



Course Address: Fit Body Farm, Wheatrig Farm, Kilmaurs, Kilmarnock, Ayrshire, KA3 2NG

This is a COVID-secure event. Please follow the strict safety procedures outlined below.

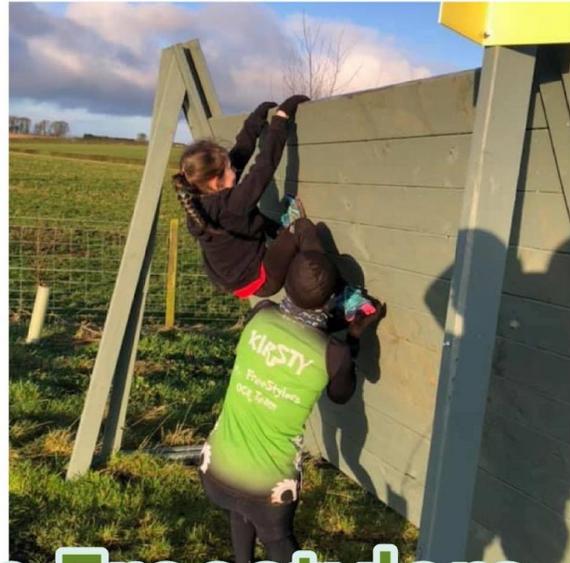
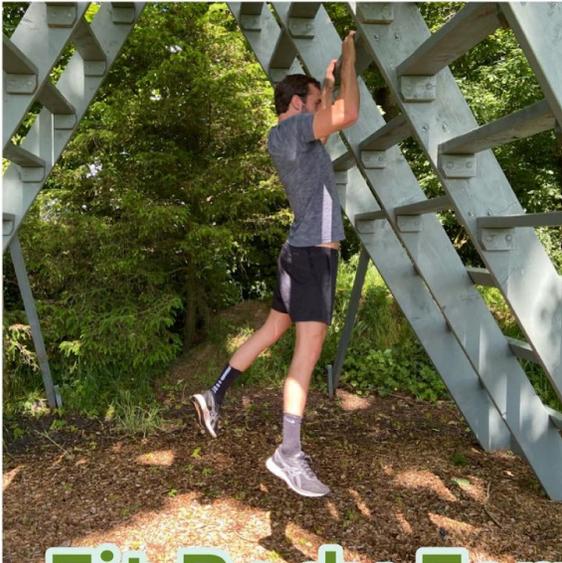
1. If you have COVID-19 symptoms or have been told to self-isolate in the last 14 days do not attend.
<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice>
2. No spectators are allowed. Junior athletes are allowed one parent/guardian who must be listed as a spectator in the waiver form and also comply with these guidelines.
3. Please arrive ready to race and no earlier than the time specified.
4. Face covering may be mandatory within the event village. Please bring with you and listen to communications from marshals.
5. Please maintain social distancing throughout the event. At least 2 metres or 1 metre with a face covering.
6. There will be no bag drop. Please leave in your car or contact us in advance if this presents an issue. A key drop will be available at the start of your time trial. You must collect when you have completed your time trial.
7. Hand sanitiser must be used before and after you begin your time trial. There will be extra hand sanitiser on the course for additional usage. This is optional.
8. If you are indoors at any point you must wear a face covering unless you are completing your time trial.
9. Participation medals will be on a table and can be collected after you have finished your time trial. We are unable to present them to you.
10. You must leave the venue after you have completed your time trial unless you are in a podium position. Unfortunately, you can not stay and spectate. Athletes who podium must leave after their podium.
11. The food available on site will be takeaway only. Please maintain social distancing if there is a queue.
12. No water will be supplied to athletes. Please bring your own or on-site catering will have hot and cold drinks.

All athletes (or their parent/guardian) must complete an online waiver before entry.

