
3. All competitors must start behind the flags placed at the designated starting point.

d) Para Specific

1. Male para athletes will pick up a female stone. Female para athletes will pick up a kid's stone (if available).
2. For athletes in the **P02-1, P03, or P04** categories who may have limited mobility or strength in certain limbs. As long as the spirit of the obstacle (carrying the weight over the course) is maintained. Carrying the stone may not be an option for a person with an upper limb impairment, but using a custom-built harness is allowed.
3. **P01** athletes, the team members will be the ones to complete the carry, while they guide the wheelchair athlete through the path.
4. **P05** athletes: the guide is allowed to provide constant verbal cues for balance and direction.



HERCULES HOIST

a) Competitor Instructions



1. Pull the rope to raise the weight until the knot touches the pulley at the top.
2. One or both feet may be used as leverage on the barrier.
3. Lower the weight so that it is under control and not in a state of freefall when it touches the ground, only releasing the rope when the weight has touched the ground.
4. A competitor must control the weight using only the rope and their body and limbs. A competitor may not tie off the rope to the barrier or any other object.

b) Failure Modes

1. Inability to raise the weight until the knot touches the pulley at the top.
2. Dropping the weight to the ground in an uncontrolled manner for any reason, including the rope slipping and leaving a competitor's hands, and resulting in the weight touching the ground.
3. Using any outside object to assist in the completion of the obstacle, other than the use of feet on the barrier
4. If the competitor's hips rise above the top of the barrier while attempting the obstacle. The top is defined as a horizontal plane that extends in all directions from the top of the barrier.
5. Crossing the barrier.

c) Additional notes

1. A competitor may make multiple attempts and change lanes at any time, as long as the attempted weight is returned to the ground position in a controlled manner.
2. Competitors may not raise the weight by moving away from the barrier or gain an advantage by moving beyond the immediate vicinity of the barrier.

d) Para Specific

1. All para athletes will raise a female weight.
2. Only Para athletes with an upper body impairment are allowed to step on the rope to regrip the rope.
3. No assistance from Guides or Teammates is allowed to "hold the rope" while the athlete adjusts/regrips.



ROPE CLIMB

a) Competitor Instructions

1. Climb up the rope.



2. Ring the bell with any part of the body above the waist.

b) Failure Modes

1. Failure to ring the bell.
2. Ringing the bell with any part of the body below the waist
3. Using more than one rope during a single attempt to complete the obstacle.

c) Additional notes

1. A competitor may change lanes (change ropes) at any time after returning to the ground and may continue to attempt the obstacle multiple times.
2. Competitors who attempt the obstacle multiple times should yield to other competitors attempting it for the first time, although this is not a mandatory requirement.
3. Competitors must return to the ground in a safe and controlled manner with at least one hand touching the rope at all times.

d) Para Specific

1. Para athletes are allowed to use multiple ropes during a single attempt.
2. Other than initial guidance to the rope and verbal cues during the climb, no other assistance is allowed for any category.

MONKEY BARS

a) Competitor Instructions

1. Traverse the monkey bars from one end to the other using



only the hands and arms.

2. Ring the bell.

b) Failure Modes

1. Feet touching the ground to create an advantage in completing the obstacle.
2. Using the vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
3. Feet or legs touching the bars, including traversing above the bars on top of the obstacle.
4. Failure to ring the bell.

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.
2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

d) Para Specific

1. Para athletes with upper body impairment are allowed to use their legs on the monkeybars.
2. Teammate(s) allowed to assist in lifting Athlete to the first rung as needed.
3. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the rig and back.
4. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely completing the rig. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction. PO5 Athletes do not need to ring the bell, they must touch the final truss that the bell is attached to.

BEATER



a) Competitor Instructions

1. Traverse the spinning bars using only the hands and arms. Feet must not touch the ground to create an advantage.
2. Ring the bell

b) Failure Modes

1. Failure to ring the bell.
2. Feet touching the ground to create an advantage.
3. Using a vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
4. Feet or legs touching any of the bars, including traversing above the bars on top of the obstacle.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of their feet have left the starting step.
2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

d) Para Specific

1. Para athletes with upper body impairment are allowed to use their legs on the bars.
2. Teammate(s) allowed to assist in lifting Athlete to the first rung as needed.
3. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the rig and back.
4. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely completing the rig. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction. PO5 Athletes do not need to ring the bell, they must touch the final truss that the bell is attached to.



TWISTER

a) Competitor Instructions

1. Traverse the obstacle from one end to the other using only your hands on the handles and the truss segments in between each of the handles.
2. Feet must not touch the ground to create an advantage.
3. Ring the bell.

b) Failure Modes

1. Failure to ring the bell.
2. Falling off the obstacle.
3. Using any truss besides the truss in between each handle segment.
4. Feet or legs touching the handles, including traversing on top of the obstacle above the handles.
5. Using the pipe structure that the handles are welded to to complete the obstacle.

c) Additional Notes

1. A competitor is considered to have attempted the obstacle once both of their feet have left the starting step.
2. A competitor is allowed to utilize the truss placed between each segment of handles to transition from one set of handles to the next.

d) Para Specific

1. Para athletes with an upper body impairment are allowed to use the pipe structure (with their stump/arm/pit) that the handles are welded to to complete the obstacle.
2. Teammate(s) allowed to assist in lifting Athlete to the first rung as needed.
3. **PO1** athletes: Team members are allowed to assist with the



transfer from the chair to the rig and back.

4. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely completing the rig. The guide may not touch or support the athlete during the ascent or descent, only offer verbal direction. PO5 Athletes do not need to ring the bell, they must touch the final truss that the bell is attached to.



MULTI-RIG

a) Competitor Instructions

1. Traverse the attachments using only hands and arms and ring the bell.
2. Stay within one lane, without moving laterally.

b) Failure Modes

1. Feet cannot touch the ground to create an advantage.
2. Using vertical truss as a ladder to start the obstacle, traverse or complete the obstacle.
3. Feet or legs touching the attachments, including traversing above the bars.
4. Failure to ring the bell.
5. 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.
2. A competitor may use a horizontally located truss to start the obstacle or transfer during the traverse phase of the obstacle.

d) Para Specific

1. Para athletes with an upper body impairment are allowed to use their legs at the monkey bar section.
2. Teammate(s) allowed to assist in lifting Athlete to the first rung as needed.
3. **PO1** athletes: Team members are allowed to assist with the transfer from the chair to the rig and back.
4. **PO5** athletes: The guide can provide specific instructions on hand and foot placement to assist the athlete in safely completing the rig. The guide may not touch or support the



athlete during the ascent or descent, only offer verbal direction. PO5 Athletes do not need to ring the bell, they must touch the final truss that the bell is attached to.



BARBED WIRE CRAWL

a) Competitor Instructions

1. Traverse under the obstacle from one end to the other

b) Failure Modes

1. Not traversing under the obstacle from one end to the other

c) Additional Notes

1. A competitor may roll under the obstacle.
2. A competitor may touch the obstacle.

d) Para Specific

1. **P01** athletes, Team members are allowed to assist with the transfer from the chair to the rig and back.
2. **P05** athletes: the guide is allowed to provide constant verbal cues for balance and direction.



ROLLING MUD

a) Competitor Instructions

1. Pass through the pits from one end to the other while staying within the marked course at all times.
2. A competitor may not skirt around the obstacle, which is defined as avoiding significant engagement with the pits, regardless of the course marking in place.
3. No diving.

b) Failure Modes

1. Skirting the obstacle, or not staying within the boundaries of the obstacle or course markings.
2. Diving into the pits.

c) Additional Notes

1. A competitor may reenter a pit at the point of exit if skirting was forced by congestion.

d) Para Specific

1. **PO1** athletes, Team members are allowed to assist with the transfer from the chair and back.
2. **PO5** athletes: the guide is allowed to provide constant verbal cues for balance and direction.



DUNK WALL

a) Competitor Instructions

1. Traverse under the wall from one side to the other.
2. No diving.

b) Failure Modes

1. Inability to traverse under the wall and to the other side.
2. Passing around the side of the wall

c) Para Specific

1. **PO1** athletes, Team members are allowed to assist with the transfer from the chair and back.
2. **PO5** athletes: the guide is allowed to provide constant verbal cues for balance and direction.



SPEAR THROW

a) Competitor Instructions

1. The competitor must be completely behind the barrier.
2. Throw the spear at the target in the same lane.
3. Have the spear embedded into the indicated target and stay there without any part of the spear touching the ground.

b) Failure Modes

1. The spear does not embed into the indicated target structure.
2. Any part of the spear touches the ground once the spear is stationary after being thrown.

c) Additional Notes

1. Once a competitor releases the spear in a forward motion, it is considered an attempt.
2. A competitor is allowed to change lanes, however this must be done prior to an attempt being made.
3. It is the competitor's responsibility to ensure the tether is placed in a manner so it does not cause entanglement. If the tether becomes tangled during a competitor's attempt and affects the flight of the spear, it shall still be considered an attempt.
4. A spear may touch the ground during an attempt before it becomes stationary in the target, as long as it is not touching the ground once it becomes stationary.
5. The penalty for failure at this obstacle will be 30 burpees.

d) Para Specific

1. If an athlete is unable to do burpees, they may choose a Team member to do it for the athlete. Must be determined before the start of the event and cannot change.
2. **PO5** athletes: the guide is allowed to provide constant verbal cues.



FIRE JUMP

a) Competitor Instructions

1. Jump over the fire.

b) Failure Modes

1. Inability to jump over the fire.
2. Skirting around the obstacle.

c) Additional Notes

1. A competitor may backtrack and reattempt the obstacle if skirting was forced by congestion.

d) Para Specific

1. **PO1** athletes: are allowed to go around the fire jump, however, the teammates must complete the obstacle.
2. **PO5** athletes: the guide is allowed to provide constant verbal cues.