

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!

OUR OBSTACLE PARTNERS



DISCLAIMER

Please note that the obstacles shown in this Rulebook are representative examples and may not fully reflect the exact obstacles you'll encounter on race day. Some images are illustrative, and final obstacle choices may vary due to factors like weather, terrain conditions, or updated safety protocols.

The obstacle order in this Rulebook does not necessarily represent the actual sequence on course. Sequences may vary between race formats (Short, Standard, and Team).

However, the General Rules and Grab Rules outlined in this Rulebook—and later in the Obstacle Rulebook—will remain consistent and apply across all races.

Unless otherwise stated, the World Obstacle Competition and Conduct Rules will apply.

The OCR 100-meter race will follow the official standards as defined in the FISO document “OCR 100m Guide to Setting Records.”

GENERAL RULES 1/2

- All carries and strength-based obstacles are mandatory. Refusing or skipping any of them will result in all bands being removed, and the athlete will be marked as Did Not Complete (DNC).
- If an athlete drops the carry item or damages it during transport before reaching the end of the obstacle, they will be required to repeat the obstacle. However, no band will be cut in this case.
- All carry items, including those used in penalty loops, must be placed down gently on the ground. Athletes must not drop, throw, or hand over the item to another competitor. Any of these actions will result in a mandatory repeat of the obstacle, with no band cut.
- Athletes under the age of 16 (wearing a U16 wristband) are exempt from all carry and strength-based obstacles.

GENERAL RULES 2/2

- Walls must be cleared without using support structures (e.g., side frames or rig poles). If a step is provided, all athletes may use it. If an athlete uses the structure for assistance, they must repeat the obstacle, but no band will be cut.
- After an unsuccessful attempt, the athlete must rejoin the queue at the end of the dedicated lanes for that obstacle.
- Helping other athletes to overcome obstacles is not allowed. OCRWCH is an individual challenge unless otherwise specified (e.g., Team race).
- Athletes should assist each other only in emergency or dangerous situations.
- All obstacles must be properly engaged from the designated start point. It is not permitted to skip directly to the bell or endpoint.
- Spectator assistance is prohibited. Athletes may not receive or pass any items (water, food, clothing, gloves, etc.) from or to anyone except official race staff.

ADAPTIVE GENERAL RULES

- Most adaptive athletes will begin the race with five wristbands. The number of bands may be adjusted individually to ensure fair competition across different levels of ability within the same category.
- Any additional rule modifications must be requested in advance and approved by the Adaptive Race Director prior to race start.
- Adaptive rules may be updated, and any changes will be clearly communicated during the official pre-race briefing.
- Adaptive athletes are permitted to use side structures on walls or rigs to assist with safe completion or dismounting from obstacles.
- Carries: Adaptive athletes may drag or roll weighted items (stone, bucket, sandbags, etc.) along the ground. All adaptive athletes will carry female-designated weights, where available—including in the penalty loop.

ADAPTIVE GENERAL RULES – SPECIFIC Visually Impaired Athletes

- Visually impaired athletes are allowed to physically examine obstacles (texture, spacing) before the race or attempt, but cannot fully complete them during inspection. This must be done with their official guide, who must wear a clearly marked “GUIDE” shirt. During the race, brief inspections are allowed as long as they do not interfere with other competitors.
- Guides may coach visually impaired athletes during the race, including giving verbal cues about holds, distances, colours, terrain, and any other relevant details. Only the guide may provide this coaching.
- If a visually impaired athlete misses the bell due to visibility limitations but was clearly in the correct finishing position, the obstacle may be marked as completed. This decision is at the sole discretion of the Technical Official and cannot be appealed.
- For aim-based obstacles (e.g., shooting or spear throw), the guide is allowed to help direct the athlete’s aim, including physically adjusting the orientation of the gun or spear.
- For technical rigs, visually impaired athletes may receive more leniency. If they grab non-load-bearing or unintended parts (e.g., string instead of the handle), this may be allowed. The Technical Official has full discretion, and the guide should inform them in advance if additional flexibility is needed. This decision is final and non-appealable.

