

## OCR in SEAG: 100m x 10 Obstacles

No.	Name	Instructions/ Allowed	Disallowed
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 leaves the final/ last step</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Crossing into the other lane</li> </ul>
2	<b>Monkey Bars</b>	<ul style="list-style-type: none"> <li>○ Using only arms or hands to cross under the bars from start to end</li> <li>○ Bars may be missed/ skipped</li> <li>○ Obstacle completion is when the athlete hits the bell with their hand, arm or other part of their upper body</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Travel over any bar(s)</li> <li>○ Use feet or legs to cross the bars</li> <li>○ Use feet to hit the bell</li> <li>○ Feet must never be above shoulder height at any time</li> <li>○ Crossing into the other lane</li> </ul>
3	<b>1.5m Wall</b>	<ul style="list-style-type: none"> <li>○ Climb over 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 other/ 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 any body part passes below the top of the wall (to the side)</li> <li>○ Crossing into the other lane</li> </ul>
4	<b>Balance Beam</b>	<ul style="list-style-type: none"> <li>○ Traverse beam from start to end, using the platforms</li> <li>○ Obstacle completion is when the athlete reaches the end platform</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Skipping/ not using the 2 platforms</li> <li>○ Crossing into the other lane</li> </ul>

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5	<b>4-Wheel Rig</b>	<ul style="list-style-type: none"> <li>○ Use only the wheels to cross from start to end</li> <li>○ Obstacle completion is when the athlete hits the bell with their hand, arm or other part of their upper body</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Use feet or legs to cross the wheels</li> <li>○ Use feet to hit the bell</li> <li>○ Feet must never be above shoulder height at any time</li> <li>○ Crossing into the other lane</li> </ul>
6	<b>2m Wall</b>	<ul style="list-style-type: none"> <li>○ Climb over wall from one side to the other</li> <li>○ Entire body, including both legs must go over the wall</li> <li>○ Female: May use assist step/ bar</li> <li>○ Obstacle completion is when the athlete lands on the other/ 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 any body part passes below the top of the wall (to the side)</li> <li>○ Crossing into the other lane</li> <li>○ Male: Use assist step/ bar</li> </ul>
7a	<b>Island Steps</b>	<ul style="list-style-type: none"> <li>○ Traverse island steps from start to end</li> <li>○ Must step on the first step</li> <li>○ Steps may be missed/ skipped after the first step</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Feet must never be above shoulder height at any time</li> <li>○ Crossing into the other lane</li> </ul>
7b	<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>○ Obstacle completion is when the athlete hits the bell with their hand, arm or other part of their upper body</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use feet or legs to hold the rings</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Use feet to hit the bell</li> <li>○ Feet must never be above shoulder height at any time</li> <li>○ Crossing into the other lane</li> </ul>
8a	<b>Low Crawl</b>	<ul style="list-style-type: none"> <li>○ Traverse structure from one end/ start to the exit</li> </ul>	<ul style="list-style-type: none"> <li>○ Crossing outside the net/ structure</li> <li>○ Crossing into the other lane</li> </ul>

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8b	<b>Climbing Holds</b>	<ul style="list-style-type: none"> <li>○ Use only the holds to cross from start to end</li> <li>○ Holds may be missed/ skipped</li> <li>○ Obstacle completion is when the athlete hits the bell with their hand, arm or other part of their upper body</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use feet or legs to hold the rings</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Use feet to hit the bell</li> <li>○ Feet must never be above shoulder height at any time</li> <li>○ Crossing into the other lane</li> </ul>
9	<b>Jungle Swing</b>	<ul style="list-style-type: none"> <li>○ Swing on the rope from the start platform to the end platform</li> <li>○ Obstacle completion is when the athlete lands on the end platform</li> </ul>	<ul style="list-style-type: none"> <li>○ Any part of body makes contact with the ground/ padding</li> <li>○ Use of any support structure or padding for assistance</li> <li>○ Crossing into the other lane</li> </ul>
10	<b>5m Wave Wall</b>	<ul style="list-style-type: none"> <li>○ Ascend the wall</li> <li>○ Maximum of 3 attempts</li> <li>○ Obstacle completion is when the athlete pulls the lever on the finish platform (time ends when lever pulled)</li> </ul>	<ul style="list-style-type: none"> <li>○ Feet or legs must never be above shoulder height at any time</li> <li>○ Crossing into the other lane</li> </ul>