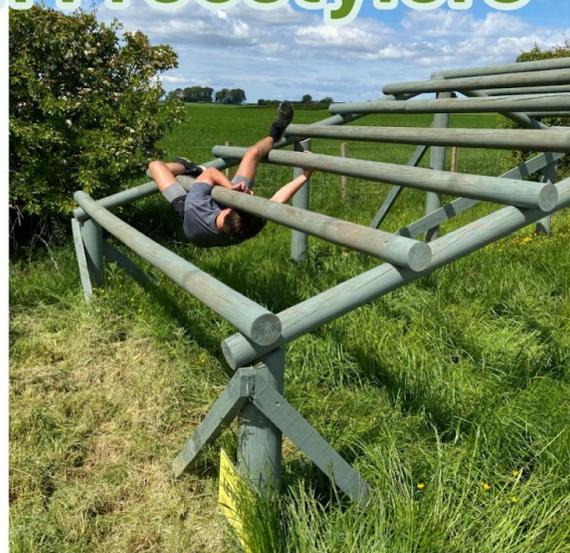
Junior - <https://forms.gle/ScqnT8sgvq4vgkyL7>

Adult - <https://forms.gle/LQBUgeyvbbd5453AA>

Thank you to Fit Body Farm for hosting this event on behalf of UKOSF.



Fit Body Farm Freestylers



There will be two food options available.
Reggaeicious Food Truck - Caribbean cuisine -
<https://www.facebook.com/reggaeiciousfoodtruck/>

The Espresso Kart - Coffee, tea & cakes
<https://www.facebook.com/espressokart/>

This will be takeaway only.

Age Categories & Running Order

Junior Competition

Time: 9am - 10.30am

Please arrive no earlier than 8.30am and leave by 11am at the very latest.

1. Male AG13-17
2. Male AG9-12
3. Female AG9-12

Parent/guardian must follow their child around the course. If a child in the AG9-12 category is unable to reach an obstacle a parent/guardian may lift their child to the first part of the obstacle, and then lower them down once they have completed it (for example after hitting the bell).

Female Competition

Time: 11:45am - 1:45pm

Please arrive no earlier than 11.15am and leave by 2:00 pm at the very latest.

Male Competition

Time: 2:45pm - 5:00pm

Please arrive no earlier than 2.15pm and leave by 5pm at the very latest.

Seeding will be shared prior to race day no later Saturday morning in addition to a full video briefing Saturday afternoon.

Note that seeding was based automatically on what round an athlete qualified in (e.g. Round 1 Senior or Masters, Round 2 or Round 3) and then when they signed up.

Athlete rules

- Strictly no touching of obstacles prior to the event. An athlete will be disqualified for breaking this rule.
- Athletes must act with integrity on the course and follow the outlined rules and penalties detailed in this document.
- Athlete age will be based on their date of birth on June 19th, 2020.
- All athletes must be UKOSF members.
- Athletes should give way to faster runners unless on an obstacle.
- If an athlete is not moving on an obstacle for more than 5 seconds they must come off the obstacle and give way if another athlete is approaching.
- Any complaints must be lodged at the finish line or before the podium ceremonies with respect to another athlete. In all cases the lead UKOSF official on the course will make the final decision.

Obstacles and Penalties

Every obstacle failure will result in 1 penalty loop to be completed at the end of the course before crossing the finish line. Only one attempt is allowed on each obstacle – no retries.

Rules are the same for all age categories unless specified.

Course and rules are subject to change. Any updates will be shared as part of the video briefing.

Failure to use hand sanitiser at the start and finish will result in a disqualification.

1. Tyre Hurdles

Hurdle over a series of small tyre walls. Athletes must not run around the hurdles.

2. Tyre hoist

Pull rope to hoist tyre up until it touches the tree branch. Tyre must be lowered under control and not dropped.

3. Ninja Rings (Adults and AG13-17)

Athletes must complete the ninja rings without touching the floor or any other part of the equipment other than hands on the ninja rings. You must place one ninja ring on the last rung before touching the floor for the obstacle to be considered complete.

Once complete rings must be returned to the basket.

4. Multi Rig 1

Traverse from one end to the other without feet touching the ground and finish with both feet on the platform.

5. High Wall

Climb up and over the wall, athletes can use the ledge to climb over except adult males who cannot.

6. Rope Traverse

Start with hands on black tape and crawl along rope (without feet touching ground) and ring the bell.

7. Tunnel Crawl (AG9-12)

Crawl through the tunnel.

