

Obstacle instructions Uppsala Survival Run 2024

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Obstacle 1 - Tire Pull



Execution

Drag the tires over the assigned area and back.

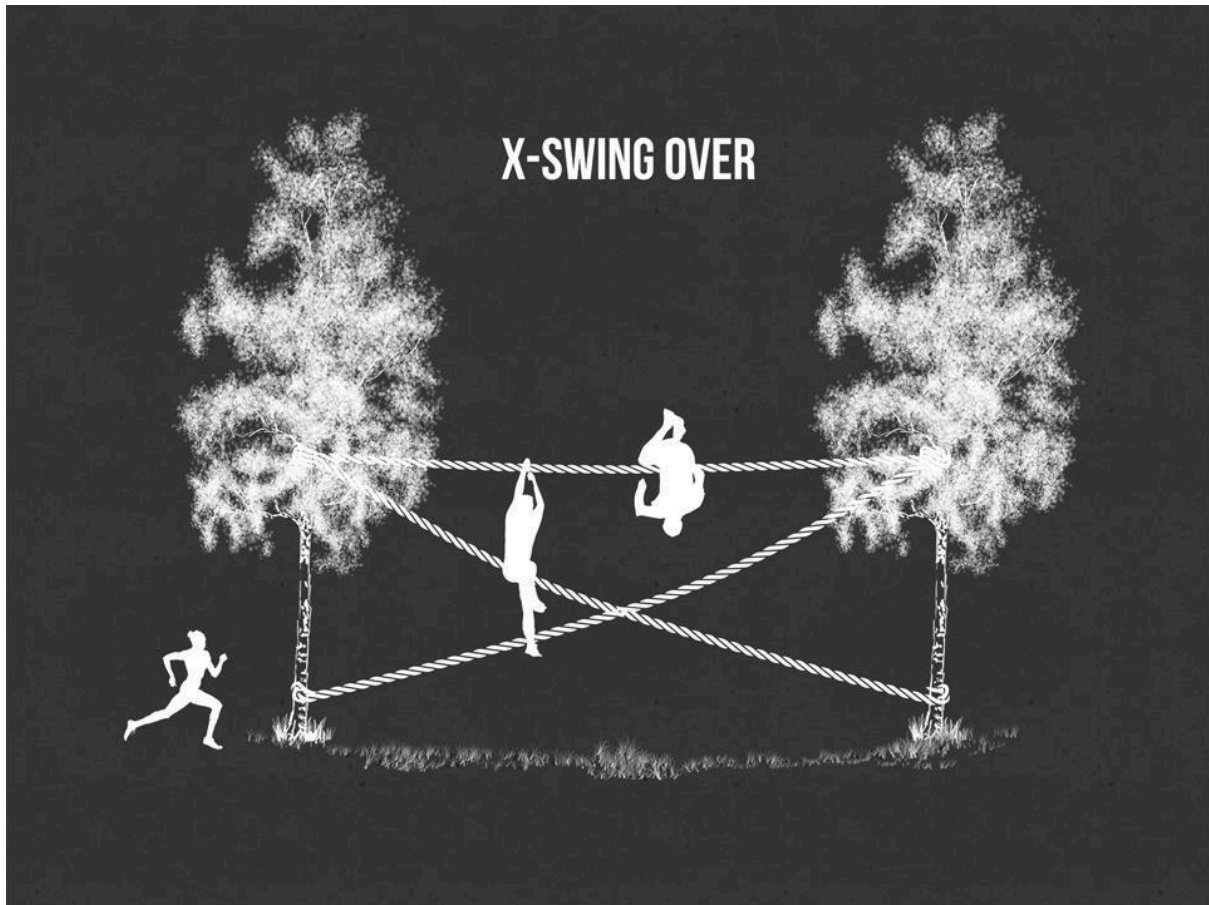
Not approved

The contestant did not pass the obstacle if they;

- didn't bring the tires
- didn't return the tires
- carries the tires

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 2 - X-Swing Over



Execution

The contestant should get over the highest horizontal rope.

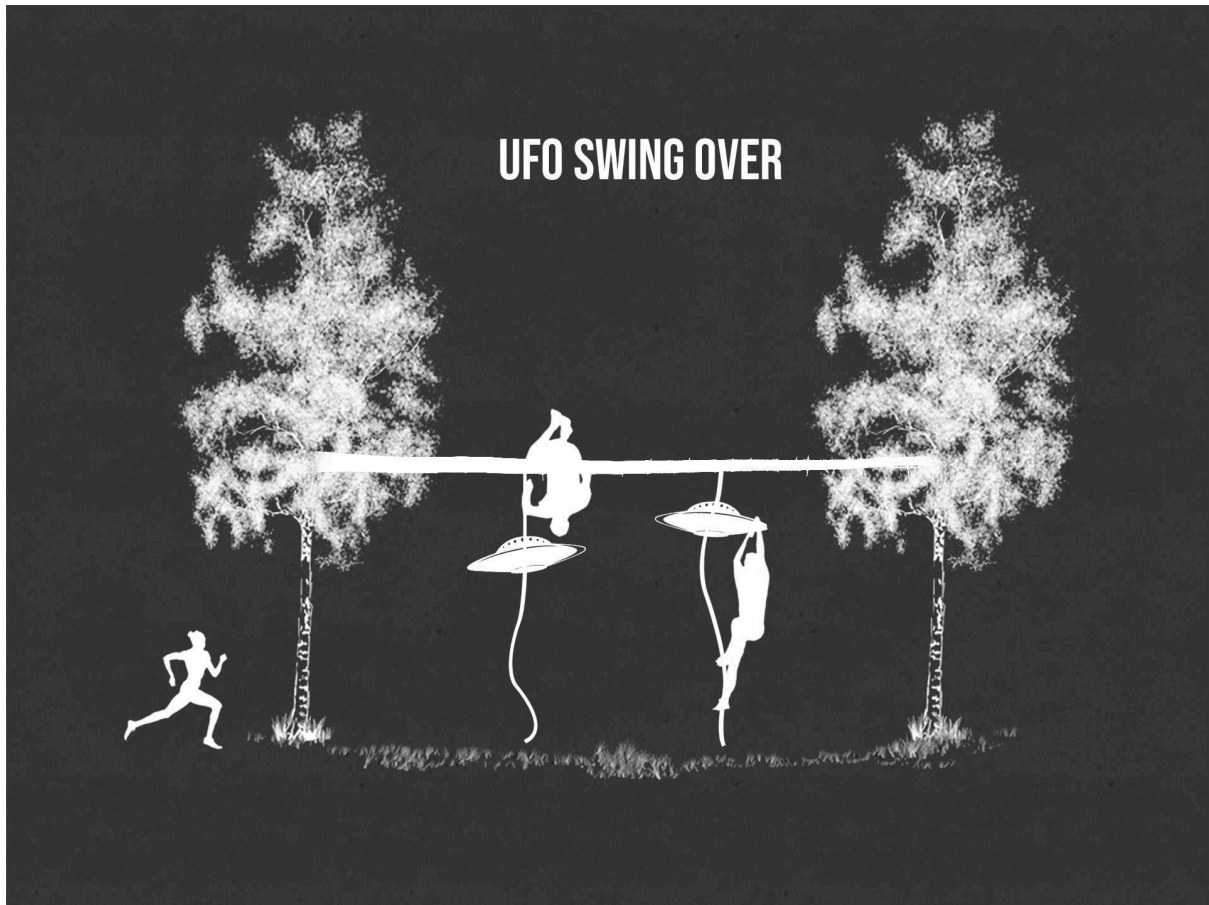
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the rope
- uses a tree to get over the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 3 - UFO Swing Over (11 km only)



Execution

Go over the horizontal beam with help from the rope with a wooden disc.

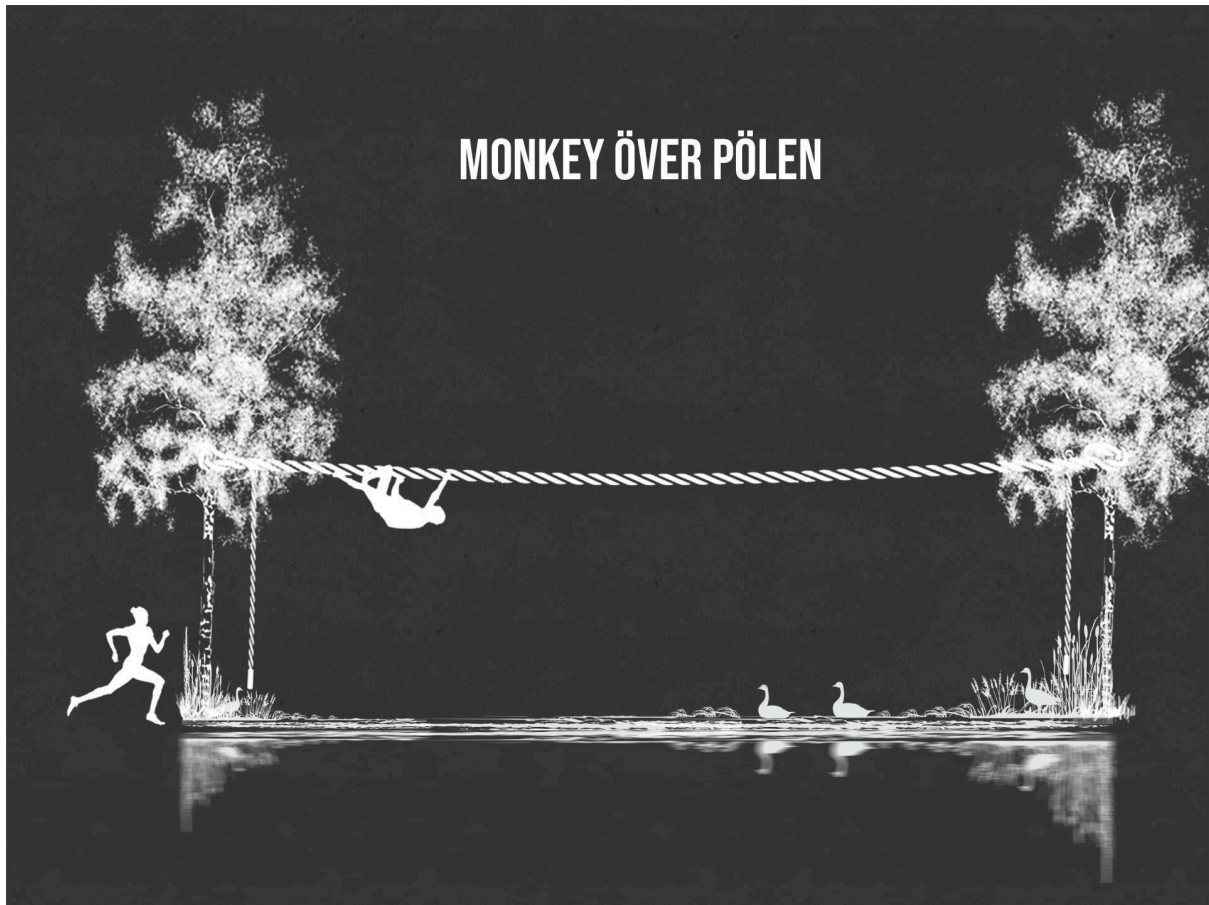
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal beam
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 4 - Monkey Over The Pond



Execution

The contestant will move to the other side through the horizontal rope. Grab the vertical rope at the start. The contestant have finished the obstacle when they touch the vertical rope on the other side.

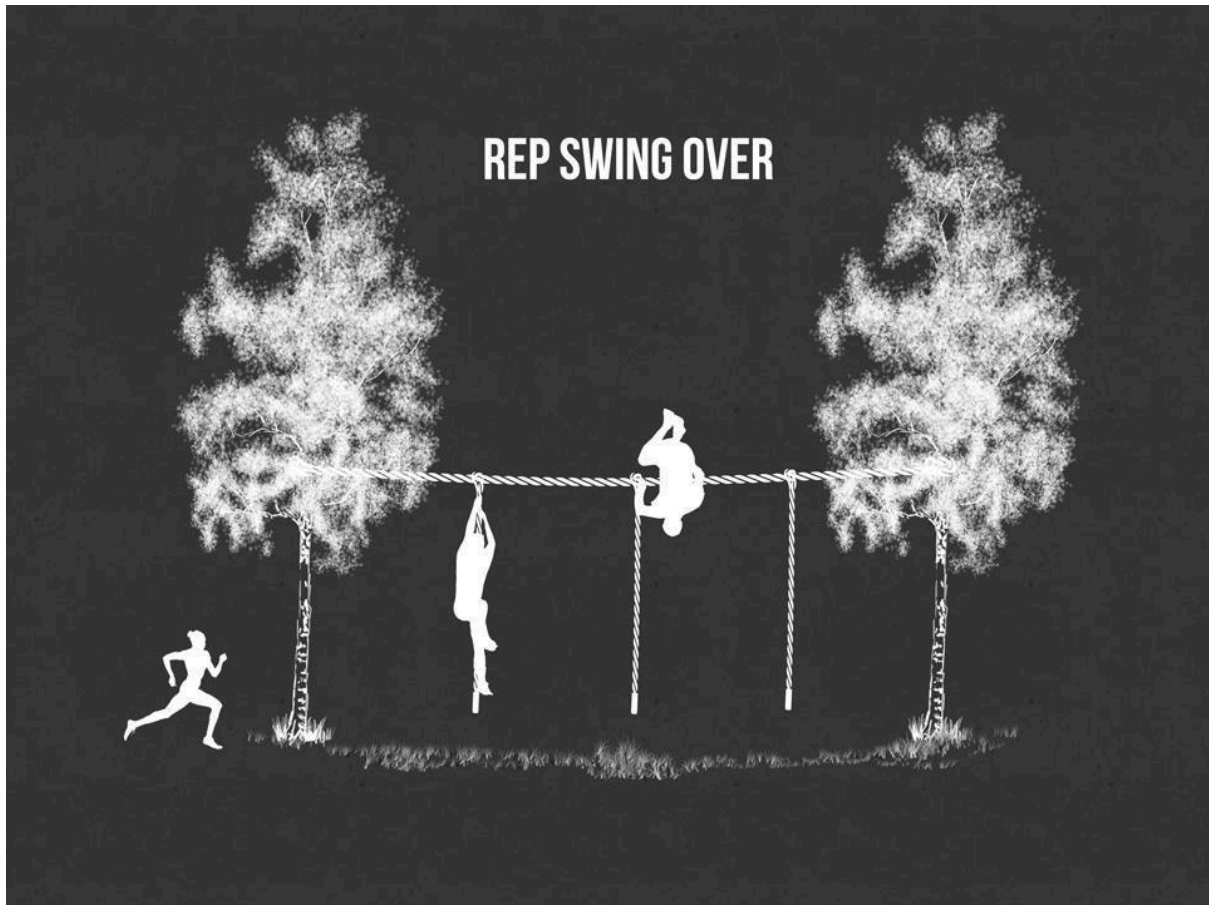
Not approved

The contestant did not pass the obstacle if they;

- started after the first vertical rope
- didn't reach the final rope
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 5 - Rope Swing Over



Execution

The contestant will get over the horizontal rope, potentially with help from the vertical rope.

