

## Competitive Wave Rules

*In order to be eligible for the competitive wave prize money (Saturday 8.30am wave only), all of the following rules must be adhered to for the duration of the race*

1. All obstacles must be attempted except the dance station.
2. All competitors must attempt the hardest part of the obstacle.
3. Failure to complete the obstacle will incur a 15-burpee penalty
4. Failure to do your penalty may incur a time penalty, Except for the dance station, this is excluded
5. **If you touch the water on the Cargo Cage or rope Forrest You will incur a 25 Burpee penalty.**
6. Must use the high side of the quarter pipe.
7. We mark the track as best we can. You get lost, bad luck.

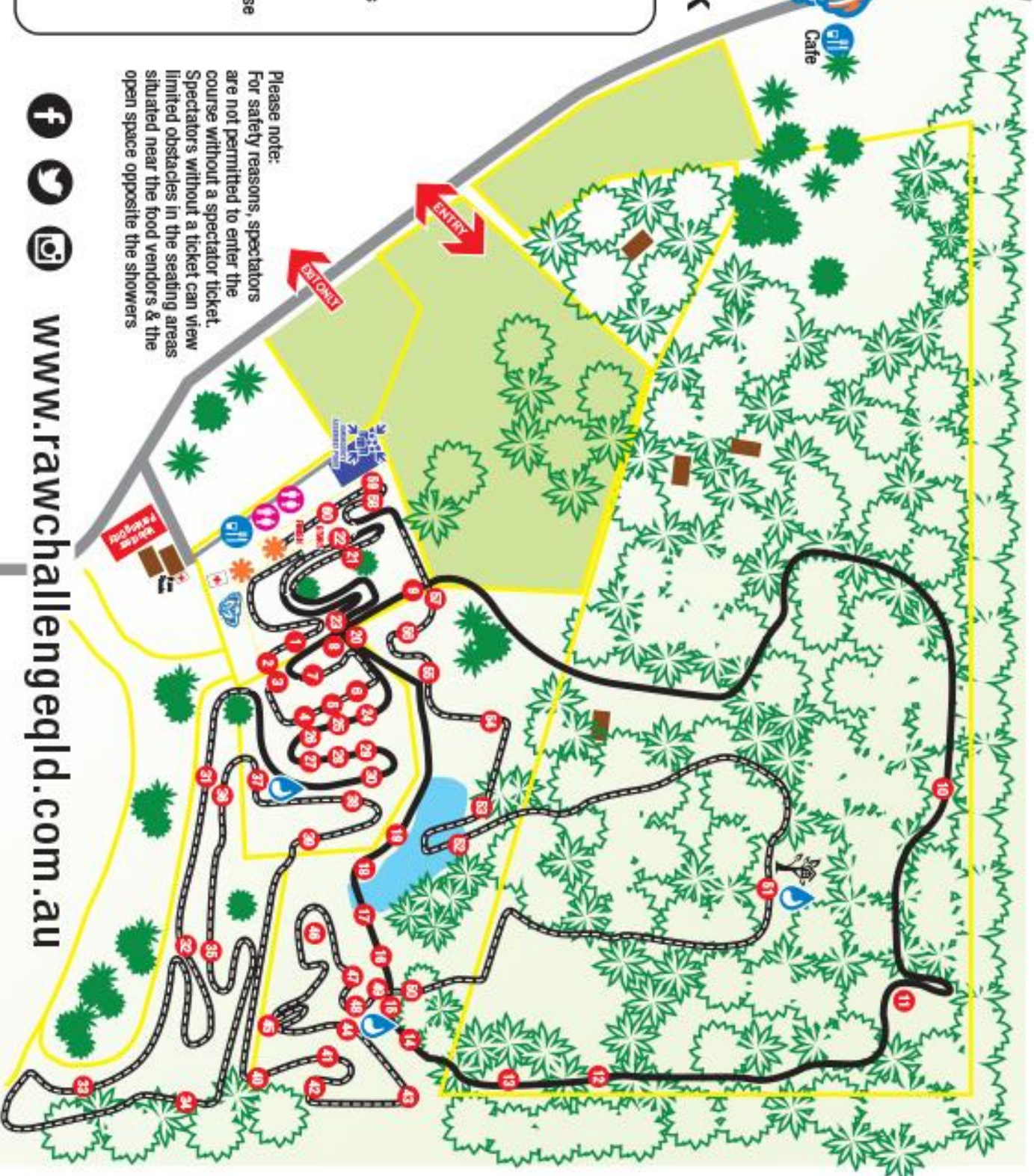
Attached is a map of the course, please study and familiarize yourself with the course.

*Looking forward to seeing who comes out as the Raw Champions for this event, Good Luck to you all!*



# 9 & 4km track

- Road
- 9km Challenge Course
- 4km Challenge Course
- Mini Ninja Course
- Competitor Parking
- Fences
- Toilets & Change Rooms
- Treehouse
- Food & Beverage
- Registration/Merchandise
- Obstacles
- First Aid
- Emergency Assembly Point
- Water stations



**Please note:**  
 For safety reasons, spectators are not permitted to enter the course without a spectator ticket. Spectators without a ticket can view limited obstacles in the seating areas situated near the food vendors & the open space opposite the showers.



[www.rawchallengeqld.com.au](http://www.rawchallengeqld.com.au)