



Rulebook

OCR series

Official rules and regulations for the OCR series.

Published by NLOSF in cooperation with Strong Viking Group B.V.

This rulebook is only valid for the OCR series.



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Section 1 General:

- a) **OCR series:** OCR series consists of several races in a regular Strong Viking season. This rulebook contains all the rules that belong to the OCR World series. For any questions please first check the FAQ on www.ocrseries.com or email to: wedstrijdcommissie@nlof.nl
- b) **Behaviour:** All OCR series competitors are expected to act in a sportive manner towards themselves, each other and the technical officials (TO's). Sportsmanship is defined as compliance with general rules of conduct and decency. Athletes are accountable for their behaviour. Insulting, discriminating, hurting and aggression will not be tolerated.
- c) **Pollution:** As the organisation is responsible for the cleanliness of the terrain it counts on all athletes not to litter and to use the provided bins. Clothing and equipment shall not be left on the track, but will be disposed of in provided bins.
- d) **Damage:** It is not allowed to damage nature, obstacles, the track and or all other items that are related to the organisation and the OCR series. Athletes are liable for any damage caused and will be held accountable by the organisation.
- e) **Medical:** As an athlete of the OCR series, athletes are expected to be in good health. It is the responsibility of individual athletes to assess their physical fitness prior to the race. In case of doubt, the organisation reserves the right to call for a medical certificate, provided by a doctor. In case of doubt, the organisation reserves the right to exclude athletes from the race.
- f) **Support:** Support teams who want to follow an athlete along the course are not allowed to run/bike on the course. They have to stay on the outside of the marking tape. They are not allowed to get in the way of the athletes. Athletes will always go first at crossings in the course.
- g) **Technical Officials (TO/marshalls):** OCR series uses official trained TO's from. All TO's will act in accordance with this rulebook during the time that they are active as a marshall on the course.

Section 2 Participation:

- a) **Presence:** Athletes are advised to be at the event area at a minimum of 90 minutes prior to the start of the OCR series startwave. It's the athlete's responsibility to show up on time.
- b) **Registration for an event:** Every athlete who wants to compete in an OCR series race has to buy tickets for a single race at www.ocrseries.com. After purchasing a ticket a confirmation email will be sent. In that confirmation email there is a link to "paylogic" where every athlete has to personalize their e-ticket. Personalisation has to be done for every race athletes sign up for. Non personalized tickets will be excluded from the results after the race. If the athlete has doubts about personalisation they have to talk to the OCR series employee before the race at the registration desk on race day. Tickets for OCR series are for sale until Thursday 00.00 (midnight) prior to an event (time is subject to change, but will be announced on social media). Tickets can be swapped until 3 days prior to an event. The organisation reserves the right to charge an extra service fee for swapping tickets. Within 3 days of an event tickets can't be swapped and there is no sale on raceday.
- c) **Registration on race day:** Athletes are obliged to personally register at the event. For registration a valid photographic ID and personalized E-ticket is mandatory. Athletes without a personalized E-ticket are allowed to race but will be excluded from the results. It is not allowed to participate in someone else's place. Inability to provide proof of identity results in exclusion from the OCR series race. In that case, it is allowed to start in a later startwave. The registration desk will be open until 30 minutes prior to the start of the race. It's the athlete's responsibility to show up on time.
- d) **Race number / Bib number:** At the registration each athlete receives an ankle band and a coloured vest. The ankle band has to be worn around the ankle, the vest as a top layer. It is mandatory to wear the vest so that the bib number is clearly visible to TO's, volunteers and organisation.
- e) **Clothing and gear:** Athletes are expected to wear suitable clothing that enables them to run the course in a safe matter. It is not allowed to wear an outfit that can be insulting or damaging to other athletes or the organisation. Use of football shoes and spikes is prohibited. It is not allowed to bring items on the course that can be potentially dangerous to other athletes, such as, but not limited, to weapons or glass (use of glasses is allowed but discouraged for safety reasons). The use of sports action cameras such as GoPro, are also prohibited. It is not allowed to use performance aides, with the exception of gloves, knee and arm pads and aides related to disabilities. The use of chalk or resin to enhance grip is prohibited.
- f) **Athlete briefing:** Athletes have to be at the entrance of the start coral 15 minutes prior to the start of the race for the **mandatory** athlete briefing. During this briefing all relevant information with regard to the course and the obstacles will be explained. Being late or absent for the athlete briefing can result in a 5 minute time penalty or exclusion from the race. The entrance to the start corral will close as soon as the athlete briefing begins.
- g) **Performance enhancing drugs:** The use of drugs and alcohol is prohibited at the OCR series. The organisation reserves the right to conduct doping testing. OCR series adheres to the latest version of the doping list by the World Anti-Doping Agency (WADA)

