



# THE GAUNTLET

***CHAMPIONSHIPS FOR THE FITTEST***

**First Set - Speed & Agility** ⚔ **Second Set - Power & Position** ⚔ **Third Set - Intensity & Strategy** ⚔ **Fourth Set - Strength & Stability**



## First Set - Speed & Agility

**LOKI** is the first set of obstacles in the Gauntlet. Your selected team member should be fast, agile and have a strong sense of balance. Your strategy is to move through these obstacles as fast as you can without mistakes. Each set of obstacles will have a dedicated marshal to ensure each obstacle is completed correctly. If you fail an obstacle you will have a second attempt to complete that obstacle, and if you fail the second attempt you **MUST** complete 5 burpees before moving on to the next obstacle.

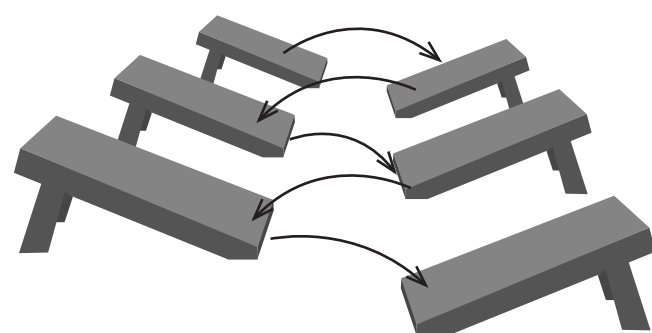
The winning team in each gauntlet that completes all 4 sets of obstacles will move on to the next round. There are 2 teams per gauntlet with 3 gauntlets in the Battle Cup Challenge. The 3 losing teams per round will join the body count.

NB: Every team will get the first round as a competitive practice run before it gets serious!

## Difficulty Rating

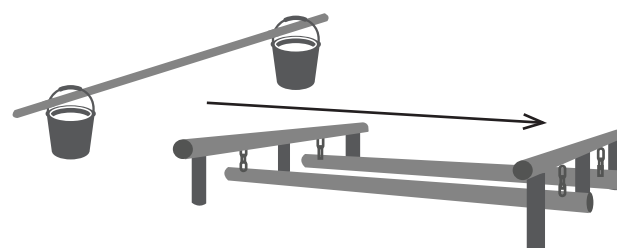


Each obstacle is rated on its difficulty.  
1-5 rating. 1 - doable, through to 5 - very challenging



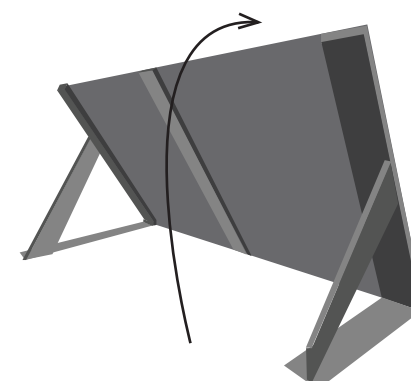
### Side Steppers

(Bounding through one foot per platform)



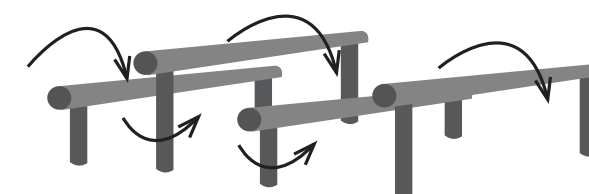
### Bucket Balance

(Balancing buckets across your shoulders whilst moving along the unstable log)



### Tilted Timber

(Climb over the angled wall)



### OTT's

(Travelling over, under, over, under bars)



NB: Obstacles may slightly vary in height and appearance on the day. Battle Cup reserves the right to modify or change any obstacle at the last minute.







## Second Set - Power & Position

**Thor** is the second set of obstacles in the Gauntlet. Your selected team member should have great upper body strength with explosive power. Your strategy is to move through these obstacles as fast as you can without mistakes. Each set of obstacles will have a dedicated marshal to ensure each obstacle is completed correctly. If you fail an obstacle you will have a second attempt to complete that obstacle, and if you fail the second attempt you **MUST** complete 5 burpees before moving on to the next obstacle.

