

**The rules of „OCR 100m” track  
during IV Obstacle Course Race Polish Championships  
OCR POLSKA – the Obstacle Course Racing Association 2021**

**I. MANAGEMENT AND AIM OF THE COMPETITION**

1. OCR POLSKA the Obstacle Course Racing Association.
2. The aim of the competition is to determine the Polish OCR Champion of 100 metres track during independent sporting event. The intermediate goal is to establish a Polish/European record on certified by FISO OCR 100 metres track.

**II. THE EVENT ORGANIZER**

The Obstacle Course Racing Association OCR POLSKA and Polish Obstacle Sports Association (in organization)

**III. DEFINITIONS**

- The Main Marshall of the competition- a person who coordinates the work of technical referees, sets the rules of completing some obstacles and a chairman of a Protest Committee. The name of the Main Marshall will be communicated before the opening of the competition.
- The technical official- a trained and marked (in the way that will be communicated before the competition) person who controls completing some of the obstacles. The referee has a right to decide that the obstacle has not been properly completed by the competitor (according to the rulebook).
- The volunteer – a marked (in the way that will be communicated before the competition) person who cleans the track and keeps order (not crossing the tape).
- 100 metres OCR track- 100 metres obstacle track consisting of a starting line, 10 obstacles, running sections between the obstacles and a finishing line.

**IV. DATE, PLACE AND REALIZATION**

1. Polish OCR Championships on 100 metres track will take place on 11th September 2021 in Kutno.
2. A place of the event- Town Stadium Kutnowianka , Oziębłowskiego Street, Kutno

3. Timetable of IV OCR Polish Championships including start times of each category (individual/team) will be announced later.

The timetable of the event can be changed (due to sanitary regulations and number of competitors). The competitors will be informed about this in a special announcement.

4. A plan of the route will be shared before the beginning of 100 m OCR Polish Championships
5. The route is a 100 metres long track with specially prepared obstacles and constructions (according to FISO regulations)
6. The whole track will be visibly marked with a tape.
7. Time will be measured and registered electronically.

#### **V. GENERAL RULES**

1. Individual and team competition during the Championships will be held in the following categories:
  - A. OCR 100- the track will be available at times scheduled in the timetable;
  - B. TEAM RELAY 100- a team of 3 competitors (1 women and 2 men) OCR 100 without additional categories
2. OCR 100 track will be available for tests on Friday 10<sup>th</sup> September in the afternoon. Tickets for the trial will be available in the competition office.
3. Competitors will start every 2 minutes according to the order of appearance on the starting line (without time reservation).
4. The competitor will be classified only on condition that he/she runs on the approved track route and completes all the obstacles individually and properly.
5. All competitors are obliged to practice good sportsmanship and act according to fair-play rules. It is forbidden to interrupt other or prevent them from completing the obstacle, offend or behave aggressively towards other athletes, officials, volunteers or technicians. Athletes doing so will be disqualified.
6. There is a time limit to complete the track-3 MINUTES.
7. After the time limit passes the Competitor will be disqualified and has to leave the track.

8. Every competitor is allowed to buy up to 5 start tickets. Any additional tickets will only be available during the event (in the competition office) but they will be limited according to the number of tickets sold online.
9. There are no nutrition points on the track.
10. The competitors are forbidden to take any food, water or other objects from other competitors or spectators. Taking any help will result in disqualification.
11. The competitor is obliged to complete all of the obstacles on the track according to the rules. The regulations of completing the obstacles will be shared before the race in the Rulebook.
12. People who are unauthorized are forbidden to enter the track.
13. People authorized to be on the track (like media, volunteers, officials, organizers and staff) are not allowed to cheer, train, motivate the competitors or tell them in any way how to complete the obstacle.
14. It is forbidden to take part in the race without a t-shirt or barefoot. Competitors without appropriate clothing will be disqualified.
15. During the whole event using prohibited drugs, performance-enhancing substances or alcohol is strictly forbidden. The organizer is allowed to test the competitors if they are not using any prohibited substances (according to WADA regulations). Competitors have to agree to drug-testing, especially to give the urine sample (in the presence of one of the organizer's representative-the same sex as the competitor tested). The competitors tested positively will be disqualified.

