

FitFarm 2019

Rules and Regulations

Section 1: Eligibility and General Code of Conduct.

To compete in the FitFarm competitive obstacle course, Athletes (Teams) must meet the following requirements:

1. Athletes (Teams) must be at least 18 years of age on the day of the event.
2. Athletes (Teams) must adhere to all rules set forth by FitFarm administrators and officials.
3. Competitors are held to the highest standard of conduct throughout the course of the event. This includes:
 - Always conducting oneself in a sportsmanlike manner towards fellow competitors, spectators and officials.
 - Adhering to all rules of competition.
 - Understanding that they are representative of a growing athletic community and behaving responsibly throughout the event.

Section 2: Time Keeping and Distance.

1. All Athletes (Teams) must complete the full 10-acre course including all 12 obstacles.
2. All Athletes (Teams) are required to start in their assigned wave. Athletes (Teams) are not permitted to start in any other wave under any circumstances. Athletes (Teams) found to be in violation of this protocol will be disqualified from competition.

In addition, please note the following:

3. Athletes (Teams) must report to the start line ten (10) minutes before their assigned start time for a mandatory race briefing. As with all premier endurance races, the starting time for all Athletes (Teams) will be the “gun time” (e.g. if a wave starts at 9:30, each athlete (team) in that wave is assigned the same starting time).

Section 3: Racing, Obstacles and Course.

Staying on Course.

1. It is the responsibility of all Athletes (Teams) to stay on-course and within the boundaries and markings set by race officials. Obstacles are numbered 1, 2, 3, etc.; it is your responsibility to ensure your Team completes all obstacles. There will be an official stationed at each obstacle, and an official traveling with your team to assist with keeping on par.

2. In the event that an athlete (team member) runs off-course, he/she/they must return to the original point of deviation to resume competition. Should an athlete (team member) need to leave the course for a comfort break, he/she/they must resume racing at the exact point of exit.
3. Any athlete (team) that gains advantage by circumventing the course (as designed by race officials), whether intentionally or unintentionally, will be disqualified from competition.

Obstacles

4. Completion of all obstacles is MANDATORY to be eligible for awards/prizes. There are no alternatives to obstacles such as burpees, push-ups, or other physical penalty.
5. If an athlete (team) fails to complete an obstacle, he/she (the team) will be assessed a time penalty. Athletes (Teams) receiving time penalties are still allowed to continue racing and considered finishers, but are not eligible for prizes/awards. All time penalties are applied after the event (no penalty boxes).
6. Additionally, Athletes (Teams) are required to maintain forward progress on all obstacles and throughout the course (e.g. sitting around is not permitted) and every effort must be made not to obstruct a fellow competitor (team). Slower Athletes (Teams) are required to yield to approaching Athletes (Teams), if applicable.
7. Athletes (Teams) will be timed from start to finish during each obstacle. The time will not begin again until the next obstacle is started. Due to athletes (teams) before and after you, this cannot be a running timed event. There will be a time-keeper at each obstacle. Each team will also have a traveling Team Lead who will keep time as well.
7. Athletes (Teams) found to be excessively infringing (blocking) on another athlete's (team's) ability to progress may be subject to penalty or disqualification by race officials
8. During the race or with the exception of medical emergency, Athletes (Teams) may not receive outside assistance (including receiving nutrition or equipment) from any other source. This does not include verbal instruction or support from coaches or supporters. Additional restrictions may be announced at pre-race briefings.

Section 4: Gear, Apparel & Nutrition.

Athletes (Teams) are encouraged to express their individuality, sport team/team name apparel while being appropriately dressed for this event.

Please note the following:

1. Glasses are allowed but discouraged for safety reasons.
2. Hydration packs are allowed.
3. Beyond shoes and **gloves** or protective gear (i.e. elbow pads or knee pads), clothing/personal equipment may not be used to assist the completion of an obstacle.
4. Alcohol, weapons, and other dangerous objects are not permitted on the course.

5. Additionally, all Athletes (Teams) must exit the course with all items they brought in. Littering or the discarding of personal property during the race may result in disqualification from competition.

Section 5: Penalties

1. The application of any penalties, including but not limited to time penalties and disqualification, are administered solely by FitFarm Race Officials.

2. When a violation has been identified, the offending athlete (team) will be immediately informed of the penalty by race staff as soon as practicable.

3. Athletes (Teams) will be penalized for infringements such as:

- Failure to complete an obstacle.

- Not starting at his/her starting time.

- Intentionally or unintentionally going off-course.