- h) Doping check:** The organisation reserves the right to conduct unannounced checks by the anti-doping authority. You are compelled to comply with these checks. Noncompliance or positive testing will immediately lead to exclusion from the OCR series.
- i) Adaptive athletes:** Adaptive athletes are allowed to join the OCR series. Adaptive athletes are allowed to use an extra hand or foot to overcome an obstacle. This should always be judged by a marshall present at the obstacle. Adaptive athletes who want to race for the first time are advised to contact info@ocrseries.com to be sure they can join the race with their handicap before purchasing a ticket.
- j) Youth athletes**
For athletes under the age of 18, different rules apply for load carries. There can be an alternative challenge or the obstacle can be skipped. This will be addressed in the athlete briefing and instructed by the TO. Check the factsheet obstacles where this applies.

Section 3 Course and Race:

- a) **Start:** All athletes will start at the same time. The timing will start when an athlete passes the timing mat.
- b) **The course:** It is mandatory to follow the marked course. Cutting off parts of the course (deliberately or unintentionally) is prohibited. Obstacles are part of the course and should not be bypassed. On getting lost: an athlete is required to return to the last known location on the track and continue from there. When an athlete has to leave the track to make room for a faster competitor it is mandatory to resume the race at the location that the track has been previously abandoned. It is mandatory to comply with the rulings and remarks of TO's, volunteers and the organisation.
- c) **Timekeeping:** An ankle band, equipped with an RFID chip is used as a means of timekeeping for the OCR series. Time registration starts as soon as an athlete crosses the mat/between the sensors. On the track, at several locations, there will be lap timers as a mean of checkpoints, for optimization of the course and for split time keeping. Athletes are obliged to pass all these points and need to make sure to stay between the sensors. At the finish line each athlete will be logged by the organisation. In case of loss or malfunction of the ankle band the organisation will refer to gun time as time of start.
- d) **Maximum time:** The OCR series uses a maximum time, the so-called "cut off time". This time is predetermined and communicated to the athletes in the mandatory athlete briefing. Athletes who will finish after this time will be noted as DNF in the results. The cut off time will be different per race and depends on the state and intricacies of the track. This will be communicated in the athlete briefing.
- e) **Three band system**
In line with the FISO standards, the three-band system is applied. At the registration, each athlete receives three wristbands. These bands need to be worn on the right arm. If the athlete fails a category B (one try) obstacle, a wristband is cut. Two out of three wristbands can be recovered by completing the penalty loop(one loop for one wristband). Losing all three wristbands will result in DNC.
- f) **Sweeper:** There will be a sweeper on the course. The sweeper is recognized by a coloured vest with the text "sweeper" on it. The sweeper runs at the pace of the cut off time. In case the sweeper passes a slower athlete, all 3 wristbands will be cut by the sweeper.
- g) **Aid stations:** On the course, replenishment is arranged through several aid stations. Athletes are allowed (encouraged) to bring their own nutrition.

