

OCR EUROPEAN CHAMPIONSHIPS 2019 RULES AND REGULATIONS

I. ORGANIZATION

The organiser of Obstacle Course Race European Championships Gdynia 2019 is OCR POLSKA – the Obstacle Course Racing Association. The Association got the right to organize the championship from EOSF- European Obstacle Sport Federation.

The Association data:

The Obstacle Course Racing Association OCR POLSKA
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II. DEFINITIONS

For the needs of this rulebook the following definitions will be adopted:

1. **The Obstacle Course Racing European Championships** - a sport event taking place from 27th to 30th June 2019 in Gdynia. The aim of this event is to determine the European Champion in women and men categories (Elite) on short, standard and team courses, hereinafter referred to as Championships.
2. **The competitor** - every person who will report his or her participation before the opening of the Championships and will be allowed to start by having the necessary qualifications accepted, will accept the rules and regulations and will pay the entry fee within a set deadline and given amount.
3. **The Main Marshall** of the competition - a person who coordinates the work of technical referees, sets the rules of completing obstacles and a member of the Marshall Committee. The name of the Main Marshall will be communicated before the opening of the competition.

4. **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).
5. **The Volunteer** – a marked (in the way that will be communicated before the competition) person, who ensures that the competitors stay on the course, guides them, controls the order in which they complete the obstacles in case of queues.

III. THE AIM OF THE CHAMPIONSHIPS

1. The aim of the Championships is to determine the European Champion in women and men categories (Elite) on short and standard courses and the winners of these courses in age groups and also determining the best women and men teams (relays) in the Team (Relay) Race.
2. The aim of the Ninja Track formula held during the Championships is to determine the European Champion in Women and Men category.
3. The aim of the Kids formula during the European Championships is to popularize obstacle course racing among kids and teenagers.

IV. DATE AND PLACE

1. The Championships will be held from 27th to 30th June 2019 according to the following schedule:
 - 1) 27th June – the opening ceremony, Short Course Elite and age groups
 - 2) 28th June- Standard Course Elite and age groups
 - 3) 29th June- Team Relay Course
 - 4) 27th -29th June -Ninja Track preliminaries
 - 5) 27th -29th June- Kids race formula preliminaries
 - 6) 29th June- Ninja Track final, KIDS race final, the closing ceremony
 - 7) 30th June- Open Race

2. The competition will be held in the area of Gdynia. The competition office, start and finish zone will be located in the sports arena „Gdynia Arena” and the National Rugby Stadium, in Gdynia, Kazimierza Górskiego 10 street.
3. The exact routes of individual races will be set in forest areas in Gdynia and will be published later, but at the latest by a month before the beginning of the Championships. The route of the race is through paved roads and forest paths.

V. ELIGIBILITY AND REGISTRATION

1. To compete in the Championships athletes must be over 18 or have their parents' or guardian's permission. Athletes in the competition divisions must hold a European citizenship and living in Europe. Competitors from beyond Europe can take part in Journeyman division or the Open Race.
2. All athletes in the competition divisions must be qualified in one of authorized by EOSF races. Qualifications for particular divisions will be verified automatically on the registration platform.
3. Qualification does not apply to participation in Ninja Track. Qualifying races (preliminaries) for every willing athlete will be held during the Championships as long as the final races. The specific rules for Ninja Track will be given in a different rulebook.
4. 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.
5. The registration of competitors is held on the registration platform Muddest (www.muddest.com).
6. Competitors must pay the following fees for taking part in one of the races*:
 - Ninja Track (one-time ticket): 19 EUR
 - Ninja Track (multiple ticket): 29 EUR
 - Short Course (Elite): 119 EUR
 - Short Course (Age Group): 99 EUR
 - Short Course (Journeyman): 99 EUR
 - Standard Course (Elite): 169 EUR
 - Standard Course (Age Group): 149 EUR
 - Standard Course (Journeyman): 149 EUR

- Team Relay (Elite): 36,80 EUR per person
- Team Relay (Open): 29,90 EUR per person
- Open Race: 59 EUR
- KIDS – 15 EUR for single start, 3 starts 25 EUR

*the price does not include administrative fee

The fee is non-refundable. Athletes cannot transfer tickets to other athletes.

