



Family Fun Obstacle Course

Obstacles and Rules

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

Family Fun Obstacle Course Rules

- Must follow team member(s) through or over obstacle—not next to them
- All obstacles must be attempted by all teammates, but 4 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!**