

# OCR WORLD CHAMPIONSHIPS

SAN JOSE, COSTA RICA 22-25 AUGUST 2024



FÉDÉRATION INTERNATIONALE DE SPORTS D'OBSTACLES

**WORLD  
OBSTACLE**



**UIPM**  
World Pentathlon

**OBSTACLE RULEBOOK**  
100m, 100m MIXED RELAY



# GENERAL RULES

- Completion of all obstacles is mandatory.
- Completion of an obstacle is when the athlete touches the bell for suspended obstacles or completes the obstacle as defined in the event competition rules (balance, walls, etc.). The attempt begins when **both feet** leave the ground, you may find a starting platform. Just touching the structure or the obstacle is not considered as an attempt.
- An athlete failing an obstacle may attempt the obstacle a second time but must progress through the failed obstacle before starting the second attempt.
- An athlete who fails to complete an obstacle on the second attempt must immediately leave the course and the attempt will be considered null (DNF).
- Athletes finishing with the same time (measured to 1/1000th [0.001] of a second) shall be awarded a tie unless the finish video can determine a winner.
- Usage of **chalk** or similar items is **NOT ALLOWED**.
  - Hands may be checked before each start
- 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...).
- An athlete is obliged to go through and leave the course with all the items they started with. Leaving objects behind (gloves, shoes, etc) is considered littering and will lead to a DSQ

# ADDITIONAL RULES

- The starting protocol provides that the athlete has both feet on the starting platform
- In case of **Jump Start** of one of the athletes, a whistle will be blown by the timekeeper, the battery will be stopped, and the athlete who commits the false start will receive a verbal warning. If the same athlete commits a second jump start they will be immediately invited to leave the starting platform and their attempt will be considered null (DNF).
- Booking time for each run could be requested by the organization.
- Athletes in the **Youth** category can request the assistance of a coach to safely reach the holds of the rigs in suspension and/ or to get off the ground.
- In case of rain or risk of rain the race could be suspended or “Rain Protocol” could be applied: in suspended obstacles the first hold will be mandatory and so will the first step.
- Failure to comply with the Rules may result in an athlete being verbally warned, disqualified, suspended, or expelled. The nature of the rule violation will determine the penalty. A suspension or an expulsion will occur for very serious violations of the Rules, FISO AntiDoping Rules of Code of Ethics. The chief International TO may assess penalties, even if the infringement is not listed, if the TO deems an unfair advantage has been gained, or if a dangerous situation has been created.



# MIXED RELAY

- A Mixed Relay team shall be four (4) people consisting of two (2) men and two (2) women.
- The start order of the team may be by either gender, i.e. either a man or a woman may be the first runner for the team.
- The running order of the team may be in any order by gender.
- An athlete must “tag” the next runner in order for them to proceed on the course. Tagging requires physical contact between the two runners.
- Each runner on the team shall complete three (3) obstacles before tagging the next runner
- Tagging must be completed in a Transition Zone (TZ), defined as anywhere between the last obstacle of the current runner and the first obstacle of the next runner.
- **The current runner must complete their last obstacle before the next runner can start**
  - **Feet on the ground after obstacle 3 and 6, at east the head and one arm outside obstacle 9**
- Only runners who are Tagging or who are waiting to be tagged are allowed in a TZ.
- Runners may not physically assist other runners on the course.
- The total distance covered by the team is 100 m.
- The team’s time is taken when their last runner hits the button on top of the finish wall
- The team with the fastest time is the winner.
- Each team will be given two (2) attempts to set the fastest time
- 100m obstacles’ completion rules apply to the mixed relay

If not specified, WorldObstacle’s Competition and Conduct rules apply



# MIXED RELAY (TRANSITION ZONES)

Runner	Obstacles No.	Transition for Next Runner
1	1, 2, 3	Between 3 and 4
2	4, 5, 6	Between 6 and 7
3	7, 8, 9	Between 9 and 10
4	10, 11, 12	NA



