

Rulebook OCR League2026

❖ Rulebook

This is a general rulebook for all matches within the Belgian OCR League 2026.

This remains unchanged.

The only thing that is different at the different locations are the obstacles, the explanation of the obstacles and the drinks and food options.

The location-specific rulebook and the course to be run will be sent to the athletes at least 2 weeks before the race. This will also be shared on facebook/instagram and website.

❖ Dates and locations

- 12/04 BK short Sportstal
- 09/05 BK standard Invictus
- 10/05 invictus
- 17/05 BK Teamrun OCR Houtland
- 24/05 OCR Houtland
- 28/06 Controlife
- 12/07 The Field
- 29/08 The Monkeycamp
- 12/09 OCR series Strong Viking Gent (standard)

a. Age groups

Youth (age on 31/12/2026)

7-8

9-10

11-12

13-14

15-16

17-18

Adults (age on 31/12/2026)

19-29

30-39

40-49

50+

❖ Insurance

Participants in the Belgian OCR league matches are insured through the Belgian OCR Federation.

If the participant is not a member of the federation, he/she is insured with a Sporta day insurance.

❖ Subscribe

The league competitions are open to everyone, including international athletes.

❖ Start times

The start times (youth or adults in the morning or afternoon) will be determined in consultation with the location.

We try to have the matches take place in the morning between **9 am and 12 noon** and in the afternoon between **1 pm and 4 pm**.

The starting order is determined based on the finish place/time of the race(s) before; At the first game of the season, the starting list is drawn up as the final list of the full league of the season before; New participants automatically end up at the bottom of the group

(regardless of the opinion of their trainers/parents);

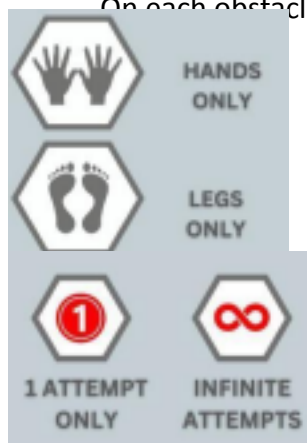
If athletes cannot participate in a certain race, they start the next race just after the athlete they finished the race for.

❖ icons

The same pictograms are used at each competition at the obstacles to indicate what the intention is and what is allowed. There are 5 different pictograms (described below).

The youth members will recognize their obstacles by the color of their bracelet.

On each obstacle, their color is attached to a plate.



Hands only: only the hands may be used to overcome obstacles. When using other body parts, the band is cut.

Legs only: only the feet may be used to overcome obstacles. When using other body parts, the band is cut.

Hands & legs: Both hands and feet can be used to overcome obstacles.

1 attempt only: on this obstacle, the athletes only have 1 chance to overcome the obstacle.

Infinite attempts: the obstacle can be infinitely many times . When it is not possible to get past it, all bands are cut.

CLARIFICATION LOWRIG (hands & legs): NO FEET ARE USED IN/AGAINST THE RIBBONS (ART 5.1.1 MSD & RB OCREC 2025)

5. OBSTACLE CONDUCT

5.1. General Rules:

The athletes shall:

5.1.1. Use any means to get past obstacles through, up, over, down or under an obstacle as permitted by the rules of the sport.

5.1.2. Move an object designed for such movement in the manner prescribed by the race organizer

5.1.3. Not intentionally impede the progress of another athlete

5.1.4. Not move in a manner that may cause harm to themselves or other athletes

5.1.5. Not intentionally interfere with another athlete

5.1.6. Not purposefully display nudity or other indecent exposure

advantage to the athlete.

- Elements connecting holds to the structure are part of structure themselves and therefore cannot be used.
- Bells must be touched ONLY with the hands.
- Usage of chalk or similar items is NOT ALLOWED
- Usage of gloves is allowed as long as not dropped on the course (littering) and worn or carried from the start.

❖ **3-bands system**

The 3-band system will be used during the matches.

