

OCRC: Short Course Rules and Penalties

WAIT FOR INSTRUCTION AT THE START LINE. REF WILL SHOUT..... GO GO GO!!

Obstacle 1:

4ft Wall:

- > Climb over 4ft wall once,
- > You can use the vertical wall supports to help you over,

Fouls:

- > Do not use the walls A-Frame supports to assist you.

Penalty for failing obstacle:

Failure after attempt: Restart or run around the entire wall footprint once
Failure to have a go at all: Run around the entire wall footprint twice
Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 2:

Tyre Hop:

- > Run/Hop through the tyres which are laying on the ground,
- > Your foot must touch the ground in the middle of each tyre,
- > You must run through at least 5 tyres.

Fouls:

- > You can **NOT** jump the entire Tyre Hop area,
- > Running through 0-4 tyres instead of at least 5,
- > Running on the rims of the tyres.

Penalty for failing obstacle:

Obstacle must be completed

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 3:

Claxton Mangle:

- > Squeeze between the tyre mangles,
- > Only children may use the scaffold frame to assist them through the mangle.

Fouls:

- > You must go through the tyres, not over or under them,
- > Using the scaffold frame if not permitted.

Penalty for failing obstacle:

Failure after attempt: Restart or 10 second penalty
Failure to have a go at all: 30 second penalty
Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 4:

Tyre Flip:

- > Flip the designated (orange striped) tyre over 5 times one way and then 5 times back where you came from,
- > There will be a different orange striped tyre for Men, Women and Children to use.
- > Tyre must land before you can restart your next flip.

Fouls:

- > Failing to allow the tyre to land, before restarting.
- > Not flipping 5 times there or back,
- > Using wrong tyre, ref will make sure you use the right tyre, so listen up.

Penalty for failing obstacle:

Obstacle must be completed

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 5:

Habitat:

- > Crawl through the tunnel, from one end to the other. You will be directed to the entrance of the tunnel.
- > You may crawl, kneel or go head first or feet first. Your call!

Fouls:

- > Not completely going through the entire tunnel from one end to the other.

Penalty for failing obstacle:

Failure after attempt: Restart 30 second penalty

Failure to have a go at all: 1 minute penalty

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 6:

OCRC Bucket Carry:

- > Pick up an OCRC Bucket and carry it around and outside the red and white chained area.
- > Men (Black buckets), Women (Red/White Buckets), Children over 12 (Blue buckets), Children under 12 (2 Yellow tubs),
- > You may sit your bucket down to recover, re-grip or adjust as often as you'd like,
- > Buckets must be carried or hugged on the hips with almost straightened arms,
- > Continue around the chained area until you are back to the start,
- > Return your bucket carefully please, a broken bucket will be penalised

Fouls:

- > Not completing the entire bucket carry segment, with or without the bucket.
- > Holding the bucket incorrectly,
- > Breaking a bucket at any point.

Penalty for failing obstacle:

Failure after attempt: Restart or run once around the chained area

Failure to have a go at all: Run twice around the chained area

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 7:

Deadlift Farmers Walk:

- > Stand within the designated (orange striped) tractor tyre and deadlift it,
- > Once you've deadlifted it, proceed ahead and complete the mini half moon shaped walk carrying the tyre.
- > You may drop the tyre to re-grip, rebalance or rest as often as you'd like,
- > Tyre must return to its starting point

Fouls:

- > Pulling or pushing the tyre is forbidden. ONLY DEADLIFTING allowed,
- > Not completing the entire Farmers Walk segment, with or without the tyre.
- > Or failing to return tyre to correct point.

Penalty for failing obstacle:

Failure after attempt: Restart or run once around the half moon area

Failure to have a go at all: Run twice around the half moon area

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 8:

Flying Monkeys:

- > Swing the body and leap from bar to bar whilst no hands are touching any bars,
- > Once you land it, rebuild momentum and repeat 2 more times.
- > You must swing and touch last bar with both hands for it to count.