# ADAPTIVE ATHLETE RULES (P02-4)

- Athletes must complete each obstacle. In the event that the athlete is unable to complete the obstacle, they are considered to have completed it once two real attempts have been made. A real attempt is considered when the athlete has suspended themselves from the obstacle or used their strength or balance to attempt the obstacle. An athlete simply touching the obstacle is not considered to have attempted the obstacle.
- The adaptive athletes may use the sides of the structure to be able to start the rig-based obstacles.
- The adaptive athlete is able to use the side structures to support the dismount or to stabilize themselves after coming off from the obstacle.
- The adaptive athlete is able to step back from the obstacle finish line - this will not be considered a fail.
- Completion of the Tarzan Swing obstacle is considered when the athlete touches a foot on the landing platform. Athletes who fall after placing a foot on the final platform will be considered as completed the obstacle.
- An adaptive athlete who trips over the start or beginning of the obstacle will not have considered to have failed or attempted the obstacle
- Adaptive athletes who have not had the opportunity to trial the course are able to touch the obstacle with their foot and/or hand before their race to better understand the texture or material of the obstacle
- Adaptive athletes are able to have the ropes to help scale the final wall. If an athlete is unable to reach the top of the obstacle after two real attempts, they are considered to have finished after touching the lip of the ramp with their hand.
- Athletes with an upper limb impairment are able to place their impaired limb in any position to be able to complete the obstacle. These athletes are also able to ring the bell using an area of their upper body.



# ADAPTIVE ATHLETE RULES (Visually Impaired Athletes)

- Athletes must complete each obstacle. In the event that the athlete is unable to complete the obstacle, they are considered to have completed it once two real attempts have been made. A real attempt is considered when the athlete has suspended themselves from the obstacle or used their strength or balance to attempt the obstacle. An athlete simply touching the obstacle is not considered to have attempted the obstacle.
- The adaptive athletes may use the sides of the structure to be able to start the rig-based obstacles.
- The adaptive athlete is able to use the side structures to support the dismount or to stabilize themselves after coming off from the obstacle.
- The adaptive athlete is able to step back from the obstacle finish line - this will not be considered a fail.
- Completion of the Tarzan Swing obstacle is considered when the athlete touches a foot on the landing platform. Athletes who fall after placing a foot on the final platform will be considered as completed the obstacle.
- An adaptive athlete who trips over the start or beginning of the obstacle will not have considered to have failed or attempted the obstacle
- Adaptive athletes who have not had the opportunity to trial the course are able to touch the obstacle with their foot and/or hand before their race to better understand the texture or material of the obstacle
- Adaptive athletes are able to have the ropes to help scale the final wall. If an athlete is unable to reach the top of the obstacle after two real attempts, they are considered to have finished after touching the lip of the ramp with their hand.
- Athletes are able to have a guide to navigate the obstacle, with audio descriptions.
- When visually impaired athletes are starting the course, an announcement should be made for the audience to decrease their volume, so that the athletes can hear their guide.
- In the event that an athlete is unable to mount/dismount safely, the guide is allowed to support physically support the athletes onto the starting platform or starting hanging bar/ring/hold.



# QUALIFYING ROUND FORMAT

- A competition in Qualifying Round Format (tournament) consists of rounds with heats and finals to determine the winners
- Rounds will be called heats, eight finals, quarter finals, semi-finals, final and grand final as appropriate.
- Each athlete will be allowed two (2) runs in the heats. Athletes could book day and time of their own runs (highly recommended), according to organization indications.
- After the heats, the best times (16, 8, or 4) will qualify for the next phase.
  - Depending on the number of participants or scheduling constraints, there may be eight-finals, quarter-finals, or semi-finals.
  - If at least 17 people, 16 will qualified; if at least 9 people, 8 will qualify; if at least 4 people, 4 will qualify
- The final phases will entail direct elimination
  - The winners of the respective semi-finals will compete in the final for the gold medal, while the losers of the semi-finals will compete for the bronze medal