ADAPTIVE GENERAL RULES – SPECIFIC Upper-Limb Impaired Athletes

- Athletes with upper-limb impairments may use any part of their upper body (above the waist) to ring the bell on obstacles.
- When a specific hold is required, the athlete may place their impaired side against the structure for support, while the unaffected hand is used to engage the holds.
- If the obstacle design makes this impractical—such as uneven hold heights—the athlete may use the structure entirely to complete the obstacle.
- Dips: Athletes with upper-limb impairments are allowed to use their feet to help traverse the dip obstacle.

ADAPTIVE GENERAL RULES – SPECIFIC Lower-Limb Impaired Athletes

- Lower-limb impaired athletes may use their hands for support on balance obstacles. If they compete with crutches or walking sticks, they are also allowed to use them throughout the course, including on these obstacles.
- Where a foot or heel lock is typically required (e.g., rope climbs), the athlete may instead use the structure itself to complete that portion of the obstacle.

SUSPENSION AND BALANCE RULES

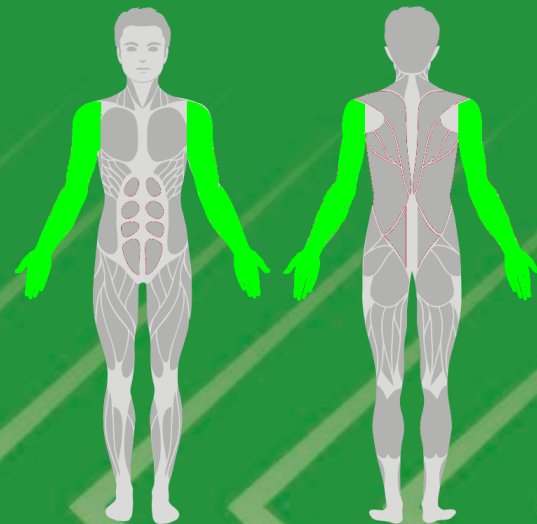
- For suspension (hanging) and balance obstacles, the attempt officially begins when both feet leave the ground. Simply touching the obstacle or structure does not count as an attempt.
 - The obstacle structure must not be touched anymore after the attempt began.
 - If a starting platform is provided, the athletes may start from it or before it. Not beyond it.
 - While hanging, feet must stay below shoulder level at all times. This applies particularly to obstacles 2 metres high or higher.
- Once the attempt has started, no part of the body may use the ground or the obstacle structure to gain an advantage.
- Incidental or accidental contact with the ground or structure is not a violation, as long as it does not assist the athlete.
- Attachment points, ropes, straps, or any elements connecting holds to the rig are considered part of the structure and may not be used.
- Bells must be touched with the arms only. Kicking or hitting the bell with other body parts is not allowed.
- Chalk or similar grip aids are prohibited.
- Gloves are allowed, provided they are worn or carried from the start and are not dropped on the course (no littering).
- Footwear and clothing must not include dangerous elements, such as metal spikes or studs.

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.
- If the bell is struck with ‘forbidden’ body parts first, and with correct’ body parts afterward, **but still before the athletes touches the ground**, the attempt is **VALID**.

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



BANDS

- Each athlete will start the race with three (3) obstacle wristbands and one (1) ID band.
 - Wristbands must be clearly visible at all times and will be checked by Technical Officials before athletes enter the start zone.
- Athletes may lose up to two (2) wristbands during the race by failing or voluntarily giving up on obstacles.
 - Athletes can regain one wristband per penalty loop completed, with a maximum of two bands recoverable before the finish line.
- If an athlete loses all three (3) wristbands, they will be marked as Did Not Complete (DNC) in the final results.
 - Athletes who are DNC may still finish the course, but cannot recover any bands once all three are lost.
- It is the athlete's responsibility to ensure they are wearing all three bands when they reach the finish line, and to have them verified by a Technical Official.
 - Any athlete showing fewer than three bands at the finish line will be recorded as DNC.

