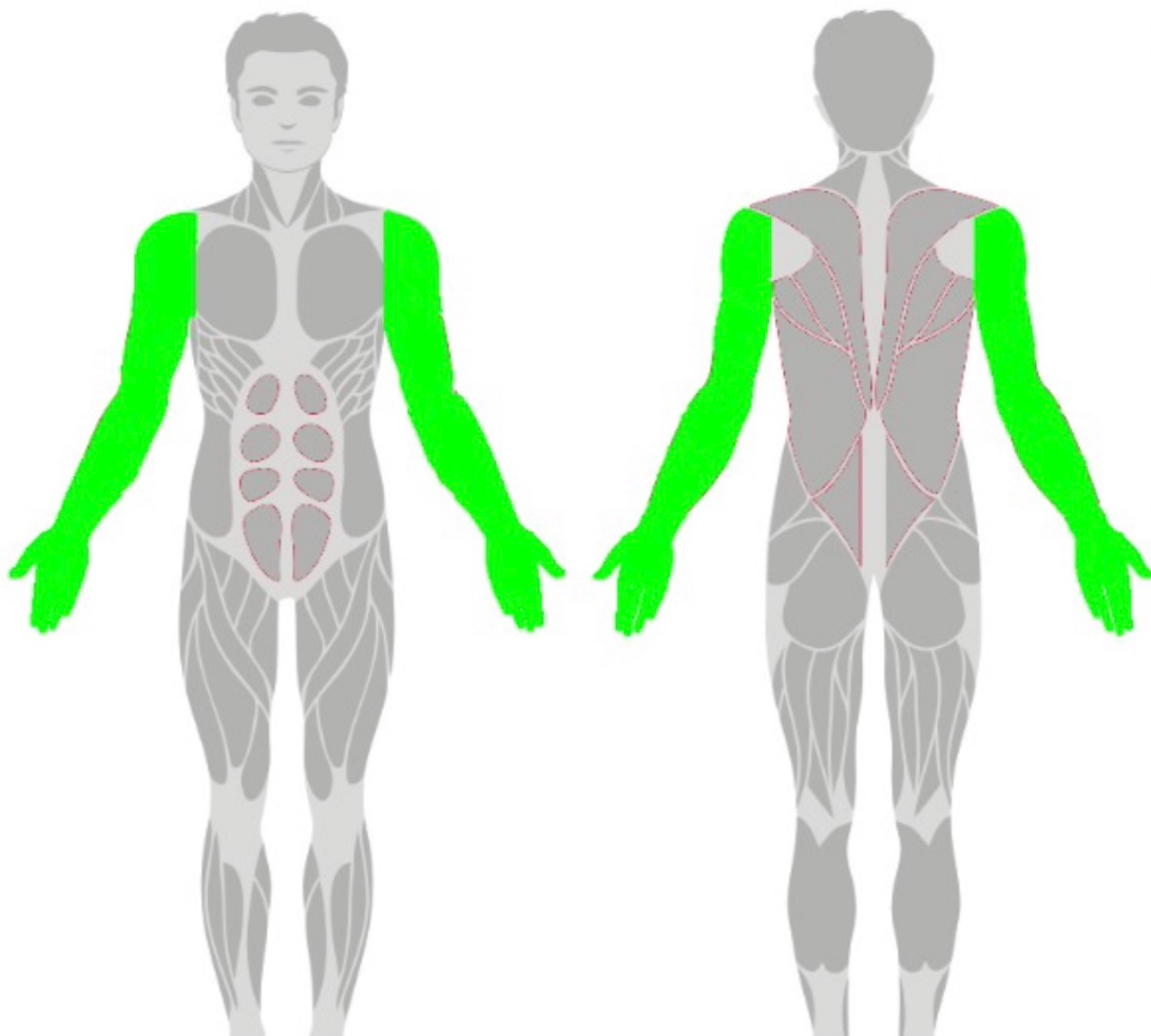


## OCR 100m Championship Course Obstacle Rules

<i>No.</i>	<i>Name</i>	<i>Instructions</i>	<i>Disallowed</i>
1	<b>Offset Steps</b>	<ul style="list-style-type: none"> <li>○ Use only the steps to cross from start to the end</li> <li>○ Step, hop, jump, kneel, sit, or hold steps</li> <li>○ Obstacle completion is when the athlete has passed the last step</li> <li>○ Any combination of steps can be used</li> <li>○ Steps may be missed / skipped</li> </ul>	<ul style="list-style-type: none"> <li>○ Use of any support structure, ground or padding for assistance</li> <li>○ Intentionally crossing into the other lane</li> </ul>
2	<b>11 Bars</b>	<ul style="list-style-type: none"> <li>○ Using only arms or hands to cross under the bars from start to finish</li> <li>○ Bars may be missed / skipped</li> <li>○ Feet and legs must always remain below shoulder height</li> <li>○ Obstacle completion is when the athlete hits the bell with their hand or arm, see Figure 1</li> </ul>	<ul style="list-style-type: none"> <li>○ Use of any support structure, ground or padding for assistance</li> <li>○ Travel over any bar</li> <li>○ Feet or legs above shoulder height at any time</li> <li>○ Use feet to hit the bell</li> <li>○ Intentionally crossing into the other lane</li> </ul>
3	<b>1.5m Wall</b>	<ul style="list-style-type: none"> <li>○ Cross the wall from one side to the other</li> <li>○ Entire body, including both legs must go over the wall</li> <li>○ Obstacle completion is when the athlete lands on the far side of the wall</li> </ul>	<ul style="list-style-type: none"> <li>○ Use of any support structure or padding for assistance</li> <li>○ If body of the part passes below the top of the wall (to either side)</li> <li>○ Intentionally crossing into the other lane</li> </ul>
4	<b>Balance Beams</b>	<ul style="list-style-type: none"> <li>○ Traverse beam from start to finish</li> <li>○ The start platform must be used as the first step</li> <li>○ Obstacle completion is when the athlete's entire body passes the end of the balance beam</li> <li>○ Any part of the body may be used to cross the beams</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body contacts the ground between the start of the balance beam and the end of the balance beam</li> <li>○ Intentionally crossing into the other lane</li> </ul>
5	<b>Wheel Rig</b>	<ul style="list-style-type: none"> <li>○ Use only the wheels to cross from start to finish</li> <li>○ Feet and legs must always remain below shoulder height</li> <li>○ Wheels may be missed / skipped</li> <li>○ Obstacle completion is when the athlete hits the bell with their hand or arm</li> </ul>	<ul style="list-style-type: none"> <li>○ Use of any support structure, ground or padding for assistance</li> <li>○ Use feet or legs to cross the wheels</li> <li>○ Use of feet to hit the bell</li> <li>○ Feet or legs above shoulder height at any time</li> <li>○ Intentionally crossing into the other lane</li> </ul>

