

FORTE COMPETITION RULES

1. Before competing the competitors will know: how many obstacles there are, what the time limit is, what constitutes passing and failing each obstacle, any choices they will have to make during their run and the point values that coincide with those choices.
2. Upon arrival, competitors will be weighed to ensure they remain in the class they registered for. If a competitor's weight on the day of the competition puts them in a different class, he or she may still run their course at their designated time, but their score will be compared to those in their proper class.
3. Competitors will be shown a video of the obstacle course being completed . The video will show each available option for the course.
4. Warm-up time is not guaranteed, but may be given at certain events. All competitors will receive the same amount of warm-up time.
5. Each obstacle can be attempted as many times as desired by the competitor. Obstacles must be attempted in the proper order. Once a competitor has begun a new obstacle, the prior obstacle may not be re-attempted. Competitors may choose to skip obstacles altogether and forfeit any potential point(s). Each competitor will receive only one chance to run the course.
6. Points will be given for completed obstacles within the time limit. A competitor's time will be recorded at the time they ring the bell (or hit the buzzer) signifying the end of their run. If time runs out before he or she finishes, his or her recorded time will be the maximum allowed.
7. Runs will not go on simultaneously; one competitor will go at a time. Run order will be chosen at random.
8. A green flag will be raised by the judge when an obstacle is cleared. A red flag will be raised by the judge when an obstacle is failed. After each course run is finished, clear/pass decisions may be reviewed, if desired, by judges and coaches only. Once the next run has started, no more reviews will be allowed.
9. Obstacles with multiple options will require a competitor to choose only one. Different point values will be assigned for each of the options. Once a competitor has begun a certain option, he or she cannot attempt any other option for the same obstacle.
10. There will be one winner for each weight class. The winner will be the competitor with the most points. If multiple competitors finish with the same amount of points, their run times will be used to break the tie. If more than one competitor times out and finishes with the same amount of points, they will be ranked according to how far they got on the course.
11. Competitors will be ineligible if they are not wearing proper footwear.