

1st Asian Obstacle Course Race Championships

organized by the Pilipinas Obstacle Sports Federation (POSF), officially sanctioned by the International Obstacle Sports Federation (OSF) and Obstacle Sports Federation Asia (OSF Asia), and supported by the Obstacle Sports Factory

1. Date and Venue

Saturday, January 27, 2018

Aseana City, along J.W. Diokno Blvd. between Aseana and Bradco Avenues, Paranaque City

2. Race Categories and Eligibility Rules

There shall be two categories for Obstacle Course Racers (OCRacers): Elite/ Pro and Age-Groups/ Open.

Aspects	Elite or Pro Category	Age-Group or Open Category
<i>Eligibility</i>	Elite OCRacers must have finished in the top 25 overall, of any Spartan (elite or competitive), Viper Challenge, Conquer Challenge or other race which ranks finishers approved by the OSF Asia, held within 12 months of the date of competition.	The age-groupings are as follows: under 20, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, and 70 and over. Additional age groups may be added at the discretion of OSF Asia. The minimum age for a competitor shall be 16 on the day of the race. Competitors under 16 years of age may be granted dispensation with parental consent and if cause is demonstrated. Age grouping shall be based on the birth year

Aspects	Elite or Pro Category	Age-Group or Open Category
		(e.g. if born in 1973 and the race is in 2020, s/he shall be in the 45 to 49 bracket).
<i>Qualification</i>	<p>Only citizens and permanent residents of any Asian country (refer to Section 4) are qualified to be ranked and win prize money.</p> <p>A permanent resident must have maintained a permanent residence in an Asian country (refer to Section 4) for a minimum of 12 months preceding the Championships.</p> <p>Non-Asian celebrity and international stars, as determined by OSF Asia, will be allowed to join. They, however, will not be entitled to the prize money and awards.</p>	OCRacers, regardless of citizenship and residency, may enter this category.
<i>Entitlements</i>	<p>The top three finishers in the male and female categories shall be entitled to cash prizes and/ or trophies at the discretion of POSF and OSF Asia.</p> <p>All finishers may be given event medals, finisher shirts or other finisher awards.</p>	<p>The top three finishers in the male and female categories shall be entitled to medals (i.e., gold for first, silver for second and bronze for third) or trophies at the discretion of POSF and OSF Asia.</p> <p>All finishers may be given event medals, finisher shirts or other finisher award.</p>
<i>Waves</i>	The first waves (male, then female) shall be allotted for elite OCRacers.	Waves for each age-group, male and female together, starting with the youngest age bracket, shall follow

Aspects	Elite or Pro Category	Age-Group or Open Category
		the wave(s) for elite. Depending on the number of entries, waves of age brackets may be clustered.
<i>Fee</i>	USD 70 or Php 3,500	USD 50 or Php 2,500
<i>Penalty</i>	<p>Elite/ Pro OCRacers shall start the race with three wristbands.</p> <p>If an athlete fails an obstacle, a wristband shall be cut and removed from the wrist.</p> <p>If the athlete fails three or more obstacles, and consequently has had all three wristbands removed, s/he shall be tagged "Did Not Complete" (DNC). S/he shall be ranked with a finish time, but cannot be ranked over an OCRacer who completes the course and has not failed three or more obstacles.</p>	<p>OCRacers who fails an obstacle must complete a penalty. Failure to complete the obstacle or penalty will result in disqualification (DQ).</p> <p>The penalty shall be an athletic task that is commensurate in time to completing the obstacle.</p> <p>A penalty may be a run loop, a run loop carrying a weight, another obstacle, or other athletic task that is no less in time and effort than it takes to successfully completing the obstacle from start to finish.</p> <p>In general, a penalty run should start and finishes at the same location immediately after the obstacle (a run "loop".)</p>

3. General Rules

a) All OCRacers shall:

- i. conduct themselves in a sportsman like manner;
- ii. adhere to the intent of the rules when the exact wording of the rule may be interpreted in various ways;

- iii. not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way;
 - iv. obey instructions from race officials;
 - v. treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy;
 - vi. not use abusive, derogatory or inflammatory language;
 - vii. 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;
 - viii. compete without receiving assistance other than from event personnel and officials;
 - ix. refrain from ambush marketing;
 - x. 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; and
 - xi. not attempt to gain unfair advantage in any way.
- b) Every OCRacer must make an honest attempt to complete all obstacles and may attempt an obstacle only once.
 - c) Athletes finishing with the same time shall be ranked by the number of obstacles completed. In the event the time and number of obstacles is equal, there shall be a tie. A finish line-video shall be made available.
 - d) Failure to comply with these Rules and Rules of the Technical Committee may result in an OCRacer being verbally warned, subject to an athletic penalty, disqualified, suspended, or expelled. The nature of the rule violation will determine the subsequent penalty.
 - e) A suspension or an expulsion will occur for very serious violations of either these Rules, and Rules of the Technical Committee and Anti-Doping Rules of the OSF.
 - f) The Technical Committee may assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, if a dangerous situation has been created intentionally or for any unanticipated infringement that effects the outcome or safety of the race.
 - g) All rules and policies of the OSF and the 2017 OSF OCR Competition Rules (see Annex A), as they may be relevant, shall be applicable.

4. Asian Countries

Afghanistan, Bahrain, Bangladesh, Bhutan, Brunei Darussalam, Cambodia, People's Republic of China, Hong Kong (China), India, Indonesia, Iran, Iraq, Japan, Jordan, Kazakhstan, Kyrgyzstan, Republic of Korea, Democratic People's Republic of Korea, Kuwait, Lao People's Democratic Republic, Lebanon, Macau, Malaysia, Maldives, Mongolia, Myanmar, Nepal, Oman, Pakistan, Palestine, Philippines, Qatar, Saudi Arabia, Singapore, Sri Lanka, Syrian Arab Republic, Chinese Taipei, Tajikistan, Thailand, Timor-Leste, Turkmenistan, United Arab Emirates, Uzbekistan, Vietnam and Yemen. *(based on the International Obstacle Sports Federation official list)*

WWW.POSEF.PH