ATTEMPTS

- Hanging (suspension) obstacles may only be attempted once. A failed attempt will result in a lost wristband.
- Walls and balance obstacles allow for unlimited attempts. However, once an athlete gives up on the obstacle, one wristband will be cut.
- Some obstacles are designated as "one-attempt with on-site penalty"—meaning if the athlete fails, they will not lose a band, but must complete a penalty (e.g., a loop or task). These obstacles will be clearly marked in this rulebook and on-site signage.
- Adaptive athletes will never lose their final wristband.
 - If an adaptive athlete fails an obstacle after already losing four bands, a stripe will be marked on their last band. Each stripe represents a 2-minute time penalty added to their final time.
 - In the event of a tie between adaptive athletes, the winner will be the athlete with the fewest penalty stripes.

HOW TO WEAR WRISTBANDS

- Each athlete must wear and present:
 - One (1) identification wristband
 - Three (3) race wristbands
 - Adaptive athletes: Five (5) race wristbands
- U16 and Adaptive athletes will receive one additional distinctive wristband, used by Technical Officials to apply the correct rules for their category.
- Wristband placement:
 - LEFT wrist: Identification band and distinctive band (if applicable)
 - RIGHT wrist: All race wristbands (3 for general athletes, 5 for adaptive athletes)
- Adaptive athletes who cannot comply with wrist placement due to physical limitations are exempt from the above positioning, but must wear all bands visibly.
- Wristbands must remain visible at all times. Covering them with gloves, sleeves, tape, or any other gear is strictly prohibited.
- Attempting to hide wristbands will result in disqualification (DSQ).
- It is the athlete's responsibility to protect and retain all bands throughout the race.
- If a band is damaged, the athlete must keep the damaged band and report it immediately to the nearest Technical Official.
- Wristbands must be worn spaced apart to allow for safe and clean cutting if required.
- If wristbands are lost or damaged before the race, the athlete must request a replacement set. A new bib number and start wave may be assigned (subject to availability).
- Athletes are responsible for keeping their wristbands safe before the race begins.

PACING & COACHING

- Pacing is strictly prohibited in all race formats and at any point on the course. This includes running in front of, behind, or alongside an athlete with the intention of supporting, aiding, advising, or informing them about their pace.
- Any individual providing such assistance—whether knowingly or not—will be considered in violation of the rules.
- Repeated or deliberate violations may result in disciplinary action, including the disqualification of the athlete receiving the aid.



FORBIDDEN BEHAVIOURS

Athletes may be disqualified for any of the following actions, including but not limited to:

- Littering on the course, except in designated zones or trash bins
- Unsportsmanlike or disrespectful conduct toward other athletes, officials, or staff
- Deliberately hiding or concealing race wristbands

Unless otherwise stated, all races are governed by World the Obstacle Competition and Conduct Rules.



PLATFORMS AND BELLS

The start of each obstacle will be clearly marked. This may include a:

- Platform
- Set of tires
- Straw bale
- Marking on the ground or within the obstacle structure

The end of the obstacle will typically be indicated by:

- A bell (for hanging or suspension obstacles), or
- Marking on the floor



START PROCEDURE

CHECK-IN AREA

- All athletes must report to the check-in area at least 10 minutes before their scheduled start time for race control checks (timing chip, wristbands, ID, etc.).
- To keep the start flow efficient, athletes may be assigned to different waves or start zones.

START ZONE

- Athletes must enter their assigned start zone no later than 5 minutes before their start time.
- Late arrivals may be allowed to start in a later heat only if space permits and with the approval of a Technical Official (TO). A new bib is not required in this case.
- The timing mat is highly sensitive—athletes waiting to start must stay clear of the start and finish gates, even if cheering or taking photos.

