



Fédération Internationale de Sports d'Obstacles

**OCR 400 m  
COMPETITION RULES  
2019**

Version 2019.06.11

The Competition Rules is the Master Source Document (“MSD”), found on the World OCR website at [worldocr.org](http://worldocr.org). The MSD is a web based document that acts as the official (authorized) reference document for all event formats and distances in Obstacle Sports and is maintained based on authorized amendments in accordance with recommendations by the TC and accepted by the FISO Executive Board.

This document, the **400 m Competition Rules** (“the Rules”), contains specific technical aspects for the OCR 400 m event and references the MSD.

## Contact

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## 1. INTRODUCTION:

### 1.1. Purpose

1.1.1. World OCR, the Fédération Internationale de Sports d'Obstacles (FISO), is the sole governing body, responsible for Competition Rules for its related disciplines and events.

1.1.2. The OCR 400 m is a timed obstacle course race where athletes run and overcome obstacles. Events are mass start with up to 24 athletes on the start line at a time and the fastest athlete wins.

1.1.3. These Rules must be read in conjunction with the MSD.

### 1.2. Intention

1.2.1. the Rules are intended to:

- 1.2.1.1. Create an atmosphere of sportsmanship, equality, and fair play;
- 1.2.1.2. Provide safety and protection;
- 1.2.1.3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
- 1.2.1.4. Disqualify or penalize athletes who gain an unfair advantage;

1.2.2. Definitions of all terms used in the Rules are provided in the MSD. Any difficulty in the interpretation or application of Rules should be referred to the TC.

### 1.3. Rule Updates

The Rules may be changed from time to time by the TC at its discretion, with the approval of the FISO Executive Board. Any such rule change(s) shall be advised in writing to affiliated NFs at least 30 days before taking effect. Updated FISO Competition Rules will be posted on the FISO website ([worldocr.org](http://worldocr.org)).

## 2. CONDUCT OF ATHLETES

### 2.1. General Conduct

2.1.1. Race tactics are part of the interaction between athletes however 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;
- Know, understand and follow the Rules, available from their NFs and on [www.worldocr.org](http://www.worldocr.org);
- 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.
- Inform a Technical Official immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension.

- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- 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.
- Not attempt to gain unfair advantage in any way.

## 2.2. Drug Abuse

Ref: the MSD

## 2.3. Health

Ref: the MSD

## 2.4. Eligibility

Ref: the MSD.

## 2.5. Insurance

Ref: the MSD

## 2.6. Registration

Ref: the MSD.

## 2.7. Uniform

Ref: the MSD

## 2.8. Footwear

Ref: the MSD

## 2.9. Other Equipment

Ref: the MSD

## 2.10. Race numbers

Ref: the MSD

## 2.11. Assignment of race numbers

Ref: the MSD

## 2.12. Timing and Results

Ref: the MSD

# 3. PENALTIES AND RULES

## 3.1. The Course

- 3.1.1. The OCR 400 m course is running track consisting of a start line, twelve (12) obstacles and a finish line.
- 3.1.2. The course is ideally on a standard IAAF 400 m athletic track (9.76 m wide) as defined in the OCR Course Specification Manual ("CSM").
- 3.1.3. The twelve (12) standard obstacles are defined in the CSM. Each obstacle spans the width of the track, which is no less than 3.0 m wide.

## 3.2. General Rules

- 3.2.1. Completion of all obstacles is mandatory.
- 3.2.2. An athlete failing an obstacle may attempt the obstacle a second time.
- 3.2.3. An athlete who fails to complete an obstacle on the second attempt must immediately leave the course
- 3.2.4. An athlete who fails an obstacle is designated Did Not Complete ("DNC") in the results for that run and is not awarded a time.
- 3.2.5. There are no time or athletic penalties.
- 3.2.6. Athletes finishing with the same time (measured to 1/100<sup>th</sup> [0.01] of a second) shall be awarded a tie.
- 3.2.7. Failure to comply with the Rules may result in an athlete being verbally warned, subject to disqualification, suspension, or expulsion.
- 3.2.8. The nature of the rule violation will determine the subsequent penalty in 3.1.7.
- 3.2.9. A suspension or an expulsion will occur for very serious violations of either the Rules or FISO Anti-Doping Rules.
- 3.2.10. An athlete may be issued a verbal warning or disqualified for failing to abide by the Rules.
- 3.2.11. The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created.

## 3.3. Specific Rules – Mixed Relay

- 3.3.1. A Mixed Relay team shall be four (4) people consisting of two (2) men and two (2) women.
- 3.3.2. The start order of the team may be by either gender, i.e. either a man or a woman may be

the first runner for the team.