- h) **Nutrition: Along the course, various nutrition and hydration stations are present.** Athletes are allowed to bring their own additional nutrition. Taking food or drinks from trainers/coaches/supporters is prohibited.
- i) **Right of way:** Faster athletes are entitled to right of way on the course. The slower runner should make room for the faster to pass. Female athletes arriving at an obstacle have the right of way on the waiting male athletes. Caution has to be taken when overtaking other athletes.
- j) **Volunteers:** All events in the OCR series hinge on the presence of many volunteers. Their role is to make the race safe, exciting and fun for everyone. Athletes at the OCR series are obliged to adhere to the remarks of the volunteers and to behave with sportsmanship.
- k) **Technical Officials:** To enable a safe and fair competition, TO's and volunteers are deployed along the course. The TO's are trained to judge obstacle performance and the volunteers are to assist with the event. Athletes must adhere to the comments and remarks of TO's and volunteers, even when in doubt. Athletes will not engage in discussions with TO's, doing so can be penalized by cutting a wristband or disqualification. There will be zero-tolerance for athletes or coaches who verbally abuse TO's or volunteers, resulting in disqualification (even after the race) or (permanent) ban from the races or cancellation of the membership of the NLOSF.
- l) **Aiding other athletes:** Accepting help from volunteers, TO's, bystanders or other athletes that lead to any kind of advantage during the race is not allowed. Athletes are compelled to provide first aid to others, in cases of danger or need of medical assistance. The organisation will take over responsibility as soon as possible, after which the athlete can continue the race. If aiding another athlete, in cases of emergency and/or danger, has consumed a sizeable amount of time, the athlete should report to the organisation. The organisation reserves the right to compensate for lost time.
- m) **Exclusion from the race/disqualification:** When athletes do not adhere to the rules and regulations of this rulebook they risk disqualification. The organisation reserves the right to disqualify any athlete. In case of severe violation of the rules, the organisation has the right to exclude athletes from the entire race series or even deny access to the venue.
- n) **Photo/video proof:** When necessary the organisation will use evidence obtained by photo and video cameras on the course. On multiple locations cameras will be placed to film the event and the OCR series. Athletes risk disqualification even after an event, if proof of mal intent is found, based on the video evidence.
- o) **Obstacles:** Obstacles on the course can be divided into type A and type B
- Type A obstacles are mandatory for all athletes. On these obstacles multiple attempts are allowed. Hereby the athlete is required to make room for other athletes who are attempting the obstacle for the first time. The marshall/volunteer will assist in this.
 - Type B obstacles are one try only. Failing these type of obstacles will result in cutting of one wristband. The athlete is allowed to continue the race as soon the wristband is removed. All athletes must make a serious attempt, otherwise the wristband will be cut immediately. The TO will determine if an attempt is made seriously enough and/or if the athlete is mandated to start over. Due to circumstances the race director is entitled to

change an obstacle for a specific race without changing the rulebook. This will be communicated during the mandatory athlete briefing.

- p) **Penalty loop:** Just before the finish, the athlete must show the presence of three wristbands to the TO. If one wristband is missing, the athlete has to complete the penalty loop to regain the lost wristband. If two wristbands are missing, the athlete has to perform the penalty loop twice. If three wristbands are missing, the result will be DNC and the athlete can move on to the finish line.
- q) **How the obstacles should be taken/conquered:** Attached to this Rulebook, a “factsheet” per obstacle can be found in the annex. This explains how the obstacles should be taken. All TO’s/volunteers will use this factsheet in order to judge whether the athlete is taking the obstacle correctly. The athlete is responsible for knowing the content of this factsheet when competing in the OCR Series. In general, the following rules apply:
- The start of an obstacle is on a platform or **before** the start line
 - The finish of an obstacle is on a platform, ringing a bell with hands only or **across** a finish line
 - It is not allowed to gain advantage by touching the ground at a suspension obstacle. Grazing (slightly touching the surface) is tolerated at the discretion of the TO.
 - It is not allowed to gain advantage by using the support structure of an obstacle. Slightly touching the construction is tolerated at the discretion of the TO.
 - Always move forward after starting an obstacle. The TO is allowed to remove an athlete from an obstacle if the athlete obstructs a faster athlete. Be aware of this before you enter the obstacle.
- r) **Prize ceremony:** OCR series uses live finish timing, these are unofficial results. These results may change after the race director has received all information from the TO’s. Approximately 1.5 hours after the cut off time, the podium ceremony will be held for overall winners.
- There will be a prize ceremony for the overall top 3 finishers male/ female
All athletes are required to participate in the prize ceremony after the race.
- s) **Qualification for championships:** The OCR series are also qualifying events for several championships. The qualification requirements can be found on the websites of those championships. It is the sole responsibility of the athlete to check if he/she is qualified or not. OCR series does not give any information of confirmation about qualifying for one of these events. Check www.nlof.nl for more information.

Section 4 Appeal:

- a) **Appeal procedure:** Up to half an hour after the cut-off time, athletes are allowed to raise an official appeal the organisation about the race, decisions of the TO’s, the course or the



behaviour of other athletes. Only written appeals on the available form will be taken into consideration. These forms are available at the OCR series race director and must be submitted there. In case of disqualification, objections can be made within 48 hours after publication of the results by emailing info@ocrseries.com. This is the only way to communicate with the OCR series team. Objections/Emails submitted later than 48 hours after the publication of the results will not be taken into consideration. Athletes who are not in the ranking because of non-personalisation will not be added to the results or ranking.

Annex A: Factsheet obstacles:



Athletes have to climb the wall. The wall has ropes to help the athletes to get to the top. It's not allowed to help other athletes to get over. This obstacle is mandatory.

A



Athletes get a hammer and a shield and have to run a prescribed course with it. This obstacle is mandatory.

