

RULEBOOK

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

- 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 from or before the 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 and get back to the start within the same lane, before starting the second attempt.
- An athlete who fails to complete a suspended obstacle on the second attempt must progress through the failed obstacle and get back to the start within the same lane before completing a penalty on-the-spot. Only then, they will be resume their race. If they refuse or are not able to complete the penalty they will result as allowed to DNC.
- An athlete will have as many attempts as they need to overcome a non-suspended obstacle, but must progress through the failed obstacle and get back to the start within the same lane, before starting another attempt (.e. balance beams)
- 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.
- Hands may be checked before each start
- Usage of gloves is allowed as long as they are not dropped on the course (littering) and are worn or carried from the start
- Shoes or other sportswear must not contain dangerous parts (metal spikes, etc...).
- An athlete is obliged to go through and leave the course with all the items they started with. Leaving objects behind (gloves, shoes, etc) is considered littering and will lead to a DSQ

PENALTY LOOP

- The penalty loop is a course laid right beside each hanging obstacle
 - It will consist of an object to carry along a marked course
- The average duration of a penalty loop is set to thirty (30) seconds
 - this means that, in case of a protest, adding or subtracting a penalty loop will result in 30" added or subtracted to\by the athlete effective time per each penalty loop considered.

This “default time” can be changed by Organization and will be communicated

- If an athlete does not complete all the required penalty loops, they will be considered DNC

ADDITIONAL RULES

- The starting protocol provides that the athlete lift their feet from or before the starting platform
- Booking time for each run could be requested by the organization to each athlete
- 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.
 - Qualification rounds will either be with or without “Rain Protocol” for their full duration.
 - Elimination rounds will be evaluated one by one (i.e. phase by phase or trio by trio)
- The time cap to complete the course is set to 8 minutes
- 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.

TEAM RELAY

- A Relay team shall be four (4) people consisting of
 - two (2) women + two (2) men
 - four (4) women
 - four (4) men
 - at least one (1) adaptive athlete, either man or woman
- 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.
- 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.
- 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 400 m.
- The team's time is taken when their last runner crosses the finish line.
- 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
- The same athlete is allowed to be a member of more than one team, but not for the same category
- 400m obstacles' completion rules apply to the mixed relay
- Under16 athletes are allowed to participate in the Team Relay
- Under 16 athletes will not be able to be chosen to complete any 'strength based' section of the relay course

TEAM RELAY (TRANSITION ZONES)

to be confirmed

Runner	Obstacles No.	Transition for Next Runner
1	1, 2, 3	Between 3 and 4
2	4, 5, 6	Between 6 and 7
3	7, 8, 9	Between 9 and 10
4	10, 11, 12	NA

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 may be required to book day and time of their own runs (highly recommended), according to organization indications.
- After the heats, the best times (12, 9, 6 or 3) will qualify for the next phase.
- Depending on the number of participants or scheduling constraints, there may be semi-finals or just finals
- The final phases will entail direct elimination
- In each round, the athlete with the fastest qualification time will be able to choose the lane

After the Qualifying Round Format, if one or more qualified athletes (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.

FINAL PHASE

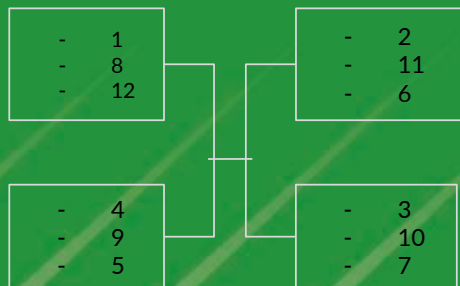
Depending on the number of participants for each category, the elimination will be carried on as follows:

- Round of 12: 4 heats of 3 people. 6 people will qualify for the Round of 6 (semifinal)
 - The winner from each heat + the two (2) fastest times
- Round of 9: 3 heats of 3 people. 6 people will qualify for the Round of 6 (semifinal)
 - The winner and the 3 best times from each heat
 - In case of direct qualification to the final (no semifinal), the 3 winner from each heat will qualify
- Round of 6: 2 heat of 3 people. 3 people will qualify for the Round of 3 (finals)
 - The winner from each heat + the fastest time

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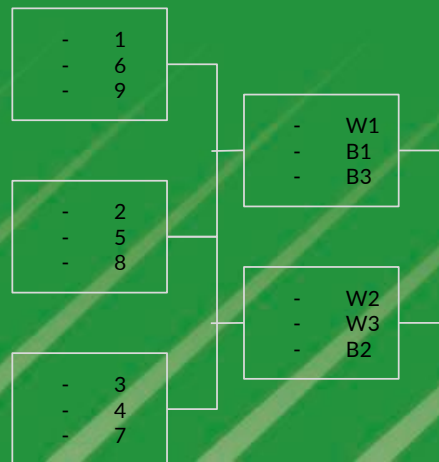
FINAL PHASE

ROUND OF 12



Example: 1, 4, 5, 2, 3, 6
qualify

ROUND OF 9



Example to final: 1, 2, 3 qualify
Example to semifinal: 1, 6, 2, 8, 3, 7 qualify

ROUND OF 6



Example: 1, 2, 4 qualify

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START, OBSTACLE FAIL AND FINISH

