The 1st World OCR University Championships 2018 and
1st World OCR Youth Championships 2018

Tuesday, November 13, 2018   SM Arena, Pasay City, Philippines

Rationale

The **World OCR University Championships (WOUC)** and the **World OCR Youth Championships (WOYC)** are two sanctioned events of World OCR, the *Fédération Internationale de Sports d'Obstacles (FISO)*, the international governing body and sole competent authority for obstacle sports and related disciplines worldwide. Both these events support the mission of World OCR to promote the sport of Obstacle Course Racing (OCR) and meet the requirements specified by the International Olympic Committee to be a recognized sport with medal events at the Olympic Games.

These events are organized by **World OCR Asia**, the continental confederation for Asia of World OCR, and **Pilipinas Obstacle Sports Federation** (POSF), the national sports association on obstacle sports recognized by the Philippine Sports Commission and Philippine Olympic Committee. POSF is a member of World OCR and World OCR Asia.

WOUC is in the process of meeting the requirements to be an official event of the International University Sports Federation, Fédération Internationale du Sport Universitaire (FISU). FISU aims "to promote sporting values and encourage top performances in international competitions in harmony with and complementary to the higher values of education." Through World OCR, the WOYC is in the process of meeting the requirements to be an official event of the Youth Olympic Games (YOG).

WOYC and WOUC invite participation from younger individuals following the cliché in sports of "starting them young." The earlier an individual is exposed to a particular sport or discipline, the greater the probability for them to achieve proficiency as well as appreciate the values and positive behaviors.

Specific Objectives

The objectives of these events are to:

1. Promote the growth of OCR;
2. Build rapport and social interaction across multinational and multicultural communities;
3. Promote the value of sportsmanship; and
4. Develop and encourage the youth to engage in a healthier lifestyle and become active Obstacle Course Racers (OCRacers).

Date and Venue

When: Tuesday, November 13, 2018
8:00 a.m. to 12:00 n.n. for WOUC
1:00 p.m. to 5:00 p.m. for WOYC

Where: SM Arena, Pasay City, Philippines

Registration, Accommodations and Race Briefing

Online Registration: posf.com

Official Hotel: Hotel 101, Pasay City, Philippines
(walking distance from race venue; and 10 to 15 minutes by land travel from the Ninoy Aquino International Airport [NAIA] via NAIA Expressway)

Free accommodations and breakfast for foreign OCRacers (non-Philippine residents) from November 11 (afternoon) to 15 (morning), 2018
50 twin-sharing hotel rooms for 100 participants
Only the first 100 registered/ paid OCRacers will be accommodated.

Race briefing/   5:00 p.m., Monday, November 12, 2018
Kit Claiming: Hotel 101, Pasay City, Philippines
(room to be announced)

Mechanics

Event	**World OCR University Championships (WOUC)**	**World OCR Youth Championships (WOYC)**
Race course	400m-800m with 12-14 obstacles	400m-800m with 12-14 obstacles

Event	World OCR University Championships (WOUC)	World OCR Youth Championships (WOYC)
Eligibility	1. An OCRacer must be currently enrolled as a full-time student in a tertiary educational institution, recognized by the country of birth, domicile or residence, or country indicated in passport. 2. Age limits: only OCRacers from the age of 17 to 28 are eligible to compete. Age is the age the OCRacer turns in the year of competition. OCRacers enrolled in the same university/ college are encouraged to don their own uniforms. An OCRacer may also join the WOYC.	Age groups: (Age on year 2018) 1. 13-14 2. 15-16 3. 17-18 4. 19-21 5. 22-25 6. 26-28 OCRacers may form and register in groups or be part of a group. They are encouraged to don their own uniforms. No need to be enrolled. If eligible/ enrolled, an OCRacer may join the WOUC.
Race Categories	1. Men's Individual 2. Women's Individual 3. Mixed Pair An OCRacer must participate in the gender category of his or her gender at birth.	1. Men's Individual 2. Women's Individual 3. Mixed Pair An OCRacer must participate in the gender category of his or her gender at birth.
Race Rules	1. OCRacers shall start the race with 3 wristbands. If an OCRacer fails an obstacle, a wristband shall be cut and removed from the wrist and must complete a physical penalty. 2. An individual OCRacer must complete obstacles on their own without outside assistance or from other OCRacers. 3. Failure to finish the physical penalty will result to disqualification.	1. OCRacers shall start the race with 3 wristbands. If an OCRacer fails an obstacle, a wristband shall be cut and removed from the wrist and must complete a physical penalty. 2. An individual OCRacer must complete obstacles on their own without outside assistance or from other OCRacers. 3. Failure to finish the physical penalty will result to disqualification.

