



United States Obstacle Course Racing

Competition Rules

The Rules is the master source document, found on United States Obstacle Course Racing's website at usaocr.org. This web based document acts as the official (authorized) reference document and is maintained based on authorized amendments in accordance with recommendations by the United States Obstacle Course Racing Technical Committee (USAOCRTC) and accepted by USAOCR Board of Directors.

The Competition Rules are intended to provide for the orderly and consistent administration of events sanctioned by USAOCR and are not designed to establish standards of care for the safety of participants or other persons. Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon the Competition Rules.

A primary goal of the Competition Rules is to provide a framework for a safe and fair field of play at all USAOCR sanctioned competitions. The intent of these rules is to support the variety and flexibility of competitions that meet the general criteria of being an Obstacle Course Races. Since Obstacle Course Races can be held in virtually any natural or manmade environment, and can be of any length, with any number and variety of obstacles, these rules do not specify these details.

USAOCR makes no express or implied warranty, guarantee, or representation regarding the degree of safety, which may or may not result from compliance with the Competition Rules. Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor compliance with the Competition Rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of each participant.

Italicized sections of these Competition Rules shall apply to those athletes holding an elite license at any event with a minimum cash prize purse of \$5,000.00. An event with a minimum \$5,000.00 prize purse must limit the Elite Division to athletes holding a USAOCR membership or from an World OCR (Fédération Internationale de Sports d'Obstacles) member federation. All individual prize money is reserved for the Elite Division.

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USAOCR is a member of:





1. INTRODUCTION

1.1. Scope

- a) These Competition Rules ("Rules") are adopted by USA Obstacle Course Racing (USAOCR) and govern the administration of all races and events sanctioned by USAOCR. These Rules are binding on all members of USAOCR and all persons who enter or participate in any event sanctioned by USAOCR;
- b) USAOCR is the sole governing body, responsible for Competition Rules for Obstacle Course Racing and its related sports in the United States. The complete list of sports under the jurisdiction of USAOCR is included as Appendix A;

1.2. Purpose

- a) The USA Obstacle Course Racing Technical Committee (USAOCRTC) will ensure technical aspects of USAOCR competitions are of the highest quality;
- b) The Rules specify the conduct and behavior of athletes during USAOCR competitions.
- c) USAOCR Event Organizers' Manual and its related documents set safety and logistical standards for host events, organizations, races and race directors (Events) and for the Local Organizing Committees (LOCs);
- d) USAOCR Technical Officials' (USAOCRTO) Certification Program sets the standards for certifying USAOCR Technical Officials;
- e) The Rules are intended to:
 - i. create an atmosphere of sportsmanship, equality, and fair play;
 - ii. encourage and reward individual performance and initiative;
 - iii. protect the health, safety, and wellbeing of participants;
 - iv. emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
 - v. Penalize athletes who gain an unfair advantage;
 - vi. promote the integrity of sport and OCR as a positive cultural force in modern day society; and
 - vii. foster the foregoing ideals through the establishment and enforcement of punitive rules.
- f) Definitions of all terms used in The Rules are provided in Appendix B. Any difficulty in the interpretation or application of Rules should be referred to the USAOCRTC.

1.3. Construction

These Rules shall be interpreted and construed in a manner consistent with their purpose. Whenever the context so indicates, the masculine or feminine gender, and the singular or plural number, shall be construed to include the other.

1.4. Language and Communication

- a) The official language of USAOCR Events is English.
- b) Events are responsible for providing translation services from/to English for their own athletes
- c) LOCs will communicate at least in English, even if another language is used in parallel.



1.5. Modifications

- a) The Rules will be adapted for related sports competitions, which fall within USAOCR's jurisdiction.
- b) An athlete shall not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, infringements related in The Rules have a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained.
- c) USAOCR Competition Rules will be applicable competitions hosted by Events affiliated with USAOCR.

1.6. Exceptions and Additions

The Rules will be applicable to all events sanctioned by USAOCR and are to be implemented by the appointed Technical Delegate as appropriate. Where the Rules conflict with the laws of the jurisdiction in which the event is to be held, The Rules will override the laws of the jurisdiction to the extent of the inconsistency.

Athletes must be notified of the implications of these laws as early as practical and no later than the start of the event. Exceptions for special circumstances in a particular event may only be gained from USAOCR with prior approval.

A request for an exception to The Rules must be made in writing to the USAOCRTC through the EVENT ORGANIZER to whom the application has been submitted or is being submitted.

1.7. Specific Regulations

A Technical Delegate may approve the addition of specific regulations for a particular race, provided that:

- a) Each additional specific regulation does not conflict with another USAOCR Competition Rule;
- b) Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and
- c) Each additional specific regulation and the reasons for its inclusion are advised to the USAOCRTC one week before the day on which the event is to be conducted. The USAOCRTC may invalidate the incorporation of an additional specific regulation only on the authority of USAOCR Board of Directors.

1.8. Intellectual Property

- a) USAOCR Events are the exclusive property of USAOCR, which owns all rights associated including, without limitation, the rights to organize, exploit, broadcast and reproduce USAOCR Events. These rights include any type of digital or analogue media, whether that is photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All the personal data from the athlete entered into any USAOCR event and the data produced from the event, including the results are exclusive property of USAOCR.
- b) Prior to competing in World Cups or USAOCR World Series events and related Championships, Elite, U23, Junior athletes and para-athletes must sign USAOCR Athletes' Agreement, which states that any dispute arising from USAOCR Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, USAOCR Athletes' Agreement is valid until the end of the competition year it has been signed in. Athlete agreement is included in Appendix M

1.9. Unauthorized Exceptions or Additions

The unauthorized exception to, or addition of a Competition Rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from Events and/or municipal authorities to use land or property under their jurisdiction. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.



1.10. Rule Updates

The Rules may be changed from time to time by the USAOCRTC at its discretion, with the approval of USAOCR Board of Directors. Any such rule change(s) shall be advised in writing to affiliated Events at least 30 days before taking effect. Updated USAOCR Competition Rules will be posted on USAOCR website (usaocr.org).

2. MEMBERSHIP

2.1. Membership/Permit Requirements

All participants in events sanctioned by USAOCR must be members of USAOCR and be able to present a valid annual membership card or must purchase a USAOCR single event permit. Any athlete who intentionally participates in an event despite (i) lack of membership, or (ii) ineligibility for the relevant membership class shall be suspended or barred from membership in USAOCR and banned from participation in any sanctioned event for a period of up to one year.

2.2. Membership Eligibility

Membership in USAOCR is available to all persons in good standing with USAOCR who submit a completed application, pay the required membership fee, and comply with all the requirements determined by USAOCR to be applicable to the specific category of membership desired. No person shall be denied membership on the basis of race, color, religion, sex, national origin, or disability.

2.3. Athletes' Membership Rights

All athletes shall be entitled to due process with respect to any action revoking or suspending the athlete's membership in USAOCR. Due process shall include:

- a) reasonable notice (usually in writing) of the charges or allegations made against the athlete;
- b) a reasonable time within which to prepare a defense and to answer the charges or allegations;
- c) the opportunity to respond to the charges and the ability to have the assistance of legal counsel in the preparation of any defense;
- d) a hearing before an impartial and disinterested decision-making body; and,
- e) the ability to appeal an adverse decision and notice of the proper procedure for making such an appeal.

No person shall be suspended from USAOCR or declared ineligible to participate in USAOCR sanctioned events without fair notice of the allegations against such person and the opportunity for a hearing.

2.4. Membership Categories

Annual membership in USAOCR will be available in the following categories and subject to the following requirements:

- a) Elite
 - i. Elite annual membership will be available to certain qualified, highly competitive, and experienced athletes. An elite annual member is eligible to receive prize money directly. Any person wishing to apply for an elite annual membership should contact USAOCR (<http://www.usaocr.org>) for consideration.
 - ii. Elite Collegiate: Athlete who qualifies according to the criteria listed above, and does not accept prize money. Elite athletes holding an elite license from their National Federation or having raced as an elite athlete in international events are prohibited from competing within age group categories as an age group athlete or for age group awards in events where there is an elite division or awards. Prior to entering any USAOCR event, athletes must disclose their elite status and that failure to disclose such is



cause for Disqualification and up to a one year suspension from USOCR sanctioned events.

b) **Age Group.**

The following divisions shall be available within the age group category of membership: (i) regular membership; (ii) youth membership (17 years of age and younger as defined in Section 3.5).

2.5. Prize Money

Distribution of prize money shall comply with the following standards:

- a) When prize money is available in any event, no restrictive rules or conditions that have the effect of impeding performance may be placed upon any one category of members or group of participants unless such rules or conditions are imposed equally upon all those participants who are eligible for prize money.
- b) Prize money for any sanctioned event shall be distributed equally between men and women in both amount and depth. For each placing where prize money is offered for one gender, including any bonus, there must be a corresponding and equal place for the other gender offering the same amount of prize money.
- c) Where the depth of prize places exceeds the number of competitors in either gender, that portion of prize money designated for the places for which there are no finishers will not be distributed.
- d) Events that feature a gender neutral competition through a handicapped time delay start for the men in order that women and men compete on an equal basis for a bonus prize shall not be construed to be in violation of Section 2.5.2.

2.6. Single Event Permits

At the discretion of USAOCR, persons who are not annual members of USAOCR may be allowed to participate in certain sanctioned events through the issuance of a single event permit. USAOCR shall determine the fee and establish the requirements necessary to obtain a single event permit. Any person obtaining a single event permit shall be subject to all of the Rules, Regulations and Policies of USAOCR.

3. CONDUCT OF ATHLETES

3.1. General Conduct

Race tactics are part of the interaction between athletes however athletes are required to:

- a) Practice good sportsmanship both on and off the race course.
- b) Compete and conduct themselves in the spirit of competition.
- c) Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways. Athletes who willfully bend the rules to their own advantage will be disqualified.
- d) Be responsible for their own safety and the safety of others.
- e) Know, understand and follow The Rules, available at www.usaocr.org.
- f) Obey instructions from race officials and volunteers.
- g) Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.
- h) Not use abusive, derogatory or inflammatory language.
- i) 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.
- j) Compete without receiving assistance other than from event personnel and officials.
- k) Refrain from ambush marketing.
- l) 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.
- m) Not attempt to gain unfair advantage in any way.



