



## **OBSTACLE COURSE RULES**

### Format:

- 4 Runners (2 female + 2 male)
  - Substitutes are NOT ALLOWED. Only 4 participants may compete in this event.
  - CANNOT run with less than 4 runners.
- Relay Race
  - Each team member will complete their station of obstacles, then tag their teammate to complete the next station.

### Equipment:

- Obstacles (provided), see website for Obstacle Course Map
- NO CLEATS (tennis shoes, or turf shoes only)

### Sport Specific Rules:

- Teams will designate one participant per station on the course.
- Each participant must complete their station of obstacles before tagging their next team member to complete the next station.
- Destruction of Obstacle will result in 5 seconds to be added onto your total team time.
- The order of males and females DOES NOT MATTER.
- Scoring will be based on final elapsed time for all members of the relay team to complete the course.
- Each team will run the course one time. The Top 6 teams will advance to the championship round.
- Championship Round:
  - All qualifying times will be discarded and the Top 6 teams will run the course once more for time.
  - The same 4 participants who ran in the qualifying race MUST run in the championship race.
  - Participants are allowed to switch obstacle stations if desired.

### Other:

- **Late Team / Forfeit Rule:**
  - A team

**Cleveland Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.**