

Para Spartan Official Obstacle Course Race Rules & Regulations

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Para Heat: A singular heat within a Spartan event that only Para Athletes compete amongst other Para Athletes.

PARA SPARTAN OPEN - DEFINITIONS AND RULES:

For Para Spartan Open Rules and Regulations, the following definitions will be used to determine safety for all Para Spartan Open athletes.

1) Para Spartan Open Athlete: The Para Spartan Open Heat is comprised of adaptive athletes in an all-inclusive environment. The ability level of each Open Heat adaptive athlete is determined by the discretion of that individual athlete.

2) Para Spartan OCR Devices/Mobility Devices: Devices provided by Spartan or a Para Athlete for the use by Para Athletes in Para Heats. All registered Para Athletes must list the exact type of equipment that they are using. Mobility devices are defined as wheelchairs, crutches (forearm or other), canes, trek poles or similar medical support devices used to assist an athlete with course navigation.

2a. Permitted Devices (All devices are subject to Course Safety Manager Approval): Off-Terrain GRIT Chairs (3.0, Hemi, Forward); Rolling Walkers with adequate off-terrain tires, forearm crutches, traditional crutches (wooden, metal or other titanium/aluminum models); Vipamat or like model all-terrain beach chairs (“balloon wheels” and PVC pipe construction models are not appropriate); Mountain Trikes (MT EVO, MT Push). Everyday/personal wheelchairs are allowed for the Para Spartan Open Heat, but it is not encouraged. All athletes requiring mobility devices should coordinate with the Para Spartan Team Event Director on any equipment not listed in permitted section to ensure the device will be authorized on the course at minimum 30 days prior to race day.

2b. Prohibited Devices (All devices are subject to Course Safety Manager Approval): Power Chairs of any Kind; Transport Chairs; Reclining Chairs; Tilting Chairs; Bariatric Wheelchairs; Standing Wheelchairs; Airplane Wheelchairs. All athletes requiring mobility devices should coordinate with the Para Spartan Team Event Director on any equipment not listed in prohibited section to ensure the device will be authorized on the course at minimum 30 days prior to race day.

3) Para Spartan Open Rules: All Para Spartan Open Heat athletes will follow the Spartan Rules & Regulations for the course and all obstacles.

PARA SPARTAN ELITE - DEFINITIONS AND CLASSIFICATION:

For Para Spartan Elite Rules and Regulations, the following definitions will be used to determine classification and safety for all Para Spartan Elite athletes:

1) Para Spartan Elite Athlete: The Para Spartan Elite Heat is comprised of athletes competing in Para sporting events who have an impairment that leads to a competitive disadvantage.

Consequently, a system has to be put in place to minimize the impact of impairments on sport performance and to ensure the success of an athlete is determined by skill, fitness, power, endurance, tactical ability and mental focus. This system is call classification.

2) Definition of Classification/Eligible Impairments: Determines who is eligible to compete in an elite Para sport and it groups eligible athletes in sport classes according to their activity limitation in a certain sport. The following PERMANENT impairments will be considered when determining eligibility for the Para Spartan Elite Heat*:

****The presence of an eligible impairment must be proven by means of medical diagnostic information that must be presented no later than the date designated in registration.***

2a. Impaired muscle power: Reduced force generated by muscles or muscle groups, may occur in one limb or the lower half of the body, as caused, for example, by Spinal Cord Injuries, Spina Bifida or Poliomyelitis.

2b. Impaired passive range of movement: Range of movement in one or more joints is reduced permanently. (Joints that can move beyond the average range of motion, joint instability, and acute conditions, such as arthritis, are **not** considered eligible impairments).

2c. Limb deficiency: Total or partial absence of bones or joints, from birth or as a consequence of trauma (i.e. car accident or amputation) or illness (i.e. bone cancer). (Amputation of phalanges - fingers or toes - is **not** considered an eligible impairment).

2d. Arm/Leg length difference: Bone shortening in one arm or leg from birth or trauma. (Must be a medically documented length difference.)

2e. Short stature: Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction. (Must be a medically documented short stature diagnosis).

2f. Hypertonia: Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, which can result from injury, illness or a health condition such as cerebral palsy. (Must be a permanent muscle change).

