

WELCOME TO THE OCR WORLD CHAMPIONSHIPS 2026

Dear athletes,

Welcome to the official rulebook for the OCR World Championships 2026, taking place at Limerick Racecourse in Limerick, Ireland.

This rulebook draws on experience from previous international OCR events and has been carefully adapted for the 2026 World Championships in Ireland. It reflects the terrain, course design, and event context at Limerick Racecourse while preserving the standards of fairness, challenge, safety, and athlete experience expected at world championship level.

From strength to speed, technique to resilience, each element of the 2026 course has been carefully considered to test you as a complete OCR athlete. Expect fast trails, tough carries, grip-heavy challenges, and iconic obstacles that will push your limits and leave lasting memories.

This rulebook combines global experience and local insight, aiming to provide clarity and consistency for all competitors. Please read it carefully, respect your fellow racers, and most importantly—enjoy the journey.

We're proud to welcome the world to Ireland. Let's race!

GENERAL RULES 1/2

- Completion of all obstacles is mandatory.
- Completion of an obstacle is when the athlete touches the bell for suspended obstacles or completes the obstacle as defined in the event competition rules (balance, walls, etc.). The attempt begins when both feet leave the ground, you may find a starting platform. Just touching the structure or the obstacle is not considered as an attempt
- An athlete failing an obstacle may attempt the obstacle a second time but must progress through the failed obstacle before starting the second attempt.
- An athlete who fails to complete an obstacle on the second attempt must immediately leave the course and the attempt will be considered null (DNF).
- Athletes finishing with the same time (measured to 1/1000th [0.001] of a second) shall be awarded a tie unless the finish video can determine a winner.
- Usage of **chalk** or similar items is **NOT ALLOWED**
- Usage of gloves is **allowed** as long as not dropped on the course (littering) and worn or carried from the start
- Shoes or other sportswear must not contain dangerous parts (metal spikes, etc...)

ADAPTIVE GENERAL RULES Visually Impaired Athletes

- Can compete with a coach/guide and include physical guidance to ensure safety, as long as the completion by the other athlete is not affected. An announcement should be made to spectators to reduce the noise level, to allow the athletes to listen to the instructions.
- Athletes must complete each obstacle. In the event that the athlete is unable to complete the obstacle, they are considered to have completed it once they reach half of the obstacle. An athlete touching the halfway mark is considered to have reached halfway.
- The adaptive athletes may use the sides of the structure to be able to start the rig-based obstacles.
- The adaptive athlete is able to use the side structures to support the dismount or to stabilize themselves after coming off from the obstacle.
- The adaptive athlete is able to step back from the obstacle finish line - this will not be considered a fail
- Completion of the Tarzan Swing obstacle is considered when the athlete touches a foot on the landing platform.
- An adaptive athlete who trips over the start or beginning of the obstacle will not have considered to have failed or attempted the obstacle
- Adaptive athletes who have not had the opportunity to trial the course are able to touch the obstacle with a foot/hand before their race to better understand the texture or material of the obstacle
- Adaptive athletes are able to have the ropes to help scale the final wall. If an athlete is unable to reach the top of the obstacle after two real attempts, they are considered to have finished after touching the lip of the ramp with a hand.

GENERAL RULES 2/2

- The starting protocol provides that the athlete has both feet on the starting platform
- In case of **Jump Start** of one of the athletes, a whistle will be blown by the timekeeper, the battery will be stopped, and the athlete who committed the false start will receive a verbal warning. If an athlete commits a second jump start, they will be immediately invited to leave the starting platform and his attempt will be considered null (DNF).
- Booking time for each run could be requested by the organization.
- Athletes in the **Youth** category can request the assistance of a coach to safely reach the holds of the rigs in suspension and/ or to get off the ground.
- In case of rain or risk of rain the race could be suspended or “Rain Protocol” could be applied: in suspended obstacles the first hold will be mandatory and so will the first step.
- Failure to comply with the Rules may result in an athlete being verbally warned, disqualified, suspended, or expelled. The nature of the rule violation will determine the penalty. A suspension or an expulsion will occur for very serious violations of the Rules, FISO AntiDoping Rules of Code of Ethics. The chief International TO may assess penalties, even if the infringement is not listed, if the TO deems an unfair advantage has been gained, or if a dangerous situation has been created.