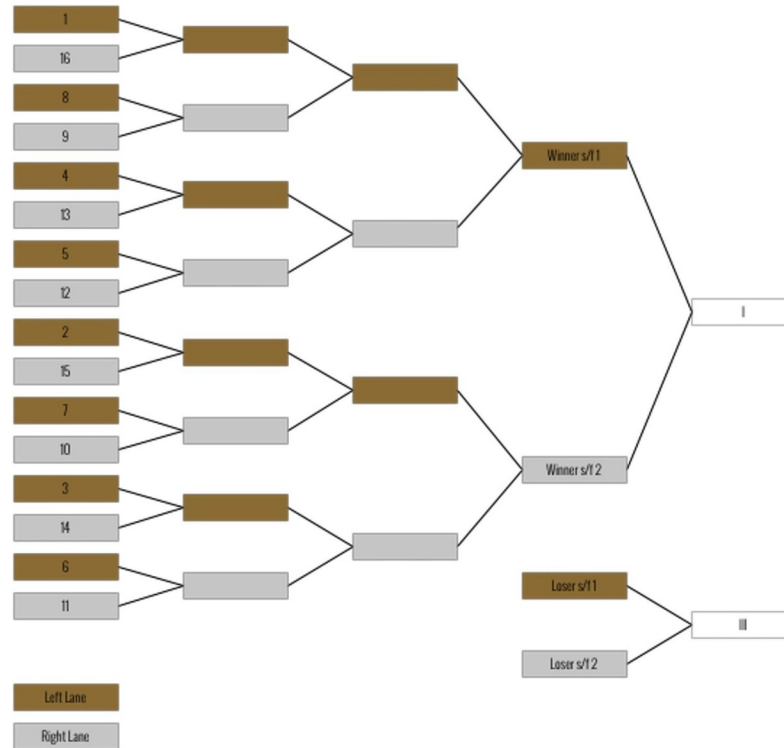
After the Qualifying Round Format, if one or more qualified athletes from the top 16, 8, or 4 (depending on the number of final rounds) decide not to participate in the subsequent stages, the organization can opt for a repechage based on the results of the heats. In the event of equal times, a run-off round will be held. A run-off is a round or series of rounds that enables athletes to qualify for the next phase.

- If there are no eight finals, quarter finals, semi-finals, finals, grand finals or repechages, the placings are based on finish times from the heats.