## VI. PARTICIPATION

1. The ability to participate in the competition is only for those who:
  - a. have no symptoms of COVID-19
  - b. are not in quarantine
  - c. will commit to inform the organizer if they have any symptoms of COVID-19 within 14 days from the Championships or they are tested positively with COVID-19The competitors have to sign a proper statement in the competition office.
2. The right to compete in OCR 100 during OCR Polish Championships is for those who:
  - A. are over 18 years old (turned 18 not later than the day before the Championships)

- B. are under 18 years old (between 13 and 17-turned 13 not later than the day before the Championships) with a written permission of a legal guardian presented in the competition office before the start.
- All competitors are obliged to practice good sportsmanship and act according to fair-play rules. It is forbidden to interrupt, offend or behave aggressively towards other athletes, officials, volunteers or viewers during the Championships. Athletes doing so will be disqualified.
  - The competitors should be dressed appropriately, taking into consideration weather conditions. Shoes with spikes are not allowed. It is forbidden to run without shoes.
  - The Main Marshall of the competition decides whether the competitor has a right to start. His/Her decisions are definitive.
  - Athletes are obliged to follow instructions from the technical officials and volunteers. If not it can result in disqualification.
  - The competitors are not allowed to question instructions and decisions of technical officials during the race.**
  - It is forbidden to use any type of glue on obstacles or while being on the course. Athletes are allowed to use only products for drying hands like chalk (magnesia).
  - The competitor with open wounds, leaving blood on the obstacles is not allowed to enter the obstacle. The athlete can enter the obstacle only when he/she treats and protects the wound on his own.
  - The Marshall has the right to forbid the competitor to try to overcome the obstacle (taking health conditions into consideration) and thereby decide about the necessity of disqualification and leaving the track.

## VII. RULES OF THE COMPETITION, ROUTE AND OBSTACLES

- The competitor starts when the Marshall allows him/her.
- The time stops when the competitor runs up to the top of the ramp and pushes the button.
- The competitor's task is to complete all of the obstacles on the track according to instructions and rules in the Rulebook.
- The competitor has to complete every obstacle. If the competitor fails to complete the obstacle, he/she will have only one more chance to try it. If the second attempt is also unsuccessful, the competitor has to leave the track. It is not allowed to accept help from anyone.
- The beginning of overcoming the obstacle is when the competitor touches the

- obstacle with both hands or not cross the boundary line (when the competitor starts and at the same time steps on the boundary line, the attempt to complete the obstacle is considered as failed).
6. The competitor can run only on his/her track designated at the beginning. Changing the track will result in disqualification (it applies to both individual and team relay runs).
  7. Successful attempt of completing the obstacle is when the competitor follows the exact instructions from the rulebook and completes the obstacle on his own without forbidden actions.
  8. To complete the obstacle the competitor has to jump over the line or mattresses. Touching the mattresses or the line will be considered failure.
  9. The competitor is classified only on the basis of time measured by electronic system of time measurement.
  10. Start/ classification rules:
    - A. 100 m OCR individual competition
      - a.) every individual competitor has to wear a wristband
      - b.) the competitor has to put the wristband on the wrist, it will be checked at the entrance of the start zone
      - c.) the competitor has 2 attempts to complete the obstacle
      - d.) if the competitor is not able to complete one of the obstacles, his wristband is cut off and the competitor is moved to the list of unclassified athletes
    - B. Team relay competition
      - a.) teams consisting of 3 people (1 women and 2 men) can start in the team relay
      - b.) members of the team can start in any order, it is decided among the team members
      - c.) every member of the team has to run the whole track from the start line to the ramp (without running up to the top of the ramp)
      - d.) „Change zone” will be located near the ramp; other team members will wait there
      - e.) the first member of the team completes the track, runs to the change zone and slaps the second member of the team. Then the second athlete runs to the start line through the marked zone and starts completing the track.
      - f.) every member of the team has to finish his section of the track before slapping the next competitor
      - g.) all members of the team run to the top of the ramp together, the last person on the top stops the time by pushing the button. While running up to the top of the

ramp, the competitors can help each other. It is forbidden to catch the edge of the ramp

h.) Only athletes taking part in the competition can be in the change zone

i.) Athletes not taking part in the competition have to stay in the waiting zone and they cannot enter the change zone. The waiting zone will be located next to the change zone.

j.) the whole distance is about 300 metres for the team

k.) when the last-fourth member of the team pushes the button on the top of the ramp the time stops and the team wins the competition.

#### VIII. COMPETITION/REGISTRATION OFFICE. VERIFICATION OF THE COMPETITORS.

1. Every competitor has to be verified in the registration office that will be located on the area of the competition. The office will be open from 10th September to 11th September 2021.
2. The competitors have to show their ID and put the handwritten signature on the list of athletes who agree to compete at their own risk. In case of underaged competitors the written agreement of parents or guardians will be necessary. The sample of the agreement form will be shared on the Organizer's website. In special circumstances when the medical examination is needed the doctor's decision before and during the race is final.
3. There will be a place to change and shower after the race in the area of the competition office. The Organizer takes no responsibility for belongings left on the area of the competition.