• Competition waves:

VALID FROM AG 9 - 10

In the 'one attempt' obstacles, the athletes only get 1 attempt per obstacle. Only AG 7-8 has 2 attempts per obstacle.

In the infinite try, the obstacle is expected to be achieved. If this is not possible, 3 bands are cut > = DNQ

❖ **Weights**

In the youth series, weights are NOT used. Dragging things on the ground is possible.

Men (19+)

- Moving Carries BV Sandbags / Logs Jerry Cans: 25-30 kg
- Atlas stones (single lift): 35-45kg

Women (19+)

- Moving Carries BV Sandbags / Logs Jerry Cans: 15-20 kg
- Atlas stones (single lift): 20-30kg

-19 athletes:

- Running a course with a dragging object or a slowing object. OR **17-18** years with **ADJUSTED weight**, means lower than showed above.

❖ Penalty

At the end of the race, the athletes have to complete a penalty loop for each lost bracelet. Losing three bracelets = DSQ = 0 points. After completing the imposed penalty loops, the finish can be performed.

It is important that the penalty round is long enough. This is to discourage the athlete from 'skipping' a certain obstacle. Each penalty lap must be between 180m and 220m.

- Kids (till 16) = stretcher around the ankles
- 17-18 = 1 small water bottle (12-15kg)
- +19 women = 2 small water bottles (12-15kg each)
- +19 men = 2 large water bottles (20-25kg each)

❖ Clothing and attributes

• Nothing may be accepted or given to or from third parties. Everything you have with you at the start of the race must be carried over until the end of the race. (ART. 2.1.1 & 2.2.1 & 2.2.2 & 2.2.3 MSD)

2.1.1. Race tactics are part of the interaction between athletes however athletes are required to:

- Practice good sportsmanship at all times
- Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways
- Be responsible for their own safety and the safety of others
- Know, understand, and follow The Rules, available from their NFs and on www.worldobstacle.org
- Obey instructions from race officials.
- Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy
- Not use abusive, derogatory, or inflammatory language
- Inform a TO immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension
- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- Not dispose gear or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.
- Not attempt to gain unfair advantage in any way

2.2.1. The assistance provided by event personnel or TOs is allowed but is limited to drinks, nutrition, equipment and medical assistance, upon the approval of the Technical Delegate or Race Referee. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks provided this does not result in an advantage or disadvantage another athlete.

2.2.2. Pre-placement of gear, nutrition, or hydration on course is not allowed. There is no penalty for verbally interacting with medical personnel.

2.2.3. Athlete must complete the event with all the clothing and gear Athlete starts the event with. Leaving items behind on course, including litter is grounds for disqualification.

- Clothing/footwear/other items needed at the race must not be a danger to yourself, materials or third parties. Shoes will be checked at the start of the race. (ART 2.9 - 2.10 MSD)

- Waste may not be left on the course.

If this is seen by an official, they will be asked to bring it with them, otherwise DSQ.

(ART 2.1.1 & 2.2.3 MSD)

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- Obey instructions from race officials.
- Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy
- Not use abusive, derogatory, or inflammatory language
- Inform a TO immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension
- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race
- Not attempt to gain unfair advantage in any way

2.2.3. Athlete must complete the event with all the clothing and gear Athlete starts the event with. Leaving items behind on course, including litter is grounds for disqualification.

- The use of chalk and/or (liquid) magnesium is not permitted. Resin or other adhesive materials intended to improve grip are also not permitted. Gloves are permitted.

> Random checks will be conducted; if we determine that any substance is present on the hands, this may result in disqualification.

(Bron: RB OCREC 2025)

- Bells must be touched ONLY with the hands
- Usage of chalk or similar items is NOT ALLOWED
- Usage of gloves is allowed as long as not dropped on the course (littering) and worn or carried from the start
- Shoes or other sportswear must not contain dangerous parts (metal spikes, etc.)