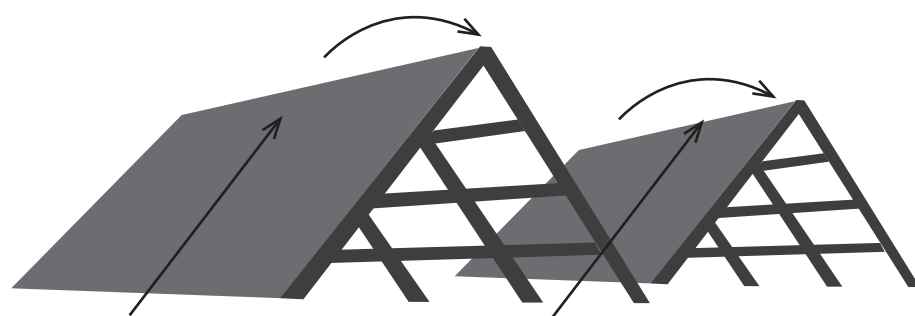
The winning team in each gauntlet that completes all 4 sets of obstacles will move on to the next round. There are 2 teams per gauntlet with 3 gauntlets in the Battle Cup Challenge. The 3 losing teams per round will join the body count.

NB: Every team will get the first round as a competitive practice run before it gets serious!

### Difficulty Rating

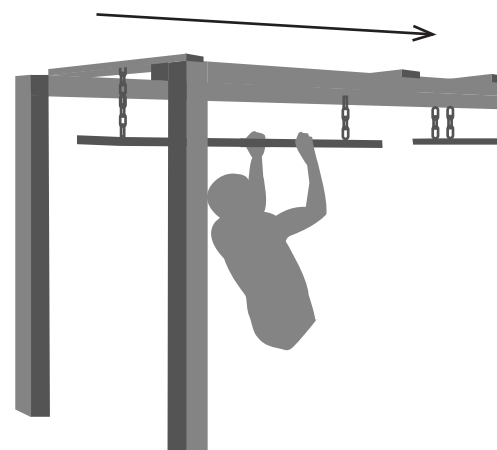


Each obstacle is rated on its difficulty.  
1-5 rating. 1 - doable, through to 5 - very challenging



#### Ramp It

(Run and reach to climb over the slopes)



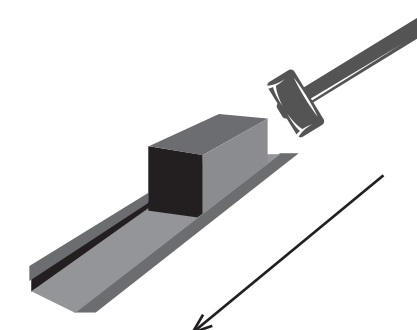
#### Orangutan

(Travel along a moving beam to get to the other side)



#### Reverse Ladder

(Climb over the ladder from the back to the front)



#### Hammer Time

(Sledge the block of wood to the end)



NB: Obstacles may slightly vary in height and appearance on the day. Battle Cup reserves the right to modify or change any obstacle at the last minute.





## Third Set - Intensity & Strategy

**ODIN** is the third set of obstacles in the Gauntlet. Your selected team member should have speed, upper body strength and good strategy skills to navigate each obstacle with intensity. Your strategy is to move through these obstacles as fast as you can without mistakes. Each set of obstacles will have a dedicated marshal to ensure each obstacle is completed correctly. If you fail an obstacle you will have a second attempt to complete that obstacle, and if you fail the second attempt you **MUST** complete 5 burpees before moving on to the next obstacle.

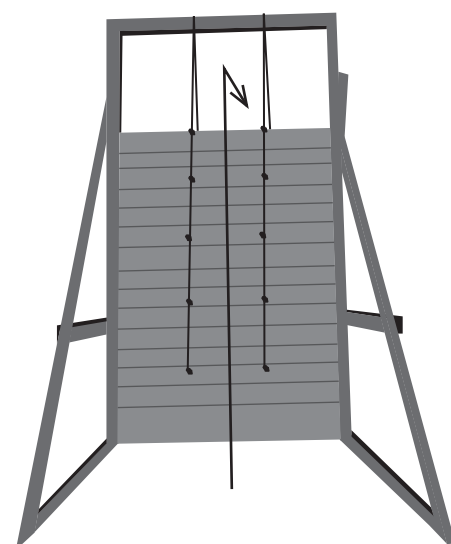
The winning team in each gauntlet that completes all 4 sets of obstacles will move on to the next round. There are 2 teams per gauntlet with 3 gauntlets in the Battle Cup Challenge. The 3 losing teams per round will join the body count.

