



PHILIPPINES 2019
30th SEA GAMES



TECHNICAL HANDBOOK

OBSTACLE COURSE

MESSAGE FROM THE CHIEF OPERATING OFFICER

It is with great honor and pride that I welcome you to the 30th South East Asian Games to be held from November 30 to December 11, in 4 venue clusters (Clark, Subic, Metro Manila, Southern Luzon) in the Philippines.

The entire Filipino Nation, with the support of His Excellency President Rodrigo Roa Duterte and the leadership of PHISGOC Presiding Chairperson Alan Peter Cayetano, boldly welcomes the challenge of staging the biggest, best-hosted and most viewed edition of the SEA Games.



Here at PHISGOC, it is our fervent commitment to deliver the 30th SEA Games, as we mount 530 events in 56 sports, across 44 competition venues within 12 days, to comprise ONE unforgettable sports spectacle.

To ensure the optimal level in the conduct of competition, the Sport Technical Handbooks have been created to contain regulations, guidelines, and other details related to the Sports Competition Programme for the 30th SEA Games. These documents aim to serve as important references for the technical aspects of each of the 56 sports.

The Sports Department, under the directorship of Abraham Tolentino, and the supervision of Executive Director Torn Carrasco, has worked hard to produce the Sport Technical Handbooks with utmost care for clarity and precision. With the guidance given by the Technical Delegates, each one of these documents reflects the harmonious cooperation between the respective Asian Federation / International Federation and PHISGOC.

On behalf of the entire PHISGOC leadership, I wish each one the best of health and spirits, so together, we can truly achieve the most memorable SEA Games in history,

We win as one!

A stylized, handwritten signature in black ink, appearing to read 'R. Suzara'.

RAMON SUZARA
President and Chief Operating Officer





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1. General Competition Schedule

NO.		NOVEMBER										DECEMBER										
		22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	
1	OPENING CEREMONY																					
	AQUATICS																					
	DIVING																					
	OPEN WATER																					
	SWIMMING																					
	WATER POLO																					
2	ARCHERY																					
3	ARTS																					
4	ATHLETICS																					
5	BADMINTON																					
6	BASEBALL																					
	SOFTBALL																					
7	BASKETBALL (3 on 3)																					
	BASKETBALL (5 on 5)																					
8	BILLIARDS SPORTS																					
9	BOWLING																					
10	BOXING																					
11	TRADITIONAL BOAT RACE																					
	CANOE / KAYAK																					
12	CHESS																					
13	CYCLING BMX																					
14	DANCE SPORT																					
15	E-SPORTS																					
16	FENCING																					
17	FLOORBALL																					
18	FOOTBALL (MEN'S)																					
19	FOOTBALL (WOMEN'S)																					
	GOLF																					
20	GYMNASTICS																					
21	HANDBALL (BEACH)																					
22	HOCKEY (INDOOR)																					
23	ICE HOCKEY																					
24	ICE SKATING (FIGURE SKATING)																					
	ICE SKATING (SHORT TRACK)																					
25	JUJITSU																					
26	JUDO																					
27	KARATEDO																					
28	KICKBOXING																					
29	KURASHI																					
30	LAWN BOWLS																					
	PETANQUE																					
31	MODERN PENTATHLON																					
32	MUAY																					
33	NETBALL																					
34	OBSTACLE COURSE RACE																					
35	PENCAK SILAT																					
36	POLO																					
37	ROWING																					
38	RUGBY																					
39	SAILING																					
	WINDSURFING																					
40	SAMBO																					
41	SEPAK TAKRAW																					
42	SHOOTING (SHOTGUN)																					
	SHOOTING (RIFLE)																					
	SHOOTING (PISTOL)																					
	SHOOTING (BENCHREST)																					
43	SKATEBOARDING																					
44	SOFT TENNIS																					
45	SQUASH																					
46	SURFING																					
47	TABLE TENNIS																					
48	TAIKWONDO																					
49	TENNIS																					
50	TRIATHLON																					
	DUATHLON																					
51	UNDERWATER HOCKEY																					
52	VOLLEYBALL (BEACH)																					
	VOLLEYBALL (INDOOR)																					
53	WAKEBOARDING & WATERSKI																					
54	WEIGHTLIFTING																					
55	WRESTLING																					
56	WUSHU																					
	CLOSING CEREMONY																					

