Pathway to the OCR National Team

1. Introduction Obstacle Australia is committed to fostering elite talent in Obstacle Course Racing (OCR) and ensuring that the best athletes represent Australia at international events. This document outlines the selection process, eligibility criteria, and expectations for athletes aspiring to join the Australian National OCR Team and compete at the World OCR Championships.

2. Definitions National Team The Australian National OCR Team represents the country in international competitions. Selection is determined by the OCR Sports Committee (the Committee), which consists of elected athlete representatives.

Development Squad (Dev Squad) The Dev Squad is a preparatory group for athletes aspiring to qualify for the National Team. It provides a supportive environment for training, competition preparation, and information sharing.

3. Organizational Structure OCR Sports Committee (The Committee) The Committee is responsible for:

- Selecting the National Team.
- Managing the Dev Squad.
- Communicating qualification pathways and event information.

The Committee members are elected annually at the Board AGM and work to ensure fair and transparent selection processes.

4a. Membership Pathway Joining the Development Squad

Eligibility Criteria: Athletes can qualify for the Dev Squad through one of the following:

- Achieving a top 5 finish at a designated qualifying event OR meeting a designated time standard. (Qualifying partner events are on the OA facebook page)
- Submitting an application for consideration.
- Being nominated by an existing Dev Squad member or the Committee.

Application Process: To apply for Dev Squad membership, athletes must:

1. Complete the Dev Squad application form.
2. Agree to the Dev Squad membership terms and conditions.
3. Maintain an active interest in OCR competition and progression.

4b. Advancing to the National Team

Eligibility Criteria: To be considered for the National Team, an athlete must:

- Be an active member of the Dev Squad.
- Achieve a podium finish (1st, 2nd, or 3rd place) at a designated **National** Team qualifying event OR meet additional performance benchmarks.
- Submit an application to the Committee for selection consideration.
- Confirm availability and readiness to compete at the World OCR Championships.

Application Process: (For National Team athletes must)

1. Submit a completed National Team application.
2. Confirm membership with Obstacle Australia.
3. Accept all National Team responsibilities and expectations.

5. Roles and Expectations

5a Development Squad Members:

- **Commitment:** Members should aim to progress towards National Team selection, either immediately or in the future.
- **Engagement:** Active participation in training discussions, sharing insights on rehabilitation, nutrition, and competition strategies.
- **Hiatus Provision:** Members may take a short break (up to 1-2 years) for personal reasons such as family, work, injury, or financial constraints while remaining in the Dev Squad. Athletes returning from hiatus may be required to demonstrate competitive readiness before resuming full participation.

5b National Team Members:

- **Obligations:**
  - Maintain active membership with Obstacle Australia.
  - Represent Australia with integrity, sportsmanship, and dedication.
  - Adhere to team commitments, including pre-event training and administrative requirements.

6. Communication and Support

- The Committee will provide updates on qualification pathways, event opportunities, and training recommendations primarily to Dev Squad members.
- Dev Squad members are encouraged to foster a culture of mutual support and positivity.

7. Additional Considerations

Code of Conduct & Removal Policies

- All athletes are expected to uphold the highest standards of professionalism and sportsmanship. Any breaches, including unsportsmanlike conduct, anti-doping violations, or failure to meet team obligations, may result in removal from the Dev Squad or National Team.
- Athletes may also be removed based on consistent underperformance or failure to meet competitive benchmarks.

Appeals Process

- Athletes who wish to appeal a selection or removal decision must submit a formal written appeal to the Committee within 14 days of notification.
- Appeals will be reviewed by an independent panel to ensure fairness and adherence to Obstacle Australia's dispute resolution policy.

8. References

Qualifying Events A list of designated qualifying partner events for both the Dev Squad and the National Team, along with required performance criteria, are published annually on the Obstacle Australia website & facebook page. For the OCR 100m, 3k, 10+k & 5k or team race. Adaptives can use wave times, proof from Strava or written approval from coaches.

This document serves as a comprehensive guide for athletes aiming to represent Australia in OCR. By following this pathway, athletes can ensure they meet the necessary criteria and are well-prepared for international competition.

Australian OCR National Team & Development Squad Application

Thank you for your interest in representing Australia in Obstacle Course Racing (OCR). This application is for athletes seeking to join the National OCR Development Squad or the Australian National Team for the upcoming event in our series this year.

Personal Information:

- Full Name:
- Date of Birth:
- Guardian name & phone if under 18:
- Age Category (select one):
    - Youth: ☐ 10/11 ☐ 12/13 ☐ 14/15
    - Junior: ☐ 16/17 ☐ 18/19
    - Senior: ☐ 20-24 ☐ 25-29 ☐ 30-34 ☐ 35-39
    - Masters: ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59
    - Veteran: ☐ 60/61 ☐ 62/62 ☐ Other: ___
- Gender: ☐ Male ☐ Female ☐ Other
- Contact Email:
- Contact Phone:
- Address:
- Emergency contact name & phone:

Application Type (select one or both):

- ☐ Development Squad
- ☐ National Team

Race Categories (select all that apply):

- ☐ 100m
- ☐ 3K
- ☐ 5K Teams
- ☐ 10K+

Athletic Background & Qualifications:

- Are you currently a member of Obstacle Australia? ☐ Yes ☐ No
- Have you previously competed in OCR events? ☐ Yes ☐ No
    - If yes, list recent results (event, date, placement):
        1. _____
        2. _____
        3. _____
- Have you achieved a top 5 finish at a designated qualifying event? ☐ Yes ☐ No

    (As listed either on our website or facebook page)

- Are you applying based on an invitation or nomination? ☐ Yes ☐ No
    - If yes, by whom? _____

Commitment & Availability:

- Are you available to compete in the next event of the series this year? ☐ Yes ☐ No
- Are you willing to commit to training, team obligations, and competition expectations? ☐ Yes ☐ No
- Do you understand and accept the Code of Conduct outlined in the National Team & Development Squad Pathway Document? (Listed on the website under policies) ☐ Yes ☐ No

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Supporting Documents: Please attach the following:

1. A brief athlete statement (why you wish to join the team and your goals in OCR).
2. Proof of race results (screenshots, official links, or certificates).
3. Any relevant certifications or achievements (if applicable).
4. Proof of current Obstacle Australia membership

Declaration: I, _____, certify that the information provided in this application is true and accurate. I understand that selection is based on performance, eligibility criteria, and availability, and I agree to abide by the rules and expectations set forth by Obstacle Australia.

Signature: _____   Date: _____

Submission Instructions: Please submit your completed application along with all supporting documents to obstacleaustralia@gmail.com.

Applications must be received by the end of the month of the last qualifier. Late or incomplete applications may not be considered.

We look forward to reviewing your application and potentially welcoming you to the Australian OCR National Team or Development Squad!

Obstacle Australia Ltd - Support team

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