2g. Ataxia: Lack of coordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

2h. Athetosis: Generally characterized by unbalanced, uncontrolled movements and a difficulty in maintaining a symmetrical posture, due to cerebral palsy, brain injury, multiple sclerosis or other conditions.

2i. Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerve/pathways or the part of the brain controlling vision (visual cortex). These athletes have a very low visual acuity and/or no light perception, or a visual field of less than 20 degrees radius. (Correctable vision, such as wearing glasses or corrective lenses for daily use is **not** considered an eligible impairment).

2j. Athletes with miscellaneous conditions such as, but not limited to the following, are **NOT** considered eligible permanent physical impairments: cognitive/intellectual impairment, endurance/stamina related impairment, hearing impairment, intolerance to temperature extremes, joint replacements (unless it has caused permanent physical damage), kidney dialysis, memory loss, organ transplants, psychological impairment, Post Traumatic Stress,

temporary orthopedic impairments. If an athlete is not eligible to compete in this Para Spartan Elite sport, this does not question the presence of a genuine impairment, it is a sport ruling.

3) Classification Categories: Each Para Spartan Elite Athlete must be categorized to ONE POINT category as defined below:

0 POINT - CLASS OUT - needs MAXIMUM assistance to navigate terrain and ALL obstacles, cannot manipulate mobility device independently.

(i.e. Spinal Cord Injury - Quadriplegia, Spastic Quadriplegia Cerebral Palsy, etc.)

1 POINT - needs MAXIMUM assistance to navigate MOST terrain and ALMOST ALL obstacles, can manipulate mobility device independently.

(i.e. Spinal Cord Injury - Paraplegia, Cerebral Palsy, etc.)

2 POINTS - needs MODERATE assistance to navigate SOME terrain and SOME obstacles, can manipulate mobility device independently.

(i.e. Cerebral Palsy, Muscular Dystrophy, Multiple Sclerosis, etc.)

3 POINTS - needs MINIMAL assistance to navigate SOME terrain and SOME obstacles, can manipulate mobility device independently.

(i.e. Amputation/Limb Deficiency, Visual Impairment, Impaired Range of Motion, etc.)

4 POINTS - needs NO assistance to navigate terrain, but needs assistance to navigate SOME obstacles, can manipulate mobility device independently or does not require mobility device. (i.e. Amputation/Limb Deficiency, Impaired Range of Motion, etc.)

5 POINTS - meets minimum disability criteria and eligible impairments, but needs NO assistance to navigate terrain or obstacles, does not use a mobility device.

3a. ALMOST ALL = Athlete requires assistance on 100%-75% of terrain or obstacles

MOST = Athlete requires assistance on 75%-25% of terrain or obstacles

SOME= Athlete requires assistance on 25%-1% of terrain or obstacles

NO/NONE= Athlete does not require assistance on 0%

MAXIMUM = 75% assistance, 25% individual effort

MODERATE = 50% assistance, 50% individual effort

MINIMAL = at most 25% assistance, 75% individual effort

0 CLASS OUT - this does not discredit the presence or severity of a genuine impairment, it is a safety protocol and sport ruling

3b. Each team must be comprised of a minimum of 8 points and a maximum of 14 points

(i.e. 2-2-2-2, 5-3-2-2, 3-3-3-3, 4-4-3-2, 5-4-3-2, etc. It is advised to build a team with a variety of abilities).

4) Minimum Disability Criteria: The Para Spartan sport classification rules describe how severe an eligible impairment must be for an athlete to be considered eligible. These criteria are referred to as minimum disability criteria. If an athlete is not eligible to compete in this Para Spartan Elite sport, this does not question the presence of a genuine impairment, it is a sport ruling.

PARA SPARTAN ELITE - DEVICES

5) Para Spartan OCR Devices/Mobility Devices: Devices provided by Spartan or a Para Athlete for the use by Para Athletes in Para Heats. All registered Para Athletes must list the exact type of equipment that they are using. Mobility devices are defined as wheelchairs, crutches (forearm or other), canes, trek poles or similar medical support devices used to assist an athlete with course navigation.