ADAPTIVE GENERAL RULES (PO2-4)

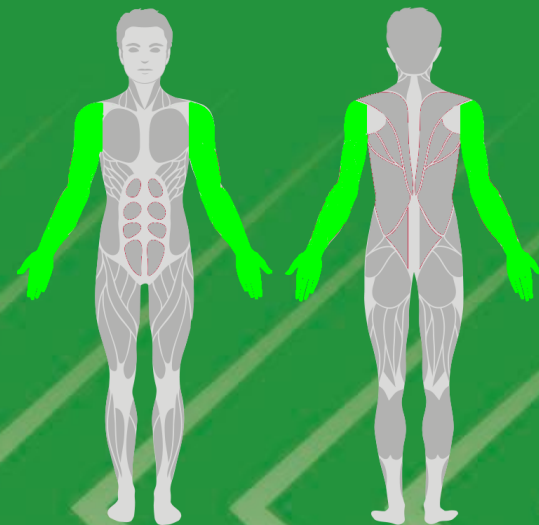
- Athletes must complete each obstacle. In the event that the athlete is unable to complete the obstacle, they are considered to have completed it once two real attempts have been made. A real attempt is considered when the athlete has suspended themselves from the obstacle or used their strength or balance to attempt the obstacle. An athlete simply touching the obstacle is not considered to have attempted the obstacle.
- The adaptive athletes may use the sides of the structure to be able to start the rig-based obstacles.
- The adaptive athlete is able to use the side structures to support the dismount or to stabilize themselves after coming off from the obstacle.
- The adaptive athlete is able to step back from the obstacle finish line - this will not be considered a fail.
- Completion of the Tarzan Swing obstacle is considered when the athlete touches a foot on the landing platform. Athletes who fall after placing a foot on the final platform will be considered as completed the obstacle.
- An adaptive athlete who trips over the start or beginning of the obstacle will not have considered to have failed or attempted the obstacle
- Adaptive athletes who have not had the opportunity to trial the course are able to touch the obstacle with their foot and/or hand before their race to better understand the texture or material of the obstacle
- Adaptive athletes are able to have the ropes to help scale the final wall. If an athlete is unable to reach the top of the obstacle after two real attempts, they are considered to have finished after touching the lip of the ramp with their hand.
- Athletes with an upper limb impairment are able to place their impaired limb in any position to be able to complete the obstacle. These athletes are also able to ring the bell using an area of their upper body.

WHAT IS AN ARM?

What does “arm” mean in obstacle rules?

- It refers to the area between the fingertips and the shoulder, as highlighted in green in the image.
- To successfully complete a bell-touch obstacle, the bell must be struck using any part of the arm (hand, forearm, elbow, etc.), but not with the head, chest, foot, or any other body part.

