



BASIC RULES

- Participants receive a vest and an NFC wristband (must be worn on the right wrist).
- The NFC wristband tracks running time and enables time gains/losses at stations.
- Goal: Complete the obstacle course within a **maximum of 50 minutes**.
- Participants must always carry a **Tube** (replacement tubes available).



QUIZ START

- Participants pick up a **Tube**.
- Quiz question about Fisherman's Friend:
 - **Correct answer:** -2 min time credit.
 - **Wrong answer:** +2 min time penalty.
- The answer determines the chosen path.



SNOW TUNNEL

- Two tunnels with difficult passage.
- Tube must be carried through.
- Tunnels **cannot be bypassed**.



ROPE CLIMB

- Participants must climb a hill (lying/sitting).
- Options:
 - Using hands & feet, or
 - Pulling up with a rope.
- **Standing up is prohibited** > otherwise, restart from the bottom.



SLIDE 1

- Slide down the hill with the tube.
- 4 NFC trackers in the snow > random time adjustment between -4 to +4 minutes.
- A safe path between the trackers is possible.



LABYRINTH/MAZE

- Three entrances:
 - **STRONG** > +2 min time penalty.
 - **STRONGER** > No time change.
 - **EXTRA STRONG** > -2 min time gain.
- The chosen path cannot be changed afterward.



CRAWLING

- After the maze: Crawl under a net.
- The net cannot be bypassed.
- Snow cannon blows wind > hold onto the tube tightly!



SLIDE

- Long straight path towards the Pinball Challenge > decision:
 - Run, jog, or slide depending on remaining time.



PINBALL

- Two ways to start:
 - **Conveyor belt** > +5 min time penalty.
 - **Running** > -6 min time gain.
- Participants slide like in a pinball machine > beware of obstacles.
- Filmed > individual video clip available.



EXTRA STRONG JUMP

- Participants climb stairs.
- Tube must be thrown first before jumping.
- Jump into an air cushion, then continue towards the finish (with the tube).



QUIZ FINISH

- Another quiz question about the Fisherman's Friend brand.
- Same rules as the start quiz:
 - **Correct answer:** -2 min time credit.
 - **Wrong answer:** +2 min time penalty.
- Time stops when the tube is handed in behind the arch.



LOST TUBE?

- The final quiz cannot be completed without a tube.
- Participants must inflate a new tube themselves.



OBSTACLES

- Snow waves, pallets, prepared snow.
- Obstacles must be crossed, bypassing is not allowed.