



TITAN

— RACE —

**OFFICIAL
RULEBOOK**



WHAT IS TITAN RACE?

Titan Race is a team-based strength endurance competition built around movement, teamwork, and resilience. Teams of two athletes must complete a 3.5 KM course featuring strength stations and running intervals while racing against the clock. The objective is simple: Complete the full course in the fastest time possible.

FORMAT

- Teams of 2
- 3.5 KM Course
- Fastest Time Wins

DIFFICULTIES

- Open
- Proving

DIVISIONS

- Men
- Women
- Mixed

5 STRENGTH STATIONS

1. Barrel Carry
2. Yoke Carry
3. Kettlebell Carry
4. Wheelbarrow Walk
5. Sandbag Carry



EVENT FORMAT

Titan Race is completed across a 3.5 KM course featuring five strength stations and multiple running intervals. Teams of two athletes must complete every station in the correct order while progressing through designated race checkpoints before crossing the finish line. Final rankings are determined by the fastest overall completion time.

FORMAT

- Teams compete in assigned heats
- Each heat begins at the official start signal
- Timing starts once athletes cross the start line
- Teams must complete the full course and all strength stations
- Timing ends once both teammates cross the finish line

COURSE STRUCTURE

1. Barrel Carry
2. Run
3. Yoke Carry
4. Run
5. Kettlebell Carry
6. Run
7. Wheelbarrow Walk
8. Run
9. Sandbag Carry
10. Final Run to Finish

TRANSITION BANDS

- Teams will receive official Titan Race red transition bands at designated checkpoints
- Transition bands serve as proof of course completion
- Teams must present the correct transition band before advancing to the next station
- Missing a required transition band may result in penalties or disqualification



TEAM RULES

- Teams consist of two athletes
- Strength stations are completed using a "you go, I go" format
- Teammates may alternate work during strength stations unless otherwise instructed
- Running intervals must be completed together as a team
- Teams may not begin the next station until both athletes have arrived together at the checkpoint
- Both athletes must complete every station
- Both athletes must cross the finish line together
- Teams must remain on the official course at all times

TIMING & PLACEMENT

- Final rankings are determined by fastest overall completion time
- Incomplete stations may result in penalties or disqualification
- Official timing is controlled by Titan Race judges and event staff
- Final standings are confirmed after all penalties are reviewed

DIVISIONS & WEIGHTS

Titan Race features multiple divisions and difficulty levels designed to accommodate athletes of different experience and fitness levels. All teams must complete the same course structure while using the assigned weights for their selected category.

STATION	OPEN (ALL CATEGORIES)	WOMEN PROVING	MIXED PROVING	MEN PROVING
• BARREL CARRY	30kg	35kg	35kg	40kg
• YOKE CARRY	40kg	50kg	50kg	70kg
• KETTLEBELL CARRY	12kg	20kg	20kg	24kg
• WHEELBARROW WALK	80kg	100kg	100kg	120kg
• SANDBAG CARRY	20kg	30kg	30kg	40kg



DIVISION INFO

Open is available for Men, Women, and Mixed teams

Proving divisions use heavier assigned weights

Mixed teams must consist of one male and one female athlete

All teams must complete the full official course

BARREL CARRY

STATION 1

OBJECTIVE

Teams must transport the assigned barrel weight across the designated course distance while maintaining control of the equipment at all times.

MOVEMENT STANDARD

- Athletes may alternate work using a "you go, I go" format
- The barrel may be carried using any preferred carry position
- Athletes may shoulder carry or bear hug the barrel
- Only one athlete is required to carry the barrel at a time unless otherwise instructed
- The barrel must remain under athlete control at all times
- Dragging or rolling the barrel is prohibited

COMPLETION STANDARD

- The barrel must cross the designated finish marker
- Teams must complete the full assigned distance before advancing
- Athletes may switch carrying responsibilities at any point during the station

PENALTIES

- Dragging the barrel
- Rolling the barrel
- Skipping course markers
- Incomplete carry distance
- Unsafe handling of equipment

Penalties may result in time additions, station redo, or disqualification depending on severity.