✓ *Only arm contact counts—stay within the rules to keep your wristbands!*

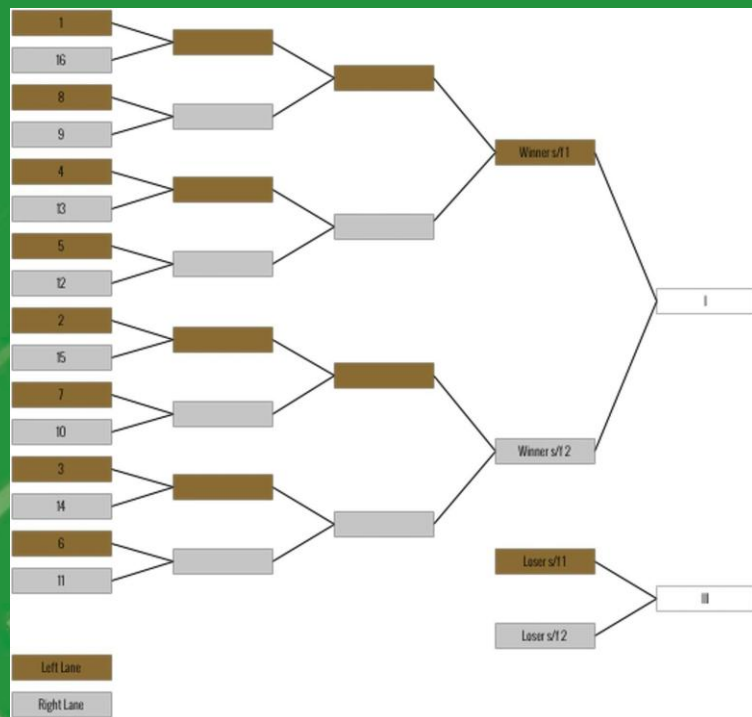


QUALIFYING ROUND FORMAT

- A competition in Qualifying Round Format (tournament) consists of rounds with heats and finals to determine the winners
- Rounds will be called heats, eight finals, quarter finals, semi-finals, final and grand final as appropriate.
- Each athlete will be allowed two (2) runs in the heats. Athletes could book day and time of their own runs (highly recommended), according to organization indications.
- After the heats, the best times (16, 8, or 4) will qualify for the next phase.
- Depending on the number of participants or scheduling constraints, there may be eight-finals, quarter-finals, or semi-finals.
- The final phases will entail direct elimination
- The winners of the respective semi-finals will compete in the final for the gold medal, while the losers of the semi-finals will compete for the bronze medal
- After the Qualifying Round Format, if one or more qualified athletes from the top 16, 8, or 4 (depending on the number of final rounds) decide not to participate in the subsequent stages, the organization can opt for a repechage based on the results of the heats. In the event of equal times, a run-off round will be held. A run-off is a round or series of rounds that enables athletes to qualify for the next phase.
- If there are no eight finals, quarter finals, semi-finals, finals, grand finals or repechages, the placings are based on finish times from the heats.

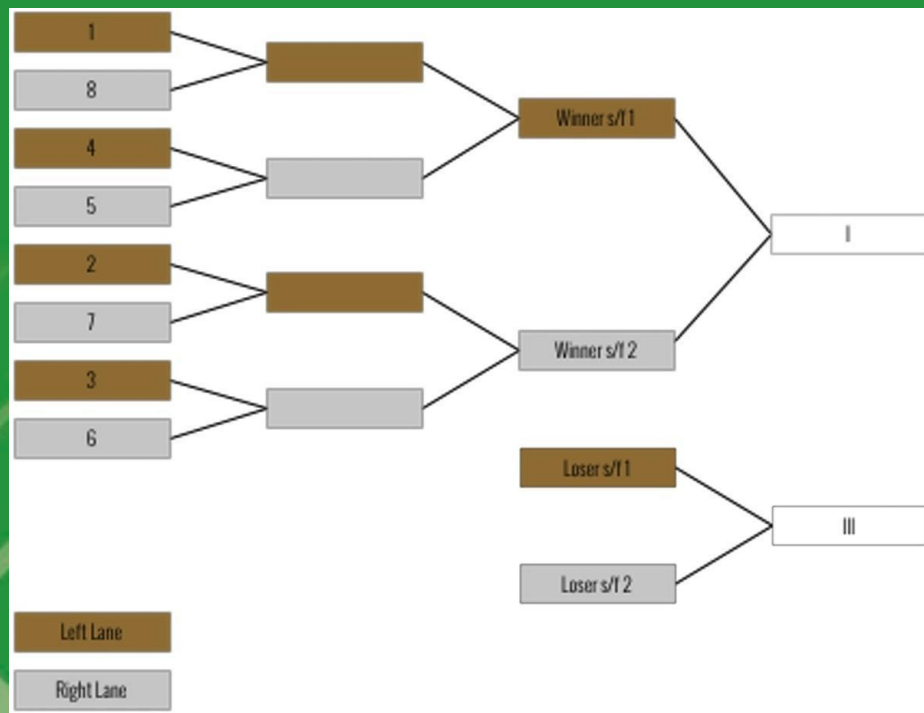
RULEBOOK

ROUND of 16 (R16)



