



Ultimate Athlete
Mt Maunganui 2025
Competition Rules

v 1.1

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Compiled in conjunction with the [New Zealand Obstacle Sports Association](#)

General Rules

- Athletes are responsible for knowing, understanding and following the Competition Rules.
- Athletes must accept and comply with the Terms and Conditions.

Conduct:

- Ultimate Athlete is a communal event, and as such it is expected that entrants will conduct themselves in a manner which reflects well upon themselves and the challenge. It is expected that entrants will show respect towards all event officials and other users of the course.
- Athletes must obey all instructions from marshals and officials.
- Athletes must practice good sportsmanship at all times. Pushing and non-sportsman like conduct will result in disqualification at the discretion of race officials.
- Athletes must not attempt to gain an unfair advantage in any way.
- Athletes must be drug and alcohol free whilst taking part in this event. No athlete that is currently serving a ban for an anti-doping rule violation may enter this event.

Equipment:

- Athletes must complete the event with all the clothing and gear they start the event with. No items may be left behind on the course, including litter.
- The use of some gear is permissible. This includes gloves, grip aid, nutrition, hydration, and so on. Please check with organisers or officials if in doubt before bringing any gear onto the course.
- Shoes must be worn for the entirety of the course. Shoes with metal cleats, or other hard external objects that may cause damage to obstacles or other athletes, may not be worn.
- For safety reasons, no headphones, cell phones, radio communication devices or music devices are to be used whilst competing.
- Athletes must not tamper with race bibs or pass these on to any other athletes.
- Athletes must note any medical conditions on the back of their race bib and take any necessary medication with them.

Did not start:

- If you have collected your registration pack and then due to unforeseen circumstances you are unable to start, please let organisers know by ringing or texting 027 2467656. This is extremely important.

Did not finish:

- If you start the race and then due to unforeseen circumstances you are unable to finish, please let organisers know by ringing or texting 027 2467656, or visit the event marquee to have it recorded that you were unable to finish. This is extremely important.

Disqualifications and Appeals:

- Any athlete who, in the opinion of the organisers, fails to comply with the Rules or the Terms and Conditions may be disqualified from the event. Disqualification will result in the offender's name being completely removed from the event database, including from the prize draw, and may result in a refusal, by the event organisers, to accept entry to future Ultimate Athlete events. No refund will be granted.
- Any appeal a competitor may wish to raise regarding penalties, timing and results, disqualifications, or other issues that affect the outcome of the race, must be brought to the Head Official within 30 minutes of the race ending. In the event of an appeal, the Head Official, the Race Director and the Managing Director will conduct a review of the infringement and penalty and will announce a decision.
- Ultimate Athlete reserves the right to continue penalty resolutions post-event, and change race standings or race day decisions indefinitely after an event.

Race Rules

Race Rules Summary					
Race type	Course	Wristbands	Obstacle attempts	Obstacle assistance allowed	Obstacle failure penalty
Ultimate 3km	3km	3 bands	Unlimited	No	1 band
Ultimate 6km	6km	3 bands	Unlimited	No	1 band
Under Armour 10km	10km	3 bands	Unlimited	No	1 band
Under Armour 10km ELITE	10km	3 bands	Single attempt only	No	1 band (DNC if all bands lost)
Ultimate Teams	3km, 6km, or 10km	3 bands per team member	Unlimited	Yes (teams may assist others in their team)	1 band (of relevant team member)
Ultimate Kids	1.5km	NA	Unlimited	Yes	None
Next Gen	3km	3 bands	Unlimited	No	1 band

Ultimate 3km, Ultimate 6km and Next Gen

Course:

- Athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.

Wristbands:

- Athletes will be issued with three wristbands at the start of the race.
- Athletes must wear all wristbands on the same wrist. If wearing a watch, wear wristbands on the opposite wrist for ease of identification.