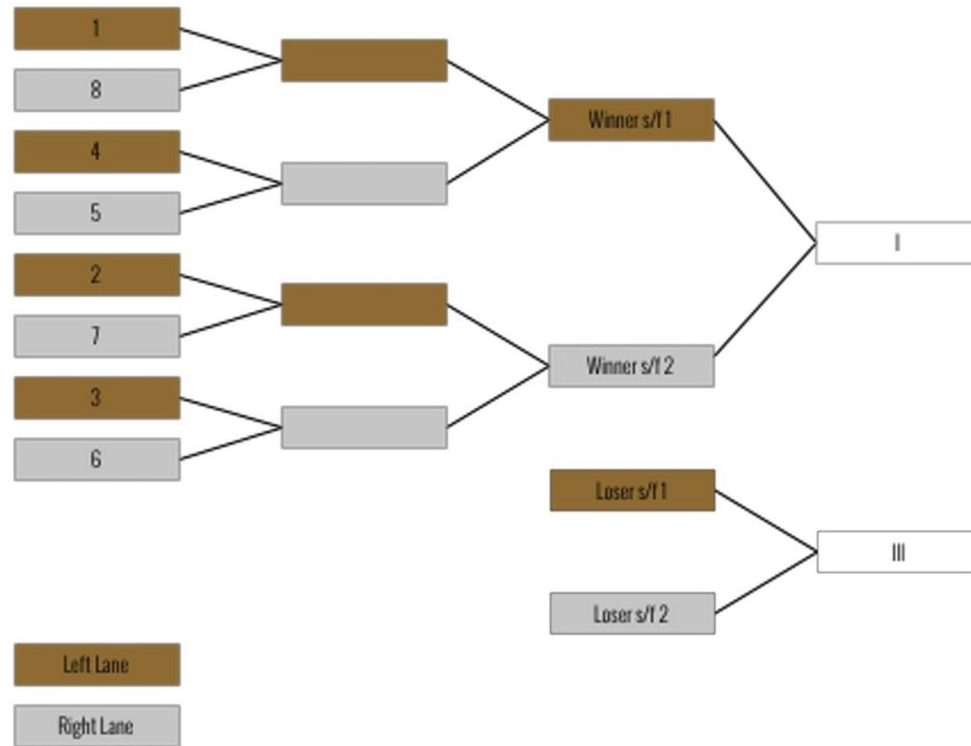




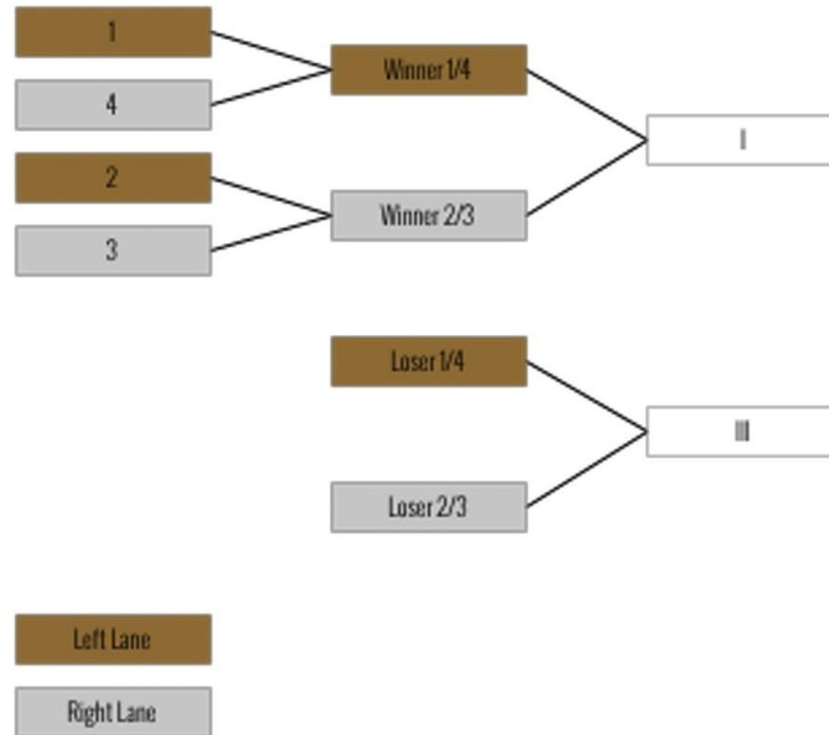
# ROUND of 16 (R16)



