Obstacle Course Racing

European Championships

2016

Rulebook

Official rulebook for Obstacle Course Racing,

To be used during the European Championships 2016

Set and published by the Obstacle Course Racing Association Benelux

The Obstacle Course Association Benelux has set and published a rulebook to benefit the sport and to provide guidelines for competitions and championships. The rulebook is originally set for the Benelux, but has been amended and adapted for implementation for the European Championships 2016. We would like to emphasize to the Benelux competitors that there are differences between the standard rulebook and this rulebook for the European Championships 2016.

Please contact the OCRA Benelux at Helen@OCRA-benelux.org for more information on the use of this rulebook.

Official rulebook for Obstacle Course Racing

Rulebook OCR European Championships 2016

The OCR European Championships will be organized for the first time in 2016. In order to have a fair race, the alliance of independent OCR associations has set this Rulebook. The first part of the Rulebook is aimed at providing the rules for participation and some general rules. The second part of the Rulebook provides rules for during the OCR European Championships 2016 itself, including rules relating to the completion of obstacles.

The OCR officials of the OCRA Benelux will monitor compliance with this Rulebook during the OCR European Championships 2016; any objections will be handled and settled by the OCRA Benelux. We are aware that certain rules are subjective and can be interpreted in several ways, which may lead to discussions. The interpretation of the Rulebook by the OCR official at the location/obstacle will be leading. We are also aware that this Rulebook is not all-inclusive: in case there is no specific rule for undesired conduct or situations, the OCR official at the location/obstacle may complement an existing rule based on the purpose and the scope of the Rulebook and in order to prevent dangerous situations.

1. Rules for participation and general rules

1.1 **Requirements**. Only competitors with an European nationality are allowed to compete in the OCR European Championships 2016 (with exception of the Journeyman division). Competitors are required to qualify for the OCR European Championships 2016 through authorized qualifying events (with exception of the Journeyman division). Competitors are required to be able to swim (we emphasize that the course contains many water parts). Competitors have to be at least 16 years at the day of the event.

1.2 **Event registration**. In relation to the initial registration for the OCR European Championships 2016, the alliance of independent OCR associations will check whether the competitor has qualified for the event. The competitor is registered for the event after he or she has received the final confirmation from the alliance of independent OCR associations. When the competitor picks up his or her race registration, competitors are required to show a valid photo ID.

1.3 **Time registration**. The event will use "gun times". This implies that the start time of all competitors in a particular start wave is considered the same. Please make sure the time registration is firmly secured around the ankle.

1.4 **Start**. Competitors are required to enter the start area 15 minutes prior to the start of their wave, mainly due to the (safety) briefing provided prior to the start. Competitors need to start in the wave assigned to them, there will be no option to change waves. Competitors need to make sure their registration number is visible at the start (and remains visible during the race).

1.5 **General conduct**. All competitors are expected to behave in a sportsmanlike manner during the entire event, implying abiding by general behavior- and decency values. We therefore don't accept discrimination, and interrupting, offensive and/or aggressive behavior from competitors. Please bear in mind that each competitor represents a wonderful sport aimed at fun, challenges and cooperation.

1.6 **Gear**. Competitors will get wet, please dress accordingly. Competitors are not allowed to wear clothing and/or take objects with them that are offensive or may injure or impede other competitors. We do allow glasses, but we discourage them for safety reasons. We do encourage competitors to express their country in an appropriate manner. Running spikes or shoes with studs are not allowed. Competitors are not allowed to carry personal equipment with them to assist in the completion of an obstacle, with exception of devices necessary due to a physical handicap, gloves and protectors. Competitors are allowed to carry food and hydration packs with them in an appropriate way.

1.7 **The course**. Competitors are not allowed to enter the course or try obstacles prior to the start (subject to obtaining a starting ticket, competitors are able to participate the Strong Viking event held at the same location, the day before).

1.8 **Performance enhancing substances**. There is a zero tolerance policy with regard to drugs and forbidden performance enhancing substances, to which competitors must adhere. Competitors are invited to sign the 100% dope free statement on www.dopefree.nl. Competitors agree to be subject to selective drug testing prior and/or after the race. For the list of forbidden performance enhancing substances, we refer the competitor to the prohibited list 2016 of the World Anti-Doping Agency (WADA).

2   Rules for during the race

2.1 **Littering**. Littering the course is strictly forbidden. Any cups and other waste need to be disposed of in the trash bins placed on the course or at the locations indicated for this purpose. Anything the competitor takes with him or her (including but not limited to clothing) may not be discarded or left behind on the course.