2. Submission of Entries

Entry by Number

- Deadline for submission of Entry by Number Forms is 15 March 2019 at 23:59 hours Philippine time (GMT+8)

Entry by Name

- Deadline for submission of Entry by Name Forms is 02 September 2019 at 23:59 hours Philippine Time (GMT +8)

3. Eligibility

- 3.1 To be eligible for participation in the SEA Games, a competitor must comply with the SEA Games Federation (SEAGF) Charter and Rules as well as Rule 40 and the By-law to Rule 40 of the Olympic Charter (Participation in the Games).
- 3.2 Only nationals of the country of the NOC shall be qualified to represent the NOC in the Games. All disputes relating to the determination of the country, which an athlete may represent in the SEA Games shall be resolved in accordance with the South East Asian Games Federation (SEAGF) Charter and Rules as well as Rule 41 and By-law to Rule 41 of the Olympic Charter (Nationality of competitors)
- 3.3 There is no age limit for participation under Rule 32 of the SEAGF Charter and Rule. However, following the age eligibility requirement of the World OCR/ Fédération Internationale de Sports d'Obstacles (FISO), the minimum age for a competitor is 15 years of age on the day of the competition.
- 3.4 All competitors must execute a waiver/ quitclaim (form to be supplied) whereby they assume risks inherent or incidental to OCR, and which releases specified parties from any liability, waives their legal rights, and deprives them of their right to sue.

4. Doping Control

- 4.1 PHISGOC, under the guidance of the SEAGF, will be responsible for the Anti-Doping Programme during the 30th SEA Games, 2019. The Anti-Doping Programme will be implemented in accordance with SEAGF Anti-Doping Rules and the World Anti-Doping Agency Code and its relevant International Standards.
- 4.2 Doping Control stations will be set up at the competition venue, where in-competition testing will be conducted. The Test Distribution Plan and criteria for athlete selection for each sport will comply with the Doping Control protocol established by the SEAGF and PHISGOC.
- 4.3 Doping Control procedures will be implemented according to WADA's International Standards for Testing and Investigations. Sample analysis will be performed at a WADA-accredited laboratory.
- 4.4 An athlete identified for doping testing should be accompanied by a team official for the entire testing process.

5. Approval of the Technical Handbook

This Technical Handbook was approved by the World OCR/ FISO on 01 December 2018.

Any further amendments to the Technical Handbook shall be circulated via e-mail to the NOCs.

6. Competition Information

- 6.1 Competition Dates : 02-06 December 2019

6.2 Competition Venue : Clark Global City Clark Freeport,
Mabalacat, Pampanga

7. Events

The Obstacle Competition will consist of six (6) events including two (2) men, two (2) women, one (1) mixed team assist, and one (1) mixed relay event.

No.	Events	Men	Women	Team	Athlete Total
1	Individual 100 m X 10 Obstacle	2 ✓	2 ✓	--	4
2	Mixed Team Relay 4x400 m X 12 Obstacle	2	2	1 ✓	4
3	Mixed Team Assist 400 m X 12 Obstacle	2	2	1 ✓	4
4	Individual 5K X 20 Obstacle	2 ✓	2 ✓	--	4
Total:		8 Men and 8 Women			16

8. Quotas

8.1 Each NOC may enter a maximum of eight (8) male and eight (8) female athletes for the Obstacle Competition.

8.2 Each NOC may enter a maximum of two (2) individual athletes per individual event and one (1) team per team event. A team should consist of (4) athletes, two (2) men and two (2) women.