# QUARTER FINALS



# SEMIFINALS AND FINALS





# START, OBSTACLE FAIL AND FINISH

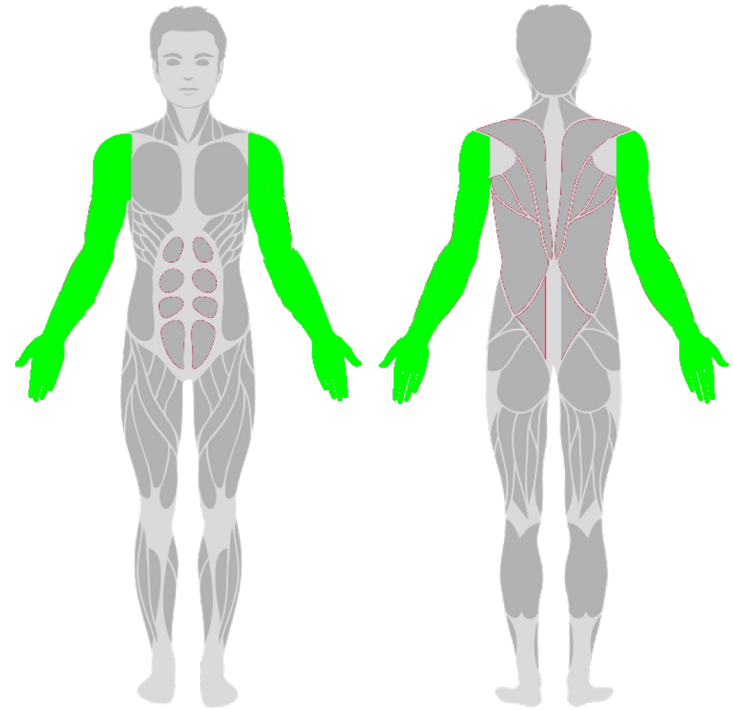
- **Start:** “On your marks” then an electronic beep or a short blast of an air horn
- **Fail each single obstacle** (flag and shout “FAIL”):
  - 1st time: the athlete can try again the failed obstacle
  - 2nd time: flag, shout “FAIL” and then “OUT” (DNF)
- **Finish:** Press the button at the top of the Finish Wall



# HOW TO TOUCH THE BELL

Instructions:

- What does “arm” stand for?
- The area between the fingertips and the shoulder, as shown in the image.



# OFFSET STEPS (01)

Instructions:

- Use only the steps to cross from start to the end
- Step, hop, jump, kneel, sit, or hold steps
- Obstacle completion is when the athlete has passed the last step
- Steps may be skipped



# MONKEY BARS (02)

## Instructions

- Using only arms or hands to cross under the bars from start to finish
- Bars may be skipped
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the bell with their arm
- It's forbidden to touch the ground and/or the structure of the obstacle to take advantage





## 1.5 WALL (03)

Instructions:

- Cross the wall from one side to the other without using the side supports or the structure
- Entire body, including both legs must go over the wall
- Obstacle completion is when the athlete lands on the far side of the wall



# BALANCE BEAM (04)

## Instructions:

- Traverse beam from start to finish
- The start platform must be used as the first step, at least with one foot
- The finish platform must be used as the last step, at least with one foot
- Obstacle completion is when the athlete passes the finish platform after touching it



# WHEEL RIG (05)

Instructions:

- Use only the wheels to cross from start to finish
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the bell with their arm
- Wheels may be skipped
- It's forbidden to touch the ground and/or the structure of the obstacle to take advantage



## 2.0 WALL (06)

Instructions:

- Climb over wall from one side to the other without using the side supports or the structure
- Entire body, including both legs must go over the wall
- Obstacle completion is when the athlete lands on the other/far side of the wall



# ISLAND STEPS (07)

Instructions:

- Traverse island steps from start to end
- Must step on the first step
- Steps may be skipped **after the first one**



# RINGS (08)

## Instructions:

- Using only arms or hands to cross using the rings from start to end
- Rings may be skipped
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the bell with their arm
- It's forbidden to touch the ground and/or the structure of the obstacle to take advantage



# LOW CRAWL (09)

Instructions:

- Traverse under the net from start to finish



# CLIMBING HOLDS (10)

Instructions:

- Use only the holds to cross from start to finish
- Holds may be skipped
- It's forbidden to jump going directly to the bell; the obstacle must be engaged before ringing the bell
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the bell with their arm
- It's forbidden to touch the ground and/or the structure of the obstacle to take advantage





# TARZAN SWING (11)

Instructions:

- Swing on the rope from the start platform to the end platform
- The rope must be grabbed by at least one hand
- Obstacle completion is when the athlete lands on the end platform
- It's forbidden to touch the ground and/or the structure of the obstacle to take advantage



# FINISH WALL (12)

Instructions:

- Ascend the wall; all athletes may use the rope if provided
- Feet and legs must always remain below shoulder height
- Obstacle completion is when the athlete hits the finish button