NB: Every team will get the first round as a competitive practice run before it gets serious!

### Difficulty Rating

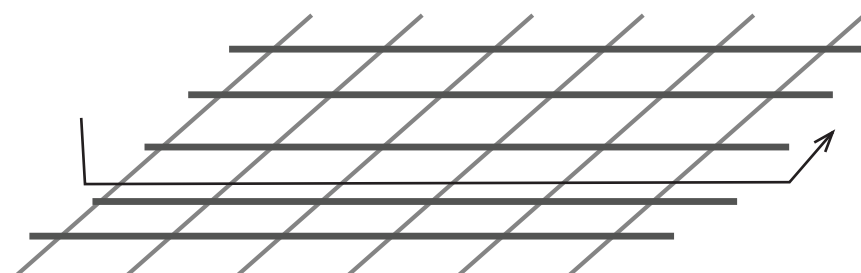


Each obstacle is rated on its difficulty.  
1-5 rating. 1 - doable, through to 5 - very challenging



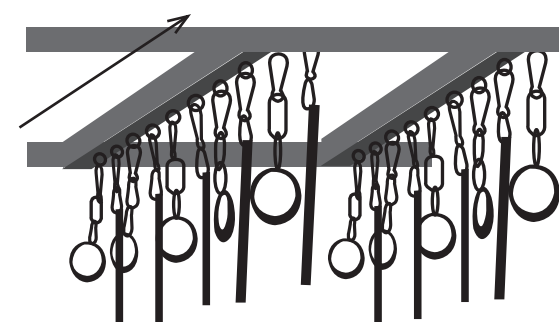
#### Climbing Wall

(Scale the wall to get to the other side)



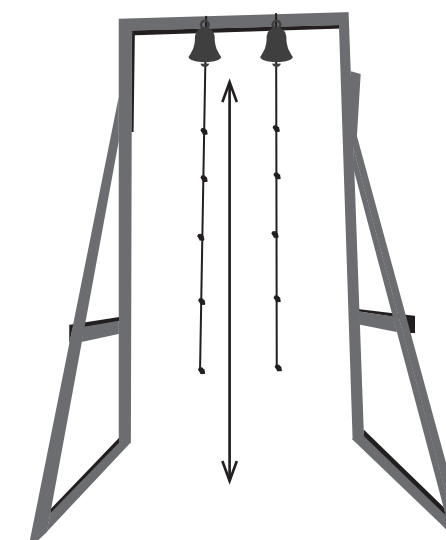
#### Back Scratcher

(Crawl under the net on your back whilst holding bar across your chest)



#### Hang Time

(Swinging through the maze of rings and things)



#### Bell Ringer

(Climb the rope to ring the bell)



NB: Obstacles may slightly vary in height and appearance on the day. Battle Cup reserves the right to modify or change any obstacle at the last minute.





## Fourth Set - Strength & Stability

**Magni** is the fourth and final set of obstacles in the Gauntlet. Your selected team member should be your fastest, strongest athlete, with great hand grip strength, upper-body strength and power. Your strategy is to move through these obstacles as fast as you can without mistakes. Each set of obstacles will have a dedicated marshal to ensure each obstacle is completed correctly. If you fail an obstacle you will have a second attempt to complete that obstacle, and if you fail the second attempt you **MUST** complete 5 burpees before moving on to the next obstacle.

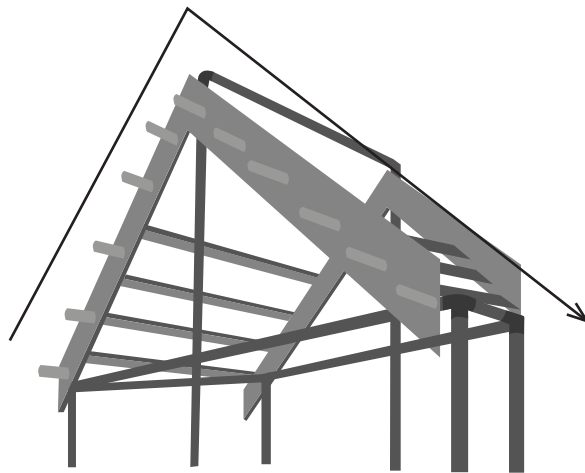
The winning team in each gauntlet that completes all 4 sets of obstacles will move on to the next round. There are 2 teams per gauntlet with 3 gauntlets in the Battle Cup Challenge. The 3 losing teams per round will join the body count.

