



OCR in SEAG: Obstacle Rules

- Please read carefully the Obstacle Rules (100m x 10 obstacles, 5km x 20 obstacles and 400m x 12 obstacles) and the World OCR Competition Rules.
- Games will be played rain or shine.
- Athletes may use gloves or tapes and/ or bring a chalk pouch/ bag.
- All items must be kept with by the athlete during the race and disposed of appropriately at the end of the race.
- All athletes must wear the proper gear and uniform during the races.
- Athletes can only go inside the obstacle course when racing and when called.
- For every obstacle, there must be an honest attempt, not “touch-and-go”.
- An Athlete who fails an obstacle must restart (exits the obstacle and redo the obstacle).
- Maximum of 3 attempts for every wall for all walls.

I. 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 	<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

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		their upper body	bars <ul style="list-style-type: none"> ○ 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)
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
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

No.	Name	Instructions/ Allowed	Disallowed
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
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

No.	Name	Instructions/ Allowed	Disallowed
10	5m Wave Wall	<ul style="list-style-type: none"> ○ Ascend the wall ○ 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 ○ Use side/ edge of wall for assistance in any way

II. 5km x 20 Obstacles

No.	Name	Instructions/ Allowed	Disallowed
1	6 x 1m Walls	<ul style="list-style-type: none"> ○ Climb / jump / hurdle the walls ○ Entire body, including both legs must go over the wall ○ Obstacle completion is when the athlete lands on the other/ far side of the last/ final wall 	<ul style="list-style-type: none"> ○ If any body part passes below the top of the wall (to the side)
2	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
3	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
4	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

No.	Name	Instructions/ Allowed`	Disallowed
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
6	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
7	Fast Carry	<ul style="list-style-type: none"> ○ Carry objects from one point to another ○ Can be carried in front, side or over the shoulder ○ Can stop at any point ○ Obstacle completion is when the object is dropped at the end point 	<ul style="list-style-type: none"> ○ Don't drag objects ○ Don't throw objects ○ No carrying on the head
8	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
9	4m Vertical Cargo Net	<ul style="list-style-type: none"> ○ Climb up then down the cargo net ○ Make contact/ step on the horizontal truss ○ Obstacle completion is when the athlete has both feet on the ground after crossing the net 	<ul style="list-style-type: none"> ○ Make contact with the vertical truss ○ No jumping from the top

No.	Name	Instructions/ Allowed`	Disallowed
10	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, edge of wall or padding for assistance ○ If any body part passes below the top of the wall (to the side)
11	4m Quarter Pipe Wall	<ul style="list-style-type: none"> ○ Ascend the wall ○ Obstacle completion is when the athlete has crossed the top platform 	<ul style="list-style-type: none"> ○ Feet or legs must never be above shoulder height at any time
12	6m A-frame Cargo Net	<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 ○ Obstacle completion is when the athlete has both feet on the ground after crossing the net 	<ul style="list-style-type: none"> ○ Make contact with the vertical truss ○ No jumping from the top
13	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
14	Rings on Slide Rails	<ul style="list-style-type: none"> ○ Using only arms or hands to cross holding the rings 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 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

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15	Tilting Ladders	<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
16	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
17	Ring Twister	<ul style="list-style-type: none"> ○ Using only arms or hands to cross using only 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 ○ 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
18	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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19	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 (<i>Note: The pistol has a sensitive electrical switch and is not a mechanical device.</i>)
20	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/ safety panel for assistance in any way ○ Feet or legs must never be above shoulder height at any time

III. 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

No.	Name	Instructions/ Allowed	Disallowed
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
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

No.	Name	Instructions/ Allowed	Disallowed
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, edge of wall 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
11	Laser Pistol Shooting	<ul style="list-style-type: none"> ○ Use laser pistol to hit target ○ Relay: Make 3 hits in 30 seconds ○ Assist: Make 4 hits in 40 seconds/ 1 hit per Athlete ○ Unlimited shots within the time limit ○ Obstacle completion is when number of hits is made or the time expires (30/ 40 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 (<i>Note: The pistol has a sensitive electrical switch and is not a mechanical device.</i>)
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/ safety panel for assistance in any way ○ Feet or legs must never be above shoulder height at any time

No.	Name	Instructions/ Allowed	Disallowed
<p style="text-align: center;">For Team Assist:</p> <ul style="list-style-type: none"> ○ 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. ○ A Team Member who fails an obstacle must restart (exits the obstacle and redo the obstacle). <p style="text-align: center;">For Team Relay:</p> <p style="text-align: center;">Racer 1: 1st, 2nd and 3rd obstacle</p> <p style="text-align: center;">Racer 2: 4th, 5th and 6th obstacle</p> <p style="text-align: center;">Racer 3: 7th, 8th and 9th obstacle</p> <p style="text-align: center;">Racer 4: 10th, 11th and 12th obstacle</p>			