



# 斯巴达勇士赛官方竞赛规程

## Official Rules and Regulations



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# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

1) 每个参赛者都有义务知晓和理解比赛的规则和每一个具体的障碍的规则。如果不清楚某些具体规则，你可在开始比赛前或挑战这项障碍前向竞赛主管或志愿者询问。

**It is the responsibility of each racer to know and understand the rules for the event and for each specific obstacle.** If you do not understand a specific rule it is up to you to ask the race director or volunteer at the obstacle before attempting to complete it.

比赛日具体执行规定将以比赛前的电子邮件、赛前须知的书面或以赛会执行人员/志愿者的口头指令为准。

- 2) Any verbal or written race day instructions given in pre race emails, pre race briefings, or by volunteers and/or race marshals will supersede rules in this book.



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

- 1) 除非规则手册、赛前指示或某个障碍区的志愿者有额外说明，所有参赛者都只有一次尝试完成障碍的机会。竞赛规则中如何定义“一次机会尝试”？通常，一旦两脚离开地面即会被视为开始挑战障碍，即参赛者必须完成它或接受惩罚。
- 2) Unless otherwise noted in the following rule book, during pre-race instructions, or by the specific volunteer at an obstacle, all racers are given one attempt to complete each obstacle. What defines “an attempt” is outlined within the race specific rules that follow. However, typically once both feet have left the ground you will be considered committed to that obstacle and must complete it or take the penalty.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

- 1) 参赛者挑战障碍失败后，必须接受并完成惩罚才能继续前进。惩罚的标准是30个波比跳。如果选手误算了波比跳的数量(或者做的不符合标准)，那么每少做一个波比跳就会增加30秒的惩罚，这将会累积到参赛者的总时间里。如果参赛者完成波比跳总数少于20个，则会被判定为无效。参赛者须负责给自己计数，不应该相信或依赖其他人，包括志愿者。(请参阅附录，了解一个完整的波比跳动作。)
- 2) In the event that a racer attempts but is unable to complete an obstacle, a penalty must be completed before the racer may proceed on course. The standard penalty is 30 burpees. If a racer miscounts a burpee penalty (or completes an improper burpee), a 30 second penalty per missed burpee will be added to the racer's time. If a racer completes fewer than 20 burpees, the penalty is disqualification. The racer is solely responsible for counting his/her own burpees, and should not trust/rely on others, including volunteers, to count for them. (See Appendix for what constitutes a complete burpee.)



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

参赛者须在指定的波比区域完成波比跳，否则不计入惩罚总数。

Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count toward the 30 burpee penalty.

参赛者必须大声数出他们的波比跳数目。如果被裁判或志愿者判定为动作不规范，则参赛者会被要求在现场重做。

- 6) Racers must count their burpees aloud and may be asked to repeat burpees on the spot, if the judge or volunteer determines the racer is not performing correct burpees, while auditing the penalty.

一些特定的障碍中可能有除波比跳以外其他形式的失败惩罚。具体方式将会在赛前简介中或由现场障碍区志愿者告知。

- 7) Non-Burpee “Obstacle Failure Penalties” may be employed at certain obstacles at specific events. These will be described in pre-race briefings or by the volunteers at these obstacles.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

某些障碍是必须完成的，且不能用波比跳惩罚代替。通常这些障碍包括搬运和爬行类障碍。这些障碍将列在规则手册中，或赛前须知中，或在比赛当日由工作人员和志愿者告知。

Certain obstacles will be considered mandatory to complete and have no burpee option for failure. Typically these obstacles include carries and/or crawls. These obstacles will be listed in the rule book or noted in pre-race briefings or by race day staff and volunteers.

若未能完成列在规则手册中、赛前须知中、或在比赛当日由工作人员和志愿者所告知范围内的这些必须完成的障碍，将会失去被取消参赛资格。

**Failure to complete any of these obstacles within the scope outlined in this rulebook, the rules provided in the pre race briefing, or instructions given by the obstacle volunteers or race marshals will result in a DQ.**



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

- 9) 参赛者需尝试每一个障碍。一次尝试是指至少要触碰到该障碍物，包括水中或其他艰难地形中的障碍，参赛者需要触及障碍物本身。除非在赛前须知或比赛日工作人员和志愿者中被允许，否则不能通过惩罚波比通过。

**All obstacles must be attempted.** An attempt, at a minimum, is defined by touching the obstacle. In other cases it may include entering the water or other difficult terrain, to get to the obstacle itself. Such terrain cannot be bypassed via penalty burpees, unless advised as acceptable in pre-race briefings or by race day staff/volunteers.

参赛者须在比赛规定赛道内进行比赛。任何有意或无意偏离赛道且无法返回的参赛者将被取消参赛资格。

- 10) It is the responsibility of the racer to stay on course. Any racer that intentionally or accidentally goes "Off-Course" and is unable to put themselves back "On-Course" where they went "Off-Course" will be disqualified.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

- 9) 参赛者需按规定顺序完成每一项障碍和规定的障碍失败惩罚内容。如果参赛者无法完成某一障碍或失败惩罚内容，该参赛者须在不干扰其他参赛者的情况下回到工作人员处并告知相应负责人退赛。

Every obstacle, or its penalty if permitted for that obstacle, must be completed in course sequence for a racer to continue in competition. If a racer cannot complete either the obstacle or the penalty, the racer must return to results staff without interfering with other competitors, and inform the results staff of their withdrawal.

