



OBSTACLE COURSE RULES

Format:

- 4 Runners (2 female + 2 male)
 - Substitutes are NOT ALLOWED. Only 4 participants may compete in this event.
 - CANNOT run with less than 4 runners.
- Relay Race
 - Each team member will complete their station of obstacles, then tag their teammate to complete the next station.

Equipment:

- Obstacles (provided), see website for Obstacle Course Map
- NO CLEATS (tennis shoes, or turf shoes only)

Sport Specific Rules:

- Teams will designate one participant per station on the course.
- Each participant must complete their station of obstacles before tagging their next team member to complete the next station.
- Destruction of Obstacle will result in 5 seconds to be added onto your total team time.
- The order of males and females DOES NOT MATTER.
- Scoring will be based on final elapsed time for all members of the relay team to complete the course.
- Each team will run the course one time. The Top 6 teams will advance to the championship round.
- Championship Round:
 - All qualifying times will be discarded and the Top 6 teams will run the course once more for time.
 - The same 4 participants who ran in the qualifying race MUST run in the championship race.
 - Participants are allowed to switch obstacle stations if desired.

Other:

- **Late Team / Forfeit Rule:**
 - A team that is not fully present at their scheduled run time will be skipped in order to maintain the schedule.
 - A team is not full present by the end of their division's first run-through will forfeit.

Akron Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.