2.2 **Registration number.** Competitors need to make sure their registration number remains visible during the race. In case a competitor loses it registration number or time registration, the competitor needs to report this to an OCR official as soon as possible. In case the registration number has been lost, it can no longer be guaranteed the competitor will be included in the results of the OCR European Championships 2016.

2.3 **Time registration.** At the finish line, an additional time registration will take place by an OCR official. It is the responsibility of the competitor to make sure the OCR officials at the finish line spot the competitor.

2.4 **The course**. Competitors are required to stay within the boundaries and markings of the indicated course; (intended or unintended) cutoffs are not allowed. Competitors need to prevent damaging the course, the obstacles and the environment. Competitors are required to permit faster racers enough space to safely pass (we request the faster racers to announce their approach in an appropriate manner, for instance by calling out "left", "right" or "passing"). In case a competitor runs off-course, he or she needs to return to the original point of deviation and resume the race from there. In case the competitor leaves the course for a brief period of time (for instance to step aside for a faster racer), he or she needs to resume the race from the exact point of exit.

2.5 **Obligatory attempt**. With regard to all obstacles it is obligatory to make at least one serious attempt to complete the obstacle. This implies competitors are not allowed to simply skip an obstacle and the "touched" principle is not applicable.

2.6 **Failed attempt**. In case the competitor's attempt to complete an obstacle fails, the competitor is allowed additional attempts, provided he or she is not blocking the path of other competitors attempting that specific obstacle for the first time. Certain obstacles will have a dedicated lane for competitors making additional attempts, in this case the competitors need to use this lane for their additional attempts. Competitors always have to start from the beginning of the obstacle with every new attempt.

2.7 **Failing to complete an obstacle**. Failure to complete the obstacle will lead to removal of the competitor's wristband (if he/she still has it and unless otherwise indicated) and to a time penalty. Completion of all obstacles (therefore, keeping the wristband) is mandatory to be eligible for awards/prizes. The time penalty amounts to 10 minutes and will be applied after the end of the race (there are no penalty boxes). The time penalty may be adjusted per obstacle taking into account the general difficulty of the obstacle; this will be communicated prior to the race. There are **no** physical alternatives for the obstacles or penalties, such as burpees, push-ups etc.

For avoidance of doubt, competitors without a wristband are not eligible for awards/prizes, but they will be mentioned in the official results (in a separate category). Losing your wristband or receiving a time penalty does not mean the competitor is disqualified: the competitor is allowed to continue the race and become a finisher.

2.8 **Assistance**. It is **not** allowed to receive assistance from other competitors or volunteers in order to complete an obstacle, unless this has been indicated upfront. It is not allowed to accept assistance from spectators at all times (including but not limited to accepting food and hydration), with exception of verbal instructions and encouragements. Competitors are required to provide assistance to other competitors in distress, who's safety is endangered and/or who require medical assistance, up and until the moment this role has been taken over by volunteers or the medical instances. We expect from our competitors to make a thorough consideration of remaining with the victim or running to the nearest post for assistance. In case a competitor spends a substantial amount of time on assisting competitors in distress, who's safety is endangered and/or who require medical assistance, he or she needs to report this to the nearest OCR official. Provided we can verify the situation, the OCRA Benelux will apply a time correction and/or search for alternative solutions. Competitors are allowed to receive medical assistance from the designated instances.

2.9 **OCR officials and volunteers**. Competitors are required to strictly follow the instructions provided by an OCR official and/or volunteer. Competitors are explicitly required to behave in a sportsmanlike manner towards OCR officials and volunteers.

3 Consequences of not following the rules.

3.1 **Consequences.** Violating the rules, will lead to disqualification. Disqualification implies that the competitor will be removed from all official results of the OCR European Championships 2016. Disqualification may take place during the race but also after the race, based on received reports or video material. In case of multiple and/or severe violations, the OCRA Benelux may take more severe measures, such as but not limited to banishment from future OCR European Championships and/or reporting to doping authorities.

3.2 **Filing reports**. Up to an hour after the race, competitors are allowed to file reports with the OCRA Benelux or designated OCR officials on the process of the race, situations encountered during the race, rules applied during the race, the course and the behavior of other competitors. With regard to time penalties and disqualifications, competitors are allowed to file a report within 48 hours after publication of the official results. Any reports filed after the period indicated, will not be taken into account.

3.3 **Process for addressing reports**. The OCRA Benelux will address each report thoroughly. This may imply consulting volunteers and/or OCR officials involved, requesting other competitors for their point of view, and consulting video material if available. The competitor filing the report and the persons concerned will be contacted personally (provided the contact information is available) to be informed on the outcome of the report.