

## 2022 Dark Ages Obstacle Rules

- 1. Siege Wall:** Must climb up and over the 8' wall. \*\*Elites/Unlimited Laps may not receive any assistance over the wall and may not use side framing to climb over.
- 2. St. Michael's Gate:** Must climb up and over the 12' ladder climb. \*\*must climb down to at minimum the second to last cross beam, no jumping off prior to this point.
- 3. King of the Mountain:** Must climb the concrete tubes, with ropes to assist if needed, NO use of side openings will be permitted. \*\*Elites/Unlimited Laps may not receive any assistance over the tubes.
- 4. Resupply Wreck Bag:** Must carry Wreck Bags (sand bags) from the start of the marked trail to the finish of the marked trail. NO ONE will be permitted to continue to carry the Wreck Bags through the remainder of the course. All racers must return the bag to the bag stalls. \*\*Elites/Unlimited Laps will not be permitted to set the bag on the ground, nor receive any assistance in the carry.
- 5. Walk the Plank:** Run up and over the teeter totter. \*\*Elites/ Unlimited Laps must restart if they fall off the obstacle.
- 6. Tired Mule:** Carry the wooden Yoke with tires on each end through the obstacle marked track, return the yoke to the start. \*\*Elites/Unlimited Laps may not receive any assistance in carrying the yoke and may not set the yoke down.
- 7. Scotty's Hammers:** Drag your hammer from one end of the obstacle and back.
- 8. Long Bow:** All shooters get one shot. You must hit any portion of the target, then retrieve your arrow and place back at the shooting area. You only need to hit any part of the target to complete. All racers, if someone is behind you, you must let them fire a shot before you attempt a second try.
- 9. Twist on Life:** Using the spool handle, with hands outside of the spindle, turn the spool until the weight bags are at the top. Racers must not let the bags drop. You must assist the bags to the ground using the spool.
- 10. Stones:** Carry the atlas stone from one end of the obstacle to the other. \*\*Elites/Unlimited Laps may not receive any assistance on this obstacle including picking the stone up from the ground.
- 11. Village Walls:** Climb over the 4' wall. Elites/Unlimited Laps may not use the support A frames to assist in scaling the wall.
- 12. Climb to Glory:** Climb the mud mountain.
- 13. Barricades:** – Climb over the first wall, crawl under the second wall, climb through the third wall. \*\*Elites may not receive any assistance on this obstacle. Elites/ Unlimited Laps may not use the A frame supports to complete the obstacle.
- 14. Hangman:** Climb to the top of the 12' rope climb, ring the bell and climb down. All racers must not jump down from the rope until within 4' from the ground.
- 15. Highlander Hoist:** Pull on the rope lifting the weighted bags to the top, slowly return the bags to the ground. Do not drop the bags.
- 16. Low Lands Crawl:** Crawl under the light ropes. No standing allowed in between ropes.
- 17. Village Walls 2:** Climb over the 4' wall. Elites/Unlimited Laps may not use the support A frames to assist in scaling the wall.
- 18. Caber Carry:** Carry the caber (log) to the far side of the obstacle and back. \*\*Elites must carry the caber with both hands under the base of the caber (the circle part). The caber may rest

against the body no more than at a 45 degree angle. Horizontal carries are not permitted. DO NOT THROW THE CABER TO THE GROUND THIS CAN BREAK THEM,

**19. The Gauntlet:** Climb through this rig with your hands/arms only, ring the bell at the end with your hand, no kicking is permitted. \*\*Elites/Unlimited Laps may not receive any assistance on this obstacle.

**20. Terror Tubes:** Crawl through the tubes.

**21. The Ablach:** You have a choice here. You may go over, under or through the wall of tires.

**22. The Beard:** Climb through this low rig with your hands/arms only. Your feet may drag, but not come to a complete stop. Ring the bell at the end with your hand, no kicking is permitted.

\*\*Elites/Unlimited Laps may not receive any assistance on this obstacle.

**23. Drawbridge:** Pull yourself up the 7' inverted wall and carefully slide down the backside.

\*\*Elites/Unlimited Laps may receive no assistance on this obstacle and may not use the obstacle supports.

**24. Fog of War:** Enter the Fog house, crawl through under the cargo net to the other side.

**25. Tilt-A-Kilt:** Climb through our Signature Rig, starting with a trapeze swing to the two teeter ladders, then to the rings. Ring the bell at the finish with your hands, kicking is not permitted.

\*\*Elites/Unlimited Laps may not receive any assistance on this obstacle.

**Open Heat Racers are only asked to attempt the obstacles, completion is not required.** Children may receive assistance with all obstacles and may adapt the obstacle to help them complete, For example: children can role the stones instead of carrying them.