



## GENERAL RULES (FOR ALL LEVELS AND ALL START WAVES)

1. It is the responsibility of each participant to know, fully understand, and comply with all Race Rules, Obstacle Rules and Retry Procedures.
2. If a participant does not understand any of the Rules it is their responsibility to ask organizers before stepping on the course or before attempting any obstacle.
3. Any verbal or written rules or instructions provided by emails before race, by race staff, in pre-race briefings, by volunteers on obstacles or by course marshals may override these written Race Rules and are to be complied with.
4. Participants run in either a “Competitive Wave” or in “Recreational Waves”. In order to receive official timing or be eligible for any prizes, one must run in a Competitive wave and comply with all Competitive wave specific rules.
5. Usually, waves follow each other in 15-minute intervals but the intervals may be shortened to 10 minutes or even less. Wave start times may be shifted, depending on weather, unforeseen



circumstances or number of registered participants.

6. Participants must run in the time wave to which they registered and were assigned. If a participant runs in another time wave besides that which they registered and were assigned to, they will be disqualified and such participation shall not be considered for official standings or prizes.

7. Any competitive wave Participant, does not win any prizes unless they compete according to all these rules.

8. All Cerus races are rain or shine events but races may be suspended, delayed, postponed cancelled in real time if in the determination of the Race Director conditions are unsafe.

### DISQUALIFICATION (DQ)

The following is considered cheating and any cheating results in immediate disqualification.

1. Failure to follow specified course route, either purposefully or accidentally taking any kind of shortcut. An athlete is solely responsible for staying on the course route. Sometimes even with





the most advanced course marking system and best intentions it is difficult to mark and navigate in complex terrain. Athletes should understand that the ability to quickly and accurately orientate the course is part of this sport, is part of the challenge we create on course, and it is

necessary to have the navigation skills to successfully complete the race as designed and intended.

2. Intentional changing, altering or sabotaging the course marking or obstacles by a participant or his/her associates falls under the definition is cheating and will result in immediate disqualification.

3. Any participant who intentionally or unintentionally leaves the course, without returning to the point on the course that was the exact point where they left it, will be disqualified.

4. Competitive runners **CANNOT RECEIVE HELP OR ASSISTANCE FROM ANYBODY.** If a



competitor accepts any form of help from anybody that competitor is disqualified. Competitors will not be penalized for verbal communication with medical personnel.

5. Littering, dropping or leaving behind anything that originally started on the competitor body, including fuel wrappers, bottles, shoes, equipment or clothing is strictly prohibited. Each part of all gear and clothing go through all obstacles and nothing can be left on a route. This includes

hydration bags, flags, costumes, decorations, masks, wigs, etc

- If trash cans are available on course, competitors may deposit trash from fuel,

food or hydration in these trash cans.

6. Participants are prohibited from using trekking, hiking or ski sticks as well as any type of spikes. Also any kind of aid tool installed on shoes such as “snow traction aid“ or “anti slippery aid“ metal spikes on shoe soles.

7. Competitors must run with their bib visible at all times. Intentional covering, hiding, soiling, or removing the bib number will result in Disqualification. Each competitor has to be identified with





his/her unique bib number. Running with another participants bib number will also result in disqualification

8. Men who use load intended for women on carries or Men who use assistant steps on walls will be disqualified.

9. Unsportsmanlike conduct will result in Disqualification. Each participant is expected to and required to behave with a spirit of sportsmanship during the entire event. Unsportsmanlike behavior is a reason for disqualification, and can also result in exclusion from the competition, a ban from Cerus events ranging from one year up to a full lifetime exclusion from all races and Cerus event depending on the severity and on the decision of the Race Director and Cerus Ownership.

- Participants may not argue with the staff, course or obstacle officials, volunteers, etc.

Arguing will be considered as unsportsmanlike. Directions, instructions or commands of Volunteers or officials shall be followed without delay. If participants feel they have



been unfairly treated have the right to give a protest after they cross the finish line.

- Slower competitors must yield to and allow faster participants to overtake. Deliberately obstructing other participants in overtaking at any part of a route or in completing an obstacle will be considered classified as “Unsportsmanlike behavior”
- If a Participant is witness to accident and/or injury that may require immediate medical attention, he/she cannot continue on until someone from the race organizers reach the place. Failure to provide help to the competitor in need of such medical assistance will be considered as “Unsportsmanlike behavior”.
  - Each competitor is expected to use his/her own best judgement in regard to seriousness of the injury in order to decide if he/she should stay and help the person in difficulty and need, or run for help to the nearest obstacle. A competitor





who makes the decision to help an injured person could jeopardize their own time

result. In such cases, Cerus will attempt to adjust their time for compensation

of time loss caused by granting such assistance but it is not guaranteed.

10. Any competitor's protests regarding preliminary results, breach of rules or route, or complaints on behavior or acts of other competitors can be declared no later than 1 hour prior to the award ceremony. These complaints must be made in person and directly to Race Director Chris Johnson or Operation Director Zachary Pool only. Protesting or complaining to any other staff or volunteer does not constitute an official protest. Publicly disparaging or insulting Volunteers or other competitors will immediately void your protest.

