

### OCR in SEAG: 400m x 12 Obstacles

No.	Name	Instructions/ Allowed	Disallowed
1	<b>Over-Under-Over-Under</b>	<ul style="list-style-type: none"> <li>○ (Over) Cross over the high beam/ wall.</li> <li>○ (Under) Cross under the low beam</li> </ul>	<ul style="list-style-type: none"> <li>○ (Over) Pass at the side of wall</li> <li>○ (Over) Cross under the high beam</li> <li>○ (Under) Cross over the low beam</li> </ul>
2	<b>1m – 1.5m – 2m Walls</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 last/ final 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>○ Male: Use of assist step/ bar</li> </ul>
3	<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 other lane</li> </ul>
4	<b>2.5m 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>○ 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>○ Male: Use assist step/ bar</li> </ul>
5	<b>6m A-Frame Cargo</b>	<ul style="list-style-type: none"> <li>○ Climb up then down the cargo net</li> <li>○ Flip / Roll / Slide down the net</li> <li>○ Make contact / step on the horizontal truss</li> </ul>	<ul style="list-style-type: none"> <li>○ Make contact with the vertical truss</li> <li>○ No jumping from the top</li> </ul>

No.	Name	Instructions/ Allowed	Disallowed
6	<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 other lane</li> </ul>
7	<b>Balance Beam</b>	<ul style="list-style-type: none"> <li>○ Traverse beam from start to end, using the 2 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>
8	<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>
9	<b>M Walls (2x A-walls)</b>	<ul style="list-style-type: none"> <li>○ Climb over the walls from one side to the other</li> <li>○ Entire body, including both legs must go over the walls</li> <li>○ Obstacle completion is when the athlete lands on the other/ far side of the second/ final 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> </ul>
10	<b>Ring-Rope-Ring Rig</b>	<ul style="list-style-type: none"> <li>○ Using only arms or hands to cross using the rings and ropes from start to end</li> <li>○ Rings and/ or ropes 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 other lane</li> </ul>

No.	Name	Instructions/ Allowed	Disallowed
11	<b>Laser Pistol Shooting</b>	<ul style="list-style-type: none"> <li>○ Use laser pistol to hit target</li> <li>○ Make 3 hits in 30 seconds</li> <li>○ Unlimited shots within the time limit</li> <li>○ Obstacle completion is when number of hits is made or the time expires (30 seconds)</li> </ul>	<ul style="list-style-type: none"> <li>○ Step over the table</li> <li>○ Lean on the table</li> <li>○ Rest the gun on the table while aiming</li> <li>○ Rest any part of the body on the table while aiming</li> <li>○ Use of excessive force to cock the pistol (<i>Note: The pistol has a sensitive electrical switch and is not a mechanical device.</i>)</li> </ul>
12	<b>6m Slip Wall</b>	<ul style="list-style-type: none"> <li>○ Ascend the front side of the wall</li> <li>○ Descend the back side using the ladder</li> <li>○ Obstacle completion is when the athlete has both feet on the ground after crossing the net</li> </ul>	<ul style="list-style-type: none"> <li>○ Use side/ edge of wall for assistance in any way</li> <li>○ Feet or legs must never be above shoulder height at any time</li> </ul>
<p><b>For Team Assist:</b>  All Team Members must be within 10 meters of each other.  A Team Member cannot engage the next obstacle unless all other Team Members have completed the previous obstacle.</p> <p><b>For Team Relay:</b>  Racer 1: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> obstacle  Racer 2: 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> obstacle  Racer 3: 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> obstacle  Racer 4: 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> obstacle</p>			