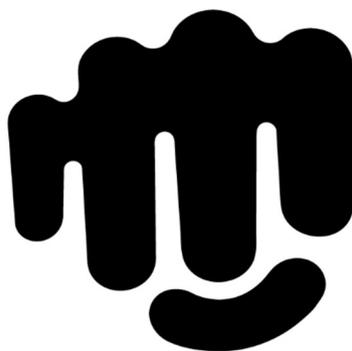


**RULES**

**2019**



## CONCEPT

Races are always around 8 km with approximately 40 obstacles

## GENERAL RULES

The Elite must wear the Elite or sponsor vest assigned to them.

Qualifiers must wear the armband assigned to them

Neglecting to do so will lead to disqualification from the elite/qualifier race and the possibility to podium, prize money or tour points

Under no circumstances is it allowed to receive outside help

As an Elite/Qualifier competitor each obstacle must be completed without outside help. This includes all types of help such as lifting, pulling or wiping/drying hands.

You cannot add on gear along the course.

If you want gloves you must carry them from the start. It is ok to leave them by an obstacle if no longer needed but not to pick up a new pair.

Littering along the course is strictly forbidden

Gear that is no longer needed must be left at an obstacle

Referees are placed at all major obstacles and their rulings apply.

Ruling can also be based on filmed material and the race directors have 72 hours after the race finish to announce any disqualifications.

Warnings can be handed out upon a minor rule violation

Two warnings will lead to disqualification from the race or the tour.

The Elite must attend the Elite briefing one hour prior to the men's (Elite) start

Prize ceremony must be attended by all participants with podium place (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> men & women)

If not attending the prize ceremony the points earned will be given to the athlete next in the result list

Prize Ceremony will be held **12:00** at the speaker tower/Prize podium

## **OBSTACLE COMPLETION MANDATORY**

For Elite & Qualifier all obstacles must be completed as explained for each obstacle.

Failing an obstacle gives you two options, either try again or give up

### If you wish to have several attempts on an obstacle?

Go to the back of the queue (if any) and wait for your turn

This applies for each new attempt

Pushing ahead in the queue or ignoring the rules can lead to either a warning or disqualification.

### If you can't complete the obstacle?

Tell the referee or volunteer at the obstacle that you give up and they will collect your timing chip.

You can then continue the course and complete the race (without a finish time or possibility to any tour points) or you can leave the course.

**Failing to inform the referee/volunteer and handing in your timing chip will result in immediate disqualification from the race & the tour**

## **FAST LANES**

The fast lanes offers a strategic option to earn a direct path on to the race course by completing this harder lane of the obstacle.

You have unlimited attempt also on fast lanes as long as you follow the rules of retry (see above)

## **CODE OF CONDUCT**

Be a sportsman, support and cheer fellow racers along the course  
Don't slow others down, if you have difficulty with an obstacle , let others pass.

# MAIN OBSTACLES

## RINGS

Get over to the other side using the rings. Completed when on the platform at the other side or past the last scaffolding.

Fast Lane: Double distance between rings.

## MONKEY BAR

Get over the monkey bar by using hands only. Completed when touching the last bar.

Fast Lane: Flying Monkey. Swing and jump between the bars

Completed when reached the last bar and ring the bell with your hand

## SPINNING WHEELS

Swing from wheel to wheel from one side to the other without touching ground. You can only use your hands. Completed when on the platform at the other side or past the last scaffolding.

Fast Lane: Wheels are placed in a different angle.

## SWING WALK

Get over the swing walk by using hands only. It's not allowed to use the chains for better grip. Completed when on the platform at the other side or past the last scaffolding. Fast Lane: Nunchuks grips.

## ROPE CLIMB

Climb up to the top of the rope and hit the bell.

Fast Lane: Salmon Ladder. Use the bar to climb three levels

Completed when jumped 3 levels and ring the bell with your hand

## FLOATING WALLS

Traverse the four walls using the lists and grips. You are not allowed to grab the sides of the walls to get better balance. Touching the ground is not allowed

Fast lane: Only hands allowed on these shorter walls

Completed when you hit the bell at the end

## **POWER PUSH- BY LINDAHL**

Push the sleigh in front of you to the end of the track

## **RAMP**

Get up over the ramp. Several attempts are allowed.

## **DRAGON'S BACK**

Jump between the 5 platforms. You are not allowed to climb on the scaffolding.

## **MUDLAND & MUDLAND XL**

Get through the mudland within the marking. Sides are not allowed to be used.

## **TRAMPOLINE JUMP/JUMPING TOWER**

Jump from the trampoline/platform into the water

## **SKI SLOPE**

Climb/Walk/Crawl all the way to the finish line. This obstacle is only at Toughest Oslo.

## **SUPER SLIDE**

Climb your way up and slide down. Hesitating too long (< 10 seconds) will lead to a warning

It's only allowed to go feet first.

## **TRAVERSE RINGS**

Traverse the obstacle by using two rings with your hands. Contact with ground equals a failed attempt. Completed when on the platform at the other side and rings placed back into bucket

## **NINJA JUMP**

Jump from platform to platform without touching the ground. To complete the obstacle, you need to have contact with the last platform and land in front of the white marker.

## **BALANCE**

Get over the beam using one beam only and only your feet. Touching, crossing other beams or falling down is an unsuccessful attempt  
For completion one foot must touch the white marking

## **TRAVERSE WALLS**

Traverse the wall from one side to the other without touching ground. Only the intended grips are allowed to be used, not the edges of obstacle.  
Completed when reached the other side of the white marker

## **IRISH TABLE**

Get over the irish table (plank in the middle) without using the scaffolding.

## **BIG WALL**

Get over the wall without using the scaffolding

## **INCLINE WALL**

Get over the wall without using the scaffolding

## **NET PYRAMID**

Climb the net and get over to the other side

## **STERNUM CHECKER**

Jump from the first log over the second log without using the scaffolding

## **DIPS WALK**

Cross the beams to the other side by using your hands only  
Touching the ground equals a failed attempt

## **POLE CLIMB**

Climb up the pole and ring the bell.

## **HAY BALE COMBO/PYRAMID**

Get over the hay bales.

## **MUDSWING**

Swing over the mudpit using your hands and feet.

## **DOWN UNDER**

Get over to the other side using hands & feet only. Contact with ground equals a failed attempt. Completed when hitting the bell with your hand

## **MINOR OBSTACLES**

### **SANDBELLS**

Carry 1 sandbell along the assigned path. You have to leave the sandbell inside the marks.

### **JERRY CANS**

Either carry 2 jerry cans one lap or 1 jerry can 2 laps along the assigned path. You have to leave the jerry cans inside the marks.

### **WRECK BAGS**

Carry the bulgarian bag along the assigned path. You have to leave the Bulgarian Bags inside the marks.

### **CARRY A LOG**

Carry 1 log along the assigned path. You have to leave the log inside the marks.

### **CARRY A TIRE**

Carry 1 tire along the assigned path. You have to leave the tire inside the marks.

### **STEP UP**

Step up over the logs. Jump down from the last log.