3.2. Outside assistance

- a) The assistance provided by event personnel or Technical Officials is allowed but is limited to drinks, nutrition, equipment and medical assistance, upon the approval of the Technical Delegate or Race Referee. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks.
- b) Pre-placement of gear, nutrition, or hydration on course is not allowed. There is no penalty for verbally interacting with medical personnel.
- c) Athlete must complete the event with all the clothing and gear Athlete starts the event with. Leaving items behind on course, including litter is grounds for disqualification.

3.3. Drug Abuse

- a) Athletes will follow USAOCR Anti-Doping Rules;
- b) All athletes are responsible for familiarizing themselves with USAOCR Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances;
- c) USAOCR Anti-Doping Rules abide by rules set by the World OCR Anti-doping Policies, the World Anti-Doping Agency (WADA) Code and administered by World OCR, the United States Anti-Doping Authority or a verified service provider in the United States of America.

3.4. Transgender Rules

- a) Athletes will follow USAOCR's Transgender Rules;
- b) All athletes are responsible for familiarizing themselves with USAOCR Transgender Rules including medical tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes;
- c) USAOCR follow the Transgender Guidelines specified by International Olympic Committee. These guidelines are available on the USAOCR website and external links.

3.5. Health

- a) Obstacle Course Races and USAOCR's related sports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race;
- b) The Technical Delegate may establish time limits and overall finish time for each competition. These limits must be published in the pre-event registration material.
- c) USAOCR encourages athletes to perform periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in Competition sport.



3.6. Eligibility

- a) All athletes must be in good standing with USAOCR. To ensure this, all the entries must be done by the Events, not by the athletes themselves.
- b) Athletes under suspension are not allowed to compete in any USAOCR event, in any competition sanctioned by USAOCR members, or in any competition held under USAOCR Rules.
- c) All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31st in the year of competition.
 - i. Five (5) year age groups starting at 20, i.e. 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, plus U20, OR;
 - ii. Athletes aged 16 years old and under are eligible to compete in the Youth category.
 - iii. Athletes aged 17 to 18 years old are eligible to compete in the Junior category.
 - iv. Athletes aged over 40 are eligible to compete in the Masters category.
 - v. Athletes aged over 50 are eligible to compete in the Senior category.
 - vi. Athletes aged over 60 are eligible to compete in the Veterans category.
- d) The different qualification criteria are published in Appendix C.
- e) Specific Olympic qualification criteria are published in Appendix D.
- f) Athletes competing on a course multiple times in one day will not be permitted to stack points. Points are determined by your first performance of one course distance per day.
- g) Age limits: athletes must be a minimum age to compete in any USAOCR Event, as outlined in Appendix E. Continental Confederations may add other age limits for Continental Championships, for youth categories with super-sprint events. The age limits as outlined in Appendix E cannot be modified.

3.7. Insurance

- a) Each athlete competing in a USAOCR event will be provided with insurance coverage, provided through USOCR membership. This insurance covers:
 - i. Any accident traveling to, from and occurring at the race site before, during and after any competition.
 - ii. Any sickness that an athlete could suffer during a trip to a competition or event.
- b) Liability caused by an athlete during the competition.
- c) The athlete's EVENT ORGANIZER guarantees the membership of all athletes in an event.

3.8. Registration

- a) Entry:
 - i. Events will register their athletes for USAOCR events following their Event qualification system or other USAOCR approved qualification system;
 - ii. Elite, U23, Junior and Youth athletes and para-athletes qualify by following the eligibility rules detailed herein;
 - iii. Prior to competing in World Cups or USAOCR World Series events and Sports World Championships,



Elite, U23, Junior athletes and para-athletes must sign USAOCR Athletes' Agreement, which states that any dispute arising from USAOCR Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, USAOCR Athletes' Agreement is valid until the end of the competition year it has been signed in;

- iv. Events are responsible for entering their athletes and coaches for all USAOCR Events using USAOCR online system on www.usaocr.org;
- v. All age-group, Youth, Junior and U23 athletes must provide a government issued photo identification at race registration/packet pick-up prior to competition;

b) Pre-Race Briefings:

- i. Coaches' Meeting: If a coaches' meeting is scheduled, it will take place one hour before the Athletes' Briefing. The TD will conduct the Coaches' Meeting. The agenda will include the announcement of the Competition Jury and all the technical details of the event as well as specific information for coaches. Coaches' accreditations will be distributed at this meeting, or if the Coaches' Meeting is not scheduled, accreditations will be distributed at the end of the Elite/U23/Junior/Youth Athletes' Briefing;
- ii. Age-Group Team Managers' and Coaches' Briefing: At World Championships, the TD will conduct the Age-Group Team Managers' and Coaches' briefing. Only Age-Group Team Managers and Coaches are allowed to attend. The agenda of this briefing will include the announcement of the Competition Jury and all the necessary information for the event. A separate briefing will be conducted for Para;
- iii. Para-athletes Team Managers' Meeting. If a Para-athletes Team Managers' Meeting is scheduled, it will take place one day before the Para-athletes Briefing. The TD will conduct it and the agenda will include the announcement of the Competition Jury and all technical details of the event as well as the specific information on Para-athletes procedures.
- iv. Elite/U23/Junior/Youth Briefings: At all USAOCR Events, the TD will conduct the Athletes' Briefing. Elite/U23/Junior/Youth athletes must be in attendance. Coaches may also attend the briefing. The following penalties apply to athletes who miss the briefing:
- v. Athletes not attending the briefing, without informing the TD about their absence, or without cause, will be removed from the start list. Cause may include reasons such as travel delays outside the athletes control;
- vi. Athletes entering the briefing hall after the briefing has started and athletes not attending the briefing, but who have informed the TD about their absence, will be reallocated to the last position on the pre-start line up;
- vii. For the World Series or World Cup events, if an athlete misses more than two briefings in a calendar year without cause, they will be removed from the start list for the third missed briefing and each missed briefing thereafter;
- viii. Athletes must register and show valid, government issued photo identification prior to entering the briefing venue;
- ix. For World Series and World Cup events, there is one single Athletes' Briefing for all athletes. This briefing will be held one day prior to the first elite competition day. Alteration to this time should be announced on USAOCR website 45 days in advance.
- x. The race briefing time and day may be moved under extenuating circumstances, at the sole discretion of the TD. Extenuating circumstances may include, but are not limited to systemic travel delays or weather.

c) Packet Pick-Up / Registration:

- i. Technical Officials will conduct the packet pick-up at the Athletes' Lounge, a specific check-in room / tent or other dedicated area.
- ii. Athletes must pick up their own race packet at the official race registration area during a designated time.
- iii. Packet pick-up will be opened on two (2) separate days, starting from 2 days prior to their competition. The hours shall be from 09:00 to 19:00 and up to 2 hours prior to the start of their event.



- iv. The race packet will include:
 - o accreditation pass
 - o athletes' guide
 - o tickets for all the social functions
 - o Timing chips
 - o Race numbers (if required)
 - o Control of the athletes' uniform, which must comply with USAOCR Uniform Rules (Appendix F). Each uniform should be photographed. If an athlete needs to replace the uniform, this process must be done again.
 - o LOC gifts may be distributed at the same time.

3.9. Uniform

- a) Elite athletes competing in USAOCR events are required to wear their uniform conforming to USAOCR Uniform Rules (see Appendix E). Age group athletes are encouraged to wear uniforms meeting these rules.
- b) Athletes must follow the following rules with respect to wearing uniforms
 - i. Athletes must wear the uniform during the entire competition and award ceremony.
 - ii. The uniform must cover the whole torso in the front and back.
 - iii. Arms below the shoulders must be uncovered. Long sleeves and long pants are allowed for the award ceremony or in the event of conditions that may necessitate warm apparel. The TD may authorize this area to be covered based on the weather conditions. This paragraph does not apply to Winter events.
 - iv. The uniform must be worn over both shoulders for the duration of the competition.
 - v. Rain/wind jackets must be the same design and color as the uniform or must be transparent.
 - vi. Failure to comply with The Rules related to the uniform may result in an athlete having to wear a suit supplied by USAOCR or covering any logos on the uniform not allowed by the Rules. If during the race or the award ceremony, athletes wear a uniform with logos that do not comply with the Competition Rules, he/she may be penalized, ineligible for prize money or may be disqualified.
- c) Muslim female athletes are allowed to have the body totally covered (except the face) provided that:
 - i. The uniform material is approved by the TD;
 - ii. The uniform will not interfere with obstacles or interfere with the athlete or other athletes in any way;
 - iii. Extra identification elements may be required to be worn over the uniform, following the TD's instructions
 - iv. Accommodation is provided on the uniform for race numbers (if required) to be clearly visible from the front, back and sides.

3.10. Footwear

- a) All athletes must wear a covering for their feet while competing on the course
- b) Footwear must be:
 - i. closed toed - no flip flops, sandals or any footwear of any type that could catch on an obstacle
 - ii. free of all external hard objects, for example spikes or traction devices
 - iii. free of external metal, exotic or composite materials that could conceivably cause damage to obstacles or other athletes

3.11. Race numbers

- a) The LOC may provide body marked numbers for the elite athletes, and will apply them prior to the event.
- b) Body marked numbers are to be applied to each arm and the back of one leg, unless instructed otherwise by



USAOCR TD at the briefing.

