



Basic Obstacle Course

Obstacles and Rules

1. **Tractor tire cross**
2. **Flat/incline monkey bars** (*Choose only one, but all team members must do same one*) *Penalty for not completing: 20 burpees*
3. **Culvert crawl**
4. **Slip-n-slide**
5. **Decline monkey bars/partner carry** (*Choose only one, but all team members must do the same one*) *Penalty for not completing is 20 air squats*
6. **Pallet drag**
7. **Short ditch run**
8. **Tire wall/rope climb** (*Choose only one, but all team members must do the same one*) *Penalty for not completing is 20 burpees*
9. **Ladder wall**
10. **Mud pit**
11. **Over/under**
12. **Long ditch run**
13. **Mud hill**
14. **Tire run**
15. **Ladder jump**
16. **Super high hurdles**
17. **Spider web**
18. **9 foot wall**—*Penalty for not completing is 20 air squats*
19. **Hay hill** — *Penalty for not completing is 30 sit-ups*

Basic Obstacle Course Rules

- Must follow team member(s) through or over obstacle—not next to them
- All obstacle must be attempted by all teammates, but 5 obstacles have penalties if not completed
- If you are injured or need help, look or call for course officials in yellow vests
- Get dirty. Don't give up. (Most of all) **Have Fun!**