

OCREC 2023

HOW TO QUALIFY?¹

QUALIFICATION & REGISTRATION

Qualification period: 1 May 2022 – 30 April 2023.

The rules of OCREC: the 3 wristband + 1 try at suspension obstacles + penalty loop system. Details to be followed in the Rule Book.

SHORT & STANDARD COURSE

The Short and the Standard course events are separated into the following divisions: Elite / Age Group / Open.

ELITE

Qualification is necessary. Categories: Male / Female

AGE GROUP

Qualification is necessary. The age group categories are:

SHORT COURSE AGE (Male / Female)	STANDARD COURSE AGE (Male / Female)
12-13 years	-
14-15 years	-
16-17 years	15-16-17 years
18-19 years	18-19 years
20-24 years	20-24 years
25-29 years	25-29 years
30-34 years	30-34 years
35-39 years	35-39 years
40-44 years	40-44 years
45-49 years	45-49 years
50-54 years	50-54 years
55-59 years	55-59 years
60+ years divided in 5-year categories up to the age of the oldest competitor	60+ years divided in 5-year categories up to the age of the oldest competitor
Para - Male / Female (all ages and categories)	Para - Male / Female (all ages and categories)

¹ The Host Country and EOSF reserve the right to make changes in this document if and when found necessary.

General rule: Please note that **your age on 31 DECEMBER** of the year the race takes place (2023) determines your age group category.

Minimum age: Exception to the above general rule:

- Minimum Age for Standard course: 15 years on race day
- Minimum Age for Short course: 12 years on race day

Special awards go to the oldest and youngest racer!

Athletes will be automatically registered for the age group division that they belong in on December 31st 2023 even if it is not the same age group that they have qualified in.

OPEN

There is no qualification requirement for the Open course.

OCR100 EVENT

Qualification is necessary.

- Minimum Age for OCR100event: 12 years on race day

The OCR100 event has no distinction among Elite or Age Group and all athletes run for the title. The race is held based on absolute ranking. In order to make it to the top 16 athletes, the time result counts (each racer has 2 tries). The top 16 athletes are competing with each other in a direct elimination system (2 athletes / wave, number 1 races with number 16, number 2 with number 15, etc.). Top 3 men and 3 women will be on the podium in absolute.

The best junior athletes (being maximum of 19 years old as of 31 December 2023) and the best master athletes (being minimum of 40 years old as of 31 December 2023) will be awarded separately. The top 4 athletes based on time results in junior and master category are competing with each other in a direct elimination system (2 athletes / wave, number 1 races with number 4, number 2 with number 3). Top 3 men and 3 women will be on the podium in junior and master categories.

For the OCR100 course event, there is a maximum of **400 available slots** (e.g. 400 racers may register - each racer has 2 tries). **Each country** may register **12 athletes** (6 male and 6 female, including juniors and masters) (with the codes forwarded to the NFs). The NF of a country may, in its sole discretion, change the ratio of male / female athletes if necessary. The available slots not used by a country may be filled up by other countries' athletes, based on the discussion within EOSF. If a country has remaining slots, it should be reported to the following e-mail address info@ocreuropeanchampionships.org at the latest by 31 March 2023.

The remaining slots, if any, shall also be filled up by the countries, based on the decision of EOSF. Countries may apply for the remaining slots at the following e-mail address info@ocreuropeanchampionships.org at the latest by 31 March 2023, indicating the number of slots needed.

The Hungarian organizer will announce as of 30 April 2023 at the latest, whether, taking into account the circumstances and the available timeframe, a trial period for OCR 100 is available for other athletes present at OCREC, or not.

TEAM RACE

Two types of team race will be organized:

National Team Race – Each National Federation can indicate one team for each category to represent the country. It means that altogether 3 national teams may be set up by a country: 1 Female team, 1 Male team, 1 Mixed team. National Team Race shall be run in national jersey.

Only athletes with ELITE qualification will be allowed to sign up for the National Team Race (note: ELITE qualification is necessary to become a member of a national team. However, the athlete may race individually in ELITE or Age Group category in short or standard course at OCREC).

Competitive Team Race – Any qualified athletes (qualified in Age Group or Elite category) may form a team.

The Team Race is a relay race event. The Team Race consists of 4 x 3 km circle, the 1-2-3. circle shall be completed by 1-2-3. racers respectively, while circle 4 shall be completed by all the three racers cooperatively.

There are three types of teams:

- Female team – 3 women
- Male team – 3 men
- Mixed team - 1 man and 2 women OR 2 men and 1 woman

The National Team Race will start in different waves than the Competitive Team Race. First, the waves of National Team Race (female male and mix) will start, and then the waves of the Competitive Team Race (female, male and mix) will follow.

For the Competitive Team Race, the racers are completely free on how they form a Female / Male / Mixed team (whether they are Elite or Age Group racers, or from the same or different countries, etc.)

Two different podiums will be facilitated for the National Team Race and for the Competitive Team Race.

No open category team race will be organized.



GENERAL RULES

Tickets for registration are non-deferrable to another event and non-refundable. The registration can be transferred to another racer within the category of the previously registered racer (Elite registration to Elite, Age Group registration to Age Group, Open registration to Open) until **April 30, 2023**, after which it is not possible to transfer. There is also no possibility of on-site transfer of registration. The fee for transfer is specified on the registration interface. Only the previously registered competitors can initiate the transfer. Only team members of registered teams may be replaced on site, if there is a valid reason. The replacement athlete must meet the same conditions as the previously registered competitor (e.g. if qualification is required, only a qualified racer can be the competitor receiving the entry!)

