

## **KAEC Hannibal Race**

## **Rules & Regulations**

- 1. Participants must be 16+
- 2. All Participants must sign a waiver of liability (No individual will be allowed to Compete before filling the liability form)
- 3. Participants under 18 must have a waiver liability signed on their behalf by one of their parents
- 4. All participants must cross the finish to be able to be considered as "KAEC Hannibal Race Finisher" and to earn a medal
- 5. All Participants must cross all designated obstacles
- 6. As a penalty, any participant that fail to cross any obstacle, must conduct 20 Burpees
- 7. Some Obstacles are mandatory ex: Mud wholes
- 8. Participants can help each other in the race, we encourage teamwork!