

GENERAL RULES



Participation in The Obstacle Run is at your own risk. The organizer is not responsible for any injuries to either the body or equipment, such as clothing and shoes. We recommend that you have relevant insurance that covers potential injuries or the entry fee if you are unable to participate, e.g., Folksam – "Startklar."

Registration is binding. Tickets are non-refundable regardless of the reason but can be transferred or sold to another participant. Name changes must be reported to the organizer no later than 7 days before the race.

If you are under 18 years old, parental consent is required to participate. The guardian must send their consent to info@theobstaclerun.se. All participants must be able to swim.

Photos and videos taken by the organizer (or photographers hired by the organizer) of participants during the event may be used by the organizer for marketing, on the website, and on social media. This also includes third parties, such as (but not limited to) timing partners and sponsors/partners.

All forms of alcohol and drugs during the race are strictly prohibited. If you are suspected of being under the influence of alcohol or drugs, the race management has the right to force you to stop running and disqualify you.

COMPETITION RULES



Follow the instructions from the judges.

At obstacles with "lanes," it's first come, first served, if multiple participants reach the obstacle at the same time. Switching lanes in the middle of an obstacle is not permitted.

At obstacles that are completed when you ring the bell, you can only use your hand to ring the bell.

Some obstacles have a start and finish line. The obstacle begins before the start line and ends after the finish line. It is not allowed to touch the lines.

For obstacles where touching the ground is not allowed, the participant will be disqualified if the ground is touched, regardless of whether it helps the participant or not.

It is allowed to skip grips in hanging obstacles, as long as the obstacle is started and finished correctly and you do not touch anything that is not allowed to be touched.

RULES FOR COMPETITION CLASS



It is not allowed to assist each other along the course.

Everyone starts with three wristbands. If you fail an obstacle, you lose one wristband.

Obstacles marked with "one try only" allow only one attempt. At the other obstacles, you can make as many attempts as you like, but if there is a line, you must move to the back of it before doing another attempt.

If a judge declares that the obstacle has been failed, a wristband must be immediately removed and handed to the judge.

Throwing the wristband on the ground is not allowed. It is the participant's responsibility to hand the wristband to the judge.

The participant must make a genuine attempt to complete each obstacle. This means that the participant must apply their full body weight to the obstacle. Simply touching the obstacle with the intention to fail will result in disqualification.

After the last obstacle (Finish Treadmill), the participant must show their remaining wristbands to the judge.

For each lost wristband, the participant must complete a penalty lap after the final obstacle. This penalty lap is clearly marked.

To receive an official ranking and time, the participant must have at least one wristband remaining at the finish.

At the obstacle Atlas Stone, the men has to lift 80 kg, the women 50 kg and the youth 30 kg.

RULES FOR RUN FOR FUN



It is allowed to assist each other along the course.

You may make as many attempts as you like on all obstacles, but if you make multiple attempts, you must move to the back of the line if there is one before trying again.

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

At all water obstacles, there is an alternative route for those who do not want to complete the obstacle or do not want to swim. This counts as failing the obstacle, and the participant must complete 10 burpees.

RULES FOR FAMILY RACE

Follow the instructions of the judges.

At obstacles with "lanes," it's first come, first served if multiple participants reach the obstacle at the same time. It is not allowed to push past someone who is ahead in the same lane.

Switching lanes in the middle of an obstacle is not permitted.

It is allowed to assist each other along the course.

You may make as many attempts as you like on all obstacles, but if you make multiple attempts, you must move to the back of the line if there is one.

HAVE FUN!