



SPARTAN™

2019 RULES OF COMPETITION

2019 竞赛规则



CONTENTS 目录



1. PART A 第一部分

SCOPE, PURPOSE AND VARIATIONS

范围、目的和变更

1.1 SCOPE 范围

1.1.1 The following rules of competition ("Rules") are set forth and governed by Spartan and apply to all Spartan events and competitions globally. These Rules are binding on all competitors participating in any Spartan event.

下面的竞赛规则（“规则”）由斯巴达制定，适用于全球所有斯巴达活动和赛事。本规则对任何斯巴达竞赛的所有参赛者均有约束力。

1.2 PURPOSE 目的

1.2.1 These Rules explain how a race should be officiated and seek to:

1.2.1 这些规则解释了如何执法一场斯巴达赛事且力求:

- a) ensure that all Spartan events are conducted in a fair and consistent manner and with a spirit of sportsmanship and integrity; and

确保所有斯巴达赛事在公平且标准一致的方式下举办，诚信、并彰显体育精神；

- b) provide clear guidelines to facilitate globally standardized competition; and

为统一全球竞赛标准提供清晰的指导；

- c) protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport of obstacle course racing.

在障碍赛这项运动中，尽可能地保护运动员的健康、安全。



1.3 VARIATIONS AND AMENDMENTS 变更及修正

1.3.1 Spartan may from time to time change these Rules and make further Rules in its absolute discretion.

斯巴达官方会不定期调整这些规则且会酌情增加更多规则。

1.3.2 The English language version of these Rules shall be controlling in all respects and shall prevail in case of any inconsistencies with translated versions, if any.

竞赛规则不同译文或版本产生规则不一致时，以英文版本为准。



2. PART B 第二部分

DEFINITIONS OF KEY TERMS

关键术语释义

2.1 DEFINITIONS 释义

2.1.1 Categories: the various types of competitor levels defined as either Elite, Age Group, or Open.

组别：斯巴达赛事根据不同竞技水平设有不同组别，分别是精英组，年龄段组和公开组。

2.1.2 Head Official: a person designated by Spartan as the chief decision maker on all matters of Rules at any event, and the ultimate authority for enforcing and interpreting these Rules.

主裁判：主裁判是由斯巴达委任的，在任意一场斯巴达赛事中对于竞赛和规则相关问题上做最终决定的人。主裁判在执法的赛事中具有对于规则的最终执法权和解释权。

2.1.3 Official: Any representative of Spartan designated to carry out event activities and responsibilities in a position of authority. This includes staff members, referees, and volunteers.

官方人员：由斯巴达委任的负责运营和执行斯巴达赛事的代表。官方人员包括：工作人员，裁判员和志愿者。

2.1.4 Heats and Waves: groups of competitors belonging to a category and separated by individual start times.

出发时间：属于同一组别的参赛参赛者并被分配到各自不同的出发时间。

2.1.5 Mandatory Obstacles: any obstacle which a competitor must complete before progressing further on the course during a race.

必过障碍：在比赛的过程中，参赛参赛者在继续后面的比赛前必须通过的障碍。

2.1.6 Multiple Attempt (Pass/Fail) Obstacles: any obstacles that may be attempted as many times as necessary until successful completion or a penalty is awarded.

多次尝试类（通过/失败）障碍：任何可以多次重复尝试直到成功完成否则挑战失败将受到处罚的障碍。

2.1.7 Single Attempt (Pass/Fail) Obstacles: any obstacle where once a competitor has committed to an attempt as defined within the specific rules for that obstacle, the obstacle must be completed successfully or a penalty will be awarded.

单次尝试类（通过/失败）障碍：在不同的单词尝试障碍前，一旦参赛参赛者按照特定障碍规则中规定开始尝试，则必须成功完成障碍，否则将受到处罚。

Commented [ZH1]: 障碍整体分为两大类，第一类为必过类障碍，必须通过否则 DQ，第二类为通过/失败类障碍，失败就收到惩罚，通常为 30 个 Burpee。在第二大类里面，又分成了可以多次尝试的障碍如海格力斯之臂，和只能有一次挑战机会的障碍。如 Twister 掉下来就算失败。
这样说大家好理解。



2.1.8 Referee: a Spartan appointed official tasked to ensure that all Rules are adhered to, usually posted at obstacles and in the video review tent, reporting to the Head Official.

裁判员：斯巴达任命的官方工作人员，主要工作职责是确保竞赛规则得以执行。通常出现在障碍处以及视频复核处，工作汇报给主裁判。

2.1.9 Race Director: the Spartan appointed person responsible for the overall operations and execution of a Spartan event.

赛事总监：斯巴达任命的官方工作人员，负责一场斯巴达赛事的整体运营和执行工作。

2.1.10 Truss: the main supporting structure of an obstacle typically seen as metal tubed diagonal, vertical, and horizontal load bearing beams & supports.

桁架：障碍的主要支撑结构，通常可见为斜向的，垂直的，水平的金属管状支撑物。

2.1.11 Timing and Results: the finish times of competitors in any particular race, and their overall position in their respective Category of competition.

2.1.11 计时和成绩：在任何比赛中参赛参赛者的完赛时间，以及其在对应组别的名次。



3. PART C 第三部分

GENERAL RULES AND PENALTIES

基本规则与处罚

3.1 PREPARATION AND TRAINING 备赛及训练

3.1.1 No person shall participate in a Spartan event unless that person: 任何人不得参加斯巴达竞赛，除非其：

- a) Is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition; and

已经充分地为该场赛事进行训练准备，已完成其他类似该赛事级别和水平的赛事；

- b) Is in excellent health based on recent training, physical and other medical examinations, if any, and generally accepted standards of good health.

基于最近的训练、身体检查（若有）和普遍接受的健康标准，其身体健康。

3.2 COMPETITION STANDARD 竞赛标准

- a) All Elite and Age Group category competitors are expected to explicitly follow all of these Rules and participate in a spirited and competitive manner.

所有精英组和年龄段组的参赛参赛者都应严格遵守所有竞赛规则并以积极和具有竞技性的心态参赛。

- b) Open category competitors are also expected to uphold these Rules in their entirety in the spirit of sportsmanship and personal accountability, regardless of the more relaxed competitive atmosphere within this category.

公开组参赛参赛者也需要遵守竞赛规则以彰显其体育精神及个人责任感，纵然这个组别的竞技氛围相对比较轻松。

- c) The Head Official is ultimately responsible for the execution and upholding of these Rules.

主裁判对竞赛规则的执行和尺度掌握拥有最终权力。



- d) Any competitor that fails to start in their assigned heat start time may receive a time penalty or be disqualified.

任何参赛参赛者没能在其指定的出发时间出发都有可能获得加时惩罚或被取消参赛资格。

- e) All Age Group competitors must participate and compete in the Age Group division corresponding to each competitor's age at the end of the calendar year.

所有年龄组参赛者必须按照其在本年度最后一天的年龄参加和完成相应的年龄组比赛。

Commented [ZH2]: 这里，颁奖仪式一定要检察年龄段组每个人的证件
年龄计算以年为单位，不看月份

3.3 PASS / FAIL OBSTACLES 通过/失败障碍

3.3.1 Single Attempt obstacles are considered Pass/Fail obstacles as defined in Section 2.1.7.

单次尝试类障碍被认为是 通过/失败 障碍，其定义在 2.1.7 中提及。

3.3.2 Multiple attempt obstacles are considered Pass/Fail obstacles as defined in Section 2.1.6.

多次尝试类障碍被认为是 通过/失败 障碍，其定义在 2.1.6 中提及。

3.4 TIME PENALTIES 时间惩罚

3.4.1 Any competitor who completes 19 burpees or less at Sprint, Super, Beast or Ultra events or 9 burpees or less at Stadion events at a single obstacle shall have a 10 minute penalty added to their overall finish time.

任何参赛者在竞速赛，超级赛，野兽赛，超级野兽赛的赛事中在某一个障碍处只完成 19 个或以下波比跳或在体育场赛中少做波比跳都将受到在总成绩上增加 10 分钟的惩罚。

3.4.2 Each time a competitor completes fewer than 30 burpees but more than 19 at Sprint, Super, Beast and Ultra events and fewer than 15 but more than 9 at Stadion events, a 30 second penalty per burpee missed shall be added to their overall finish time.