5a. Permitted Devices (All devices are subject to Course Safety Manager Approval): Off-Terrain GRIT Chairs (3.0, Hemi, Forward); Rolling Walkers with adequate off-terrain tires, forearm crutches, traditional crutches (wooden, metal or other titanium/aluminum models); Vipamat or like model all-terrain beach chairs ("balloon wheels" and PVC pipe construction models are not appropriate); Mountain Trikes (MT EVO, MT Push). All athletes requiring mobility devices should coordinate with the Para Spartan Team Event Director on any equipment not listed in permitted section to ensure the device will be authorized on the course at minimum 30 days prior to race day.

5b. Prohibited Devices (All devices are subject to Course Safety Manager Approval): Power Chairs of any Kind; Transport Chairs; Standard Wheelchairs; Reclining Chairs; Tilting Chairs; Bariatric Wheelchairs; Standing Wheelchairs; Lightweight; Active or Airplane Wheelchairs. All athletes requiring mobility devices should coordinate with the Para Spartan Team Event Director on any equipment not listed in prohibited section to ensure the device will be authorized on the course at minimum 30 days prior to race day.

5c. Prohibited Use of Devices/Additional Devices: Additional assistive devices such as harnesses, ropes, excessive strapping, etc. will NOT be allowed. An athlete may NOT wrap, tape, or secure their hands in any way to an assistive device.

PARA SPARTAN ELITE - TEAMS

6) Para Athlete Elite Team: Each team will consist of 4 Para Athletes meeting the following criteria:

6a. Can be one of three gender variations: all male, all female, or co-ed

6b. Team must be assembled using the Classification Categories listed in Rule 3.

6c. Trial Requirement: At least ONE member of each team must be able to successfully complete a burpee.

6d. Spotters: Spotters are defined as members of the designated registered teams that are observing another team member athlete's engagement of an obstacle that does not authorize assistance. Spotters may assist each other onto obstacles. They may remove mobility devices and secure to the side of the obstacles in safe locations away from other racers. Spotters may brace athletes and follow along (shadow racers) in an effort to provide additional fall protection for another team member. Spotters must clear the obstacles and must remain at least one arm lengths away from other athletes as they navigate obstacles. Spotters may also safely approach and respond to uncontrolled falls and descends as needed and only in the event that not doing so would ultimately end in injury or harm to another teammate.

6e. Completion of race: The entire team must complete the entire race. All Para Spartan Elite Athletes must cross the finish line before the official course closure time or the team will be disqualified.

PARA SPARTAN ELITE - OBSTACLES

7) Obstacles: Each Spartan Obstacle listed below has an identified definition of assistance that will be allowed. Any additional assistance provided by a team member or other athlete may result in disqualification. All athletes requiring assistance should coordinate with the Para Spartan Team Event Director on any questions regarding assistance to ensure it will be authorized at minimum 30 days prior to race day.

7a. Rope Climb - No assistance other than support getting in and out of mobility devices. No bell kicks. May use anything above the shoulders to ring bell. Burpees required if failed obstacle. Mobility assistive devices may not be attached to the racer at any time or point once situated at the base of the rope. Mobility devices must be removed from the protective mat areas during a racers climb. Every team member must complete one repetition of the event.

7b. Hercules Hoist - Assistance allowed. Spotters may only assist the athlete (support weighing down, arms around torso etc.), spotters may NOT touch the rope. Every team member must complete one repetition of the event. May not use mobility device to affix the pulling rope or to support event in any manner.

7c. Olympus - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and athlete must navigate the obstacle on their own. Feet are not allowed on handgrip devices, holes, chains or the top of the obstacle. Mobility support devices may not be attached to the racer at any time or point once mounted to the obstacle. Every team member must complete one repetition of the event.

7d. Twister - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and athlete must navigate the obstacle on their own. Feet are not allowed. Mobility assistive devices may not be attached to the racer at any time or point once mounted to the obstacle. Every team member must complete one repetition of the event.

7e. Monkey Bars - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and athlete must navigate the obstacle on their own. Feet are not allowed. Mobility assistive devices may not be attached to the racer at any time or point once mounted to the obstacle. Every team member must complete one repetition of the event.

