

# OBSTACLE LIST

This is a list of obstacles that will appear on the course. The pictures may not be exactly as the obstacle will be and is only to help the athletes have an idea of what kind of obstacles will be in the races.

Obstacles may be adjusted or added/removed due to weather or other circumstances on or before race day.

Specific rules for the obstacles are written in the rule book.



**OCR WORLD  
CHAMPIONSHIPS**  
**GOTHENBURG, SWEDEN**  
**11-14 SEPTEMBER 2025**



# Hurdles

Information: Jump over the hurdles. Using both hands and feet is allowed. Touching the hurdle is allowed.

Nr: 1

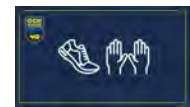
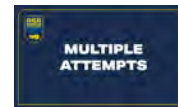


# A-frame

Information: Climb over the A-frame.

It is not allowed to use the construction.

Nr: 2

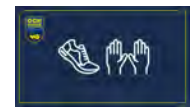
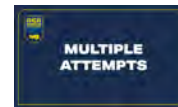


# Walls

Information: Climb over the wall

It is not allowed to use the support beams.

Nr: 3

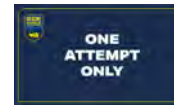




# Monkeybar

Information: Use your hands to get across the obstacle.

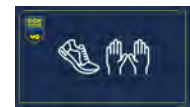
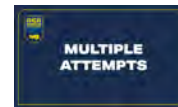
Nr: 4



# Inverted walls

Information: Climb over the wall

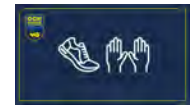
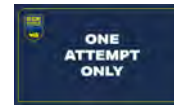
Nr: 5



# Rope climb

Information: Climb the rope and touch the bell

Nr: 6



# Toroz 1

Information: Use your hands to get through the obstacle

Nr: 7

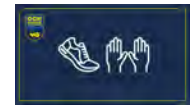
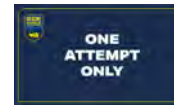




# The Obstacle run rig

Information: Use your hands and feet to get across the obstacle.

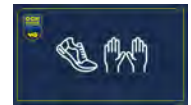
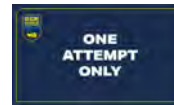
Nr: 8



# Tors Trophy 1

Information: Use your hands and feet to get across the obstacle.

Nr: 9

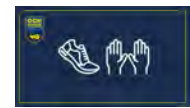
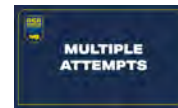


# Crawl under

Information: Crawl under the net in a straight line from the start to the finish.

It is not allowed to exit the side of the obstacle.

Nr: 10

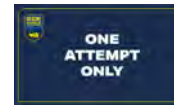




# Short ropes rig

Information: Use the ropes to get to the other side.  
Only hands allowed.

Nr: 11



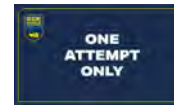


# Ladder rig

Information: Use your hands to get through the obstacle

The athlete may grip the part of the construction where the ladder is attached.

Nr: 12



# Dips walk

Information: Use your hands to get to the other side. It is not allowed to hang under the beams.

Nr: 13

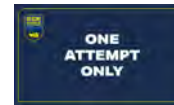


# Unstable ladders

Information:

Use the ladders to get to the finish line

Nr: 14



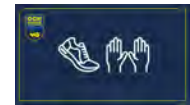
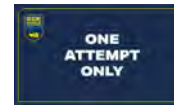


# Ladder climb

Information:

Climb the ladder and touch the bell

Nr: 15

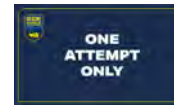




# Ring rig

Information: Use your hands to get through the obstacle

Nr: 16

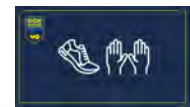
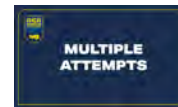


# Crawl under

Information: Crawl under the net in a straight line from the start to the finish.

It is not allowed to exit the side of the obstacle.

Nr: 17

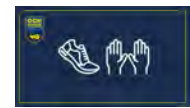
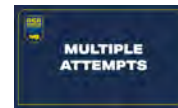


# Net climb

Information:

Climb over the net

Nr: 18

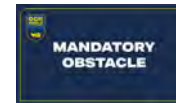


# Carry logs

Information: Carry the log through the marked course.

Weight: approx 20 kg. Same weight for men and women.

