

RULES FOR OBSTACLES



LIDKÖPING

SYMBOLS

ONLY FOR COMPETITION CLASS



Unlimited attempts. The obstacle must be completed before you can continue. If you choose to give up, you must hand over a wristband to the judge before continuing.



Only one attempt on the obstacle. Failure results in the loss of a wristband, and a penalty lap for each lost band must be completed after the final obstacle before finishing.

RUN FOR FUN

Participants in Run for Fun have an unlimited number of attempts on all obstacles, but if there is a line, you must move to the back before trying again.

If you fail an obstacle, you must complete 10 burpees.

At Mega Rings, Water Ladder, Floating Rings, and Jumping Tower, there is an alternative route for participants in Run for Fun who do not want to do the obstacle. This counts as a failed obstacle, and 10 burpees must be completed.

A-FRAME



A five-meter-high climbing net where you climb up one side and down the other.



ATLAS STONE

No picture

Lift one of the Atlas Stones onto the podium and roll it back down to the ground. For the competition class, the following weights apply: men 80 kg, women 50 kg, juniors 30 kg.



BALANCE BARRIER



Balance on wooden logs. The obstacle starts before the first line and ends after the last line.



CAR CRAWL

No picture

Crawl under the car.



CAR WASH



Run through the obstacle and get past the spinning brushes.



CONTAINER CLIMB



Climb up the container using the climbing holds. Get over and climb or jump down on the other side.



CONTAINER CROSSING



Run and climb through the container, get past any obstacles that may be inside.



CONTAINER LIANS



Climb up the container using a rope. Use your feet and hands as needed to get over the container.



DIPS WALK



Move forward by moving your hands without touching the ground. The obstacle is completed when you pass the steel beam at the end of the obstacle. It is allowed to stand on the first and last steel beams.



FINISH TREADMILL



Run up a six-meter-long conveyor belt. The speed may vary depending on the class you are running. You may attempt as many times as needed, but if you fail, you must move to the back of the line if there is one to try again.



FLOATING RINGS



Get across the water using inflatable rings. Move across the rings in any way you choose.



FREBACO RIG



Start from the platform and swing through the 12-meter-long rig. It is not allowed to touch the ground, chains/slings, or carabiners. The obstacle is completed when you ring the bell. For the competition groups, this is a "one try only" obstacle.



HAY BALES



Climb over the hay bales.



IRISH TABLE



Get over the 1.6-meter-high plank in any way you choose. It is not allowed to use your legs on the sides.



JUMPING TOWER



Climb up the structure and jump into the water, swim around the buoy, and get back on land. Jump height is approximately 3.3 meters. Diving is not allowed!



KROPPSLABBET RIG



Start from the platform and swing through the 12-meter-long rig. It is not allowed to touch the ground, chains/slings, or carabiners. The obstacle is completed when you ring the bell. For the competition groups, this is a "one try only" obstacle.

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MEGA RINGS



Swing from one side of the river to the other using the rings hanging under the bridge. If you fall, you must move to the side, swim to the end of the obstacle, and climb up on the last platform. If you're unsure, you should choose an outer lane to avoid swimming under someone who is swinging. For the competition groups, this is a "one try only" obstacle.

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MONKEY BAR



Monkey bars, swing from one side to the other without touching the ground. The obstacle is completed when you ring the bell. For the competition groups, this is a "one try only" obstacle.



MUDLAND



Run through the mud. You have to between the course markers.



NATURE OBSTACLE



Get past the obstacle in the form of a wall, large log, water crossing, or similar.



NET CRAWL



Crawl under a 10-meter long net.



NET WALL



Climb up and get over the net, then down on the other side.



NINJA JUMPS



Jump sideways on the flat, slanted boards without touching the ground. Start in front of the first line and finish by crossing the line after the last board. It is allowed to use your hands on the boards.



OVER AND OVER



Get over the 1.2-meter-high planks in any way you choose. The obstacle consists of several planks to get over. It is not allowed to use straps or support legs.



RAMP



A five-meter-high and nine-meter-wide ramp. Run up and get over the edge, then climb down the ladder on the backside. You may do as many attempts as needed.



RINGS



A 12-meter-long monkey bar with rings. Start from the platform and swing without touching the ground. Do not touch chains/slings or carabiners. Only hands and arms are allowed. The obstacle is completed when you ring the bell. For the competition groups, every other ring is replaced with a smaller steel ring; you will use a T-grip with a hook to get through the obstacle. The obstacle is completed when you ring the bell with the T-grip. This is a "one try only" obstacle.

