

GENERAL RACE RULES

FÉNIX RACE 2026

12 September 2026 • Krašovská Activity Centre, Plzeň

WAIVER REQUIRED

signed, submitted at registration

3 WRISTBANDS

Elite – two may be lost

TIME LIMITS

0.5 h – 3 h by course

Conditions

To start the race, you must meet the following conditions.

- Athletes under the age of 18 must have a consent form signed by a parent or legal guardian. This consent is part of the race terms and conditions (waiver).
- Each athlete must submit the signed race terms and conditions (waiver) at registration.
- Athletes competing in Age Groups are assigned to their age category according to the age they reach during the given calendar year.
- All athletes are responsible for the information provided during registration and for its accuracy. Incorrect or intentionally altered information may result in disqualification without a refund of the entry fee.

Start

- Athletes must report to the start corral 10 minutes before the start of their assigned wave.
- Starting in a wave other than the one assigned is prohibited.
- Each athlete will undergo a check before being admitted to the start corral.
- Athletes without their wristbands will not be allowed to start.
- Each athlete must wear the wristbands visibly throughout the entire race.

Age categories

Age is determined by year of birth.

Category	Age
Elite Age up to 15	10–15 years inclusive
KIDS	7–10 and 11–15 years inclusive
Public	16 years and over
Elite PRO	16 years and over
Elite Age 16–20	16 to 20 years inclusive
Elite Age 40+	40 years and over

Wristband colours

Race categories are distinguished by the colour of their wristbands.

Race	Number of wristbands	Wristband colour
12K	3	yellow
12K M PRO	3	orange
9K	1	white
3K	3	purple
1K	1	light blue

Rules by category

ELITE

- As a standard rule, only one attempt per obstacle is allowed, except for stated exceptions.
- All obstacles are mandatory. Each athlete starts with 3 wristbands. Up to two wristbands may be lost for failed obstacles; each lost wristband results in one penalty lap before the finish (maximum two).
- Penalty loop at the finish (the athlete earns back one wristband for each completed lap).
- To be classified, an athlete may cross the finish line only with the full number of wristbands.

Course	Race time limit
Elite 3K	1 hour
Elite 12K	3 hours

PUBLIC/KIDS

- Unlimited attempts.
- Time penalty at the finish – one failed obstacle = 5 minutes for PUBLIC, 2 minutes for KIDS.

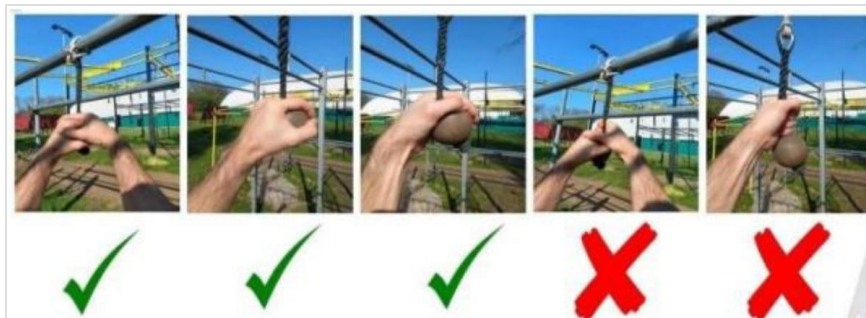
Course	Race time limit
PUBLIC 9K	2.5 hours
KIDS 1K	0.5 hour

General obstacle rules

Unless otherwise stated in the rules for a specific obstacle:

- The obstacle must be started from behind the line and on the first segment.
- Segments may be skipped.
- The obstacle is completed by ringing the bell or crossing the finish line.

- Some obstacles will have a special pink bell for women.
- The entire obstacle may be completed using hands only, or hands and feet.
- If an athlete uses a movable segment to complete an obstacle, it must always be returned to its original position / starting position after the attempt.
- Segments may only be gripped in the manner shown in the graphic below.



Permitted grips are marked in green, prohibited grips in red.

At obstacles and on the course

- An athlete must not restrict, obstruct, or intentionally make another athlete's attempt more difficult in any way.
- Resting, sitting on obstacles, blocking them, or any other activity that prevents the smooth completion of an obstacle is prohibited.
- Athletes must not move from one obstacle lane to another. A judge or volunteer may allow this in exceptional circumstances.
- **Athletes newly arriving at an obstacle have priority** over athletes making a repeat attempt.
- Athletes repeating an attempt must join the queue – overtaking in the queue is prohibited.
- Athletes must remain on the marked course throughout the race and follow all instructions and course markers. Short-cutting the course is prohibited and may result in disqualification.
- A slower athlete must not prevent a faster athlete from passing.

Damage to the venue

Any athlete who damages the venue, equipment, obstacle segments, or weights will be disqualified from the race.

External assistance

- External assistance is defined as accepting material or personal assistance from other athletes or spectators during the race.
- Athletes must not accept assistance from anyone else during the race, except for first aid in the event of injury. In the case of a serious injury, medical staff may stop an athlete from continuing the race in the interest of the safety of that athlete and other competitors.
- Mutual assistance between athletes is prohibited, except during the shared section of the team race.

Footwear, equipment and nutrition

- SPIKED FOOTWEAR IS PROHIBITED FOR THE ENTIRE WEEKEND.

- Track spikes, crampons, football boots with studs, and any other footwear with metal spikes are prohibited.
- Poles and hand hooks are not permitted.
- The use of chalk, whether powder or liquid, handball glue, resin, wax, etc. is prohibited.
- Gloves or finger tape (protective only, not double-sided adhesive), protective gear, glasses, and hydration packs are permitted.
- Athletes may carry their own food and drinks for personal use.
- All equipment an athlete starts with must also be carried to the finish. Obstacles must be completed while carrying all such equipment. For example, it is not permitted to put down a hydration pack before an obstacle.

Timing chip

The penalty for a lost or unreturned timing chip is 300 CZK. Failure to pay the penalty will result in disqualification from the race.

Littering

Littering is strictly prohibited. Any athlete caught discarding waste anywhere other than in a designated bin will be disqualified from the race.

Protest

- A protest may be submitted in writing to the Race Director (David Štraub) within 15 minutes after completing the race.
- A deposit of 1,000 CZK must be paid when submitting a protest. If a rule violation is confirmed, the deposit will be refunded.