7. Registration of the competitors on muddest.com platform for Short, Standard and Team Relay in competition divisions will be held to 16th June 2019 unless there are no more tickets left in a particular division.
8. Registration for Short or Standard races in Journeyman division can be held also in the registration office if there are still some places left. The price of the race packet during the Championships will rise 20 %. The organiser does not guarantee the full packet.
9. Registration of athletes for Ninja Track qualifying races can take place in the registration office if places in the particular divisions are still available.
10. Registration of athletes for the Open race can also take place in the registration office if places in the particular divisions are still available.
11. Registration of competitors (by their parents or guardians) for the KIDS races takes also place in the registration office.

VI. RACE PACKETS

1. All athletes must pick up their race packets in the registration office before the race.
2. Working hours of the registration office will be given later, not later than two weeks before the Championships opening.
3. Race packet must be collected in person by the athlete showing government issued photo identification. The organiser can refuse to give the race packet to the athlete without the photo ID or if they are not sure about the athlete's identity. No athlete can pick up any other athlete's packet.

4. With a race packet the athlete is given a paper wristband. Wristbands differ in colour and the name of the distance. It must be put on the athlete's wrist so it cannot be easily removed.

VII. BENEFITS FOR THE COMPETITORS

Benefits included in the fee:

- a) ability to start in the chosen race
- b) electronic time measurement
- c) water on the route
- d) a medal
- e) a silicone wristband as a proof of finishing the race and completing all the obstacles
- f) awards for the best competitors
- g) medical protection

VIII. LOCKER ROOMS/ DEPOSITS/ SHOWERS

1. Athletes will be allowed to use locker rooms located in Gdynia Arena building.
2. Athletes will be able to leave their belongings in the deposit in the Championships area.
3. Showers with running water will be available after the race.

IX. RULES OF THE COMPETITION

General rules

1. Rules of the competition written in this part of the rulebook concern every race during the Championships apart from the Open Race and the Ninja Track.
2. Time measurement and the order of competitors finishing the race will be provided by the electronic system. A timing chip is fitted to the athlete's shoe. Additional (manual) time measurement will be conducted on the finish line, using devices that record sounds and pictures (video cameras).
3. The competitors will be classified according to times of completing the race. Every division will have a separate time measurement. Classification will be given according to

times from the start signal at the beginning of the race not from the moment the athletes cross the start line).

4. Athletes are required to report to the start area 15 minutes prior to the start of their designated wave. Athletes are not permitted to start in any other wave. Athletes are required to display their assigned race number written on the athlete's body and it must be visible at all times while on the course. It is possible that the organiser will decide about additional identification of the waves. Then the competitors are obliged to start with the wave identification.
5. 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 technicians. Athletes doing so will be disqualified.
6. The competitors should be dressed appropriately, taking into consideration the terrain, weather conditions and water obstacles. It is not allowed to compete without appropriate clothing (without a t-shirt) or barefoot. Shoes with spikes or studs are not allowed.
7. Athletes are not allowed to carry personal equipment with them to assist in the completion of an obstacle, with exception of gloves, protectors and devices necessary due to a physical disability.
8. Athletes are not allowed to carry or use any type of glue, resin, tacky or pine tar (in any shape or form) on obstacles or while being on the course. Athletes are allowed to use products for drying hands like chalk or powder. Officials can control the competitors before or after completing the obstacle. Athletes that will not agree to be controlled can be disqualified without warning.
9. Athletes are allowed to carry food and hydration for own consumption.
10. Athletes are not allowed to receive assistance from other athletes, officials, spectators or volunteers in order to complete an obstacle. Athletes are not allowed to accept assistances from other athletes or spectators, including but not limited to, accepting food and hydration. During Elite, Age and Journeyman divisions the organisers will provide drinks on the route. It will not be the case on the Open Race.