非参赛人员不得进入赛道并对选手提供帮助。除斯巴达赛事组委会提供给所有参赛者的参赛物资和赛道补给外，参赛者不可以在比赛途中私自获取装备、水或食物。

- 10) Non-racer assistance is not permitted on the course. Racers may not receive gear, water or food on the race course unless provided solely by Spartan Race on course and made available to all racers. There is no penalty for verbally interacting with medical personnel; however any form of physical treatment by medical staff (including but not limited to: receiving a band aid, oxygen, water, or physical evaluation) will result in immediate disqualification.



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

每场比赛中第一个冲过终点线的精英组参赛者冠军。

The winner of each race is determined by the first person to cross the finish line of an Elite heat, regardless of when each racer crossed the start line.

参赛者的竞赛时间将由射频识别计时芯片计算。参赛者需确保芯片固定牢固，并佩戴芯片通过赛道所有的检查点。

Racer times will be validated by RFID timing chips. It is the racer's responsibility to assure the chip is securely fastened and worn across all checkpoints on course. Missing chip times will be subject to independent review, resulting in racers being considered for disqualification, at the discretion of Race Director and Head Official.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

丢失芯片没有时间将要接受单独的二次核查，并由赛事总监或主裁判决定是否取消参赛资格。

If a racer's timing chip is lost, it must be immediately reported to Timing/Results Staff upon crossing the finish. If a racer's timing chip is lost or a Checkpoint is not read by RFID, course marshals may also be used to validate a racer's "route" on course..

对比赛计时、成绩、取消资格、处罚等问题的抗议时间将于颁奖典礼开始前15分钟结束。在此期间，参赛者需将影响比赛结果的问题、处罚等申诉到主裁判处，申诉地点设置在主会场的成绩查询帐篷中。在某些情况下，主裁判可根据情况自行决定延长抗议期。

- 13 The protest period for timing, results, disqualification, penalty issues and the like, ends 15 minutes prior to the award ceremony for each event. Any protest a racer may have with penalties, or issues that affect the race outcome, must be brought to the Head Official during this time period. In some circumstances Head Official may extend protest periods beyond the award ceremony, at their discretion.



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

在确认最终结果之前将会有影像检查。最终的结果可能不会立即在现场公布，需等待官方的审核。参赛者可以在计时/结果帐篷内询问负责人或查看公告板进行检查，以确保他们没受到惩罚，因此他们有时间来抗议处罚，检查录像记录，或者咨询分配违规行为的裁判。

Prior to the results being considered final, a camera review will be completed. Final results may not be posted on-site immediately, pending official review. Racers may check with the Head Official and/or posted board in Timing/ Results tent to be sure they were not allocated a penalty, so they have time to protest that penalty, review video records, or consult the official who allocated the infraction.

赛事官方保留对于不在场的人员的事后处罚权利。

The Race Official reserves the right to continue penalty resolution post-event for those not present, or who are unavailable during the event.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

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- 15 参赛者有权决定是否在规定的抗议时间内对比赛期间受到的处罚提出抗议。

It is up to the racer to determine if they were allocated a penalty during the event and protest it during the allowed protest period.

斯巴达勇士赛组委会保留在赛后无限期改变排名或在比赛当天决定的权利，以防故意或恶意的破坏规则的参赛者,包括但不限于无法通过斯巴达赛会或赛会指定第三方所进行的药检测试。

- 16 Spartan Race reserves to right to change the standings or race day decisions indefinitely after the event, in cases of intentional or malicious breaking of the rules, including but not limited to, failing of a drug test administered by Spartan Race or a third party as designated by Spartan Race.



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

- 14 参赛者必须在比赛前正确佩戴斯巴达勇士赛头带。

Racers are required to wear Spartan issued headbands at the start line of the race.

参赛者须统一穿着斯巴达品牌的完赛T恤出席颁奖仪式，才有资格获得奖杯、奖金。

In order to be eligible for awards, racers agree to wear a Spartan Branded finisher shirt for initial podium photography and videography.

所有斯巴达勇士赛比赛相关费用需在比赛开始前全部付清，否则将被取消参赛资格。

Any outstanding monies owed to Spartan Race must be paid in full prior to racer starting the race or they will be subject to DQ.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

比赛正式开始之前，参赛者擅自在赛道上预跑、行走或进行障碍训练，都会被取消参赛资格。在活动区内观看障碍物，或者是在工作人员允许下进行赛前练习除外。

Pre-running / walking the course, or practicing obstacles prior to the Official start of the event is grounds for disqualification. Exception to this rule is viewing obstacles within the festival area or as otherwise advised by Event Staff.

参赛者只能用手臂、双手或其他胸部以上部位摇响障碍物上的铃铛。不允许使用脚、腿或膝盖来“踢”铃铛。违反这条规则的参赛者将被视为该障碍挑战失败。该参赛者不能重新尝试此障碍，并且必须完成此障碍的惩罚内容。

Competitors may only strike bells present on ANY obstacle using their arms and hands, or any other part of their body above their chest. Using feet, legs, or knees to "kick" the bell is not allowed. Violation of this rule will be considered an obstacle failure. The competitor will not be allowed to retry the obstacle, and must complete the mandatory penalty for that obstacle.