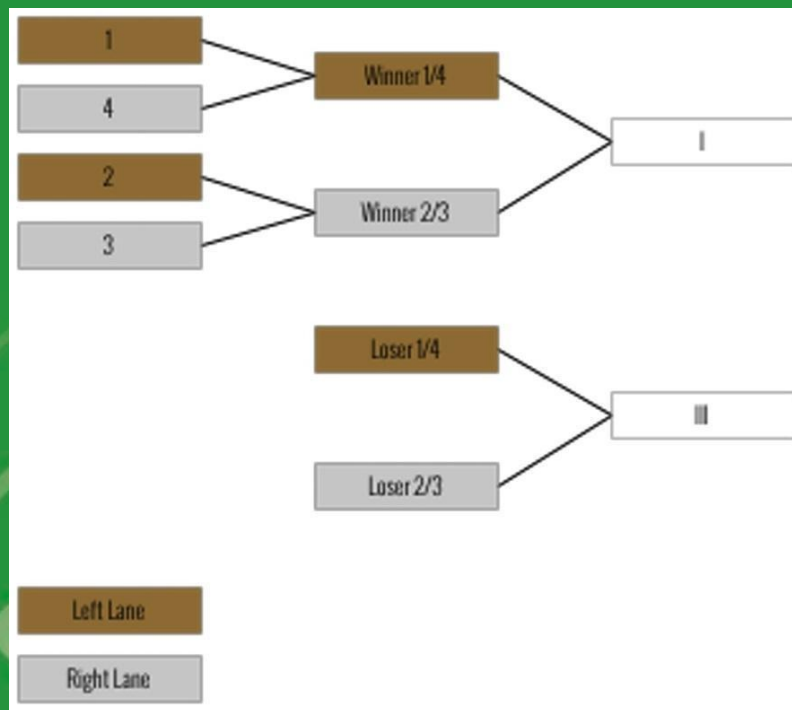
RULEBOOK

QUARTER FINALS (R8)



RULEBOOK

SEMIFINALS AND FINALS



START, OBSTACLE FAIL AND FINISH

- **Start:** “On your marks” then an electronic beep or a short blast of an air horn
- **Fail each single obstacle** (flag and shout “FAIL”):
 - 1st time: the athlete can try again the failed obstacle
 - 2nd time: flag, shout “FAIL” and then “OUT” (DNF)
- **Finish:** Press the button at the top of the Finish Wall

MIXED RELAY 1/2

- A Mixed Relay team shall be four (4) people consisting of two (2) men and two (2) women.
- The start order of the team may be by either gender, i.e. either a man or a woman may be the first runner for the team.
- The running order of the team may be in any order by gender.
- An athlete must “tag” the next runner in order for them to proceed on the course. Tagging requires physical contact between the two runners.
- Each runner on the team shall complete three (3) obstacles before tagging the next runner
- Tagging must be completed in a Transition Zone (TZ), defined as anywhere between the last obstacle of the current runner and the first obstacle of the next runner.
- The TZ will be marked/taped to define the TZ boundary and athletes waiting to be tagged must stay within the TZ
- Stepping on the marking/tape is not allowed.

MIXED RELAY 2/2

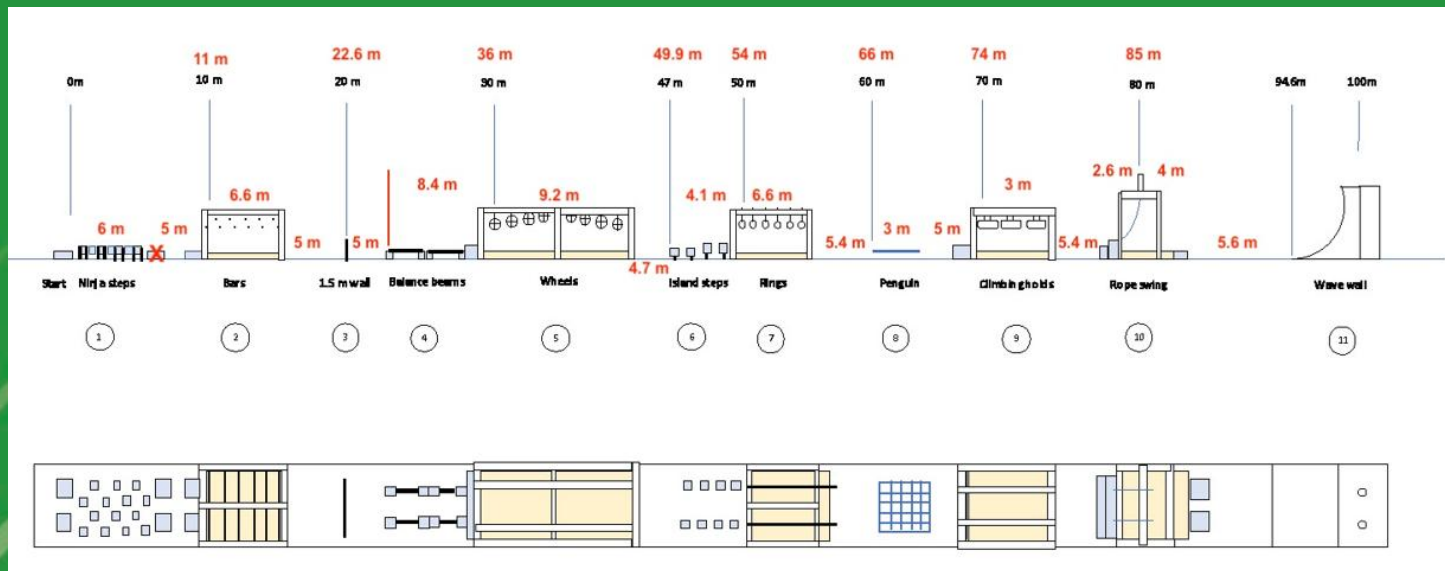
- The current runner must complete their last obstacle before the next runner can start
- For obstacles 3 and 6, athletes don't have to have their both feet on the ground before they can tag the next athlete. As long as both of their feet is over the wall, they can tag their teammate in mid air
- For obstacle 9, at least the head and one arm must be outside obstacle 9
- Only runners who are Tagging or who are waiting to be tagged are allowed in a TZ.
- Runners may not physically assist other runners on the course.
- The total distance covered by the team is 100 m.
- The team's time is taken when their last runner hits the button on top of the finish wall
- The team with the fastest time is the winner.
- Each team will be given two (2) attempts to set the fastest time
 - Each team may swap up to one (1) member between the first and second attempt.
 - Women may only be swapped with women. Men may only be swapped with men.
 - Exception may be made for Adaptive teams, as long as at least one (1) adaptive athlete is always part of the racing team
- 100m obstacles' completion rules apply to the mixed relay.