A



Athletes have to crawl under the barbed wire. This obstacle is mandatory.

A



Athletes have to crawl under a plastic tarp filled with water. The athlete has to push the water up in order to move forward. This obstacle is mandatory.

A



Athletes have to slide down the ramp where they will be launched into the water. This obstacle is mandatory. For their safety, athletes must strictly follow the remarks of the trained personnel before getting off the ramp.

A



Athletes have to move the log by using the hammer. The log has to be moved completely to the other end. This obstacle is mandatory.

A



Athletes have to go through the ice. At mid-point they must be fully submerged into the ice water. This obstacle is mandatory.

A



Athletes have to lift the lever up and walk 360 degrees around the stand. They start at the red mark and end at the red mark. This obstacle is mandatory.

A



Athletes have to climb the wall by using the rope. This obstacle is mandatory.

A



Athletes have to carry a load for a prescribed distance. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to drag a log over a prescribed distance. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to jump over 1.5 meter high logs. This obstacle is mandatory.

A



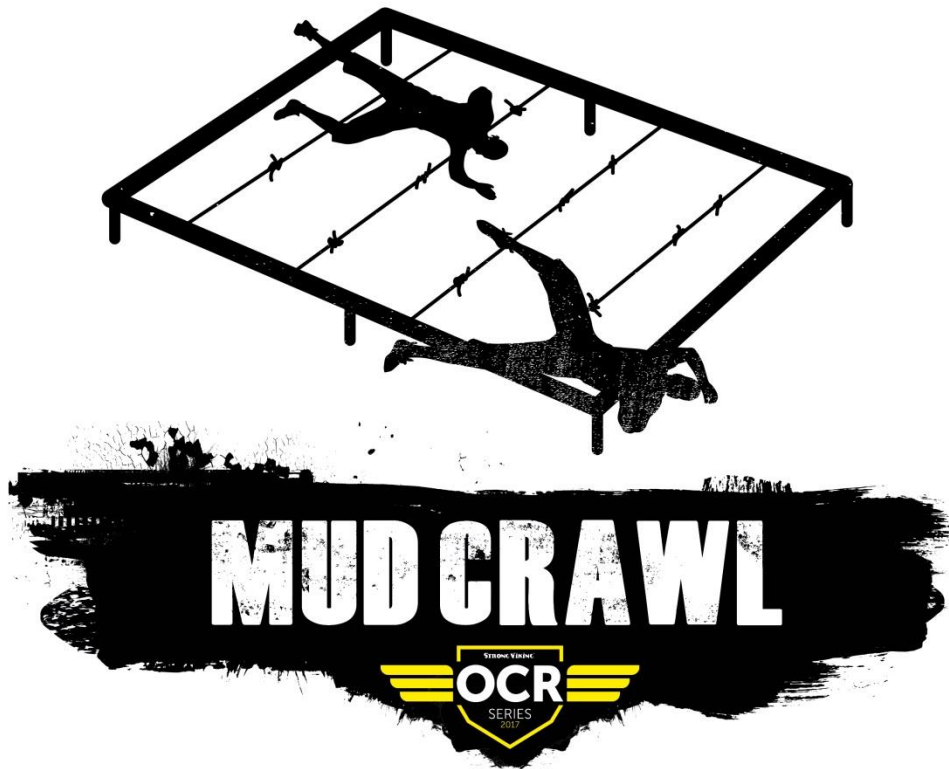
Athletes have to jump over the hurdles on the road. Hurdles are 1.2 meter high. This obstacle is mandatory.

A



Athletes have to swing to the other side by using the rope. This obstacle is mandatory.

A



Athletes have to crawl under the barbed wire. This obstacle is mandatory.

A



Athletes have to cross the trenches, filled with water and mud. It is not allowed to use the sides of the trenches. This obstacle is mandatory.

A



Athletes have to get over logs in a mud pit. This obstacle can also be in the water as “Water Hurdles”. This obstacle is mandatory.

A



Athletes have to climb over the obstacle. This obstacle is mandatory.

A



Athletes have to pull a weighted sled for a prescribed distance. The sled has to be pulled only one way. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to crawl through the snow tunnels. This obstacle is mandatory.

A



Athletes have to run up the quarter pipe and get over the wall to the other side. It is allowed to use the ropes if mounted. This obstacle is mandatory.

A



Athletes have to move a steel ring over a steel power cord. If the ring touches the cord they will receive an electric shock. The ring has to be moved only one way. This obstacle is mandatory.