PROTEST PROCEDURE

- Only the athlete directly involved in or who personally witnessed the incident may file a protest. The protest must be:
 - New (not previously submitted)
 - Based on firsthand observation or direct involvement
- The athlete must:
 - Notify the Finish Judge within 5 minutes of finishing their race
 - Submit a written protest form to the Chief Technical Official (CTO) or Technical Delegate within 30 minutes of crossing the finish line
- The protest must clearly state which competition rule was violated for it to be considered by the jury.
- A €50 cash protest fee must be submitted with the written form. Protests submitted without this fee will not be processed.
- Protests will be reviewed by a jury of the 3 highest-ranking Technical Officials.
- All decisions by the jury are final. No appeals will be allowed.
- Retaliation protests or false claims may result in the disqualification of the protester for violating the athlete code of conduct (e.g., unsportsmanlike behavior).

PENALTY LOOP

- The penalty loop is a course laid before the finish line. It will consist of an object to carry along a marked course.
- Athletes under 16 years old will carry a weight of 8 kg.
- Athletes will be able to recover one (1) band by completing one (1) penalty loop. The max number of recoverable bands is two (2), by completing two (2) penalty loops.
- Penalty loop will be timed according to the person based on chip timing mats or an average duration of approximately four (4) minutes.
- If an athlete does not complete all the required penalty loops and/or arrives at the finish line with one (1) or two (2) bands only, the athlete will be considered DNC.
- It is the athlete's responsibility to arrive with three (3) Bands at the finish line.

COURSE MAP - STANDARD



COURSE MAP - SHORT



COURSE MAP - TEAM



COURSE ICONS



HAY BALES



Athletes will climb over the hay bales and land on the other side.

Attempts: Infinite

Failed when: Athletes do not climb over the hay bales.

Completed when: Athletes land on the other side after passing above the hay bales.

For adaptive athletes only: n/a



NET CRAWL



The athlete will crawl or roll beneath the horizontal nets

Attempts: infinite

Failed when: the athlete does not pass through all the nets from below

Completed when: the athlete passes below all the nets

For adaptive athletes only: n/a

CHAIN CARRY



Each athlete will pick-up one (1) chain and proceed along the course. The chain may be carried in any way. The chain may NOT be dragged.

Attempts: infinite - **Mandatory**

Under 16yo athletes will be exempt from this obstacle by showing their U16 wristband

Failed when: the chain is not carried for the whole course. Athletes can stop and rest without moving the item

Completed when: the chain is gently dropped-off at the end of the course

For adaptive athletes only: n/a

HIGH 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



MONKEY BARS



Series of hanging bars. Athletes may use **ONLY** hands while moving toward the bell.

Attempts: 1

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 upper limb athletes are allowed to use any part of the structure to traverse, including the structure.

TYRE FLIP



Athletes will flip a big tyre 4 times in total: 2 times moving forward + 2 times in the opposite direction to move the tyre back to its starting place

Attempts: infinite - **Mandatory**

Under 16yo athletes will be exempted from this obstacle by showing their U16 wristband

Failed when: the athlete completes less than 4 flips

Completed when: the athlete completes 4 flips

For adaptive athletes only: n/a

TARZAN RIG



Series of hanging ropes. Athletes may use hands and feet while moving toward the bell.

Attempts: 1

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 are allowed to use any part of the structure to traverse, including the structure.

ATLAS CARRY



Each athlete will pick-up one (1) atlas and proceed along the course. The atlas may be carried in any way. The atlas may NOT be dragged nor rolled.

Attempts: infinite - **Mandatory**

Under 16yo athletes will be exempted from this obstacle by showing their U16 wristband

Failed when: the atlas is not carried for the whole course. Athletes can stop and rest without moving the item.