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

精英组参赛者不可以在比赛中佩戴或携带耳机、音乐播放器和其他个人音频设备。如参赛者在比赛中被发现携带上述物品，将被立即取消资格。

Headphones, iPods, mp3 players, music players and other personal audio devices are not to be carried or worn at any time by Elite and Competitive category competitors while on the course. Competitors from these categories who are found with any of these items on their person during competition will be subject to immediate disqualification.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

参赛者必须完成比赛，并且携带所有装备通过障碍。参赛者在波比跳时可以将装备放置在一旁。参赛者只能借助赛前所配发的物品完成比赛，例如：水袋、衣服和食物。不允许使用任何机械辅助工具，如索具、登山杖等，自然或人类制造物品也属于辅助工具，例如：将树枝用作手杖。因身体缺陷及安全问题需要乘坐轮椅或其他辅助设备的参赛者除外。比赛不允许预先放置装备、营养补给或水补给，在比赛途中丢下物品将被取消资格。

An Athlete must complete the event, and complete each obstacle with all the clothing and gear the Athlete had with them at the start of the event. Athletes may set aside gear while doing burpees. An Athlete may only use items to their advantage that are carried with them from the start of the race, Example: hydration pack, clothing and food. Using mechanical aids such as, but not limited to, rigging or trekking poles is not allowed. Items found, natural or man made, are also not permitted as mechanical aids. For example: found sticks used as walking sticks. Leaving items behind on course is grounds for disqualification. Exceptions to this rule may apply to adaptive athletes requiring wheelchair or other aids that may make it impossible or unsafe to complete the obstacle. Pre-placement of gear, nutrition, or hydration on course is not allowed.



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

在所有的比赛和比赛的各个领域，要求所有参赛者遵守体育精神。违反者将被取消参赛资格，并根据情节严重程度，由比赛官方全权处理，判处禁赛一年至终身禁赛的处分。

Sportsmanlike conduct is expected of all competitors, at all times in all areas of the event and competition. 'Unsportsmanlike Conduct' is grounds for expulsion from the event, expulsion for a year, and/or lifetime expulsion from future events, depending on severity, and at the sole discretion of race officials.





# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

任何情况下，参赛者看到未处理的医疗求助或安全紧急情况，都需要等到官方工作人员到场，方可继续比赛。参赛者需根据现场情况判断严重程度，并且帮助有困难的人，或跑到最近的工作人员处寻求帮助。同时，参赛者需知晓这样的行为会影响他们的比赛结果，如果计时人员不在场，参赛者将无法得到时间或距离补偿。

Under no circumstances are Athletes who have witnessed an unattended medical or safety emergency to continue racing until a race official has arrived. Athletes are expected to use their best judgment concerning severity, staying to assist a person or people in trouble, or running to the nearest official for help. The Athlete understands that such actions will affect their competition results. The Athlete understands that it is that timing personnel will not be present and thus, time or placement compensation for medical assistance will not be awarded to the Athlete.



# 一般规则和运动员行为准则

## General Rules and Athlete Conduct

速度较慢的参赛者必须让更快的参赛者通过。在比赛中故意阻止更快的参赛者前进，都是违反体育精神的行为。

Slower paced athletes must allow faster athletes to pass. Purposefully preventing a faster athlete to advance at any point in the competition falls under the rules of 'Unsportsmanlike Conduct'.

禁止在赛场上乱扔垃圾（包括参赛者装备），违反者将被取消参赛资格。

Littering on the course is grounds for disqualification, this includes gear the athlete started the event carrying or wearing.





## I.可多次尝试的障碍

### Multiple Attempt Obstacles

- 参赛者可以无限次尝试挑战这些障碍。You are able to take as many attempts as needed to complete these obstacles.
- 如果你需要多次尝试障碍，你必须要让第一次尝试的参赛者先进行尝试。 If you are taking multiple attempts you must yield to racers making their first attempt.



# 伊卡洛斯之翼

## 4', 5', 6', 7', 8' Wall







# 伊卡洛斯之 翼

## 4', 5', 6', 7', 8' Wall

### 参赛须知 / Racer Instructions:

- 攀爬并翻过障碍物，不允许使用支撑物或带子。Climb up and over the wall without touching the support structure or straps.
- 只有女性可在规定处使用底座辅助。Only women can use the “kickers” where available.

### 失败判定 / Failure Modes:

- 无法翻越墙体；Inability to climb over the wall.
- 使用支撑物或带子；Anyone using the support structure or straps.
- 男性使用底座辅助；Men using the “kickers”.

### 其他说明 / Additional Notes:

- 参赛者可以反复尝试这个障碍，直到他们完全完成挑战或者接受处罚。Racers may re-try this obstacle until they complete it properly, or complete the penalty.



# 翻越奥林匹斯 Inverted Wall







# 翻越奥林匹斯 Inverted Wall

## 参赛须知 / Racer Instructions:

- 攀爬并翻过障碍物，不允许使用支撑物。Climb up and over the wall without touching the support structure or straps.

## 失败判定 / Failure Modes:

- 无法越过墙体；Inability to climb over the wall
- 使用支撑物或带子；Anyone using the support structure or straps.

## 其他说明 / Additional Notes:

- 参赛者可以反复尝试这个障碍以完成挑战，或者接受处罚。Racers may re-try this obstacle until they complete it properly, or complete the penalty.