任何参赛者在竞速赛，超级赛，野兽赛，超级野兽赛的赛事中，在某一障碍处完成多于 19 个（不含）但不到 30 个波比跳或在体育场赛完成 9 个（不含）但不到 15 个波比跳都将受到每少做一个波比跳在总成绩上增加 30 秒的惩罚。

Commented [ZH3]: 这里做不够 20 个 burpee 的，直接罚 10 分钟。20 个及以上的少一个罚 30 秒；体育场赛减半

- a) For example, John completes a 26 burpee penalty at a Sprint, thus completing 4 fewer than the mandatory 30 for this event type. He will have 120 seconds added to his finish time, which equates to 30 seconds per missed burpee.

举例来说，某参赛者在一场竞速赛中，完成了 26 个波比跳的惩罚，也就是少做了 4 个。那么他将受到 120 秒的总成绩罚时。



3.4.3 During the race or during the post-race review period prior to the awards, if it is determined that a competitor attempted and failed a Pass/Fail obstacle but did not complete the mandatory number of burpees or alternative penalty (such as a crawl or run loop), a 10 minute time penalty shall be added to their overall finish time. If the number of burpees missed is able to be accurately counted, then the penalty described in 3.4.2 may be retroactively applied.

在比赛中或者在赛后颁奖典礼之前的竞赛复核中，如果一个参赛者被认定在某通过/失败障碍处失败，但并没有做够足够的波比跳或者其他对应惩罚（如爬行或跑圈），那么该参赛者将被罚时 10 分钟。如果这名参赛者少做的波比跳的数量能够被精确的数出来，那么 3.4.2 中提及罚时规则才会生效。

3.5 GENERAL CONDUCT 基本行为准则

3.5.1 When participating in a Spartan event and while on an event site, all competitors must:

在参加斯巴达赛事时或在赛事现场期间，所有参赛者都必须：

- a) act in compliance with these Rules; and
遵守本竞赛规则；
- b) treat all fellow competitors, Spartan staff members, Spartan volunteers, spectators, and members of the public with fairness, respect and courtesy at all times; and
公平、尊重和礼貌地对待所有参赛者、工作人员、志愿者、观众及其他公众人士；
- c) refrain from the use of abusive, threatening, or insulting language or conduct; and
不得使用毁谤、威胁、侮辱的语言和行为；
- d) report any personal violation of these Rules to the Head Official or voluntarily withdraw from the event.

向主裁判汇报任何违反本竞赛规则的行为或主动退出比赛。

3.5.2 Violations of General Conduct may result in a penalty depending on the severity of the violation, as determined at the sole discretion of the Head Official.

违反基本行为准则可能导致惩罚，主裁判根据情节轻重来决定处罚的方式。

3.6 RACE CONDUCT 竞赛行为准则

3.6.1 When on course during competition, competitors must:

在赛道上进行比赛时，所有参赛者都必须：

- a) cover the official course in its entirety. It is each competitor's responsibility to follow the course correctly; and



完整地完官方赛道。正确地跟随官方赛道是参赛者的义务；

- b) not intentionally impede another competitor's forward progress. Jostling, running across, charging, or otherwise interfering with other competitors is prohibited; and

参赛者不得无意阻碍其他参赛者前进。推搡、横穿、指控或用其他方式干扰其他参赛者；

- c) not accept from any person, other than a Spartan official, physical assistance in any form including taking or utilizing given food, drink, equipment, physical support, or pacing unless an express exception has been granted and approved in writing by Spartan. The receipt of information regarding the progress, race times and results, or location of other competitors on the official course shall not be considered the acceptance of unauthorized assistance; and

参赛者不得接受任何人（除了官方补给外）以任何形式提供的有形帮助，包括视频、饮料、装备、身体的支撑或领跑。除非斯巴达以书面形式准许和批准的情况意外。接受关于赛道上其他参赛者的进度、时间或地点的信息不应被视为接受未经授权的帮助；

- d) be solely responsible for plainly displaying their race number on their headband at all times, and shall maintain the race number on the headband in an unaltered, unobstructed and readable state at the start and finish lines, and on the course at all times. A competitor may momentarily protect their headband during situations where it may be lost; and

参赛者应在任何时候显著地展示其比赛号码头带，并且应在比赛的起点和终点以及赛道中保持比赛号码不变、无遮挡且处于可读状态。一旦出现可能丢失号码头带的情况，参赛者应立刻保护好自已的头带。

- e) not start the race without their headband and race number properly displayed. Competitors must only use a race number assigned specifically to them for each event.

号码头戴如果没有正确的佩戴，参赛者将不得开始比赛。所有参赛者都应当只使用本场比赛匹配的参赛头戴进行比赛。

3.7 ABANDONED EQUIPMENT 丢弃装备

3.7.1 No competitor shall leave any equipment or personal items on a race course, regardless of their position on the course. Littering is strictly prohibited. Food wrappers and other packaging may be disposed of in designated trash bins. Any competitor in violation of this rule will be subject to disqualification at the discretion of the Head Official.

无论在赛道的任何位置，参赛者不得在赛道上留下任何装备或个人物品。丢弃垃圾是被严格禁止的。食品包装及其他包装可以被允许丢弃在赛事指定的垃圾桶中。任何参赛者违反此规定将被主裁判直接取消参赛资格。

Commented [ZH4]: 私补是绝对不允许的，这里的补不仅仅是实物上的补给，还有一些比如领跑之类的辅助运动员取得更好成绩的帮助内容。

Commented [ZH5]: 丢弃个人物品也是被严格禁止的，发现如果不捡回来就 DQ。

在过障碍时把装备脱掉，过了障碍再穿上这种行为也是不允许的，10 分钟罚时。



3.7.2 Any equipment carried by a competitor before attempting an obstacle must be carried by them on their person throughout all stages of the attempt. Discarding equipment during the attempt, even if done momentarily, is not permitted. Any competitor in violation of this rule will be subject to a 10 minute penalty at the discretion of the Head Official.

参赛者携带的任何装备在尝试障碍时的任何过程必须携带在身上。在挑战障碍时丢弃装备是不被允许的。任何参赛者违反此规则将被主裁判判罚增加 10 分钟在总成绩上的罚时。

3.8 UNAUTHORIZED EQUIPMENT 未经授权的设备

3.8.1 No competitor shall use any equipment which the Head Official determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other competitors.

参赛者不得使用任何被主裁判判定为不合适的装备，包括不限于可能提供不公平优势或危及其他参赛者安全的装备。

3.8.2 No competitor shall, at any time during the event use or wear a hard cast, crampons or metal studs, external rigging, trekking poles, headsets, radios, personal audio devices including MP3 players, chalk, glue, or any other item deemed to provide a competitive advantage by the Head Official. Gloves, athletic tape, or first aid bandages are permitted to be used. Unless otherwise provided for in these Rules, any competitor in violation of this rule will be subject to disqualification.

在比赛期间的任何时候，参赛者不得使用或佩戴硬质铸件、冰爪或金属鞋钉、外部锁具、头戴式耳机、收音机、包括 MP3 播放器在内的个人音频设备、防滑粉、胶水或其他任何主裁判被认为能够提供竞技优势的装备。手套、运动机能绷带或创口贴被允许使用。除另行规定外，任何参赛者违反此规定都将导致被取消比赛资格。

3.9 RACE AND HEAT STARTS 比赛及出发时间

3.9.1 All competitors shall start in and with the their assigned starting heat, wave or group. Any competitor who starts in an incorrect heat shall be ineligible for awards including qualification to any championship events.

所有参赛者都必须按照其指定的出发时间、和组别进行比赛任何参赛者在错误的出发时间出发将导致其被剥夺获奖的权力，也包括失去了晋级锦标赛的权利。

3.9.2 Elite competitors who do not start in the correct wave will be moved to the Open category.

精英组参赛者如果不在规定出发时间出发，其组别将会被划归为公开组。



3.9.3 Age Group competitors who achieve a top 3 placement (a podium position) and do not start with the rest of their Age Group at their designated heat time shall be issued a 30 minute time penalty.

年龄段组参赛者如果未按照其年龄段指定的出发时间出发且获得前三名的，将会被在总成绩上增加 30 分钟的罚时。

3.9.4 A competitor may not pre-run a designated Spartan course or engage with any obstacle on the course prior to race day unless explicitly approved beforehand by the Race Director and/or Head Official. Violation of this rule shall result in disqualification.