- Engaging in unsportsmanlike conduct, including but not limited to: the use of performance-enhancing drugs, making unnecessary contact with or hindering a competitor, verbal/physical abuse of race officials or volunteers, modifying course markings, using offensive or derogatory language, receiving outside assistance, littering on the course, blocking (failure to yield to) other competitors, or failing to follow the direction of race officials.

Section 6: Safety and Emergencies

1. The safety of all Athletes (Teams), spectators, and staff is paramount. In the event of an emergency, all parties should follow the explicit instruction of event staff.

2. Athletes (Teams) that assist in an emergency may be permitted to begin the race again at the sole discretion of FitFarm officials.

FitFarm 2019
Waiver and Release of Liability
PLEASE READ CAREFULLY

PERSONAL INFORMATION		
First Name	Last Name	Birth Date
Street Address		
City	State	Zip Code
Phone	Email Address	
Emergency Contact Name		Phone
WAIVER & RELEASE OF LIABILITY, COVENANT NOT TO SUE & IMAGE RELEASE		

Please read carefully “In consideration for being allowed to participate in the FitFarm Obstacle Course, and related activities, I, the undersigned, understand, acknowledge and agree that: (1) The risk of injury and/or death from the activities involved in the FitFarm Obstacle Course and related events is significant, including, but not limited to, (i) sprains; (ii) strains; (iii) fractures and broken bones; (iv) heat and cold related injuries; (v) over-use syndrome; (vi) animal bites, tick bites, and stings; (vii) contact poisonous plants; (viii) accidents involving climbing, hiking, running, or other obstacles; (ix) injury resulting from falls, contact with other participants, weather, traffic and conditions of the road & course; (x) potential for permanent paralysis and/or death. (2) I FREELY ASSUME AND KNOWINGLY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS AND ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION. (3) If I observe any unusual and/or significant hazard during my participation, I will remove myself from participation and bring such hazard to the attention to the nearest event official. (4) I, for myself and on behalf of my heirs, assigns, personal representatives and/or next of kin, forever and knowingly WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE FitFarm Obstacle Course, 1COR6:19 FITNESS, LLC., their officers, directors, representatives, volunteers, officials, agents and/or employees, subsidiaries, and/or assigns,

owners and lessors of the premises [Hope Hill Farm] used to conduct the event (“Releasees”) WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, and/or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I FURTHER AGREE TO INDEMNIFY, DEFEND AND HOLD HARMLESS RELEASEES FROM ANY AND ALL LOSS, LIABILITY, CLAIM, COST OR DAMAGE ARISING FROM MY PARTICIPATION IN THE EVENT AND ASSOCIATED ACTIVITIES. (5) I verify that I am free from all illnesses, injuries and defects and that I am physically fit and sufficiently trained to participate in all activities associated with the event. My participation in the event and associated activities is entirely voluntary. (6) I consent to the administration of first aid and/or other medical treatment in the event of injury or illness and hereby release and indemnify Releasees from any and all liability or claims resulting and/or arising from any such treatment. (7) I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event in perpetuity and I understand that I shall not be entitled to any compensation therefore.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.”

SIGNATURE _____

PRINT _____

DATE _____

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OBSTACLES

- 1 - Sand Bag Pull
- 2 - Lap Relay
- 3 - Sled Pull
- 4 - Grain Bag Pass
- 5 - Pyramid Stack
- 6 - Over/Under - Climb & Crawl
- 7 - Fireman Carry - Bear Crawl
- 8 - Tire Flip
- 9 - Zig-Zag Run
- 10 - Farmer's Carry
- 11 - Wheel Barrow
- 12 - Rope Pull

ALONG THE COURSE

- 1 - There will be staff along the course if you should have any questions or concerns.
- 2 - There will be ARROW MARKERS and FLAGS to mark the course. Please stay within the course at all times.
- 3 - There is UNEVEN and NATURAL TERRAIN throughout the course. Be cautious and observant as you run.
- 4 - Watch for downed trees, brush, limbs, or any debris (natural & man made) along the course. - Please adhere to a FEET FIRST landing on all obstacles.
- 5 - NO SLIDING or DIVING into any obstacle
- 6 - If you should see any dangerous or significant hazards along the course, please remove yourself from danger and alert a course official immediately.

EMERGENCY SITUATIONS

1 - If you have a medical emergency or are in need of medical attention, please contact a staff member immediately.

2 - If you see another participant in distress, please contact a staff member immediately.

3 - Do not move an injured participant until they are looked at by the Emergency Personnel.

4 - There will be Emergency Personnel throughout the course.

5 – **DISCLAIMER:** Farm Life includes animals, different types of grass, hay, etc. If you have allergies, please come prepared.

SIGNATURE _____

PRINT _____

DATE _____