

Rulebook

OCR EC 2017



JUNE 4, 2017

FRANKFURT, GERMANY

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1 | INTRODUCTION

This is the rulebook for The Obstacle Course Racing European 2017. In this document you will find all the rules and regulations regarding the OCR European Championship 2017 in Frankfurt on June 4, 2017.

Note that additional rules or modifications can be added at a later time. If this is the case we will communicate this to the Marshalls and participants via e-mail, our website and social media channels. For questions and more information about the use of this rulebook, you can contact our Race Director Jerry Jansen (jerry@ocrec.eu).

Note: In the text whenever it says 'he' it can also be read as 'she'. This also applies to journeyman, this means journeywoman as well. In this document OCR EC participants will be called participants, athletes and competitors.

1.1 General contact information

www.ocrec.eu

info@ocrec.eu

Social media

www.facebook.com/ocrec2017

www.instagram.com/ocrec2017

2 | ABOUT US

2.1 OCR EC FOUNDATION

OCR EC is a foundation, which means we are non-profit. We work together with a team of very dedicated volunteers, sport professionals, athletes, partners and sponsors. The OCR EC foundation is born from the idea that the independence, safety and quality of a European OCR championship should be safeguarded.

The interests and needs of OCR athletes all over Europe should be the leading factor while planning this event. In addition we strongly believe it's important that the OCR European Championship is accessible to many people. A championship that will be held in a different European country each year contributes to the accessibility. The OCR sport is becoming more and more popular and so OCR enthusiasts are located in many different parts and corners of this continent.

2.2 Focus

Our focus is organizing the Independent Obstacle Course Racing European Championship of 2017 (OCR EC 2017). This event will be held on June 4 in Germany. Organizing an event like this is not new territory for us. Although our OCR EC foundation has just been established, we are no strangers in the field of OCR and event management in general.

The OCR European Championship is our number one priority. OCR EC 2017 will offer the best to OCR athletes. It's going to be a very tough championship! It's a fun job, but not an easy job to organize an event like this. It's necessary that a team can fully commit themselves to this goal and invest a majority of their time. In our view an independent organization can accomplish this. Therefore establishing this foundation was a right and logical choice for us. We're doing this in our free (unpaid) time; you could say our passion for OCR is the fuel that gets us going!

2.3 Reinforcement & Collaboration

Our desire is to work with OCR athletes, OCR events, sports brands and media at both European and global level. We support all types of collaboration and reinforcement that will benefit the OCR sport and its strong community. Ultimately the point is that we all share the same passion and enthusiasm for this sport.

2.4 Thank you for your support

We have worked very hard to make the 2017 edition of OCR EC even better and tougher than last year! Thanks to the support of athletes, our volunteers and partners we can achieve this. We want to express our appreciation to all those involved. See you out there!

Signed by,

Jim Malinka - Event Director (jim@ocrec.eu)

Jerry Jansen - Race Director (Jerry@ocrec.eu)

Tijmen Leurs - Assistant Race Director (tijmen@ocrec.eu)

3 | MARSHALLS

At the OCR EC we will have Marshalls that are trained by OCR International and are under the supervision of OCR international. All Marshalls will use the rules as described in this rulebook.

All participants must always follow the instructions given by the Marshalls. When a participant does not agree with the instructions or decisions made by Marshalls, he can make an objection by reporting this to the Head Marshall in the start/finish area of the event. Marshalls will report their findings and observations; this will be taken into account and can affect the outcome of the final results.

Decisions made by Marshalls during the event are definite at that moment. However when a participant has made an objection, the OCR EC Team can decide to withdraw the decision that was made by Marshalls.

4 | HOW TO COMPETE AT THE OCR EC

- **Qualification**

One needs to qualify to compete in the elite or age group divisions of OCR EC. Athletes can qualify themselves via a number of OCR EC Qualification events throughout Europe, according the official qualification requirements. This is stated on: <http://ocrec.eu/home/qualify>

- **European citizen**

Athletes are only allowed to compete at OCR EC if they have a European passport.

- **Age**

Minimum age is 16 for participation at OCR EC.

- **The first two points do not apply to Journeyman & Journeywoman.**

This is an open heat and there are no qualification requirements. Athletes without a European passport are allowed to participate in Journeyman & Journeywoman.

- **Health & swimming skills**

All participants must be in good health and must be able to swim.

- **Registration**

Before the start all competitors must sign up at the registration desk and show their ID card or passport and OCR EC E-ticket. This way qualification and registration for OCR EC can be verified.

5 | GEAR

Outfits and/or equipment that can harm you, others or can damage obstacles are not allowed. Examples of gear that are not allowed: Shoes with spikes, flags, fireworks and clothing with sharp parts. Participants are expected to dress appropriately, so it will be suitable for spectators and the conditions of the terrain.