A



**Athletes have to cross this obstacle by weaving themselves through.
First over, second under, third over and so on.
This is a mandatory obstacle.**

A



Athletes have to cross this obstacle by weaving themselves through. First over, second under, third over and so on. In the middle section they have to pass the net at the bottom without touching the ground. This is a mandatory obstacle.

A



Athletes have to follow the marked course while carrying a sandbag. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to flip a tire over a prescribed distance. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to climb over this obstacle to finish the race. Using the structure while climbing the obstacle is allowed. This obstacle is mandatory.

A



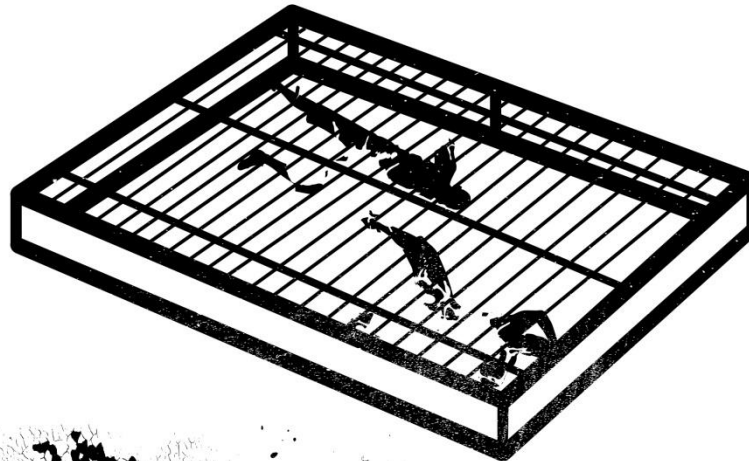
Athletes have to climb over the walls to start the race. There can be more walls on the course. It is allowed to use the extra steps when mounted. This obstacle is mandatory.

A



Athletes have to climb over a series of walls. It is allowed to use the extra steps when mounted. This obstacle is mandatory.

A



Athletes have to slide into the water under the fence. There will be a 10 cm gap between the water and the fence. This obstacle is mandatory.

A



Athletes have to walk over the balance bars. Up, elephant feet, straight bar and a seesaw in any possible order. This obstacle is mandatory.

A



**Athletes have to climb the rope and ring the bell with their hand.
This obstacle is mandatory.**

A



Athletes have to reach the other side by using their hands. It's not allowed to use any other body parts. It's not allowed to slide over the bars. This obstacle is mandatory.

A



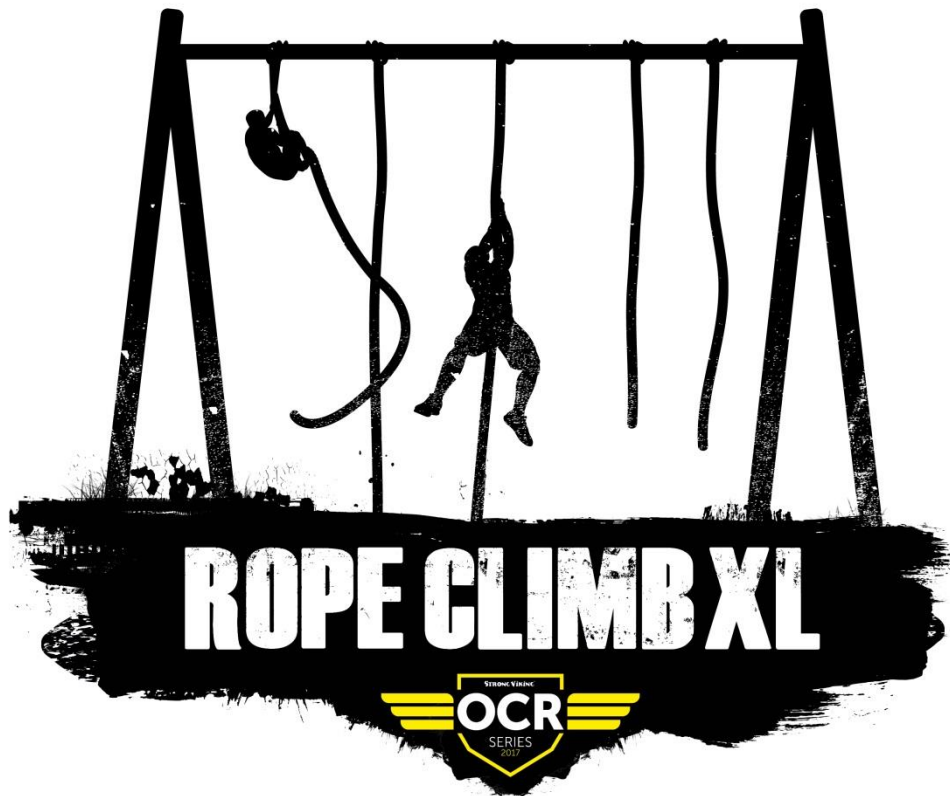
Athletes have to reach the other end of the monkey bars by using their hands only. Athletes have to ring the bell at the end with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to move to the other end by using the grips on the walls. The panels are hanging loose so they can wobble when you're on them. This is a mandatory obstacle.

