

## **SavagePRO Rules**

March 17, 2015

### **GENERAL RULES**

**Overall** - Athletes must complete all obstacles as specified in the SavagePRO Rules in order to be eligible for cash prizes, which are awarded to the Top 3 Male and Top 3 Female athletes competing in the SavagePRO heat.

**Rule Changes** - For safety or logistical reasons, Savage Race management may change/alter the rules for an obstacle at any time. If a race official or obstacle attendee instructs you to do something that is contrary to the written rules of an obstacle, follow their verbal instructions. Should you disregard verbal instructions from race officials or obstacle attendees, you will be reported to Savage Race management who will then rule on the matter.

**Attempts** - Obstacles may be attempted an unlimited number of times. (There are no workout alternatives.) If you fail an obstacle on your first attempt, you must make your way to the far right lane or obstacle area to make additional attempts. This is to avoid impeding athletes behind you who are attempting an obstacle for the first time.

**SavagePRO Wristbands** - Each SavagePRO athlete will be given a SavagePRO wristband. (If you do not receive a wristband prior to entering the start line corral, contact a staff member immediately to request one.) Running without the SavagePRO wristband disqualifies you from cash prizes/awards.

If an athlete can't complete an obstacle and decides to move on to the next obstacle, they must immediately turn in their wristband to the nearest race official or obstacle attendee. If for some reason there is no race official or obstacle attendee present, please remove your wristband and place it on the ground beside the obstacle. If you do not turn in your wristband at the failed obstacle you will be reported via radio to Savage Race management and disqualified from cash prizes/awards.

Athletes who still have their wristbands at the finish line and believe they are one of the top three finishers must check in with the finish line staff.

**Obstacle Non-Completion** - Even if you can't complete an obstacle and have lost your wristband, you can still finish the race and receive your finish time. However, you will no longer be eligible to receive cash prizes/awards.

**Assistance** - No physical assistance is allowed at any time during the race. Do not help another athlete with any obstacles. If assistance is provided or received, this will result in obstacle failure.

**Bib/Bib Number** - SavagePRO athletes MUST display either their bib or bib number prominently on their person at all times during the race. If you don't like to wear a bib, write your bib number where it can easily be seen by Savage Race staff out on the course: arm, head, back, etc.

**Course** - Athletes must follow ALL course markings. If you become lost, please return to the last known "on course" location. If you cannot find your way back, find a member of the Savage Race team and they will assist you. Savage Race Management will have decision-making authority if any issues arise with completing the course as intended.

**Obstacles** - If you do not understand how to complete an obstacle, please ask a race official or obstacle attendee and then follow instructions as specified.

**Fair Play** - You may not intentionally impede the progression of another competitor. This behavior may result in obstacle failure and the loss of your SavagePRO wristband.

**Age Group Awards** - Athletes must complete all obstacles as they are intended in order to be eligible for Top 3 Male & Top 3 Female age group awards. Obstacles can be attempted as many times as needed. There are no workout alternatives. If, and only if, no athlete within a specified age group completes all obstacles successfully, the fastest times in that age group will be used to determine award eligibility.

**Clothing & Footwear** - You may wear gloves, compression gear, padding, knee/joint braces, tape, etc. No spikes or cleats allowed.

**Gear** - You may not carry any gear that is used to provide physical assistance with an obstacle. All gear, such as nutrition, clothing, etc., must go through, under, and over all obstacles with you.

## **OBSTACLE GUIDELINES**

**Back Scratcher** - Athletes must go over the walls and underneath the bottom section of barbed wire. Athletes may not use wall legs to boost themselves over walls. Going over any part of the barbed wire or using the wall legs for assistance will result in obstacle failure.

**Barn Door** - Athletes must climb over the top of the fence walls. Climbing around the side of any wall will result in obstacle failure.

**Big Ass Cargo Net** - Athletes must climb up the cargo net on the designated entrance side of the obstacle, and then down on the opposing side of the obstacle. Failure to do so will result in obstacle failure.

**Blazed** - Athletes must jump over the fire pit within the designated course. Failure to jump over the pit will result in obstacle failure.

**Block Party** - Athletes must stand behind the wood base and pull their designated cinder block until it touches the wood base by their feet. Then the athlete must pick up the cinder block and carry it back to its original position behind the stake. Athletes must then exit according to staff directions. Failure to complete any of these steps will result in obstacle failure.