参赛者不得在比赛前“预跑”赛道或在赛前预先挑战任何障碍，除非得到赛事总监或主裁判的事先的批准。违反此规则的参赛者将被取消比赛成绩。

Commented [ZH6]: 提前看场地和体验障碍发现将被 DQ

3.10 UNREGISTERED COMPETITORS 未经注册的参赛者

3.10.1 Any person who participates in any part of an event without first properly registering and paying any registration fees as stipulated by Spartan may be suspended or barred from all Spartan events for a period of up to one year.

参加任何赛事但未实现按照规定报名并支付规定报名费的参赛者将在最长不超过一年的期间内被暂停或禁止参加任何斯巴达赛事。

3.10.2 Any person who assists a competitor with unregistered or unauthorized event entry by providing a race number, headband, and/or timing chip to that competitor may be suspended from all Spartan events for a time period to be determined at Spartan's discretion, including a lifetime ban from all Spartan events.

任何人协助参赛者为其提供参赛号码头带、芯片等竞赛物资使其绕过注册或非正式授权而参加比赛将会被在一定期限内禁止参加任何斯巴达赛事。情节严重者终生禁止参加斯巴达赛事。

3.11 ACTS WARRANTING SUSPENSION 导致禁赛的行为

3.11.1 In addition to other penalties outlined in these Rules which may be imposed at the discretion of Spartan, the following acts may be grounds for suspension for a period of time designated by Spartan at its discretion:

除在本规则内约定的可以能处以禁赛的行为外，以下行为可导致在斯巴达指定的期间内禁赛。

- a) flagrant or willful violation of the Competitive Rules; and

公然故意违反竞赛规则；

- b) gross or continued unsportsmanlike conduct; and



严重或持续违反体育道德的行为；

- c) physical violence directed toward a race official, competitor, volunteer, spectator, or another person; and

对比赛工作人员、参赛者、志愿者、观众或其他人的人身暴力行为；

- d) any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to Spartan or race officials; and

任何欺诈行为，如伪造姓名或年龄，提交虚假举报或抗议，或向斯巴达赛事组委会或工作人员提供虚假消息；

- e) intentionally participating in an event despite failure to register; and

故意在未报名的情况下参加比赛；

- f) repetitive or recurring violations of the Rules; and

反复或多次违反竞赛规则；

- g) failure to notify a race official after withdrawing from a race; and

在退出比赛后未主动通知赛事工作人员；

- h) violation of the Anti Doping Rules set forth in Section 3.19; and

违反条款 3.19 中对于反兴奋剂的相关规定；

- i) refusal to abide by the final determination and judgement by Spartan of any matter relating to these Rules; and

拒绝遵从斯巴达基于本规则有关的任何事项的最终决定；

- j) any act which disgraces or brings discredit to Spartan or the sport of Spartan obstacle course racing (Spartan OCR).

损害斯巴达勇士赛或斯巴达勇士障碍赛赛事形象和声誉的行为。

3.12 EFFECT OF SUSPENSION 禁赛机制

3.12.1 Any person suspended from Spartan shall be ineligible to participate in any Spartan event and shall be disqualified from all Spartan events during the suspension period and until that person has applied for and received written notice of reinstatement from Spartan.

任何被斯巴达禁赛的参赛者均没有资格参加任何斯巴达赛事，并且取消其所有赛事中的晋级资格，直至其申请重新参赛并收到斯巴达恢复参赛的书面通知。



3.13 REINSTATEMENT 恢复参赛资格

3.13.1 Any person who has been suspended must apply in writing to Spartan for reinstatement after or immediately preceding expiration of the suspension period.

任何被禁赛者均须在禁赛期届满或之后向斯巴达提交书面恢复参赛资格的应用。

3.14 ACTS OF AGENTS 代理人的行为

3.14.1 The conduct of any agent, coach, manager, friend, or family member representing a competitor shall constitute grounds for penalizing such competitor if such person's conduct violates any of these rules.

参赛者的代理人、教练、经理人、朋友或家人违反本规则的任何规定，将构成对该参赛者进行出发的依据。

3.15 SPECTATORS 观众

3.15.1 There may be instances where spectators are not permitted to stand beside the course at the discretion of the Race Director. Spectators include all competitors who have already completed the course.

根据赛事总监的意见，观众不允许站在赛道两侧。观众同时也包括所有已经完成比赛的参赛者。

3.15.2 Spectators are not permitted on course where there is intent to provide an unfair advantage for a competitor. Following a competitor along a carry (e.g. bucket, sandbag or log carry) or into restricted areas at or near an obstacle is not allowed. Verbally coaching or cheering on a competitor while at an obstacle is permitted.

观众不允许出现在赛道上，特别是故意为参赛者提供不公平的帮助时。在搬运类障碍中陪伴参赛者（如神庙基石，宙斯的惩罚等障碍）或进入障碍的限制区域内都是不被允许的。在障碍点位处，口头上对于参赛者的指导和鼓励是被允许的。

3.16 PACING 领跑行为

3.16.1 The pacing of competitors by any person is strictly prohibited. Pacing is defined as running with or near a competitor, in between obstacles, with the intent of assisting the competitor by giving instruction, coaching, or to set a pace.

在比赛中为参赛者进行领跑是被严厉禁止的。领跑是指在障碍与障碍之间，领跑人在参赛者附近领跑目的是为参赛者提供指导或帮助参赛者控制配速。

3.17 GENERAL OBSTACLE GUIDELINES 一般障碍指南

3.17.1 Obstacles are separated into 2 categories, Mandatory Obstacles and Pass/Fail Obstacles.



障碍分为两大类：必过类障碍和通过/失败类障碍

3.17.2 The penalty for the failure of Mandatory Obstacles is disqualification from the event.

必过类障碍如果失败，将受到取消参赛资格的惩罚。

3.17.3 The penalty for Pass/Fail Obstacles is 30 burpees for Sprint, Super, Beast, or Ultra events and 15 burpees for Stadion events.

通过/失败类障碍如果失败，将在竞速赛、超级赛、野兽赛和超级野兽赛中受到 30 个波比跳的惩罚，在体育场赛中将受到 15 个波比跳的惩罚。

3.17.4 One complete burpee consists of one cycle between two body positions, referred to as "top" and "bottom". The competitor must move from the bottom position to the top position, followed by a jump.

一个完整的波比跳是身体“底部”和“顶部”两个体位的转换循环，也就是从全身爬在地面上到双脚跳起的循环。

- a) The top position is defined as a balanced, upright standing position that any person could maintain over an extended period of time without falling over, forwards or backwards. A competitor's hips and knees should be extended, not bent.

顶部体位是指身体保持平衡、正直和伸展，不能向前倾或者向后仰，同时髋关节和膝关节要伸展开，不能弯曲。

- b) The bottom position is lying prone on the ground, with the competitor's chest touching the ground.

底部体位是指将身体平趴在地面上，胸部触及地面。

- c) Once a competitor returns to the top position from the bottom position, they should perform a jump with their hands extended upwards above their ears.

参赛者从底部体位转化至顶部体位时需要双脚跳起，并且将双手向上伸，高过双耳。

3.17.5 Burpees must be completed within the designated burpee zone. Burpees completed outside of the zone will not count towards the burpee penalty. Race officials may designate additional burpee zones in cases where a burpee zone no longer has room, or to separate categories of competitors.



波比跳必须在指定的波比区进行。在波比区外完成的波比跳不会被计算在总数内。如果波比区空间不够或者为了区分参赛者的组别，赛事裁判将会在指定额外的波比区。

3.17.6 Alternative obstacle failure penalties (such as penalty loops) may be employed at certain obstacles at specific events. These will be described in pre-race briefings or by the volunteers at these obstacles.

在特定赛事的某些障碍中会采用代替波比跳的惩罚（比如罚圈）。这些特定惩罚方式会在赛前的参赛者简报中提及或由负责该障碍的志愿者进行说明。

3.17.7 All obstacles must be attempted. An attempt, at a minimum, is defined by touching the obstacle. In other cases it may include entering the water or other difficult terrain, to get to the obstacle itself. Such terrain cannot be bypassed via a penalty, unless advised as acceptable in pre-race briefings or by race day staff/volunteers.