Fouls:

- > Using side frames to assist.
- > Hands only, no feet or chicken wings

Penalty for failing obstacle:

Failure after attempt: Restart or 30 second penalty

Failure to have a go at all: 1 minute penalty

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 9:

Concrete Block Pull:

- > Run to selected orange striped Concrete Block (**All Mens and All Womens, Kids Car Tyre Pull**),
- > Follow the dirt path and complete the entire circuit pulling the block with you,
- > You may use both hands to pull and either face towards or away from the block whilst travelling.

Fouls:

- > Don't reach the end of the block circuit,
- > Carry the block at any point,
- > Miss part of the block course,
- > Use incorrect block. The ref will tell you the block to use.

Penalty for failing obstacle:

Obstacle must be completed.

Failure during attempt: Restarting the obstacle

Failure to yield to any fouls will be met with starting that obstacle again or disqualification

Obstacle 10:

Log Carry:

- > Grab your designated log. Children's, Ladies & Men's logs will have an orange painted stripe on it,
- > Run around the chained area with the log once,
- > Log can be carried above the head, on shoulder, on hip or on forearms,
- > You may stop in order to rest or you may change grip as often as you want,
- > But the log can't move forward on the floor.

Fouls:

- > Not completing the marked course with or without the log,
- > Dropping the log and gaining distance whilst it's on the floor
- > Rolling the log at all,

Penalty for failing obstacle:

Obstacle must be completed,

Failure during attempt: Restarting the obstacle

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 11:

Wagon Wheel:

- > Go all the way under the wagon wheel,
- > Head or feet first are acceptable.

Fouls:

- > Not going completely under and through the wagon wheel
- > You must go under the wagon wheel. Not over!

Penalty for failing obstacle:

Obstacle must be completed

Failure during attempt: Restarting the obstacle

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 12:

Plate Drag:

- > Grab rope & pull the plate towards you until the plate gets to the marker, Once at the marker, grab the chain and return plate,
- > U-9's (0kg), 9-12 (10kg) Women & 40+ Women (30kg) Men & 40+ Men (40kg) of extra weight on the plate

Fouls:

- > Fall short of either marker (you shall be told when you have reached the markers) or fail to return plate at all,
- > Your foot can not rest and/or push against the marker post.

Penalty for failing obstacle:

Obstacle must be completed

Failure during attempt: Restarting the obstacle

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 13:

Over, Under, Over:

- > Go Over, under and over the necessary posts,
- > You can barrel roll the under post,
- > Your feet and your hands can touch the posts.

Fouls:

- > Not performing the order necessary
- > Using side supports

Penalty for failing obstacle:

Failure after attempt: 10 second penalty

Failure to have a go at all: 20 second penalty

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 14:

6ft Wall:

- > Climb over 6ft wall once,
- > You can use the vertical wall supports to help you over,

Fouls:

- > Do not use the walls A-Frame supports to assist you.

Penalty for failing obstacle:

Failure after attempt: 10 second penalty

Failure to have a go at all: 20 second penalty

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 15:

Rings Rig:

- > Swing across the rings to the other side of the rig,
- > Use as many or as few rings as you feel necessary,
- > You **MUST** use the last ring of the rig,
- > Chicken winging it is allowed.

Fouls:

- > Don't reach the end of the rig,
- > Use side supports to assist swing or rebalancing,
- > Touching the floor,

Penalty for failing obstacle:

Failure during attempt: Run around the Rings Rig "footprint" once

Failure to have a go at all: Run around the Rings Rig "footprint" twice

Failure to yield to any fouls will be met with starting that obstacle again or disqualification

Obstacle 16:

L-Wall:

- > You must start with the single orange painted grip in your left hand to begin with and begin to traverse to your right.
- > Traverse across the wall entering the orange grip zone, all 4 limbs need to be on a separate orange grip handle to finish.
- > Once all 4 limbs are on an orange grip touch orange painted upright to complete obstacle,
- > Use as many or as few hand and foot grips as you feel necessary,

Fouls:

- > You **CAN NOT** hold the very top of the wall,
- > You must **NEVER** touch the floor.

