



RUNNING WARRIORS

8. October 2022. – Kamaraerdő, Budapest

Description of obstacles

Distance: 3 km

Number of obstacles: 21

Time limit to finish: Elite: 50 min / Age Group: 80 min

Competitors shall finish the race within the given time limit, together with the time penalty received!

Elite - Evaluation criteria: All MEN who did not lose a wristband and all WOMEN who lost a maximum of 1 wristband during the competition will be evaluated, who finished the race within the specified time limit (plus a time penalty for women). Of these competitors, time determines the order.

Age Group – Evaluation criteria: All those who lost a maximum of 2 wristbands during the competition will be evaluated, who finished the race within the specified time limit (including the addition of a time penalty or the completion of a penalty loop / penalty task). Of these competitors, time determines the order.

The competitor must REALLY attempt to complete the obstacles, taking into account their current state of fitness - if the impersonation is simulated, the competitor may be disqualified.

A faster competitor from behind will have to let go by the other competitor – who is possibly trying the obstacle more than once - in the name of fair play and sportiness.

Obstacles can be solved with any number of catches - that is, it is not obligatory to touch all the obstacles, catches and handrails can be omitted - EXCEPT where stated to the contrary!

The bell - where the obstacle ends with a bell - can be hit or kicked with both hands and feet.

With low obstacles, no part of the competitor's body and clothing (such as a backpack, sweater, or even hair) may hit the ground. Reaching any part of the body or garment to the ground is considered a defect.

Competitors may use gloves and magnesium powder during the competition.

Where the obstacle can only be completed by hand, it is an error if the competitor also uses legs. Y and T handrails can be grasped anywhere. Chains and cages should not be grasped.

In case of wristband cutting, time penalty: 5 minutes



Mandatory obstacles may be attempted by the competitor any number of times, but may not proceed without overcoming the obstacle.

Skill-type obstacles may be tried 2 times by the competitor (marked). In the event of non-compliance, the competitor must serve a penalty loop.

OCR-type obstacles can be tried twice by a competitor, failing which a wristband will be cut off. In addition, time penalty will be added to the competitor's time.

Obstacles:

1. **Creeping corridor** (*mandatory*)
2. **Small plank** (*mandatory*)
3. **Plank under** (*mandatory*)
4. **Small plank** (*mandatory*)
5. **Big plank over** (*mandatory*)
6. **Big plank over** (*mandatory*)
7. **Balance** (*skill-type obstacle – penalty loop*) completion of the obstacle is considered to have begun when both legs of the competitor have touched the balance. The obstacle can only be completed by foot. Upon descent, the competitor must reach the line marked on the balance, which must be stepped on and jumped off from the line only. Penalty loop: 1 designated lap run.
8. **Concrete wall** (*mandatory*)
9. **Concrete wall** (*mandatory*)
10. **Concrete wall** (*mandatory*)
11. **Can-carry** (*mandatory*) MEN must carry 2 pieces of cans and WOMEN must carry 1 piece of can.
12. **Scrawl RW OCR cage** (*OCR obstacle, wristband*) the competitor must pull 2 handles along the obstacle, with one hand in the RW inscription and the other hand in the lower horizontal groove. The 2 handles in the lower groove must also be pulled back to the starting point – here the athletes feet can touch the ground. The obstacle can only be completed by hands. In the ELITE category (both men and women) and in the AGE GROUP MEN category, the handles must be pulled along, both in the black and red parts of the board, and then pulled back to the starting point. In the AGE GROUP WOMEN category, the handles must be pulled halfway through the black part of the board and then pulled back to the starting point.
13. **Monkeybar OCR cage** (*OCR obstacle, wristband*) – only by hands, jumping outside the stripe.
14. **Bánk handrail OCR cage** (*OCR obstacle, wristband*) – only by hands, hitting the bell at the end.
15. **Lord of the rings OCR cage** (*OCR obstacle, wristband*) – EACH ring has to be grasped!, only by hands, hitting the bell at the end.
16. **Combined sloth OCR cage low** (*OCR obstacle, wristband*) – the rings can only be touched by hands, touching the frame at the end.
17. **Combined catches OCR cage** (*OCR obstacle, wristband*) – only the last piece can be touched by foot: the big climbing plank, hitting the bell at the end.



18. **Combined low OCR cage (OCR obstacle, wristband)** – only the hanging T and the hula hoop can be touched by foot, touching the frame at the end.
19. **Combined high OCR cage (OCR obstacle, wristband)** – only by hands, hitting the bell at the end.
20. **Combined high OCR cage (OCR obstacle, wristband)** – only by hands except for the red rope where foot can be used, hitting the bell at the end.
21. **Combined high OCR cage (OCR obstacle, wristband)** – only the cheese can be touched by foot, hitting the bell at the end.