Nr: 19

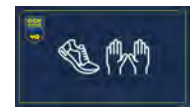
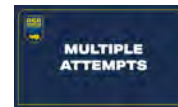




# Inverted walls

Information: Climb over the wall

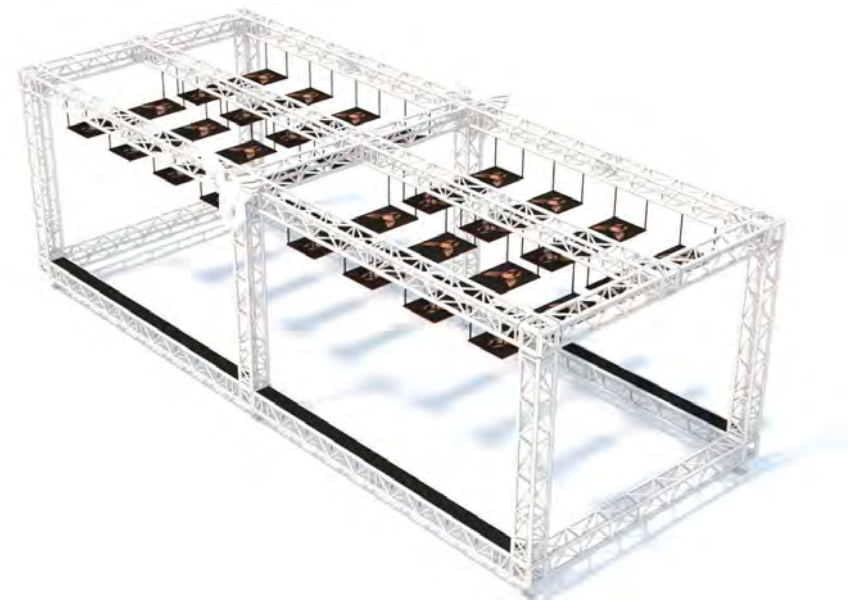
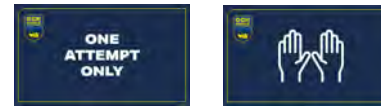
Nr: 20



# Hanging roof

Information: Use the hanging boards to get to the other side. Only hands allowed.

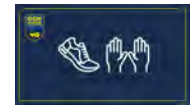
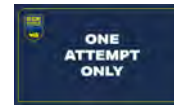
Nr: 21



# Rope rig

Information: Use the ropes to get to the finish. Both hands and feet are allowed.

Nr: 22

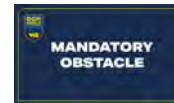


# Carry chains

Information: carry the chain through the course.

Weight: approx 20 kg. Same weight for men and women.

Nr: 23

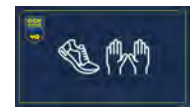
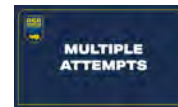




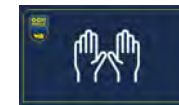
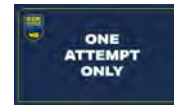
# Crawl under

Information: Crawl through the tunnel

Nr: 24



# Toroz 2



Information: Use the grips to get to the other side. Only hands allowed.

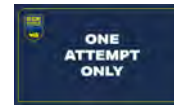
Nr: 25



# Rings

Information: Use the rings to get to the other side. Only hands allowed.

Nr: 26

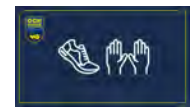
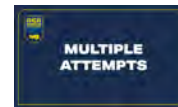


# Crawl under

Information: Crawl under the net in a straight line from the start to the finish.

It is not allowed to exit the side of the obstacle.

Nr: 27

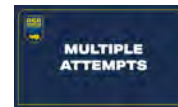




# Climb over

Information: Use the ladders to climb over the box and down on the other side.

Nr: 28

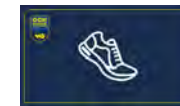
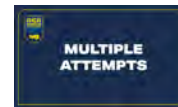


# Balance

Information: Walk on the balance beams

The obstacle will have a start and finish line. The ground between the lines may not be touched. If the athlete fails he/she has to start from the beginning.

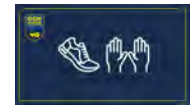
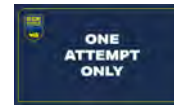
Nr: 29



# Traverse rope

Information: Use arms and legs to traverse the rope. It is allowed to lay on the rope.

Nr: 30

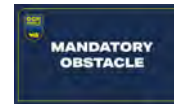


# Carry Bulgarian bags

Information: Carry the bulgarian bag

Weight: Men: 25 kg, women 15 kg

Nr: 31

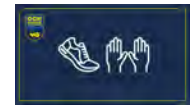
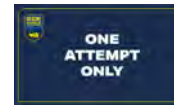




# Kroppslabbet rig

Information: Use your hands and feet to get across the obstacle.

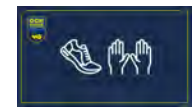
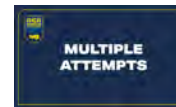
Nr: 32



# Irish table

Information: Climb over the Irish table using both hands and feet.