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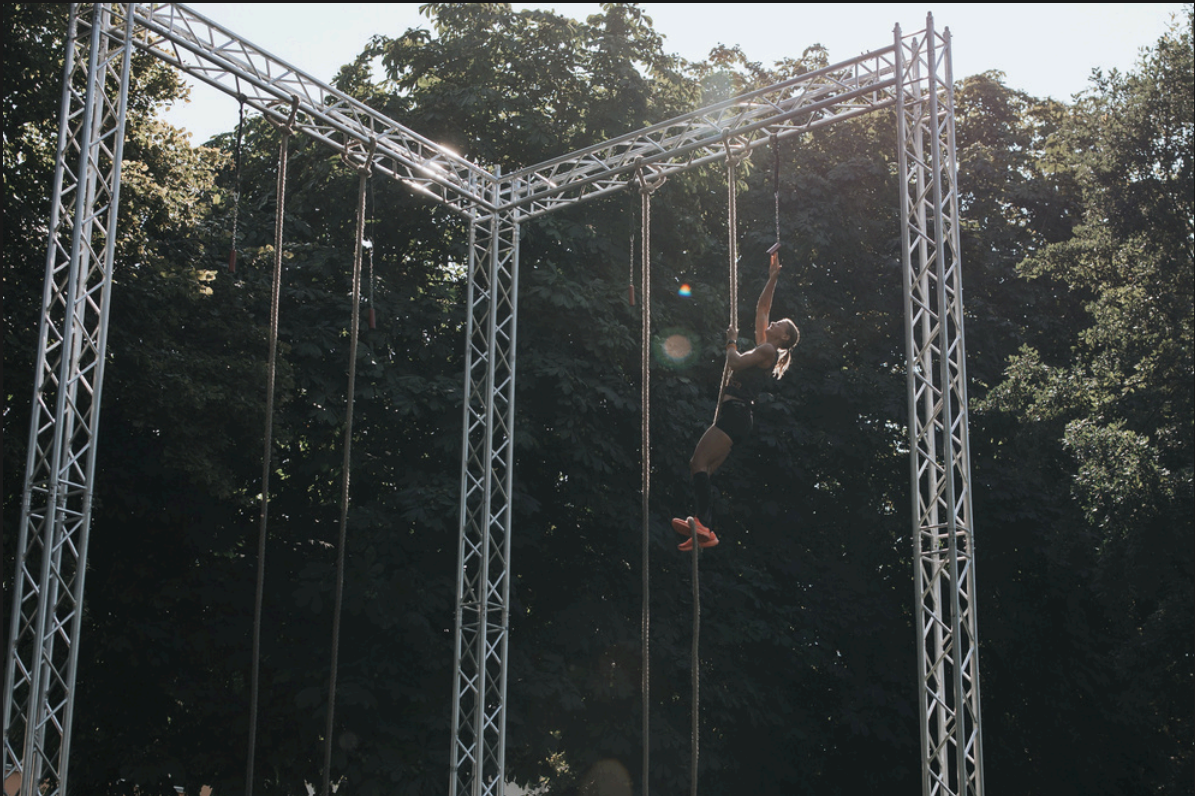
ROPE BRIDGE



Horizontal ropes. You need to get from one side to the other in any way you choose without touching the ground. You are allowed to use your hands, arms, legs, and feet. The obstacle is completed when you ring the bell. For the competition groups, this is a "one try only" obstacle.



ROPE CLIMB



Climb up the rope in any way you choose. You are allowed to use your hands, arms, feet, and legs. The obstacle is completed when you ring the bell. For the competition groups, this is a "one try only" obstacle.



ROPE WALL



Three-meter-high, slanted walls that you need to climb up in any way you choose, with or without using the rope. Climb down on the other side.



SANDBAG CARRY



Carry a 20 kg sandbag in any way you choose along a marked path. Return the bag to the place where it was picked up. If the bag is thrown in a location deemed incorrect by the judges, you may be called back to place the bag in the correct spot.



TILTING BOARDS



Balance across a seesaw. Start before the marked line at the beginning of the obstacle. The obstacle is completed when you pass the line at the end of the obstacle with one foot. Only feet are allowed to be used.



TIRE CLIMB



Climb up and get over the tires, then down on the other side.



TIRE HAUL



Hoist a tire by pulling a long rope. It is allowed to place your feet against the railing for leverage. The tire should be pulled up until it reaches the edge. Carefully lower the tire back down until it touches the water surface.



TIRE PILE

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Climb over the pile of tires.



TIRE PULL



Pull a tire using a rope over a designated distance. Return the tire to the place where it was picked up. If the tire is left in a location deemed incorrect by the judges, you may be called back to place the tire in the correct spot.



TOROZ RIG



Start from the platform and swing through the 12-meter-long rig using Toroz grips. It is not allowed to touch the ground, chains/slings, or carabiners. The obstacle is completed when you ring the bell. For the competition groups, this is a "one try only" obstacle.

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UNDER AND UNDER



Crawl under a series of wooden frames that are 0.5 meters high, in any way you choose. The obstacle consists of several wooden frames to pass under.



WALLS



Get over the 2.1-meter-high wooden wall in any way you choose. It is not allowed to use the sides.



WATER CONTAINER



Jump into a container filled with water and then get out on the other side.



WATER LADDER



Get over the pipes that are in the water. There is about 80 cm between the pipes. If you fall in, you can choose to swim back and try again, or swim forward to the end of the obstacle. You may attempt as many times as needed, but for the competition class, the obstacle must be completed; otherwise, you must give up a wristband.



WOOD LADDER



Climb up on one side of the obstacle and then down on the other side.