A



Athletes have to climb the rope to the top and touch the bar with their hand. This is a mandatory obstacle.

A



Athletes have to fill a bucket with a certain amount of load. The amount will be given and checked by a marshall. Athletes have to carry the bucket for a course. The marshall will check the amount again at the end. Athletes are free in the way they carry the bucket. Athletes who arrive with less sand than when they started have to do the obstacle again. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to raise a weight to the top bar using a rope. It's not allowed to drop the weight. Athletes who drop the weight have to do a 10 burpee penalty. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to cross the wall by using the rope. It's not allowed to make a knot in the rope. This obstacle is mandatory.

A



Athletes have to crawl through the pipe. This obstacle is mandatory.

A



Athletes have to jump a course with their legs tied together. It's not allowed to walk. This obstacle is mandatory.

A



Athletes have to walk a small course with a chain. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to reach the other side only by using their hands. At the end they have to ring a bell with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to climb over the logs by using the rope. It's not allowed to touch the ground. This obstacle is mandatory.

A



Athletes have to swing from ring to ring to reach the opposite side of the obstacle and ring the bell. The rings can be mounted under an angle so the athlete has to climb up the rings first and go down to finish. Touching the ground in between is not allowed and will be seen as a fail. This is a hands only obstacle and the bell has to be rang with the hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to reach the end of the obstacle by using the wheel. Athletes are only allowed to use their hands. At the end they have to ring a bell with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to jump to the log and hold tight with arms and legs. They have to slide towards the bell and the bell has to be rang with the hand. It is not allowed to touch the ground in between. This obstacle is mandatory.

A



Athletes have to climb up the 1st ramp using the pegs, it is not allowed to run up the 1st ramp. The 2nd ramp has a 2,5 m jump to the bar and the 3rd ramp has a 2,5 m jump to a rope. It is not allowed to touch the ground in between. Athletes who fail have to start over at the 1st ramp. This is a mandatory obstacle.

A



Athletes have to crawl through the obstacle. This is a mandatory obstacle.

A



Athletes have to walk a prescribed course with 2 elements. This is a mandatory obstacle. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to run to the ring and slide towards the bell. Touching the ground in between is not allowed and will be seen as a fail. This is a hands only obstacle and the bell has to be rang with the hand.

This is a mandatory obstacle.

A



Athletes have to move from underneath the bars to reach the opposite side of the obstacle and ring the bell. Touching the ground in between is not allowed and will be seen as a fail. The bell has to be rang with the hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to climb up the step and move sideways by using the grips on the top. Feet stay on the board while moving sideways. Grips are only allowed to touch with the hands. Athletes have to go all the way to the end of the obstacle. This is a mandatory obstacle.