# 扼守温泉关 Stairway to Sparta







# 扼守温泉关

## Stairway to Sparta

### 参赛须知 / Racer Instructions:

- 攀爬并翻过障碍物，不允许使用支撑物或带子。Climb up and over the wall without touching the support structure or straps.

### 失败判定 / Failure Modes:

- 无法翻越墙体；Inability to climb over the wall
- 使用支撑物或带子；Anyone using the support structure or straps.

### 其他说明 / Additional Notes:

- 参赛者可以反复尝试这个障碍以完成挑战，或者接受处罚。Racers may re-try this obstacle until they complete it properly, or complete the penalty.



# 阿特拉斯之石

## Atlas Carry







# 阿特拉斯之石

## Atlas Carry

### 参赛须知 / Racer Instructions:

- 举起石头，把它搬到另一边，把它放下，完成5个波比跳，举起石头，把石头搬回起点。  
Pick up the stone, carry it to the other side, put it down, complete 5 burpees, pick up the stone, return stone to the starting point.

### 失败判定 / Failure Modes:

- 未沿着标记的路线搬运石头；Not being able to carry the stones along the marked course.
- 未完成5个波比；Not completing 5 burpees.
- 未将石头搬回起点。Not Returning stone to Starting point

### 其他说明 / Additional notes:

- 参赛者可以中途放下石头，但不能让其滚动。Racer may put stone down during the carry, however they cannot roll it or allow it to roll.
- 如果石头掉落或被放下，参赛者必须回到石头落地的位置抬起石头，并继续前进。If stone is dropped or put down, it must be picked up again at the same spot. If the stone rolls with forward movement after being dropped or placed down, it must be returned to the same spot and picked up before continuing forward again.
- 如果赛手不能完成障碍挑战，惩罚是30个波比跳(不是35个，因为5个波比被认为是障碍的一部分)。If racer cannot complete obstacle or fails the obstacle, the penalty will be 30 burpees total (not 35 as the 5 burpees are considered part of the obstacle.)
- 参赛者必须在标志旗之后开始。Racers must start behind designated starting flag.





# 迷宫巨绳 Plate Drag







# 迷宫巨绳

## Plate Drag

### 参赛须知 / Racer Instructions:

- 需将重物拉至拴绳绷紧，且重物只能被拖动而不能被举起。返回到拴绳连接点(原木)，然后用绳子把重物拉回到原木。 Pull the element out until the line is taut. The element cannot be picked up, it must be dragged. Return to the rope attachment point (stake) and pull the element back to the stake, using the rope.

### 失败判定 / Failure Modes:

- 不能完成任务；Inability to complete task.
- 拴绳绷紧但未拉出重物；Not pulling the element out until the rope is taut.
- 没有将重物完全拉回原木；Not pulling the element all the way back to the stake.
- 除非通道被阻断，不可将重物抬离地面；Lifting the element off the ground, unless build up has blocked the path.
- 不能滚动重物；Rolling the element. It must be dragged.
- 挪走原木上的拴绳；Removing the rope from the stake.

### 其他说明 / Additional Notes:

- 在某些赛事中操作顺序可能改变（先拉，后拖动）；In some events order may be reversed, (pulling first, followed by dragging).
- 参赛者需保持拖板始终着地而不能搬离地面；Racer may not carry plate, plate must be touching the ground at all times.
- 参赛者可以重启挑战（包括重选赛道）只要完成完整的动作内容。Racer may redo the obstacle, including changing lanes, as long as the full “cycle” is completed.



# 海格力斯的挑战

## Rolling Mud







# 海格力斯的挑战

## Rolling Mud

### 参赛须知 / Racer Instructions:

- 参赛者必须在障碍范围内完成所有标记的过程； Staying within the boundaries of the obstacle, racers must complete marked course.
- 不准跳水。 No diving.

### 失败判定 / Failure Modes:

- 未在障碍的范围内完赛，或绕开障碍。 Not staying within the boundaries of the obstacle, or skirting the obstacle.

### 其他说明 / Additional Notes:

- 绕开障碍判定：如果是无意绕开，或是由于拥挤而造成的，参赛者可以重新调整并再次挑战。 Disqualification for skirting; racer may backtrack and redo the obstacle properly if skirting was unintentional, or forced by congestion.



# 三阶穿越

## Over – Under - Through







# 三阶穿越

## Over – Under - Through

### 参赛须知 / Racer Instructions:

- 翻过第一座墙，从第二座墙下方钻过，从第三座墙中间穿过。 Navigate OVER the first wall, UNDER the second wall, and THROUGH the last set of walls.

### 失败判定 / Failure Modes:

- 不能通过墙体。 Inability to navigate the walls
- 使用辅助工具。 Anyone using the support structure to go over the wall

### 其他说明 / Additional Notes:

- 障碍可能混合顺序排列。 请根据志愿者的指示及提示标正确通过。 Walls may be in mixed order. Please ensure to listen to volunteer instructions or posted signs for correct order.
- 参赛者可无限次尝试。 There is no limit to the number of attempts for each racer.



# 牵索越坡 Slip Wall







# 牵索越坡 Slip Wall

## 参赛须知 / Racer Instructions:

- 拉起绳子并翻过障碍墙。Navigate up and over the wall.
- 可以使用障碍提供的绳索。May use ropes if provided.
- 参赛者不可借助辅助工具或障碍侧壁攀爬。Racer cannot use supports or side of wall for assistance.