**Colossus** - Athletes must use one of the designated lanes available to them. Each lane is designated by barricades on the ground in front of the quarter pipe and aligned with a rope at the top of the quarter pipe. Athletes may (but do not have to) use the rope to climb over the top of the quarter pipe. Once on top of the quarter pipe, athletes must use the ladders to climb up to the top platform before going down the water slide. Athletes then must wait for the go ahead from the medical staff or Savage Race personnel before going down the slide. Athletes must exit the pool at the bottom of the slide at the opposite end from where the slide enters the pool. Exiting the sides of the pool will result in obstacle failure. *As a reminder, any assistance given to or received from other athletes on this or any other obstacle may result in obstacle failure.*

**Davy Jones' Locker** - Athletes must jump from top of the platform into the pool of water below. All athletes must follow the directions of the medical staff and must wait at the top of the platform for medical staff to tell them to jump before jumping. Once in the water, athletes must swim to the opposite end of the pool from where the jumping platform is, and exit the water using the cargo net provided. Jumping before medical staff gives the go ahead or failing to exit the obstacle as specified will result in obstacle failure.

**Kiss My Walls** - Athletes must use only the handholds and footholds provided. Use of the top ledge of the wall is prohibited and will result in obstacle failure. Before stepping down from the footholds, ring the bell to signal completion of the obstacle. Touching the ground before ringing the bell will also result in obstacle failure.

**Low Crawl** - Athletes must stay under the barbed wire for the entirety of the obstacle. Failure to do so will result in obstacle failure.

**Lumberjack Lane** - Athletes must carry at least one block of wood around the designated course area and place the wood back in its original resting place. Failure to do so will result in obstacle failure.

**Me So Thorny** - Athletes must maneuver under and between the barbed wire in one of the designated lines. Failure to do so will result in obstacle failure.

**Missionary Impossible** - Athletes must lie on their back and up the hill under the cargo net. Use of both hands and feet is permitted. Failure to climb the hill under the net will result on obstacle failure.

**Mud N' Guts** - Athletes must remain below the barbed wire and within the outer boundaries of the obstacle. Failure to do so will result in obstacle failure.

**Mud Walls** - Athletes must use designated lanes and be submerged in the mud. Climb over each wall in the designated lanes. Failure to do so will result in obstacle failure.

**Nutt Smasher** - Athletes must cross this obstacle using only one beam. Hands may be used on the beam. However, if any part of an athlete's body touches the pool of water, this results in obstacle failure.

**Pipe Dreams** - Athletes must cross using only one overhead hanging pipe. The use of legs for assistance is not permitted and will result in obstacle failure.

**Prarie Dog** - Athletes must crawl under the roof of the obstacle and remain in their designated lane. Failure to do so will result in obstacle failure.

**Sawhorses** - Athletes must go over each log presented to them. Failure to do so will result in obstacle failure.

**Sawtooth** - Athletes must use one of the designated lanes and may use only their hands on the rungs. Use of feet or legs will result in obstacle failure.

**Shriveled Richard** - Athletes must be completely submerged in the ice water and go under the baffle in the middle of the obstacle. Athletes must enter and exit the obstacle using the platforms on the front and back end of the obstacle. Entering or exiting the obstacle from any side without a platform will result in obstacle failure.

**Slippery Incline** - Athletes must scale the wall in one of the designated lanes, which are designated by ropes hanging from the top of the obstacle. Failure to do so will result in obstacle failure. Please note that the use of a rope for assistance is not mandatory.

**Swamp Ass** - Athletes must stay within the designated course marking. Failure to do so will result in obstacle failure.

**Teeter Tuber** - Athletes must maneuver completely through the tubes. Before entering the tubes, athletes must wait for the entrance side of the tubes to be completely on the ground. Climbing into tubes when the entrance point is not touching the ground will result in obstacle failure.

**The Great Wall** - Climb over the wall without using the legs of the wall to boost yourself over. Use of the legs to get over the wall will result in obstacle failure.

**Thor's Grundle** - Athletes must use one of the designated lanes and be submerged in the mud or water. Athletes must go under each baffle presented to them in their designated lane. Failure to do so will result in obstacle failure.

**Venus Guy Trap** - Athletes must scale the inverted side of the first wall, down the angled wall into the mud, up the opposite angled wall to get out of the mud pit, and over the backside. Failure to do so will result in obstacle failure.

**Wet Willy** - Athletes must use the rope to navigate through the water. Deliberate swimming will result in obstacle failure.