

OCR in SEAG: 100m x 10 Obstacles

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

No.	Name	Instructions/ Allowed	Disallowed
5	4-Wheel Rig	<ul style="list-style-type: none"> ○ Use only the wheels to cross from start to end ○ Obstacle completion is when the athlete hits the bell with their hand, arm or other part of their upper body 	<ul style="list-style-type: none"> ○ Any part of body makes contact with the ground/ padding ○ Use of any support structure or padding for assistance ○ Use feet or legs to cross the wheels ○ Use feet to hit the bell ○ Feet must never be above shoulder height at any time ○ Crossing into the other lane
6	2m Wall	<ul style="list-style-type: none"> ○ Climb over wall from one side to the other ○ Entire body, including both legs must go over the wall ○ Female: May use assist step/ bar ○ Obstacle completion is when the athlete lands on the other/ far side of the wall 	<ul style="list-style-type: none"> ○ Use of any support structure or padding for assistance ○ If any body part passes below the top of the wall (to the side) ○ Crossing into the other lane ○ Male: Use assist step/ bar
7a	Island Steps	<ul style="list-style-type: none"> ○ Traverse island steps from start to end ○ Must step on the first step ○ Steps may be missed/ skipped after the first step 	<ul style="list-style-type: none"> ○ Any part of body makes contact with the ground/ padding ○ Use of any support structure or padding for assistance ○ Feet must never be above shoulder height at any time ○ Crossing into the other lane
7b	Rings	<ul style="list-style-type: none"> ○ Using only arms or hands to cross using the rings from start to end ○ Rings may be missed/ skipped ○ Obstacle completion is when the athlete hits the bell with their hand, arm or other part of their upper body 	<ul style="list-style-type: none"> ○ Any part of body makes contact with the ground/ padding ○ Use feet or legs to hold the rings ○ Use of any support structure or padding for assistance ○ Use feet to hit the bell ○ Feet must never be above shoulder height at any time ○ Crossing into the other lane
8a	Low Crawl	<ul style="list-style-type: none"> ○ Traverse structure from one end/ start to the exit 	<ul style="list-style-type: none"> ○ Crossing outside the net/ structure ○ Crossing into the other lane

No.	Name	Instructions/ Allowed	Disallowed
8b	Climbing Holds	<ul style="list-style-type: none"> ○ Use only the holds to cross from start to end ○ Holds may be missed/ skipped ○ Obstacle completion is when the athlete hits the bell with their hand, arm or other part of their upper body 	<ul style="list-style-type: none"> ○ Any part of body makes contact with the ground/ padding ○ Use feet or legs to hold the rings ○ Use of any support structure or padding for assistance ○ Use feet to hit the bell ○ Feet must never be above shoulder height at any time ○ Crossing into the other lane
9	Jungle Swing	<ul style="list-style-type: none"> ○ Swing on the rope from the start platform to the end platform ○ Obstacle completion is when the athlete lands on the end platform 	<ul style="list-style-type: none"> ○ Any part of body makes contact with the ground/ padding ○ Use of any support structure or padding for assistance ○ Crossing into the other lane
10	5m Wave Wall	<ul style="list-style-type: none"> ○ Ascend the wall ○ Maximum of 3 attempts ○ Obstacle completion is when the athlete pulls the lever on the finish platform (time ends when lever pulled) 	<ul style="list-style-type: none"> ○ Feet or legs must never be above shoulder height at any time ○ Crossing into the other lane