6 | START

Competitors need to be at the start area 15 minutes before the start of their wave. Athletes are only allowed to enter the start area after inspection by Marshalls. The Marshalls will inspect if athletes are at the correct start wave and have the right gear. They will also check the wristbands and time keeping ankle bands of the athletes.

Prior to the start athletes will get a short briefing with instructions about the rules and the race. A countdown will take place at the start area and a start signal will be given to the athletes.

Group	Category	Time
1	Elite (Male)	09:30
2	Elite (Female)	10:00
3	16 - 24 (Male)	10:30
4	16 - 24 (Female)	10:40
5	25 - 29 (Male)	10:50
6	25 -29 (Female)	11:00
7	30 - 34 (Male)	11:30
8	30 - 34 (Female)	11:40
9	35 - 39 (Male)	12:10
10	35 - 39 (Female)	12:20
11	40 - 44 (Male)	13:00
12	40 - 44 (Female)	13:10
13	45 - 49 (Male)	13:40
14	45 - 49 (Female)	13:50
15	50+ (Male)	14:20
16	50+ (Female)	14:30
17	Journeyman & Journeywoman	14:40

Start groups OCR EC

7 | RULES DURING THE EUROPEAN CHAMPIONSHIP

7.1 Route

Participants must follow the marked course at all times. A Red-white barrier tape will mark the course. During the championship athletes must make room for the more fast runners.

Athletes should also make room for emergency services and people of the OCR EC Team when necessary.

7.2 OCR EC Wristband

The OCR EC wristband must be visible at all times! To take part in the official rankings one must still have the OCR EC wristband after the finish.

7.3 Obstacles

Athletes must take every obstacle as instructed. All athletes get one attempt to take an obstacle; if this attempt fails one must make a penalty lap before continuing with the course and its obstacles. A penalty lap has a predetermined distance, which varies by obstacle.

7.3.1 Exceptions

On the course there are a number of "**break obstacles**". Athletes must conquer these specific obstacles before they can continue. If a participant fails at this or gives up, he will have to hand in his wristband. This also means one will no longer take part in the official rankings and will not be in the run for any prizes.

If a participant would like to try an obstacle again, he must do this via a retry lane. This way the fast lanes will always be for the 'first try-ers'. It's allowed for participants to keep trying the 'break obstacles' until the sweeper arrives.

7.4 Help and assistance with obstacles

Participants are not allowed to give any help or assistance to other participants in taking obstacles. Furthermore it's also not allowed for volunteers and spectators to do so.

If an athlete does get any help or assistance or provides help during his attempt, this attempt will not be valid. He must do a retry independently. Repeatedly violating this rule means disqualification. This applies to the one who provides help, as well as the one who receives any form of assistance during the championship.

7.5 Sweeper

The Sweeper is a Marshall who will start with the obstacle course 30 minutes after the last start wave of a certain category (elite, age groups, journeyman). The sweeper for the Elite and Age groups will run an average speed of 6 km. The sweeper for the Journeyman group will run an average speed of 4 km. All sweepers will take every obstacle on the course and if applicable they will do penalty laps. When the sweeper catches up with an athlete in Elite/age group category on the course, this means immediate disqualification. When the Sweeper catches up with participants in the Journeyman group, this means their time is up. Because of safety reasons we need to set a time limit at the event for Journeyman participants as well.

At OCR EC we will use 3 sweepers in total: 1 for elite, 1 for age groups and 1 for journeyman. When a sweeper can't continue with his duty, in case of injury or for other reasons, OCR EC will take care of a replacement.

7.6 Time keeping / Time registration

All participants must keep their time registration ankle wrist on! Otherwise time registration is not possible.

8 | PERFORMANCE-ENHANCING SUBSTANCES

Performance-enhancing substances are not allowed before and during OCR EC. By participating at OCR EC one agrees to undergo a test. These tests are conducted at random before or after the race. For the list of banned substances, please refer to the list of the World Anti-Doping Agency: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list>

9 | FIRST AID

Athletes are allowed to help each other in case of emergency; this is an exception to rule 7.3. When a participant needs medical attention or he's in an unsafe situation, everyone is required to provide assistance. In case of emergency one must notify the OCR EC Team. The OCR EC team will then take care of proper handling of the situation.

10 | NUTRITION & HYDRATION

During the race athletes are allowed to consume food or drinks that are handed out at the care posts. In addition athletes can bring their own nutrition, but only if this is not in conflict with stated rules (see rule no.5 & no.8).

11 | OBSTACLE SPECIFIC RULES

This information (including all obstacle descriptions) will be available in a separate document, posted at www.ocrec.eu on Saturday May 20 at the latest.

OCR EC