## 失败判定 / Failure Modes:

- 无法翻越障碍。Inability to get up and over the wall
- 借助辅助工具完成障碍。Using supports to complete obstacle.

## 其他说明 / Additional Notes:

- 参赛者可无限次尝试。There is no limit to the number of attempts for each racer.



# 跨越屋脊 A-Frame Cargo







# 跨越屋脊

## A-Frame Cargo

### 参赛须知 / Racer Instructions:

- 翻越网状的障碍物（始终面向障碍网）；Climb up and over the obstacle.

### 失败判定 / Failure Modes:

- 无法翻过屏障。Inability to climb over the obstacle.
- 借助障碍的桁架或其他辅助结构攀爬。Using truss or support structure of the obstacle to complete the obstacle, or for an advantage.

### 其他说明 / Additional Notes:

- 如果参赛者由于借助桁架或其他支撑物而挑战失败，则需重新开始挑战。If racers fail the obstacle due to using truss, they are able to redo obstacle from beginning.



# 雅各布天梯 Vertical Cargo







# 雅各布天梯 Vertical Cargo

## 参赛须知 / Racer Instructions:

- 翻越网状障碍物。Climb up and over the obstacle.

## 失败判定 / Failure Modes:

- 无法翻过障碍物。Inability to climb over the obstacle.
- 借助支撑物攀爬（包括树等自然支撑物，例如树）。Using supports (including natural supports, such as trees) to complete the obstacle.

## 其他说明 / Additional Notes:

- 如果参赛者由于借助桁架或其他支撑物而挑战失败，则需重新开始挑战。If racers fail obstacle due to using truss (or other supports), they are able to redo obstacle from beginning.



# 冥河洗礼 Dunk Wall







# 冥河洗礼 Dunk Wall

## 参赛须知 / Racer Instructions:

- 潜入水中从墙体下方通过。 Proceed under the wall.
- 不允许跳水中。 No Diving

## 失败判定 / Failure Modes:

- 无法通过障碍墙。 Inability to go under the wall.

## 其他说明 / Additional Notes:

- 参赛者必须进入水中(如果有的话), 即使没有完成障碍的全部挑战。 Racer must enter water (if present), even if not completing the dunk wall portion of obstacle.
- 参赛者可无限次尝试。 There is no limit to the number of attempts for each racer.



# 普罗米修斯之火

## Fire Jump







# 普罗米修斯之火

## Fire Jump

### 参赛须知 / Racer Instructions:

- 跳过火墙。Jump over the fire

### 失败判定 / Failure Modes:

- 无法越过火墙。Inability to jump over the fire

### 其他说明 / Additional Notes:

- 绕过火墙将被视为挑战失败。Disqualification for skirting the obstacle
- 参赛者若因赛道拥堵而进行了有意或无意的绕避，可原路返回并重新开始挑战。  
Racer may backtrack and redo the obstacle properly, if skirting was unintentional, or forced by congestion.



# 海格力斯之臂

## Herc Hoist







# 海格力斯之臂

## Herc Hoist

### **参赛须知 / Racer Instructions:**

- 通过拉绳子来升起重物，升至顶部直至碰到顶部的滑轮。 Pull the rope to raise the weight, until the knot hits the pulley at the top.
- 缓慢将重物降至地面（不可以松开绳子使重物失控或坠落地面）。 Lower the weight slowly and under control, without releasing the rope, until weight reaches the ground. (No dropping the weight).

### **失败判定 / Failure Modes:**

- 无法将重物升至顶部。 Inability to raise the weight to the top.
- 使重物坠落（包括绳子滑脱、离开参赛者的手等各种原因使重物撞到地面）。 Dropping the weight to the ground for any reason (rope slips through, or leaves the racers hands AND hits the ground)



# 海格力斯之臂

## Herc Hoist

- **其他说明 / Additional Notes:**
- 参赛者可以多次尝试或随时更换此障碍中的单个障碍物进行尝试，但要求重物在上述正确方式下着陆。Racer may take multiple attempts and change lanes at any time, as long as weight was returned to start position in a controlled manner.
- 参赛者不可以通过移动位置来升起重物（与栅栏的距离不可超出规定范围）。Racers may not raise the weight by walking away from fence or gain an advantage by moving beyond what is considered a reasonable distance from the fencing.
- 体育场馆赛事规则可能被更改为脚不能触碰围栏。At stadium events rules may be modified to state no feet on the fence.





# 金苹果的守护

## Rope Climb





# 金苹果的守护

## Rope Climb

### 参赛须知 / Racer Instructions:

- 爬上绳子，用手摇响铃铛。Climb the obstacle and ring the bell with your hand.

### 失败判定 / Failure Modes:

- 没有摇响铃铛。Not ringing the bell
- 同时使用多条障碍（绳子）攀爬障碍。Using more than one lane at a time to complete the obstacle
- 使用辅助道具。Using any mechanical device

### 其他说明 / Additional Notes:

- 参赛者可随时在地面上换绳子并无限次尝试挑战。Racer may change lanes at any time once returning to the ground and can continue to attempt obstacle as many times as they would like.
- 一次成功者优胜于多次尝试者。Racers attempting multiple times should yield to racers attempting for the first time.
- 参赛者须以安全且可控的方式着陆（不可以从绳索上跳落或坠落地面）。Racers must return the ground in a safe and controlled manner (racers cannot drop from the rope).