NB: Every team will get the first round as a competitive practice run before it gets serious!

### Difficulty Rating

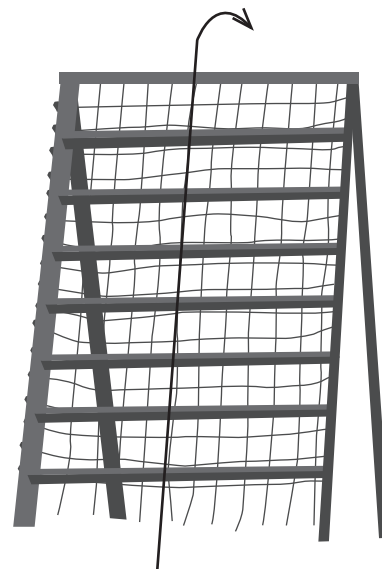


Each obstacle is rated on its difficulty.  
1-5 rating. 1 - doable, through to 5 - very challenging



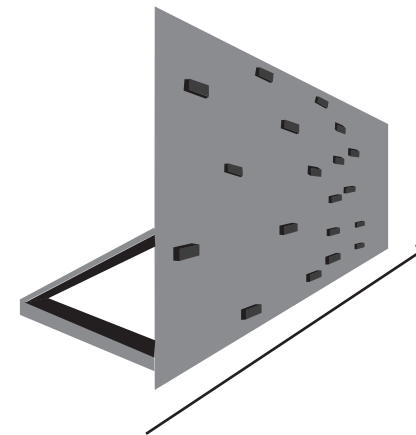
#### Peg Climb

(Grip the pegs and climb the peak)



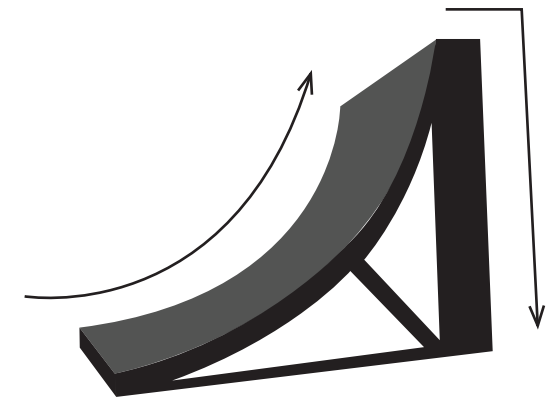
#### Scramble

(Scramble up the rope wall)



#### Spider Wall

(Grip and grab to traverse the wall)



#### Warped Wall

(Sprint or slide down the wall)



NB: Obstacles may slightly vary in height and appearance on the day. Battle Cup reserves the right to modify or change any obstacle at the last minute.





# RULES OF ENGAGEMENT

Competition Rules as at June 2017

This is the one that will push you to your physical and mental limits!

No common garden-variety Obstacle Race, where the only real challenge is the physical demand of the course itself, Battle Cup is the ultimate head-to-head, team versus team competitive knock-out test of strength, speed, and strategy.

Will you make it through the first round? Do you have what it takes to knock off the challengers and take out the title?

There will be 3 race categories to choose from. All male team, all female team, or a mixed team (2female+2male).

Everyone gets to test the gauntlet in Round 1, however, the second round is when it gets serious, one false move, and you're out! And your team will join the body count... there will only be one triumphant team per category. Will your team be the Battle Cup Challengers... or Champions?

## 1. Responsibility of participants

All participants are responsible for reading and understanding the rules contained herein. If there are any rules that are not clear please discuss these with the Event Director prior to the day of the race. Due to time constraints, the Event Director will not discuss rules or rulings during the race.