7f. Multi-Rig - Mounting and dismounting obstacle assistance only. Once mounted with both hands on the obstacle and secure, assistance must cease and athlete must navigate the obstacle on their own. Feet are not allowed. Mobility assistive devices may not be attached to the racer at any time or point once mounted to the obstacle. Every team member must complete one repetition of the event.

7g. Dunk Wall - Assistance is authorized during entire event. Mobility assistive devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle). Every team member must complete one repetition of the event.

7h. Rolling Mud - Assistance is authorized during entire event. Mobility assistive devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle). Every team member must complete one repetition of the event.

7i. All Walls Unless otherwise Listed (START, Zee, Inverted, 6ft, 7ft., 4ft, OUT, Hurdles, A Frame Cargo, Vertical Cargo, Hay Wall, Bridge) - Assistance is authorized during entire event. Mobility assistive devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle). Mobility assistive devices may not be attached to the racer at any time or point once during navigation of the obstacle. Every team member must complete one repetition of the event.

7j. Bucket Brigade and Sandbag Carries - Mobility assistive devices are allowed. One men's bucket per team, one men's sandbag per team. Everyone must complete one loop as a team.

7k. Spear Throw - Standard Rules. One attempt. Everyone must attempt. Burpee penalty for failure.

7l. Plate Drag - Assistance allowed. Spotters may only assist the athlete (support weighing down, arms around torso etc.), spotters may NOT touch the rope. Every team member must complete one repetition of the event. May not use mobility assistive device to affix the pulling rope or to support event in any manner. One team member, does NOT need to be the pulling athlete, must return the plate and rope to taught starting position on each repetition.

7m. Atlas Carry - Must move the Atlas Stone from Point A to Point B. Must be completed by each team member. Crawling, pushing and other non-device methods of moving the Atlas stone from point A to point B are authorized. Mobility assistive devices may not be used to transfer the stone from point to point. Burpees must be completed by each one team member. One stone move per team.

7n. Slip Wall - Full assistance by any team members; must keep to a single lane; all teammates must go over. Mobility assistive devices (wheelchairs, crutches, canes etc. are NOT permitted on or in the obstacle).

7o. Fire Jump - Full assistance by team members; mobility assistive devices are NOT permitted on or in the obstacle. All team members must finish the obstacle.

7p. Every team member must complete EVERY obstacle. Completing an obstacle is determined by: each teammate making a viable attempt at every obstacle. If a teammate cannot complete an obstacle after a viable attempt, the team must complete 30 burpees or a penalty lap (if offered). If one teammate is unable to complete an obstacle the burpees may be shared between teammates.

PARA SPARTAN ELITE - REQUIRED DOCUMENTS

1) Medical Diagnosis Form - Athlete must submit required paperwork documenting their disability.

2) (HIPAA Waiver) - Athlete must sign and submit the required HIPAA waiver.

3) Open House/Athlete Brief & Medical Interview: ALL registered Para Spartan Elite Athletes MUST attend the mandatory meeting the Thursday prior to race day and Open House the

Friday prior to race day. This will include an athlete briefing and medical interview to validate all documentation and classifications. All mobility devices must be at this meeting with the designated athlete and must be inspected for safety and to ensure that they are in compliance with the rules established. The event and medical directors reserve the right to deny any athlete or device entry onto the course if it impacts the safety of the athlete or fellow racers on the course.

OFFICIALS

All Para Spartan Elite Heat Obstacle Course Race Officials will be trained on the above rules prior to the Open House of the opening event. These Officials serve to enforce the Classifications, Teams, Rules, and Safety. Please consult an Official on course if you have any questions on rules or regulations.

FAQ's

Q: Can I bring any kind of wheelchair or mobility device to compete in Para Spartan?

A1: Para Spartan Elite Heat - The Permitted Devices for Para Spartan Elite Heat are as follows: Off-Terrain GRIT Chairs (3.0, Hemi, Forward); Rolling Walkers with adequate off-terrain tires, forearm crutches, traditional crutches (wooden, metal or other titanium/aluminum models); Vipamat or like model all-terrain beach chairs ("balloon wheels" and PVC pipe construction models are not appropriate); Mountain Trikes (MT EVO, MT Push). All athletes requiring mobility devices should coordinate with the Para Spartan Event Director on any equipment not listed in permitted section to ensure the device will be authorized on the course at minimum 30 days prior to race day. This equipment is safely equipped to handle the fast paced and rugged nature of the competitive Para Spartan Heat. The mobility device is ONLY allowed to be used as an assist for mobility, not to assist in completing obstacles or bearing weight of an obstacle.