# 赫耳墨斯的化身 Bender





# 赫耳墨斯的化身

## Bender

### 参赛须知 / Racer Instructions:

- 不借助任何支撑物、带子以及标志杆爬过障碍墙。Climb up and over the wall without touching the support structure, straps, or flag poles.

### 失败判定 / Failure Modes:

- 无法爬过障碍墙。Inability to climb over the wall
- 借助支撑物或带子。Anyone using the support structure or straps.

### 其他说明 / Additional Notes:

- 参赛者可多次尝试直至通过障碍或接受惩罚。Racers may re-try this obstacle until they complete it properly, or complete the penalty.
- 参赛者可以用脚蹬木杆。Racers are able to use their feet on the rungs.





# 神车巨轮 Tire Flip





# 神车巨轮 Tire Flip

## 参赛须知 / Racer Instructions:

- 将轮胎翻转要求的数量。

Flip the tire the required number of times.

## 失败判定 / Failure Modes:

- 无法翻动轮胎或没有完成规定次数。

Inability to flip the element the required number of times.

## 其他说明 / Additional Notes:

- 参赛者一旦开始，必须在同一通道完成障碍翻转。Competitor is considered committed to a lane once they have completed one flip.
- 在选手决定使用哪个轮胎前，可以挑选，并且可以多次尝试挑战这个障碍。Prior to being committed to a lane, a Competitor can change lanes and take multiple attempts.
- 轮胎掉落不视为失败。Dropping the tire is not considered a failure.





## II. 只有一次机会的障碍挑战

### Single Attempt Obstacles

- 这些通常是技巧类障碍。Generally these would be skill based obstacles.
- 一旦参赛者走上选定的赛道即被认定开始挑战，参赛者需完成挑战或接受惩罚。Once you have committed to a lane (as defined within the specific obstacle rules), your attempt will be considered started and you must complete the obstacle or the penalty.



# 人猿泰山 Monkey Bars







# 人猿泰山

## Monkey Bars

### 参赛须知 / Racer Instructions:

- 仅使用手或者手臂攀爬并摇响铃铛。脚不能触碰地面或者杆子。 Traverse the rungs using ONLY your hands and ring the bell. Feet cannot touch the ground or the rungs.
- 参赛者需从障碍下方通过，不允许爬到障碍上方。 Racer must stay on the bottom of the obstacle. Racer cannot complete the obstacle on the top.

### 失败判定 / Failure Modes:

- 在起点或终点间，身体的任何一个部位触碰到地面。 Any part of the body touching the ground between the start and finish area.
- 脚碰到杆子或高于头。 Feet touching bars above head.
- 借助侧面的支撑物。 Using side supports.
- 没有摇响铃铛。 Not ringing the bell.

### 其他说明 / Additional notes:

- 一旦参赛者双脚离开初始位置，即会被认定为挑战开始。 Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the starting step.



# 空中栈道 Spartan Rig







# 空中栈道 Spartan Rig

## 参赛须知 / Racer Instructions:

- 仅用手攀爬障碍物并摇响铃铛，脚不可以触地或碰到障碍物，除非是专为脚踩设计的障碍（如：和脚同高度的障碍）。 Traverse the elements, using ONLY your hands, and ring the bell. Feet cannot touch the ground or the elements, unless the element is designed to be touched by your feet (e.g. at foot level).
- 参赛者必须保持在障碍下方，不能爬到障碍物上方。 Racer must stay on the bottom of the obstacle. Racer cannot complete obstacle on the top.

## 失败判定 / Failure Modes:

- 开始挑战后身体的任何部位触地。 Any part of the body touching the ground between the start and finish area.
- 脚碰到头以上的横杆。 Feet touching bars above the head
- 借助侧面的支撑物。 Using side supports
- 没有摇响铃铛。 Not ringing the bell

## 其他说明 / Additional notes:

- 参赛者一旦双脚离开初始位置，即会被认定为开始挑战。 Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the starting step.



# 胜利之矛

## Spear Throw







# 胜利之矛 Spear Throw

## 参赛须知 / Racer Instructions:

- 投掷长矛并将其插入人偶（木制或草制） Attempt to throw the spear and have it stick into the spearman (wood or hay)
- 参赛者只有一次机会。 Racer has one attempt

## 失败判定 / Failure Modes:

- 长矛没有插入人偶。 Spear does not stick into the spearman
- 长矛插入人偶后，任意部分接触地面即视为失败。 Any part of spear is touching the ground, once it comes to a rest.

## 其他说明 / Additional Notes:

(下一页 *Continued on next page*)



# 胜利之矛

## Spear Throw

### 其他说明 / Additional Notes:

- 参赛者一旦向前释放长矛即会被认定为开始挑战。 An attempt is considered to be in progress once a racer releases the spear in a forward motion.
- 若参赛者认为第一次选择的长矛有问题可自行更换长矛，但必须在开始投掷之前。 Racers are allowed to choose a different spear if they feel there is a defect in the initial spear they chose, however this must be done prior to throwing spear.
- 参赛者有责任确保自己的长矛栓绳以没有缠结的方式放置。若投掷时栓绳发生缠结，也仍将算作一次尝试。 It is the racer's responsibility to ensure the tether is placed in a manner such as to not cause entanglement. If tether gets tangled in any manner during a racer's throw, it will still be considered an attempt.
- 长矛必须保持插在人偶中，直到参赛者离开指定的障碍区(最后一个人偶)，否则挑战失败。 Spear must remain stuck in the spearman until the racer has left the designated obstacle area (last spearman), or it will be considered a fail.
- 长矛在落靶之前都可以接触地面，但是只有落入靶中，长矛就不能触碰地面。 Spear can touch the ground during the throw or during initial entry into target. However, once it comes to a final rest no part of the spear may be touching the ground.