<b>No.</b>	<b>Name</b>	<b>Instructions</b>	<b>Disallowed</b>
6	<b>Island Steps</b>	<ul style="list-style-type: none"> <li>○ Traverse island steps from start to end</li> <li>○ Steps may be missed/ skipped</li> <li>○ Any part of the body may be used to cross the steps</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body contacts the ground</li> <li>○ Intentionally crossing into the other lane</li> </ul>
7	<b>Rings</b>	<ul style="list-style-type: none"> <li>○ Using only arms or hands to cross using the rings from start to end</li> <li>○ Rings may be missed/ skipped</li> <li>○ Feet and legs must always remain below shoulder height</li> <li>○ Obstacle completion is when the athlete hits the bell with their hand, or arm</li> </ul>	<ul style="list-style-type: none"> <li>○ Use feet or legs to hold the rings</li> <li>○ Use of any support structure, ground or padding for assistance</li> <li>○ Use of feet to hit the bell</li> <li>○ Feet or legs above shoulder height at any time</li> <li>○ Intentionally crossing into the other lane</li> </ul>
8	<b>Penguin Slide</b>	<ul style="list-style-type: none"> <li>○ Traverse under the net from start to finish</li> </ul>	<ul style="list-style-type: none"> <li>○ Crossing outside the net/ structure</li> <li>○ Intentionally crossing into the other lane</li> </ul>
9	<b>Climbing Holds</b>	<ul style="list-style-type: none"> <li>○ Use only the holds to cross from start to finish</li> <li>○ Holds may be missed/ skipped</li> <li>○ Feet and legs must always remain below shoulder height</li> <li>○ Obstacle completion is when the athlete hits the bell with their hand or arm</li> </ul>	<ul style="list-style-type: none"> <li>○ Use of any support structure, ground or padding for assistance</li> <li>○ Use of feet to hit the bell</li> <li>○ Feet or legs above shoulder height at any time</li> <li>○ Intentionally crossing into the other lane</li> </ul>
10	<b>Swing</b>	<ul style="list-style-type: none"> <li>○ Swing on the rope from the start platform to the end platform</li> <li>○ The rope must be grabbed by at least one hand</li> <li>○ Obstacle completion is when the athlete lands on the end platform</li> </ul>	<ul style="list-style-type: none"> <li>○ Use of any support structure, ground or padding for assistance</li> <li>○ Intentionally crossing into the other lane</li> </ul>
11	<b>Wave Wall</b>	<ul style="list-style-type: none"> <li>○ Ascend the wall</li> <li>○ Feet and legs must always remain below shoulder height</li> <li>○ Obstacle completion is when the athlete activates the finish button</li> </ul>	<ul style="list-style-type: none"> <li>○ Feet or legs above shoulder height at any time – heel hook on the top of the wall is allowed if below shoulder height</li> <li>○ Use side or edge of the wall for assistance in any way</li> </ul>

Figure 1 – How to hit a bell



Only the area between the fingertips and shoulders (shown in green) can be used to hit a bell.