

## OBSTACLE COURSE RACING SAFETY REGULATIONS

1. Reckless jumps are prohibited unless the participant has properly assessed their ability to overcome the obstacle safely.
2. Participants must always ensure that they have established a secure point of contact with the obstacle or its elements.
3. Obstacle course racing equipment must not be used in any manner other than its intended purpose.
4. It is prohibited to use the same obstacle element that is already being used by another participant.
5. Overtaking other participants on single-line hanging obstacles\* is prohibited. On such obstacles, a minimum distance of 2 metres must be maintained from the participant ahead.
6. Participation in obstacle course racing competitions and use of obstacles while under the influence of alcohol or other intoxicating substances is strictly prohibited.
7. Aggressive behaviour and pressuring or rushing a participant ahead who is completing a hanging obstacle are prohibited.
8. Throwing any obstacle element is prohibited. After use, the element must be returned to its designated place.
9. If a hanging obstacle is started from a platform or elevated structure, participants must first ensure that the platform is stable.
10. After finishing, participants and spectators are prohibited from entering the course and interfering with participants who are still competing. Each participant is responsible for informing any accompanying spectators about compliance with these safety regulations.
11. These safety regulations apply not only during the competition itself but also at any other time when the obstacles are being used (for example, when testing obstacles after completing the race).
12. Using obstacles after finishing the race is permitted; however, participants must not interfere with competitors who are still on the course.
13. In rainy conditions, obstacles may become particularly slippery; therefore, extra caution must be exercised. During rain, all types of jumping are prohibited, including for trained athletes.
14. If an injury occurs, the participant must immediately report it to the Chief Referee.

\* **Hanging obstacles** – obstacles where the participant's feet leave the ground and the body is suspended while holding onto the obstacle.