所有障碍物都必须进行尝试挑战。一次尝试挑战至少为接触该障碍。在其他情况下，可包括进入水中或其他困难地形，以达到障碍本身。不得通过波比处罚绕过此类地形，除非在赛前简报或比赛日工作人员/志愿者提供的说明中认为可接受。

3.17.8 Competitors may only strike bells present on any obstacle using their arms and hands, or any other part of their body above their chest. Using feet, legs, or knees to "kick" the bell is not allowed. Violation of this rule will be considered an obstacle failure. The competitor will not be allowed to retry the obstacle, and must complete the mandatory penalty for that obstacle.

参赛者只能用手臂和手或身体胸部以上的任何其他部位敲击任何障碍物上的铃铛。不允许用脚、腿或膝盖“踢”铃铛。违反此规则将被视为挑战障碍失败。参赛者不得重新挑战障碍。并且必须为该障碍完成 30 个波比跳或强制性处罚。

3.17.9 In the case of obstacle failure caused by significant physical interference from another competitor, the affected competitor may restart the obstacle with no additional penalty after receiving permission from an Official.

如果由于另一名选手的严重肢体干扰导致未能通过障碍，受影响的参赛者可在获得裁判许可后重新挑战此障碍而无需额外处罚。

3.17.10 Obstacles may have different male and female completion options. Where present, competitors are required to complete the option based on their registered gender category. Female competitors may choose to forgo using a female specific kicker or step.

有些障碍可能会有男子/女子的选择。在此类障碍中，参赛者必须根据其报名时的性别完成对应性别的挑战。女性参赛者可以选择放弃使用针对女性参赛者设置的脚蹬或凳子。



3.18 POST RACE REVIEW AND PENALTIES 赛后复审及惩罚措施

3.18.1 During post race review, a time penalty shall be imposed for each missed or improper burpee executed by a competitor, with the penalties being:

在赛手复审阶段，每个不标准的波比跳或少做的波比跳将采用时间惩罚的方式，具体惩罚方式如下：

- a) 30 seconds per missed burpee up to 5 minutes or 10 reps for at Sprint, Super, Beast and Ultra events; and

在竞速赛、超级赛、野兽赛和超级野兽赛中，每少做一个波比跳将被惩罚 30 秒钟，最多惩罚 5 分钟或 10 次少做的波比跳。

- b) 2.5 minutes or 5 reps at Stadion events.

在体育场赛中最多惩罚 2.5 分钟或 5 次少做的波比跳。

3.18.2 If a competitor misses more than 10 burpees at a single obstacle at Sprint, Super, Beast and Ultra events, or 5 burpees at Stadion events, they shall have a 10 minute penalty added to their finish time.

如果参赛者在竞速赛、超级赛、野兽赛和超级野兽赛的某一障碍处少做多于 10 个波比跳或在体育场赛中的某一障碍处少做多于 5 个波比跳，那么将受到 10 分钟的时间惩罚。

3.18.3 Prior to race results being considered final, an official video review process should take place. Because of this, an event's final results may not be posted on-site immediately, pending the outcome of this official review.

在最终成绩公布前，视频复审程序将启动。因此赛事的最终成绩可能不会立即在现场公布，需要等待官方复审的结果。

3.18.4 During the official video review process Race Officials reserve the right to assess penalties including, but not limited to, a time penalty of 10 minutes or disqualification for obstacle failures and/or infractions.

在视频复审程序中，裁判员有权根据障碍失败或犯规情况评估处罚内容，包括但不限于 10 分钟的罚时或取消参赛资格。

3.18.5 Penalties given during this review are made available inside the Results Tent throughout the official video review process.

在整个视频复核过程中，给出的判罚将在成绩查询帐篷中显示。



3.18.6 Race Officials are not obligated to review or consider any video or still image captured by competitors, spectators or persons not acting in an official capacity during the video review process.

裁判员没有义务去复核或参考任何由其他参赛者、观众或其他非裁判人员拍摄的视频或图片。

3.19 PROTEST PERIOD 申诉期

3.19.1 A competitor protest period for penalties, timing and results, disqualifications, or other penalties issued starts immediately after a competitor crosses the finish line and ends 15 minutes prior to the official award ceremony time for their respective Category.

申诉期是指参赛者针对判罚、计时、成绩、取消参赛资格或其他判罚进行申诉的时间段，从参赛者完赛开始直至其组别颁奖仪式开始前的 15 分钟。

3.19.2 It is each competitor's sole responsibility to check for any penalties administered to them by the Head Official, up to 15 minutes prior to the official awards ceremony for their Category, in the event they would like to protest any such penalties.

每个参赛者都有义务去查看主裁判对于他们的判罚直到其组别的颁奖仪式开始前 15 分钟，都可以针对其受到的任何判罚提出申诉。

3.19.3 Any protest a competitor may wish to raise regarding penalties, or other issues that affect the outcome of the race, must be brought to the Head Official during the protest period. In some circumstances the Head Official may extend a protest period beyond the award ceremony at their sole discretion.

参赛者可能希望对判罚或影响比赛成绩的问题提出的任何申诉均须在上述期间内向裁判长提出。在有些情况下，裁判长可以自行决定延长申诉期。

3.19.4 Spartan reserves the right to continue penalty resolutions post-event, and change race standings or race day decisions indefinitely after an event in cases of unsportsmanlike conduct and/or intentional or malicious breaking of the rules, including but not limited to the failing of any Anti-Doping and Drug Control protocols administered by Spartan or a third party designated as an official drug tester by Spartan.

斯巴达保留在赛后追加处罚，更改排名或比赛日的决定。如果发现有违反体育道德的行为和/或故意或恶意违反规则的行为，包括但不限于未遵守斯巴达勇士赛或其指定的第三方实施的反兴奋剂和药物管制协议。

3.20 DRUG TESTING AND ANTI-DOPING SANCTIONS 药物检查及反兴奋剂制裁



3.20.1 Each Spartan competitor acknowledges the likelihood of Anti-Doping controls being administered at any given Spartan event and that he/she has reviewed, understands and accepts the most recent Banned Substances List as provided by the World Anti-Doping Agency (WADA). This list can be found here: <https://www.wada-ama.org/en/content/what-is-prohibited>

每位斯巴达参赛者均承认在任何特定的斯巴达竞赛中可实施反兴奋剂管制，并且其已查阅和接受世界反兴奋剂组织（WADA）的禁用药物清单。请访问以下地址查阅此清单：
<https://www.wada-ama.org/en/content/what-is-prohibited>

3.20.2 Any Spartan competitor who returns a positive test for a WADA Banned Substance may be given the following sanctions by Spartan:

WADA 禁用药物检测呈阳性的任何斯巴达勇士赛参赛者将受到以下制裁：

a) First offense: two year ban from all Spartan events.

第一次违规：禁止参加全球所有斯巴达赛事 2 年。

b) Second offense: lifetime ban from all Spartan events.

第二次违规：终身禁止参加全球所有斯巴达赛事。

3.20.3 Any Elite and/or Age Group athlete with questions or concerns, including TUE requests, should contact Spartan Customer Service in the United States at us@spartan.com.

任何精英组或年龄段组的参赛者若有任何其他问题或疑虑包括关于 TUE 申请，可联系斯巴达客户服务部：us@spartan.com

3.21 PRIZE MONEY AND AWARDS 奖金及奖品

3.21.1 Where prize money and/or awards are available, competitors eligible to receive them must:

当赢得奖金或奖品时，参赛者必须满足如下事项方能获得领取资格：

a) fill out all required paperwork as requested by Spartan; and

填写斯巴达要求的相关文件；

b) comply with all Anti-Doping controls in place at the given event; and



配合一切有关本场赛事的反兴奋剂控制事宜；

- c) wear an official Spartan Finisher Shirt from that specific event or another officially approved, unmodified alternative as issued by Spartan at its sole discretion.

穿着本场比赛的完赛服 (Spartan Finisher Shirt) 或由斯巴达官方批准并发放且未经裁剪的服装。

3.21.2 Failure to adhere to these standards may result in disqualification from the event and forfeiture of prize money.

不遵守这些准则将可能导致取消比赛资格并且没收奖金。

3.22 TIMING 计时

3.22.1 The winner of each Elite Category heat is determined by “gun time” or whoever crosses the finish line first, regardless of when they crossed the starting line, with the addition of any time penalties assessed by the Head Official.

精英组采用枪声计时，参赛者通过起点的时间先后不予考虑，同时也需要加入主裁判判罚的时间惩罚。

3.22.2 The winner of Age Group and Open Category heats will be determined by “Chip Time”, or based on the accumulated time from when a competitor crossed the start line until they have crossed the finish line, with the addition of any time penalties assessed by the Head Official.