❖ Accessing Obstacles

On competition day, participants are not permitted to practice on the obstacles that are part of the competition course prior to their event. Participants who hang on these obstacles before or after their own event will be disqualified for that competition day.

Specifically, this means that during the break between the youth and adult competitions AND after the competitions, participants are NOT allowed to walk on or hang from the competition course. Violations will be penalized.

Obstacles on the grounds that are not part of the competition course may be used during the warm-up, provided they do not obstruct the course route.

❖ Result, time measurement and podium ceremony

The time measurement during the matches is done by a fixed timing team. These persons may not be disturbed under any circumstances during the match.

It is therefore not allowed to ask about one's own intermediate time and/or intermediate score. They must be able to fully concentrate on their task. The recorded time will be the time that was run from start to finish including penalty loops.

Podium ceremony is held as soon as possible after the finishing of all athletes.

All intermediate times for the match will be put online at the latest 5 days after the match.

For the final ranking, ALL results of the races will count.

There is a separate ranking for men and women with regard to qualification points for European Championships/World Championships. Points distribution will be drawn up according to the result per match and will be found on the website of the federation. Points system according to FISO standards.

❖ Officials/marshalls

Head Official: Matthias Criel

Assist head officials: Koen Hertoge en/of Sarah Van Waeyenberghe

Without officials/marshals we have no match!

The officials/marshals are trained (annually) to act correctly when controlling the

athletes at the obstacles.

During the match, there will be no discussion with an official.

Complaints and comments can be made to the head after the match official. Notification of this must be made within 30 minutes after the athlete's finish. After that, the complaint will be noted on paper.

❖ Parents

Parents are not allowed to declare any food/food/materials during the match. (ART. 2.2 MSD) It is also not allowed to walk with the children/young people (pacing) (ART 4.1.5 MSD) > pacing is considered to provide assistance. If this is noticed, a first verbal warning will be given. In the event of a further violation, a DSQ will take place. Athletes are allowed to provide their own food and drink (especially at standard). This is then delivered to the TOs to provide them at the provided nutrition points

2.2. Outside assistance

2.2.1. The assistance provided by event personnel or TDs is allowed but is limited to drinks, nutrition, equipment and medical assistance, upon the approval of the Technical Delegate or Race Referee. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks provided this does not result in an advantage or disadvantage another athlete.

2.2.2. Pre-placement of gear, nutrition, or hydration on course is not allowed. There is no penalty for verbally interacting with medical personnel.

2.2.3. Athlete must complete the event with all the clothing and gear Athlete starts the event with. Leaving items behind on course, including litter is grounds for disqualification.

4. RUNNING CONDUCT

4.1. General Rules:

The athletes will:

- 4.1.1. Run, walk, crawl, slither, scramble, swim or otherwise propel themselves across, under, over or through the surface
- 4.1.2. Display the official race number (applicable always in the AG events. For other events, the TD can make it mandatory, and athletes will be informed in the race briefing). This shall be written on the athlete's body using indelible ink (permanent marker) and must be always visible while on the racecourse, including:
 - * Back of lower leg
 - * Upper arm / shoulder

4.1.3. Run with a covered torso

4.1.4. Run /swim without shoes. Bare feet are prohibited on any part of the course

4.1.5. Not be accompanied by team members (if an individual event), team managers or other pacemakers on the course

4.1.6. Not run together with other athlete/s that is/are one or more laps ahead. (Applicable only to Elite, Junior, Youth athletes and Para-athletes)

It is allowed to encourage the children, but in an acceptable way. It is not allowed to hinder or comment on other children/young people during their match. If this is noticed, a first verbal warning will be given, a formal warning will also be drawn up.

After 3 formal warnings, the offender (if this is also an athlete) or the athlete who benefits from this can be disqualified.

At each match location, a zone will be demarcated where parents and/or supporters can watch the match.

We go for FAIRPLAY!