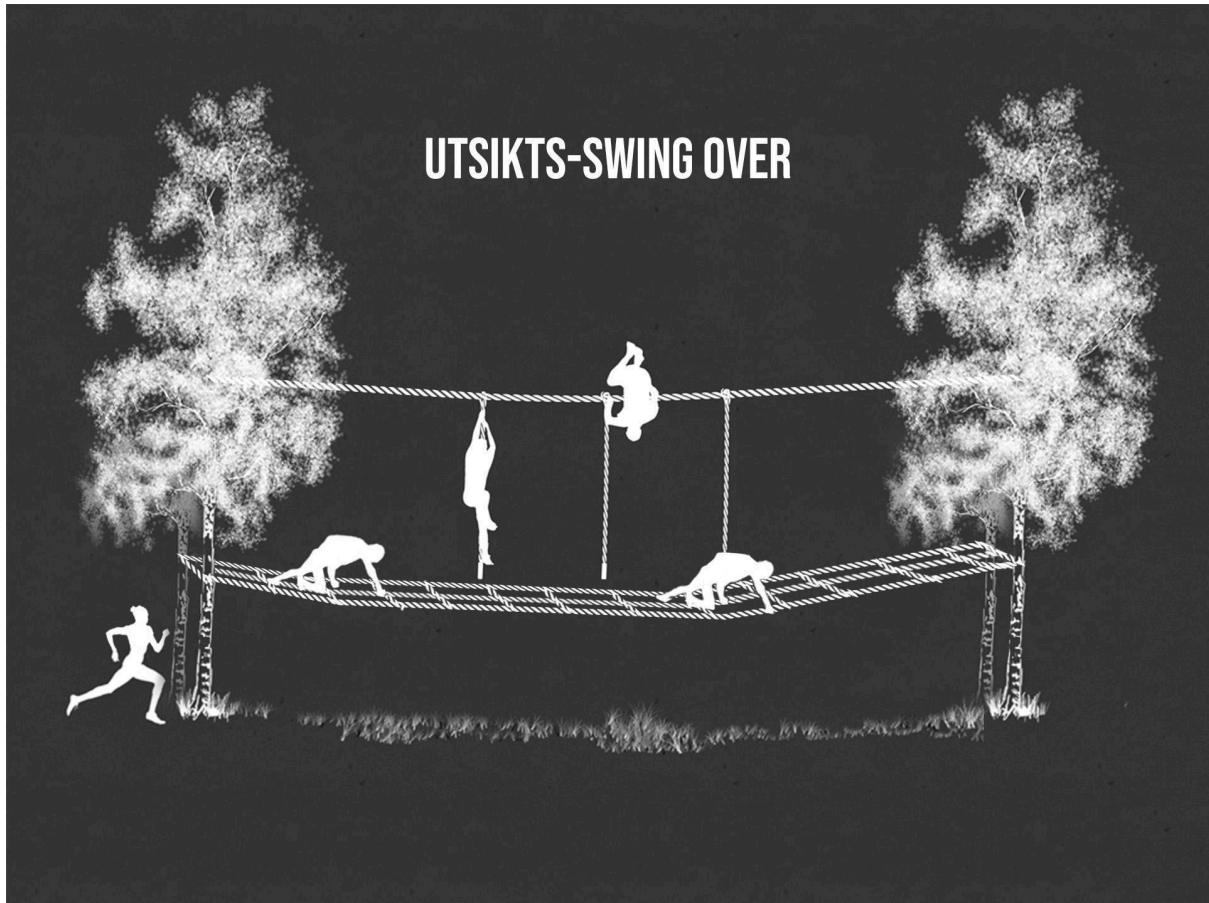
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal rope
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 6 - Swing Over With A View



Execution

The contestant will climb up on the net with help from the ropes. Then, get over the horizontal rope (short race) **OR** the horizontal log (long race). Shouting “Irish Wristwatch” when highest up is optional. Climb down on the other side of the net.

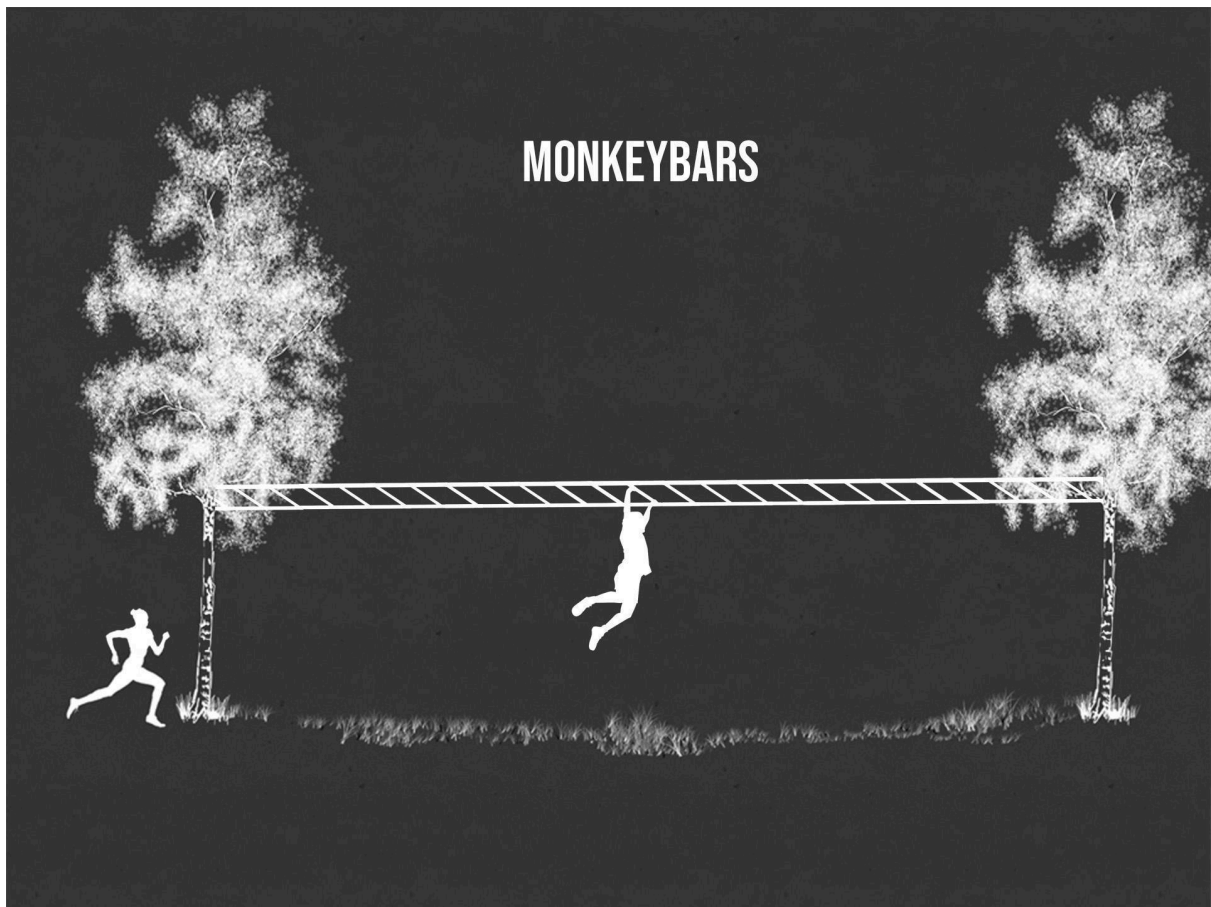
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal rope (short race)
- didn't get over the horizontal log (long race)
- uses the construction to get into, or out of the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 7 - Monkey bars



Execution

The contestant will transfer to the other side, only using arms. Start via the rope and land after the marking on the ground. It is okay to use footlocks in the ropes.

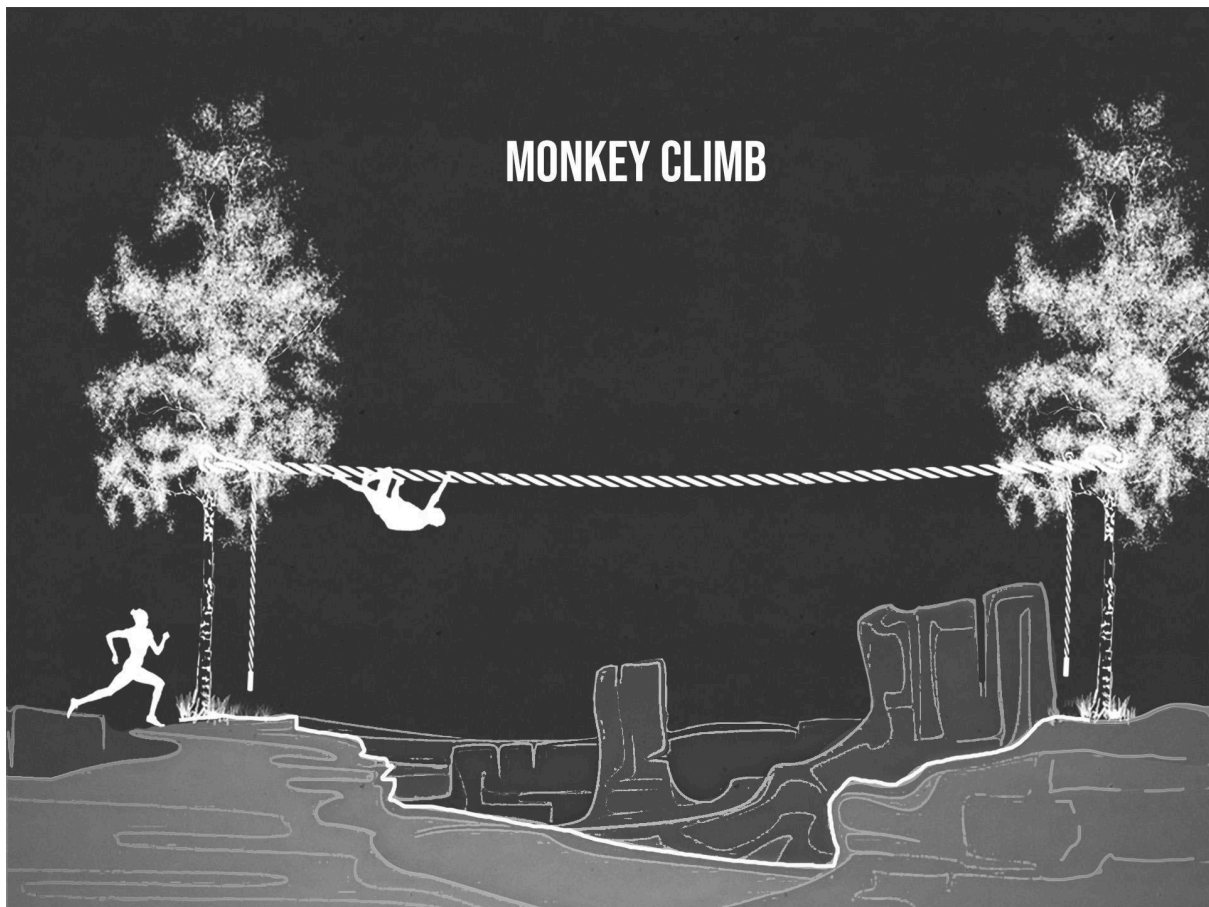
Not approved

The contestant did not pass the obstacle if they;

- started without using the rope
- didn't get past the marking at the end
- falls down
- uses other body parts other than arms to climb in the ladders
- uses the construction to get into, or out of the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 8 - Monkey Climb



Execution

- Long race starts at the climb-in rope before the “v” formation. They go **over first log** and under every subsequent log until they touch the end rope.
- Short race starts after the “v” formation and only goes under the logs. They climb two squares of monkey climb and are finished when they touch the end rope.

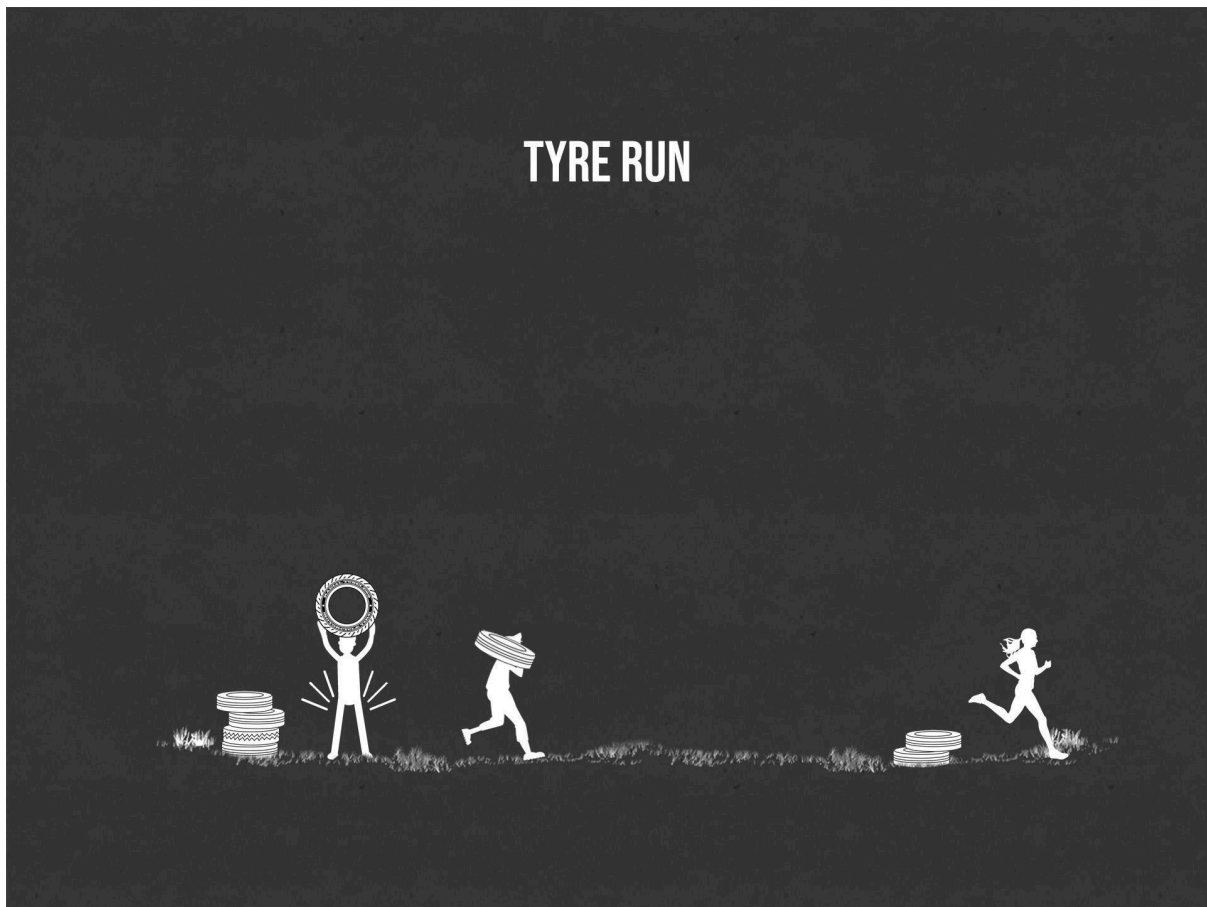
Not approved

The contestant did not pass the obstacle if they;

- (Long race) didn't go over the first log or didn't go under the following logs
- didn't touch the end rope
- falls down

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 9 - Tyre Run



Execution

The contestant runs with a tyre along the marked route. The tyres will be collected and returned to an assigned area.

