



# **OCR 100 m CHAMPIONSHIP COMPETITION RULES 2025**

Version 2025.09.08

*The Competition Rules Master Source Document ("MSD") is found on the World Obstacle website at [worldobstacle.org](http://worldobstacle.org). The MSD is the official (authorized) reference document for all event formats and distances in Obstacle Course Racing events and is maintained based on authorized amendments in accordance with recommendations by the Competitions Committee ("CC") and accepted by the FISO Executive Board.*

*This document, the OCR 100 m Championship Competition Rules ("the Rules"), details the technical aspects for the OCR 100 m event and references the MSD.*

# 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 100 m is a timed obstacle course race where the athletes run and overcome obstacles. Events may be head-to-head in lanes or time trial (one athlete at a time) and the fastest athlete wins.
- 1.1.3. These Rules must be read in conjunction with the MSD.

## 1.2. Intention

- 1.2.1. the Rules are intended to:
  - 1.2.1.1. Create an atmosphere of sportsmanship, equality, and fair play;
  - 1.2.1.2. Provide safety and protection;
  - 1.2.1.3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
  - 1.2.1.4. Disqualify or penalize athletes who gain an unfair advantage;
- 1.2.2. Definitions of all terms used in the Rules are provided in the MSD. Any difficulty in the interpretation or application of Rules should be referred to the CC.

## 1.3. Rule Updates

The Rules may be changed from time to time by the CC 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](http://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:
  - Always practice good sportsmanship
  - 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 these Rules
  - 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
  - Uphold the FISO Code of Ethics and Code of Conduct

- 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. Other Considerations

Refer to the MSD for all other considerations related to OCR competitions.

# 3. PENALTIES AND RULES

## 3.1. The Course

3.1.1. The OCR 100 m course is a linear running track consisting of a start line, eleven (11) obstacles and a finish line.

3.1.2. The course may have one (1) or more lanes, each lane being no less than 1.5 m wide as defined in the OCR 100m Championship Course Specification Manual ("CSM").

3.1.3. The eleven (11) obstacles are defined in the CSM.

## 3.2. General Rules

3.2.1. Completion of all obstacles is mandatory.

3.2.2. An athlete failing to complete an obstacle may attempt the obstacle a second time.

3.2.3. An athlete who fails to complete an obstacle on the second attempt is designated Did Not Finish ("DNF"), except during elimination rounds, see section 6.

3.2.4. An athlete designated DNF is not awarded a time for that run and must immediately leave the course.

3.2.5. The maximum times allowed for qualification runs are:

- Elite one (1) minute
- Age Group two (2) minutes
- Adaptive (3) minutes.

3.2.6. Maximum finish times may be adjusted at the discretion of the Race Director.

3.2.7. An athlete who misses their designated start time may be allowed to run at the end of their start block at the discretion of the race director.

3.2.8. Athletes may choose not to do all qualifying runs (if provided) but must notify the timing judge of their intent not to run.

- 3.2.9. There are no time penalties and no athletic penalties.
- 3.2.10. Athletes finishing with the same time (measured to 1/1000<sup>th</sup> [0.001] of a second) shall be awarded a tie. Timing may include mechanical, laser, videographic, photographic or other means.
- 3.2.11. Failure to comply with the Rules may result in an athlete being verbally warned, subject to disqualification, suspension, or expulsion.
- 3.2.12. The nature of the rule violation will determine the penalty.
- 3.2.13. A suspension or an expulsion will occur for very serious violations of either the Rules or the FISO Anti-Doping Rules.
- 3.2.14. The Chief Technical Official, in consultation with the Race Director, may assess penalties, even if the infringement is not listed, if it is deemed an unfair advantage has been gained, or if a dangerous situation has been created.

### 3.3. Specific Rules – 100 m Mixed Relay

- 3.3.1. A Mixed Relay team shall be four (4) athletes (two women and two men).
- 3.3.2. The start order of the team may be by either gender, i.e. either a man or a woman may be the first athletes for the team.
- 3.3.3. The running order of the team may be in any order by gender.
- 3.3.4. Athletes start their run when the prior runner tags (touches) them in the designated area.
- 3.3.5. Each athlete on a team shall complete two (2) or more obstacles as follows:

Runner	Obstacles	Description
1	1, 2, 3	Offset steps, monkey bars, 1.5m wall
2	4, 5	Balance beam, wheels
3	6, 7, 8	Island steps, rings, penguin slide
4	9, 10, 11	Climbing holds, swing, wave wall

- 3.3.6. One athlete ascends the finish wall.
- 3.3.7. The team whose last runner activates the finish button first is the winner.
- 3.3.8. The total distance covered by the team is 100 m.