年龄段组和公开组采用芯片净计时，同时也需要加入主裁判判罚的时间惩罚。

3.22.3 Competitor times will be validated by RFID timing chips. It is each competitor’s sole responsibility to assure the chip is securely fastened to their wrist and worn across all checkpoints on course.

参赛者的成绩将使用 RFID 射频识别芯片计时。参赛者须确保芯片随身佩戴且通过赛道上的全部检查点。

3.22.4 Any missing chip times will be subject to independent review and may result in a competitor being considered for disqualification, at the discretion of the Race Director and Head Official.

计时芯片丢失的参赛者将被进行单独审核，赛事总监和裁判长可自行决定取消参赛者的比赛资格。

Commented [ZH7]: 精英组采用枪声时间计时，年龄段组和公开组采用芯片净时间计时
意思是，精英组的成绩=通过终点的北京时间-出发枪的北京时间
年龄段和公开组的成绩=通过终点的北京时间-通过起点的北京时间。



3.22.5 If a competitor's timing chip is lost, it must be immediately reported to Timing and Results staff upon crossing the finish. If a Competitor's timing chip is lost or a Checkpoint is not read by RFID, course marshals, may also be used to validate a competitor's "route" on course.

如果参赛者的计时芯片丢失，其必须在越过终点线后立即向计时/成绩工作人员报告。如果参赛者的计时芯片丢失或者检查点未能读取芯片，也可以由赛道裁判证明参赛者比赛期间在“赛道”上。



4 PART D 第四部分

OBSTACLE SPECIFIC RULES 障碍具体规则

4.1 MULTIPLE ATTEMPT (PASS/FAIL) OBSTACLES 多次尝试类 (通过/失败) 障碍

4.1.1 4', 5', 6', 7', 8' WALLS 伊卡洛斯之翼 (4、5、6、7、8 英尺)

a) Competitor Instructions 障碍须知

1. Climb up and over the wall without using the support bracing, the sides of the wall, flag poles, or straps.

爬上并翻越墙体，但不得碰到墙体的支撑物、墙体的侧边、旗杆或支撑扁带等。

b) Failure Modes 失败判定

1. Inability to climb over the wall and descend to the other side.
无法翻越墙体。
2. Using the support structure, sides of the wall, or straps to aid in balance, ascending or descending.
使用墙体的支撑物、侧边、支撑扁带协助翻越或从协助从墙体上下降。
3. Male competitors using the red step designated for female use only.
男性参赛者使用仅为女性参赛者使用的红色脚蹬。

c) Additional Notes 补充注释

1. The red step may be used by female athletes only.
红色脚蹬仅允许女性运动员使用。



4.1.2 A-FRAME CARGO 跨越屋脊

a) Competitor Instructions 障碍须知

1. Climb up the obstacle, over the top, and down the other side using only the webbing, the horizontal truss at the base and peak, and any horizontal pipes for support.

爬上障碍，从顶端翻越，并从障碍另一端爬下。允许使用攀爬扁带和在障碍底部、顶部和其他部位的水平于地面的钢管。

b) Failure Modes 失败判定

1. Inability to climb over the obstacle and down the other side.
未能通过障碍。
2. Using truss other than horizontally fixed pieces as support or as an aid in upward or downward momentum, such as the truss located on the side or middle of the structure.
使用除水平于地面的钢管以外的其他桁架作为向上或向下攀爬的辅助。

c) Additional Notes 补充注释

1. Horizontal truss or supports are able to be used to complete the obstacle, for example the very top of the obstacle.

水平于地面的桁架或支撑物是可以在通过障碍时使用的。

4.1.3 ATLAS CARRY 阿特拉斯之石

a) Competitor Instructions 障碍须知

1. Pick up the weight.
抱起重物。
2. Carry the weight pass the set of flags placed opposite the starting point.
携带重物通过起点对面的标志旗。
3. Turn around and return the weight to the ground at the starting point.

Commented [ZH8]: 这个障碍不再需要做 5 个 Burpee



绕过旗杆后将重物抱回起点。

b) Failure Modes 失败判定

1. Inability to complete the designated course as outlined with the weight.

无法按照标记的赛道搬运重物

2. Not returning the weight to the starting point

没有将重物携带回起点

c) Additional Notes 补充注释

1. A competitor may put the weight down on the ground during an attempt, however they may not roll it or allow it to roll.

参赛者可以在搬运过程中放下重物，但不能将重物放在地上滚动，或任由重物滚动。

2. If the weight is placed down or accidentally dropped, it must be picked up again at exactly the same spot. If the weight inadvertently moves after being placed down or accidentally dropped, it must be returned to exactly the same spot and picked up before the competitor may continue forward progress again.

如果参赛者放下重物或重物不慎落地，那么参赛者必须在重物落地的原地再次抱起重物。如果重物落地时向前或向后滚动，那么参赛者必须将重物挪回落地点后再重新抱起继续前进。

3. All competitors must start behind the flags placed at the designated starting point.

所有参赛者必须在指定的起点旗后开始挑战。

4.1.4 BENDER 赫尔墨斯的化身

a) Competitor Instructions 障碍须知

1. Climb up and over the obstacle and down the other side without using the support structure, straps, or flag poles.



爬上并翻越障碍，但不得碰到支撑物、扁带或旗杆。

b) Failure Modes 失败判定

1. Inability to climb over the obstacle and down the other side.

未能爬上并翻越障碍。

2. Using the support structure, straps, or flag poles.

使用支撑物、扁带或旗杆作为翻越的辅助。

c) Additional Notes 补充注释

1. Competitors may use their feet on the rungs.

参赛者可以使用双脚踩在障碍的横杠上。

4.1.5 FIRE JUMP 普罗米修斯之火

a) Competitor Instructions 障碍须知

1. Jump over the fire.

从火堆上跳过。

b) Failure Modes 失败判定

1. Inability to jump over the fire.

未能从火堆上跳过。

2. Skirting around the obstacle.

从火堆旁绕过。

c) Additional Notes 补充注释

1. A competitor may backtrack and reattempt the obstacle if skirting was forced by congestion.



如果因为障碍堵塞的原因被迫绕过障碍的参赛者，可以返回障碍处重新挑战。

4.1.6 HERCULES HOIST 海格力斯之臂

a) Competitor Instructions 障碍须知

1. Pull the rope to raise the weight until the knot touches the pulley at the top.

拉起绳索将重物上的绳结碰到最上方的定滑轮。

2. One or both feet may be used as leverage on the barrier.

允许一只脚或双脚放在铁马上作为杠杆。

3. Lower the weight so that it is under control and not in a state of freefall when it touches the ground, only releasing the rope when the weight has touched the ground.

将重物有控制地放到地面，而非自由落体。重物接触地面后，手才能离开绳子。

4. A competitor must control the weight using only the rope and their body and limbs. A competitor may not tie off the rope to the barrier or to any other object.

参赛者必须通过身体或四肢掌控绳子来控制重物。禁止将绳子从铁马上解下或将绳子绑在其他地方。

b) Failure Modes 失败判定

1. Inability to raise the weight until the knot touches the pulley at the top.

不能拉起重物使重物上的绳结触碰到最上方的滑轮。

2. Dropping the weight to the ground in an uncontrolled manner for any reason, including the rope slipping and leaving a competitor's hands and resulting in the weight touching the ground.

不控制重物任其自由坠落至地面，包括绳索从参赛者手中滑走或脱



落。

3. Using any outside object to assist in completion of the obstacle, other than the use of feet on the barrier.

使用任何外部物体帮助完成障碍，除将脚放在铁马上。

4. If the competitor's hips rise above the top of the barrier while attempting the obstacle. The top is defined as a horizontal plane that extends in all directions from the top of the barrier.

参赛者在挑战障碍时，臀部的位置超过铁马的顶端。

5. Crossing the barrier.

跨越铁马。

c) Additional Notes 补充注释

1. A competitor may make multiple attempts and change lanes at any time, as long as the attempted weight is returned to the ground position in a controlled manner.

只要重物能够以被控制的方式从顶端返回起始位置就算挑战成功，参赛者可以再任何时间进行多次挑战，也可以更换重物。

2. Competitors may not raise the weight by moving away from the fence, or gain an advantage by moving beyond the immediate vicinity of the fence.