A2: Para Spartan Open Heat - An athlete may use a personal wheelchair or other assistive mobility devices in the Para Spartan Open Heat as long as it is not on the Prohibited Devices List (see Para Spartan Rule Book). The athlete using this piece of equipment must follow the standard rules of the course and obstacles.

Q: Can I bring my own GRIT Freedom Chair to compete in Para Spartan?

A: DEFINITELY! We welcome you to bring your own adaptive equipment! Each piece of equipment will be reviewed before competing in the Para Spartan Elite Heat.

Q: Can I borrow a GRIT Freedom Chair to compete in Para Spartan?

A: A very limited number of GRIT Freedom Chairs are available to borrow. These chairs are first offered to the Para Spartan Elite Heat, however, all athletes who need one must request it through registration immediately.

Q: Will there be spare wheelchair parts at the venue?

A: YES! GRIT will have a vendor booth at all Para Spartan Open House and Race events. They will have a limited amount of spare parts, so please come prepared with your own tools and parts if you are bringing your own equipment.

Q: Do I need medical paperwork to compete in the Para Spartan Elite Heat?

A: YES! There are required forms and waivers that need to be completed in order to compete in the Para Spartan Elite Heat. The forms are provided through registration and in the confirmation e-mail. *PLEASE NOTE: The Medical Diagnosis Form MUST be completed by a licensed Medical Doctor.*

Q: Who is qualified to complete the Medical Diagnosis Form for the Para Spartan Elite Heat?

A: The Medical Diagnosis Form MUST be completed by a licensed Medical Doctor who is familiar with your personal diagnosis. This form is an extensive measure of your physical capabilities and limitations for a competitive race.

Q: Can I use my VA disability rating, or other medical paperwork in place of the Medical Diagnosis Form for the Para Spartan Elite Heat?

A: No. There is no substitution for the Medical Diagnosis Form.

Q: Do I need medical paperwork to compete in the Para Spartan Open Heat?

A: No. There is no additional paperwork, after registration, required for the Para Spartan Open Heat.

Q: Can I compete as an individual for Para Spartan?

A1: Para Spartan Elite Heat - the Para Spartan Elite Heat is raced in teams of four.

A2: Para Spartan Open Heat - the Para Spartan Open Heat may be raced as an individual or as part of a team.

Q: What if I don't have enough people for a full team for the Para Spartan Elite Heat or how can I find teammates to compete with in the Para Spartan Elite Heat?

A: Please contact the Director of Para Spartan, nicole.verneuille@spartan.com, if you are an individual looking to compete in the Para Spartan Elite Heat. If you do not have a team, team members will be suggested to you.

Q: Am I allowed to get Sponsors for my Para Spartan Elite Team?

A: Yes! Your team is welcome to seek sponsors to participate in the Para Spartan Elite Team. If you seek the sponsorship of another OCR organization you will be asked not to display the competitor's logo.

Q: Can anyone compete in Para Spartan?

A1: Para Spartan Elite Heat - In order to compete in the Para Spartan Elite Heat you must meet the Minimum Disability Criteria and qualify under one of the Classifications (See Para Spartan

Rulebook).

A2: Para Spartan Open Heat - This Heat is open for any athlete with a disability - please use your discretion when registering for an adaptive heat.

Q: What classification would I be for the Para Spartan Elite Heat?

A1: Classification determines who is eligible to compete in an elite Para sport and it groups eligible athletes in sport classes according to their activity limitation in a certain sport. Please read the Classification section in the Para Spartan Rulebook for further information.

A2: Para Spartan Open Heat - the Open Heat does not require compliance with Classification system. Please use your discretion when registering for an adaptive heat.

Q: Is Para Spartan for all distances of a Spartan race?

A: Currently, Para Spartan is only offered for the Sprint distance at select events.

Q: What time is the Para Spartan Heat?

A1: Para Spartan Elite Heat is at 10:00am.

A2: Para Spartan Open Heat is at 10:15am.