



Cerus Racing Rules

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 or 20 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.

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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. The 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.

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7. Competitors must always run with their bib visible. Intentional covering, hiding, soiling, or removing the bib number will result in Disqualification. Each competitor must 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 events depending on the severity and on the decision of the Race Director and Cerus Ownership.
10. 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 treated unfairly have the right to give a protest after they cross the finish line.
11. 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”
12. If a Participant is witness to accident and/or injury that may require immediate medical attention, he/she cannot continue 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” and result in disqualification.
13. 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.

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14. 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, but could be considered unsportsmanlike and result disqualification. Publicly disparaging or insulting Volunteers, Course Marshals 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 must under all circumstances comply with any and all instructions given 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 reattempt the obstacle until successful completion or they turn in their competitor completion band.
3. All obstacles are "Must Complete" for Competitive Wave participants. All competitors must complete each obstacle prior to continuing the 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. Failure to yield to a first attempter will result in disqualification.
4. If a competitive wave athlete wishes to continue on the course without successfully completing an obstacle, they first must give their 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 --

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5. By giving up one's wristband and continuing on the course without successfully completing an obstacle the competitor is voluntarily removing themselves from prize considerations. They will still receive an official time, have official placement in the standings for OCRWC and NORAM qualification but will receive a time penalty sufficient enough in length to be placed beneath all competitors who finish with their obstacle completion bands in the standings
6. For Recreational Wave participants, all obstacles are optional

OBSTACLE SPECIFIC RULES NOTES:

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

Gut Punch

1. Must fill your own bucket
2. Competitive Racers must start and finish carry with gravel filled past the holes
3. Must dump bucket out and return to the empty bucket stack

Getting Tired

1. Tire must always stay on the ground
2. If the tire leaves the ground the competitor must return to the beginning and start over.
3. Cannot touch the tire, you may only touch the rope
4. Must crawl and drag at designated areas

Moment of Truth

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1. Must start and finish on either side of designated lines
2. May not touch ground between lines at anytime
3. 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
4. Only one person at a time per lane
5. CerusRUK Competitive must complete with Ruck on

Army Crawl

1. Must Crawl under the twine/rope

Ascension

1. Competitive wave may NOT touch green side supports
2. Male Competitive may NOT use the steps
3. May drop Ruck for CerusRUK Competitive

LEGION Walls

1. Competitive wave May NOT touch green side supports
2. Male Competitive may NOT use the steps
3. May drop Ruck for CerusRUK Competitive

Slackline Rig

1. Only one person per lane at a time
2. Cannot touch rope until preceding athlete is completely off the Rig
3. Must have one hand on starting rope when foot leaves the ground
4. Must hit the bell before touching the ground
5. Competitors may not drag their feet on the ground, any ground contact constitutes failure
6. Can only use hands and arms to traverse slackline except for initial starting rope.

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7. May not put feet or legs over slackline.
8. May drop Ruck for CerusRUK Competitive

Matrix

1. May not Crawl or Roll
2. May not enter or exit on sides of designated route

The Long Haul

1. Competitive Racers must carry TWO BAGS
2. Recreational Racers can carry one or two
3. May carry or drag bag(s)

Crabwalk Body Bridge

1. MUST Crabwalk with feet on one side and hands on the other
2. May not touch top of walls at any time
3. May not touch the ground between the two black 2 x 4 supports at any time.
4. Touching any ground between the walls or top of walls at any point is failure

Spider Web Crawl

1. Crawl under the net
2. May not enter or exit on sides of designated route

Cling Wall

1. 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.
2. Must start with foot on first hold and hand on the first grip

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3. Competitive Waves must complete with Ruck on
4. Must hit bell before touching the ground

Under Logs / Under Logs

1. Go over designated over logs
2. Go under designated under logs
3. CerusRUK Competitive must complete with Ruck on

Claustrophobia Crawl

1. Crawl under the enclosure
2. May not enter or exit on sides of designated route

Water Bucket Carry

1. Start with empty bucket
2. Carry to designated fill area
3. Must fill you own bucket
4. Water must still be above the line after completing the carry loop.
5. Must prove to volunteer it's still above line before you dump it.
6. Must dump your bucket

Bull Ladder

1. May start and finish with feet on bottom support beams
2. May NOT touch ground between foot support beams at any time.
3. Must touch each step of the ladder
4. May NOT touch side supports at any time
5. May drop Ruck for CerusRUK Competitive

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Bull Balls

1. Male Competitors must use the BLACK balls
2. Female Competitors may use either the green or black balls
3. May NOT carry on or above shoulders
4. May NOT DROP Balls--must set down gently

The Squeeze

1. Crawl under the tires

Lifeline

1. May use the ropes but you don't have to
2. CerusRUK Competitive must complete with Ruck on

Apollyon

1. Must start with two hands on peg board and feet off the ground before touching Ring
2. Male Competitive may not touch Peg Beam with feet or legs
3. May not touch "side" horizontal or vertical poles
4. Must go under the Bridge
5. Competitors may not drag their feet on the ground, any ground contact constitutes failure, Must hit the bell before touching the ground
6. Competitors retrying must yield to 1st Attempters unless they are in designated retry lane.
7. May drop Ruck for CerusRUK Competitive

Dead Weight

1. Must drag stretcher w/body past turn around point and back to the starting point
2. If body falls out you must put it back in
3. May NOT DROP Stretcher --must set down gently

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Tamarin Tangle

1. May not touch ground at any point beyond first bar
2. Competitors may not drag their feet, hands, Ruck or body on the ground, any ground contact constitutes failure, Must hit the bell before touching the ground
3. May drop Ruck for CerusRUK Competitive

Ascension

1. Competitive wave may NOT touch green side supports
2. Male Competitive may NOT use the steps
3. May drop Ruck for CerusRUK Competitive

Bell Hop

1. Must touch Bell
2. Must complete with Ruck on

Cerus Sandbag Carry

1. Carry Sandbag anyway you want past turn around point and back

Convolution

1. Must roll spindle over two ropes
2. May not touch the ground between the two ropes
3. May not touch center cylinder of spindle

Optional Shortcut Challenge - NOT an Obstacle and NOT required

1. You can skip it and run the full course
2. Only one (1) attempt
3. If you complete it you get to take the short cut
4. If you fail you it you must run the full course
5. Challenge Marshall has final judgement, failure to abide by his judgement results in Disqualification

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