11. It is not allowed to enter the route or try to complete the obstacles before the start of the race. Athletes breaking this regulation can be excluded from the race or they will not be qualified. (DNS)
12. Athletes using prohibited drugs or performance-enhancing substances are not allowed to start. The competitors have to sign a declaration about not using any prohibited substances and they agree to drug-testing prior and after the race. Winners of the Elite division will be tested selectively. The list of prohibited substances is compatible with WADA list.
13. Disposing litter is strictly forbidden. All plastic cups and other waste must be put into special bins on the route or other clearly designated places. Athletes cannot leave anything on the route (including clothing or footwear). If it is really necessary the athlete should leave damaged equipment with the nearest volunteer.
14. The competitors must ensure that their race number is clearly visible. It should be written with a permanent marker on the athlete's body. If there are any waves identification, they also should be visible. If the competitor loses his or her time chip, it should be reported to the nearest volunteer as fast as possible. If the athlete loses a time chip and he/she has not got a visible race number, it may happen he/she will not be qualified.
15. Time will be measured and registered electronically using time chips delivered to the athletes in the race packets. Additional (manual) time measurement will be conducted on the finish line, using devices that record sounds and pictures (video cameras).
16. Athletes are required to stay on the course within the boundaries and markings set at all times. Cutting off parts of the course (deliberately or unintentionally) is prohibited and will result in disqualification. The athletes should try not to damage the markings or obstacles on the route.
17. Athletes must make themselves known to athletes they are passing. They must use explicit language, preferably by loudly stating, "track", "passing" or "behind". Athletes are required to give faster competitors enough space to pass safely.
18. In case the athlete gets out of the course he/she must come back in the same place he/she left it. If the athlete leaves the route for a short moment (to give faster competitors enough space) he/she starts the race from the same place.

19. Completion of all obstacles is mandatory to be eligible for awards and competition ranking. Athletes complete the obstacles on their own, without any help, in the way described in the appendix to the rulebook. Rulebook with pictures of the obstacles and a detailed description of completing them will be published later but not later than two weeks before the Championships.
20. Volunteers will be present on every obstacle. Technical Officials will be present on the majority of obstacles. They will be properly marked. The Main Marshall is supervising technical officials and volunteers.
21. If an athlete fails an obstacle, he/she is allowed additional attempts if he/she is not blocking the way of another athlete who is attempting to complete the obstacle for the first time. Some obstacles will have designated "retry lanes". Athletes are required to use retry lanes for additional attempts. The number of attempts is unlimited with exception of exceeding the time limit and closing the route.
22. The organisers will make every effort to avoid queues on the obstacles. When there is a queue on one of the obstacles, officials will have a right (but not an obligation) to make one line available only for the competitors who fight for the best places in the particular division. It can happen if requested by the competitor. The decision of the official cannot be questioned.
23. Failure to complete an obstacle will lead to removal of the athlete's wristband. If losing the wristband the athlete is still allowed to continue the race, become a finisher and get a medal, but will not be classified. Completing every obstacle and keeping the wristband is obligatory to be classified in the Championships.
24. Athletes are not allowed to accept assistances from other athletes or volunteers, including but not limited to, accepting food and hydration. Athletes are allowed to receive cheer and spoken instructions from spectators, other athletes and friends.
25. Athletes are required to provide assistance for other competitors in distress, who's safety, is endangered and/or who require medical assistance, up and until the moment this role has been taken over by volunteers or medical staff.
26. If the athlete spends a lot of time providing assistance for other competitors in distress, he/she can report the fact to the organiser. If the situation can be verified, the athlete's time will be corrected. The competitor can be also given a special fair-play award.

27. Athletes are obliged to follow instructions from the Organiser (his representatives), officials and volunteers. The organiser's representatives, officials and volunteers will be marked in a way that will be communicated later.
28. Athletes are obliged to treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.
29. The competitors must leave the course when the time limit is over. They will be informed about that by a person closing the race. The person will be appropriately marked. The organiser is not responsible for any athlete who stays on the course after the time limit.

