



Fédération Internationale de Sports d'Obstacles

**OCR - Cross Country  
COMPETITION RULES  
2019**

Version 2019.03.16

The Competition Rules is the Master Source Document (“MSD”), found on the World OCR website at [worldocr.org](http://worldocr.org). The MSD is a web based document that acts as the official (authorized) reference document for all event formats and distances in Obstacle Sports and is maintained based on authorized amendments in accordance with recommendations by the TC and accepted by the FISO Executive Board.

This document, the **OCR Cross - Country Competition Rules** (“the Rules”), contains specific technical aspects for cross country events and references the MSD.

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## 1. INTRODUCTION:

### 1.1. Purpose

- 1.1.1. World OCR, the Fédération Internationale de Sports d'Obstacles (FISO), is the sole governing body, responsible for Competition Rules for its related disciplines and events.
- 1.1.2. The OCR cross country (OCR XC) events are a timed obstacle course races where athletes run and overcome obstacles. Events are mass start (many athletes on a start line) and the fastest athlete wins.
- 1.1.3. These Rules must be read in conjunction with the MSD.

### 1.2. Scope

- 1.2.1. OCR XC events may be held on open space and may include parks, ski resorts, forest, desert, jungle, mountain, alpine, sub-alpine, arctic, prairie, farmland, rural, suburban and city environments and more.
- 1.2.2. Distances in OCR XC vary from a few hundred meters to many kilometres.

### 1.3. Intention

- 1.3.1. the Rules are intended to:
  - 1.3.1..1. Create an atmosphere of sportsmanship, equality, and fair play;
  - 1.3.1..2. Provide safety and protection;
  - 1.3.1..3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action;
  - 1.3.1..4. Disqualify or penalize athletes who gain an unfair advantage;
- 1.3.2. Definitions of all terms used in the Rules are provided in the MSD. Any difficulty in the interpretation or application of Rules should be referred to the TC.

### 1.4. Rule Updates

The Rules may be changed from time to time by the TC at its discretion, with the approval of the FISO Executive Board. Any such rule change(s) shall be advised in writing to affiliated NFs at least 30 days before taking effect. Updated FISO Competition Rules will be posted on the FISO website ([worldocr.org](http://worldocr.org)).

## 2. CONDUCT OF ATHLETES

### 2.1. General Conduct

2.1.1. Race tactics are part of the interaction between athletes however athletes are required to:

- Practice good sportsmanship at all times;
- Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways;
- Be responsible for their own safety and the safety of others;
- Know, understand and follow the Rules, available from their NFs and on [www.worldocr.org](http://www.worldocr.org);
- Obey instructions from race officials.
- Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.

- Not use abusive, derogatory or inflammatory language.
- Inform a Technical Official immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension.
- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.
- Not attempt to gain unfair advantage in any way.

## **2.2. Drug Abuse**

Ref: the MSD

## **2.3. Health**

Ref: the MSD

## **2.4. Eligibility**

Ref: the MSD.

## **2.5. Insurance**

Ref: the MSD

## **2.6. Registration**

Ref: the MSD.

## **2.7. Uniform**

Ref: the MSD

## **2.8. Footwear**

Ref: the MSD

## **2.9. Other Equipment**

Ref: the MSD

## **2.10. Race numbers**

Ref: the MSD

## **2.11. Assignment of race numbers**

Ref: the MSD

## 2.12. Timing and Results

Ref: the MSD

# 3. PENALTIES AND RULES

## 3.1. The Course

- 3.1.1. OCR XC course is any open space with a start line, obstacles along the route and a finish line.
- 3.1.2. Course requirements are detailed in the OCR XC Course Specification Manual (“CSM”).
- 3.1.3. Obstacles are defined in the CSM.

## 3.2. General Rules

- 3.2.1. All obstacles must be attempted. This means an “Honest Attempt” to complete the obstacle. As a general rule, an Honest Attempt means the athlete must apply their full body weight to an obstacle.
- 3.2.2. “Touch and Go” at an obstacle to purposefully “fail” the obstacle will result in disqualification.
- 3.2.3. Obstacles may only be attempted one time (no second attempt).
- 3.2.4. Athletes shall be issued with and start with three (3) tamper proof (inflexible) wrist bands. Tyvek type is recommended.
- 3.2.5. An athlete failing an obstacle shall have a wrist band cut and removed by course officials.
- 3.2.6. An athlete must finish with at least one wrist band to be eligible for an award.
- 3.2.7. An athletic penalty loop must be completed for each wrist band that has been cut.
- 3.2.8. The penalty loop shall be no less in time that the most difficult obstacle, for example a 50 m loop carrying a sand bag.
- 3.2.9. An athlete with no wrist bands (3 or more failed obstacles) shall complete three (3) penalty loops.
- 3.2.10. The penalty loop shall be located within sight of the finish line and spectators, ideally immediately preceding the finish line, or preceding a finish “obstacle.”
- 3.2.11. Athletes finishing with the same time (measured to 1/100<sup>th</sup> [0.01] of a second) shall be awarded a tie.
- 3.2.12. Failure to comply with the Rules may result in an athlete being verbally warned, subject to disqualification, suspension, or expulsion.
- 3.2.13. The nature of the rule violation will determine the subsequent penalty.
- 3.2.14. A suspension or an expulsion will occur for very serious violations of either the Rules or FISO Anti-Doping Rules.

