



OCR - Cross Country COMPETITION RULES

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

This document, the **OCR Cross - Country Competition Rules** (“the Rules”), contains specific technical aspects for cross country events and references the MSD.

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1. INTRODUCTION:

1.1. Purpose

- 1.1.1. World Obstacle, the Fédération Internationale de Sports d'Obstacles (FISO), is the sole governing body, responsible for Competition Rules for its related disciplines and events.
- 1.1.2. The OCR cross country (OCR XC) events are a timed obstacle course races where athletes run and overcome obstacles. Events are mass start (many athletes on a start line) and the fastest athlete wins.
- 1.1.3. These Rules must be read in conjunction with the MSD.

1.2. Scope

- 1.2.1. OCR XC events may be held on open space and may include parks, ski resorts, forest, desert, jungle, mountain, alpine, sub-alpine, arctic, prairie, farmland, rural, suburban and city environments and more.
- 1.2.2. Distances in OCR XC vary from a few hundred meters to many kilometres.

1.3. Intention

- 1.3.1. the Rules are intended to:
 - 1.3.1..1. Create an atmosphere of sportsmanship, equality, and fair play;
 - 1.3.1..2. Provide safety and protection;
 - 1.3.1..3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
 - 1.3.1..4. Disqualify or penalize athletes who gain an unfair advantage;
- 1.3.2. Definitions of all terms used in the Rules are provided in the MSD. Any difficulty in the interpretation or application of Rules should be referred to the TC.

1.4. Rule Updates

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

2. CONDUCT OF ATHLETES

2.1. General Conduct

- 2.1.1. Race tactics are part of the interaction between athletes however athletes are required to:
 - Practice good sportsmanship at all times;
 - Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways;
 - Be responsible for their own safety and the safety of others;
 - Know, understand and follow the Rules, available from their NFs and on www.worldobstacle.org;
 - Obey instructions from race officials.
 - Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.

- Not use abusive, derogatory or inflammatory language.
- Inform a Technical Official immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension.
- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.
- Not attempt to gain unfair advantage in any way.

2.2. Drug Abuse

Refer to the MSD.

2.3. Health

Refer to the MSD.

2.4. Eligibility

Refer to the MSD.

2.5. Insurance

Refer to the MSD.

2.6. Registration

Refer to the MSD.

2.7. Uniform

Refer to the MSD.

2.8. Footwear

Refer to the MSD.

2.9. Other Equipment

Refer to the MSD.

2.10. Race numbers

Refer to the MSD.

2.11. Assignment of race numbers

Refer to the MSD.

2.12. Timing and Results

Refer to the MSD.

3. PENALTIES AND RULES

3.1. The Course

- 3.1.1. OCR XC course is any open space with a start line, obstacles along the route and a finish line.
- 3.1.2. Course requirements may be detailed in each event format manual, if applicable.
- 3.1.3. Obstacles may be defined in each event format manual, if applicable.

3.2. General Rules

- 3.2.1. Athletes must make an honest attempt to complete all obstacles and may attempt an obstacle only one time. An honest attempt means the athlete fail the obstacle whilst putting significant effort into completing it. Specifically, an athlete must apply their full body weight to the obstacle and fail due to lack of strength, technique, or fatigue.
- 3.2.2. Athletes cannot “touch and go” or intentionally miss or fail the obstacle. Doing so may result in DNC or DSQ depending on circumstance.
- 3.2.3. Athletes shall be issued with three (3) tamper proof (inflexible) wrist bands. Wrist bands shall be secured by a race official at the time they are issued. Tyvek or PVC type is recommended.
- 3.2.4. Obstacles may only be attempted one time (no second attempt).
- 3.2.5. An athlete who fails up to two (2) obstacles will be issued a time, be included in the official rankings and will be eligible for an award.
- 3.2.6. An athlete failing an obstacle shall have a wrist band cut and removed by course officials.
- 3.2.7. If an athlete fails three or more obstacles, and consequently has had all three wristbands removed, they shall be ranked Did Not Complete (DNC.)
- 3.2.8. If an athlete with a DNC result continues the course, they must give way to all ranked athletes, must not impede the movement of any other athlete, and must exit the course prior to the finish line.
- 3.2.9. An athlete who fails an obstacle must not impede the progress of an athlete who is on the course or on an obstacle.
- 3.2.10. An athletic penalty loop must be completed for each obstacle that has been failed or skipped.
- 3.2.11. The penalty loop shall be no less in time and effort than the most difficult obstacle, for example a 50 m running loop carrying a weight.
- 3.2.12. The penalty loop shall be located within sight of the finish line and spectators, immediately preceding or in view of the finish line, and after the final obstacle.
- 3.2.13. Athletes ranked DNC are ineligible for an award and shall not receive a finish time.

