

# THE O-RUN RULES

The Palmetto State O-Run course is completed over rough trails and uneven terrain with intermittent obstacles (some in excess of 10 ft.) and challenges (which include lifting and carrying weighted objects). Please be aware of your path at all times during the race and approach each obstacle with caution. We recommend you thoroughly hydrate and properly warm up before you start your race and above all else be safe and careful as you complete each obstacle and challenge.

1. Race officials have final say on all aspects of the race—especially Safety.
2. All Teams will start and finish together as a team.
3. All team members must be a minimum age of 14 and a minimum of one adult over the age of 18 per team.
4. Every team must maneuver through each obstacle to be qualified for competition.
5. Team members may assist each other across all obstacles.
6. No hostile contact with other teams.
7. No interference with other teams navigation over or through obstacles.
8. No objects can be carried or picked up along the course to assist in crossing obstacles.
9. Each team must designate a captain. Team captain will ensure all teammates have assigned race numbers on and is visible throughout the race.
10. Teams will observe all safety requirements.

## PENALTIES

1. 1 minute per infraction cited by race official.
2. 2 minute penalty for wall
3. 10 minute penalty for loss of a team member
4. No time if team withdraws from the course.

## SAFETY

1. Do not grab the engineer stakes.
2. Do not grab the engineer tape, which marks the course.
3. Give way to faster teams.
4. If you feel you cannot do an obstacle go around, nothing is worth getting hurt.
5. Drink lots of liquids
6. Follow all signs and listen to course managers and officials.
7. Leave all body jewelry at home—rings can cause “degloving” of fingers.
8. THINK SAFETY and Good Luck!