

2009 OBSTACLE COURSE RULES

The Obstacle Course requires the team to overcome seventeen (17) individual physically challenging obstacles through the application of teamwork and fortitude.

The team will report to the on-deck area prior to moving forward to the Start Line. The event/time will begin with the command "GO". Each member of the team will successfully traverse each obstacle in order in the following manner:

NOTE: THESE OBSTACLES ARE SUBJECT TO CHANGE

1. **Jacobs Ladder** – Each member will "weave" their body over one rung and then under the next one without touching the ground.
2. **Rope Climb** – Each member will climb the rope to the top and touch the crossbar before descending the rope.
3. **Over/Under** – Negotiate first under the low beam then over the high one and then under then next low beam then over the next high one.
4. **Attic Entry** – Enter up through the opening and exit off onto the low porch then onto the ground. **(Booster box for female competition only)**
5. **Log jump** – Step onto the low horizontal pole in order to jump up to and over the next higher horizontal pole.
6. **Wall climb** – climb over the top of this flat faced wall with or without the attached length of rope.
7. **A FRAME** – Climb up and over the A frame by touching each horizontal pole going up and coming down.
8. **Hand-Over-Hand** – Traverse this inclined bar (hand over hand) completely without assistance by anyone not also on the apparatus. Once you have mounted the apparatus, do not touch the ground until you have reached beyond the far end and step onto the platform.
9. **Low Crawl** – Enter this obstacle in the low crawl position, staying beneath the upper cover. Proceed through the obstacle while in the low crawl position, exiting at the opposite end.
10. **Decline Wall** – Climb up and over the bar and then slide down the decline wall.

11. **Cargo Net** – Climb up one side, over the top and down the other side. **For safety purposes no one will be permitted to "flip" over the net.** Any violation and the net climb must be repeated.

12. **High Step** – The High Step is a series of "X" shaped obstacles. Each obstacle must be stepped over.. Each team member must maneuver over each of the six obstacles. There will be two sets of obstacles set-up on the O'Course.

13. **High Climb Slide** – Ascend up the platforms and slide down the pole to the ground.

14. **Low Crawl** – Enter this obstacle in the low crawl position, staying beneath the upper cover. Proceed through the obstacle while in the low crawl position, exiting at the opposite end.

15. **Pipe Slide** – Slide through the pipe from one end to the other.

16. **Rope Traverse** –Cross over the horizontal pole in order to mount the rope. Traverse the rope anyway possible but do not touch the ground once you have mounted the obstacle until you have touched the other horizontal pole at the far end. One may not be assisted by anyone not actually traversing the obstacle themselves.

17. **The Long Step** – This obstacle will be traversed by stepping in the boxes provided. The team member will step **BOTH FEET into each box.**

Each and every obstacle **must** be completed as specified herein by all team members. **Any team member who moves backward through the course to assist a teammate will repeat each obstacle from that point on to the Finish.** Any team members that do not successfully complete an obstacle will have to go back and complete it. Failure to do so will result in the entire team not completing the course. Once the entire team has completed each obstacle and each team member crosses the Finish Line, the time and event will end.