

OCR in SEAG: 400m x 12 Obstacles

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

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6	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 other lane
7	Balance Beam	<ul style="list-style-type: none"> ○ Traverse beam from start to end, using the 2 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
8	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
9	M Walls (2x A-walls)	<ul style="list-style-type: none"> ○ Climb over the walls from one side to the other ○ Entire body, including both legs must go over the walls ○ Obstacle completion is when the athlete lands on the other/ far side of the second/ final 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)
10	Ring-Rope-Ring Rig	<ul style="list-style-type: none"> ○ Using only arms or hands to cross using the rings and ropes from start to end ○ Rings and/ or ropes 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 other lane

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11	Laser Pistol Shooting	<ul style="list-style-type: none"> ○ Use laser pistol to hit target ○ Make 3 hits in 30 seconds ○ Unlimited shots within the time limit ○ Obstacle completion is when number of hits is made or the time expires (30 seconds) 	<ul style="list-style-type: none"> ○ Step over the table ○ Lean on the table ○ Rest the gun on the table while aiming ○ Rest any part of the body on the table while aiming ○ Use of excessive force to cock the pistol (Note: The pistol has a sensitive electrical switch and is not a mechanical device.)
12	6m Slip Wall	<ul style="list-style-type: none"> ○ Ascend the front side of the wall ○ Descend the back side using the ladder ○ Obstacle completion is when the athlete has both feet on the ground after crossing the net 	<ul style="list-style-type: none"> ○ Use side/ edge of wall for assistance in any way ○ Feet or legs must never be above shoulder height at any time
<p>For Team Assist: 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>For Team Relay: Racer 1: 1st, 2nd and 3rd obstacle Racer 2: 4th, 5th and 6th obstacle Racer 3: 7th, 8th and 9th obstacle Racer 4: 10th, 11th and 12th obstacle</p>			