MIXED RELAY (transition zones)

Runner	Obstacles No.	Transition for Next Runner
1	1, 2, 3	Between 3 and 4
2	4, 5	Between 5 and 6
3	6, 7, 8	Between 8 and 9
4	9, 10, 11	NA

RULEBOOK

COURSE LAYOUT



(1) OFFSET STEPS



- Use only the steps to cross from the beginning to the end
- Take a step, jump, hop, kneel, sit down, or keep your feet on the step
- Overcoming the obstacle happens when the athlete has passed the final step
- Steps can be skipped.

RULEBOOK

(2) MONKEY BARS



- Use only arms or hands to cross the bars from beginning to the end
- Bars can be skipped.
- The feet and legs should always remain below shoulder height.
- The obstacle is completed when the athlete hits the bell with their arm
- It is forbidden to touch the ground and/or the structure of the obstacle to take advantage of it

(3) 1.5m WALL



- Cross the wall from one side to the other without using the side supports or the structure.
- The entire body, including both legs, must pass over the wall.
- The obstacle is completed when the athlete lands on the other side of the wall

(4) BALANCE BEAM



- Walk the beams from start to finish.
- The starting platform must be used as the first step, at least with one foot.
- The obstacle is completed when the athlete passes the finish platform.

(5) WHEELS



- Use only the wheels to cross from the start to finish.
- The feet and legs should always remain below shoulder height.
- The obstacle is completed when the athlete hits the bell with their arm.
- Wheels can be skipped.
- It is forbidden to touch the ground and/or the structure of the obstacle to take advantage of it.

RULEBOOK

(6) ISLAND STEP



- Use only the steps to cross from the beginning to the end.
- The athlete must use the first step.
- Steps can be skipped

(7) RINGS



- Use only the rings to cross from the start to the finish
- The feet and legs should always remain below shoulder height.
- The obstacle is completed when the athlete hits the bell with their arm.
- Rings can be skipped.
- It is forbidden to touch the ground and/or the structure of the obstacle to take advantage of it

(8) LOW CRAWL



- Go under the net from start to end.

(9) CLIMBING HOLDS



- Use only the climbing holds to cross from the start to the end.
- The feet and legs should always remain below shoulder height.
- The obstacle is completed when the athlete hits the bell with their arm.
- Holds can be skipped.
- It is forbidden to touch the ground and/or the structure of the obstacle to take advantage of it

(10) TARZAN SWING



- Swing on the rope from the starting platform to the finishing platform.
- The rope must be held by at least one hand.
- The obstacle is completed when the athlete lands on the final platform.
- It is forbidden to touch the ground and/or the structure of the obstacle to take advantage of it.

(11) WAVE WALL AND FINISH PLATFORM



- Climb the wall; all athletes may use the rope if it is provided.
- The feet and legs should always remain below shoulder height.
- The obstacle is completed when the athlete presses the finish button on the top of the wall.