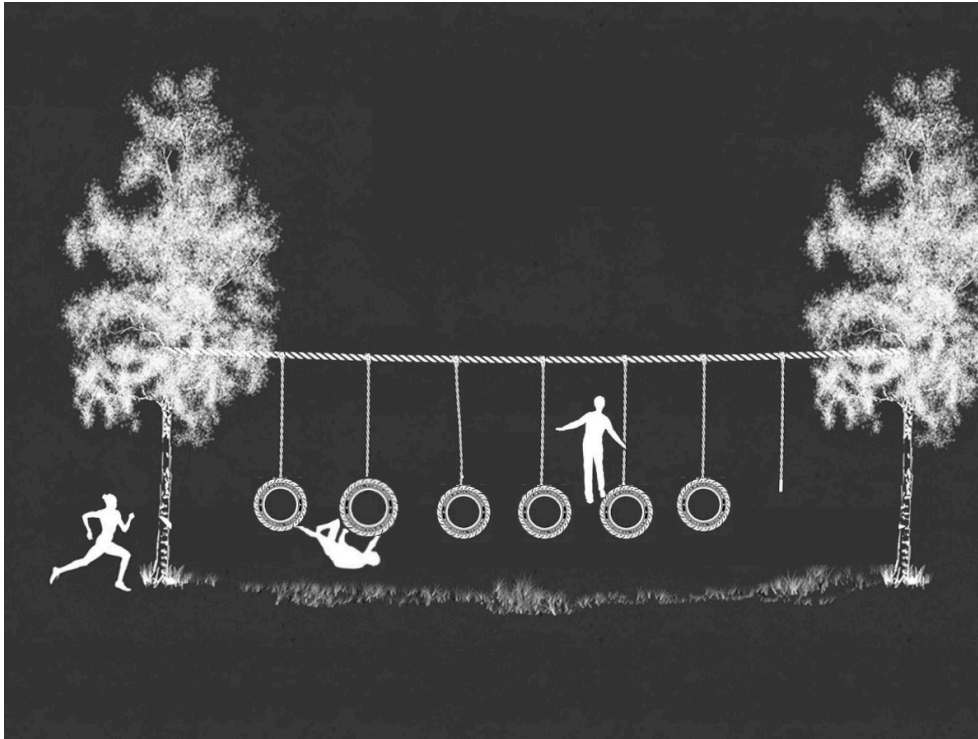
Not approved

The contestant did not pass the obstacle if they;

- doesn't carry the tyre (e.g rolls it)
- doesn't follow the route
- doesn't return the tyre (will pass once returned)

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 10 - Tyre Monkey Climb



Execution

The contestant starts behind the starting line and holds the rope with both hands when leaving the ground. Climb to the end rope using the tyres and touch the end rope to finish.

Short race:

The contestant may go in the tyres, above them or under them. They may also use the ropes which hold up the tyres.

Long race:

The contestant climbs under the tyres.

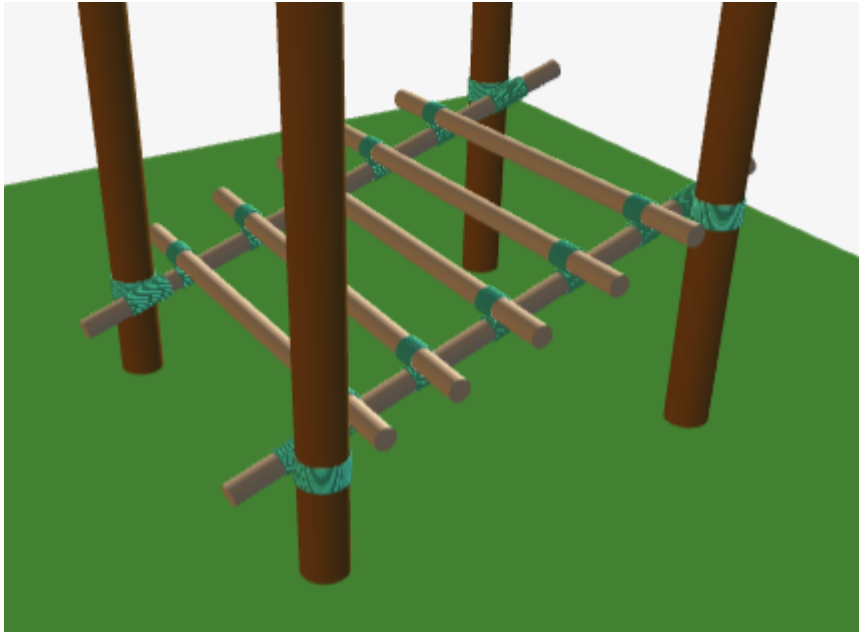
Not approved

The contestant did not pass the obstacle if they;

- touches the ground between start and finish
- uses the construction to get into, or out of the obstacle
- (long race) climbs in any other way then under the tyres

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 11 - Weaver



Execution

The contestant goes over the first log, under the second, and then continues to go over and under every other log.

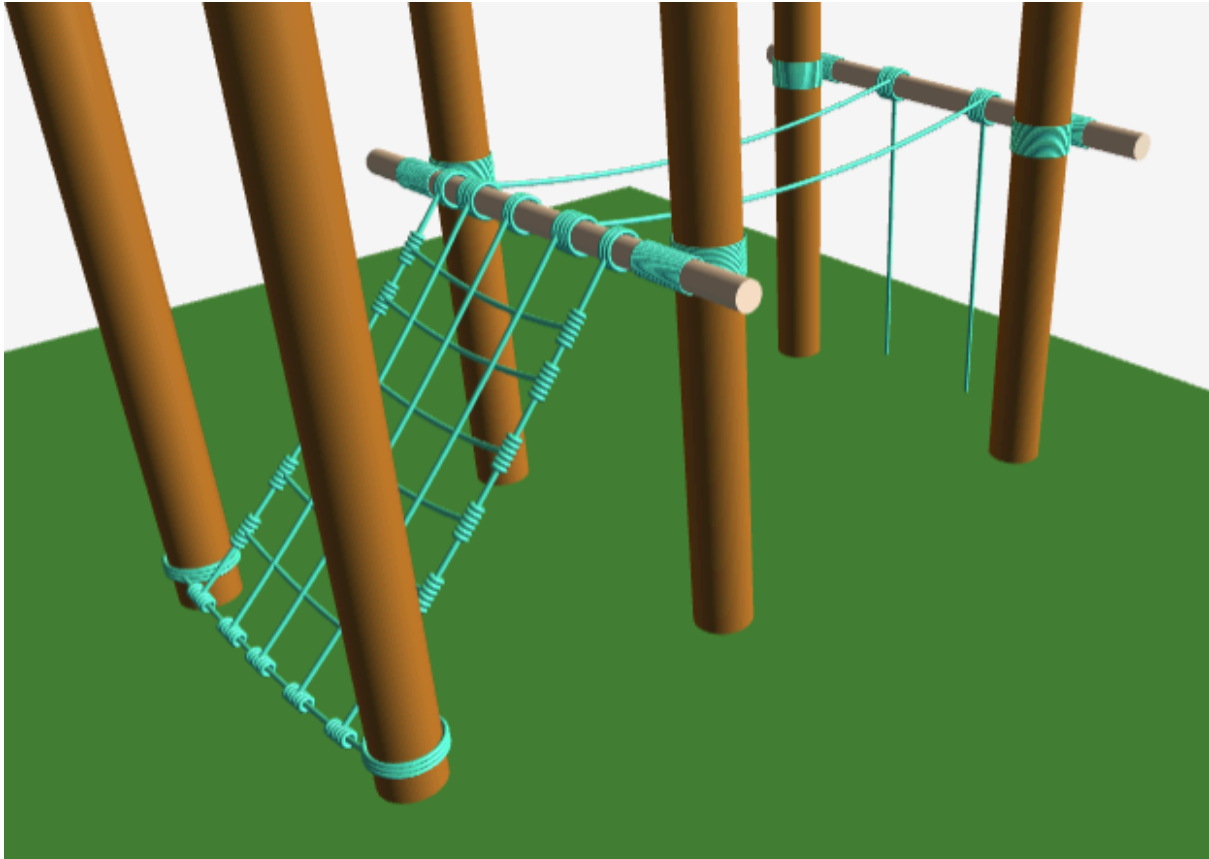
Not approved

The contestant did not pass the obstacle if they;

- touches the ground between the first and last log
- goes over a log that they should go under, or the other way around
- uses the construction to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 12 - Net and monkey climb



Execution

The contestant climbs up the net, over the log, and along the rope. The obstacle is finished when they touch the climb down rope.

Not approved

Deltagaren har inte klarat av hindret om denne;

- Touches the ground between the start and finish of the obstacle
- uses the construction to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 13 - Over Tille Net



Execution

The contestant goes up through the logs, over the highest log and down over the net.

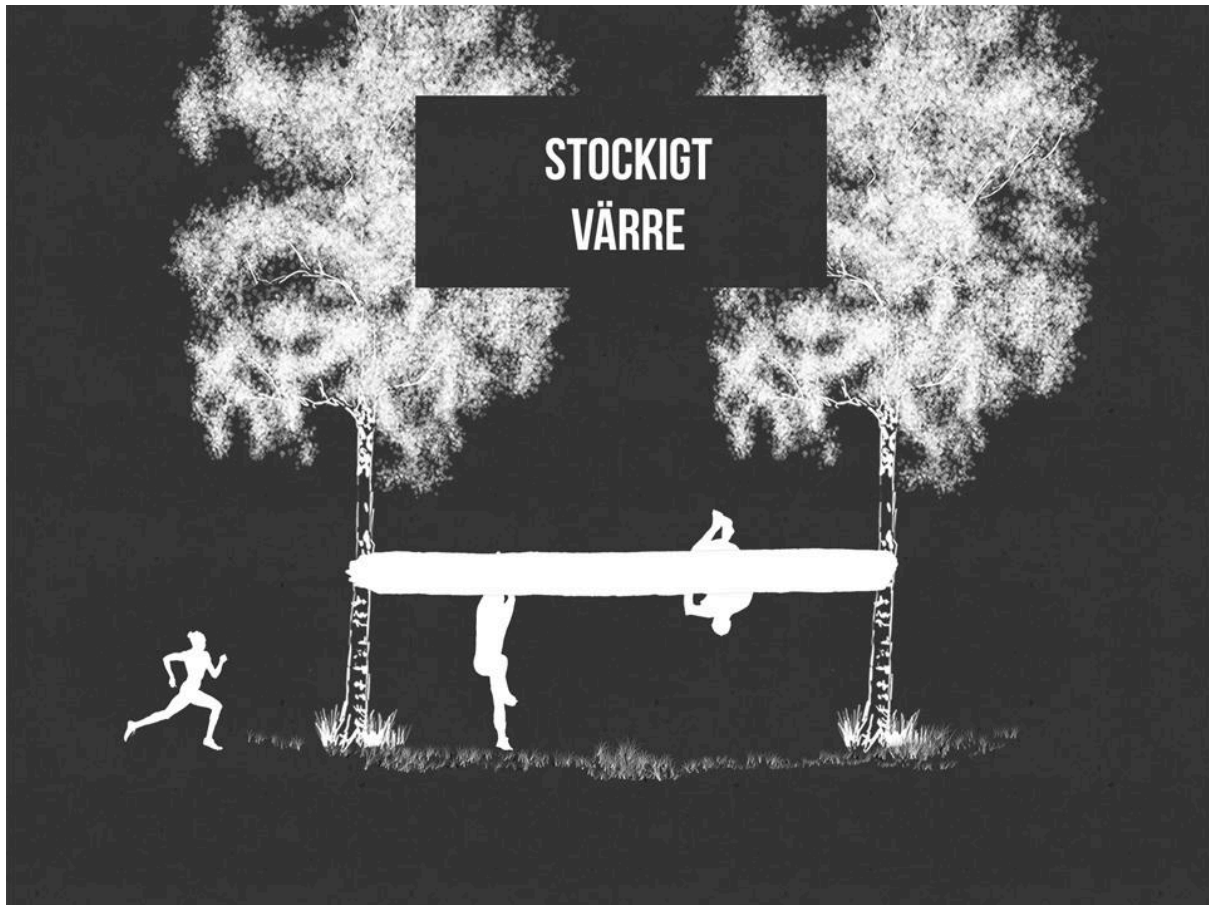
Not approved

The contestant did not pass the obstacle if they;

- touches the ground

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 14 - Balk Swing Over



Execution

The contestant gets over the horizontal log with or without help from the rope.

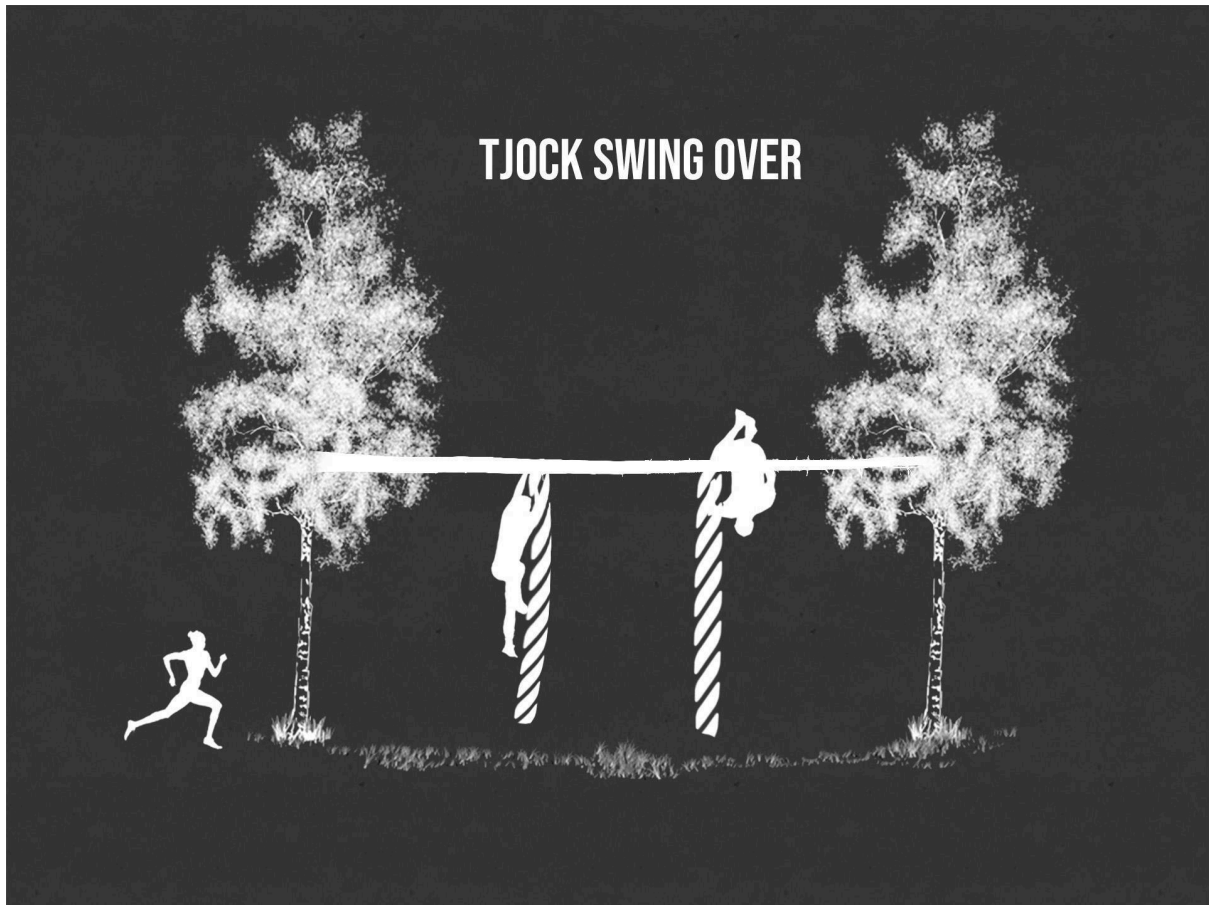
Not approved

The contestant did not pass the obstacle if they;

- don't get over the log
- uses the construction to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 15 - Thick Swing Over (11 km only)



Execution

The contestant will go over the horizontal log with help from the thick rope.

Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal beam
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 16 - Irish Table



Execution

The contestant will go over the Irish table.

Not approved

The contestant did not pass the obstacle if they;

- doesn't get over the table
- uses something other than the irish table (wooden planks and the metal construction under) to get through the obstacle.

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 17 - Over The Fence



Execution

The contestant will get from one side of the fence to the other using the wooden construction.

Not approved

The contestant did not pass the obstacle if they;

- don't get over
- uses the fence to climb.

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 18 - Rope Ladder Swing Over



Execution

The contestant will get over the horizontal rope with or without help from the rope ladder.

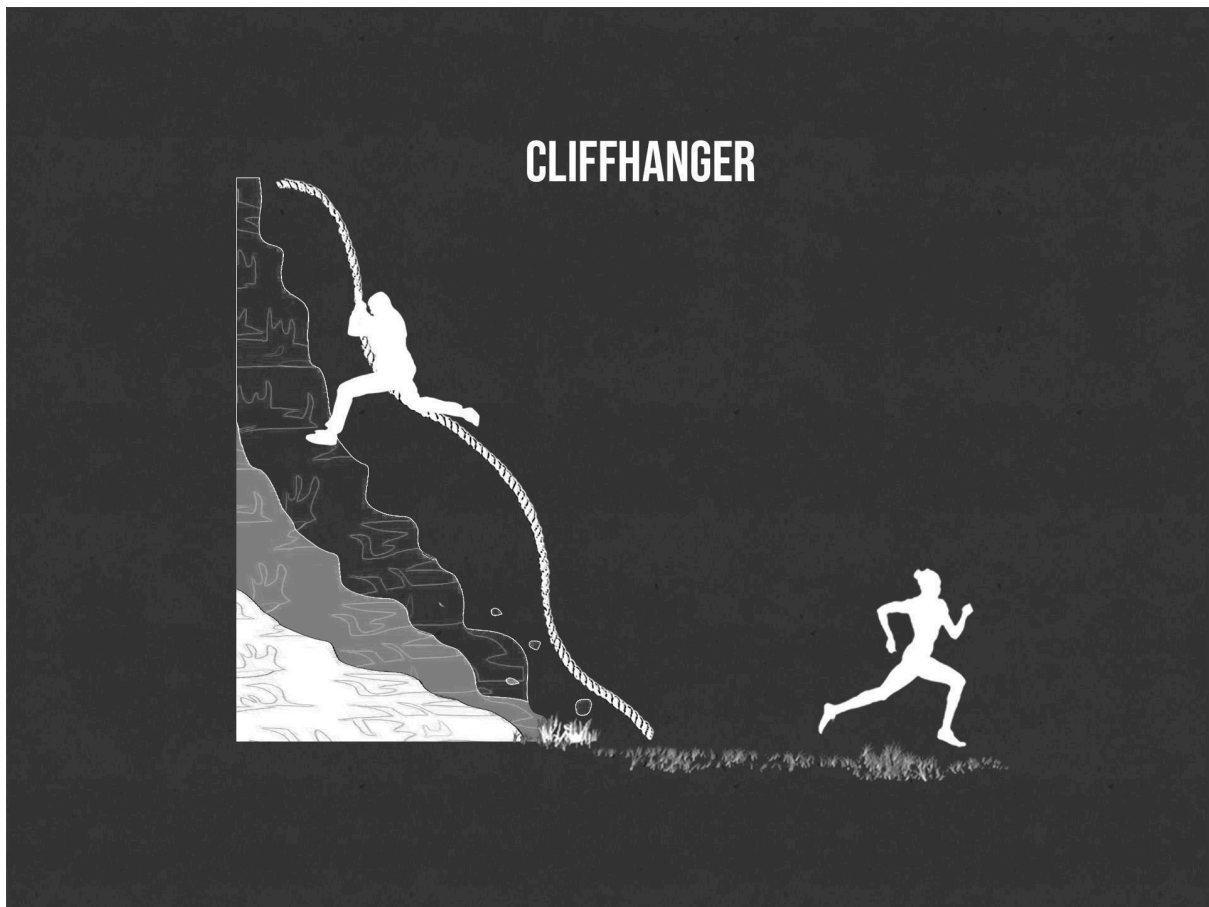
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal rope
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 19 - Cliffhanger



Execution

The contestant will transfer down the cliff with optional help of the hanging rope. They need to stay in between the marked area.

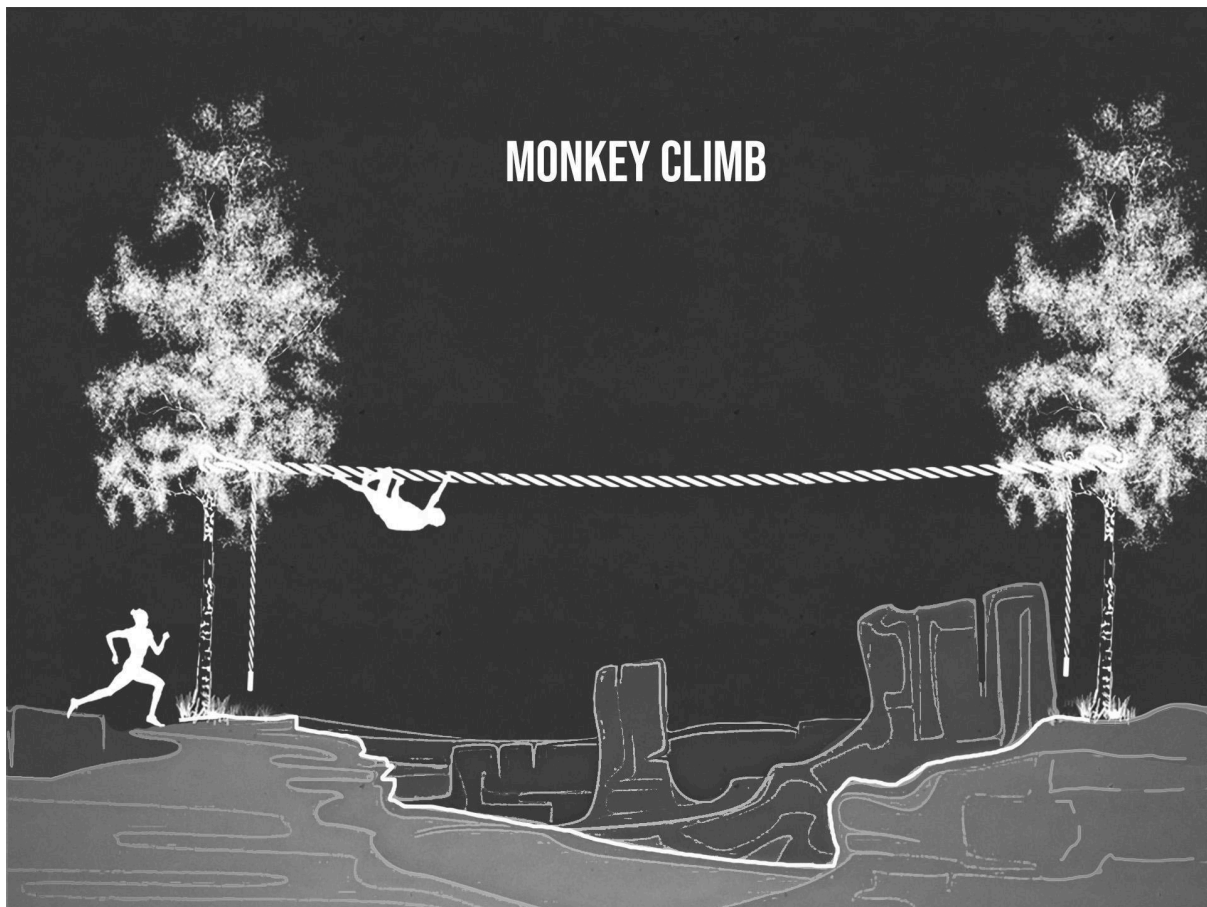
Not approved

The contestant did not pass the obstacle if they;

- Went down outside of the marked area

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 20 - Long Monkey Climb



Execution

The contestant will climb to the other side of the obstacle through the horizontal rope. Start before the marking (if there is one) and end by grabbing the vertical rope at the end.

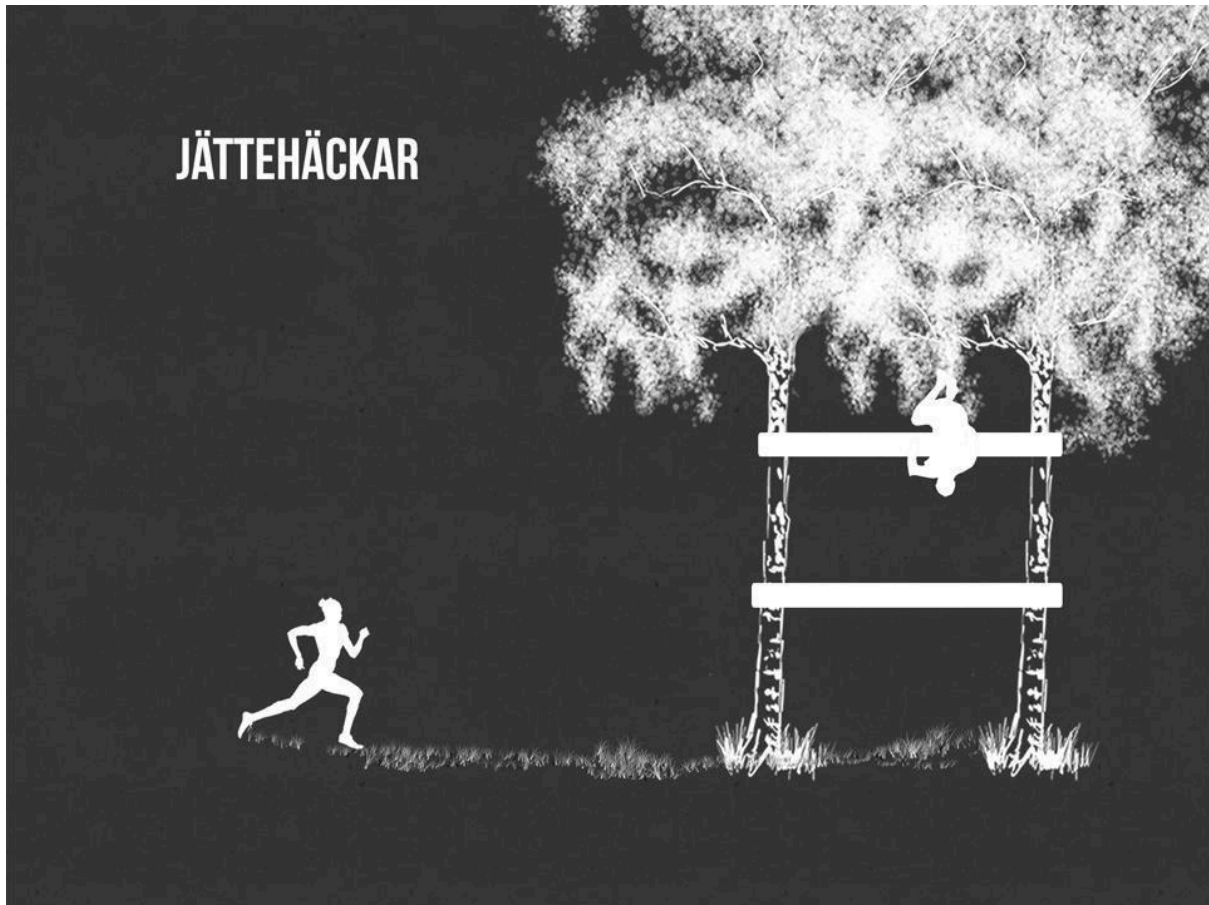
Not approved

The contestant did not pass the obstacle if they;

- started after the marking
- didn't grab the rope at the end
- falls down
- uses the construction to get into, or out of the obstacle.

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 21 - Giant hurdles



Execution

The contestant will climb over each of the highest logs in the hurdles.

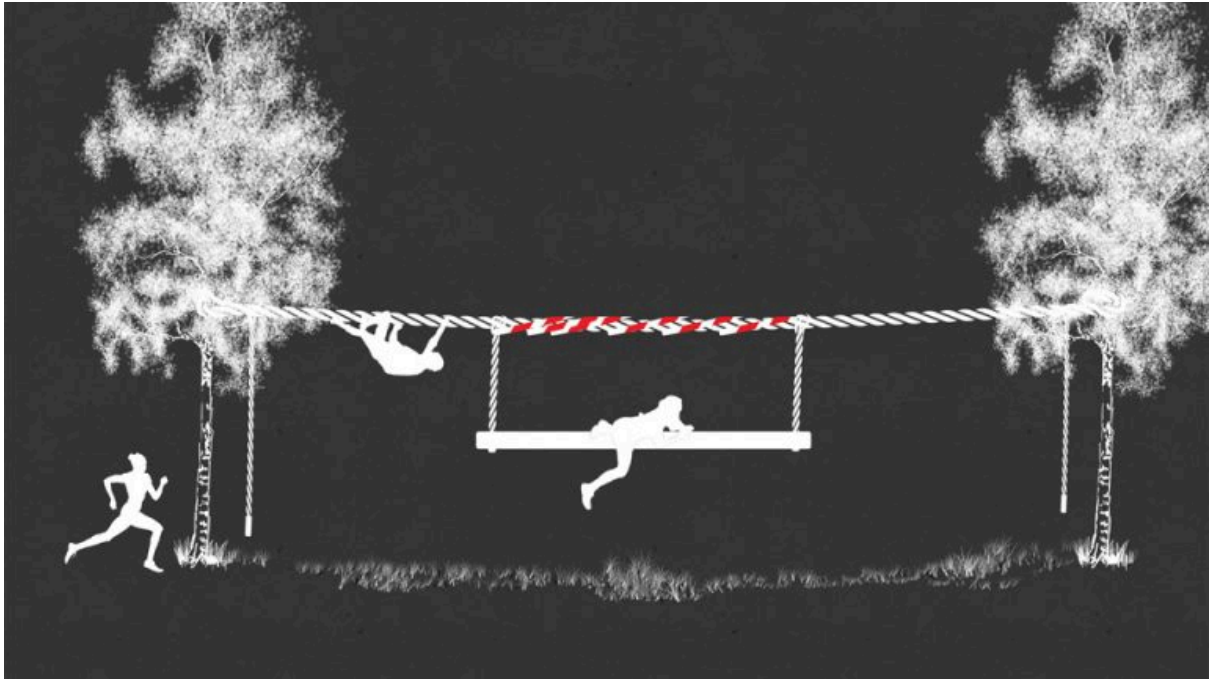
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the hurdles
- uses a tree to get through the obstacle
- don't go down on the ground between different hurdles

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 22 - Monkey With Log



Execution

The contestant will climb to the other side of the obstacle through the horizontal rope. They go down on the log in the middle and go up again on the horizontal rope after the log. Start in the first vertical rope and end by grabbing the vertical rope at the end.