- c) In the event legs and arms cannot be marked due to approved apparel, a race number must be worn as specified by the USAOCR TD at the briefing.
- d) Body markings and/or decals using multiple digits will have numbers appearing one above the other, not side to side.
 - i. For elite events, one calf of each athlete must be marked with the category and gender of the athletes. The letters EM shall be marked on an elite male athlete and EF shall be marked on an elite female athlete.
 - ii. For U23 events, one calf of each athlete must be marked with U23.
 - iii. For Junior events, one calf of each athlete must be marked with the letter J.
 - iv. For Youth events, one calf of each athlete must be marked with the letter Y.
 - v. For age group events, one calf of each athlete must be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25 – 29 age category or F25 should appear on a female athlete in the same category)

3.12. Assignment of race numbers

- a) General:
 - i. Athletes' race numbers are assigned based on previous race results in similar events, by using the most relevant rankings.
 - ii. The elite men's and women's events will be numbered starting with number 1.
- b) Specific events numbering criteria:
 - i. World Series and Grand Final:
 - First criteria: Current world rankings
 - Second criteria: USAOCR Points List
 - Third criteria: random
 - ii. U23 World Championships:
 - First criteria: Current world rankings
 - Second criteria: USAOCR Points List
 - Third criteria: random
 - iii. Junior - Any event:
 - First criteria: Points List
 - Second criteria: Applicable Junior Rankings (ETU, PATCO).
 - Third criteria: random
 - iv. World Cup events:
 - First criteria: USAOCR Points List
 - Second criteria: random
 - v. Continental Cup events:
 - First criteria: USAOCR Points List
 - Second criteria: Continental rankings from the same continent as the event.
 - Third criteria: random
 - vi. Elite Continental Championships:
 - First criteria: Top 10 the previous year.
 - Second criteria: USAOCR Points List
 - Third criteria: Continental rankings from the same continent of the event
 - Fourth criteria: random
 - vii. U23 Continental Championships:
 - First criteria: USAOCR Points List



- Second criteria: random
- viii. Age Group - Any event:
 - First criteria: Age group by age group
 - Second criteria: Grouped by nations in alphabetical order starting by the host nation.
- ix. Para-athletes; any event:
 - First criteria: Athlete sport class in this order Para 5 Female (P5F), P5M, P4F, P4M, P3F, P3M, P2F, P2M, P1F and P1M (See Appendix for categories)
 - Second criteria: Para-athletes World Rankings
 - Third Criteria: random
- c) Numbering on the final of events with qualifying round format shall be the numbers allocated for the initial qualifying round.

3.13. Timing and Results

- a) The athlete who has the shortest time from the start signal to the moment when they cross the finish line will win the race. In elite waves the result is based on Gun Time.: he first athlete across the line is the winner. For multiple waves in any category and for overall results, chip timing shall be used to determine results.
- b) The official results will list the athletes according to their finish time as recorded by electronic chip timing. Videography shall be used as a backup at the finish line and for verification, if required.
- c) In the event that two athletes tie for a place (verified by the finish line video), and their performances cannot be separated, they will be awarded the same rank, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing.
- d) Results will include athletes who do not finish the race (DNF), those who do not start (DNS), those who are disqualified (DSQ), did not complete all required obstacle (DNC), any lapped athletes (LAP, if applicable), ineligible para-athletes (NE) and not classified teams (NC) listed in this order:
 - i. Athlete's marked DNF or LAP (together in one group) are listed first, followed by DSQ and finally DNS
 - ii. If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first; if several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first, or by ascending start number if no times were recorded up to the point at which they retired
 - iii. Ineligible para-athletes, marked as NE
 - iv. Not classified teams marked as NC.
 - v. If more than one athlete is marked DNS they should be listed within the same group according to ascending start number
 - vi. If more than one athlete is marked DSQ they should be listed within the same group according to ascending start number
 - vii. If more than one Para-athletes is marked NE they should be listed within the same group according to ascending start number
 - viii. If more than one team is marked NC they should be listed within the same group according to ascending start number
 - ix. For DSQ athletes, achieved results and ranking (from previous race stages) should not be displayed
- e) For relay events, the rules above are applicable and the total time per athlete will be shown.
- f) Results will be official once the Race Referee signs them. Incomplete results can be declared official at any time.
- g) The race referee will use all the resources available to decide the final position of every athlete. The Referee may decide, based in the evidences available, that a race is tied if there is no way of defining which athlete crossed the line first.



- h) However, athletes who finish in a contrived tie situation, where no effort to separate their finish times has been made will be DSQ.
- i) Para-athletes changing sport after classification assessment before the event will be moved to new sport class. Ineligible para-athletes will be removed from the start list.
- j) Para-athletes changing sport class after observation during competition will be moved to new sport class. Ineligible para-athletes will be displayed as NE.

4. PENALTIES

4.1. General Rules

- a) Athletes must make an honest attempt to complete all obstacles and may attempt an obstacle only one time. An athlete failing an obstacle must complete a penalty. Failure to complete the obstacle or penalty will result in DSQ.
- b) The penalty shall be an athletic task that is commensurate in time to completing the obstacle.
- c) Athletes shall start the race with three wrist bands. If an athlete fails an obstacle a wrist band shall be cut and removed from the athlete's wrist.
- d) If an athlete fails three or more obstacles, and consequently has had all three wristbands removed, they shall be ranked Did Not Complete (DNC.)
- e) An athlete ranked DNC shall be ranked with a finish time, but cannot be ranked over an athlete who completes the course and has not failed three or more obstacles.
- f) Athletes who finish with the same time shall be awarded a tie, provided they both failed less than three (3) obstacles.
- g) Any failure to complete an obstacle, whether intentionally or not, will require completion of a penalty.
- h) A penalty may be a run loop, a run loop carrying a weight, another obstacle, or other athletic task that is no less in time and effort than it takes to successfully completing the obstacle from start to finish.
- i) A penalty should start and finishes at the same location and should be located immediately before the finish line. An athlete with two (2) bands shall complete one (1) penalty loop. An athlete with one (1) band shall complete two (2) penalty loops.
- j) Any athlete who is lapped on a multi-lap course must immediately leave the race course and will be DSQ.
- k) Failure to comply with The Rules may result in an athlete being verbally warned, subject to an athletic penalty, removal of a band, disqualified, suspended or expelled.
- l) The nature of the rule violation will determine the severity of the penalty.
- m) A suspension or an expulsion will occur for very serious violations of either The Rules or USAOCR Anti-Doping Rules.
- n) Reasons for Penalty: An athlete may be issued a verbal warning, punished with an athletic penalty, removal of a band or disqualified for failing to abide by The Rules. Infringements and penalties are listed in Appendix K.



- o) 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 intentionally.

4.2. Verbal Warning

- a) The purpose of a verbal warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials.
- b) A verbal warning may be given when:
 - i. An athlete violates a rule unintentionally
 - ii. A Technical Official believes a violation is about to occur
 - iii. No advantage has been gained
- c) Giving a verbal warning

The Official will blow their whistle, the athlete will be stopped if necessary, asked to modify their behavior, and allowed to continue the race immediately afterwards.

4.3. Time Penalty

There are no time penalties. Penalties shall be athletic in nature, generally a penalty "loop" or in the penalty box, immediately before and in view of the finish line.

4.4. Disqualification

- a) General:
 - i. 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.
- b) Assessment:
 - i. If time and conditions permit, a Technical Official will assess a disqualification by:
 - Sounding a whistle or horn;
 - Showing a red card;
 - Calling (in English) the athlete's number and saying "Disqualified";
 - For safety reasons, a Technical Official may have to delay issuing a disqualification.
 - ii. Results shall show the disqualification with the designation DSQ next to the athlete's name and number
- c) Procedure after Disqualification:
 - i. if a Technical Official issues a disqualification.

4.5. Suspension

- a) General:
 - i. A suspension is a penalty appropriate for fraudulent or very severe rule violation, such as but not



limited to repeated dangerous or unsportsmanlike conduct;

- ii. A suspended athlete shall be prohibited from competing in USAOCR or World OCR competitions or competitions sanctioned by USAOCR or World OCR during a suspension period.
- b) Assessment:
- i. The Race Referee will submit a report to USAOCR Board of Directors including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to USAOCR Secretary General within one week of the competition. USAOCR Secretary General will inform the affected Events.
- c) USAOCR Board of Directors may assess suspensions for periods of three (3) months to four (4) years, depending on the violation
- d) Suspension due to Drug Abuse: If the suspension is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognized by USAOCR or IOC and vice versa.
- e) Reasons for Suspension:
- i. A list of infringements, which may result in a suspension, is described in Appendix K;
- f) Disciplinary Notice:
- i. When an athlete is suspended, USAOCR President will notify the concerned EVENT ORGANIZER, in writing, within 30 days;
 - ii. All suspensions will be announced in USAOCR newsletter and communicated to the IOC.

4.6. Expulsion

- a) General
- i. Athletes who have been expelled will not participate in USAOCR or World OCR competitions or competitions sanctioned by USAOCR or World OCR for life.
- b) Reasons for Expulsion:
- i. An athlete will be expelled for life for repeated rule violations that incur suspension as the penalty.
 - ii. Expulsion due to Drug Abuse: If the expulsion is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognized by USAOCR or IOC and vice versa.
- c) Disciplinary Notice:
- i. When an athlete is expelled, USAOCR President will notify the concerned EVENT ORGANIZER, in writing, within 30 days;
 - ii. Expulsions will be announced in USAOCR newsletter and communicated to the IOC.



4.7. Protests

- a) **Proper Subject of Protest.**
- i. No protest may be filed with respect to matters which were observed by or previously ruled upon by a race official.
 - ii. No person may file a protest which requires a judgment call. A "judgment call," as used in these Rules, means the resolution of a dispute involving one or more material facts which cannot be determined with certainty solely through the production of tangible physical evidence. Physical evidence may include images and video.
 - iii. The term "judgment call" shall include but shall not be limited to a resolution of:
 - a. allegations of blocking, obstruction, or interference; or
 - b. allegations of unsportsmanlike conduct.
 - iv. Protests must be made in good faith. Protests that are unsportsmanlike or do not meet the "spirit of the race" requirement shall result in the protester being disqualified.
 - v. Retaliatory protests will result in the protester being disqualified.
 - vi. Any protest filed in contravention of this Section shall be summarily dismissed under Section 4.7 d).
- b) **Protests Involving Eligibility.** Protests contesting the eligibility of any participant to compete or to represent an organization in an event shall be made in writing to USAOCR or to the Head Referee before the event begins. A participant may be allowed to compete under protest if USAOCR or the Head Referee deems it appropriate.
- c) **Standing to File Protest.** Protests may only be filed by participants who directly observed the subject of the protest, who were directly and personally involved in any incident relevant to the protest, and who possess direct, detailed, and personal knowledge of the subject of the protest.
- d) **Summary Dismissal of Protest.** With respect to each protest filed, the Head Referee shall make an initial determination as to whether the protest complies with all provisions of the Article and whether the protest is factually sufficient to support a ruling by the Protest Committee. If the protest is improper or deficient in any respect, the Head Referee shall summarily reject and dismiss the protest and shall not be required to submit the matter to the Protest Committee. If the defect is curable in the opinion of the Head Referee, the Head Referee may allow the protest to be resubmitted within a reasonable time, even if the time period in Section 3.7 e) has already expired.
- e) **Time for Filing Protests.** All protests must be filed in writing and submitted to the Head Referee within fifteen (15) minutes after the person filing the protest has crossed the finish line.
- f) **Contents of Protest.** All protests must be factually sufficient to support a just ruling by the Protest Committee and must contain the following:
 - i. The specific Competition Rule or Rules alleged to have been violated;
 - ii. The location and approximate time of the incident;
 - iii. The person or persons involved in the incident;
 - iv. A detailed statement of the specific facts, including a diagram if necessary or appropriate; and
 - v. The signature of the person filing the protest, which shall constitute an affirmation that the facts stated therein are true.Failure to comply with any aspect of this Section shall subject the protest to summary dismissal.
- g) **Notice of Protest.** All persons involved in or affected by a protest shall be notified thereof and shall have access to the contents of the protest.