参赛者不得远离铁马以拉起重物，也不得越过铁马来以取得优势。

3. At Stadion events, these rules may be modified for safety reasons to require a "no feet on the fence" rule.

在体育场赛中，出于安全的考虑可以修改以上规则，要求脚不得放在铁马上。

4.1.7 HURDLES 跨越高栏

a) Competitor Instructions 障碍须知

1. Climb up and over the hurdle without using the support bracing, the sides



of the hurdle, or straps.

爬上并翻过栏杆，不得使用支撑物、栏杆边缘以及扁带。

b) Failure Modes 失败判定

1. Inability to climb over all hurdles and descend to the other side.

未能翻越栏杆。

2. Using the support structure, sides of the hurdle, or straps to aid with balance, ascent, or descent.

借助支撑物、栏杆边缘或扁带作为翻越障碍的辅助。

4.1.8 INVERTED WALL 翻越奥林匹斯

a) Competitor Instructions 障碍须知

1. Climb up and over the wall without touching the support structure, sides of the wall, or straps.

爬上并翻越墙体，但不得碰到墙体的支撑物、墙的侧边或扁带等。

b) Failure Modes 失败判定

1. Inability to climb over the wall and descend to the other side.

未能翻越墙体。

2. Using the support structure, sides of the wall, or straps to aid in balance, ascending or descending.

借助障碍支撑物、墙体的侧边、或扁带作为翻越障碍的辅助。

4.1.9 O.U.T. 三阶穿越

a) Competitor Instructions 障碍须知

1. Traverse over the top of the first wall, underneath the second wall, and through the window set within the final walls to the other side.

从第一个墙体上方翻越再从第二个墙体下方钻过最后从第三座墙体中的窗户处穿过。



b) Failure Modes 失败判定

1. Inability to navigate the walls in the instructed manner.
未能按照障碍说明通过所有墙体。
2. Use of a support structure to aid in traversing a wall.
借助障碍支撑物作为翻越墙体的辅助。

4.1.10 PLATE DRAG 迷宫巨绳

a) Competitor Instructions 障碍须知

1. Pull the element all the way to the stake using the rope while keeping the entire body completely behind the stake.
用拴在桩子上的绳索拉动障碍，指导障碍碰到桩子为止。整个拉动的过程中将全部身体保持在桩子后面。
2. Return the element to its starting position. The rope must be taut.
将障碍再从桩子处拉回起点，使绳索绷直。
3. The element may not be picked up and carried, it may only be dragged.
障碍不能被拉起或抱起，只能被拖拽。

b) Failure Modes 失败判定

1. Inability to drag the element all the way to the stake.
未能将障碍拖拽至木桩。
2. Not returning the element with the rope completely taut.
未能将障碍拖回起点并使绳子绷直。
3. Lifting the element off the ground unless ground material has blocked its path of travel.
拉起障碍离地，除非地面上有东西阻挡无法拖拽。



4. Rolling or carrying the element.

滚动或抱起障碍。

5. Removing the rope from the stake.

将绳子从木桩上解开。

c) Additional Notes 补充注释

1. A competitor may not carry the element. It must touch the ground at all times.

参赛者不能抱起障碍，必须保持与地面一直接触。

2. A competitor is allowed to dislodge a stuck element to allow it to continue to progress forward, but no forward movement while during the process of dislodging may be completed.

如果拖拽过程中遇到阻碍，参赛者可以清除障碍前的障碍物后继续拉动障碍。但是再清除障碍物时，不能拖拽障碍。

3. A competitor may retry the obstacle, including changing lanes, as long as the full cycle of pulling the element to the stake and returning it to its starting position with the line taut is completed.

参赛者可以重复挑战障碍，包括改变赛道，只要完成将障碍拖拉至木桩并返回起点使绳子绷紧即可。

4. When changing lanes, the element must be returned to its starting position with the rope fully taut before starting in the new lane.

当参赛者改变赛道时，必须将原赛道的障碍返回起点并使绳子绷紧。

5. A competitor may sit or stand while pulling the element back toward the stake.

参赛者在拖动障碍时可以站着也可以坐在地上。

4.1.11 ROLLING MUD 海格力斯的挑战

a) Competitor Instructions 障碍须知



1. Pass through the pits from one end to the other while staying within the marked course at all times.

在赛道标记线内从一个一个通过泥坑。

2. A competitor may not skirt around the obstacle, which is defined as avoiding significant engagement with the pits, regardless of the course marking in place.

参赛者不得绕过障碍，绕过是指参赛者避免和泥坑有明显接触，不顾赛道标记。

3. No diving.

禁止跳水。

b) Failure Modes 失败判定

1. Skirting the obstacle, or not staying within the boundaries of the obstacle or course markings.

绕过障碍或不在赛道标记线内。

2. Diving into the pits.

跳水。

c) Additional Notes 补充注释

1. A competitor may reenter a pit at the point of exit if skirting was forced by congestion.

如果因为拥堵的原因被迫绕过障碍，参赛者可以重新进入泥坑中完成挑战。

4.1.12 ROPE CLIMB 金苹果的守护

a) Competitor Instructions 障碍须知

1. Climb up the rope.

爬上绳子。

2. Ring the bell with any part of the body above the waist.



用腰部以上的任意部位敲响铃铛。

b) Failure Modes 失败判定

1. Failure to ring the bell.
未能敲响铃铛。
2. Ringing the bell with any part of the body below the waist.
用腰部以下的任意部位敲响铃铛。
3. Using more than one rope during a single attempt to complete the obstacle.
在一次挑战中使用多个绳子完成挑战。

c) Additional Notes 补充注释

1. A competitor may change lanes (change ropes) at any time after returning to the ground and may continue to attempt the obstacle multiple times.
一旦返回地面，参赛者可以任意更换赛道（更换绳子）进行多次挑战。
2. Competitors who attempt the obstacle multiple times should yield to other competitors attempting it for the first time, although this is not a mandatory requirement.
虽然不是强制需求，但是重复挑战的参赛者应当先礼让第一次挑战的参赛者。
3. Competitors must return to the ground in a safe and controlled manner with at least one hand touching the rope at all times.
参赛者必须安全地从绳子上下降，时刻保持至少一只手在绳索上控制下降速度。

4.1.13 SLIP WALL 牵索越坡

a) Competitor Instructions 障碍须知

1. Traverse up the sloping ramp, over the top of the wall and down the other side.
爬上倾斜的墙体，并从另一侧翻越下来。



2. A competitor may use rope(s), where provided.

参赛者可以使用绳子。

3. Competitor cannot use supports or side of wall for assistance.

参赛者不得使用支撑物或者墙体的侧边作为辅助。

b) Failure Modes 失败判定

1. Inability to traverse up and over the wall and down the other side.

未能爬上并翻越墙体。

c) Additional Notes 补充注释

1. Moving from one rope to another is permitted, and a competitor may change ropes as many times as they wish throughout the ascent phase of the wall.

从一根绳子移动到另一根绳子是被允许的，参赛者在向上攀爬阶段可以不断地更换绳子。

4.1.14 STAIRWAY TO SPARTA 扼守温泉关

a) Competitor Instructions 障碍须知

1. Climb up and over the wall without touching the support bracing, sides of the wall, or straps.

爬上并翻越墙体，不得使用障碍支撑物、墙体的侧边或扁带作为辅助。

b) Failure Modes 失败判定

1. Inability to climb over the wall

未能翻越墙体。

2. Anyone using the support structure, sides of wall, or straps.

使用障碍支撑物、墙体侧边或扁带作为辅助。



4.1.15 TIRE FLIP 神车巨轮

a) Competitor Instructions 障碍须知

1. Flip the tire over once until it comes to rest upon the ground.
将轮胎翻过直到另一面接触地面。
2. Once the first flip is complete, release all physical contact with the tire, including hands and feet.
一旦第一次翻动结束，身体不能和轮胎有任何身体上的接触，包括手，脚。
3. Flip the tire back over to its original starting point until it comes to rest upon the ground.
将轮胎翻动回开始的位置直到另一面接触地面。

b) Failure Modes 失败判定

1. Inability to flip the tire two times.
未能两次翻动轮胎
2. Failure to have the tire rest completely on the ground after the first flip while making no physical contact.
在第一次翻动后未能让轮胎全面接触地面，或有肢体接触。
3. Failure to return the tire to its starting point.
未能将轮胎翻动回其开始的位置。

c) Additional Notes 补充注释

1. A competitor is considered committed to a tire once they have completed one full flip.
一旦参赛者完成一次完整的翻动，即视为参赛者选定了这个轮胎进行挑战。
2. Prior to being considered committed to a tire, a competitor may change tires and make multiple flip attempts.