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	4. The physical penalty shall be in the form of walking lunges (i.e., 1 knee to ground) with sandbags (i.e., 30 lbs. for male and 15 lbs. for female) held in front of one's chest (not on shoulders) along a 10-meter lane/route beside the obstacle. 5. Pairs shall be allowed to assist each other and must cross the finish line at the same time. Failure of pairs to accomplish an obstacle should result to the physical penalty for the both of them.	4. The physical penalty shall be in the form of walking lunges (i.e., 1 knee to ground) with sandbags (i.e., 20 lbs. for male and 10 lbs. for female) held in front of one's chest (not on shoulders) along a 10-meter lane/route beside the obstacle. 5. Pairs shall be allowed to assist each other and must cross the finish line at the same time. Failure of pairs to accomplish an obstacle should result to the physical penalty for the both of them.
Race Format	Depending on the number of entries: 1. OCRacers will be divided into brackets; and 2. Top Finishers will run in the Finals. Race format and rules subject to change without prior notice.	Depending on the number of entries: 1. OCRacers will be divided into brackets; and 2. Top Finishers will run in the Finals. Race format and rules subject to change without prior notice.
Ranking	OCRacer shall be ranked by the time they cross the finish line. The number of bands does not change the finish time or rank, except that OCRacers who finish with at least one band are ranked over OCRacers who finish with no bands. An OCRacer with no bands will be designated "DNC" (Did Not Complete) and shall be awarded a finish time.	OCRacer shall be ranked by the time they cross the finish line. The number of bands does not change the finish time or rank, except that OCRacers who finish with at least one band are ranked over OCRacers who finish with no bands. An OCRacer with no bands will be designated "DNC" (Did Not Complete) and shall be awarded a finish time.
Race fee and	Php 1,500 (USD 30) per OCRacer per individual category Php 750 (USD 15) per OCRacer in Mixed Pair	Php 1,500 (USD 30) per OCRacer per individual category Php 750 (USD 15) per OCRacer in Mixed Pair

Event	World OCR University Championships (WOUC)	World OCR Youth Championships (WOYC)
Inclusions	1. Wicked WOUC Finisher Medal 2. Exclusive WOUC Finisher Shirt	1. Wicked WOYC Finisher Medal 2. Exclusive WOYC Finisher Shirt
Top 3 Finishers	Gold, Silver and Bronze Medals per category	Gold, Silver and Bronze Medals per category
Finisher Medal		

11 Special Citations and Awards

1. Largest Country Contingent (i.e., country with the most number of OCRacers; combined WOUC and WOYC; except the Philippines)
2. Largest Country Women Contingent (i.e., country with the most number of Female OCRacers; combined WOUC and WOYC; except the Philippines)
3. Largest University Contingent (i.e., country with the most Number of OCRacers entered in WOUC; male and female combined)
4. Largest Youth Group Contingent (i.e., country with the most Number of OCRacers entered in WOYC; male and female combined)
5. Top Men's WOUC Team (i.e., lowest aggregate time of top 3 men from each country)
6. Top Men's WOYC Team (i.e., lowest aggregate time of top 3 men from each country)
7. Top Women's WOUC Team (i.e., lowest aggregate time of top 3 women from each country)
8. Top Women's WOYC Team (i.e., lowest aggregate time of top 3 women from each country)
9. Top combined WOUC team (i.e., lowest aggregate time of top 3 men and top 3 women from each country)
10. Top combined WOYC team (i.e., lowest aggregate time of top 3 men and top 3 women from each country)
11. Best Uniform

Customized obstacle-inspired trophies will be given.

General Rules

a) The obstacles shall:

    i. be of varying levels (i.e., easy, moderate and difficult);
    ii. be the same set of obstacles for the two (2) events; and
    iii. only be attempted once.

b) All OCRacers shall:

    i. conduct themselves in a sportsman like manner;
    ii. adhere to the intent of the rules when the exact wording of the rule may be interpreted in various ways;
    iii. not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way;
    iv. obey instructions from race officials;
    v. treat other OCRacers, officials, volunteers, media, sponsors and spectators with respect and courtesy;
    vi. not use abusive, derogatory or inflammatory language;
    vii. inform a Technical Official immediately after withdrawing from the race. In case the OCRacers fail to do this before the end of the event, it may result a suspension;
    viii. compete without receiving assistance other than from event personnel and officials;
    ix. refrain from ambush marketing;
    x. not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the OCRacer and disposed of appropriately at the end of the race; and
    xi. not attempt to gain unfair advantage in any way.

c) Every OCRacer must make an honest attempt to complete all obstacles and may attempt an obstacle only once.
d) OCRacers finishing with the same time shall be ranked by the number of obstacles completed. In the event the time and number of obstacles is equal, there shall be a tie. A finish line-video shall be made available.
e) Failure to comply with these Rules and Rules of the Technical Committee may result in an OCRacer being verbally warned, subject to an athletic penalty, disqualified, suspended, or expelled. The nature of the rule violation will determine the subsequent penalty.
f) A suspension or an expulsion will occur for very serious violations of either these Rules, and Rules of the Technical Committee and Anti-Doping Rules of the OSF.
g) The Technical Committee may assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, if a

dangerous situation has been created intentionally or for any unanticipated infringement that effects the outcome or safety of the race.

h) All rules and policies of World OCR and the 2018 World OCR Competition Rules as they may be relevant, shall be applicable.