A



Athletes have to crawl through a square tube. This is a mandatory obstacle

A



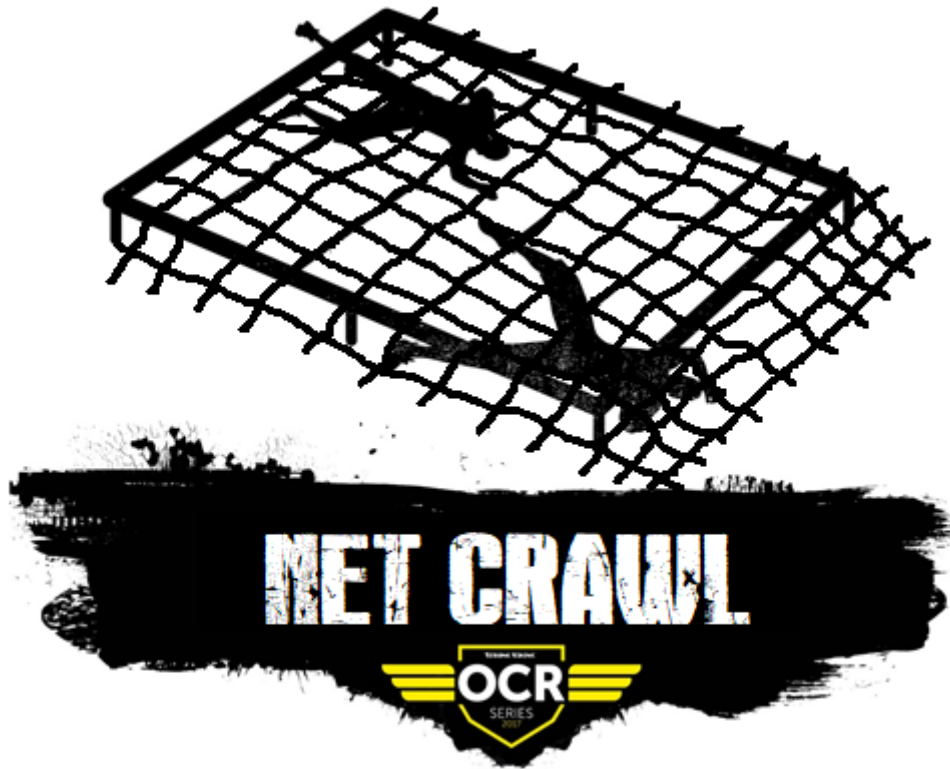
Athletes have to move sideways by using the pegboard. It is not allowed to lean on the board itself, only on the pegs. Feet stay on the horizontal beam. This is a mandatory obstacle.

A



Athletes have to reach the opposite side of the obstacle balancing on the horizontal bars. Hands must touch the upper bar while the feet touch the lower bar. This is a mandatory obstacle.

A



Athletes have to crawl underneath a large cargo net. This is a mandatory obstacle

A



Athletes have to climb over the wall. There is a gap at 2.10 meter high on the wall that the athletes can use to get over. Smaller athletes are allowed to use the side or strap of the obstacle but only to reach the gap. This is a mandatory obstacle.

A



Athletes have to swing towards the bell by using the yellow elements. Athletes are only allowed to use their hands. At the end they have to ring a bell with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to hit the target with a spear. This is a mandatory obstacle. Missing the target will result in a penalty loop at the obstacle.

A



Athletes have to “deadlift” a log and walk a small course with it. This is a mandatory obstacle. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



Athletes have to jump to the first bar and then tilt to the next bar. It is mandatory to use both bars before ringing the bell at the end. It is not allowed to touch the ground inside the obstacle. This is a mandatory obstacle.

A



Athletes have to swing from ring to ring to reach the opposite side of the obstacle and ring the bell. Touching the ground in between is not allowed and will be seen as a fail. This is a hands only obstacle and the bell has to be rang with the hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to reach the opposite side of the obstacle balancing on their hands. It is not allowed to hang underneath the bars. This is a hands only obstacle. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to throw a hammer at a shield. The shield is mounted on a 1.2 meter high stand at a distance of approximately 8 m. The hammer has to hit the target first. Hammers which first hit the ground before the target will be seen as a fail. Athletes have to return the hammer to the “throw” area. Missing the target will result in a penalty loop at the obstacle.

B



Athletes have to lift and drop rubber balls over a bar. Every ball has a certain weight. There are 3 stations. Every station the bar is lower and the weight is higher. Male weights are 40, 50 and 60 kg. Female weight is 30, 40 and 50 kg. This obstacle is mandatory. Athletes in the youth age-groups must skip this obstacle or perform the alternative.

A



**Athletes have to reach the other end by using their hands and feet.
It's not allowed to touch the ground underneath the obstacle. At
the end they have to ring a bell with their hand. This obstacle is one
try, failure will result in losing a wristband.**

B



Athletes have to do a series of obstacles. First, climb up the wall, then jump to the second wall, spinners, rings, pegboard, super snake and flying monkeybars can be expected. The obstacle is divided into several sections. Every section has a bell at the end. Athletes have to ring the bell with their hand. This obstacle is one try, failure will result in losing a wristband at each section.

B



Athletes have to reach the other end by using different techniques without touching the ground. There is a bell at the end of the rig. Athletes have to ring the bell with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to jump, grab the bar and swing to reach the bell. The bell has to be touched with their hand. Athletes who do not ring the bell or ring the bell with other body parts will lose a wristband

B



Athletes have to use the rope to reach the other end. The rope has to be thrown over a bar and the athlete has to hold both ends and thrust to move forward. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to reach the other end by using the stick between two bars to propel themselves forward. This obstacle is one try, failure will result in losing a wristband.