#### IX. RESULTS

1. The competitors will be classified only if they properly complete the whole track.
2. During 100 m OCR Polish Championships individual classification of the competitors will be held. Men and women will be classified separately. There will be also a team classification.
3. During the 100 m OCR Polish Championships POLISH AND EUROPEAN RECORD on 100 metres distance will be set.
4. When it comes to general classification time and completing all of the obstacles will be taken into consideration.
5. Medalists of the Polish 100 m OCR Championship will be determined due to times measured electronically

6. On 11<sup>th</sup> September finals will be carried out
  - A. finals among 8 best male competitors and 4 best female competitors
  - B. team finals among 4 best teams
7. Only Polish citizens can get on the podium of the OCR 100m Polish Championships.
8. 100 m OCR track record can be set by any competitor regardless of citizenship

#### X. PROTESTS

1. Protests can be submitted during or immediately after the race, up to 20 minutes after the end of the competition and closing the track.
2. The protest must be given in writing and it will be examined only after paying 200 PLN fee (it will be given back if the protest is justified).
3. Protests will be examined by the Officials Board composed of the Main Marshall, OCR Polska Representative, officials Representative and Competitors Representative chosen by Teams taking part in OCR League.
4. In case of any doubts, final interpretation of the rules is up to the Main Marshall.

#### XI. REGISTRATION

1. The competitor registers through the form available on B4Sport website.
2. The Organizer registers competitors according to the order they registered and paid an entry fee until the competitors limits are over.
3. Submissions will be taken from the day the REGISTRATION ON THE PLATFORM STARTS up to the day the limits are over.
4. Registration to the competition is done via electronic form.
5. The competitor is obliged to act strictly according to the rules of the registration system.
6. The competitor will be submitted to the list only after he/she pays the entry fee on the account given in the form. The fee has to be paid within 7 days from registration. Submissions that are not paid within that time will be canceled.
7. Entry fees
  - 3 starts- 99 PLN (available online till 31<sup>st</sup> August)
  - 3 starts- 109 PLN (available online till 7<sup>th</sup> September)
  - 1 start- 30 PLN (available online and during the championships if the limits are not over)

team relay (2 +1) 250 PLN

8. Exchanging the race packets among competitors is forbidden.
9. Assigning the times of starts will be possible in the registration office.
10. Team relay will have a different time of start (possible evening hours), the time will be given later).
11. In case of withdrawal the competitor has a right to start in next year's Polish Championships (according to the qualification rules) on condition that the discrepancy in the amount of fees will be paid.
12. Cancellation of the event- in case of cancellation caused by the government's decisions connected with sanitary regulations (COVID-19) the competitor will get a refund of the fee lowered by transaction cost (max. 5% of the fee).
13. Race packet consists of:
  - a. medical support during the race
  - b. finisher wristband for the first 50 men and 30 women
  - c. medal

## XII. RESULTS AND AWARD CEREMONY

1. The award ceremony will take place on 11<sup>th</sup> September 2021
2. Awards will not be sent by post. The ones not collected during the ceremony can be picked up on different date on established circumstances.
3. The results after verification will be shared on <https://www.ocrpolska.org> website
4. A memorial wristband for the best 50 men and 30 women will be provided.
5. The Organizer provides awards for taking I, II, III place individually and in team relay.

## XIII. FINAL REMARKS

1. The Organizer reserves the right to make modifications in the Rulebook of Polish OCR Championships
2. Final version of the Rulebook will be available prior to start in the Registration office.
3. The Organizer reserves the right to use the image and statement of the competitors in mass media for promotional purposes. The competitors give the Organizer the right to use their image in the above-mentioned range.
4. The Organizer reserves the right to publish official announcements during the registration. The announcements will be added to the Rulebook as appendixes. The announcements can concern various aspects like clarifying the way of completing the obstacles, working of wristbands' system, time measurement system, marking of the



track, rights and obligations of marshalls and other.

5. Every competitor is obliged to sign a participation statement- a sample statement for adults and underaged is added as an appendix to the Rulebook.

#### XIV. SANITARY REGULATIONS

The competition will be conducted taking sanitary regulations recommended by public authorities into consideration.

### DECLARATIONS REGARDING HEALTH CONDITIONS AND INFORMATION OBLIGATIONS

Kutno, 11th September 2021

I hereby declare that:

- 1) to my knowledge I am healthy and I do not have any coronavirus (COVID-19) sites,
- 2) I am not in quarantine,
- 3) to my knowledge, I have not had contact with people infected with coronavirus (COVID-19).

It is hereby agreed to inform the organizers of the competition - to the e-mail address: [biuro@ocrpolska.org](mailto:biuro@ocrpolska.org) - if I have symptoms of coronavirus infection before September 25, 2021, the COVID-19 text certificate will give a positive result.

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[legible signature]