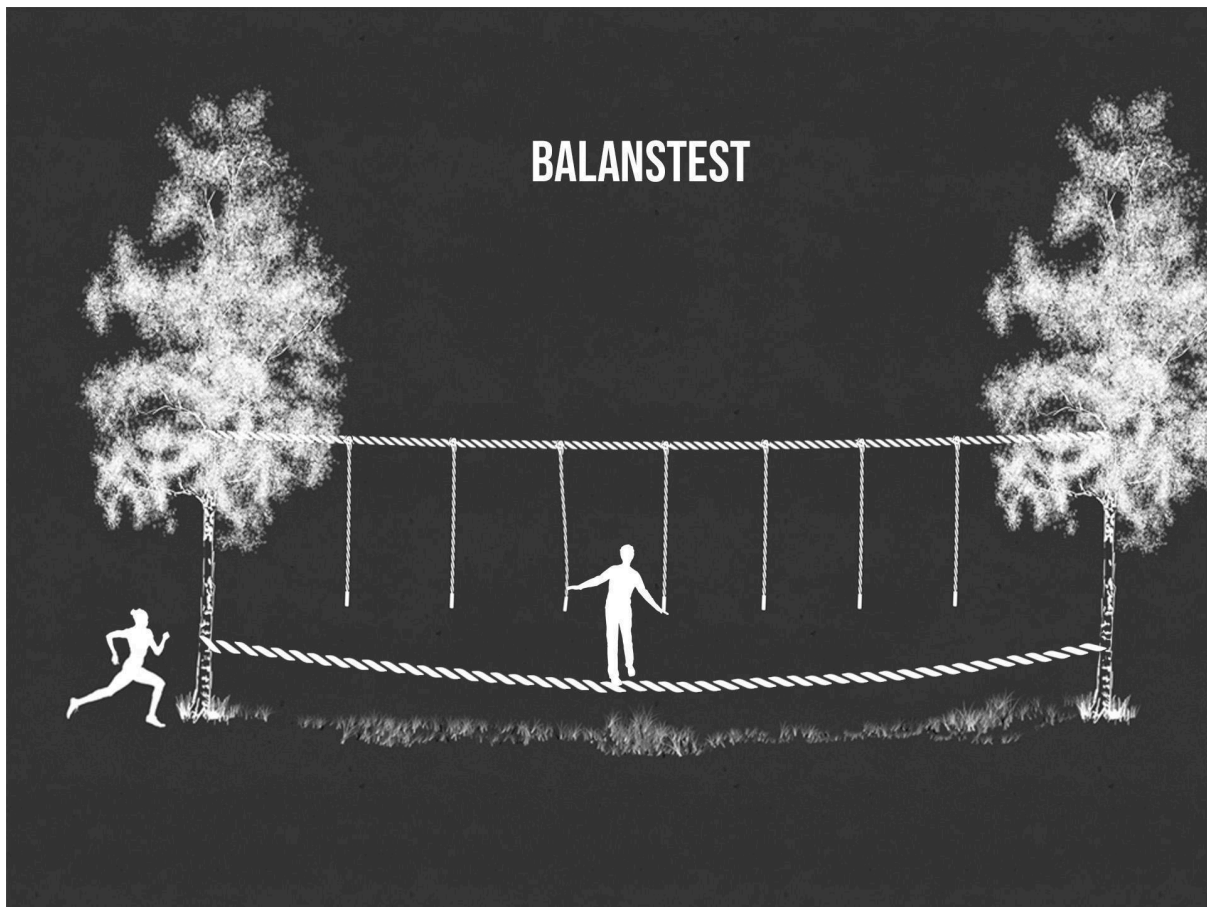
Not approved

The contestant did not pass the obstacle if they;

- started after the vertical rope
- didn't reach the final vertical rope
- used the rope above the log
- falls down
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 23 - Komeini bridge



Execution

The contestant will transfer from one tree to the next one without touching the ground, by walking on the lower horizontal rope. The hanging ropes may be used for balance.

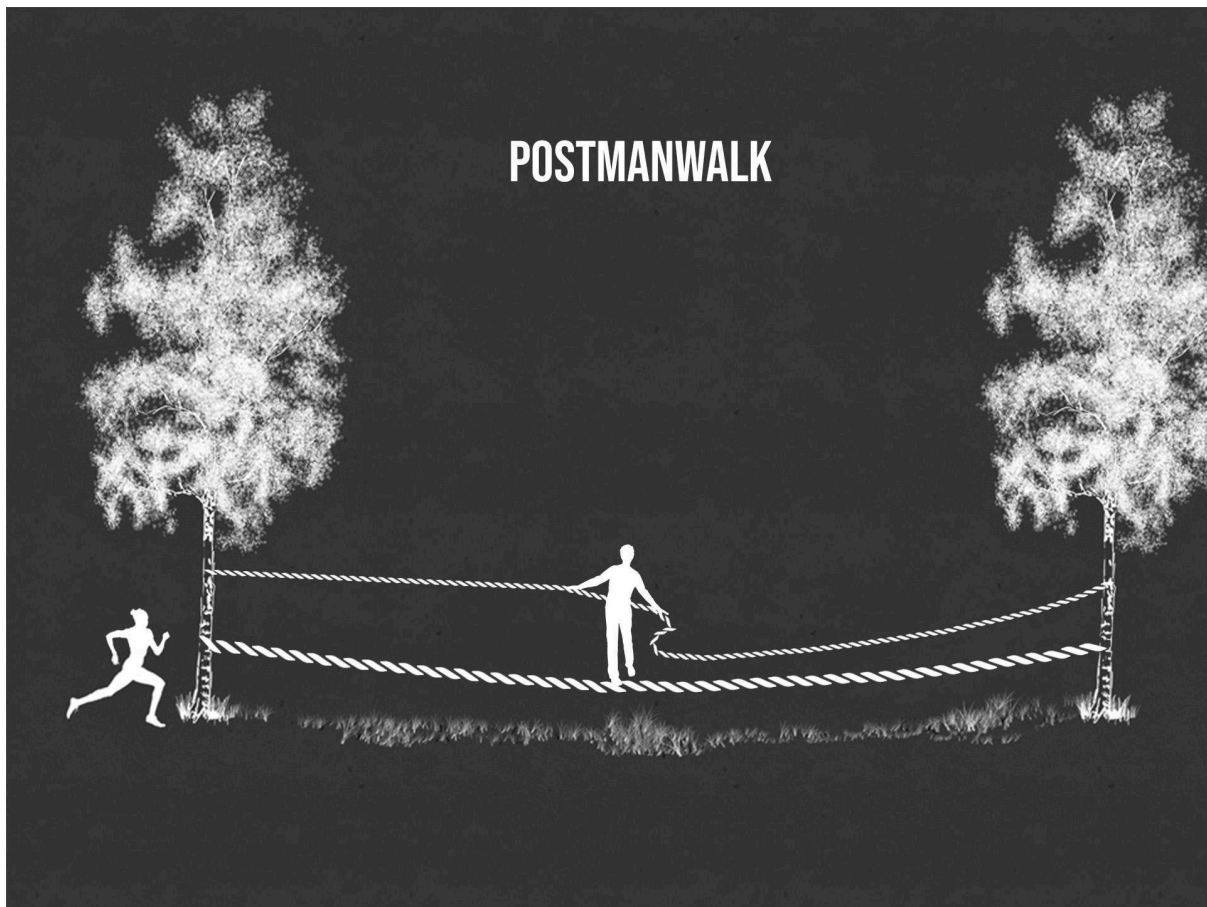
Not approved

The contestant did not pass the obstacle if they;

- touches the ground between the trees
- uses the upper horizontal rope
- uses trees or bushes to get through the obstacle (start and end tree excluded)

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 24 - Postman walk (11 km only)



Execution

The contestant will transfer from one tree to the next one without touching the ground, by walking on the lower horizontal rope. The long rope may be used for balance.

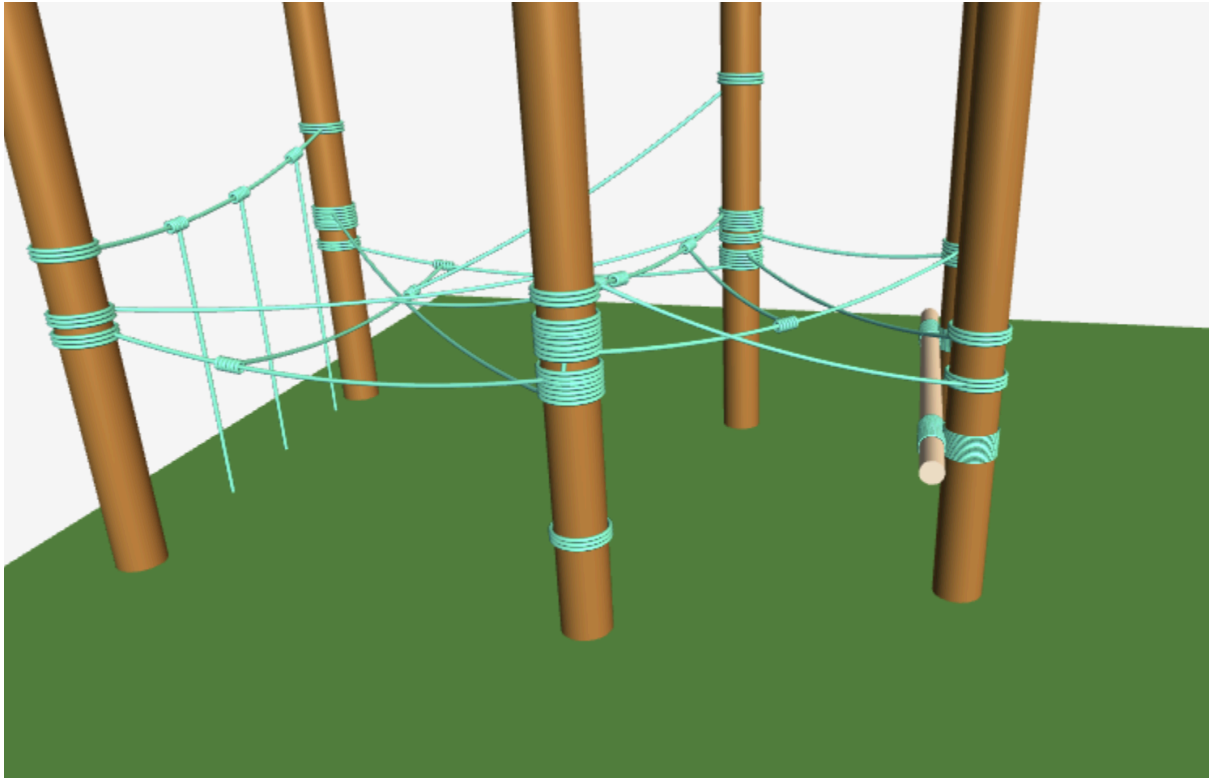
Not approved

The contestant did not pass the obstacle if they;

- touches the ground between the trees
- uses trees or bushes to get through the obstacle (start and end tree excluded)

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 25 - Spider Monkey (11 km only)



Execution

The contestant will climb to the other side through the crossing ropes. Start by climbing up the first vertical rope and end by touching the final vertical rope. It is approved to switch rope along the way.

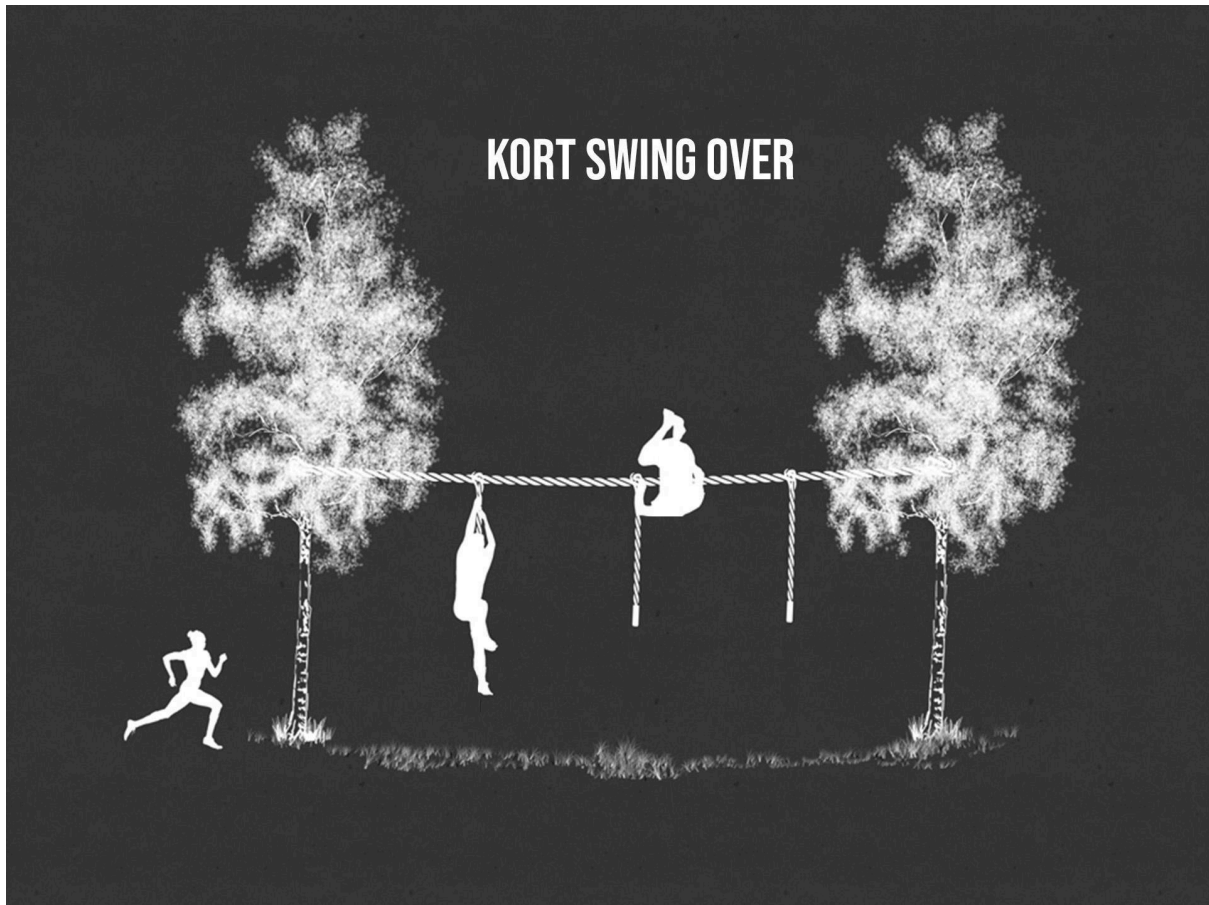
Not approved

The contestant did not pass the obstacle if they;

- started after the first vertical rope
- didn't reach the final vertical rope
- falls down
- uses a tree to get through the obstacle (touching while climbing is allowed)

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 26 - Short Swing Over (11 km only)



Execution

The contestant will get over the horizontal rope, with help from the short vertical rope.

Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal rope
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 27 - Forest Combination (11 km only)



Execution

The contestant will climb over the first log, along the rope, under the net and along the next rope until they touch the final vertical rope.

Not approved

The contestant did not pass the obstacle if they;

- didn't touch the final vertical rope
- falls down/touches the ground
- uses a tree to get through the obstacle (touching while climbing is allowed)

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 28 - Self made Swing Over (11 km only)



Execution

The contestant will get over the horizontal log with the help of the free ropes. They will toss the rope over the log, climb over the log and then remove the rope.

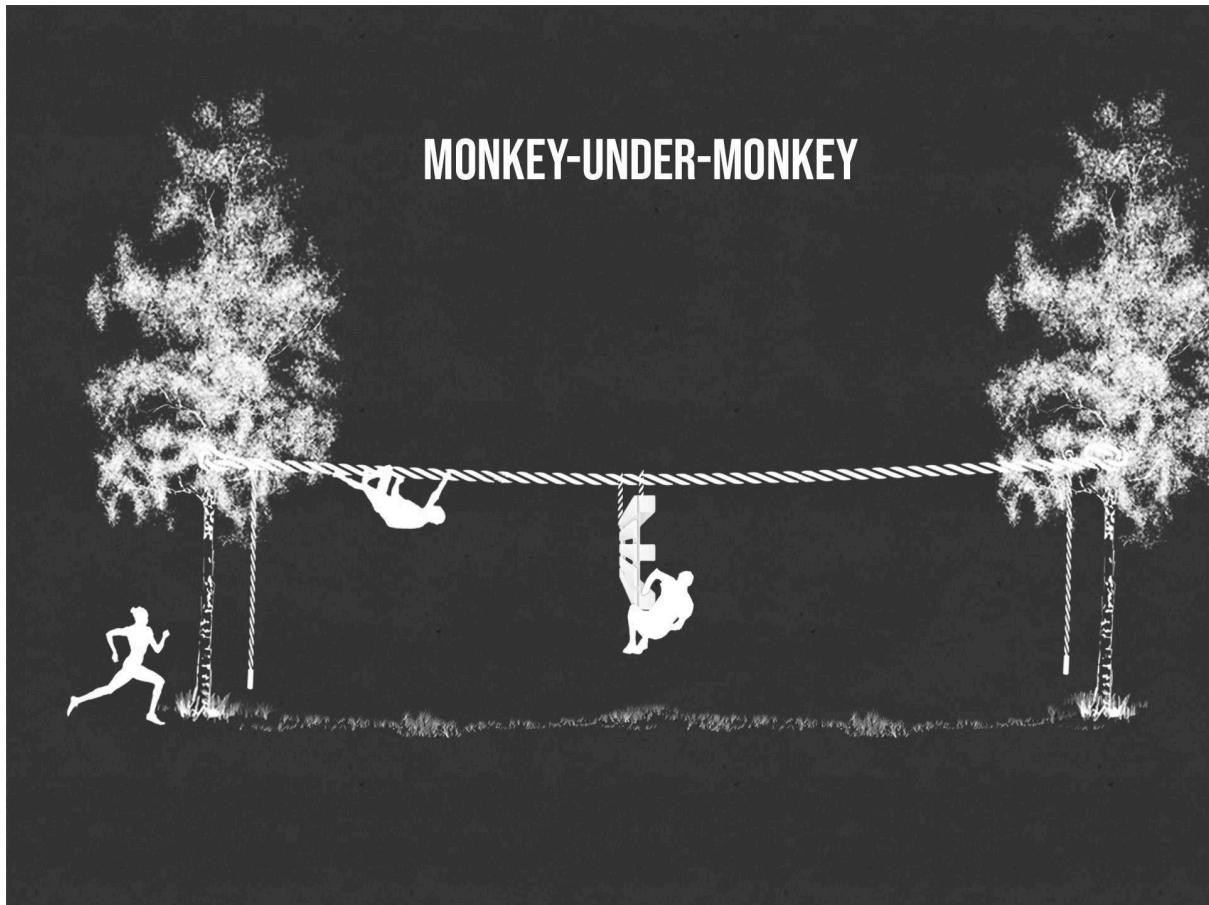
Not approved

The contestant did not pass the obstacle if they;

- don't get over the log
- don't toss the rope themselves
- don't remove the rope (if done after reminder it's ok)
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 29 - Monkey-Under-Monkey (11 km only)



Execution

The contestants will transfer to the other side via the horizontal rope. Start by climbing up in the vertical rope at the start and finish by touching the vertical rope on the other end of the obstacle. The tarp in the middle should be climbed under with the aid of the vertical ropes in front and behind. The tarp should not be used for climbing.

Not approved

The contestant did not pass the obstacle if they;

- did not make it to vertical rope at the end of the obstacle
- did not climb under the tarp or used the tarp for climbing
- falls down/touches the ground
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 30 - Big loops and monkey climb (11 km only)



Execution

The contestant will get over the three horizontal logs with the help of the loops. After the last log they will continue along the horizontal rope and finish by touching the last vertical rope.

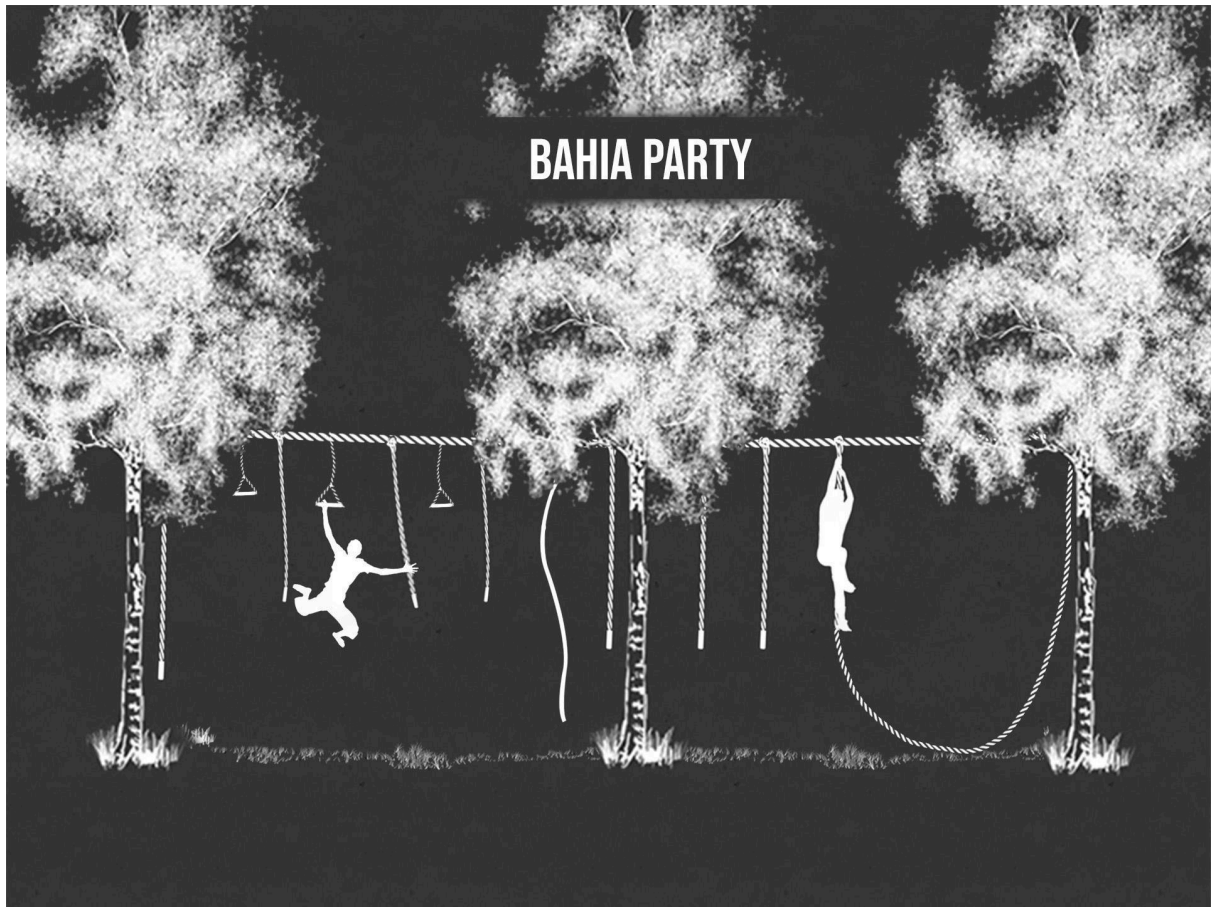
Not approved

The contestant did not pass the obstacle if they;

- did not climb over all the logs
- did not use all the loops between the logs (e.g. jumping from log to log)
- touched the ground
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 31 - Bahia Party (11 km only)



Execution

The contestant must move to the other side using the vertical attributes. Start by climbing up the vertical rope and finish by landing behind the marker. Resting on the log/marker in the middle is allowed

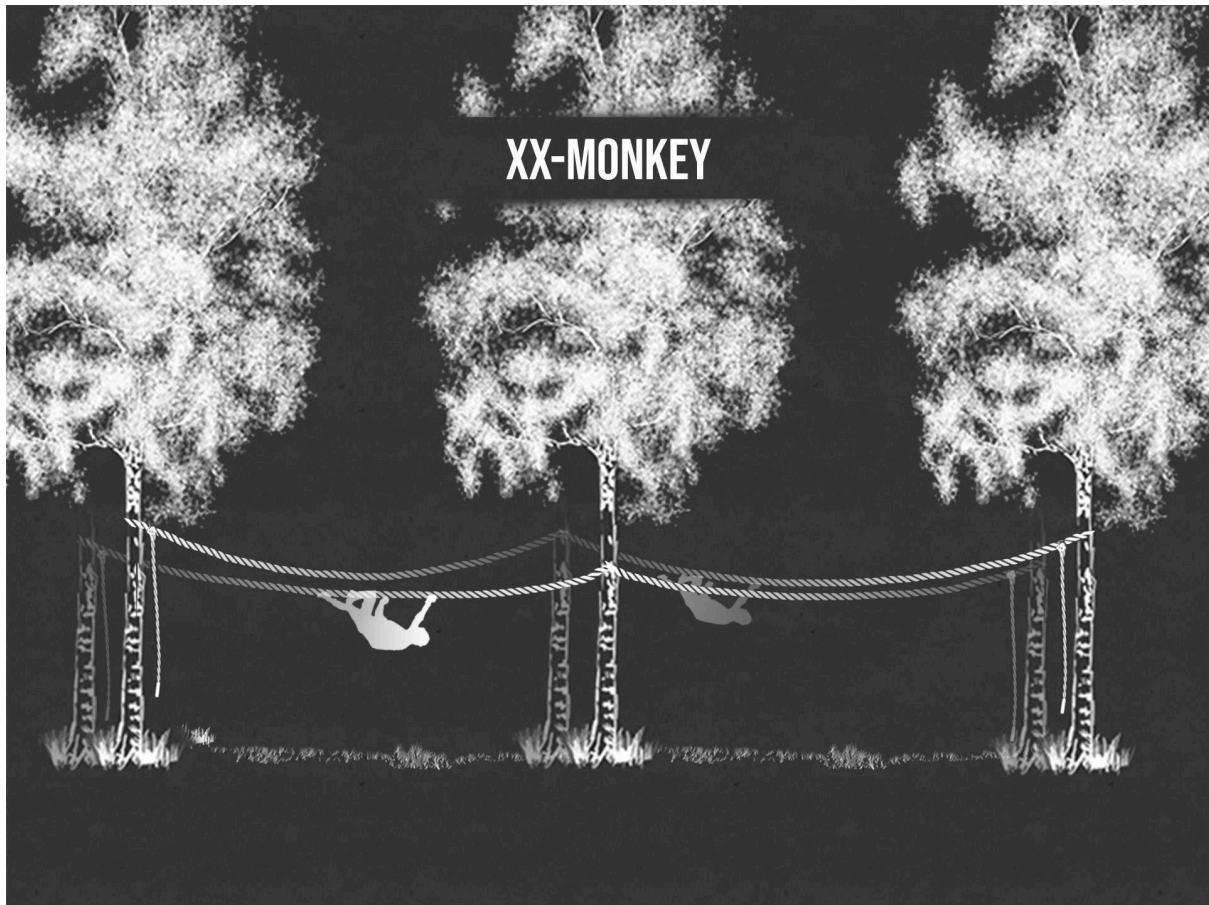
Not approved

The contestant did not pass the obstacle if they;

- touches the ground before the finish marker
- uses the horizontal rope.
- does not reach the end / falls down in another way.
- uses the trees to get into, out of, or through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 32 - Cross-Monkey (11 km only)



Execution

The contestant must move to the other side using the horizontal ropes. Start by climbing up into the first horizontal rope and finish by touching the vertical rope at the end of the obstacle. It is allowed to switch ropes along the way.