- h) **Protest Committee.** The Protest Committee shall be comprised of the Head Referee and two Judges appointed by the Head Referee. The Head Referee shall serve as chairperson of the Protest Committee and shall have full authority to conduct the protest and maintain order. The Protest Committee will issue a final determination with respect to all protests timely filed and not subject to summary dismissal.
- i) **Protest Hearing.** In hearing a protest, members of the Protest Committee shall weigh the evidence and testimony impartially and shall render a decision in accordance with their best judgment. During all protests:
 - i. The Head Referee will read the protest;
 - ii. The person who filed the protest and all participants involved in the incident must be present, unless medically unable to attend in which case the Head Referee shall postpone the hearing or allow a representative to participate on behalf of the injured person;
 - iii. All persons required to be present shall be allowed three minutes to relate their accounts of the incident, or such additional time as the Head Referee may allow;
 - iv. A maximum of two witnesses for each participant involved in the protest may be allowed to speak for three minutes each; and
 - v. No spectators or partial observers shall be allowed to participate in the hearing.
- j) **Protest Ruling.** After dismissing all parties, the Protest Committee shall review the evidence and render a prompt decision. The decision will be posted immediately.
- k) **Effect of Protest Decision.** The summary dismissal of a protest by the Head Referee or the decision of a Protest Committee shall be final, and official race results shall reflect those determinations. Official results and the determination of any Head Referee or Protest Committee can be subsequently modified only by USAOCR pursuant to an appeal duly filed in accordance with Section 3.8 of these Rules.
- l) **Announcement of Official Results.** Until all protests are finally determined, the official results of any event shall not be announced, and no prizes for that event shall be awarded unless any outstanding protest is officially withdrawn.
- m) **Presence of Participants.** All race participants are required to be present and to participate in the hearing of any protest in which they were involved. A Protest Committee may render a decision in the absence of any participant who fails to appear in a reasonable time. Except for medical reasons, all participants shall remain available for participation in any protests until such time as official race results are announced, the period for filing all protests has expired, or permission to leave the vicinity is granted by the Head Referee.

4.8. Hearings and Appeals

Athletes punished with a penalty have the right to appeal.

- a) **Board of Hearings and Appeals.** USAOCR shall establish a Board of Hearings and Appeals which shall consist of at least twelve (12) members, including the chairpersons of the Legal Committee, the Commissioner of Officials, at least four (4) athlete representatives, and such other members as may be selected by the Executive Director. Except as otherwise provided in these Rules, the Executive Director shall appoint a panel of at least three members of the Board of Hearings and Appeals to address and determine any matter requiring resolution. The Board of Hearings and Appeals shall be empowered:
 - i. To impose and enforce penalties for any violation of the Competition Rules or other policies or regulations of USAOCR;
 - ii. To review any punitive action or decision taken against any person and to affirm, reverse, stay, or modify such action or decision;
 - iii. To investigate any pertinent matter as directed by the Executive Director or the Board of Directors;
 - iv. To determine the eligibility of any person to compete in USAOCR sanctioned events;
 - v. To determine the USAOCR membership status of any person and to reinstate or revoke membership rights;
 - vi. To issue conditional orders prohibiting or requiring certain conduct or action as a condition to



- vii. To interpret any Competition Rule, regulation, or policy of USAOCR; and
 - viii. To conduct hearings, gather evidence, take testimony of witnesses and determine any appeal properly filed with USAOCR.
- b) **Proper Subject of Appeal.** No person may file an appeal with respect to a judgment call as defined in Section 3.7 a). Members may appeal the final decision of a Protest Committee, and punitive action affecting their membership in USAOCR, or any other matter involving an interpretation of the Competition Rules of which an appeal is not otherwise prohibited by Section 3.8.
- c) **Appeals of Protests and Other Matters.** Except for appeals from disciplinary hearings which must be made under Section 3.8 e), unless otherwise provided in these Rules all appeals shall be made and processed in accordance with this Section.
- i. **Time and Fee for Filing Appeal.** An appeal must be filed in writing with the USAOCR Executive Director postmarked within 30 days after the date of the decision or determination being appealed and must be accompanied by a \$100 filing fee. The filing fee shall be refundable only if the appeal is finally determined in the appellant's favor.
 - ii. **Contents of Appeal.** The appeal shall be in the form of a petition and shall contain the following:
 - a. The petitioner's name, address, and telephone number;
 - b. A detailed description of the factual background including the date, time, and precise location of any relevant incidents and an identification of the decision being appealed and the person or persons who rendered the decision;
 - c. Any relevant Rules, regulations, or policies and an application of the facts to those Rules, regulations or policies;
 - d. A detailed explanation of all of the grounds for the appeal;
 - e. All of the evidence that the athlete wishes to be considered and the names, addresses, and telephone numbers of any witnesses;
 - f. A request to participate orally at the hearing if so desired; and
 - g. A request for additional time if desired, not to exceed 14 days, within which to submit additional written materials. Requests to participate orally at hearings will be granted only in exceptional circumstances, and all petitioners should therefore ensure that their appeal contains all relevant information when submitted.
 - iii. **Determination of Appeal.** The appeal shall be heard and determined by a panel of three (3) disinterested members of the Board of Hearings and Appeals who shall be selected by or under the direction of the Executive Director. If the petitioner has requested to participate orally at the hearing, the panel, with advice of counsel, shall determine whether such oral
 - iv. participation will be permitted and, if permitted, the panel shall notify the appellant of the hearing time and date. If the request for oral participation is denied, the panel shall notify the appellant of such denial and shall proceed with a determination of the appeal based upon the submitted materials.
 - v. **Hearing of Appeal.** The Executive Director shall appoint, or the panel shall elect, a chairperson to conduct the hearing. Hearings may be conducted by an attorney at law retained or appointed by USAOCR for that purpose, but any such attorney shall have no vote in the panel's decision. Any hearing may be conducted by telephone conference call or otherwise at the discretion of the panel. The appellant shall have the right to be represented by counsel.
 - vi. **Appellate Decision.** The appellate panel shall issue a written memorandum explaining and containing its decision within fourteen (14) days after the appeal has been duly filed or the hearing has been concluded, whichever is later. The appellant shall receive a copy of the decision. The decision of an appellate panel under this Section shall be final and there shall be no further right to appeal.
- d) **Disciplinary Hearings.** Except as otherwise provided in these Rules, and whenever the time and circumstances permit, a disciplinary hearing will be held to determine whether an athlete should be fined, sanctioned, censured, suspended, expelled, or otherwise rendered ineligible to compete in USAOCR sanctioned events. Disciplinary hearings shall be conducted in accordance with this Section.



- i. **Notice.** The proposed subject of the hearing (the "respondent") shall be given written notice personally delivered or sent to his last known address by certified mail, return receipt requested. The notice shall apprise the respondent of the specific charges made against him, the specific Rules, regulations, or policies alleged to have been violated, the potential penalties which may be imposed, and the date, time, and place where a hearing will be held. The hearing date shall be set for a date not less than thirty (30) days nor more than sixty (60) days after the date of the notice. The hearing panel may continue or postpone the hearing in its sole discretion for good cause shown.
 - ii. **Answer.** The respondent shall file a written answer to all of the charges not later than ten (10) days prior to the date of the hearing addressed to the Executive Director and sent by certified mail, return receipt requested. Any statements submitted by the respondent or other parties in support of the answer shall be in the form of a sworn affidavit and shall contain a certification that the affiant's statement is true and correct.
 - iii. **Right to Counsel.** The respondent shall have the right to the assistance of legal counsel in the preparation of a defense and the right to be represented by counsel at the hearing.
 - iv. **Hearing Panel.** The hearing shall be held before a panel of three (3) or five (5) disinterested members of the Board of Hearings and Appeals who shall be selected by or under the direction of the Executive Director. Any hearing may be conducted by telephone conference call or otherwise at the discretion of the panel. In no case, shall elected members of the USAOCR Board of Directors constitute a majority of the hearing panel. The chairperson of the hearing panel shall be elected by the panel members or appointed by the Executive Director. Hearings may be conducted by an attorney at law retained or appointed by USAOCR for that purpose, but any such attorney shall have no vote in the panel's decision.
 - v. **Hearing Decision.** The hearing panel shall issue a written memorandum explaining and containing its decision within fourteen (14) days after the conclusion of the Hearing. The respondent shall receive a copy of the decision and notice of any right to appellate review by the Board of Directors.
- e) **Appeals to the Board of Directors.** Any respondent adversely affected by a disciplinary hearing convened under Section 3.8 c) shall have the right to appeal to the USAOCR Board of Directors by filing a written petition along with a non-refundable \$100 filing fee within twenty (20) days after mailing of the panel's decision. Upon timely petition to the Executive Director, and for good cause shown, the time for appeal may be extended. The Board of Directors shall appoint at least three disinterested directors to decide any appeal under this Section. Oral hearings will be granted only in exceptional circumstances at the discretion of the Board, and petitions should therefore contain all relevant information when submitted. Any hearing may be conducted by telephone conference call or otherwise. An appellate hearing, if any, shall be scheduled not less than thirty (30) days nor more than sixty (60) days after the filing of the petition.
- f) **Emergency Hearings and Appeals.** If the circumstances require a speedy determination of any appeal or disciplinary matter such that compliance with the procedures outlined in Sections 3.8 c) or 3.8 d) would not be feasible, an emergency hearing or appeal may be conducted by a member or members of the Board of Hearings and Appeals. Notice (which may be oral) and an opportunity to respond shall be provided to all affected participants as may be reasonable under the circumstances, but in all cases, procedures shall be designed to safeguard the due process rights of participants. The emergency hearing may be conducted at the site of any athletic competition or by telephone conference, if necessary. If an emergency appeal of a Protest Committee's decision is conducted and decided, there shall be no right to further appeal that decision. If an emergency disciplinary hearing is held in lieu of the normal procedure under Section 3.8 d), within fourteen (14) days after the emergency hearing, the decision shall be reduced to writing and mailed to the interested participants along with notice of a right to appeal under Section 3.8 c). The time period for filing an appeal under Section 3.8 c) shall commence on the date the written decision is mailed.
- g) **Investigations and Inquiries.** The USAOCR Board of Directors or the Executive Director may appoint members of the Board of Hearings and Appeals to investigate, report, and issue a decision or recommendation with respect to any matter deemed relevant to USAOCR. All persons shall cooperate with any such investigation and shall comply with all reasonable requests and inquiries made by any such panel.