- 3.3.3. The running order of the team may be in any order by gender.
- 3.3.4. An athlete must “tag” the next runner in order for them to proceed on the course. Tagging requires physical contact between the two runners.
- 3.3.5. Each runner on the team shall complete three (3) obstacles before tagging the next runner, as follows:

Runner	Obstacles No.	Transition for Next Runner
1	1, 2, 3	Between 3 and 4
2	4, 5, 6	Between 6 and 7
3	7, 8, 9	Between 9 and 10
4	10, 11, 12	NA

- 3.3.6. Tagging must be completed in a Transition Zone (TZ), defined as anywhere between the last obstacle of the current runner and the first obstacle of the next runner.
- 3.3.7. Only runners who are Tagging or who are waiting to be tagged are allowed in a TZ. Waiting runners must assemble in the Waiting Zone (WZ), an area defined immediately adjacent to the TZ.
- 3.3.8. A runner may only enter their TZ when their next runner is moving on the course.
- 3.3.9. Runners who have tagged their next runner must immediately move out of their TZ.
- 3.3.10. Runners who have tagged their next runner may run with their team alongside, but not on the course.
- 3.3.11. Runners may not physically assist other runners on the course.
- 3.3.12. The total distance covered by the team is 400 m.
- 3.3.13. All four (4) members of the team must cross the line together.
- 3.3.14. The team’s time is taken when their last runner crosses the finish line.
- 3.3.15. The team with the fastest time is the winner.

### 3.4. Specific Rules – Mixed Team

- 3.4.1. A Mixed Team shall be four (4) people consisting of two (2) men and two (2) women.
- 3.4.2. The team must start, travel and finish together as a group.
- 3.4.3. The race consists of one lap of the course.
- 3.4.4. Team members may assist each other in any way provided they do not impede the progress of other teams and do so in a way that does not gain an unfair advantage. Ref: the

MSD.

3.4.5. The finish time for the team is when the last team member crosses the finish line. Ref: the MSD.

3.4.6. The team's time is taken when their last runner crosses the finish line.

3.4.7. The team with the fastest time is the winner..

### **3.5. Verbal Warning**

Ref: the MSD

### **3.6. Time Penalties**

There are no time penalties.

### **3.7. Disqualification**

A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, interference with other athletes, dangerous or unsportsmanlike conduct or failure to assist an athlete in distress.

### **3.8. Suspension**

Ref: the MSD

### **3.9. Expulsion**

Ref: the MSD

### **3.10. Right of Appeal**

Athletes punished with a penalty have the right to appeal.

### **3.11. Protests**

Ref: the MSD

### **3.12. Hearings and Appeals**

Ref: the MSD

### **3.13. Reinstatement**

After suspension, an athlete must apply to the FISO Executive Board for reinstatement.

## 4. CONDUCT

### 4.1. General Rules:

The athletes will:

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

### 4.2. Finish Definition:

An athlete will be judged as "finished," the moment any part of the torso crosses a vertical plane extending from the leading edge of the finish line OR they activate the finish mechanism, which may include, but is not limited to a button, switch, pressure pad, lever or similar that activates a horn, whistle, pyrotechnic, light(s), stop clock or other finish device or combination of devices.

### 4.3. Safety Guidelines:

The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

### 4.4. Illegal Equipment:

Ref: the MSD

## 5. OBSTACLE CONDUCT

### 5.1. General Rules:

Ref: the MSD

## 6. COMPETITION IN QUALIFYING ROUND FORMAT

### 6.1. General



A competition in Qualifying Round Format (tournament) consists of several rounds with a number of heats and a final to determine the winner. The rounds may include quarter finals, semi-finals, repechages or other rounds before the finals. Athletes qualify for the final based on time.

## 6.2. Rounds

- 6.2.1. The rounds will be called heats, quarter finals, semi-finals, finals and grand final as appropriate.
- 6.2.2. There may be any number of heats.
- 6.2.3. Quarter finals, if used, are the fastest sixteen (16) teams from the heats.
- 6.2.4. Semi-finals, if used, are the fastest four (8) teams from the quarter finals.
- 6.2.5. Finals are the fastest four (4) teams from the semi-finals determining the second runner up (Bronze medal.)
- 6.2.6. A grand final is the fastest two (2) teams from all times from the heats through the finals determining the winner (Gold medal) and runner up (Silver medal.)
- 6.2.7. A repechage, if used, is a round or series of rounds that allows teams who have been eliminated in the heats to qualify for the semi-finals.
- 6.2.8. If there are no quarter finals, semi-finals, finals, grand finals or repechages, the placings are based on finish time from the heats.

## 6.3. Distribution of athletes in the semi-finals

Ref: the MSD

## 6.4. Numbering

Ref: the MSD

## 6.5. Results

The fastest team (winner) is awarded the Gold medal. The first runner up is awarded second (Silver medal) and the second runner up is awarded third (Bronze medal.)

# 7. PARA-OCR

Ref: the MSD