Penalty for failing obstacle:

Obstacle must be completed

Failure during attempt: Restarting the obstacle

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 17:

Plank Wall:

- > To start, feet and hands must be placed on the right hand side of the painted orange line.
- > Traverse across the walls without ever touching the floor (feet or hands)
- > Reach the other side of the walls,
- > Once all four limbs have passed the other orange lines, move on!

Fouls:

- > Failing to start or finish with hands or feet the right side of the line,
- > Touching the floor with either hand, foot or body,

Penalty for failing obstacle:

Obstacle must be completed,

Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 18:

A.L.B.A:

- > Swing up, across and down the monkey bars to the last bar (which is painted orange)
- > Use as many or as few bars as you feel necessary,
- > But you **MUST** swing to the last bar (Orange),
- > Once you touch the orange bar, you can put your feet down.

Fouls:

- > Don't reach the end of the monkey bars,
- > Fail to touch the final Orange bar,
- > Use side supports to assist swing or rebalancing,
- > No chicken winging allowed,

Penalty for failing obstacle:

Failure during attempt: Restart or take a 1 minute penalty

Failure to have a go at all: Run around the A.L.B.A footprint twice

Failure to yield to any fouls will be met with starting that obstacle again or disqualification

Obstacle 19:

High Hurdles:

- > Climb under first bar to where the ref instructs you,
- > Hurdle over the High Hurdles, using hands or body or feet,
- > You **MUST** touch the floor with both feet between each of the hurdles,

Fouls:

- > Using side supports. Only the high hurdles can be held or used,
- > Not putting both feet between each hurdle,
- > Leaping from hurdle to hurdle

Penalty for failing obstacle:

Failure during attempt: Restart or take a 45 second penalty

Failure to have a go at all: 1 minute 30 second penalty

Failure to yield to any fouls will be met with starting that obstacle again or disqualification

Obstacle 20:

Balance Beam #1:

- > Step up onto the balance beam (orange segment) and begin to move,
- > Move along the beam until you touch with your foot or pass the opposite orange segment, under a degree of control.

Fouls:

- > Failing to reach the orange segment to complete
- > You can not leap from segment to segment

Penalty for failing obstacle:

Failure during attempt: Restart or take a 45 second penalty

Failure to have a go at all: 1 minute 30 seconds

Failure to yield to any fouls will be met with starting that obstacle again or disqualification

Obstacle 21:

Balance Beam #2:

- > Step up onto the balance beam (orange segment) and begin to move,
- > Move along the beam until you touch with your foot or pass the opposite orange segment, under a degree of control.

Fouls:

- > Failing to reach the orange segment to complete
- > You can not leap from segment to segment

Penalty for failing obstacle:

Obstacle must be completed
Failure to yield to any fouls will be met with starting that obstacle again or disqualification

Obstacle 22:

8ft Wall:

- > Climb over 8ft wall once,
- > You can use the vertical wall supports to help you over,
- > You can also use the horizontal aid on the 8ft wall

Fouls:

- > Do not use the walls A-Frame supports to assist you.

Penalty for failing obstacle:

Failure after attempt: Restart or 45 second penalty
Failure to have a go at all: Complete Balance Beam #1 and #2 again or 1 minute and 30 second penalty
Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Obstacle 23:

Mini Hurdles:

- > Hop over hurdles to the finish line,
- > You must hop, jump over both of them.

Fouls:

- > Knock the hurdles over,
- > Fail to jump 1 or both of the mini hurdles.

Penalty for failing obstacle:

Failure after attempt: 10 second penalty
Failure to have a go at all: 20 second penalty
Failure to yield to any fouls will be met with starting that obstacle again or disqualification.

Sprint to the finish line for the Timer to STOP!!

Total course distance: 1.2km give or take.

23 obstacles in total



UKOSF

UK OCR Short Course Time Trials

Obstacle Rules Book

Friday 19th June
To
Sunday 23rd August 2020

Co-Host 1 of 12



Riverhills Health Club
Clarice House
Bramford Rd
Bramford
Ipswich
Suffolk
IP8 4AZ

