Primal Gym
UK OCR Short Course Competition

Obstacle List

1. Ninja Steps
2. Mount Olympus
3. Monkey Bars
4. Bosu Balls
5. Swinging Rings
6. Dumbbells & Balance Beams
7. Chimney Climb
8. Spinning Wheels and Cargo Net
9. Stairway
10. Wall
11. Rope Climb
12. Spinning Rings
13. Warped Wal

Rules

1. Athletes must act with integrity on the course and follow the outlined rules and penalties.
2. Each obstacle will have a clear start point and finish point.
3. Each obstacle must be reasonably attempted to the satisfaction of the marshal.
4. If an obstacle if failed there will be a 30 second time penalty.
5. Course times will be recorded by a marshal. An athlete cannot record their own time.
6. Athletes can run the course more than once, only their fastest time will count.
7. Athlete age will be based on their date of birth on June 19th 2020.
8. All athletes must be UKOSF members to be included on the national leader boards.
9. Results will be broken down into gender and division (Under 9's, 9-12, 13-17, Senior (18-39) and Master (40+)).
10. Liquid chalk and gloves are allowed.