Completed when: the atlas is gently dropped-off at the end of the course

For adaptive athletes only: n/a

TOROZ CAPTAIN HOOK RIG



Each athlete will pick up two (2) hooks and use them on each hanging ring. After hitting the bell or failing, the athletes will bring back the hooks to where they found them. It is NOT mandatory to start from the first ring. Some ring poles may be skipped. Athletes may use only their hands on the hooks while moving toward the bell.

Attempts: 1

Failed when: the athlete actively touches the ground or actively uses the structure (the protruding poles are considered as 'structure')

Completed when: the bell is touched with an arm.

For adaptive athletes only: Adaptive athletes with an upper body impairment and visually impaired athletes can use the structure to complete the whole obstacle.

BALANCE BEAM



Each athlete 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

BUCKET CARRY



Each athlete will pick-up one (1) bucket and proceed along the course. The bucket may be carried in any way. The bucket may NOT be dragged nor rolled.

Attempts: infinite - **Mandatory**

Under 16yo athletes will be exempted from this obstacle by showing their U16 wristband

Failed when: the bucket is not carried for the whole course. Athletes can stop and rest without moving the item

Completed when: the bucket is gently dropped-off at the end of the course

For adaptive athletes only: n/a



OLYMPUS



Athletes will start from the platform/step and traverse the wall by using only their hands on the available grips\holes. Legs and feet may be used against the wall, but not on the grips\holes. The bell at the end must be touched with an arm.

Attempts: 1

Failed when: the athlete actively touches the ground

Completed when: the bell is touched with an arm

For adaptive athletes only: all adaptive athletes will be allowed to use the top of the structure

INVERTED 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



HOIST



Athletes will use the rope to lift a weight all the way up the structure and then gently place it back on the ground. All athletes may use the steps\structure as leverage.

Attempts: infinite

Failed when: the weight is not lifted all the way up the structure before being placed back down. Or when the weight is slammed on the ground.

Completed when: the weight is lifted all the way up the structure and gently placed back on the ground

For adaptive athletes only: Adaptive athletes will use the female weight regardless of their gender.



BLONDY'S HEAVEN LOW RIG



**IMAGES
TO BE ADDED
SOON**

Series of hanging grips. Athletes may use hands and feet while moving toward the bell.

Attempts: 1

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 upper limb athletes are allowed to use any part of the structure to traverse, including the structure.

SLACKLINE



Each athlete will walk on the slack line on 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 slack

Completed when: the whole body passes beyond the end of the slack 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 and place their hands on the ground.



Z-WALL



Athletes will start from the platform\step and only use their hands and feet on the protruding 'boulder-like' blocks to traverse the walls until they touch the bell with an arm.

Attempts: 1

Failed when: the athlete uses the side structures or the top of the walls

Completed when: the athlete touched the bell with an arm

For adaptive athletes only: all adaptive athletes will be allowed to use the top of the wall

TOROZ LOW RIG



Series of hanging grips. Athletes may use hands and feet while moving toward the bell.

Attempts: 1

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 upper limb athletes are allowed to use any part of the structure to traverse, including the structure.

HURDLES



Horizontal beams. All athletes may use the rope if provided.

Attempts: Infinite

Failed when: the athlete uses the side structures to climb

Completed when: the athlete's whole body turns OVER the beam without the side structures' help

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

BALANCE BEAM



Each athlete will walk on the beams using only their feet starting from behind the first beam and finishing beyond the last beam. 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 last pipe

Completed when: the whole body passes beyond the end of the last 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 and place their hands on the floor.

OVER/UNDER/THROUGH



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

SANDBAG CARRY



Each athlete will pick-up one (1) sandbag and proceed along the course. The sandbag may be carried in any way. The sandbag may NOT be dragged.