B



Bifrost is a mix between Gunnors Struggle and the Salmon ladder. Athletes have to ascend using the bar handle to reach the bell. Athletes have to perform the obstacle as described and they are not allowed to jump for the bell. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to cross the water by using the ropes and they have to pass the end mark with their hands. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to use the sticks to reach the end of the obstacle. Athletes are only allowed to use their hands. At the end they have to ring a bell with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to “fly” from bar to bar. Athletes are only allowed to use their hands. At the end they have to ring a bell with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to use the rings to crawl towards the bell and ring it with the hand. It is allowed to use arms and legs. It is not allowed to hold the straps, only the rings. This obstacle is one try, failure will result in losing a wristband.

B



Athletes must ascend to the top of a pair of vertical posts by hopping a free-moving bar up one rung at a time. Athletes are allowed to start at the second rung according to their body length. Jump starts are not allowed. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to swing towards the bell by using the yellow elements. Athletes are only allowed to use their hands. At the end they have to ring a bell with their hand. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to use 1 or 2 axes to slide over the bar and ring the bell with the hand. Athletes are only allowed to use their hands. To prevent injuries it is not allowed to touch the axes other than on the yellow grip and it is not allowed to throw the axe on the bar. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have move over the 2 ropes to the opposite side. Athletes have to stay on top. It's is not allowed to use only 1 rope or hang underneath. Hands and legs need to touch the ropes, it is not allowed to walk over the ropes. This obstacle is one try, failure will result in losing a wristband.

B



Athletes take 2 dowels in their hands and place the dowels in the gibbons. This is a hands only obstacle, the “chickenwing” method is allowed. Athletes have to ring a bell with the hand at the end. This obstacle is one try, failure will result in losing a wristband.

B



Athletes have to climb the rope, go over the top bar and climb down. This obstacle is one try, failure will result in losing a wristband.

B



Annex B: Penalty loop:

When failing a Type B obstacle upon first attempt, athletes will lose a wristband resulting in a penalty loop. Every athlete is obliged to fulfil this penalty loop in the prescribed manner.

Annex C: Glossary:

Athlete briefing: There is a mandatory briefing before the start of every race. This will take place 10 minutes before the start, in the start corral. Here the athletes will receive the final details that apply to the race.

Athlete: Runners who have a valid ticket to participate in the OCR series.

DNC: did not complete. The athlete failed to complete 3 or more category B obstacles or one category A obstacle.

DNF: an athlete started the race but didn't cross the finish line/ was overtaken by the sweeper

DQ: disqualification: an athlete was disqualified from the race

Elite: The first 100 men and first 50 women from the overall ranking.

Factsheet: Details prescribed and or determined per obstacle/penalty.

Gun time: The time the race has officially started. Not the time that a athlete is crossing the first time lap.

NLOSF: Dutch obstacle sports federation.

OCREC: Obstacle Course Racing European Championships.

OCR series: This is the collection of races including finals.

OCR series Marathon: A race in the OCR series over 42+ km

OCRWC: Obstacle Course Racing World Championships.

OCR World finals: Separate event after the last seasonal race.

Organisation: Strong Viking Group B.V.

Marshall/ Technical Official: This is the referee at an obstacle/on the track.

Penalty loop: Mandatory extra loop,, just before the finish, to compensate for one or two lost wristbands

Race: A single race from the OCR series.

Rulebook: The reference work in which all rules are described on the OCR series.

Touch-and-go principal: The athlete does not make a serious attempt to complete the obstacle. The obstacle is simply being "touched".

Trainer/coach: Every person who supports an athlete during the race.

Cheating: All actions that lead to the athlete gaining an advantage compared to other athletes which are contrary to the rulebook.

Volunteer: Person that is watching the security/safety on the course and to all participating runners

List of changes:

First edition of Rulebook 5.0

Rulebook 5.1:

- Strong Wall changed from B to A obstacle
- Name Changes on obstacles

Rulebook 5.2:

- Section 3 – n textual changes
- Section 3 – q textual changes
- Section 3 – t deleted
- Annex A obstacle changes:
 - o Viking rings can be mounted under an angle (A obstacle)
 - o Bifrost added to obstacle B list
 - o Canyon added to obstacle B list
 - o Fierljeppen added to obstacle A list

Rulebook 6.0:

- Implementation of FISO format and rules