



CORPORATE
CHALLENGE *2009*
C L E V E L A N D

Obstacle Course Demo Packet

Obstacle Course Breakdown

Obstacle #1: 25-yard Sprint

- **Participants must wait until an official signal is given to begin the sprint**
- **Leaving the start line before the official start will result in a 5-second penalty**

Obstacle #2: Tire Step-Thru

- **The goal of the obstacle is to step through the sequence of tires without falling or skipping any tires**
- **If a participant falls, they will be allowed to continue through the obstacle from that point without any penalty time**
- **Skipping any tires will result in a 5-second penalty**

Obstacle #3: Up & Under Hurdles

- **The goal of the obstacle is to jump over and go under the series of hurdles**
- **Participants will jump over the 1st hurdle, go under the 2nd hurdle, jump over the 3rd hurdle, etc...**
- **If a participant knocks over a hurdle while attempting to jump over or go under the hurdle, they will be allowed to continue through the obstacle without any penalty time**
- **Skipping any hurdles, deliberately running over any hurdle, or committing an error in the “up and under” sequence will result in a 5-second penalty**

Obstacle #4: Dumbbell Weave

- The goal of the obstacle is to carry the dumbbells while weaving (“in and out”) through the series of cones
- If a participant drops one or both of the dumbbells they will be allowed to pick them up and continue through the obstacle from where they were dropped
- Dropping the dumbbells before the final cone and continuing on to the next obstacle will result in a 5-second penalty
- Hitting a cone, but not knocking the cone over is permissible
- Hitting a cone and knocking the cone over will result in a 5-second penalty
- Incorrectly weaving through the sequence of cones will also result in a 5-second penalty

Obstacle #5: The Balance Beam

- The goal of the obstacle is to walk/run across the balance beam without falling
- Falling or jumping off of the balance beam before the 3rd and last cross beam will require the participant to redo the obstacle until completed correctly; failure to do so will result in a disqualification
- Touching any part of the body to the ground will require the participant to redo the obstacle until completed correctly
- Only the participants feet may touch the balance beam

Obstacle #6: The Army Crawl

- The goal of the obstacle is to crawl under the series of obstacles
- Hitting an obstacle, but not knocking over the obstacle is permissible
- Hitting an obstacle, and knocking it over will result in a 5-second penalty
- Skipping any obstacles will result in a 5-second penalty

Obstacle #7: Jump Rope

- The goal of the obstacle is to jump over the rope successfully 10 times
- Both feet must be over the rope and touch the ground to complete one jump.
- 10 successful jumps must be completed before moving on to the next obstacle
- Moving on to the next obstacle before 10 successful jumps have been completed will result in a 5-second penalty per jump missed

Obstacle #8: 100-yard Sprint/Finish

- A finishing time will be taken once any part of the participant's body crosses the finish line

****Completely skipping any obstacle will result in a 60-second penalty!!****