Attempts: infinite - **Mandatory**

Under 16yo athletes will be exempt from this obstacle by showing their U16 wristband

Failed when: the sandbag is not carried for the whole course. Athletes can stop and rest without moving the item

Completed when: the sandbag is gently dropped-off at the end of the course

For adaptive athletes only: n/a



ROPE CLIMB



Athletes may use hands and feet while moving toward the bell.

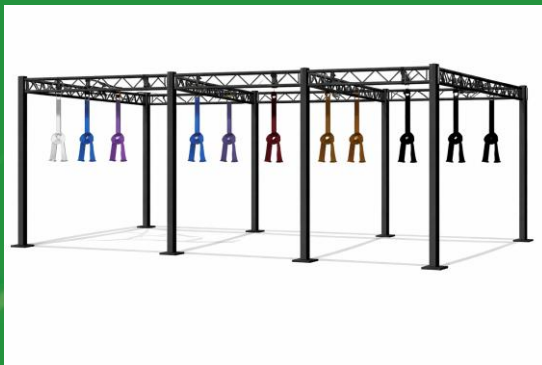
Attempts: 1

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: n/a

OCRA IRELAND RIG



Series of hanging grips. Athletes may use **ONLY** hands while moving toward the bell.

Attempts: 1

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 upper limb athletes are allowed to use any part of the structure to traverse, including the structure.

FIREFIGHTERS 2.0



Athletes may use hands and feet while moving toward the bell on firefighters, hands only on any other attachments. It is not allowed to use the top of the beams.

Attempts: 1

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 may use any part of the firefighter to complete the obstacle, including the top of the pipe and chain

TOROZ MULTIRIG



Series of hanging grips. Athletes may use **ONLY** hands while moving toward the bell.

Attempts: 1

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 upper limb athletes are allowed to use any part of the structure to traverse, including the structure.

PLATE DRAG



Athletes will pull the sled by the rope, from the starting mark all the way to their feet. They will then use their hands to drag the entire sled back to its starting position

Attempts: infinite - **Mandatory**

Under 16yo athletes will be exempted from this obstacle by showing their U16 wristband

Failed when: the sled is not pulled for the entire course.

Completed when: the sled is pulled for the entire course and placed back in the exact position it had been picked up.

For adaptive athletes only: n/a

TOROZ LOW TO HIGH TO LOW RIG



Series of hanging grips. Athletes may use **ONLY** hands while moving toward the bell.

Attempts: 1

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 upper limb athletes are allowed to use any part of the structure to traverse, including the structure.

STORM'S MJOLNIR'S WRATH



Pick up the sledgehammer at the start of the marked course and hit the tyre across.

Attempts: Infinite

Failed when: Not hitting the tyre across the marked line.

Completed when: Returning the tyre at the end of the marked course along with the sledgehammer.

For adaptive athletes only:

STORM'S FURY OF SKADJ



Series of hanging grips. Athletes may use hands and feet (feet **ONLY** on the ropes) while moving toward the bell.

Attempts: 1

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 upper limb athletes are allowed to use any part of the structure to traverse, including the structure.

SLIP WALL



All athletes may use the rope 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

Team Race Rules - 1/3

The teams are made up of 3 members.

Each member will have to complete their assigned part of the course, but there will not be a clear distinction between strength, speed, technique as opposed to past events.

Each member of the team will run a approx. 3 km course (relay leg distance varies).

The 4th and last part of the team race will be made of individual obstacles and cooperative ones.

Team Race Rules - 2/3

In the collaborative section of the relay, team members must overcome the obstacle together following the same lane, i.e. in each obstacle each team can occupy a maximum of one lane.

Without changing the lane chosen by the first athlete, therefore, the second athlete of the team will proceed to engage the obstacle after the first. There is NO obligation to wait for the previous athlete to complete the obstacle before the following one can start.

Athletes can NOT stop the grips on suspended obstacles for the next athletes after they complete it.

The team cannot start any obstacle until all team members are present at the obstacle and they cannot help each other on obstacles that are not team assist collaborative obstacle.