#### OBSTACLE COMPLETION

1. Obstacles are to be attempted on a first come first serve basis. Running is a very



important aspect of racing. At Cerus we strategically have limited lane availability on certain

obstacles. If you don't want to have to wait for a competitor to complete an obstacle before you make an attempt, run faster.

2. Each participant is solely responsible for correctly completing the obstacle. They cannot rely on or expect, race officials or volunteers to explain or show them how to properly complete an obstacle. However, a competitor has to must under all circumstances comply with any and all instructions giving by a race official or volunteer. If the race official or volunteer doesn't believe the competitor successfully completed an obstacle in the correct manner, their decision is final and not subject to appeal or review. The Competitor must re-attempt the obstacle until successful completion or they will be disqualified.

3. All obstacles are "Must Complete" for Competitive Wave participants. All competitors must complete each obstacle prior to continuing on course. Competitors may retry obstacles an





unlimited number of times but must use retry lanes where applicable and must ALWAYS YIELD

to any athlete making their first attempt. Retry lanes, like all other lanes are first come first

serve and competitors must always return to the back of the line before another attempt

- If a competitive wave athlete wishes to continue on course without successfully

- completing an obstacle they first must give their green competitive racers

- wristband to a volunteer and display their bib to the volunteer so they can record

- the number. Failure to do so will result in complete Disqualification

- By giving up one's wristband and continuing on course without successfully

- completing an obstacle the competitor is voluntarily removing themselves

- from prize considerations. They will still receive an official time but will be

- placed beneath all competitors who finish with their bands in the standings



4. For Recreational Wave participants, all obstacles are optional

### OBSTACLE SPECIFIC RULES

#### NOTES:

- Reattempts must ALWAYS YIELD to First attempts
- Competitive wave racers may NOT receive assistance at any time from anybody
- Racers can attempt an obstacle an unlimited number of times
- If competitive wave racers fail to complete the obstacle, and no longer wish to reattempt they must give you their green wrist band before proceeding on course

#### Sandbag Carry

- Male Competitive must carry TWO BAGS • Only one bag for High School, Female Competitive, Recreational and Luv2Ruk waves
- Must crawl with bags at designated crawl area of sand bag loop
- May carry or drag bag(s)

#### Tire Drag

- Tire must always stay on the ground





- If the tire leaves the ground the competitor must return the the beginning and start over.
- Can not touch the tire, you may only touch the rope

### Moment of Truth

- Must start and finish on either side of designated lines
- May not touch ground between lines at anytime
- Retries must be attempted on furthest lane if there are any competitors in line at first 3 lanes

First attempts have right away over retry attempts, even on 4th lane

- Only one person at a time per lane

### Uphill Army Crawl

- Must Crawl under the twine/rope

### 6.5 Foot Wall

- Competitive wave May NOT touch green side supports
- Male Competitive may NOT use the steps
- May drop Ruck for Luv2Ruk wave

### 8 Foot Wall



- Competitive wave May NOT touch green side supports
- Male Competitive may NOT use the steps
- May drop Ruck for Luv2Ruk wave

### Slackline Rig

- Only one person per lane at a time
- Can not touch rope until preceding athlete is completely off the Rig
- Must have one hand on starting rope when foot leaves the ground
- Must hit the bell before touching the ground
- Competitors may not drag their feet on the ground, any ground contact constitutes failure
- Can use only hands and arms to traverse slackline except for initial starting rope.
- May not put feet or legs over slackline.
- First attempts must be made on lanes 1 or 2 Retries must be attempted on lane 3 if there are any competitors in line in first 2 lanes
- May drop Ruck for Luv2Ruk wave

### Tangled

- May not Crawl or Roll





### Body Bridge

- May not touch top of walls at any time
- May not touch the ground between the two black 2 x 4 supports at any time.
- Touching any ground between the walls or top of walls at any point is failure

### Spiders Web Crawl

- Crawl under the net

### Cling Wall

- May not touch the top of either black beam at any point.
- Even if you don't put any weight on it it's still a fail.
- Must start with foot on first hold and hand on the first grip
- Must hit bell before touching the ground

### Under/Over/Under

- Go under the "under" wood beam
- Go Over the 4 ft over wall



Claustrophobia Crawl  
Crawl under the enclosure

#### Park Climb

- Climb over
- No flipping, you Head must remain above your waist at all times
- May drop Ruck for Luv2Ruk wave

#### Water Bucket Carry

- Must fill you own bucket
- Water must still be above the line after completing the carry loop.
- Must prove to volunteer it's still above line before you dump it.
- Must dump your bucket

#### Bull Ladder

- May start and finish with feet on bottom support beams
- May NOT touch ground between foot support beams at any time.
- Must touch each step of the ladder
- May NOT touch side supports at any time
- May drop Ruck for Luv2Ruk wave





### Bull Balls

- Male Competitors must use the BLACK balls
- High School and Female Competitors may use either the green or black balls
- May NOT carry on or above shoulders
- May NOT DROP Balls must set down gently

### The Squeeze

#### Crawl under the tires

#### Lifeline

- May use the ropes but you don't have too

Any verbal or written race day instructions given in pre race emails, pre race briefings, or by volunteers and/or course marshals will supersede rules in this manual.

These rules are not final. These rules can and will be continuously updated, amended and/or modified, updated by the Race Director. The Race Director has



final say on all rule enforcement and interpretations.