



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-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.

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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 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

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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.

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 unfairly treated 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”.

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.

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. 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 and obstacle before you make an attempt, run faster.

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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 reattempt 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 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

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 -- 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 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:

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 wrist band before proceeding on course

Sandbag Carry

1. Comp Wave- Ruck Required? Yes- It Must remain on.

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2. Male AND Female Competitive must carry TWO BAGS
3. Only one bag for Recreational and other waves
4. Must crawl with bags at designated crawl area of sand bag loop
5. May carry or drag bag(s)

Tire Drag

Comp Wave- Ruck Required? Yes- It Must remain on.

1. Must Drag By Hand On Rope. May Not Pick Tire Up.
2. Return Tire To Start After completing Loop

Moment of Truth

Comp Wave- Ruck Required? No- It May Be Removed.

- Must Start and Finish on either side of the Designated Lines without Touching Ground in Between
- Retries must be Completed on 4th lane.
- Yield to First Attempts on Every Lane

Uphill Army Crawl

Comp Wave- Ruck Required? Yes- It Must remain on.

1. Crawl Under Each of The Colored Wires

6.5 Foot Wall

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

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8 Foot Wall

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 use only hands and arms to traverse slackline except for initial starting rope.
7. May not put feet or legs over slackline.
8. 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
9. May drop Ruck for CerusRUK Competitive

Tangled

1. May not Crawl or Roll

Body Bridge

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

Spiders Web Crawl

1. Crawl under the net

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Cling Wall

Comp Wave- Ruck Required? No- It May Be Removed.

- May Not Touch The Top of either Black Beam with Feet or Hands at Any Time. Any Touch on top of Black Beams is a Fail-- it does not matter if you put weight on it.
- Must Start with Foot on First Hold and Hand on First Grip.
- Must Hit Bell before Touching Ground. May Not Touch Ground.

Under/Over/Under

Comp Wave- Ruck Required? Yes- It Must Remain On.

- Sandbag Must Travel Through Over/Under/Crawl With Person
- May Carry In Any Technique
- May Not Throw Sandbag
- Must Return Sandbag to Pickup Location

Claustrophobia Crawl

1. Crawl under the enclosure

Park Climb

1. Climb over
2. No flipping, your head must always remain above your waist
3. May drop Ruck for CerusRUK Competitive

Water Bucket Carry

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Comp Wave- Ruck Required? Yes- It Must Remain On.

- Start with Empty Bucket
- Fill Your Own Bucket
- Water Must Still Be Above Line after completing Loop
- Must Prove to VOLunteer Water Is Above Line before Emptying.
- Must Dump Water to Complete

Bull Ladder

Comp Wave- Ruck Required? No- It May Be Removed.

- 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 With Hands (No Feet)
- May Not Touch Side Supports at Any Time

Bull Balls

Comp Wave- Ruck Required? Yes- It Must Remain On.

- Matrix (X)- May not Crawl or Roll. May not enter on sides.
- Bulls Balls- Male Competitors Must use Black Balls. Females may use Either.
- May not Drop Balls- Must be set Down Gently
- Must Complete Loop Carried- May not Roll

The Squeeze

1. Crawl under the tires

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Lifeline

Comp Wave- Ruck Required? Yes- It Must remain on.

- Racers Must Reach the Top of Wall and Descend on the Other Side
- Competitive May Use the Ropes But Don't Have To

Apollyon

Comp Wave- Ruck Required? No- It May Be Removed.

- Must Start with two hands on pegboard and feet off the ground before touching ring
- Male Comp may Not touch peg beam with feet or legs
- May not Touch side horizontal or vertical poles
- Must go Under the Bridge
- May Not touch ground with feet. Any contact constitutes failure.
- Reattempts Must Yield to First Attempt Competitive Racers or use Retry Lane

Dead Weight

Comp Wave- Ruck Required? Yes- It Must Remain On.

- Must Not Receive Assistance
- May Drag Only Touching Green "Stretcher" Supports
- Must Complete loop and return to original Pickup Location

Tamarin Tangle

Comp Wave- Ruck Required? No- It May Be Removed.

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- Participants Must pass under the horizontal bars for the entirety of the obstacle
- Any hand or foot touching the ground constitutes Failure
- Vertical Posts May Not be Used
- Must hit Bell before touching Ground

Kraken

Comp Wave- Ruck Required? No- It May Be Removed.

- Obstacle begins when participant has both hands on first Grip and Both Feet off the ground.
- Cannot Touch Any of the Support Structure Metal Except the Horizontal Bar. Any Use of Structure Metal Constitutes Fail
- Only Hands on the Grips and Horizontal Bar

Gravel Bucket Carry

Comp Wave- Ruck Required? Yes- It Must remain on.

- Racers Must load Their Buckets Above the Drilled Holes (Male and Female Buckets Different Size)
- To Complete they Must Empty Their Bucket Back in the Dirt Pile After Carrying Their Bucket The Designated Loop.

Grip Reaper

Comp Wave- Ruck Required? Yes- It Must Remain On.

- Must Use Hands to Turn The Black Pipe.
- Completion when Sandbag touches top of Structure or Pulley
- Competitive May Not Receive Assistance

Convolution

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Comp Wave- Ruck Required? No- It May Be Removed.

- Your Hands May Touch any Part of the Wheel. Your Feet May Only Touch the Steps
- Feet Or Hands Touching the Ground Constitutes a Fail. If You Fail You Must Roll Back and Restart The Obstacle.
- Out and Back- May Step off And Back On at the Turnaround Point

Over Under Crawl

Comp Wave- Ruck Required? Yes- It Must Remain On.

- Must First Crawl Under the SPider Web Net.
- Must Pass Over the Hurdles. May Step on Top or Step Over
- Must Crawl or Roll Under Crawl Segments
- May Not Enter At Sides of the Crawl or Hurdle Wall. Must Go Directly Over Hurdle and Under Crawl

Legion Walls

Comp Wave- Ruck Required? No- It May Be Removed.

- Waves may not touch green side supports
- Male Competitive may not use the steps
- Female Competitive May Use Green Support Step
- Ruck May Be Removed

Walk the Line

Comp Wave- Ruck Required? No- It May Be Removed.

- May Step on The Green Support Beams.
- May Touch Green Upright Beam With Hands
- Must not Touch the ground or Black Support Structure
- Must Yield to First Attempts
- Must Dismount inside 4'x4' Dismount Zone FULLY (Cannot Touch Line)

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