

SAFETY RULES

1. It is forbidden to make reckless jumps without assessing your ability to overcome obstacles.
2. Always make sure that a safe point of contact with the obstacle or its element has been established.
3. It is forbidden to use obstacle course equipment in a way that is not intended.
4. It is forbidden to use the same obstacle element if it is already being used by another participant.
5. Overtaking other participants on single-line obstacle courses* is prohibited, on such obstacle courses, an interval of at least 2 meters from the participant in front must be observed.
6. It is forbidden to participate in obstacle courses and use obstacles while under the influence of alcohol or other intoxicating substances.
7. It is forbidden to behave aggressively and to rush the participant in front who is performing the obstacle course.
8. It is forbidden to throw any type of obstacle element; after use, it must be placed in the designated place.
9. If the obstacle is to be started from a platform or elevation, it must be made sure that it is stable.
10. After the finish, participants/fans are prohibited from being on the track and disturbing participants who are in the distance. Each participant is also obliged to inform the fans they bring with them about observing the safety rules.
11. The safety rules apply not only to the competition period, but also to any other time when obstacles are used (for example, when trying out obstacles after one's finish).
12. Using obstacles after one's finish is allowed, but it is forbidden to disturb participants who are still starting.
13. In case of rain, obstacles can be particularly slippery, so extra caution should be taken. In case of rain, any kind of jumps are prohibited (even for trained athletes).
14. If an injury occurs, the participant is obliged to immediately report it to the main judge of the competition.

*Obstacles that require the feet to be lifted off the ground and the body to be in a prone position.