## 2. Responsibilities of the Officials/Event Director

The Event Director is directly responsible for the race and ensuring the described rules are adhered to. They are responsible for the safety of the participants and the timing and conduct of the race. They have a duty to be respectful and considerate to teams, act in an unbiased manner, and ensure the race remains social and enjoyable for all involved.

The Event Director is responsible for the management of the race, teams, venue, equipment and administration. They will be present at the race to ensure First Aid is administered, information is provided, and that all participants and officials are conducting themselves in an appropriate manner.

## 3. Conduct of Participants

It is the responsibility of all participants to conduct themselves in a way that is respectful and considerate to team members, school, university and community officials, opposing teams, the Event Director, other event co-ordination staff and volunteers, and any other people concerned. Any behaviour, act, or language that is considered inappropriate by the officials (Event Director and/or officials) will not be tolerated.

Poor conduct either on or off the course will be determined by the officials and action will be taken based upon the offence. This can include the

disqualification or removal of a participant, or team, from the competition, should they be deemed dangerous or offensive to participants or officials.

The consumption of alcohol or any prohibited or mind-altering substances WILL NOT BE TOLERATED and any such behaviour will result in immediate disqualification and removal from the course.

## 4. Location

The 2017 Battle Cup Obstacle Challenge will be delivered in Armidale, at New England Girls' School, Uralla Rd, Bona Vista NSW 2350

## 5. Race Commencement

### 1. High Schools Challenge - Friday, 1 September 2017

- Sign-in will commence at 7:30am, where all signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 8:30am
- The race will commence at 9:00am sharp.

### 2. Universities Challenge - Friday, 1 September 2017

- Sign-in will commence at 12:00noon, where all confirmation emails with QR Code & ID, and signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 1:30pm
- The race will commence at 2:00pm sharp.

### 3. Adult Competition - Saturday, 2 September 2017

- Sign-in will commence at 6:00 am, where all confirmation emails with QR Code & ID, and signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 7:30am
- The first race wave will commence at 8:30am sharp.

### 4. Forces Competition - Sunday, 3 September 2017

- Sign-in will commence at 7:30am, where all confirmation emails with QR Code & ID, and signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 8:30am
- The first race wave will commence at 9:00am sharp.

## 6. Personal Belongings

There will not be a 'bag drop' facility available, and it is highly recommended that all personal belongings are kept on buses or in vehicles – all schools will be responsible for their students and their belongings. Centaur Outdoor Events takes no responsibility for the damage to or loss of personal property.

## 7. Number of participants

- Each team will be comprised of four (4) members only, in one of three categories:
  - All male

- All female
  - Mixed – must have 2 males and 2 females in the team to qualify for entry.
- 8. Age Restrictions – no exceptions**

### a. High Schools:

- All team members must be from Years 10, 11 or 12, or a combination thereof, only.
- Years 7 to 9 students may not enter the competition.
- Primary School students may not enter the competition.
- Teachers may not enter the competition.

### b. Universities:

- Open to all University Students aged 18 years and over.
- Each team may include one (1) teacher only.

### c. Adult:

Open to all adults aged 18 years or over.

### d. Forces:

Must be an adult aged 18 years or over, and a member of one of the forces e.g. Police, Fire Brigade, SES, Armed Forces, Paramedical etc.

## 9. Risk Assessment, Insurance and Waivers

- Centaur Outdoor Events Pty Ltd has carried out a Risk Assessment of the event. A copy of the Risk Assessment is available if required.
- Centaur Outdoor Events Pty Ltd carries Public & Products Liability Insurance, which has been specifically taken to cover this event.
- All participants MUST present a completed and signed Waiver:
- High School student participants must present a Waiver signed by a Parent, Guardian, or otherwise authorised adult.
- Adult participants must present a signed Adult Waiver.
- No Waiver, no race, no exceptions.

## 10. Injury and Illness

- Medical support will be in attendance during the event;
- Any participant who comes across a seriously injured or suddenly ill fellow racer should have someone contact a Race Marshall, stay calm and please wait until a volunteer or safety officer arrives.

## 11. Suitable Attire

- As a teams event, participants may, and are encouraged to, create and wear appropriate costumes or team colours.
- Enclosed shoes MUST be worn at all times.
- Metal or other sprigs are STRICTLY FORBIDDEN on course.
- Bare feet are STRICTLY FORBIDDEN on course.
- It is recommended that a hat and sunscreen are worn during the course of the day, as it may be warm, and the course is exposed, or wet weather protection if raining.

