



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.

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 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

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			<ul style="list-style-type: none"> 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 ○ Maximum of 3 attempts ○ 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 ○ Maximum of 3 attempts ○ 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

No.	Name	Instructions/ Allowed	Disallowed
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

No.	Name	Instructions/ Allowed	Disallowed
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

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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 ○ 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>)
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>For Team Assist:</p> <p><i>All Team Members must be within 10 meters of each other.</i></p> <p><i>A Team Member cannot engage the next obstacle unless all other Team Members have completed the previous obstacle.</i></p> <p>For Team Relay:</p> <p><i>Racer 1: 1st, 2nd and 3rd obstacle</i></p> <p><i>Racer 2: 4th, 5th and 6th obstacle</i></p> <p><i>Racer 3: 7th, 8th and 9th obstacle</i></p> <p><i>Racer 4: 10th, 11th and 12th obstacle</i></p>			