



## **The Playground**

### **UK OSF TIME TRAIL RULES**

#### **The route**

1km course with 23 obstacles

You are allowed up to 3 attempts to complete each obstacle. If an obstacle is not completed, a 1 minute time penalty is added to the total time.

#### **How to take part**

Book in to any Pay & Play session via the website

[www.theplaygrounduk.com](http://www.theplaygrounduk.com)

Adults (18+) £21

Juniors (7-17) £13

Use code PLAY2020 for 20% discount throughout 2020

#### **General Rules**

To compete in the time trial you must have a UK OCF membership number. You must present this to a member of The Playground staff.

The time trial will be refereed by a member of The Playground staff.

No spikes are allowed on the course.

The referee's decision is final.

## **Individual Obstacle Rules**

**1. HURDLES** - You must jump/climb over all 3 hurdles

**2. SLIDE** - Climb up the left side of the ramp and slide down the slide

**3. 4FT WALL MOUND** - Climb up the 4ft wall on to the mound then climb down the 4ft wall on the other side

**4. ROPE WALL** - You must climb up to the top and come down the other side using the wooden struts/ladder.

**5. 6FT WALL** - Climb over the wall

**6. JERRY CAN CARRY** -

**Males 18+** - carry one 20 litre jerry can around the small stump and back approx 60m.

**Females and Juniors** - carry one 5 litre jerry can around the small stump and back approx 60m.

**7. LOG LEAPS** - Jump over all 9 logs

**8. THROUGH WALL** - Climb through any one of the 3 square holes

**9. CARGO NEW A-FRAME** - Climb up, over and down the cargo net

**10. 8FT WALL** - Climb over the wall

**11. IRISH TABLE** - Climb up any section on to the platform and then climb down the other side

**12. CARGO NET CRAWL** - Crawl under net from start to finish

**13. VERTICAL CARGO NET** - Climb up to the top and touch strap. DO NOT GO OVER THE TOP.

**14. HANGOVER WALL** -

**Males 18+** - Climb over the 6ft tall right hand wall

**Females and Juniors** - Climb over the 4ft tall left hand wall

**15. 10FT WALL** - Climb over the wall

**16. STEPPING STONES** - You must get from the first stepping stone to the last without touching the floor

**17. IRISH BAR** - Climb over horizontal pole

**18. TRAVERSE WALL** - Traverse across without touching the floor

**19. MONKEY BARS** - Move from the first platform to the second platform by using the monkey bars without touching the floor.

**20. ROPE CLIMB** - Climb the rope and ring the bell at the top

**21. BALANCE BEAMS** - Complete all 3 balance beams without touching the floor

**22. BOX JUMP** - Climb up and over the box

**23. THE RAMP** -

**Males 18+** - Scale the 12ft ramp. Both feet must touch the top platform before climbing down

**Females and Juniors** - Scale the 9ft ramp and then climb down the ladder at the back.