## 12. The Race

- 3 identical parallel Gauntlets that include 4 sets of 4 in-line obstacles
  - Team member 1 shall complete the Loki set of Obstacles
  - Team member 2 shall complete the Thor set of Obstacles
  - Team member 3 shall complete the Odin set of Obstacles
  - Team member 4 shall complete the Magni set of Obstacles
- There will be graduating levels of difficulty from set 1 to set 4 of the Obstacles.
- Teams of 4
- Relay race style (i.e. physical tag from team member to team member)
- Knock-out rounds (after Round 1 – all teams will move onto Round 2)
- 3 categories - all-male, all-female or mixed (2+2)
- One overall winning team in each category

Round 1: all teams in each category will 'run the gauntlet' – 2 teams per in-line obstacle run - 4 obstacles x 4 sets of obstacles (6 teams running at once), until all teams have run the gauntlet.

Round 2 – Knock-out: all teams in each category will 'run the gauntlet – 2 teams per in-line gauntlet run – the fastest team per in-line obstacle run will qualify for the next round – the loser is out of the competition (see "Winning the Battle Cup Obstacle Challenge"). Rounds 3 & onwards: Round 2 will be repeated until only one team in that category is left – this will be the Champion of that category (see "Winning the Battle Cup Obstacle Challenge").

## 13. Winning the Battle Cup Obstacle Challenge

- The race must be run according to the Event Director's interpretation of the rules. It is the team captain's/ coordinator's responsibility to make sure that their participants know the rules.
- There are three race categories:
  - All male
  - All female
  - Mixed – must have 2 males and 2 females in the team to qualify for entry.
- There will be three winning teams – one per category as described above.
- Teams comprising less than or more than four (4) members will not be eligible.
- Each members of the team MUST complete his/her designated obstacles. If there is a failure to complete the designated obstacle:
  - The competitor may have a second attempt at the obstacle, and if they fail the second attempt they will incur a 5 x burpee penalty before moving on;
  - Should the competitor not be able to complete the obstacle after a restart, the team shall be deemed as having lost that race.
  - Should a competitor become injured during their race, and their team is a winning team of the round, they may substitute with another competitor who has a bone fide paid registration, QR Code, ID and race waiver for the following round – substitutions cannot be made during a race.

- Providing all rules herein have been adhered to, the substitute participant will be considered to be a part of a winning team if relevant.
- Only the four final winning runners in a team shall be eligible for a Champion's medal.

- Each competitor, after completing their obstacle, MUST physically tag the next competitor in their team before that person can progress to the next obstacle – failure to tag will result in the next competitor being sent back to accept the tag;
- The Event Director's decision is final.

## 14. Prizes and Trophies

- Prizes will be awarded in accordance with the provisions of Rule 13 of these rules.
- Each member of each final winning team in each race category shall be awarded a Battle Cup Champion medal.
- There are no other prizes awarded for this event.

## 15. Grievance and Disciplinary Procedures

- Should any participant, team or official conduct themselves in a manner that is deemed inappropriate, discriminatory, disrespectful or dangerous, then action will be taken by Centaur Outdoor Events Officials and Management.
  - If you feel that a participant, team or official has conducted themselves in such a manner, you may lodge a formal Grievance in order to report the incident.
  - Disciplinary Procedures are in place to ensure that action is taken against any participant, team or official who has acted in an inappropriate manner.
  - Any action(s) taken will be at the sole discretion of Centaur Outdoor Events Officials and Management.
  - Depending on the severity of the conduct, disciplinary action may result in a winning team being stripped of their title and other rights, which will result in a new winning team being announced and awarded accordingly.
- We are really looking forward to being able to provide a thoroughly unique and challenging outdoors experience for you!

WHAT'S YOUR STRATEGY?  
DOES YOUR TEAM HAVE WHAT IT TAKES TO WIN...

OR WILL YOUR TEAM BE JOINING THE BODY COUNT?

**Register now - [www.battlecup.com.au](http://www.battlecup.com.au)**



NB: Obstacles may slightly vary in height and appearance on the day. Battle Cup reserves the right to modify or change any obstacle at the last minute.