A. Short and Standard Course

1. Short course will be held on a 5 km route with about 40 obstacles.
2. Standard Course will be held on a 15 km route with about 60 obstacles.
3. Short and Standard courses will be held in the following categories:
 - Elite (Men) and (Women);
 - Age group 13-17 (M) and (W);
 - Age group 18-24 (M) and (W);
 - Age group 25-29 (M) and (W);
 - Age group 30-34 (M) and (W);
 - Age group 35-39 (M) and (W);
 - Age group 40-44 (M) and (W);
 - Age group 45-49 (M) and (W);
 - Age group 50-54 (M) and (W);
 - Age group 55+ (M) and (W);
4. Time limit to finish the Short Course is 2 hours.
5. Time limit to finish the Standard Course is 4,5 hours.

B. Team Relay

1. The Team Relay consists of three athletes, competing in a relay format on an 8 km route with about 30 obstacles.

2. Team Relay will be divided into: Team Realy Open and Team National.
3. In Team National (Elite) category Women or Men teams of the same nationality can compete. There are no mixed teams in Team National category.
4. At least one person from Team National must have qualifications for Elite wave in the individual race.
5. National teams (no more than three for each country in both sexes) are pointed by National Federations which are members of EOSF. Names of the teams must indicate the members nationality. If there are more places available the National Team can be registered also by private individuals.
6. The best Team Relays will be given a title of the Best National OCR Team in Europe. Teams from the second and third place will be given titles of the Second and Third Best National OCR Teams in Europe.
7. In Open Category there are Women, Men and Mixed Teams. Three best teams from every category will be rewarded.
8. Time limit to finish the Team Relay is 2 hours.

C. Ninja Track

1. Ninja Track is a competition on about 150 metres long obstacle course with over a dozen obstacles.
2. Time limit to finish the course is 2,5 minutes.
3. According to the schedule given above, elimination races will be held first. Every willing competitor has a right to start on the Ninja Track course with a race packet.
4. The competitors can buy a one-time ticket or a multiple ticket. The one-time ticket gives a right to try completing the Ninja Track course once. With the multiple ticket the competitors can try completing the course three times.
5. The 8 fastest competitors (separately men and women) will compete in final races.

6. After the semifinal the competitors with the 4 best times (separately men and women) will start in:
 - a. the race for the first place (two best semifinal Times)
 - b. the race for the third place (third and fourth semifinal times).

D. The Open Race

1. The Open Race will take place -according to the schedule- on the 5 km course with about 40 obstacles.
2. During the Open Race the athletes do not have to complete obstacles on their own.
3. The competitors of the Open Race will start in waves consisting of several dozens of athletes. Some or all waves will have their patronage. The list of patronage will be announced later. There will be a Military wave organised within the Open Race. The rules of military competition will be given in a separate rulebook.

E. KIDS Race

1. Kids Race will be held on courses in the following age categories:
 - 4-7 years old (Boys) and (Girls)- about 250 metres
 - 8-11 years old (B) and (G)- about 600 metres
 - 11-15 years old (B) and (G) – about 1,5 kilometres
2. When choosing the age category, the child's birth year is valid.
3. Elimination races will be held from 28th -29th June 2019 and the final race on 29th June around 4pm. The exact schedule with times of the races will be given later but not later than two weeks before the Championships.
4. According to the schedule elimination races will be held first. Every willing competitor has a right to compete in KIDS Race with a race packet.
5. There is a possibility to buy one-time ticket or a multiple ticket. One -time ticket allows a child to one start in a Kids Race. Multiple ticket allows a child to start 3 times in KIDS races during the Championships (3 days of competition).

6. The Organiser will make every effort to provide safe obstacles and course of the race (for example soft ground and obstacles protection) for competing children. Parents or legal guardians have to acknowledge that the Kids Race can be dangerous for the children's health because of the possibility of falls.
7. Kids Race race has its own time measurement on the course of the race.
8. Only competitors and officials or volunteers helping children to complete the obstacles can be present on the course during the race.
9. A separate classification will be conducted for boys and girls in each age group. The best time of a particular competitor is given.
10. Final races will be held after the elimination races. On 29th June in the final race 8 best competitors of each age group (boys and girls separately) will compete.
11. On June 30th, the Kids Open run will take place – it is the children's run along the KIDS route but is not subject to the rules of competition.