在参赛者选定一个轮胎前，可以随意更换轮胎完成多次翻动尝试。

3. Dropping the tire accidentally or due to exhaustion is not considered a failure.

无意或者因为力竭而导致轮胎落地不被视为失败。

4. While engaging with the tire obstacle(s), a competitor may not stand inside the tire while attempting to flip it, and must engage with the tire from the outside only.

参赛者在尝试翻动轮胎时，不能站在轮胎的中间。必须从轮胎的外部接触并翻动轮胎。

4.1.16 VERTICAL CARGO 雅各布天梯

a) Competitor Instructions 障碍须知

1. Climb up the obstacle, over the top, and down the other side using only the webbing, the horizontal truss at the base and top, and any horizontal pipes for support.

爬上并从顶部翻越障碍至另一边。只允许使用网带以及在障碍底部、顶部和其他部位水平于地面的桁架和钢管。

b) Failure Modes 失败判定

1. Inability to climb over the obstacle and down the other side.

未能爬上并翻越障碍。

2. Using supports other than the horizontal truss at the base and the top and horizontal pipes to complete the obstacle.

使用除水平于地面的桁架或钢管以外的障碍支撑物作为辅助翻越障碍。



4.2 SINGLE ATTEMPT (PASS/FAIL) OBSTACLES 单次挑战类 (通过/失败) 障碍

4.2.1 MONKEY BARS 人猿泰山

a) Competitor Instructions 障碍须知

1. Traverse the monkey bars from one end to the other using only the hands and arms.

只用双手或双臂从障碍物的一端穿越到另一端。

2. Ring the bell.

敲响铃铛。

b) Failure Modes 失败判定

1. Feet touching the ground to create an advantage in completing the obstacle.

脚步落地并协助完成障碍。

2. Using vertical truss to start the obstacle, traverse or complete the obstacle.

攀爬垂直于地面的桁架挑战障碍。

3. Feet or legs touching the bars, including traversing above the bars on top of the obstacle.

双脚或双腿碰到横杆，也包括在横杆上行走通过障碍。

4. Failure to ring the bell.

未能敲响铃铛。

c) Additional Notes 补充注释

1. Competitor is considered to have attempted the obstacle once both of the Competitor's feet have left the starting step.

一旦参赛者的双脚离地，即认为参赛者开始挑战这个障碍。



2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

参赛者可以使用水平于地面的桁架来开始挑战障碍或通过障碍中间的连接。

4.2.2 MULTI-RIG 空中栈道

a) Competitor Instructions 障碍须知

1. Traverse the attachments using only hands and arms and ring the bell.

只用双手或双臂穿越障碍中悬挂的所有附件并敲响铃铛。

2. Stay within one lane, without moving laterally.

保持在同一赛道内挑战，不能水平移动。

b) Failure Modes 失败判定

1. Feet cannot touch the ground to create an advantage.

双脚触地并协助完成障碍。

2. Using vertical truss to start the obstacle, traverse or complete the obstacle.

攀爬垂直于地面的桁架挑战障碍

3. Feet or legs touching the attachments, including traversing above the bars.

双脚或双腿接触障碍上悬挂的附件，包括在障碍横杠上行走。

4. Failure to ring the bell

未能敲响铃铛。

5. Using more than one lane to complete the obstacle.

使用多个赛道完成障碍。

c) Additional Notes 补充注释



1. Competitor is considered to have attempted the obstacle once both of the Competitor's feet have left the starting step.

参赛者一旦双脚离地，即认为参赛者开始挑战这个障碍。

2. A competitor may use horizontally located truss to start the obstacle, or transfer during the traverse phase of the obstacle.

参赛者可以使用水平于地面的桁架来开始挑战障碍或通过障碍中间的连接。

4.2.3 OLYMPUS 奥林匹斯之巅

a) Competitor Instructions 障碍须知

1. Laterally navigate the obstacle using only hands upon and within the holds and holes found within a single lane.

只用双手抓住障碍上的把手或空洞横向通过障碍。

2. Ring the bell.

敲响铃铛。

b) Failure Modes 失败判定

1. Any part of the body touching the ground between the start and the bell being rung.

在挑战障碍中，身体的任意部位接触地面。

2. Touching the top of the obstacle.

接触障碍顶部。

3. Touching any of the holds or holes on the wall with feet.

用脚接触障碍上任意把手或孔洞。

c) Additional Notes 补充注释

1. A competitor must start from or behind the starting step.



参赛者必须从起点后开始挑战。

2. A competitor is committed to their lane and considered to have attempted the obstacle once both of the competitor's feet have left the starting step.

一旦参赛者双脚离开地面，即认为参赛者在这条赛道上开始挑战。

3. A competitor may place their feet and/or knees against the wall for support, however their feet or knees may not touch any of the handholds, including stepping upon or placing a knee into the cutouts.

参赛者可以用双脚或双膝顶住墙体支撑身体，但是不能触碰墙体上任何一个把手或孔洞。

4. A competitor may use any combination of the holds provided.

参赛者可以使用障碍上任意把手的组合完成障碍。

4.2.4 SPEAR THROW 胜利之矛

a) Competitor Instructions 障碍须知

1. Stand with both feet behind the barrier.

双脚都在栏杆外站立。

2. Throw the spear at the target in the same lane.

将标枪投向对应的靶子上。

3. Have the spear embed into the target structure and stay there without any part of the spear touching the ground.

标枪扎入靶内，且标枪的任何部分不能接触地面。

b) Failure Modes 失败判定

1. The spear does not embed into the target structure.

标枪未能扎入靶内。

2. Any part of the spear touches the ground once the spear is stationary



after being thrown.

在投出的标枪静止后，任意部位接触地面。

c) Additional Notes 补充注释

1. Once a competitor releases the spear in a forward motion, it is considered an attempt.

一旦参赛者向前投出标枪，即认为开始挑战。

2. A competitor is allowed to change lanes, however this must be done prior to an attempt being made.

参赛者可以更换标枪，但是必须在挑战开始之前。

3. It is the competitor's responsibility to ensure the tether is placed in a manner so it does not cause entanglement. If the tether becomes tangled during a competitor's attempt and affects the flight of the spear, it shall still be considered an attempt.

参赛者须要系绳的放置方式不会缠绕标枪。如果系绳缠绕标枪影响标枪的飞行轨迹，也将算作一次挑战。

4. A spear may touch the ground during an attempt before it becomes stationary in the target, as long as it is not touching the ground once it becomes stationary.

投出的标枪静止前可以接触地面，但是一旦静止，标枪的任何部位不允许接触地面。

4.2.5 TWISTER 美杜莎的蛇发

a) Competitor Instructions 障碍须知

1. Traverse the obstacle from one end to the other using only hands on the handles, and the truss segments in between each of the handles.

只用双手握住障碍上的把手和中间的桁架部分，从障碍的一端穿越到另一端

2. Feet must not touch the ground to create an advantage.



双脚不能着地作为辅助。

3. Ring the bell.

敲响铃铛。

b) Failure Modes 失败判定

1. Failure to ring the bell.

未能敲响铃铛。

2. Falling off the obstacle.

从障碍上落下。

3. Using any truss besides the truss in between each handle segment.

除障碍中部的桁架外，攀爬障碍其他部分的桁架。

4. Feet or legs touching the handles, including traversing on top of the obstacle above the handles.

双脚或双腿触碰障碍把手，也包括在障碍上行走。

5. Using the pipe structure that the handles are welded to in order to complete the obstacle.

攀爬使用焊接把手的钢管完成障碍。

c) Additional Notes 补充注释

1. A competitor is considered to have attempted the obstacle once both of their feet have left the starting step.

参赛者一旦双脚离地，即认为开始挑战障碍。

2. A competitor is allowed to utilize the truss placed between each segment of handles in order to transition from one set of handles to the next.

参赛者允许使用在把手中间的桁架来 从一个把手转移到下一个把手。



4.2.6 TYROLEAN TRAVERSE 生命之绳

a) Competitor Instructions 障碍须知

1. Traverse along the rope without touching the surface beneath it in such a way that it creates an advantage in completion.