Obstacle attempts:

- All obstacles must be attempted with an honest attempt to complete the obstacle.
- Obstacles may be attempted multiple times.
- Athletes to keep left on obstacles to allow faster athletes to pass on the right.
- If reattempting an obstacle, the athlete must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Athletes are to receive no outside assistance (other than from event personal or except in the case of injury or medical emergency).

Obstacle failure:

- An obstacle is considered failed when an athlete opts not to reattempt the obstacle.
- Failing an obstacle will result in a wristband being surrendered to an official at the obstacle, then the athlete can continue running the course.

Penalty:

- When athletes arrive at the penalty loop, a loop must be completed for each wristband that has been removed.
- For each penalty loop completed one wristband is awarded back, up to a maximum of three per athlete.
- The finish line can only be crossed by athletes who have three wristbands.

Under Armour 10km

Course:

- Athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.

Wristbands:

- Athletes will be issued with three wristbands at the start of the race.
- Athletes must wear all wristbands on the same wrist. If wearing a watch, wear wristbands on the opposite wrist for ease of identification.

Obstacle attempts:

- All obstacles must be attempted with an honest attempt to complete the obstacle.
- Obstacles may be attempted multiple times.
- Athletes to keep left on obstacles to allow faster athletes to pass on the right.

- If reattempting an obstacle, the athlete must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Athletes are to receive no outside assistance (other than from event personal or except in the case of injury or medical emergency).

Obstacle failure:

- An obstacle is considered failed when an athlete opts not to reattempt the obstacle.
- Failing an obstacle will result in a wristband being surrendered to an official at the obstacle, then the athlete can continue running the course.

Penalty:

- Each time athletes arrive at the penalty loop, a loop must be completed for each wristband that has been removed.
- For each penalty loop completed one wristband is awarded back, up to a maximum of three per athlete.
- The finish line can only be crossed by athletes who have three wristbands.

Under Armour 10km ELITE

Course:

- Athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.

Wristbands:

- Athletes will be issued with three wristbands at the start of the race.
- Athletes must wear all wristbands on the same wrist. If wearing a watch, wear wristbands on the opposite wrist for ease of identification.

Obstacle attempts:

- All obstacles must be attempted with an honest attempt to complete the obstacle. Not performing an honest attempt will result in the athlete being disqualified.
- Obstacles may be attempted only once.
- Athletes to keep left on obstacles to allow faster athletes to pass on the right.

Obstacle assistance:

- Athletes are to receive no outside assistance (other than from event personal or except in the case of injury or medical emergency).

Obstacle failure:

- An obstacle is considered failed when an athlete doesn't succeed in their attempt at the obstacle. The athlete is not allowed to reattempt the obstacle.
- Failing an obstacle will result in a wristband being surrendered to an official at the obstacle, then the athlete can continue running the course.

Penalty:

- Each time athletes arrive at the penalty loop, a loop must be completed for each wristband that has been removed.
- For each penalty loop completed one wristband is awarded back, up to a maximum of three per athlete.
- The finish line can only be crossed by athletes who have three wristbands.
- If an athlete has had all three wristbands removed at any one time, finding themselves with no wristbands remaining, their race number will be recorded by an official and they will be classified as Did Not Complete (DNC).
- An athlete classified as DNC must still finish the course and will receive a finish time.
- If an athlete classified as DNC arrives at the penalty loop with no wristbands remaining, they must still complete their penalty loops and their wristbands will be awarded back as normal. However, they will still be classified as DNC.
- An athlete classified as DNC is not eligible for awards and will not be ranked in the results over an athlete who is not classified as DNC.

Ultimate Teams - 3km, 6km, and 10km

General:

- The team must start, travel and finish together as a group.
- The finish time for the team is when the last team member crosses the finish line.

Course:

- Athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.

Wristbands:

- Each team member will be issued with three wristbands at the start of the race.
- Athletes must wear all wristbands on the same wrist. If wearing a watch, wear wristbands on the opposite wrist for ease of identification.