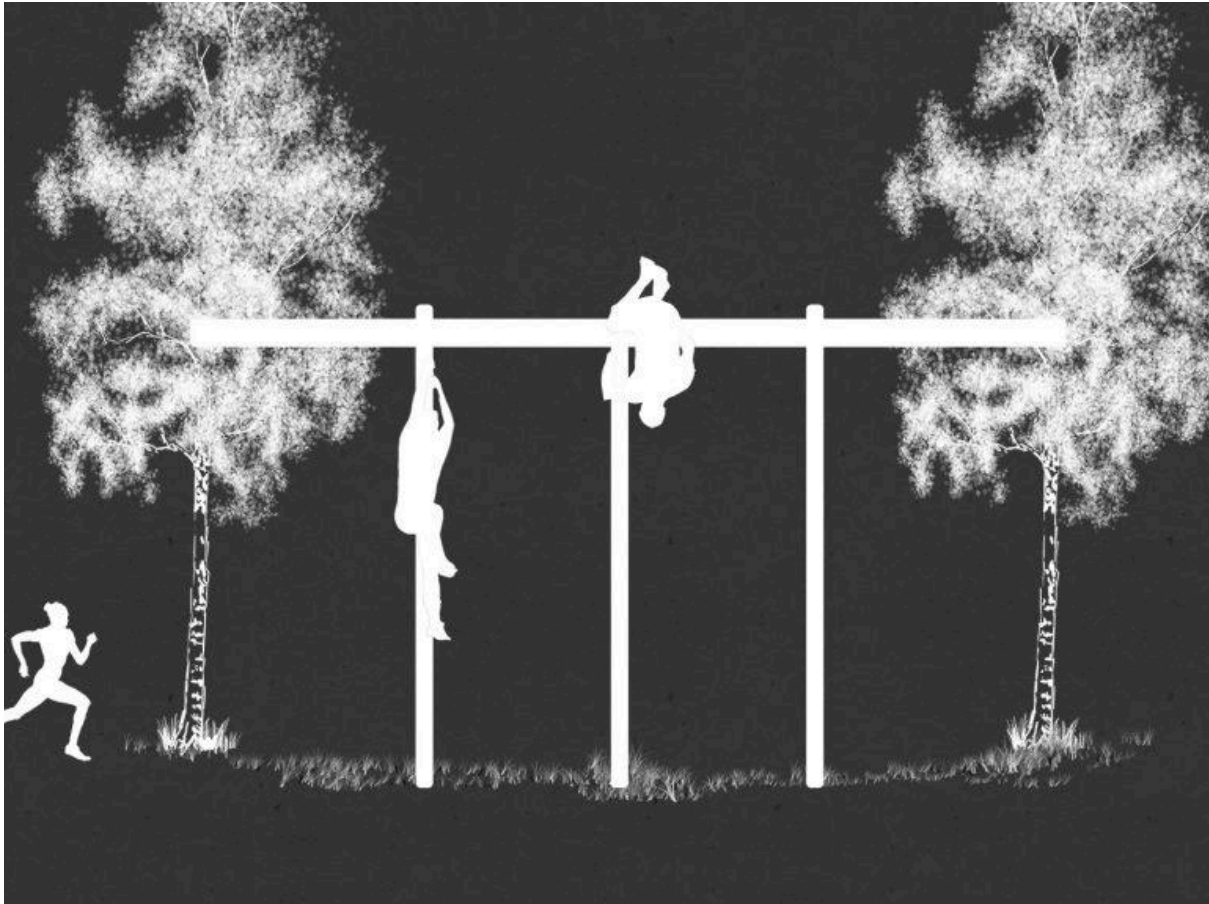
Not approved

The contestant did not pass the obstacle if they;

- did not reach the vertical rope in the end of the obstacle
- does not reach the end / falls down in another way
- uses the trees to get into, out of or through the obstacle (touching while climbing is allowed)

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 33 - Stick swing over (11 km only)



Execution

The contestants will climb over the horizontal rope with the help of the vertical sticks

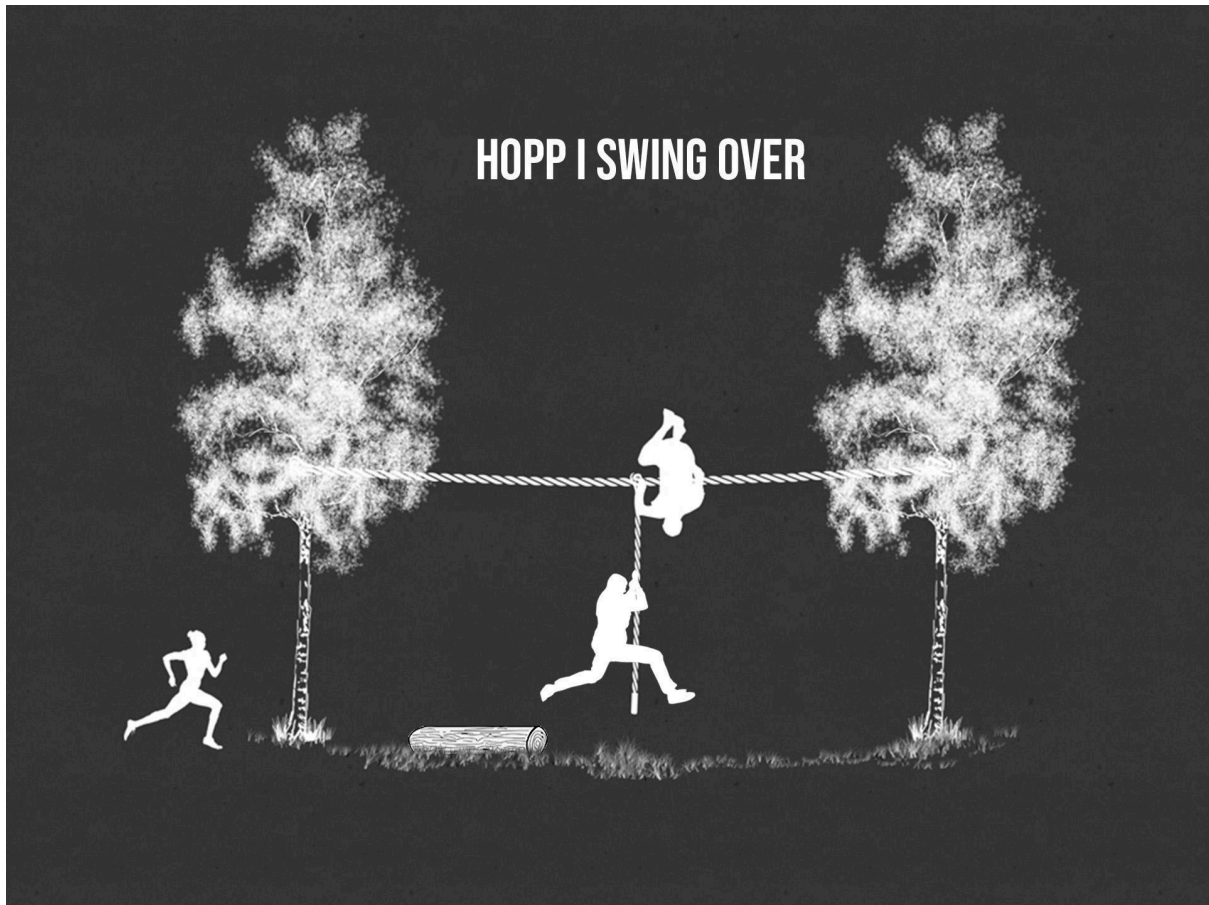
Not approved

The contestant did not pass the obstacle if they;

- did not get over the horizontal rope
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 34 - Jump-in Swing Over (11 km only)



Execution

The contestant must climb over the horizontal log using one of the ropes. They should jump into the rope from behind the marker.

Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal beam
- start in front of the marked area
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 35 - Harpooning

Execution

The contestant must reel in and throw a harpoon and hit the target from behind the marker. Only one throw per participant is allowed. The participant **does not need** to reel in the harpoon after the throw. In case of a miss, the participant must run a penalty lap.

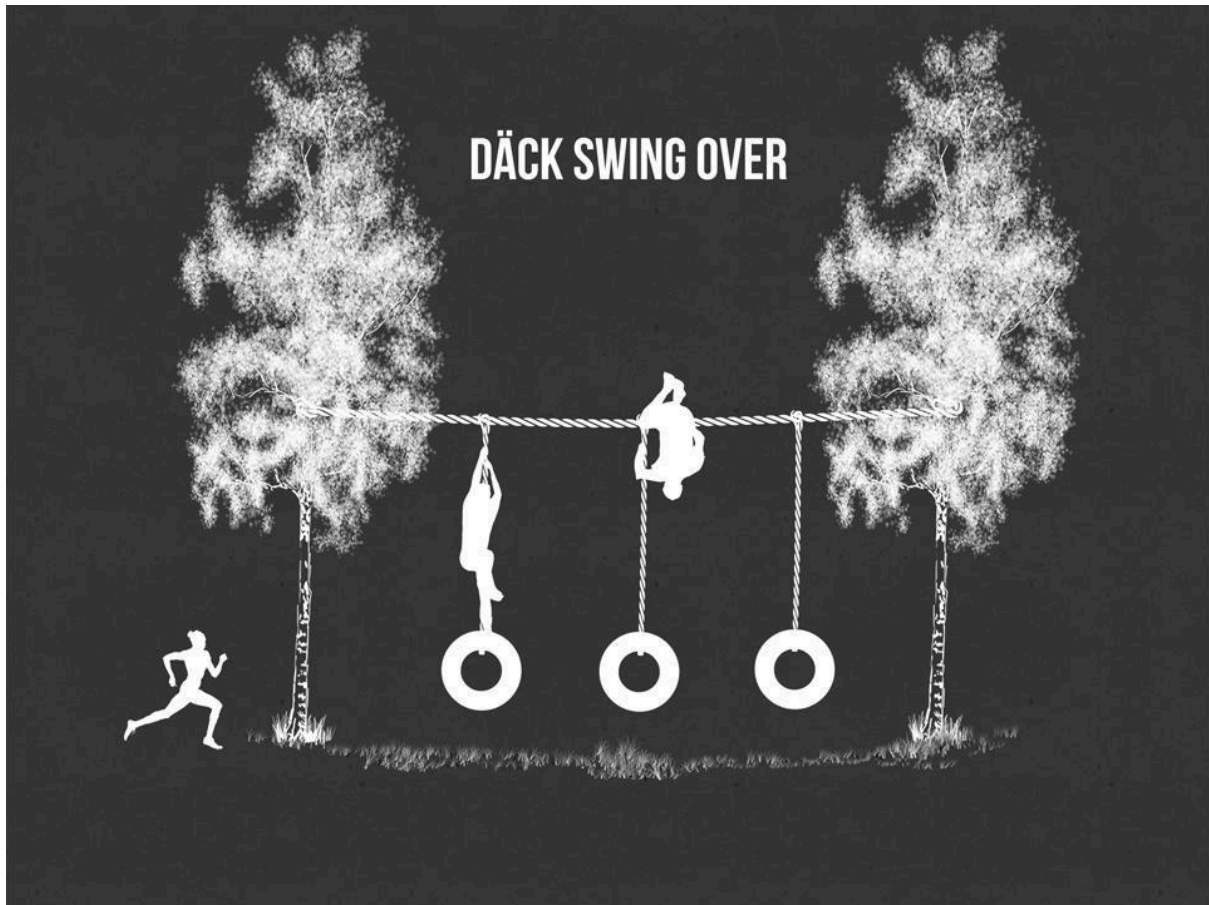
Not approved

The contestant did not pass the obstacle if they;

- does not stand behind the marking at the throw (instant penalty lap)
- either does not hit with the harpoon or run the penalty lap
- should run a penalty lap but does so in an incorrect way

The participant is **NOT** allowed to repeat the obstacle if they cannot complete it and must then perform the penalty. If they do not want to/cannot perform the penalty, they take the bracelet and mark it on the paper. If they complete the penalty, they can continue as if they had completed the obstacle.

Obstacle 36 - Tight Swing Over



Execution

The contestant will climb over the horizontal log with the aid of one of the ropes. The ropes have a tire attached to them.

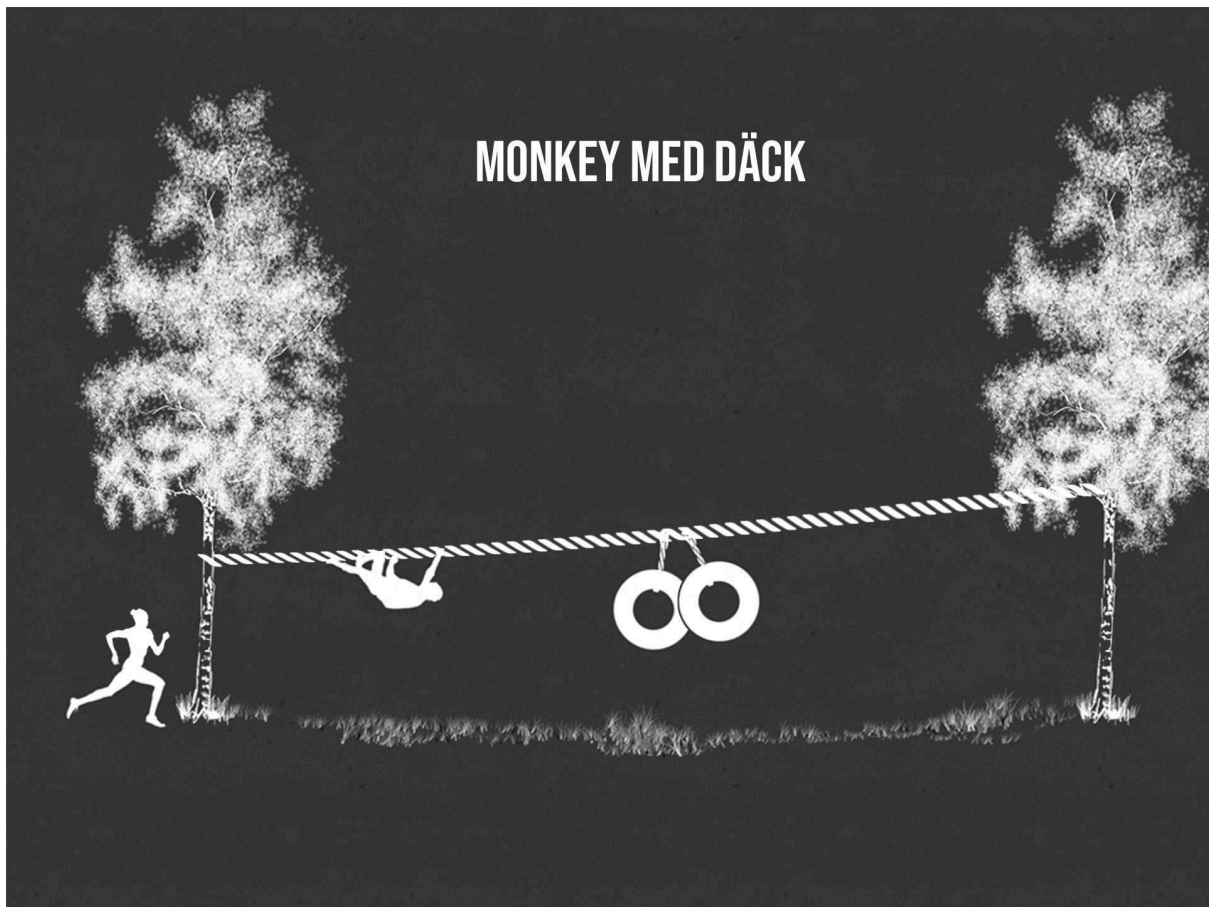
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal beam
- uses a tree to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 37 - Monkey With Tire



Execution

The participants must move to the other side using the horizontal rope and passing under/through the tires. Start before the marker or by using the starting rope (depending on what is available) and finish by touching the vertical rope at the end of the obstacle.

