

Upfront RULES & REGULATIONS

OCR European Championships

POLAND 2019

- All athletes are responsible for knowing, understanding and following the rules, guidelines and regulations for each obstacle of the 2019 OCR European Championships.
- The content of the rules may be changed or updated without notice.
- The 2019 OCR European Championships reserve the right to address violations of conduct and rules, not addressed in this document.
- It is the athlete's responsibility to seek the newest information on the 2019 OCR European Championships platforms & the OCREC2019 App, and follow the instructions provided by event and race officials at all times.



Eligibility for OCREC 2019

To compete in the 2019 OCR European Championships, all athletes must meet the following requirements:

- All athletes in the elite division, age group division and in the Team Relay must have been officially verified as a qualified competitor.
- There are no qualification requirements for the Journeyman division (short course and standard course) or the Open Race.
- Athletes must have thoroughly read and signed the 2019 OCR European Championships waiver to be able to compete.
- Athletes are required to be over the age of 13 at the time of the 2019 OCR European Championships to be eligible to compete. Athletes below the age of 18 must have a written parental or guardian consent to be able to compete. The consent must be handed in as you collect your race packet.
- Athletes competing in the age group division must compete in the age group they belong in on the race day, even if it is not the same age group they qualified in.
- Athletes in the competition divisions must hold a European citizenship.
- All athletes are responsible for checking that the information listed (such a name, gender, country and date of birth) is correct prior to the event.

More details on the individual chapters of the rules and regulations:

1. Event registration and packet pick
 2. Conduct of athletes
 3. Competition rules
 4. Penalties
 5. Outside assistance
 6. Obstacle conduct
 7. The course
 8. Gear, apparel and nutrition
 9. Team relay
 10. Protests
 11. Timing and Results
 12. Prize ceremony
- will be published on an ongoing basis.

We invite you to participate in the best OCR competitions in the world.