JUDGE NOTES

- Judges may stop athletes for unsafe movement
- Athletes must follow all judge instructions during the station
- All judge decisions are final during competition operations



YOKE CARRY

STATION 2

OBJECTIVE

Teams must transport the assigned yoke weight across the designated course distance while maintaining control of the equipment at all times.

MOVEMENT STANDARD

- Athletes may alternate work using a "you go, I go" format
- Only one athlete is required to carry the yoke at a time unless otherwise instructed
- The yoke must remain elevated and under athlete control during movement
- The yoke must be carried on the shoulders only
- Carrying the yoke overhead is prohibited
- Dragging the yoke is prohibited
- Athletes may stabilize the yoke before continuing movement

COMPLETION STANDARD

- The yoke must cross the designated finish marker
- Teams must complete the full assigned distance before advancing
- Athletes may switch carrying responsibilities at any point during the station

PENALTIES

- Dragging the yoke
- Carrying the yoke overhead
- Skipping course markers
- Incomplete carry distance
- Unsafe handling of equipment
- Intentionally dropping equipment recklessly

Penalties may result in time additions, station redo, or disqualification depending on severity.

JUDGE NOTES

- Judges may stop athletes for unsafe movement
- Athletes must follow all judge instructions during the station
- All judge decisions are final during competition operations



KETTLEBELL CARRY

STATION 3

OBJECTIVE

Teams must transport the assigned kettlebell weight across the designated course distance while maintaining control of the equipment at all times.

MOVEMENT STANDARD

- Athletes may alternate work using a "you go, I go" format
- Kettlebells must be carried by hand only
- Only one athlete is required to carry the kettlebells at a time unless otherwise instructed
- Athletes may switch hands during movement times
- Dragging or throwing kettlebells is prohibited
- Kettlebells must remain under athlete control at all times

COMPLETION STANDARD

- The kettlebells must cross the designated finish marker
- Teams must complete the full assigned distance before advancing
- Athletes may switch carrying responsibilities at any point during the station

PENALTIES

- Dragging kettlebells
- Throwing kettlebells
- Skipping course markers
- Incomplete carry distance
- Unsafe handling of equipment

Penalties may result in time additions, station redo, or disqualification depending on severity.

JUDGE NOTES

- Judges may stop athletes for unsafe movement
- Athletes must follow all judge instructions during the station
- All judge decisions are final during competition operations



WHEELBARROW WALK

STATION 4

OBJECTIVE

Teams must transport the assigned wheelbarrow weight across the designated course distance while maintaining control of the equipment at all times.

MOVEMENT STANDARD

- Athletes may alternate work using a "you go, I go" format
- The wheelbarrow must always move forward
- Pulling the wheelbarrow backwards is prohibited
- The wheelbarrow must remain properly lifted and rolling during movement
- Athletes must fully lift the wheelbarrow before advancing
- Dragging the wheelbarrow is prohibited
- Only one athlete is required to move the wheelbarrow at a time

COMPLETION STANDARD

- The wheelbarrow must cross the designated finish marker
- Teams must complete the full assigned distance before advancing
- Athletes may switch movement responsibilities at any point during the station

PENALTIES

- Pulling the wheelbarrow backwards
- Dragging the wheelbarrow
- Skipping course markers
- Incomplete station distance
- Unsafe handling of equipment

Penalties may result in time additions, station redo, or disqualification depending on severity.

JUDGE NOTES

- Judges may stop athletes for unsafe movement
- Athletes must follow all judge instructions during the station
- All judge decisions are final during competition operations



SANDBAG CARRY

STATION 5

OBJECTIVE

Teams must transport the assigned sandbag weight across the designated course distance while maintaining control of the equipment at all times.