Obstacle attempts:

- All team members must tackle obstacles single-file and stay within a single "lane" on the obstacle, in order to allow room for other athletes to pass. Athletes to keep left on obstacles to allow faster athletes to pass on the right.
- All obstacles must be attempted with an honest attempt to complete the obstacle.
- Obstacles may be attempted multiple times.

- If reattempting an obstacle, the athlete must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Team members may assist each other with obstacles.
- Team members may complete wall ball reps on behalf of their team mate
- Team members may complete the sled pull on behalf of their team - one person at a time.

Obstacle failure:

- An obstacle is considered failed when an athlete opts not to reattempt an obstacle.
- Failing an obstacle will result in the relevant team member's wristband being surrendered to an official at the obstacle.
- All team members must complete each obstacle (either successfully passing or failing and having a wristband removed) before the whole team can continue past the obstacle.

Penalty:

- Each time teams arrive at the penalty loop, a loop must be completed for each wristband that has been removed.
- Team members may assist each other with penalty loops, including completing penalty loops in place of other teammates or splitting the length of the penalty loop between team members.
- For each penalty loop completed one wristband is awarded back, up to a maximum of three per team member.
- The finish line can only be crossed by teams whose members all have three wristbands.

Ultimate Kids

- Assistance from others is allowed.
- Obstacles may be attempted multiple times.
- There is no penalty for obstacle failure.

Obstacle Rules

Obstacle Rules Table		
Obstacle	Completion type	Rules
Tunnel	Mandatory	Must go under where indicated.
Sandbag Carry	Mandatory	<p>The weight must be carried, not dragged.</p> <p>The weight is to be collected from the bin and returned to the same bin once the carry is completed.</p> <p>Teams can carry bags on behalf of their teammates, but all members must travel to the turn around point and back.</p>
Jerry Can Carry	Mandatory	<p>The weight must be carried, not dragged.</p> <p>The weight is to be collected from the pallet and returned to the same pallet once the carry is completed.</p> <p>Teams can carry jerry can on behalf of their teammates, but all members must travel to the turn around point.</p>

Cargo Net	Pass/Fail	Must be crawled under.
Aflex Inflatable	Pass/Fail	May not touch the side edges of the wall or the support poles.
Balance Beam	Pass/Fail	May not touch the ground between the start and finish of the balance beam. Finish the balance beam by touching the finishing tape on the end of the beam.
Low A-Frame	Pass/Fail	May not touch the side edges of the wall or the support poles.
A-Frame Cargo Net	Pass/Fail	May not touch the side edges of the net or the support poles.
6-Foot Wall	Pass/Fail	May not touch the side edges of the wall or the support poles.
Wall Ball	Pass/Fail	15 Reps You must pick the ball up from the ground and stand completely upright before starting your first rep. For each rep to count, your knees need to go below 90 degrees and

		<p>the ball needs to hit the centre of your designated target.</p> <p>Teams, complete reps on behalf of their team mates.</p> <p>Next Gen: 5 reps or 5 rep attempts</p>
Sled	Mandatory	<p>15m out and back - 30m total</p> <p>Sled must be pulled using the straps either walking forward or backward.</p> <p>Teams can complete the sled pull on behalf of their team mate, but only one person at a time.</p>
Under Armour Inverted Wall	Pass/Fail	<p>May not touch the side edges of the wall or the support poles.</p>
Low Wall	Pass/Fail	<p>May not touch the side edges of the wall or the support poles.</p>
Rope Wall	Pass/Fail	<p>May not touch the side edges of the wall or the support poles.</p>
Over and Under Walls	Pass/Fail	<p>Must go over the designated over walls, and under the designated under walls.</p> <p>May not touch the side edges of the wall or the support poles.</p>

