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UKOSF SHORT COURSE LEAGUE RULES

Our Short course is split into two types of obstacles, multiple attempts, and penalty failure obstacles. All penalties will be added up and completed at the end of the course. All obstacles must be attempted, failure of a multiple attempt obstacle will result in a DNF.

Obstacle failure penalty – for every penalty obstacle failed, the participant will do 20m of burpee broad jumps, chest to floor then jumping forward towards a 10m marker and return. If 1 penalty obstacle is failed, that's 20m, if 2 are failed, that's 40m....etc.

Penalty Obstacles

6m Low rig

Completion - get across the rig and hit the bell, using the attached grips.

Failure - any body part hitting the floor before you hit the bell

- use of purple straps or framework
- kicking the bell

Monkey bars

Completion - get across the monkey bars using your hands and hit the bell.

Failure - any body part hitting the floor

- use of framework
- kicking the bell

Weaver 2.0

Completion- starting in an 'over' motion, working over then under the wooden poles, under the net and over under over the next set of wooden poles, the whole obstacle must be completed.

Failure - any body part hitting the floor

- not going over/under or skipping poles
- going over the net

Rope climb

Completion - climb up the rope and hit the bell with hand

Failure - falling off rope

- kicking bell
- not hitting bell

Level up

Completion - starting with both feet on the orange bar and hands on first step, using arms only working up the levels crossing over on upper orange step and down finishing and completing with feet on opposing orange bar.

Failure - not starting or finishing with feet on orange bar

- not crossing the gap on upper orange step
- touching the floor or falling off before completing
- using framework
- using feet to assist

Multiple attempt obstacles

Below obstacles are mandatory completion and can be attempted multiple times until complete.

Crawl net

Completion - crawl under the net and out the other side. Crawling, running bending upright is all OK.

Failure - going over net

40kg Hoist

Completion- lifting the kettle bell (knot) up to the pulley system and down to floor in a controlled manner, the support bar can be used, and the rope can be stood on for a rest.

Failure - not knot not reaching the pulley

- standing on top of support bar with hips above bar with 2 feet on bar.
- dropping the weight or with no control on way down

Balance beams

Completion - starting with one foot on the green paint and finishing with one foot on the finish green paint traversing the 4" round post without touching the floor.

Failure - use of hands

- touching the floor before touching the finishing green paint
- not starting with one foot on green paint

Sleeper drag

Completion - from behind the anchor stake dragging sleeper using the rope until the end of the sleeper hits the stake. Continuing around the course to opposing rope and pulling back until the sleeper is touching the stake again as it was in it's starting position.

Failure - not pulling the sleeper into a finished position

- pulling from in front of stake

A Frame net

Completion - ascend over the net using hands and feet.

Failure - using the wooden structure

- jumping from the top

Impact

Completion - jump over tyre and land safely on the other side.

Failure - using the wooden structure to climb on

- falling or failure to make it over the tyres
- going under

Bungee web

Completion - starting with the first bungee cord, stepping over the cord making your way to the opposing side (cord can be touched by feet or legs).

Failure – stepping on cord

- use of hands
- going under cords