



OCR 100M DXB 2 COMPETITION RULES

1. Purpose

- The OCR 100 m is a timed obstacle course race where athletes run and overcome obstacles. Athletes should finish the course as fast as possible. Time cap is 3 minutes.

2. General Conduct

Athletes are required to:

- Practice good sportsmanship at all times
- Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways
- Be responsible for their own safety and the safety of others
- Obey instructions from race officials
- Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy
- Not use abusive, derogatory or inflammatory language
- Compete without receiving assistance other than from event personnel and officials
- Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.

3. Penalties and rules

The course

- The OCR 100 m course is a running track consisting of a start line, ten (12) obstacles and a finish line
- The course has two (2) lane, no less than 1.0 m wide

3.2 General Rules

- An athlete will wait for the start signal (sound) before engaging the course
- Completion of all obstacles is mandatory



- An athlete failing an obstacle may attempt the obstacle a second time
- An athlete who fails to complete an obstacle on the second attempt will be disqualified from the competition, however he/she can continue the course and get a finisher medal
- An athlete who fails an obstacle is designated Did Not Complete ("DNC") in the results for that run and is not awarded a time.
- There are no time or athletic penalties

4. Conduct

The athletes will:

- Run, walk, crawl, slither, scramble or otherwise propel themselves across, under, over or through the surface
- Display the official race number. This shall be written on athlete's body using indelible ink (permanent marker) and must be visible at all times while on the racecourse
- Run with a covered torso.
 - Run with shoes. Bare feet are prohibited on any part of the course
 - Not intentionally block another athlete. Blocking will result in disqualification

5. Finish Definition

- An athlete will be judged as "finished," the moment they cross the finish line

6. Safety Guidelines

- The responsibility of remaining on the course rests with the athlete. Any athlete, who present a danger to themselves or others, may be removed from the competition



7. Illegal Equipment

- Chalk or similar is not allowed.
- Headphone(s) and headset(s)
- Mobile phones or any other electronic
- Listening communication device
- Glass containers

8. Course format

This list may change for safety or logistic or upon decision of organizations on the day.

- Offset Steps
- Monkey Bar
- 1.5m Wall
- Balance Beam
- 4-Wheel
- 2m Wall
- Island steps
- Rings
- Low Crawl
- Goblet swing
- Tarzan Swing
- Finish Wall



OCR 100m Obstacle Rules

No.	Name	Instructions	Disallowed
1	Offset Steps	<ul style="list-style-type: none"> • Use only the steps to cross from start to the end • Step, hop, jump, kneel, sit, or hold steps • Obstacle completion is when the athlete has passed the last step • Any combination of steps can be used • Steps may be missed / skipped 	<ul style="list-style-type: none"> • Any part of body contacts the ground or support padding • Use of any support structure or padding for assistance • Crossing into the other lane
2	Monkey Bars	<ul style="list-style-type: none"> • Using only arms or hands to cross under the bars from start to finish • Bars may be missed / skipped • Feet and legs must always remain below shoulder height • Obstacle completion is when the athlete hits the bell with their hand 	<ul style="list-style-type: none"> • Any part of body contacts the ground or support padding • Use of any support structure or padding for assistance • Travel over any bar • Feet or legs above shoulder height at any time • Use feet to hit the bell • Crossing into the other lane
3	1.5m Wall	<ul style="list-style-type: none"> • Cross the wall from one side to the other • Entire body, including both legs must go over the wall • Obstacle completion is when the athlete lands on the far side of the wall 	<ul style="list-style-type: none"> • Use of any support structure or padding for assistance • If body of the part passes below the top of the wall (to either side)
4	Balance Beam	<ul style="list-style-type: none"> • Traverse beam from start to finish 	<ul style="list-style-type: none"> • Any part of body contacts the ground



		<ul style="list-style-type: none"> • The start platform must be used as the first step • The finish platform must be used as the last step • Obstacle completion is when the athlete passes the finish platform 	<ul style="list-style-type: none"> • Not stepping on both platforms • Crossing into the other lane
5	4-Wheel Rig	<ul style="list-style-type: none"> • Use only the wheels to cross from start to finish • Feet and legs must always remain below shoulder height • Bars may be missed / skipped • Obstacle completion is when the athlete hits the bell with their hand 	<ul style="list-style-type: none"> • Any part of body contacts the ground or support padding • Use of any support structure or padding for assistance • Use feet or legs to cross the wheels • Use of feet to hit the bell • Feet or legs above shoulder height at any time • Crossing into the other lane
6	2m Wall	<ul style="list-style-type: none"> • Climb over wall from one side to the other • Entire body, including both legs must go over the wall • Obstacle completion is when the athlete lands on the other/far side of the wall 	<ul style="list-style-type: none"> • Use of any support structure or padding for assistance • If part of a competitor's body passes below the top of the wall (to the side) • Crossing into the other lane
7	Island steps	<ul style="list-style-type: none"> • Traverse island steps from start to end • Must step on the first step • Steps may be missed/ skipped after the first step 	<ul style="list-style-type: none"> • Any part of body contacts the ground or support padding • Crossing into the other lane



8	Rings	<ul style="list-style-type: none"> Using only arms or hands to cross using the rings from start to end Rings may be missed/ skipped Feet and legs must always remain below shoulder height Obstacle completion is when the athlete hits the bell with their hand 	<ul style="list-style-type: none"> Any part of body contacts the ground or support padding Use feet or legs to hold the rings Use of any support structure or padding for assistance Use of feet to hit the bell Feet or legs above shoulder height at any time Crossing into the other lane
9	Low Crawl	<ul style="list-style-type: none"> Traverse under the net from start to finish 	<ul style="list-style-type: none"> Crossing outside the net/ structure Crossing into the other lane
10	Goblet Swing	<ul style="list-style-type: none"> Using only arms or hands to cross from start to end Elements may be missed/ skipped Feet and legs must always remain below shoulder height Obstacle completion is when the athlete hits the bell with their hand 	<ul style="list-style-type: none"> Any part of body contacts the ground or support padding Use feet or legs to hold the elements Use of any support structure or padding for assistance Use of feet to hit the bell
11	Tarazan Swing	<ul style="list-style-type: none"> Swing on the rope from the start platform to the end platform The rope must be grabbed by at least one hand 	<ul style="list-style-type: none"> Any part of body contacts the ground or support padding Use of any support structure or padding for assistance



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		<ul style="list-style-type: none">• Obstacle completion is when the athlete lands on the end platform	<ul style="list-style-type: none">• Crossing into the other lane
12	Finish Wall	<ul style="list-style-type: none">• Ascend the wall• Feet and legs must always remain below shoulder height• Obstacle completion is when the athlete pulls hits the button or pulls the lever	<ul style="list-style-type: none">• Feet or legs above shoulder height at any time• Use side or edge of the wall for assistance in any way

Goodluck and see you on Saturday!