9. Meetings and Key Activities

9.1 Team Managers' Meeting

Date : 30 November 2019

Time : 09:00 hours

Venue : Clark Global City Clark Freeport,
Mabalacat, Pampanga

9.2 Technical Officials' Meeting

Date : 30 November 2019
Time : 16:00 HOURS
Venue : Clark Global City Clark Freeport,
Mabalacat, Pampanga

9.3 Equipment and Uniform Check

Date : 30 November-06 December 2019
Time : 08:00-17:00 HOURS
Venue : Clark Global City Clark Freeport,
Mabalacat, Pampanga

10. Competition Schedule

Date	Time	Gender	Event	Phase
30 Nov (Sat)	08:00 - 12:00	M & W	Equipment & Uniform Check Practice	
01 Dec (Sun)	Practice Team Managers' Meeting Technical Officials' Meeting			
02 Dec (Mon)	08:00 - 17:00	M & W	100 m & 400 m	Eliminations/ Heats
03 Dec (Tue)	Practice/ Rest Day			
04 Dec (Wed)	08:00 - 12:00	M & W	100 m & 400 m	Finals Awarding
05 Dec (Thu)	Practice/ Rest Day			
06 Dec (Fri)	08:00 - 12:00	M & W	5k	Finals Awarding

11. Competition Procedures, Rules, and Regulations

11.1 Competition Rules

The Obstacle competition of the 30th SEA Games 2019 will be held in accordance with the current World OCR/ FISO Rules and Regulations, under the guidance of the Technical Delegate (TD) appointed by OCR Asia as authorized by the World OCR/ FISO.

In case of any disagreement in the language interpretation of the World OCR/FISO Rules and Regulations, the English version shall prevail. Any unforeseen cases not covered by the Rules and Regulations shall be resolved as follows:

11.1.1 General Issues: To be resolved in accordance with the SEAGF Charter and Rules.

11.1.2 Technical Issues: To be resolved in accordance the World OCR/FISO Rules and Regulations and FISE Norms.

11.2 Competition Format

A. Events

11.2.1 Individual 100 m

The 100 m events shall be conducted in one (1) or more rounds of preliminary heats using a 2- or 4-lane head-to-head set-up. All obstacles must be “through” obstacles, with no stopping and no heavy weights (10 kg. or less for women and 15 kg. or less for men). All obstacles are for mandatory completion.

11.2.2 Individual 5 kilometers (5K)

The individual 5K shall be conducted in one (1) mass start race with all competitors starting together. All obstacles must be “through” obstacles, with no stopping and no heavy weights (10 kg. or less for women and 15 kg. or less for men). All obstacles are for mandatory completion.

11.2.3 400 m Mixed Team Assist

The Mixed Team Assist Event will be limited to one (1) team per NOC for each distance. The names of the four competitors (2 male and 2 female) from each NOC will be announced before the start of each event. After the announcement, the line-up can not be changed.

Teams must stay together throughout the race (not separated by more than 10 m at any time) and the last person across the line determines their time. Assistance on obstacles is allowed. All obstacles must be “through” obstacles, with no stopping and no heavy weights (10 kg. or less for women and 15 kg. or less for men). All obstacles are for mandatory completion.

The event shall be conducted in one (1) or more rounds of preliminary heats using a 2- or 4-lane head-to-head single lap of a 400 m track, “figure 8” or “clover leaf” course or similar layout. There shall be obstacles every 20 to 25 meters with running in between.

11.2.4 400 m Mixed Relay (4x 100 m)

The Mixed Relay Event will be limited to one (1)

team per NOC. The names of the four competitors (2 male and 2 female) from each NOC will be announced before the start of each event. After the announcement, the line-up cannot be changed.

The start and order of the competitors is at the discretion of the team. Any order of men and women is allowed. Each competitor completes three (3) consecutive obstacles/approximately 100 m for a team total of one (1) lap of the 400 m course. Athletes must tag (make physical contact) their next teammate in order for the team to proceed on the course.