Seesaw	Pass/Fail	<p>For safety, wait for the seesaw to drop to the ground before stepping on.</p> <p>May not touch the ground between the start and finish of the seesaw.</p>
Tyre Flip	Pass/Fail	<p>The tyre must be flipped two times, with the second flip returning the tyre to its starting position.</p> <p>Teams must use the same tyre for each team member.</p>
Monkey Bars	Pass/Fail	<p>Enter the monkey bars from the starting platform.</p> <p>Finish the monkey bars by ringing the bell at the far end. The bell must be rung before the athlete has touched the ground. For safety, the bell must be rung with hands only.</p> <p>Any part of the arm from the elbow down may be used to grip the bars (hands, wrists, forearms, and elbows are allowed). No feet or legs are allowed to touch the bars.</p> <p>The vertical support poles may not be touched.</p> <p>May not touch the ground between the starting platform and the bell.</p>
Wall Traverse	Pass/Fail	<p>Enter the wall from the starting platform, and exit from the finishing platform.</p> <p>Can only use the designated hand and foot holds.</p> <p>May not touch the edges of the wall or the support poles (this includes the top of the upper wall, the top of the lower wall, and the sides of the walls).</p> <p>The ground may not be touched at any point between the</p>

		platforms.
Red Bull Warped Wall	Pass/Fail	Unique obstacle (see below).
Penalty Loop	Penalty obstacle	Unique obstacle (see below).

Unique Obstacle Rules

The following obstacles have unique rules. These unique rules are highlighted in bold and override any general race rules.

Red Bull Warped Wall

Athletes may help each other over this obstacle. Unlike other obstacles, **assistance is allowed for the Warped Wall.**

The side edges of the wall may not be touched or used for assistance.

Unlike other obstacles, **there is no penalty for failing the Warped Wall.** However, **the pole descent must still be completed if athletes fail the wall.** Athletes must use the ladder located on the side of the obstacle to climb to the top, and then descend via the pole.

The following unique rules apply for the **10km ELITE race only:**

Like other obstacles in the elite race, no assistance is allowed for the Warped Wall. Athletes must make an honest attempt to complete the Warped Wall. Not performing an honest attempt will result in the athlete being disqualified. The Warped Wall may be attempted only once.

The side edges of the wall may not be touched or used for assistance.

Unlike other obstacles, **there is no penalty for failing the Warped Wall.** However, **the pole descent must still be completed if athletes fail the wall.** Athletes must use the ladder located on the side of the obstacle to climb to the top, and then descend via the pole.

Penalty Loop

The penalty loop is **required to be completed only by athletes who've had wristbands removed.**

The penalty loop shall be no less in time than the most difficult pass/fail obstacle on the course.

A weight must be carried during the penalty loop. Weights are to be collected from a bin and returned to the same bin. Weights may be carried in any way, except they may not be dragged along the ground.

One lap of the penalty loop is to be completed for each wristband an athlete has had removed:

- an athlete with zero wristbands completes three penalty loops
- an athlete with one wristband completes two penalty loops
- an athlete with two wristbands completes one penalty loop
- an athlete with three wristbands doesn't complete any loops and bypasses the penalty loop area

For each penalty loop completed, the athlete is awarded a wristband back up to a maximum of three.

Appendix

Any terms not defined in the above rules can be found in the appendix section.

Pass/fail obstacle

A pass/fail obstacle is either completed or not-completed (passed or failed). A pass/fail obstacle can be opted out of and bypassed if the athlete chooses, but they will count as having failed the obstacle. An obstacle failure will result in a penalty.

Mandatory obstacle

A mandatory obstacle is part of the course. It must be completed and cannot be opted out of or failed (not completing a mandatory obstacle will result in an athlete being disqualified).

Honest attempt

Athletes must attempt all obstacles with an honest attempt. An honest attempt is defined as an athlete committing to succeeding on an obstacle, such as by applying their full body weight.

Failing an obstacle after an honest attempt is acceptable, and will result in the athlete performing another attempt or taking a penalty. Not performing an honest attempt, such as purposefully failing an obstacle in order to move on quicker, is not acceptable and will result in the athlete being issued a warning or being disqualified.

Did Not Complete (DNC)

An athlete classified as DNC is not eligible for awards. An athlete classified as DNC can still finish the course and will receive a finish time (but they will not be ranked in the results over an athlete who is not classified as DNC).