8. Slackline

With one hand on the tree and one hand on the support line start by stepping up onto the slackline. Walk along the slackline and touch the tree at the end. Exit on left side.

9. Gate jump/climb

Climb/jump over a gate

10. Log Flip (Adults and AG13-17), Tyre Flip (AG9-12)

Flip the log or tyre 2 times one direction then 2 times back the way so 4 flips in total

11. Big Tyres

Climb over 5 large tyres (you do NOT need to step inside the tyres)

Between each tyre the athlete can either step on the ground or jump from tyre to tyre if they are able.

12. Bucket Carry

Carry bucket at chest height or below (not on shoulder) around cone and back to start.

You may put the bucket down and rest but gravel must not be spilled.

- Yellow bucket - AG9-12 (can also use handles)
- Purple bucket - AG13-17 & Adult Females (can lift but cannot carry by handles)
- Blue bucket - Adult Males (can lift but cannot carry by handles)

13. Barbwire crawl (Adults, AG13-17)

Move from one end barbwire area to another.

AG9-12 do not complete the barbed wire crawl.

14. Log Carry Course

Log must be carried over 3 grass mounds including across balance beam and through tyre steps (athlete must put 1 foot inside EVERY tyre). You can put the log down to rest if required but you cannot throw it. Return log to start point.

15. Olympus #1

Start with 1 foot on foot block. Traverse across to the halfway foot block, without feet touching the ground, using a selection of holes or attachments.

You can alight the halfway foot block and rest before continuing OR you can move straight into section 2 without using the foot block or after a brief pause.

AG9-12 will finish at the end of section 1 with 1 foot on foot block. They do not do section 2.

16. Olympus #2 (Adults, AG13-17)

Part 2 is continuation of part 1. Finish by putting 1 foot on foot block. You do not have to pause at the halfway foot block.

PLEASE NOTE. 1 penalty loop at end of course for **each** section failure.

If athlete fails section 1 then they should climb back on at the halfway block and attempt section 2

17. Irish Table (Adults, AG13-17)

Climb over without using sides of the frame.

All age categories exempt adult males can use the log for additional height.

18. Sloping wall

Climb up and over

19. Z – Wall

Start with one foot and hand on the first blocks and go around the 3 walls using blocks only. Athletes must touch the last hand and last foot block. Athletes cannot use the Z-wall frame.

20. Weaver

Adults and AG13-17 go over the first pole then under the next and continue to the end without touching the ground.

AG9-12: Climb up and over the whole structure.

PLEASE NOTE. If any part of your body touches the ground during the first half of the weaver then you will occur 2 penalty loops at the end of the course. If any part of your body touches the ground during the second half of the weaver then you will occur 1 penalty loop at the end of the course

21. Sandbag/Tyre Drag

Drag bag of sand down and across the line between cones and back to start.

AG9-12 will drag a tyre.

22. Burn run

Enter burn (stream) at marker. Exit at the marker.

23. Over under logs

Go OVER first log then UNDER the second log then OVER the third log and so on until the athlete completes the full series of logs whilst in the burn.

24. Stairway to Heaven/Valkyrie

AG9-12 climb up and over the whole structure

AG13-17 & Adult females use rings to traverse the inside of the frame. No feet are allowed to touch the frame. Must finish with one hand on the last ring before feet touch the ground.

Adult males climb the stairs using arms only from the inside. Must finish with two hands on the last step before feet touch ground.

25. Skull Valley (Adults, AG13-17)

Traverse across a series of skulls without your feet touching the ground. Move into Multi Rig 2 without feet touching the ground using the 2 marked monkey bars. **Both feet must be secure on the rope to have completed Skull Valley.**

26. Multi Rig 2 (Low rig)

Traverse from one end to the other **underneath the bars** without feet touching the ground. **Both feet must be across the line to have completed the obstacle.**

27. Multi Rig 3

Traverse from one end to the other without feet touching the ground and ring the bell.

28. Rope Climb

Climb the rope and ring the bell

Please email or message on Facebook any questions prior to the event.

Email

membership@ukosf.org

Facebook

<https://www.facebook.com/ukobstaclesportsfederation>