MOVEMENT STANDARD

- Athletes may alternate work using a "you go, I go" format
- The sandbag may be carried using any preferred carry position
- Athletes may shoulder carry or bear hug the sandbag
- Teammates may transfer the sandbag between one another during the station
- Only one athlete is required to carry the sandbag at a time
- Throwing or dragging the sandbag is prohibited
- The sandbag must remain under athlete control at all times

COMPLETION STANDARD

- The sandbag must cross the designated finish marker
- Teams must complete the full assigned distance before advancing
- Athletes may switch carrying responsibilities at any point during the station

PENALTIES

- Throwing the sandbag
- Dragging the sandbag
- Skipping course markers
- Incomplete station distance
- Unsafe handling of equipment

Penalties may result in time additions, station redo, or disqualification depending on severity.

JUDGE NOTES

- Judges may stop athletes for unsafe movement
- Athletes must follow all judge instructions during the station
- All judge decisions are final during competition operations



RUNNING INTERVALS

OBJECTIVE

Teams must complete all designated running intervals while remaining together throughout the course.

MOVEMENT STANDARD

- Running intervals must be completed together as a team
- Teams may not separate during running intervals
- Both athletes must arrive together at each checkpoint
- Teams must follow the official marked course at all times
- Course cutting is prohibited

TRANSITION BANDS

- Teams will receive official Titan Race transition bands at designated checkpoints
- Transition bands serve as proof of completed running intervals
- Teams may not advance to the next station without the required band

TRANSITION BAND (EXAMPLE)
OFFICIAL CHECKPOINT VERIFICATION



COMPLETION STANDARD

- Both athletes must complete the full running distance
- Both athletes must arrive together before advancing
- Teams must remain on the official course throughout the race

JUDGE NOTES

- Judges may stop teams for unsafe conduct
- Athletes must follow all course marshal instructions
- All judge decisions are final during competition operations



OFFICIAL RULES & JUDGE AUTHORITY

OBJECTIVE

Titan Race is designed to promote fair competition, athlete safety, teamwork, and sportsmanship throughout all stages of the event.

ATHLETE CONDUCT

- Athletes must demonstrate respectful conduct toward judges, staff, volunteers, spectators, and other competitors
- Unsportsmanlike behavior may result in penalties or disqualification
- Unsafe or reckless conduct is prohibited

PENALTIES & DISQUALIFICATIONS

- Course cutting
- Failure to complete assigned stations
- Equipment violations
- Ignoring judge instructions
- Unsafe handling of equipment
- Intentional interference with other teams

Penalties may include:

- Time additions
- Station redo
- Disqualification

JUDGE AUTHORITY

- Judges and event staff maintain full authority during competition operations
- All athlete rulings and penalties are final
- Event officials reserve the right to stop athletes for safety concerns

EVENT OPERATIONS

- Teams must follow all official event procedures
- Event schedules and heats may be adjusted when necessary
- Titan Race reserves the right to modify event operations for safety, fairness, or logistical purposes

FINAL NOTES

- Participation in Titan Race acknowledges acceptance of all official rules and event standards
- Teams are responsible for understanding all competition requirements prior to race day

TIME CAPS & LANE PROGRESSION

SECTION 1 — OBJECTIVE

To maintain competition flow, lane availability, and fair operational standards throughout all Titan Race heats.

SECTION 2 — OFFICIAL TIME CAP

- Each station lane operates under an official 4-minute time cap
- Teams must complete the assigned station within the designated time limit
- Official timing begins once the team enters the active station lane
- Judges maintain authority over all official lane timing decisions

SECTION 3 — TIME CAP PENALTIES

- Teams unable to complete the station within 4 minutes will receive a 3-minute time penalty
- Incomplete station attempts may still receive additional penalties if movement standards are violated
- Official penalties must be recorded immediately during competition operations

SECTION 4 — LANE PROGRESSION

- Teams must immediately move to the next station once the official time cap is reached
- Judges may clear active lanes to maintain competition flow and safety
- Delaying lane progression after official instruction may result in additional penalties

SECTION 5 — JUDGE AUTHORITY

- Judges are responsible for monitoring official lane timing
- Judges must communicate remaining time clearly when necessary
- All lane progression decisions must remain consistent across all heats
- Head Judge maintains final authority over disputed timing rulings