There will be obstacles on the course that must be overcome by each team in cooperative mode.

By way of an illustrative but not exhaustive example, there will be items that must be carried out by the whole team simultaneously, or balances or other obstacles that engage the whole team.

About team carries, athletes can stop and rest without moving the item.

Transition: Handover from one athlete to the next will require passing the timing chip in the designated relay zone.

There will be no penalty loops on site. It's mandatory for the Elite and Age Group national teams to wear their national race uniform.

Open Teams are not allowed to race in their national uniform. Each Open Team is encouraged to wear the same jersey or colors or team markings to make it easier for judges and volunteers to carry out their duties.

Cut-off time: 2.5h

Team Race Rules - 3/3

Each team member will have 3 wristbands. In order for the team to enter the rankings, each athlete of each team must have at least one wristband still on their wrist at the time of the Penalty Loop.

Each suspended obstacle will have only 1 attempt available. Any failure to overcome an obstacle will lead to the cut of 1 wristband from the wrist of the athlete who has failed.

Team members must cooperate to recover their lost wristband(s): the team will have to carry an item along the penalty course. The item may be carried in any way and by any number of people, but all the team members will have to always stay close together. The item may be placed on the ground to rest or switch carrier without moving forward. It is possible to switch carrier while moving forward with the item lifted above the ground. The item must not be rolled/dragged/thrown.

The Under 16 teams will not perform any carry, they will just run along the penalty course.

Category composition of the teams

- Female team: team of 3 women
- Male team: team of 3 men
- Mixed team: 2 women and 1 man or 2 men and 1 woman
- Adaptive team: at least 1 adaptive athlete

TYRE CARRY



The athletes will have to help each other carry the big tyre along the marked course. The tyre must be carried while lifted off the ground, it cannot be dragged or flipped. The tyre may be carried in any way when lifted (shoulders, overhead etc.). The tyre may be carried (touched while being carried) by all team members and the whole team must stay together until completion. Athletes can stop and rest without moving the item.

Attempts: infinite - **Mandatory**

U16 teams will ROLL the tyre, not carry it

Failed when: the tyre is not carried for the whole course or the team does not stick together for the whole duration.

Completed when: the tyre is gently dropped-off at the end of the course and all 3 team members are together.

For adaptive athletes only: n/a



SLOTH CARRY



The team will choose 1 member to be carried by the other 2. An athlete must be hanging from the log at all times. It is allowed to pause and switch the carried athlete. It is not allowed to proceed if no athlete is hanging on the log.

Attempts: infinite - **Mandatory**

U16 teams will carry the log without a person hanging from it.

Failed when: the team does not carry an athlete for the whole course. Athletes can stop and rest without moving the item

Completed when: the team complete the whole courses with 2 athletes carrying the third one

For adaptive athletes only: n/a

SLED PULL



**IMAGES
TO BE ADDED
SOON**

An athlete will sit on the sled while the other two will use the string(s) each to pull the sled along the marked course. The sitting team member may be switched at any time, but it is not allowed to move the sled if no one is sitting on it. The team will pull the sled beyond a clear sign, turn it around and pull it back to the starting point.

Attempts: infinite - **Mandatory**

U16 teams will pull the sled without anyone sitting in it

Failed when: the sled is not pull for the entire course or the sled is lifted off the ground. Athletes can stop and rest without moving the item

Completed when: the sled is pulled for the entire course around the flag and placed back in the exact position it had been found

For adaptive athletes only: n/a

TEAM WALL



The athletes from the same team can work together to overcome the obstacle. A band will be cut per each athlete that can't do the wall. Athletes who lose their band can not help others to climb up. Only adaptive and Under 16 athletes may use the rope, if provided.

Attempts: infinite

Failed when: an athlete overcomes the wall with the side structures' help

Completed when: all team members overcome the wall without the side structures' help

For adaptive athletes: adaptive athletes are allowed to use the provided rope .