从绳索的一端穿越到另一端，而不触及绳索下方的可能为完成障碍提供帮助的物体表面。

2. Ring the bell using only the hands.

只能用手敲响铃铛。

b) Failure Modes 失败判定

1. Failure to ring the bell.

未能敲响铃铛。

2. Touching the surface below the rope in such a way that it creates an advantage in completion.

接触绳索下方的物体表面并对完成障碍产生辅助。

c) Additional Notes 补充注释

1. For an attempt that results in failure, after releasing the rope a competitor must continue to traverse the ground or water beneath the obstacle by running or swimming while staying within their lane.

挑战失败后，参赛者必须继续沿着绳索下方的地面或水面跑到或游到参赛者所挑战的这个赛道的另外一端。

2. A competitor must dismount the obstacle after ringing the bell. They must not continue traversing along the rope.

参赛者只有敲响铃铛后才能从障碍上下来。

4.2.7 Z WALL 飞檐走壁

a) Competitor Instructions 障碍须知

1. Laterally traverse the wall using only the hand and foot blocks and



upright supports within a single lane.

仅用墙体上的手脚把手横向在一个赛道内平移通过墙体。

2. Ring the bell.

敲响铃铛。

b) Failure Modes 失败判定

1. Touching the ground, the top of the wall, or the top or bottom of any cutouts within the wall.

接触地面、墙面上沿或者墙体连接处的缺口。

2. Failure to ring the bell.

未能敲响铃铛。

c) Additional Notes 补充注释

1. Once four points of contact are made on the hand and foot blocks, a competitor is considered committed to an attempt and may not restart the obstacle.

一旦参赛选手双手双脚都接触墙体上的扶手，即认为开始挑战障碍，不能重新开始挑战。

2. The first hand block and the first foot block located in the lane of attempt must be used when starting the traverse.

墙体上第一个手部和脚部的扶手作为挑战障碍的起点，必须被使用。

3. A competitor does not need to use all the hand and foot blocks provided apart from the first hand and foot blocks. A competitor may skip over all other holds, including the final holds, in order to ring the bell.

参赛者无需使用墙体上的全部扶手，可以跳过最后几个扶手，只要能够敲响铃铛即可。



4.3 MANDATORY OBSTACLES 必过类障碍

4.3.1 ARMER

a) Competitor Instructions 障碍须知

1. Select a weight from the designated male or female area.
从指定的男子或女子区域内选择一个重物。
2. Starting behind the designated start flag, carry the weight along the entire marked course.
从起点标志旗后开始，携带重物完成标记的路线。
3. Return the weight to the designated area.
将重物归还至指定区域。

b) Failure Modes 失败判定

1. Inability to complete the entire marked course with the weight.
未能携带重物完成全部规定的路线
2. Dragging, rolling, throwing or pushing the weight.
拖行、滚动、投掷或者推动重物。
3. Carrying the incorrect weight.
携带错误重量的重物。
4. Not carrying the weight by its handles.
未用重物上的把手提起重物。

c) Additional Notes 补充注释

1. Weights may be placed down as needed.
如果需要，重物可以再搬运过程中放在地上。
2. If a competitor's weight is dropped or placed down and it moves, the competitor must return the weight to where it was dropped and restart the carry from that point.



如果重物掉落或放下时向前移动，参赛者必须将重物放回掉落的位置并从该位置重新开始搬运。

4.3.2 BARBED WIRE CRAWL 俄尔普斯之禁

a) Competitor Instructions 障碍须知

1. Traverse under the barbed wire from one end to the other.
从铁丝网下的一端穿越至另一端。

b) Failure Modes 失败判定

1. Not traversing under the wire from one end to the other.
未能从铁丝网下的一端穿越至另一端。

c) Additional Notes 补充注释

1. A competitor may roll under the wire.
参赛者可以再铁丝网下滚动。
2. A competitor may touch the wire.
参赛者可以碰触铁丝网。

4.3.3 BUCKET CARRY 神庙基石

a) Competitor Instructions 障碍须知

1. Select a bucket from the designated male or female area.
在指定的男子或女子区域内选择一个桶。
2. Carry the bucket along the marked course.
按照赛道标记搬运石桶。
3. The bucket must complete the entire marked course with the same amount of material inside.

Commented [ZH9]: 搬运时，将桶放在肩膀，头上被重新允许。



参赛者必须携带桶完成全部标记的障碍且桶内的填充物必须保持重量不变。

4. The lid of the bucket must remain in place at all times. If a lid is displaced accidentally, a competitor may replace the lid as long as material from the bucket is not displaced. In the case material is lost from the bucket, the competitor should return the bucket to the start of the carry, replace it, and complete the carry with a new bucket.

桶盖必须时刻保持紧扣。如果桶盖不深掉落，参赛者必须保证桶内填充物不洒出。如果桶内填充物掉落，参赛者必须将桶在起点归还并更换一个新桶重新开始搬运。

b) Failure Modes 失败判定

1. Not returning the bucket with the same amount of material inside that it started with.

在归还桶时，填充物重量与开始搬运时不一致。

2. Cutting any part of the marked course.

抄近道搬运。

3. Carrying a bucket designated for a gender other than the competitor's own.

不按照规定性别的桶进行搬运。

c) Additional Notes 补充注释

1. There is no burpee option for this obstacle. It must be completed.

这个障碍不能用波比跳代替，必须完成。

2. If a competitor returns a bucket with material missing, the competitor must redo the entire marked course with a correctly filled bucket.

如果参赛者归还桶时，桶内填充物丢失，那么参赛者必须重新换一个桶开始搬运。

3. A competitor may place the bucket down on the ground to rest as needed.



参赛者可以将桶放在地上休息。

4. The lid on each bucket is not permanently attached.

桶盖不是每场比赛都会有。

4.3.5 DUNK WALL 冥河洗礼

Commented [ZH10]: 成为必过障碍

a) Competitor Instructions 障碍须知

1. Traverse under the wall from one side to the other.

从水上的墙体下穿过。

2. No diving.

禁止跳水。

b) Failure Modes 失败判定

1. Inability to traverse under the wall and to the other side.

未能从墙体下穿过。

2. Passing around the side of the wall.

从墙体侧面通过。

4.3.6 SANDBAG CARRY 宙斯的惩罚

a) Competitor Instructions 障碍须知

1. Select a bag from the designated male or female area.

从指定的男子或女子区域内选择一个沙袋。

2. Carry the bag along the entire marked course.

完整地按照标记的赛道搬运沙袋。

3. Return the bag to the designated male or female area.

将沙袋运回指定的男子或女子区域。



b) Failure Modes 失败判定

1. Inability to complete the entire marked course with the bag.
未能完整地按照标记赛道搬运沙袋。
2. Dragging, rolling, throwing, or pushing a bag.
拖动、滚动、投掷或推动沙袋。
3. Carrying an incorrectly designated bag or incorrect number of bags.
搬运错误重量的沙袋或者错误数量的沙袋。

a) Additional Notes 补充注释

1. If multiple bags are required to be carried, they must be carried at the same time.
如果需要搬运多个沙袋，那么必须同时搬运。
2. Bags may be placed down as needed, however a competitor can not make significant forward progress with a single bag at any time.
如果需要，沙袋可以放在地上。但是参赛者不能利用放下沙袋来完成明显的前进。
3. If a competitor's bag is dropped or placed down and it moves, the competitor must return the bag to where it was dropped and restart the carry from that point.
如果沙袋掉落或放下并向前移动，参赛者必须回到掉落的位置并从该位置重新开始搬运。

4.3.7 SWIM / WATER CROSSING 游泳/泅渡

a) Competitor Instructions 障碍须知

1. Pass through the water from one end to the other while staying within the marked course at all times.
在标记的赛道内通过水域。



2. No diving.

禁止跳水。

b) Failure Modes 失败判定

1. Not staying within the boundaries of the obstacle, course markings, or skirting the obstacle.

不赛道的边界内，或绕过障碍。

2. Skirting the obstacle to avoid significant engagement with the water, regardless of the course marking.

绕过障碍来避免和水域有明显的接触，不顾赛道标记。

3. Diving.

跳水。

c) Additional Notes 补充注释

1. A competitor may reenter the water at the point of exit if skirting was forced by congestion.

如果由于拥挤的愿意被迫绕过障碍，参赛者可以重新进入水域挑战。

2. Personal Floatation devices (PFDs) may be mandatory.

强制提供救生衣或其他漂浮物。