The 400 m events shall be conducted in one (1) or more rounds of pre liminary heats using a 4-lane head-to-head single lap of a 400 m track, "figure 8", "loop", "out-and-back" or "clover leaf" course or similar lay out. Obstacles spaced evenly along the course with running in between. All obstacles are "through" obstacles, with no stopping and no weight carries, lifts, or pulls. No more than 16 competitors shall be on the start at a time.

B. Penalty System

11.2.5 100 m. and 400 m. categories, Individual and Team Events

All obstacles must be completed and are classified mandatory. Competitors are allowed multiple attempts to complete each obstacle. There shall be no penalties.

11.2.6 5K category, Individual Event

Completion of a competitor of all obstacles is mandatory. Competitors may only attempt each obstacle once. A 3-wrist band system will be used to track failed obstacles. One (1) band will be cut and removed after each failed obstacle. To qualify for ranking, athletes must cross the finish line with at least one (1) original wristband.

A penalty loop must be completed for each missing wrist band. The penalty loop shall be located between the last obstacle and the finish line. Athletes are ranked by their time across the finish line. If a competitor fails three or more obstacles, s/he will be awarded a time but classified "Did Not Complete (DNC)" and shall be ranked below all athletes who complete the course with at least one (1) wrist band.

C. Obstacle

100 m.	400 m.	5K
1. Offset steps	1. Over-under-over-under	1. Over-under-over-under
2. Trampoline to flying monkey bars	2. 1 m. - 1.5 m. - 2 m. transparent wall combination (4 m spacing)	2. 1 m. - 1.5 m. - 2 m. wall combination
3. 1.5 m. transparent wall	3. Monkey bars	3. Monkey bars
4. Linear balance beam	4. 2.5 m transparent wall	4. 6 m. trapezoid cargo
5. 4-wheel rig	5. 6 m. A-frame cargo	5. Tilting ladders
6. 2.0 m. transparent wall	6. Rings rig	6. Set of 6 x 1 m. walls
7. Island steps to rings rig	7. Balance beams (straight)	7. Rings on slide rails
8. Low crawl to climbing holds rig	8. 4-wheel rig	8. 4 m. vertical cargo
9. Tarzan Swing 1.0 m start height, 0.5 m finish	9. 2 m. 45-degree M-walls (incline-decline-incline-decline)	9. 2.5 m transparent wall
10. 5 m. wave wall finish		10. 6 m. A-frame cargo
		11. Rings rig
		12. Balance beam (straight)

100 m.	400 m.	5K
	10. Ring-rope-ring rig 11. Laser shooting 12. 6 m transparent slip wall Notes: • A 3.0 m wide x 4.0 m (minimum) x 0.5 m deep wading pool shall be located midway between the laser pistol and slip wall 1. The slip wall must in a wet condition for all athletes.	13. 4-wheel rig 14. 2 m. 45-degre M-walls (incline-decline-incline-decline) 15. 4 m. ¼ pipe 16. Fast carry loop 17. Twister 18. Ring-Bar-Ring rig (followed by penalty loop) 19. Laser shooting 20. 6 m transparent slip wall (top ropes for relay, no rope for team assist)

11.3 Video Refereeing

Video refereeing will be used during all obstacle competitions. Track Timing will be used for the 100 m and 400 m events, while Chip Timing shall be used for mass participation events, i.e., 5 k individual.

11.4 Disqualification Rules

Disqualification rules are specified in the World OCR/ FISO Competition Rules.

11.5 Delays, Postponements, or Cancellations

The Technical Delegate must consult the PHISGOC Secretariat if there is any delay, postponement or cancellation of any competition that affects the scheduled times for “live broadcast” or victory ceremonies.

12. Sports Equipment and Competition Attire

12.1 Sports Equipment

All sports equipment used by athletes in competition must comply with the SEAGF Charter and Rules and World OCR/ FISO Competition Rules and Regulations.

12.2 Clothing

All clothing worn by athletes in competition must comply with the SEAGF Charter and Rules and World OCR/ FISO Rules and Regulations.

