



# **5km OCR Box Events/ Venues**

*(Dates, Venue and Handling Group)*

1. March 20, Boracay, Boracay OCR
2. March 20, Cavinti, Laguna, Hungry Koalified Bears Para-Athletes
3. March 20 and 21, Olongapo City, Team OBSZtacles
4. March 27, Cebu City, United VisMin
5. March 27 and 28, La Mesa, POSF

# List of Obstacles & Exercise Stations

*(and number of repetitions)*

## 8 Obstacles

1. Over 6ft wall (1x)
2. Under Wall (1x)
3. Through Wall (1x)
4. Traverse wall (1 cross)
5. Monkey Bars (1 cross)
6. Rings (1 cross)
7. Twister Rings (1 cross)
8. Rope climb (1 ascent)

## 4 Exercise Stations

1. Pull ups (5 reps)
2. Inclined push-ups (5 reps)
3. Dips (5 reps)
4. Inverted row (5 reps)

# OCR Box: Able-Bodied

Box	220 meter Run	Exercise
(1) Under the Wall		(1) 5 Burpees
(2) Pull ups	 	(2) 5 Burpees
(3) Through the Wall	 	(3) 5 Burpees
(4) Monkey Bars	 	(4) 5 Burpees
(5) Inclined Push Ups	 	(5) 5 Burpees
(6) Free Rings	 	(6) 5 Burpees
(7) Over the Wall	 	(7) 5 Burpees
(8) Ring Twister	 	(8) 5 Burpees
(9) Dips	 	(9) 5 Burpees
(10) Traverse Wall	 	(10) 5 Burpees
(11) Inverted Row	 	(11) 5 Burpees
(12) Rope Climb		

# OCR Box: Para-Athlete

Box	220 meter Run	Exercise
(1) Over the Wall		(1) 5 Burpees
(2) Under the Wall	 	(2) 5 Burpees
(3) Through the Wall	 	(3) 5 Burpees
(4) Pull ups	 	(4) 5 Burpees
(5) Inclined Push Ups	 	(5) 5 Burpees
(6) Inverted Row	 	(6) 5 Burpees
(7) Ring Twister	 	(7) 5 Burpees
(8) Free Rings	 	(8) 5 Burpees
(9) Monkey Bars	 	(9) 5 Burpees
(10) Dips	 	(10) 5 Burpees
(11) Traverse Wall	 	(11) 5 Burpees
(12) Rope Climb		

# General Rules

1. Only **Set Flow** (no Free Flow). Only **1 Run**.
2. This is **OCR QR1**.
3. The **points/ standing** shall be based on 1 Run.
4. Athlete can only compete/ join in **1 Box Venue**.
5. All runs must be **videoed** (1 camera/ phone located in front of OUT Wall so that the Power Station and Dips Station will be clearly seen)
6. Athlete must start **5 feet** from OUT Wall.
7. Athlete cannot use foot/ feet to **tap bell**.
8. Athlete, except for Para-Athletes, cannot use/ touch frame/ rod/ support structure/ trusses to **assist**, boost, get advantage or support, push off or go down Obstacle/ Exercise Station.
9. Maximum number of **attempts** per Obstacle: 3 (*If fail/ fall/ not complete/ incorrect execution, start again at Obstacle entry point from outside the Box; if not complete Obstacle after 3 attempts, DNF [Did Not Finish], i.e., can no longer proceed to next*)

# Health and Safety Rules

1. Participants must strictly observe social distancing during the event
2. Face mask must be worn at all times except during the actual run
3. Participants must bring their own water bottle or hydration system; water and ice will be provided at the event venue.
4. Participants must disinfect their hands regularly. Alcohol dispensers will be available at the event venue.
5. No companions or non-participants will be allowed on the venue at any time on event day. Non participants will be reminded and respectfully asked off the venue.
6. Failure to adhere to these rules may mean disqualification from the event and offending participant will be asked to leave the venue immediately.

# Day/Wave Assignment

1. This is not a mass start event; Only 10 athletes will be allowed every wave and each athlete will be released at 2 minute-intervals. This is to make sure that the course will not be crowded and safety protocols can be observed
2. This is a two-day event; participants will be divided in to two days of competition to avoid overcrowding of the venue and to effectively implement social distancing and safety protocols.
3. Wave and day assignment will be announced 2 days before the event and participants must stick to their assigned day and wave assignment.
4. Only athletes assigned to the wave time will be allowed in the venue.

# Run Rules

1. Racers may run or walk a distance of 220m out to the Burpee station then back to the Box obstacle for a total of 440m per lap.
2. Participants must do a total of 11 laps for a total of 5km.
3. Participants must do 5 Burpees every lap for a total of 55 burpees for 11 laps.
4. Participants must collect a wrist band from a race official upon every completion of the burpee station, at the end of the athlete's run; s/he must have a total of 11 wrist bands to be considered a finisher. The bands will be checked by the technical officials at the finish line. Incomplete bands will mean disqualification from the event.

# Obstacle Rules

1. Over the Wall
2. Under the Wall
3. Through the Wall
4. Monkey Bars (*use platform to reach Bar; use/ hold/ touch at least 2 bars then tap bell*)
5. Rings (*use platform to reach Ring; use/ hold/ touch at least 2 rings then tap bell*)
6. Ring Twister (*use platform to reach Ring; use/ hold/ touch at least 2 rings then tap bell*)
7. Traverse wall (*use/ hold at least 2 holes/ holds/ chains then tap bell; must start with 1<sup>st</sup> hold/ hold/ chain; start from side opposite of rope climb*)
8. Rope climb (*tap bell*) (*for Para-Athletes, touch marker/ tape [height of box]*)

# Exercise Station Rules

1. Pull ups (5 repetitions; chin over bar; start with arms straight to elbows bent beyond 90° each time; to reach bar to start, can use Exercise Station rungs/ bars/ frame to reach bar; for Para-Athletes, use of platform allowed for those who cannot reach the pull up bars)
2. Inclined push-ups (use 1<sup>st</sup> rung from bottom; 5 repetitions; start and end with arms straight to elbows beyond 90° each time; straight body where hips go down/ aligned with chest)
3. Inverted row (use 3<sup>rd</sup> rung from bottom; straight body; 5 repetitions; start and end] with arms straight to elbows bent less than 90° each time)
4. Dips (5 repetitions; facing Box; start and end with arms straight to elbows bent less than 90° each time)
5. Burpees (5 repetitions; Chest to touch the ground and Jump straight upwards with hands above the ears to finish the move)

# Additional Rules for Para-Athletes

## P1

### *With Wheelchair*

1. No Wall Obstacles (OUT Walls, Traverse wall)
2. Athlete must strap their wheelchair unto their body and carry it when doing Obstacles provided that marshals will be assisting the athlete to reach the Bar, Rings, and Twister as well when going down.  
Alternative exercise for Burpees
3. Without Wheelchair (same as P2-P4)

## PO2-PO4

1. Athletes with upper limb/s impairment: Chair dips instead of dips.
2. For Discussion: Strapping of crutches unto the body while doing obstacles or leaving it on the box to be picked up without any assistance every after Obstacles.

## PO5

Athlete could be touched/held by their guides when going through the Obstacle and guide their hands to touch the first bar/rings/hold/hole of each obstacles.