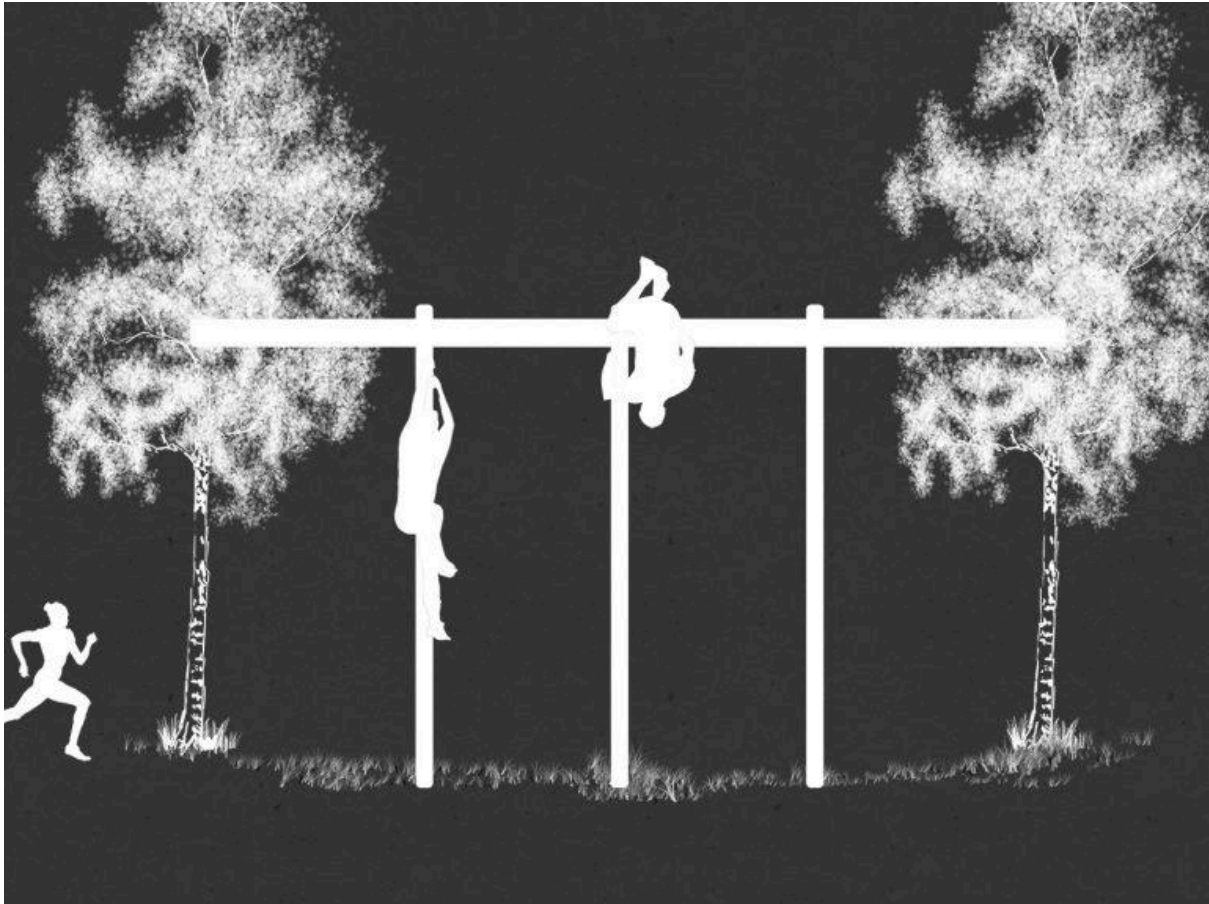
Not approved

The contestant did not pass the obstacle if they;

- started after the marker/start rope
- did not reach the vertical rope at the end of the obstacle
- does not reach the end/falls down in another way
- uses the trees to get into or out of the obstacle.

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 38 - Pole-Swing Over (11 km only)



Execution

The contestant will climb over the horizontal log and is allowed to use the vertical logs and the vertical help-ropes.

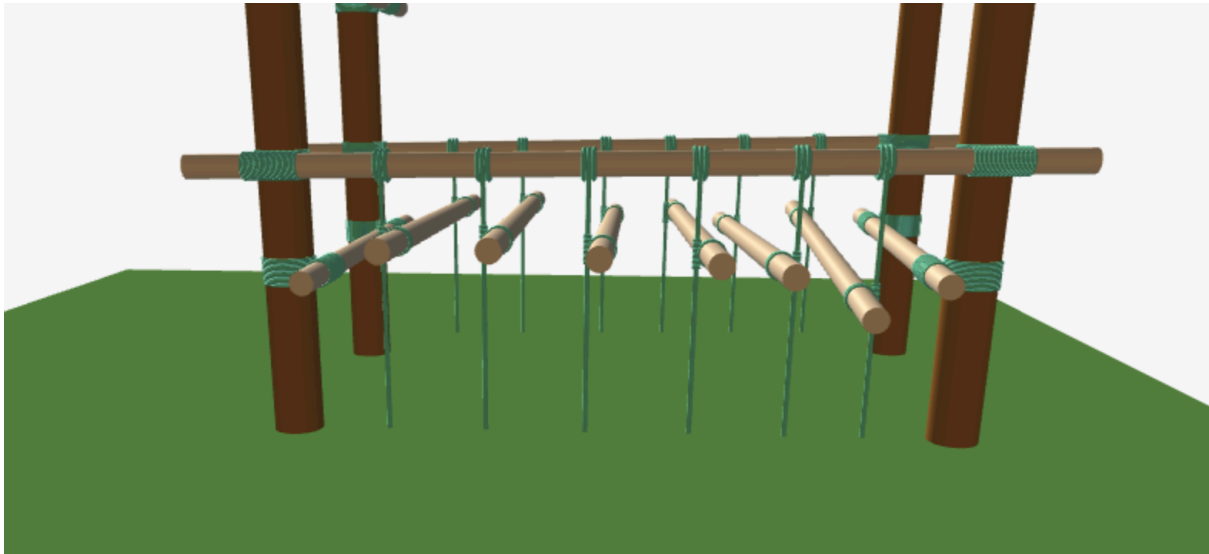
Not approved

The contestant did not pass the obstacle if they;

- didn't get over the horizontal beam
- uses parts of the construction that is not part of the obstacle to climb over

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 39 - Log bridge



Execution

Short race: The contestant climbs on top of the logs to the finish log, the upper fixed log closest beyond the hanging logs.

Long race: The contestant climbs underneath the hanging logs until they touch the finish log, the upper fixed log closest beyond the hanging logs.

Not approved

Short race: The contestant did not pass the obstacle if they;

- does not reach the end/falls down in another way

Long race: The contestant did not pass the obstacle if they;

- touches the ground between the start and end logs before they touch the finish log
- does not reach the end/falls down in another way
- climbs on top of the logs.

Obstacle 40 - Log carry

Execution

The contestant must carry a log along the marked route. The log is picked up and dropped off within the marked area.

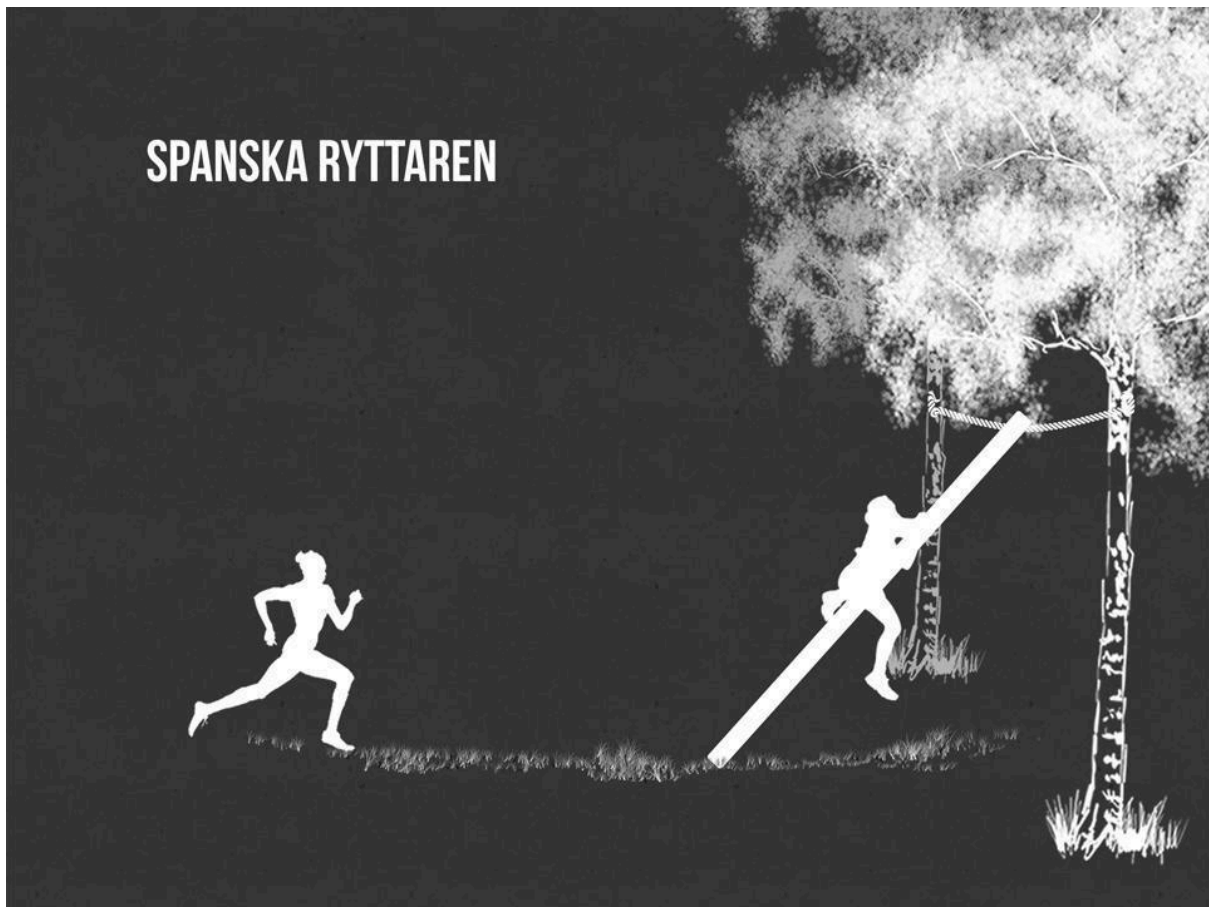
Not approved

The contestant did not pass the obstacle if they;

- does not carry the log, for example by rolling it or forgetting it
- does not follow the marked route
- does not place the log in the marked area (can only fix this for approval, does not need to run the entire distance again)

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 41 - Spanish Rider



Execution

The contestant must get over the horizontal log using an inclined log, possibly with the help of a safety rope. All three inclined logs may be used.

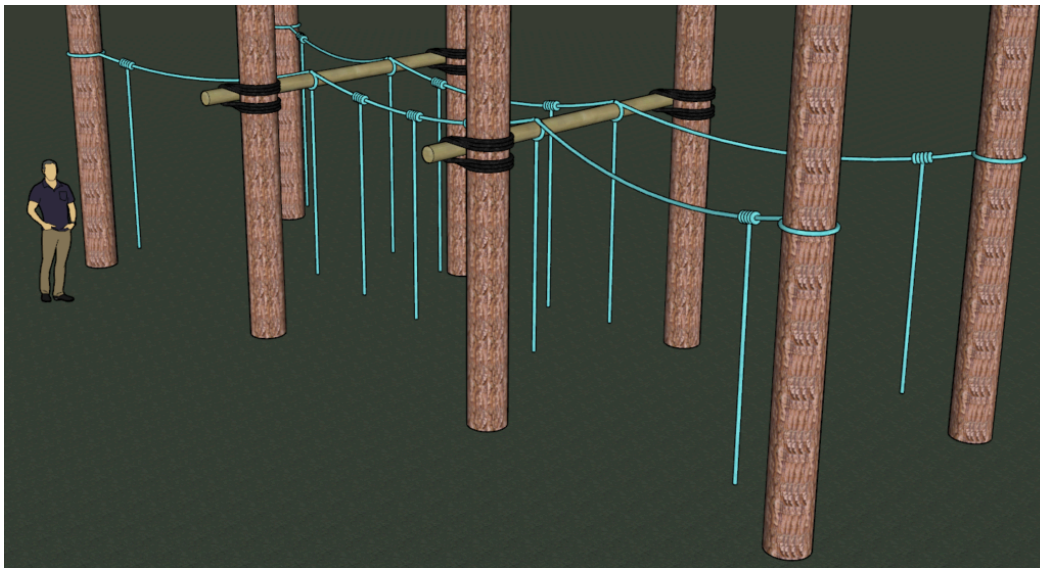
Not approved

The contestant did not pass the obstacle if they;

- does not get over the horizontal log
- touches the ground beyond the starting marker at the bottom of the log
- uses other parts of the construction to get through the obstacle

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 42 - Arms-Bahia-Monkey



Execution:

Short race: The contestant must climb through the first 'square' without touching the ground. The contestant starts at the starting rope and is finished when they grab the next vertical rope at the far end of the square.

Long race: The contestant must move to the other side using the horizontal rope and the vertical ropes. They start by climbing into the first vertical rope and finish by touching the vertical rope at the end of the obstacle. During the first part of the obstacle, participants may only touch the upper rope with their hands, not with their legs, feet, arms, or other body parts. When they reach the hanging vertical ropes, they must switch to them and move to the last rope in the series, after which they may climb up and ascend in any way for the final stretch to the rope at the end.

Not approved

The contestant did not pass the obstacle if they;

- does not reach the final vertical rope (different for short and long).
- does not make it to the end/falls down in another way.
- **(long race)** uses something other than their hands on the rope in the first part of the obstacle.
- **(long race)** uses the horizontal rope in the middle part of the obstacle.
- uses other parts of the construction to get through the obstacle, such as climbing over the upper logs.

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut.

Obstacle 43 - The Final Obstacle!

Execution

Short race: The contestant goes up the ramp and continues into the horizontal rope until the plank. They move along the ground to the beams where they must get over the beams. Then, they go along the ground to the net, entering through the vertical section and going over. They exit through the back to finish.

Long race: The contestant must move from the ramp to the end of the net using a monkey climb and pass all hanging obstacles from underneath.

First, they run onto the ramp, then use the rope to pass under the wall with the help of the ropes. They continue along the horizontal rope, under the beams and the net (they can rest in both). They climb under the net and touch the log at the end to finish.

Not approved

The contestant did not pass the obstacle if they;

- **(long race)** does not make it all the way to the finish rope without touching the ground.
- **(short race)** does not get over one or more of the ramp, beams, or net.
- **(long race)** does not go under all the beams or the net.
- climbs out via the side of the obstacle / crosses the red and white tape in any way.

The contestant may retry the obstacle if they fail. If they can't or won't try again, the wristband will be cut. If they fall out after reaching the beams or the net, the contestant may start over from there.