- Start: "Ready" + "On your marks" then an electronic beep or a short blast of an air horn
- Fail each single suspended obstacle (flag, if available, and shout "FAIL")
 - 1st time: the athlete can try again the failed obstacle by going to the end of the obstacle structure before restarting the second attempt
 - 2nd time: the athlete has to complete a penalty loop
- Fail each single non-suspended obstacle (flag, if available, and shout "FAIL"):
 - every time: the athlete can try again the failed obstacle
- Finish: Run through the finish line



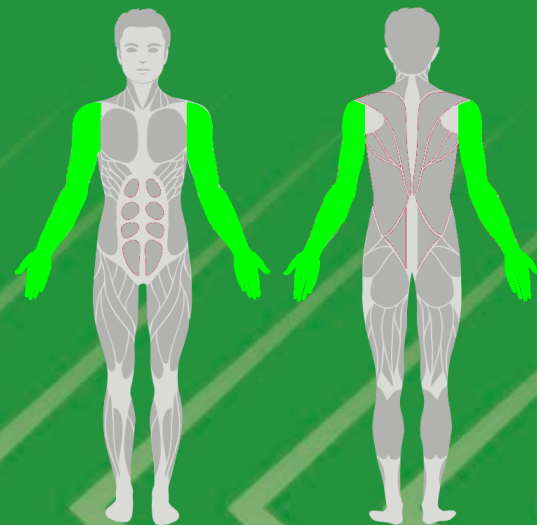
RULEBOOK

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!*



RULEBOOK

MONKEY BARS



Athletes may use their hands and feet while moving toward the bell. Legs may be used only on ropes. Feet and legs must always remain below shoulder height.

Attempts: 2

Failed when: the athlete actively touches the ground or actively uses the structure

Completed when: the bell is touched with an arm

For adaptive athletes only: adaptive athletes with an upper limb impairment are able to place their impaired side on the structures. However the other hand must be used on the bar components

RULEBOOK

SPLIT BALANCE



Athletes will walk on the pipe using only their feet starting from behind and finishing beyond the pipe. It is not allowed to jump over the whole obstacle, ground to ground.

Attempts: infinite

Failed when: a part of the body touches the ground before the end of the pipe

Completed when: the whole body passes beyond the end of the pipe with no fall back

For adaptive athletes only: athletes with a lower limb impairment are allowed to use their hands on the obstacle. They may use one or two lanes, as long as they are not stopping another athlete from completing the obstacle. They are also allowed to use their crutches or sticks if they race with them

RULEBOOK

SURVIVAL RIG



Athletes may use their hands and feet while moving toward the bell. Legs may be used only on ropes.

Attempts: 2

Failed when: the athlete actively touches the ground or actively uses the structure

Completed when: the bell is touched with an arm

For adaptive athletes only: adaptive athletes with an upper limb impairment may use the structure on their impaired side. They must use the holds on their non-impaired side

RULEBOOK

SLAM BALL



Athletes will pick-up one item and proceed along a linear course. The item may be carried in any way. The item may NOT be dragged nor rolled. The item may NOT be thrown. At the end of the marked course, the item must be placed (not thrown) within the target zone. The item does not need to be carried back to the start zone. Athletes can stop and rest without moving the item.

Attempts: infinite

Failed when: the sandbag is not carried for the whole course.

Completed when: the sandbag is gently placed at the end of the course

For adaptive athletes only: n/a

RULEBOOK

LOW RIG



Athletes may use their hands and feet while moving toward the bell. Legs may be used **only** on ropes and pipes.

Attempts: 2

Failed when: the athlete actively touches the ground or actively uses the structure

Completed when: the bell is touched with an arm

For adaptive athletes only: adaptive athletes with an upper limb impairment may use the structure on their impaired side. They must use the holds on their non-impaired side. adaptive athletes with a lower limb impairment may use the scaffolding as a leg/foot hold, where it is not possible on their prosthetic/impaired side only

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WALL



All athletes may use the additional step if provided.

Attempts: infinite

Failed when: the athlete uses the side structures to climb

Completed when: the athlete overcomes the wall without the side structures' help

For adaptive athletes only: adaptive athletes are allowed to use the side structures

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WHEELS RIG

Athletes may use their hands and feet while moving toward the bell. Legs may be used only on ropes. Feet and legs must always remain below shoulder height.

Attempts: 2

Failed when: the athlete actively touches the ground or actively uses the structure

Completed when: the bell is touched with an arm

For adaptive athletes only: adaptive athletes with an upper limb impairment are able to place their impaired side on the structures. However the other hand must be used on the wheel components

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STRAIGHT BALANCE



Athletes will walk on the pipe using only their feet starting from behind and finishing beyond the pipe. It is not allowed to jump over the whole obstacle, ground to ground.

Attempts: infinite

Failed when: a part of the body touches the ground before the end of the pipe

Completed when: the whole body passes beyond the end of the pipe with no fall back

For adaptive athletes only: athletes with a lower limb impairment are allowed to use their hands on the obstacle. They may use one or two lanes, as long as they are not stopping another athlete from completing the obstacle. They are also allowed to use their crutches or sticks if they race with them

RULEBOOK

TECHNICAL RIG



Athletes may use their hands and feet while moving toward the bell. Legs may be used only on ropes. Feet and legs must always remain below shoulder height.

Attempts: 2

Failed when: the athlete actively touches the ground or actively uses the structure

Completed when: the bell is touched with an arm

For adaptive athletes only: adaptive athletes with an upper limb impairment may use the structure on their impaired side. They must use the holds on their non-impaired side