

RULEBOOK

If not further specified, World Obstacle's Competition and Conduct rules, Code of Ethics and Code of Conduct apply at all times while on and around the field of play (race course, start, finish, spectator areas, etc.) Conduct applies to all athlete's entourages (supporters, managers, coaches, etc.)



OCR WORLD CHAMPIONSHIPS

**GOTHENBURG, SWEDEN
11-14 SEPTEMBER 2025**



RULEBOOK

Information on variations for adaptive athletes and younger athletes will be added to this rulebook.



OCR WORLD CHAMPIONSHIPS

**GOTHENBURG, SWEDEN
11-14 SEPTEMBER 2025**



The Course:

The course will be marked on both sides. Athletes should not leave the marked course. On some paths the course will only be marked on one side, in these cases the width of the path is considered the course. An athlete that leaves the course may be considered DNF or DSQ. An athlete that leaves the course and returns to the same spot may continue the race without penalty. Only athletes and staff are allowed on the course. Coaches and spectators are not allowed on the course. In some places it may be allowed for coaches and spectators to cross the course to get to another part. Athletes may never receive any physical help or assistance from coaches/ spectators (for example water bottles etc.). Verbally coaching is allowed if the coach is outside of the course. Breaking these rules may result in the athlete being disqualified.

Obstacles attempts:

- The athlete must make 1 attempt on all obstacles. It is not allowed to skip or intentionally just touch an obstacle and have a race band cut. Athletes that do not try an obstacle will be warned/informed by the TO that they need to make an honest attempt before failing.
- Rigs/suspension obstacles may only be attempted once. If the athlete fails a race band will be cut.
- Other types of obstacles may be attempted multiple times. After the first attempt the athlete can choose to try again or have a race band cut.
- All carries are mandatory.

General rules:

- Usage of chalk, sticky substance or similar items is not allowed.
- Usage of gloves is allowed as long as not dropped on the course (littering) and must be worn or carried from the start to the finish.
- Shoes or other sportswear must not contain dangerous parts (metal spikes, etc...)
- Athletes may not help each other overcoming obstacles.
- Athletes may help each other in case of danger.

General rules for under 16-year-old:

- U16 athletes will start the race with 3 wristbands and 1 U16 identification band
- General – U16 athletes are allowed to use the side structures of walls/tables/ramps
- General – U16 athletes are allowed to use the side structures of scaffolding to reach the first hold/attachment if needed
- General – U16 athletes are allowed to use any ropes on walls/tables and ramps
- Carries – U16 athletes will not physically carry any object but must still run the designated carry route. This includes the finish penalty loop

Rigs:

Suspension obstacles with start line and a finish line.

- The start line and finish line may not be touched and the ground between the start and finish line may not be touched (not even grazed).
- Falling back and touching the finish line or inside the obstacle after completing the obstacle is considered a failure.
- Unintentionally touching any part of the structure is not considered a violation if not providing advantage to the athlete. Elements connecting holds to the structure are part of structure themselves.
- For suspension (hanging) and balance obstacles, the attempt begins when both feet leave the ground. Just touching the structure or the obstacle is not considered as an attempt.

Start



Finish



Rigs continued:

- Some rigs may have a platform/ step up before the start line. On those obstacles the start line and ground after may not be touched.



Rigs:

Suspension obstacles with start line and a bell.

- The start line may not be touched and the ground between the start line and the bell may not be touched (not even grazed).
- Unintentionally touching any part of the structure is not considered a violation if not providing advantage to the athlete. Elements connecting holds to the structure are part of structure themselves.
- For suspension (hanging) and balance obstacles, the attempt begins when both feet leave the ground. Just touching the structure or the obstacle is not considered as an attempt.



Start



Grips:

- Grips has to be used in the way that they are intended to be used. It is not allowed to use the support (rope/chain etc.) when gripping. Some grips have a "hat" on top of them. It is not allowed to grip the "hat" or over it.
- More pictures/examples will be added describing how grips are allowed to be used.



Carries:

- All Carries are mandatory. Failing or refusing to complete one will result in the removal of all remaining race bands and the athlete will be considered DNC. If the athlete damages the item during the transport or leaves it dropped without accompanying it to the finish, the athlete will be required to repeat the obstacle but no band will be cut.
- It is allowed to put down the object and lift it again and continue. It is not allowed to drag or throw any objects. All weights, including the penalty loop's ones, must be placed on the ground. They may not be dropped or thrown. In case of dropping or throwing, the obstacle must be repeated, no band will be cut. Under 16 athletes will be exempted from strength and carry obstacle by showing their U16 wristband.

Walls:

- Must be overcome without the help of the structures.
- All athletes may use the additional step if provided. If the athlete uses the structure, the obstacle must be repeated, no band will be cut.

Penalty loop:

- After the last obstacle athletes with 1 or 2 race bands will have to continue to the penalty loop before crossing the finish line.
- The penalty loop is a course laid right before the finish line
It will consist of an object to carry along a marked course
Athletes will be able to recover one (1) band by completing one (1) penalty loop
Max number of recoverable bands is two (2), by completing two (2) penalty loops

If an athlete does not complete all the required penalty loops and/or arrives at the finish line with one (1) or two (2) bands only, the athlete will be considered DSQ.

- The Competition Management will set a default time for the penalty loop to be used in case of protests where time needs to be added or removed from the finishing time of an athlete.

Team relay

- All athletes complete 1 lap on the course by themselves in a relay format. After the last athlete has completed the lap, the whole team completes 1 lap together.
- On the team lap there will be team obstacles that need to be done together mixed with individual obstacles. On all individual obstacles the team has to use the same lane. The first athlete may start the obstacle when all team members are at the start point (arms length apart). Team members can be in the obstacle at the same time as long as they use the same lane.
- For each race band lost 1 penalty loop has to be completed. Any athlete may complete the penalty loop, and it is allowed to change athletes between the loops if the team has to do more than 1 loop. The change has to be made in the designated area. The rest of the team has to wait in the designated area. It is the responsibility of the team to make sure that all athletes have 3 race bands when they cross the finish line.

Mixed team order

- The order of the athletes in the mixed team has to be: Female, female, male, male.

Signs in the rulebook and obstacle list:



- One attempt only: the athlete may only try the obstacle one time



- Multiple attempts: the athlete may attempt more than one time



- Mandatory obstacle: the obstacle is mandatory to complete



- Upper body only: The athlete may only use upper body in the obstacle (hands, arms)



- Lower body only: The athlete may only use lower body in the obstacle (feet, legs)



- The athlete can use any part of the body to complete the obstacle



- Obstacle number: The number corresponds to the number on the course map