In order to race, athletes must have a valid ticket / registration. Any infringement of this will result in a claim in the amount of the ticket (registration) price as well as a fee of 1.000 Euro and if necessary, legal prosecution.

Racers with Elite qualification may choose to race in Elite or Age Group category in OCREC. However, racers with Age Group qualification may only race in Age Group category.

Gender changed men to women are not eligible to race in the women category.

Each athlete (Elite / Age Group / Open category) must present a medical certificate (you can download a sample English language document from here: <https://ocreuropeanchampionships.org/medical-certificate/>) to confirm that they are fit to participate in competitive sports. To be valid for race day, the certificate must have been generated within the preceding 12 months. Professional athletes can obtain their certificate from their official medical association with whom they are subscribed. Non-professional athletes can take the visit from any sports medicine doctor.

If a person applies for registration to Elite or Age Group category, however, is not able to prove his / her qualification during the registration process (eg. is not on the list issued by his / her national federation), then he / she automatically will be transferred to open category.



QUALIFICATION CRITERIA

From 1 January 2023, National Governing Bodies / National Federations of a country (NFs) will be given complete freedom on how to qualify \ select athletes for the qualification in Elite and Age Group category or for the OCR100race, with the followings:

- NFs are free to decide the number of athletes qualifying from a race. The qualification criteria may be based on the 50% rule, or finishing below a certain time limit, or finishing with all or a certain number of wristbands, etc. (50% rule means: No more than 50% of an age group or a gender in a division at a specific event can qualify for the OCREC (e.g. if an age group has only 10 athletes in it, only the top 5 athletes are deemed qualifiers). The calculation is based on the number of starting participants in the race/relevant heat and not the number of athletes who finished the race/heat. In case of an odd number we round up in favor of the athletes.)
- Athletes may qualify from OCREC22 as well if the NFs indicate OCREC22 as qualification race for their nationals (Results of OCREC22 in 3k: <https://www.icron.it/newgo/#/classifica/20221742>, results of OCREC22 in 15k: <https://www.icron.it/newgo/#/classifica/20222154>). The athletes shall be included in the list of qualified athletes of the NF in the given country.
- NFs are free to decide whether additional athletes may qualify from a national league or whether they are selected in some other way (eg. selection committee - deciding on the list of persons qualified).
- In addition, the NFs may also provide wildcards for qualification.
- As regards the OCR100race, the qualification is also up to the NF of the country, the NF can decide in its sole discretion on the qualification rules: whether an athlete can qualify from short or standard race or OCR100event if it is organized in the given country, or whether a roll-down system is used by allocating the open slots to the next available athletes within the country.
- If races or leagues are used, we strongly encourage all NFs to enforce the application of international rules as it would benefit the athletes who will face the same regulation they will find at the OCREC. **International rules** mean: the 3 wristband + 1 try at suspension obstacles + penalty loop system.
- Each NF will approve the qualification for their own **licensed athletes**. Only athletes licensed with the National Federation will be allowed to qualify! NFs are free to decide whether they allow foreign athletes to qualify in their country or not (examples for options: 1. Athletes with nationality of and living in Country A will be allowed to qualify only in Country A, 2. Athletes of nationality of Country A, but living abroad may be allowed to qualify abroad (the 2 NFs then will have to decide case-by-case, 3. Foreign athletes can only qualify in Country A if they live in a country where no NF exists, etc.). Each NF is requested to publicly



share its **qualifying races and qualification criteria** including their choice about qualification of foreign athletes, on their website or other media platform, so that the OCREC's website will only reference each and every country's page. The list of qualifying races are removed from the OCREC's website to avoid misunderstandings. (Please find an example below for listing qualifying races and qualifying criteria: ukosf.org/ocr-european-championship/).

- Each NF is requested to maintain on their website or other media platform an updated list of all the **athletes qualified** locally. The list will be used by athletes to check their status and to register to the OCREC. OCREC's staff will only check the official lists and will not check any race's ranking an athlete may provide as proof of qualification. (Please find an example below for listing qualifying athletes: https://gare.federazioneitalianaocr.it/qualificazioni_ocrech/ or http://ocrsport.hu/2023_eb_kvalifikalt_versenyzo/).

PARA

It is up to the NFs, in their sole discretion, for para athletes: whether they establish a qualification or invitation system to OCREC.

The para-athletes are awarded in a unified, combined para category irrespective of their individual para category, as follows:

- Short course para men / women – 1-3.
- Standard course para men / women – 1-3.

Para-athletes race in the normal short and standard courses (no modification is made in the course), in separate waves. In the short and standard distances, para-athletes receive 2 additional wristbands in addition to the normal number of wristbands, i.e. the rules governing para-athletes: the 5 wristband + 1 try at suspension obstacles + penalty loop system.

The para-athlete must prove his/her status as a para-athlete according to the applicable international regulations (he/she must be an officially registered para-athlete), and upon registration, he/she shall attach the para-medical certificate applicable to him/her.

CONTACT

If you have any questions about the qualification conditions for OCREC2023, due to EOSF guidelines you should contact:

- National governing bodies – whereby your country has a national governing body which is a member of the EOSF.
- Directly EOSF at the following e-mail addresses:
 - info@ocreuropeanchampionships.org



- Countries which have national governing bodies which are members of the EOSF are: Belarus, Belgium, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Gibraltar, Holland, Hungary, Ireland, Italy, Lithuania, Malta, Moldova, Norway, Poland, Portugal, Romania, Russia, Spain, Sweden, Switzerland, Turkey, Ukraine, United Kingdom.