- h) **Compliance with Final Ruling.** All persons shall abide by the final determination by USAOCR of an appeal or any other matter relating to the Competition Rules or the sport of OCR. In the event USAOCR resolves an issue in a manner that changes official race results or the order in which athletes are deemed to have finished an event, all affected athletes shall abide by such ruling and shall return or agree to return any prize monies or awards in such manner and at such time as USAOCR may request. Failure to comply with this Section shall be grounds for suspension from USAOCR.

4.9. Reinstatement

- a) After suspension, an athlete must apply to USAOCR Board of Directors for reinstatement.

5. RUNNING CONDUCT

5.1. General Rules:

The athletes will:

- a) Run, walk, crawl, slither scramble or otherwise propel themselves across the surface;
- b) Display the official race number (applicable always in the AG events. For other events, the TD can make it mandatory and athletes will be informed in the race briefing). 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
- c) Run with a covered torso;
- d) Run /swim with shoes. Bare feet are prohibited on any part of the course;
- e) Not be accompanied by team members (if an individual event), team managers or other pacemakers on the course.
- f) Not run together with other athlete/s that is/are one or more laps ahead. (Applicable only to Elite, U23, Junior, Youth athletes and Para-athletes)
- g) Give way if being overtaken even if this means his or her progress is restricted.
- Athletes making a "pass" have right of way in the course.
- h) Make themselves known to athletes they are passing.
- Explicit language shall be used, preferably by loudly stating "track", "passing" or "behind."
- i) Step aside at the first opportunity afforded by the course if being passed.
- Athletes not yielding to passing athletes may be penalized.
 - Repeat offenses may result in disqualification.
- j) Not intentionally block other athlete. Blocking will result in disqualification.



5.2. Finish Definition:

- a) 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.

5.3. Safety Guidelines:

- a) 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.

5.4. Illegal Equipment:

- a) Headphone(s) and headset(s), mobile phones or any other electronic listening communication device;
- b) Glass containers;
- c) Uniform not complying with USAOCR Uniform Rules.

6. OBSTACLE CONDUCT

6.1. General Rules:

The athletes will:

- a) Athletes may use any stroke to propel themselves through water obstacles. They may also tread water or float. Athletes are allowed to push off the ground.
- b) Use any means to self-propel themselves through, up, over, down or under and obstacle as proscribed by the race organizer;
- c) Move an object designed for such movement in the manner proscribed by the race organizer;
- d) Not intentionally impede the progress of another athlete;
- e) Not move in a manner that may cause harm to themselves or other athletes;
- f) Not intentionally interfere with another athlete;
- g) Not display nudity or other indecent exposure.
- h) Completion of all obstacles (or penalty loops) is mandatory.
- i) Maintain forward progress on all obstacles.
- j) Be permitted a maximum of one additional attempt if they fail an obstacle, provided he/she is not blocking the path of another athlete.
- k) Use a dedicated repeat lane if they fail the obstacle at their first attempt. Using the first attempt lanes will result in disqualification.
- l) Complete a penalty loop after complete failure of an obstacle (two failed attempts.) The penalty loop shall



be at similar in effort and time as the required obstacle. The penalty loop will re-enter the race course after the obstacle.

7. SWIMMING CONDUCT

7.1. General Rules

- a) Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground.
- b) Athletes must follow the prescribed swim course.
- c) Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or stationary boat.
- d) In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

7.2. Wetsuit Use

A wetsuit may be used provided the athlete who uses it carries it through the entire course.

8. LASER SHOOTING

If included as part of a competition, Laser Shooting shall follow the rules as proscribed for Modern Pentathlon Laser-Run, Running/Shooting by Union Internationale de Pentathlon Moderne. The run shall be specified by the LOC and does not need to follow the Laser-Run sequence, sections 5.1 and 5.1.1. https://www.uipmworld.org/sites/default/files/2017_uipm_competition_rules_-_mp_laser-run_1.pdf

9. COMPETITION IN QUALIFYING ROUND FORMAT

9.1. General

A competition in Qualifying Round Format consists of several rounds with a number of heats and a final to determine the winner. Athletes qualify for the final based on time. The fastest 16 athletes proceed to the final.

9.2. Rounds

The rounds will be called heats and final.

- a) A competition will have two rounds. Round one is the heats and round two is the final.
- b) Heats and final will have 16 athletes per race as a maximum. The number of heats will be determined by the total number of athletes divided by 16 plus 1 if the result is > a whole number (discard the digits after the decimal point.)
- c) There are 16 athletes in each heat unless there the total number of athletes divided by 16 is not a whole number. In this case, two heats will have a smaller number of athletes distributed evenly between them +/- 1.



d) Examples

- i. 17 athletes entered, then $17 / 16 = 1.06$ (discard .06 and add 1) = 2 heats. One heat of 8 and one heat of 9. 16 fastest proceed to final.
- ii. 32 athletes: $32 / 16 = 2$ (who number) = 2 heats, each with 16 athletes, 16 fastest proceed to final.
- iii. 345 athletes: $345 / 16 = 21.56$ (discard .56 and add 1) = 21 heats. 20 heats of 16 (320 athletes), one heat of 12 and one heat of 13 (25 athletes)

9.3. Distribution of athletes in the semifinals

The TD will compose the heats as follows:

- a) If there are not any applicable rankings, the athletes will be distributed among the heats in order to have the same number of athletes per semifinal (some semifinals can have one more athlete than others). The athletes from the same Event will be distributed among the heats following the same principle.
- b) If a ranking is applicable, the ranked athletes will be distributed according to the chart below and the non-ranked athletes will fill the remaining spots by applying the principle of assigning a similar number of athletes from the same Event to every heat, and keeping all the heats of equal size.

9.4. Numbering.

The numbers in the final will be assigned as first criteria according to finishing time in the heats (fastest has number 1, slowest has number 16). The second criteria will be USAOCR points list position, and the third a random apportionment.

9.5. Results.

The overall results for the event will be the results of the final round.

If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:

- a) To the DNF athletes in the final, according to their times in the heats
- b) To the DNS athletes in the final according to their times in the heats,
- c) To the athletes who did not qualify to the final, according to their times in the heats.
- d) DSQ athletes will not earn any points.

10. PARA-OCR

10.1. General:

- a) Para-OCR, as per the USAOCR Constitution, is governed by the USAOCR Competition Rules.



This section contains the rules which affect only para-OCR.

b) Para-OCR Sport Classes (categories):

- i. USAOCR Para-OCR has implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of para-OCR.
- ii. The recognized types of impairment by the USAOCR are:

Impairment Type	Examples of Health Conditions that may cause impairment
Impaired muscle power	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erbs palsy, polio, spina bifida, Guillian – Barre syndrome.
Impaired passive range of movement	Ankylosis, arthrogryposis, post burns joint contractures. Does not include hypermobility of joints.
Limb deficiency	Amputation resulting from trauma or congenital limb deficiency (dysmelia).
Hypertonia	Cerebral palsy, brain injury, stroke, multiple sclerosis.
Ataxia	Cerebral palsy, brain injury, multiple sclerosis, Friedrichs ataxia, spincerebellar ataxia.
Athetosis	Cerebral palsy, stroke, brain injury.
Vision Impairment	Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, macular degeneration, congenital cataract.

iii. The five sport classes are as follows:

1. P1 - Wheelchair users. Includes athletes with comparable activity limitation and an impairment of, but not limited to: muscle power, limb deficiency, hypertonia, ataxia, athetosis that prevent the ability to run. Through classification assessment, athletes must have a score of up to 640.0 points;
2. P2 - Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score of up to 454.9 points. Amputee athletes may use approved prosthesis or other supportive devices.
3. P3- Includes athletes with comparable activity limitation and an impairment of, but not



limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 455.0 to 494.9 points. The athlete may use approved prosthesis or other supportive devices.

4. P4 – Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 495.0 to 557.0 points included. The athlete may use approved prosthesis or other supportive devices.
5. P5 - Total or Partial visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye, to some light perception but unable to recognize the shape of a hand at any distance or in any direction (B1) and partially sighted athletes with a visual acuity of less than 6/60 vision or visual field less than 20 degrees with best corrective vision (B2-B3). One guide is mandatory throughout the race.

10.2. Classification:

- a) Para-OCR Classification Rules and Regulations can be found in Appendix G.
- b) All Para-athletes competing at a USAOCR sanctioned competition must have an international classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Para-athletes requiring classification will need to:
 - i. be available to attend an International Classification appointment with an USAOCR designated Classification Panel prior to the competition;
 - ii. provide, at time of classification, the “USAOCR PI Medical Diagnostics Form” or “USAOCR VI Medical Diagnostics Form” signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.
- c) Para-athletes competing at an USAOCR event, where classification is not available, will be required to submit specific medical documentation to USAOCR, no later than 4 weeks before competition, so that a provisional classification can be assigned to them.
- d) When an athlete’s sport class changes, a revision of the past results can be requested. USAOCR will evaluate each request on a case to case basis and decide whether the relevant race results need to be modified.

10.3. Eligible classes and Race formats

- a) Para-athletes may start all together, or grouped in waves.
- b) At the discretion of the technical delegate a competition format may be changed to meet the needs of the para-athletes competing.

10.4. Para-athletes’ briefing:

- a) A compulsory briefing of para-athletes will be held before all USAOCR events and will be



conducted by the USAOCR TD. Para-OCR coaches may also attend the briefing.