13. Technical Officials and Jury of Appeal

The appointments of Technical Officials and Jury of Appeal members will be in accordance with Article 41 of the SEAGF Charter and Rules.

13.1 International Technical Officials (ITOs)

13.1.1 OCR Asia as duly authorized by World OCR/ FISO, shall appoint one (1) International Technical Delegate (ITD) and one (1) neutral referee. The Pilipinas Obstacle Sports Federation (POSF) will appoint one (1) TD.

PHISGOC will pay for the costs of international transportation based on an economy direct-route fare, local transport, accommodation, and per diem for these Technical Officials (ITOs).

13.1.2 Each participating NOC must provide at least one (1) World OCR/FISO-accredited referee.

Participating NOCs shall bear the international transportation cost for its nominated Technical Official while PHISGOC will bear costs related to local transport, accommodation and per diem for these Referees.

13.2 National Technical Officials (NTOs)

POSF will appoint such number of National Technical Officials (NTOs) as may be approved by PHISGOC to assist the ITDs.

13.3 Jury of Appeal

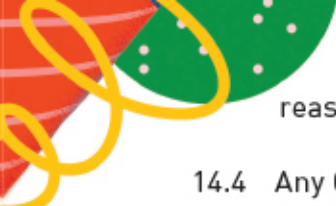
The Jury of Appeal shall comprise of one (1) representative from each participating NOC plus the ITD. The Technical Delegate will act as its Chairperson. The decision of the Jury of Appeal shall be final.

14. Protests and Appeals

14.1 Appeals against the decision of a Referee shall be made by the competitor or their Team Captain only to the Referee. If a Referee maintains his or her decision, the complaint shall be referred to the ITD. The decision of the ITD will be final.

14.2 Any written protest must be first be made and submitted by the Chef de Mission or Team Manager to the ITD before the start of the next round of the event with the payment of a Protest Fee of USD200.00 per protest payable to PHISGOC. If conditions causing a potential protest are noted prior to the start of the event, a written protest must be lodged before the signal to start the event is given.

14.3 The ITD who must make a decision on any protest within sixty (60) minutes of being notified. The ITD must state the



reason(s) for their decision.

- 14.4 Any Chef de Mission or Team Manager dissatisfied with the decision of the ITD, may appeal to the Jury of Appeal by submitting the written appeal to the ITD within sixty (60) minutes of receipt of the ITD's written decision. The appeal must be heard and decided by the Jury of Appeal for the sport within two (2) hours after receipt of the written protest.
- 14.5 Any NOC dissatisfied with any decision by the Jury of Appeal may make any appeal in accordance with Articles 42 and 43 of the SEAGF Charter and Rules.
- 14.6 The protest fee shall be refunded if the protest is upheld; it will be forfeited if the protest is rejected.

15. Directory

15.1 Federation Internationale de Sports d'Obstacles (FISO)/ World OCR

President : Mr. Ian Adamson
 Sec. General : Mr. Mathew Joynes
 Address : Route de Sombacour 20e,
 Colombier CHF 2013 Switzerland
 Telephone : +44 20 8638 5600 / +1 303 875 1467
 E-mail : info@worldocr.org
 Website : www.worldocr.org

15.2 Obstacle Course Racing Asia (OCR Asia)

President : Mr. Alberto C. Agra
 Sec. General : Mr. Jan Raven D. Quan
 Address : SM Aura Premier, Unit 266, Level 2,
 26th Street corner McKinley Parkway,
 The Fort, Taguig City 1630 Philippines
 Telephone : +63 917 535 3823
 Email : alberto.c.agra@gmail.com
 Website : www.ocr-asia.org

15.3 Pilipinas Obstacle Sports Federation (POSF)

President : Mr. Alberto C. Agra
 Sec. General : Mr. Jose Angelo S. Sarmiento
 Address : SM Aura Premier, Unit 266, Level 2,
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