- 3.2.15. An athlete may be issued a verbal warning or disqualified for failing to abide by the Rules.
- 3.2.16. The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created.

### **3.3. Specific Rules – Mixed Team**

- 3.3.1. A Mixed Team shall be four (4) people consisting of two (2) men and two (2) women.
- 3.3.2. The team must start, travel and finish together as a group. Teams cannot be separated by more than 10 m at any time between first and last athlete.
- 3.3.3. Team members may assist each other in any way provided they do not impede the progress of other teams and do so in a way that does not gain an unfair advantage. Ref: the MSD.
- 3.3.4. Assisting teammate must abide by all competition rules, including obstacle completion rules. For example, an assisting teammate cannot stand on the ground and support an athlete on monkey bars. The assisting teammate must be on the monkey bars as specified for completing the obstacle.
- 3.3.5. The finish time for the team is when the last team member crosses the finish line. Ref: the MSD.
- 3.3.6. The first team to complete the course (their slowest athlete) is the winner. The time is taken for the last athlete in the team.

### **3.4. Verbal Warning**

Ref: the MSD

### **3.5. Time Penalties**

There are no time penalties.

### **3.6. Disqualification**

A disqualification (DSQ) is a penalty appropriate for severe rule violations, such as but not limited to, interference with other athletes, dangerous or unsportsmanlike conduct or failure to assist an athlete in distress.

### **3.7. Suspension**

Ref: the MSD

### **3.8. Expulsion**

Ref: the MSD

### **3.9. Right of Appeal**

Athletes punished with a penalty have the right to appeal.

### **3.10. Protests**

Ref: the MSD

### **3.11. Hearings and Appeals**

Ref: the MSD

### **3.12. Reinstatement**

After suspension, an athlete must apply to the FISO Executive Board for reinstatement.

## **4. CONDUCT**

### **4.1. General Rules:**

The athletes will:

- 4.1.1. Run, walk, crawl, slither scramble or otherwise propel themselves across, under, over or through the obstacles and field of play
- 4.1.2. Display the official race number. This shall be a headband or written on the athlete's body using indelible ink (permanent marker) and must be visible at all times while on the race course (front, back and side), including:
  - Back of lower leg
  - Upper arm / shoulder
- 4.1.3. Run with a covered torso;
- 4.1.4. Run with shoes. Bare feet are prohibited on any part of the course;
- 4.1.5. Not intentionally block another athlete. Blocking will result in disqualification.

### **4.2. Finish Definition:**

An athlete will be judged as "finished," the moment any part of the torso crosses a vertical plane extending from the leading edge of the finish line or when they activate the finish mechanism, which may include, but is not limited to a timing mat, button, switch, pressure pad, lever or similar that activates a horn, whistle, pyrotechnic, light(s), stop clock or other finish device or combination of devices.

### **4.3. Safety Guidelines:**

The responsibility of remaining on the course rests with the athlete. Any athlete, who appears to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

### **4.4. Illegal Equipment:**

Ref: the MSD

## **5. OBSTACLE CONDUCT**

### **5.1. General Rules:**

Ref: the MSD

## **6. COMPETITION IN QUALIFYING ROUND FORMAT**

### **6.1. General**

A competition in Qualifying Round Format (tournament) consists of several rounds with a number of heats and a final to determine the winner. The rounds may include quarter finals, semi-finals, repechages or other rounds before the finals. Athletes qualify for the final based on time.

### **6.2. Rounds**

Ref: the MSD

### **6.3. Distribution of athletes in the semi-finals**

Ref: the MSD

### **6.4. Numbering**

Ref: the MSD

### **6.5. Results**

The fastest team (winner) is awarded the Gold medal. The first runner up is awarded second (Silver medal) and the second runner up is awarded third (Bronze medal.)

## **7. PARA-OCR**

Ref: the MSD