- i. Para-athletes not attending the briefing without informing the TD of their absence, may be removed from the start list.
 - ii. Para-athletes must notify registration official(s) of their presence upon entering the briefing room.
- b) All guides and personal handlers must be registered at the briefing.
- c) All para-athletes will pick up their own race packet following the briefing. The race packet will include:
- i. P1: 1 race number sticker for each prosthesis/aiding devices, 1 official race number for the athlete and 2 official race numbers for the personal handlers;
 - ii. P2, P3 and P4; 1 race number sticker for each prosthesis/aiding devices, 1 official race number for the athlete and 1 official race number for the personal handler;
 - iii. P5: 1 official race number for the athlete and 1 official race number for the guide with the word “GUIDE” written on it.

10.5. Para-OCR Personal Handlers

- a) Securing qualified personal handlers shall be the responsibility of the para-athlete, and they should all be identified and receive credentials from the USAOCR technical officials at the Para-OCR Briefing.
- b) Personal handlers are to be allotted as follows:
 - i. One (1) personal handler for sport classes P2, P3 and P4;
 - ii. Up to two (2) personal handlers for sport class P1;
 - iii. No personal handlers for sport class P5 (Guides may act as the personal handler for this sport class).
- c) Personal handlers are specifically allowed to assist para-athletes by:
 - i. Helping with prosthetic devices or other assistive devices;
 - ii. Lifting para-athletes when their reach is insufficient to negotiate an obstacle, for example a wall;
 - iii. Adjusting clothing;
 - iv. Repairing or helping para-athletes with equipment.
- d) All personal handlers shall be subject to the USAOCR Competition Rules in addition to further regulations deemed appropriate or necessary by the Race Referee.



- e) Any action taken by a personal handler, which propels the para-athletes forward may result in a disqualification.
- f) One personal handler can assist a maximum of two athletes, provided that both athletes belong to the same sport class and gender.
- g) All personal handlers shall be located within six (6) feet of their athletes' transition spot during the race. Permission from a Technical Official is required in order to move outside that zone.

10.6. Para-OCR Registration Process

- a) Briefing registration:
 - i. Para-athletes have to sign the attendance list in order to enter the briefing room. At this stage, they must communicate to the registration officials whether they will have their own personal handler, or if they need the LOC to provide the personal handler(s)
 - ii. Para-athletes must attend the briefing with their personal handler(s);
 - iii. Immediately after the briefing, they will collect their race packet and their personal handler(s) will collect the personal handlers' official shirt, as provided by the LOC.
- b) Para-athletes' lounge check in
 - i. Para-athletes and personal handlers must check in together;
 - ii. Personal handlers need to present themselves with the official race number and the official personal handler's shirt;
 - iii. If a para-athletes is present without his/her personal handler/s, he/she has to wait until the personal handler/s arrive. If the para-athletes wishes to register on his/her own, then the personal handler/s will not have access to the Field of Play;
 - iv. Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the TD.
 - v. Timing chips will be delivered during this process; Extra timing chip(s) should be delivered to P1 athletes.

10.7. Para-OCR P1, P2, P3 and P4 Running Conduct / Equipment

- a) The only acceptable footwear on the run course (besides prosthetics) are running shoes.
- b) Athletes with no amputation are not allowed the use of prosthesis.
- c) Athletes must wear an official race number, which shall be visible from the front.

10.8. Para-OCR P5 Conduct:



The following additional rules apply to all visually impaired (P5) competitors and their guides:

a) General:

- i. Each athlete must have a guide of the same gender. Both athlete and guide must hold a USAOCR license.
- ii. Each athlete is allowed a maximum of one (1) guide during each race.
- iii. An athlete must respect a waiting period of twelve (12) months after his/her last elite USAOCR event or any event recognized by USAOCR before competing as a guide.
- iv. All guides must comply with minimum age requirements as per the USAOCR Competition Rules.
- v. In the event of an injury or illness, and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline.
- vi. Guides are not allowed to pull or push the athletes.
- vii. Athlete and guide shall not be more than three (3) feet apart at any time during the competition.
- viii. Guides may not use any mechanical means of transport (bikes, floats, etc.) unless pre-authorized by the TD and provided it does not provide an advantage for the para-athlete.

b) Running conduct:

- i. Each athlete must be tethered during the run with his/her guide. They may receive verbal instructions only from their guide.
- ii. At no time may a guide lead or pace the competitor nor propel them forward by pulling or pushing. As the athlete crosses the finish line, the guide must be beside or behind the competitor but not further apart than the required three (3) feet maximum separation distance.
- iii. The athlete may use an elbow lead during the run. In addition, the athlete may receive verbal instruction from the Guide
- iv. Athletes who meet the B1 sub-class criteria will need to wear black out glasses through the run.

10.9. Hygiene

- a) It is mandatory for all para-OCR competitors, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter



Appendix A – USAOCR Related Sports

- Obstacle Competitions
 - Sasuke
 - Ninja
 - Gladiator
- Obstacle Course Races
 - Track
 - Stadium
 - Urban
 - Cross Country
- Mud Runs
- Functional Fitness Competitions
- Adventure Races



Appendix B – Definition of Terms

Age:	The age of the athlete on the 31st of December of the year of the competition.
Age group Team Managers Briefing:	Meeting with the Age group team manager and coaches in which they are informed by the TD about all the specifications of the race.
Aid/Outside Assistance:	Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden
Ambush Marketing:	Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by LOC or USAOCR.
Appeal:	A request to the Competition Jury of an event or the USAOCR Executive Board for a review of the decision of the Referee/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the USAOCR Executive Board independently.)
Appellant:	An athlete submitting an appeal.
USAOCR Assistance:	Any attempt by an unauthorized or unofficial source to help or to stabilize an athlete.
Assistant Chief Technical Official:	Responsible to the Chief Technical Official for coordinating the employment of the Technical Officials assigned to his/her race course segment or area.
Athletes:	The competitors who register for and compete in USAOCR events.
Athletes' Briefing:	Meeting with the elite athletes in which they are informed by the TD about all the specifications of the race.
Blocking:	The deliberate impeding or obstructing of progress of one athlete by another.
Charge:	The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.
Chief Technical Official:	Appointed by the Technical Delegate and is responsible for the control and co-ordination of the deployment of Technical Officials.
Clean Start:	All the athletes start after the horn. The race continues.
Coaches meeting:	Meeting with the coaches in which they are informed by the TD about all the specifications of the race.
Competition Jury:	The Jury appointed and chaired by the Technical Delegate. It is held responsible to determine the eligibility of the protest or appeal, to hear and to rule on all appeals against decisions handed down through the Referee, including decisions on protests.
Conflict of interest:	A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest
Course:	A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.



Disqualification:	A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the race as a whole, and the athlete's results will appear as DSQ.
Early start:	When an athlete's foot crossed the vertical plane of the start line, before the start signal.
Elite:	Elite athletes are those competing in elite races.
Event Organizers Manual (EOM):	A document which has been developed to ensure the implementation of consistently high global event management and marketing standards.
Expulsion:	An athlete penalized by expulsion will not be permitted, during his or her lifetime, to take part in any USAOCR sanctioned event, or any event affiliated with the USAOCR.
Field of Play (FOP):	The course on which the competition portions of the USAOCR event will take place.
Final:	Last round of an event in qualifying round format. The final decides the winner and the medalist of the event.
Finisher:	An athlete who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e. as distinct from the head, neck, arms, legs, hands or feet).
Force Majeure:	Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott or sanctions however incurred, freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.
Incapable Athlete:	An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.
Indecent Exposure:	The willful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the willful complete uncovering of one or both nipples.
Interference:	A deliberate block, charge or abrupt motion, which impedes another athlete.
International Technical Officials (ITOs):	The Level 3 Technical Officials certified by the World OCR.
World OCR (FISO):	The world governing body of obstacle course racing, obstacle racing and all other related sports.
USAOCR Competition Rules:	The document that contains all the rules and regulations that governs fair and safe competitions.
USAOCR Members:	The events, races, clubs and other organizations affiliated to USAOCR in the United States of America.
USAOCR Rules	The USAOCR Event Organizers' Manual (most current edition), USAOCR Competition Rules, USAOCR Constitution and By-Laws, USAOCR Uniform Rules, USAOCR Anti-Doping Rules and WADA Code, USAOCR Athletes' Agreement, USAOCR Qualification Criteria, USAOCR Ranking Criteria and any other rules adopted and amended by USAOCR from time to time and



available for consultation via the download section of the USAOCR's official website www.USAOCR.org.

- Invalid Start:** Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.
- Local Organizing Committee (LOC):** The organizing entity of an USAOCR event.
- National Technical Officials (NTOs):** The Level 1 Technical Officials certified by the USAOCR.
- Penalty:** The consequence on an athlete, who is assessed by an USAOCR Technical Official to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension or expulsion.
- Penalty Box:** An area immediately before, and in view of the finish line, set aside for the implementation of athletic penalties for a rule infringements/violations. The athletic penalty may include pullups, push ups, man ups, burpees, or similar task that the technical official deems appropriate for the rule infringement / violation.
- Prosthesis** An artificial device used to replace a missing body part, such as a limb, booth, eye, etc.
- Protest:** A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.
- Race Referee:** A Technical Official, who is responsible to the Technical Delegate to hear and make final decisions on all rules violations reported by Technical Officials. Technical Delegate appoints the Race Referee
- Results:** The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.
- Right of Way:** When an athlete has established a lead position and pursues a desired course within the limits of the USAOCR Competition Rules.
- Round:** Each of the stages of an event with qualifying format. One event in qualifying round format has two rounds: semifinals and final.
- Sanction:** A permit issued by USAOCR for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of USAOCR in operating requirements to provide the greatest potential for the conduct of a safe and fair event.
- Semifinal:** Preliminary round of an event in qualifying round format. The semifinals determine the athletes qualified to the final.
- Sport Class:** Para-OCR sport class is a category defined by USAOCR in which athletes are categorized in reference to an activity limitation resulting from impairment.
- Sportsmanship:** The behavior of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behavior, while bad sports conduct is any behavior judged to be unfair, unethical or dishonest, a violent act, intentional misconduct, abusive language, intimidating behavior, or persistent infringement of the rules.