X. RESULTS, PROTESTS , DISQUALIFICATION

1. Any violation of the rules given in this Rulebook will result in disqualification. It means that the competitor's result will be removed from the official results of the European Championships. What is more, the athlete may be forbidden to start in any other Championship races. Disqualification can happen during the race but also after the race finishes, on the basis of information from the volunteers or video material. The Organiser reserves the right to record the conduct of the competition, especially on some obstacles. Penalties are imposed by the Organiser via the Officials Board composed of the Organiser's representative, the Main Marshall of the Competition and the EOSF Representative.
2. The Organiser will make every effort to publish temporary results of the first three competitors in every category after six competitors in each category finish the race.
3. Within two hours after finishing the competition the Competitor has a right to submit a written information about the conduct of the race, situations that occurred during the race, rules applied during the race and other Competitors' behaviour. At the same time competitors can submit a written protest about the given penalties. In case of penalties and disqualification imposed after the race, the protest must be filed within 12 hours

from the publication of the decision about penalty or disqualification (publication means also giving the information on the European Championships website).

4. Within two hours from the announcement of temporary results the competitors can file a written protest about temporary results on medal positions. Protests filed after that time will not be taken into consideration. The protest will be examined after the deposit of 100 Euro or 400 zloty will be paid. If the protest is reasonable or partly reasonable the deposit or a part of it will be returned. If the protest is not justified the deposit will not be given back.
5. Protests will be considered by the Officials Board. Every protest will be examined precisely. It may require consulting the volunteers, asking other competitors for their description of the situation, checking the video material if it is available. The Competitor who filed the protest and other interested parties will be informed about the result of the protest. The decision of the Board is final and is not subject to appeal.

XI. SAFETY OF THE COMPETITORS

1. Public roads on the route of the race will be closed for traffic.
2. The competitors are obliged to stay careful and safe throughout the whole route of the race.
3. The competitors are obliged to follow the volunteers, officials and staff instructions.
4. The organiser is not responsible for safety of people who are not entitled to be on the course and are not Competitors.
5. The organiser does not take responsibility for state of health of the Competitors. They take their own responsibility for their health.
6. The Competitors have to sign a waiver about not having any impediments to physical activities.
7. The Organiser provides medical services at the Championships.

XII. IMAGE AND PERSONAL DATA OF THE COMPETITORS

1. It is obligatory to agree for the use of the Competitors image without charge in the materials connected with the Championships. The image can be used especially in the video relations from the Championships and promotional materials of Sponsors and Partners of the Championships.
2. It is also obligatory to sign authorisation to process personal data of the Competitor by the personal data administrator according to The Personal Data Protection Act from 10th May 2018 and General Data Protection Regulation 2016/679 from 27th April 2016 (GDPR). The administrator of the data is OCR Polska federation for the purpose and to the extent necessary to the realisation of the Championships including publishing the Competitor's data on the start and result lists. The Competitor has the right to get the access to the data, changing or removing it or limiting processing of the data. Giving the personal data and agreement to its processing is voluntary but necessary to participate in the Championships. Personal Data of the Competitor can be given to subjects cooperating in the realisation of the Championships on the basis of particular entrustment acts. It is especially connected with companies measuring the time during the race and taking electronic payment. The personal data will be kept during the period necessary for the realisation of the Championships. The Competitor has a right to file a complaint to the Personal Data Protection Office when he/she considers that processing the Competitor's data violates The Personal Data Protection Act from 10th May 2018 and General Data Protection Regulation 2016/679 from 27th April 2016 (GDPR). The administrator can process personal data connected with the Championships in collaboration with other people like officials, volunteers.

XIII. FINAL PROVISIONS

1. The organiser reserves the right to change the present Rulebook. The new version of the Rulebook will be immediately published on the Championships website.
2. The present Rulebook is written in polish and english version. In case of any inconsistencies or concerns the polish version applies.
3. Interpretation of the Rulebook lies with the Organiser.
4. Taking the race packet and signing for it is equivalent of accepting the present Rulebook.
5. The Rulebook can be specified in aspects that are not covered.