# 雅典娜的召唤

## Memorization test

### 参赛须知 / Racer Instructions:

- 停下来并按照标志、指示或工作人员的提示顺序完成操作。 Stop and do as the sign, instructions, or official says.
- 参赛者将会被立即测试，或在当天晚些时候进行测试，或者不需要测试。 Racers will be tested immediately, later in the day, or possibly not at all.

### 失败判定 / Failure Modes:

- 回答错误。 Answering incorrectly
- 使用其他辅助工具帮助记忆。 Using a mechanical device to assist.

### 其他说明 / Additional Notes:

- 参赛者不可以在其身体、装备等任何地方记录内容。 Racers are not permitted to write down the sequence on their body, equipment or anywhere else.
- 参赛者不可以拍照记录。 Racers are not permitted to take a picture of sequence.



# 奥林匹斯之巔 Olympus







# 奥林匹斯之巅 Olympus

## 参赛须知 / Racer Instructions:

- 仅用手攀爬，水平方向爬过障碍并摇响铃铛。 Using only your hands on the holds within your lane, Laterally navigate the obstacle and ring the bell.
- 参赛者不可以在任何时候触碰墙的上沿和地面。 Racers are not allowed to touch the top of the wall or the ground at any time.

## 失败判定 / Failure Modes:

- 挑战过程中身体任何部位接触地面。 Any part of the body touching the ground between the start and finish bell
- 触碰障碍上沿。 Racer touching the top of the obstacle.
- 用脚触碰墙上的扶手。 Racer touching any of the holds on the wall with their feet.

## 其他说明 / Additional notes:

- 参赛者须从起始阶梯处或阶梯后开始。 Racer must start from or behind starting step.
- 参赛者一旦双脚离开初始位置，即会被认定为开始挑战。 Racer is committed to their lane and considered to have attempted the obstacle, once both of racer's feet have left the starting step
- 赛手可以将脚放在墙上，但不能放在扶手上和安全装置上。 Racer may place their feet against the wall, however not on the holds, including the cutouts.



# 生命之绳

## Tyrolean Traverse







# 生命之绳

## Tyrolean Traverse

### 参赛须知 / Racer Instructions:

- 参赛者必须从绳子的一端通过另一端，然后敲响铃铛。

Competitor must traverse the rope and ring the bell.

### 失败判定 / Failure Modes:

- 无法敲响铃铛。

Inability to ring the bell

- 如果在陆地上，在敲响铃铛前，参赛者身体的任意部分都禁止触碰地面。

If over dry land, touching ground with any part of the body (to your advantage) before ringing the bell.

- 如果此障碍在水面上，脚部接触水面视为犯规。

If over water, feet touching the water, if underneath the rope.

- 使用任何辅助工具。

Using any mechanical devices



# 生命之绳

## Tyrolean Traverse

### 其他说明 / Additional Notes:

- 如果此障碍设在水面上，那么参赛选手如果在绳子上方（面向水面）通过障碍，脚部可以接触水面；如果选手背靠水面从绳子下方通过障碍，则脚部不能触碰水面。

If the obstacle is over water and the Competitor is completing obstacle on top of the rope, feet may touch the water. If underneath the rope, feet may not touch the water.

- 如果此障碍位于水面上，参赛者无法通过时，也仍需穿过/游过水域。

If obstacle is over water, traversing/swimming the water beneath is still required, even if Competitor is unable to complete the traverse by rope.

- 如果此障碍位于水面上，参赛者需要在通过障碍敲响铃铛后，继续依靠绳子前行以减少游泳。

If the obstacle is over water, Competitor may continue along rope after hitting bell to minimize swimming.





# 美杜莎的蛇发 Twister







# 美杜莎的蛇发 Twister

## 参赛须知 / Racer Instructions:

- 参赛者仅能用手通过障碍，并敲响铃铛。脚部不能触碰地面或者障碍把手。  
Traverse the rungs using ONLY your hands and ring the bell. Feet cannot touch the ground or the rungs.
- 参赛者必须在障碍下方通过障碍，不能从障碍上方通过。  
Competitor must stay on the bottom of the obstacle. Competitor cannot complete the obstacle on the top.

## 失败判定 / Failure Modes:

- 通过障碍途中，身体任何部位触碰地面。  
Any part of the body touching the ground between the start and finish area.
- 脚部触碰障碍上方铁杠。Feet touching bars above head.
- 使用障碍周边杠子支持通过。Using side supports.
- 没有敲响铃铛。Not ringing the bell





# 美杜莎的蛇发 Twister

## 其他说明 / Additional notes:

- 一旦参赛选手双脚离开地面，则视为他们开始挑战。

Competitor is committed to their lane and considered to have attempted the obstacle, once both of Competitor's feet have left the starting step.