- Stop and Go Penalty:** A method of imposing a brief delay on an athlete who is assessed by a Technical Official to have unintentionally infringed the rules. A Penalty Box may be used for this penalty.
- Suspension:** An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by USAOCR or its member associations (where determined) affiliated with USAOCR.
- For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by USAOCR, the length of the suspension will be determined by the USAOCR Executive Board.
- Swim Course:** Part of the race course over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive boundaries.
- Technical Delegate:** A Technical Official, who is qualified by USAOCR, and responsible for ensuring all aspects of the USAOCR Competition Rules and USAOCR Event Organizers' Manual are fulfilled in preparation for, during, and after the event. Where appeals are lodged, the Technical Delegate will be the chair of the Competition Jury. The Technical Delegate will normally be responsible for conducting or overseeing the conduct of event sanctioning.
- Technical Official:** A member of the joint team that may include International Technical Officials (ITOs), Continental Technical Officials (CTOs) and National Technical Officials (NTOs) at an USAOCR event.
- Torso:** The human body excluding the neck, the head and the limbs.
- OCR:** A sport of individual or team character and motivation, which combines running and obstacle skills in continuum.
- Valid Start with Early Starters:** Almost all the athletes start after the horn, but few of them did start before the horn. The start is declared valid and the early starters will receive a penalty in the penalty box.
- Venue:** All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, finish area and all other areas under control of LOC.
- Violation:** A rule infringement which results in a penalty.
- Warning:** A verbal caution issued by a Technical Official to an athlete during the course of a race. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a pro-active attitude.



Appendix C – Olympic Qualification Criteria

Olympic qualification criteria are specified by the World OCR (FISO).



Appendix D – Age Requirements and Age Group Categories

The age requirements for elite competition is 16 years of age on December 31st of the year of the competition.

Age for all age group competitions is the age of the athlete on December 31st of the year of the competition.

Adult Age Groups (for rankings and championships)

Five year age groups as follows:

- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50+
- Additional five-year age groups as required

Competition Categories (Championships if not Age Group)

- Youth in one-year age groups 6 through 15
- Junior
 - 16-17
 - 18-19
- Collegiate (must be U23)
- Military (active duty and retired categories)
- Elite (professional)
- Senior 40+
- Masters 50+
- Veterans 60+



Appendix E – Uniform Rules

Purpose

- Provide a clean and professional image of Obstacle Sports to local and global spectators and media
- Provide sponsors with reasonable space for exposure
- Enable USAOCR members and athletes a mutually beneficial relationship with respect to branding

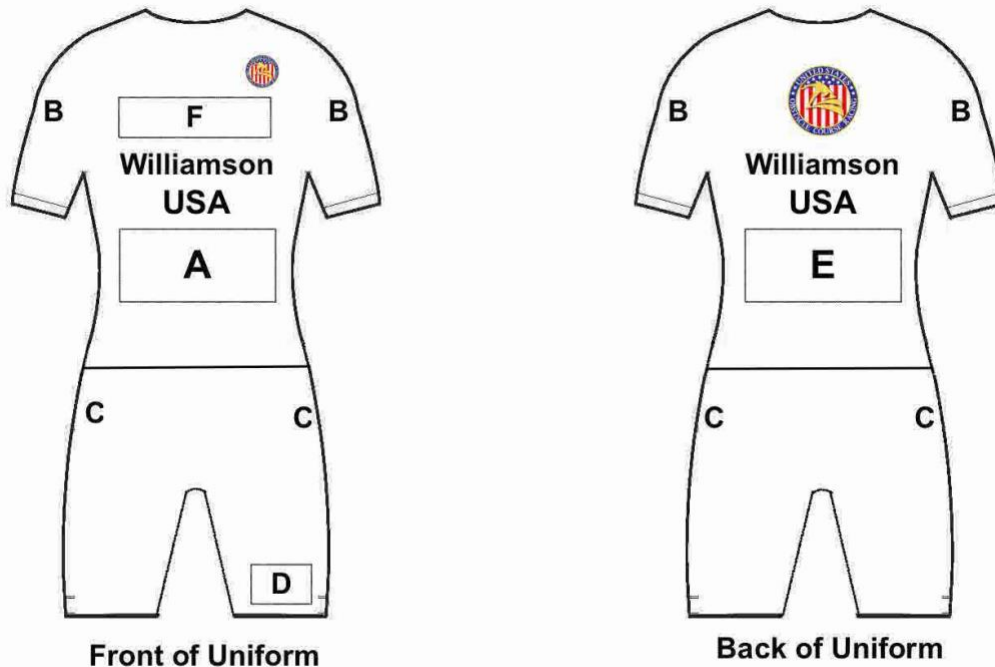
General Requirements

- Uniforms will be devoid of logos or images other than those described below;
- Logos will be measured on a flat surface when the athlete is not wearing the uniform. The “USAOCR Logo Measurement Template” will be used to measure the logo sizes
- There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, spirits and products containing any substance on the WADA Prohibited List. (See Diagram 1 for location of sponsor spaces);
- There minimum clearance around all marks shall be ½ inch, including:
 - The USAOCR logo
 - The family name
 - The Country letters “USA”
 - All sponsor spaces

Uniform Color and Design

- Uniforms may be of any color, preferably a solid, for ease of identification by race announcers, officials and media
- The uniform and podium apparel must be approved by USAOCR in advance
- Uniform design and materials should not adversely affect race performance, safety of function

Sponsor Logos Size and Placement





Family Name and Country Abbreviation

- The country abbreviation (USA) must be centered on the upper front of the uniform and on the buttocks
- Family name (Name) and is optional for Age Group athletes
- The initial of the first name may be added before the Name
- Presentation of the Name and Country letters must meet the following criteria

Lettering

- The font type must be “Arial”
- Letters for the Name and Country letters must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter
- Symbols such as ‘ - . and spaces are considered as characters
- The width for the Country letters must be between 4 inches and 5 inches
- For Names such as “MAY” the height is 2 inches and the width is 4 inches
- For longer Names such as “Williamson” the height is still a minimum 2 inches but the name should take up the full 6 inches

M A Y B. JONES Williamson
USA USA USA

- Color If the uniform is a dark color, the letters must be white
- If the uniform is a light color, the letters must be black

Position

- Front
 - The position on the front is below the USAOCR logo and Sponsor Spaces B and F
 - The athlete’s Name is above the Country letters and sponsor space A
- Back
 - The position on the back is centered below the waistline
 - The athlete’s Name is centered above the Country letters
- Height
 - The Name and the Country letters must be 2 inches in height
- Width
 - The length for the Name is a minimum of 4 inches and a maximum of 6 inches
 - A Name with few letters must still be a minimum length of 4 inches

USAOCR Logo

- The official USAOCR logo shall be placed on the (athletes) left lapel



Sponsor Spaces



- Sponsor Space A, Front.
 - This space is directly below the Country letters
 - Maximum height 8 inches
 - Maximum width 6 inches
 - Maximum of 3 logos
 - Each logo must represent a different sponsor.
- Sponsor Space B, Shoulders:
 - Maximum height 1.5 inches
 - Maximum length 2 inches
 - The space must be on the left shoulder of the uniform – not the middle.
- Sponsor Spaces C, Side panels:
 - The maximum width 2 inches
 - The maximum height 6 inches
 - Only one sponsor logo is allowed on each side
 - The logo must be visible from the side of the body. If, due to the athlete body shape, the logo is partly visible from the front, it must also be partly visible from the back.
- Sponsor Space D, Upper Leg:
 - Maximum height 1.5 inches
 - Maximum width 2 inches
 - The logo can be on the left or right leg, not both
- Sponsor Space E, Back:
 - One logo may appear below the Name
 - Maximum height 4 inches
 - Maximum width 6 inches
- Sponsor Space F, Upper Front:
 - One logo may appear above Name
 - Maximum height 2 inches
 - Maximum width 6 inches



Appendix F – Race Protest Form

PROTEST FORM

Part 1: To be completed by the protester.

Intent to protest must be made within 10 minutes of the protester crossing the finish line. Protest must be filed and signed by the protester under the conditions outlined in the USAOCR Competition Rules and submitted to the Referee.

Event Name:	
Event Location:	
Event Date:	
Time Protest Submitted:	

Name of Protester:	
Race Number:	
Telephone:	
Address:	
City, State, Zip:	
Email:	

Name of Protestee:	
Race Number:	
Telephone:	
Address:	
City, State, Zip:	
Email:	

A protest is a formal complaint against the conduct of a fellow athlete or race official, or against conditions of the Competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. Any protest must be accompanied with a check or cash for \$100.



What type of Protest is involved? (Check one box only.)

- Protest Concerning the Course
- Protest Concerning Obstacles
- Protest Against Another Athlete or a Technical Official
- Protest Concerning Eligibility
- Protest Concerning Timekeeping

Witness Details (2 required)

Name of witness 1: _____

Name of witness 2: _____

Rule(s) Violated: _____

Time of incident: _____

Where did the violation occur? Describe the location and include a diagram on additional paper if needed.

Who was involved in the violation?

How did the violation occur?

Signature of Protester: _____ Date: _____



Part 2: Official Use Only

\$100 protest fee attached? Yes No

Is this protest to reverse a completion jury decision? Yes No

If “Yes” attach the competition jury decision and action(s) and referee’s decision and actions(s)

Competition jury member names: 1. _____
2. _____
3. _____

Competition jury action:

Competition jury chair’s name: _____

Signature: _____ Date: _____

Time and date protest received: _____

Time and date protest processed: _____

Amount of fee withheld / refunded: _____



Appendix G – Race Appeal Form

APPEAL FORM

Part 1: To be completed by the appellant:

Appeals must be filed within 24 hours of the completion of a race and be signed by the appellant under the conditions outlined in the USAOCR Competition Rules, and submitted to the Technical Delegate. An appeal is a request for a review of a decision made by the Referee. This is the first level of appeal and will be heard by the Competition Jury. All appeals must be accompanied with a check or cash for \$100.

Event Name:	
Event Location:	
Event Date:	
Time Appeal Submitted:	
Name of Appellant:	
Race Number:	
Telephone:	
Address:	
City, State, Zip:	
Email:	
Reason penalty received:	
Was penalty confirmed?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Type of penalty:	

Type of Appeal: (check one box only)

- Appeal against the referee’s ruling on a violation report
- Appeal against the referee’s ruling on a protest



Description of the Appeal:

Location on the course: _____

Time of incident: _____

Describe the incident, use on additional paper if required.

Who was involved in the violation? List name and number of race official(s), athlete(s), spectator(s) and any other people involved.

