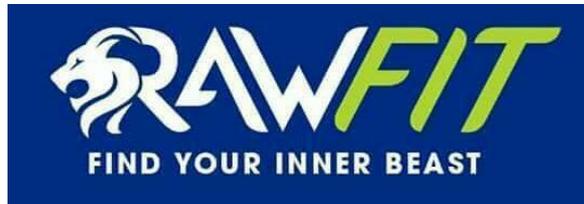


RAW FIT TIME TRIALS
UK OCR SHORT COURSE COMPETITION
19TH JUNE – 23RD AUGUST 2020



Rules and Guidelines:

All competitors are required to book online, they will be allocated a 1 hour time slot where they will have to course and venue to themselves. During this hour they will be able to view the course and obstacles, warm up and ask any questions. The competitor will then be able to run the course up to 2 times. Their best time then being added to the UKOSF leader board.

To make the leader board, runners will need to be UKOSF members. Non members can still run and get a time, but it will not be added to the table.

The Venue:

Time Trials are held at The Lions Den in Broad Oak. The facility is private and has onsite parking.

Runners are not permitted to bring friends or dogs with them.

Handwashing facilities are available onsite and participants are asked to wash their hands upon arrival and before leaving.

Hand Gel is available on site and participants are asked to use it regularly. Participants are also encouraged to bring their own hand gel if they have it.

All obstacles are disinfected after each session

Toilet facilities are available onsite

No Food to eaten at the venue

Tuck shop is currently closed

Runners can remain onsite for the duration of their timeslot if they wish and use other obstacles to train on

The Rules:

The course is approximately 800 metres long and has 16 Obstacles. All obstacles are one attempt only and a time penalty will be issued for obstacle failure.

Certain obstacles have a decreasing penalty, which means that the further you get along the obstacle, the smaller the time penalty.

It is the runners responsibility once on course to know where they are going and how to complete the obstacles in the correct manner.

The Obstacles:

1: Wreck Bag.

The 50lb wreck bag is the same for both male and female runners. They must pick it up and carry it in any way they can. The route is through woodland and is marked with orange arrows,

The wreck bag can be put down at any point to rest but in order to complete the obstacle the wreck bag must be placed at the end marker.

This obstacle is mandatory and MUST be completed.

2: Rope Climb.

The 4 metre high rope must be scaled so that the top knot is touched by the runner with their hands only.

This Obstacle carries a 30 second time penalty.

3: Fireman's pole.

The Fireman's pole must be accessed by climbing the cargo net and then walking the gangway with safety rails. Runners are required to land feet first in the safety zone at the base of the pole.

The Obstacle carries a 45 second time penalty.

4: 9ft Wall

Runners are required to climb the wall without the aid of another person. They are not permitted to use the outside frame of the wall or the support struts in any way.

If the wall has fitted foot steps then the runners are allowed to use them

This Obstacle carries a 30 second time penalty.

5: Big Rings

Runners must complete these rings and ring the bell at the end in order to finish the obstacle. The runner must use the first ring to start the obstacle and they can either start from the ground or use the step provided.

No part of the body is permitted to touch the ground whilst on the obstacle and no gain is to be made from the external framework.

The obstacle has a 5 second penalty for each ring that was failed and also a 5 second penalty for missing the bell.

6: Tyre Carry

Runners are required to collect 1 tyre from the tyre stack and carry it in what ever manner they choose around the marked area of the course and return to the marked area. The tyre can be put down on course but must be placed in the marked area for this obstacle to be completed.

This Obstacle is mandatory and must be completed.

7: Small Sternum Checker

Runners are required to go over this obstacle without using any of the sides or support frames. The whole body of the runner must go over the obstacle.

This Obstacle carries a 20 second time penalty.

8: Medium Sternum Checker

Runners are required to go over this obstacle without using any of the sides or support frames. The whole body of the runner must go over the obstacle.

This Obstacle carries a 30 second time penalty.

9: 6ft Wall

Runners are required to climb the wall without the aid of another person. They are not permitted to use the outside frame of the wall or the support struts in any way.

If the wall has fitted foot steps then the runners are allowed to use them

This Obstacle carries a 30 second time penalty.

10: Monkey Bars

Runners are required to go onto the obstacle from the footstep end. Once on the monkey bars no part of their body can touch the ground. In order to complete the obstacle, the runner must dismount without touching the hi vis tape on the floor.

Any part of the monkey bars can be used but no assistance is allowed from the external framework.

This Obstacle carries a 30 second time penalty.

11: Low Rig

Runners must ring the bell at the end of this obstacle in order to fully complete it.

To begin runners must get on the rig without any body part touching the ground beyond the hi vis marking tape. Once on the obstacle no body part should touch the ground in order to gain advantage. No assistance from the external frame work is allowed and the bell must be rung before any part of the body touches the ground. The bell must be rung with hands only.

This Obstacle is broken down into zones and the penalty reduces in each one.

Zone 1 – 60 seconds

Zone 2 – 30 seconds

Zone 3 – 10 seconds

12: Ramp Wall

Runners are required to make their way up the ramp wall and then descend the other side.

This Obstacle has a 30 second time penalty.

13: Technical Rig

Runners must ring the bell at the end of this obstacle in order to fully complete it.

To begin runners must get on the rig without any body part touching the ground beyond the foot bar. Once on the obstacle no body part should touch the ground in order to gain advantage. No assistance from the external frame work is allowed and the bell must be rung before any part of the body touches the ground. The bell must be rung with hands only.

This Obstacle is broken down into zones and the penalty reduces in each one.

Zone 1 – 60 seconds

Zone 2 – 30 seconds

Zone 3 – 10 seconds

14: Weaver

Runners are required to go under the first bar of this obstacle then continue in an over under fashion. Use of the side frame is not permitted and no gain is allowed from body parts touching the ground.

This obstacle carries a 60 second time penalty.

15: Tyre wall

Runners must climb up and over this wall without using the side framework. Any other part of the wall can be used. The wooden bar on the top must be climbed over.

This Obstacle carries a 45 second time penalty

16: Skull Wall

Runners must climb over this wall without the use of any of the side framework and supports, The footstep is permitted as is the hand hole and the skulls.

Once over this wall the clock will stop when the runner's feet touch the ground.

This obstacle carries a 60 second time penalty