# SPARTAN™

## III. 强制性障碍 Mandatory Obstacles

- 通常为搬运或爬行类任务。Generally these will be any carries or crawls.
- 没有替代路线或惩罚，挑战失败后需重新开始。If you fail any of these obstacles you may restart the obstacle.
- 如果参赛者无法完成障碍，须将计时卡归还工作人员。If you are not able to complete the obstacle, you must turn in your timing chip to a course marshal or official.





# 神庙基石

## Bucket Brigade





# 神庙基石

## Bucket Brigade

### 参赛须知 / Racer Instructions:

- 在指定的区域选择合适的塑料桶用砾石或沙子填满桶，并沿着标记的路线搬运。 Fill the appropriate bucket with gravel or sand from the designated area and carry the bucket along the marked route.
- 将桶运回起点时桶必须是被填满且没有空隙。建议在桶里装过量的沙石，以确保其沉淀后仍能达到要求。 The bucket must return to the start point filled above the holes drilled into the bucket with no light showing. It is advised to overfill the bucket to allow for settling.
- 参赛者需双手托住桶的底部搬运，且桶底不得超过肩膀。不能用肩膀以上的部位搬运(如脖子或头)。 Bucket must be carried with the bottom of the the bucket below the racer's shoulders. Do not carry the bucket on or above your shoulders (e.g. neck or head).
- 完成挑战后须将桶清空并放回原处。整场挑战都需要遵守。 Empty the bucket back into the bin upon completion of the bucket obstacle route. The entire route must be followed.
- 当你开始搬运时，工作人员/志愿者不负责检查你的桶，只在你返回起点时判定挑战成功或失败。 Staff / volunteers are not responsible for checking your buckets when you start the carry, only when you return to make a fail / no-fail decision.

*(continued on next page)*





# 神庙基石

## Bucket Brigade

### 失败判定 / Failure Modes:

- 没有带回足够的碎石。 Not returning the bucket full to the specified line
- 用肩膀、脖子、头搬运。 Placing the bucket on shoulders, neck, or head
- 没有将桶清空后放回箱子。 Not emptying the bucket into the bin
- 没有完成规定路线的全程。 Cutting any part of the designated route

### 其他说明 / Additional Notes:

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# 神庙基石

## Bucket Brigade

### 其他说明 / Additional Notes:

- 不可以用波比跳替代此障碍。 There is no burpee options for this obstacle.
- 参赛者如果带回的碎石少于最低限量，参赛者需重新完成挑战。 If racer returns with bucket filled below line, the racer must redo the entire route.
- 使桶高过肩膀的参赛者需重新完成挑战。 A racer carrying the bucket above shoulder height will be subject to repeating the obstacle.
- 参赛者可以中途放下桶。 Racers may place the bucket down as needed. They will not need to restart the course if they do so.
- 参赛者一旦向前移动，便不能再从场地中捡起沙石，除非是其桶中的沙石溢出或漏出。 Racers cannot pick up gravel or sand along the course, unless it spilled from their bucket and picked up at the time of the spill. Once a racer makes substantial forward movement they can no longer pick up materials.
- 参赛者可在任何时间返回起点重新装桶。 A racer can return to start to at any time add fill to bucket to ensure completion.





# 宙斯的惩罚 Sandbag Carry





# 宙斯的惩罚

## Sandbag Carry

### 参赛须知 / Racer Instructions:

- 在指定路线上搬运沙袋。 Carry the element on the designated route.

### 失败判定 / Failure Modes:

- 无法携带重物完成指定路程全程 ; Inability to complete the designated route with the weight
- 毁坏、破坏重物 ; Damaging or destroying the weight
- 未完成全部的指定路线 ; Cutting any part of the designated route
- 拖拽重物 ; Dragging the weight





# 宙斯的惩罚

## Sandbag Carry

### 其他说明 / Additional Notes:

- 有意的损毁或破坏重物将被认定为失败；Intentionally damaging or destroying the weight will result in disqualification.
- 要求搬运多个重物时，须同时搬运。参赛者不能分次搬运；If multiple weights are required they must be carried at the same time. Racer cannot make significant forward progress with a single weight.
- 中途放下重物不算挑战失败；Weights may be placed down as needed. This is not considered a failure.
- 必须搬运重物而不能使用拖拽、滚动、推动等方式；Weights must be carried and cannot be dragged, rolled, pushed, etc.
- 如果重物中途掉落或被放下或向前滚动，参赛者需回到重物掉落的地方开始继续搬运；If a weight is dropped or placed down and moves forward, racer must return back to where it was dropped and restart carry from that spot.



# IV. 附录 Appendix





# 波比的正确动作

## Proper Burpee Form



CHEST TO FLOOR



FULL HIP EXTENSION



JUMP INTO THE AIR



HANDS OVER YOUR EARS

1. 卧倒在地上 **Drop to the ground**  
(胸口触地 chest must hit ground)
2. 站起来 **Stand up**  
(髋关节完全伸展 must have full hip extension)
3. 举起你的双手，向上跳。 **Put your hands up and jump up**  
(双手必须举过你的耳朵上方，双脚必须离开地面，髋关节需要完全伸展——身体笔直，垂直于地面。 hands must be at least above your ear, both feet must leave the ground and you must reach full hip extension - body straight and perpendicular to the ground)