How did the violation occur?

Witness Details (2 required)

Name of witness 1: _____

Name of witness 2: _____

Signature of Appellant: _____ Date: _____



Part 2: Official Use Only

\$100 appeal fee attached? Yes No

Is this appeal to reverse a completion jury decision? Yes No

If "Yes" attach the competition jury decision and action(s) and referee's decision and actions(s)

Competition jury member names: 1. _____
2. _____
3. _____

Competition jury action:

Competition jury chair's name: _____

Signature: _____ Date: _____

Time and date appeal received: _____

Time and date appeal processed: _____

Amount of fee withheld / refunded: _____



Appendix H – USAOCR Events and Event Categories

Standard events for Obstacle Course Racing championships meeting the requirements as specified by the World OCR are as follows:

- Obstacle Competition (OC): This is a timed competition with no running. Competitors progress through a standard set of obstacles. Rankings are by time, fastest to slowest to complete all obstacles.
- Track (OCR-TR): To be held on or around a standard 400 meter athletic track, and may include running loop(s) out of the stadium. Start, finish and obstacles are on or inside the track.
- Cross Country (OCR-XC): Held on any natural surface, including, but not restricted to park lands, open space, beaches, deserts, mountain bike courses, and ski areas.
- Urban (OCR-UR): In any urban or suburban environment. One that is primarily on manmade surfaces, such as roads, pavement, concrete, sidewalks and buildings.
- Adventure (OCR-AR): Generally held in wilderness, semi-wilderness or a combination. This may include mountains, deserts, lakes, rivers, ocean, forest, jungle, tundra, cliffs, canyons, ice, snow, sand, and all manner of natural environments and obstacles.



Appendix I – Penalties and Violations

1. Starting before the starter's signal;
 - Recall of the athlete to restart behind the field
2. Failing to follow the prescribed course;
 - Stop and Go and re-enter the race by the same point. If fails to comply then DSQ
3. Using abusive language or behavior toward any official;
 - DSQ and report to the EB for possible suspension
4. Using unsportsmanlike behavior;
 - DSQ and report to the EB for possible suspension
5. Blocking, charging, obstructing, or interfering the forward progress of another athlete;
 - Unintentionally: verbal warning
 - Intentionally: DSQ
6. Unfair contact. The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favorable positions, is not a violation;
 - Unintentionally: verbal warning
 - Intentionally: DSQ
7. Accepting assistance from anyone other than a Technical Official, race official or athlete on the same team
 - If it is possible to amend and return to the original situation Stop and Go
 - If not: DSQ
8. Refusing to follow the instructions of Technical Officials or race officials;
 - DSQ
9. Departing the course for reasons of safety, but failing to re-enter at the point of departure;
 - Unintentionally: verbal warning, and correction – must reenter at departure point
 - Failure to reenter at departure point: DSQ
 - Intentional: DSQ
10. Failure to wear the unaltered race numbers if provided by the USAOCR, the race producer, or Local Organizing Committee, in the proper way ordered by the Technical Delegate and announced at the Athletes' Briefing;
 - Stop and Go, when amended
 - If not; DSQ
11. To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points.
 - Stop and Go, when amended
 - If not; DSQ
12. Wearing items deemed a hazard to self or others;
 - Stop and Go, when amended
 - If not: DSQ
13. Using illegal or unauthorized equipment to provide an advantage or which will be dangerous to others;
 - Stop and Go, when amended
 - If not: DSQ
14. Failure to use mandatory equipment, if required



- Unintentionally: verbal warning, and correct if possible
 - Intentionally: DSQ
15. Violating race-specific traffic regulations, if in effect;
- Unintentionally: verbal warning, and correct if possible
 - Intentionally: DSQ
16. Not attending the Athletes' Briefing, without notifying the TD;
- Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list.
17. Athletes entering the briefing after the briefing has started and athletes not attending the briefing but informed the TD about their absence
- Reallocation in the last positions of the pre-start line up
18. Athletes missing 3 or more briefing in the National Championship, Continental Championship, World Cup and/or World Series in the same calendar year, no matter if the athlete informed the TD or not
- DSQ from every subsequent race at which they miss the briefing.
19. Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony;
- DSQ
20. Wearing a uniform which doesn't meet the Competition Rules during competition or the award ceremony;
- DSQ
21. Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information;
- DSQ and inform USAOCR EB for a possible suspension
22. Participating when not eligible;
- DSQ and inform USAOCR EB for a possible suspension
23. Repeated violations of USAOCR Rules;
- DSQ and inform USAOCR EB for a possible suspension
24. Drug abuse;
- Penalties will apply according to the WADA rules
25. For an unusual and violent act of unsportsmanlike behavior;
- Expulsion
26. Compete with a bare torso;
- Stop and Go when amended
 - If not: DSQ
27. Unauthorized outside assistance by an athlete;
- DSQ of both athletes.
28. Attempt to gain unfair advantage from any external person, vehicle or object
- DSQ
29. To change the start position once selected;
- Warning and amend.
 - If not DSQ



30. To block more than one start positions;
 - DSQ
31. Intentional nudity or indecent exposure;
 - DSQ
32. Not stopping in the next penalty
 - DSQ
33. Compete with illegal or unauthorized equipment;
 - Stop and Go when amended
 - If not: DSQ
34. Team relay exchange completed outside of the exchange zone;
 - Penalty box
35. Team relay exchange not completed
 - DSQ
36. Warming up on the course while another race is in progress;
 - Warning and amend
 - If not amended: DSQ
37. Pre-Running the course when expressly forbidden;
 - Warning and amend
 - If not amended: DSQ
38. Competing under suspension
 - DSQ and report to EB for extending suspension or
39. AG or Para-athletes accumulating 2 time penalties in any event
 - DSQ
40. Para-athletes who use catheters or other urinary diversion devices, have spillage during training, competition or classification
 - Warning and amend
 - If not amended: DSQ
41. Para-athlete attending a para-OCR competition by using none proper equipment
 - Before the race warning and amend
 - If not amended: DSQ
42. Para-athlete without a temporary, review or confirmed class status according to the regulated timelines
 - DSQ
43. Para-athlete compete wearing or using any prostheses or special adaptive equipment which are not officially approved
 - Before the race warning and amend
 - If not amended: DSQ
44. Para-athlete, not competing during the para-OCR classification process
 - Warning and amend
 - If not amended: DSQ
45. Athlete who have been evaluated as unclassified during the para-OCR classification process



- Remove from the start list
- 46. Athlete who has been non-eligible for a para-OCR competition
 - Remove from the start list
- 47. Para-athlete fails to attend scheduled classification session
 - Reasonable explanation: Give second chance
 - If not: DSQ
- 48. Para-athlete who is intentionally misrepresenting his/her skills and/or abilities.
 - DSQ
 - not allow the para-athlete to undergo any further evaluation for a minimum of two (2) years from the date upon which the para-athlete intentionally misrepresented skills and/or abilities;
 - remove any Sport Class or Sport Class Status allocated to the para-athlete from the Classification Master List;
 - designate the para-athlete as IM (Intentional Misrepresentation) in the Classification Master List;
 - Second offense: lifetime ban from any USAOCR events.
- 49. Guides and personal handlers, who have not registered at the athletes' briefing
 - Do not have access to the FOP
- 50. Personal handler not carrying the special credentials which were given by the LOC/USAOCR
 - Warning and amend
 - If not amended: DSQ the para-athlete that they are handling
- 51. Para-athlete receiving help from more personal handlers that he/she has registered
 - DSQ
- 52. Any action taken by the personal handler which propels the competitor forward
 - DSQ the para-athlete that he/she is handling
- 53. Personal handlers' present in the start area from PT2, PT3, PT4 and PT5
 - Before the race warning and amend
 - If not amended: DSQ the athlete that they are handling
- 54. PT5 athletes competing with a guide who is not complying the requirements
 - DSQ
- 55. PT5 athletes paced, leaded or being more than 1.5 feet away from their guide, while running
 - First offence: Race warning and amend
 - Second offence: DSQ
- 56. PT5 athletes pulled or pushed by the guide
 - DSQ
- 57. PT5 competitor crosses the finish line and the guide is beside or behind the competitor but further apart than the required 1.5 feet maximum separation distance
 - DSQ
- 58. Para-athlete enters the FOP with a guide dog
 - Before the race warning and amend
 - If not amended: DSQ



Appendix J – Race Distances

Standard distances for Obstacle Competition championships meeting the requirements as specified by the World OCR are as follows:

- Track (OCR-TR)
 - Ninja OCR: 100 m
 - 200 – 1,600 m distances
- Cross Country (OCR-XC)
 - Short Course: 1 – 3 miles
 - International Sprint: 5 – 8 km (3-5 miles)
 - Standard Distance: 10 -14 (6 - 9 miles)
 - Long Course: 15 - 25 km (10 – 15 miles)
 - Ultra: 25 km (15 miles) and up



Appendix K – National Organizations

USA Pentathlon

One Olympic Plaza
Colorado Springs, CO 80909
Rob Stull, Managing Director
(719) 866-3028
www.teamusa.org/USA-Modern-Pentathlon

United States Anti-Doping Agency (USADA)

5555 Tech Center Drive, Suite 200
Colorado Springs, CO 80919-2372
719-785-2000
Toll Free 866-601-2632
Fax 719-785-2001
Hotline 800-233-0393

U.S. Paralympics

One Olympic Plaza
Colorado Springs, CO 80909
719-866-2030
Fax 719-866-2029
paralympicinfo@usoc.org
www.usparalympics.org



Appendix L – Record Application for Form

Fédération Internationale de Sports d’Obstacles (OCR World Record)

Pan American Record

USAOCR (American Record)

To The Record Committee:

Application is hereby made for a record, in support of which, the following information is submitted:

Description of Record: World American Championship Collegiate
 Junior Age Group* _____ Masters _____

** Proof of age must be included, e.g. birth certificate, passport, drivers license*

Event _____ (circle) Men / Women Indoor / Outdoor

Competition Name _____ Date _____

Location _____

City _____ State _____ Country _____

Record claimed (time, distance, other relevant information)

Race Distance:

--

Race Finish Time:

--

Age Group / Category:

--

On-line result website:

--

Other:

--

Name of Applicant:

--

Race Number:

--

Telephone:

--

Address:

--

City, State, Zip:

--

Email:

--



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