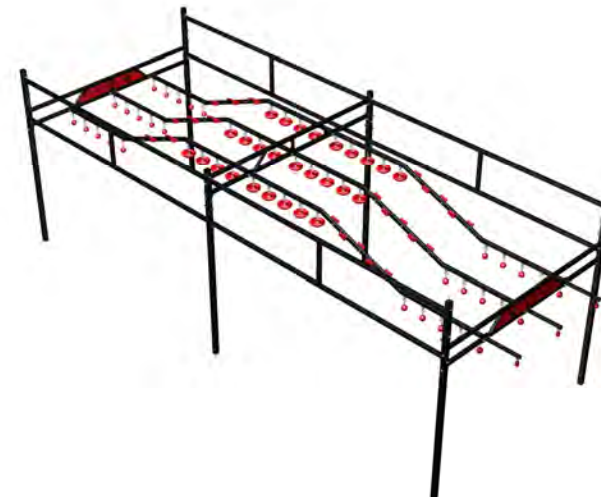
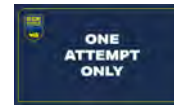
Nr: 33



# Toroz 3

Information: Use the grips to get to the other side. Only hands allowed.

Nr: 34

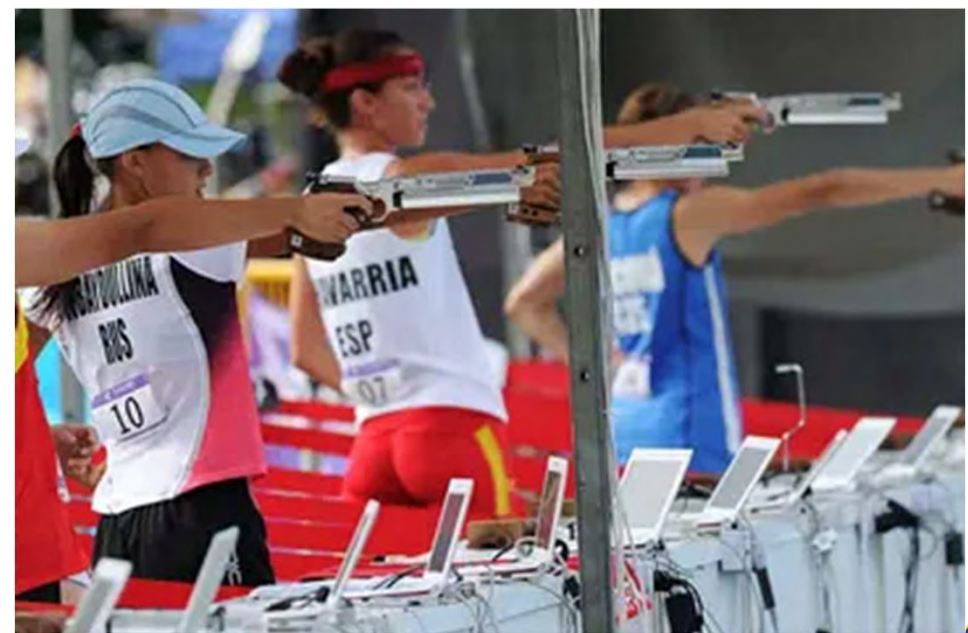


# Laser shooting

Information: Hit the targets 3 times

Maximum time limit 30 seconds

Nr: 35

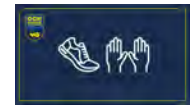
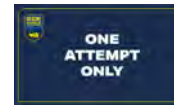




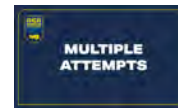
# Tors Trophy 2

Information: Use the grips to get to the other side. Both hands and feet are allowed.

Nr: 36



# Inclined wall



Information: use the rope to climb the wall

Nr: 37

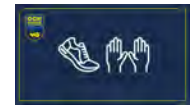
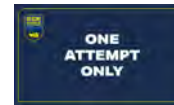


# Tough Viking rig

Information: Use the grips to get to the other side.  
Hands are allowed on all grips.

Feet are only allowed on the ropes.

Nr: 38

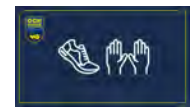
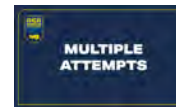


# Ramp

Information: Run up the ramp

All athletes may use the ropes hanging from the top.

Nr: 39





# Team obstacles

# Team rope traverse

Information: One athlete crosses the rope at a time.  
The other athletes hold the rope

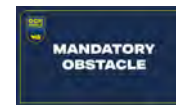
Nr: 40



# Worm carry

Information: Carry the worm through the marked course. The worm may not touch the ground when the team is moving.

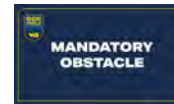
Nr: 41



# Team wall

Information: Help each other to climb the wall

Nr: 42





# Short course map



# Standard course map



# Team course map