### 3.4. Time Penalties

There are no time penalties.

### 3.5. Disqualification

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

## 4. CONDUCT

### 4.1. General Rules:

The athletes will:

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

### 4.2. Finish Definition:

An athlete will be judged as "finished," the moment they activate the finish button that records the finish time and may activate a horn, whistle, pyrotechnic, lights, 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.

## 5. COMPETITION IN TOURNAMENT FORMAT

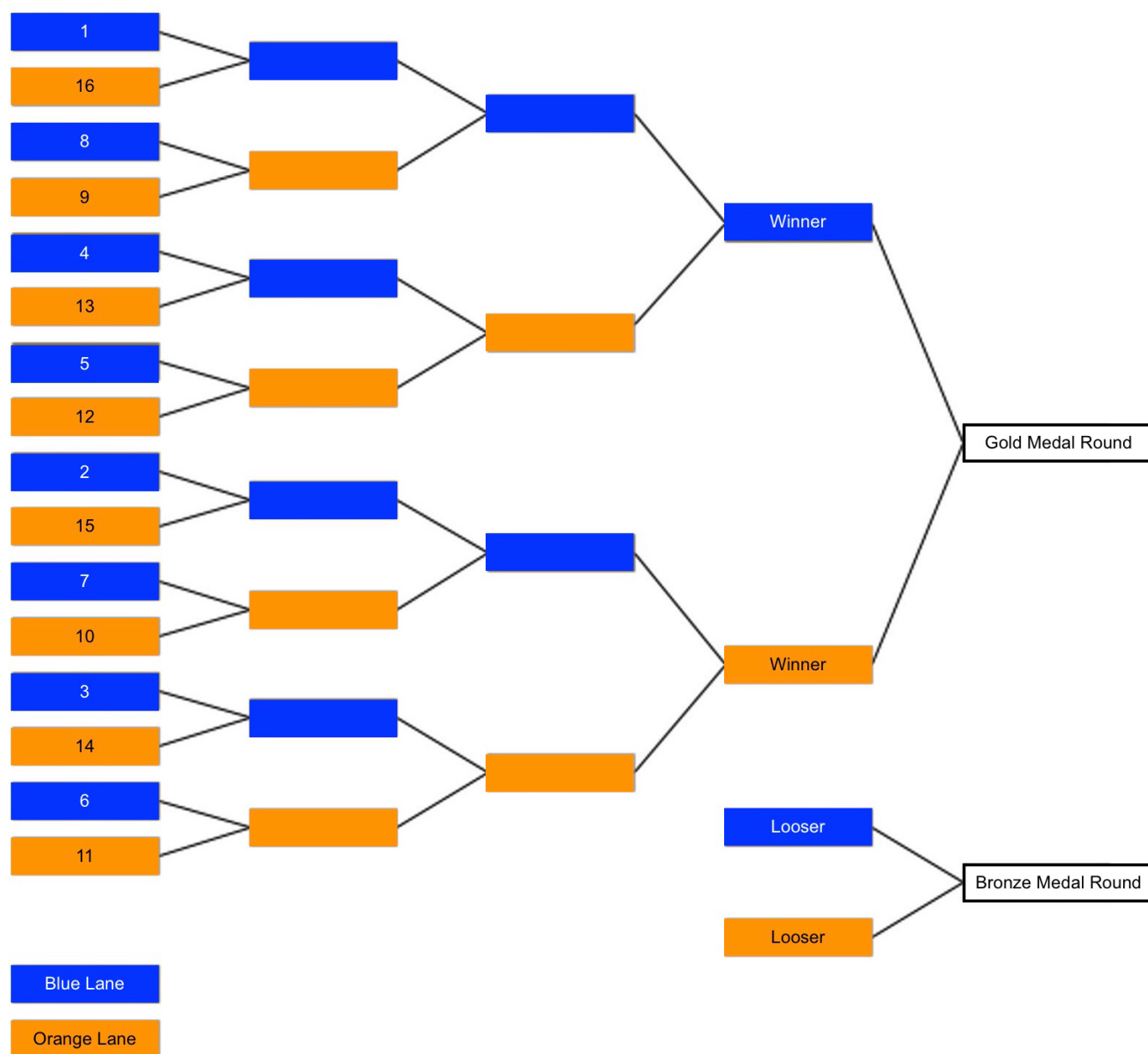
### 5.1. General

A competition in Tournament format consists of several rounds with qualifying rounds and elimination rounds on a 2-lane course. Elimination rounds can be the fastest 16, or 8 athletes. For example, the fastest 16 athletes compete head-to-head (if a round of 16 is used) to qualify for the round of 8. The number of elimination rounds is specified by the race director.