NOTE: *The final obstacle should be challenging, visually appealing for spectators and with a reasonable chance of failure for proficient athletes. This encourages athletes to have at least two (2) bands at the final obstacle. If they have one (1) band, they would not be allowed to complete the race if they fail the final obstacle.*

- 3.2.14. A wrist band shall be given to each athlete when they reach the halfway point of the penalty loop. This wrist band shall replace a previously cut wrist band.
- 3.2.15. An athlete must finish with at three wrist bands to be eligible for a finish time and an award.
- 3.2.16. Athletes finishing with three (3) wrist bands (regardless of how many penalty loops they do) are ranked in the same category.

NOTE: *The time penalty for failing an obstacle is the time taken to cut the wrist band, plus the time to do the penalty loop, plus the time to replace the wrist band.*

- 3.2.17. Athletes finishing with the same time (measured to 1/100th [0.01] of a second) shall be awarded a tie. Photo or video may be used to assess a finish.
- 3.2.18. Failure to comply with the Rules may result in an athlete being verbally warned, subject to disqualification, suspension, or expulsion.
- 3.2.19. The nature of the rule violation will determine the subsequent penalty.
- 3.2.20. A suspension or an expulsion will occur for very serious violations of either the Rules or FISO Anti-Doping Rules.
- 3.2.21. An athlete may be issued a verbal warning or disqualified for failing to abide by the Rules.
- 3.2.22. The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created.

3.3. Specific Rules – Mixed Team

- 3.3.1. A Mixed Team shall be four (4) people consisting of two (2) men and two (2) women; or two (2) people, one (1) man and one (1) woman; or three (3) people, at least one (1) of whom shall be a man and at least one (1) of whom shall be a woman.
- 3.3.2. The team must start, travel and finish together as a group. Teams cannot be separated by more than 10 m at any time between first and last athlete.
- 3.3.3. Team members may assist each other in any way provided they do not impede the progress of other teams and do so in a way that does not gain an unfair advantage. Refer to the MSD..
- 3.3.4. Assisting teammate must abide by all competition rules, including obstacle completion rules. For example, an assisting teammate cannot stand on the ground and support an athlete on monkey bars. The assisting teammate must be on the monkey bars as specified for completing the obstacle.
- 3.3.5. The finish time for the team is when the last team member crosses the finish line. Refer to the MSD..
- 3.3.6. The first team to complete the course (their slowest athlete) is the winner. The time is taken for the last athlete in the team.

3.4. Verbal Warning

Refer to the MSD.

3.5. Time Penalties

There are no time penalties.

3.6. Disqualification

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

3.7. Suspension

Refer to the MSD.

3.8. Expulsion

Refer to the MSD.

3.9. Right of Appeal

Athletes punished with a penalty have the right to appeal.

3.10. Protests

Refer to the MSD.

3.11. Hearings and Appeals

Refer to the MSD.

3.12. Reinstatement

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

4. CONDUCT

4.1. General Rules:

The athletes will:

- 4.1.1. Run, walk, crawl, slither scramble or otherwise propel themselves across, under, over or through the obstacles and field of play
- 4.1.2. Display the official race number. This shall be on a headband, race vest, race shirt, race bib, race number plate or similar, or written on the athlete's body using indelible ink (permanent marker) and must be visible at all times while on the racecourse (front, back and side.)

- 4.1.3. Run with a covered torso;
- 4.1.4. Run with shoes. Bare feet are prohibited on any part of the course;
- 4.1.5. Not intentionally block another athlete. Blocking will result in disqualification.

4.2. Finish Definition:

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

4.3. Safety Guidelines:

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

4.4. Illegal Equipment:

Refer to the MSD.

5. OBSTACLE CONDUCT

5.1. General Rules:

Refer to the MSD.

6. COMPETITION IN QUALIFYING ROUND FORMAT

6.1. General

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

6.2. Rounds

Refer to the MSD.

6.3. Distribution of athletes in the semi-finals

Refer to the MSD.

6.4. Numbering

Refer to the MSD.

6.5. Results

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

7. PARA-OCR

Refer to the MSD.