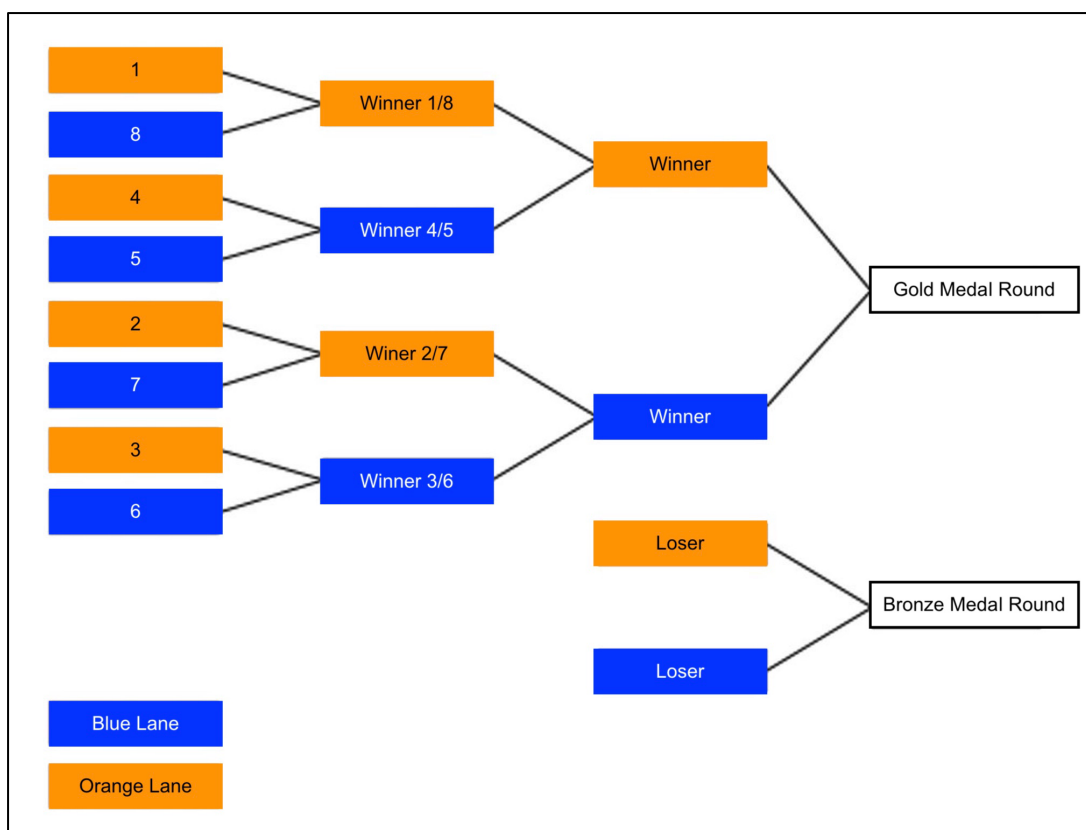
## 5.2. Rounds

- 5.2.1. Athletes qualify for the elimination rounds based on their fastest time in the qualifying rounds.
- 5.2.2. At least two runs shall be allowed by each athlete in the qualifying rounds.
- 5.2.3. The fastest athletes from the qualifying rounds progress to the elimination rounds, see images below.
- 5.2.4. The fastest athlete from the qualifying rounds races the slowest athlete from the qualifying rounds in the first elimination round. The second fastest athlete races the second slowest athlete, etc.
- 5.2.5. Each race in the elimination rounds (two athletes competing head-to-head) is called a bracket.
- 5.2.6. Athletes progress to the next elimination round if they win their bracket.
- 5.2.7. The winning two (2) athletes from the round of four (4) compete in the gold medal final, and the second (2<sup>nd</sup>) placed athletes from the round of four (4) in compete in the bronze medal final.
- 5.2.8. A gold medal final/round determines the gold medal winner (first (1<sup>st</sup>) place) and silver medal winner (second (2<sup>nd</sup>) place.)
- 5.2.9. The bronze medal final/round determines the third (3<sup>rd</sup>) place (bronze medal) winner. Fourth (4<sup>th</sup>) place is not awarded a medal.
- 5.2.10. A repechage, if used, is a round or series of rounds that allows athletes who have been eliminated in the heats to qualify for the semi-finals.
- 5.2.11. If there are no elimination rounds, the medal rounds are based on finish times from the heats.

### Elimination round of 16



Elimination round of 8



### Elimination round of 4

