

# RULES OBSTACLE

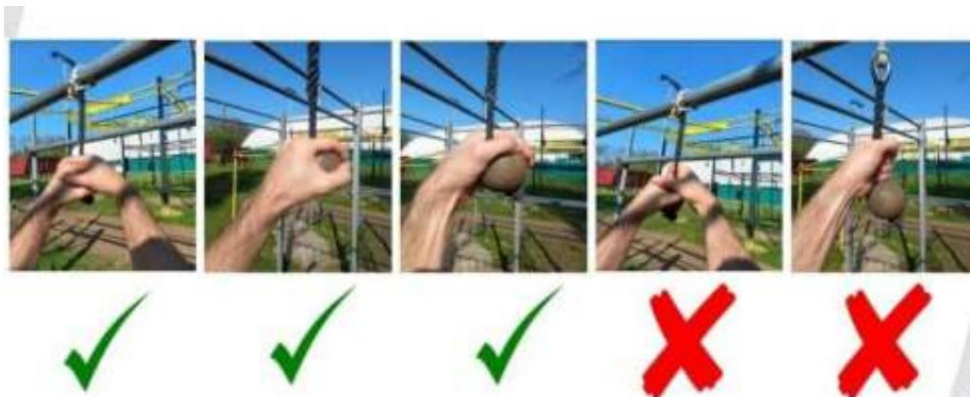
CHAMPIONSHIP OF THE CZECH REPUBLIC IN OCR

CHOMUTOV / 26 - 28 April 2024



## General rules of obstacles

- It starts before the line and on the first segment (if there is no cups designated otherwise)
- Segments can be skipped
- Ends with hands ringing the bell or crossing the line (*specified for each obstacle*)
- The entire obstacle is for the use of hands or hands and feet only
- If a competitor uses a mobile segment (pins, rings, stirrups) to overcome an obstacle, it must always be returned to the original place/starting position after the end of the attempt
- Segments can only be caught according to the given graphic (see below)
- Mutual assistance is prohibited except for the OPEN category and relays in a common effort to.
- **Some obstacles will have a special pink bell for women** (*info will be published on Friday, April 26, 2024 on FB ěAPS*)



## ATTEMPTS (see general rules for details)

- All obstacles are mandatory for the ELITE and AGE GROUP categories.
- Competitors in the **ELITE** category have only **one attempt** per obstacle
- Competitors in the **AGE GROUP** category can repeat attempts **without limit**
- Athletes of the **OPEN** category may **repeat** attempts to overcome the to skip obstacles or obstacles
- **wall obstacles, balance beam, ledge crossing have an unlimited number of attempts for all categories.**

## GR COMBO (Gladiator Race)

**Obstacle description:** A combined obstacle that consists of a **TWISTER** and a **DNA obstacle**.

When overcoming an obstacle, it is necessary to start with the first (starting) hold. Any contact with the ground while overcoming an obstacle is considered a failure. The obstacle is completed by touching the bell with the hands. It is allowed to stick to the support structure when transitioning from the TWISTER part to the DNA part.

### When overcoming an obstacle, it is allowed:

- male and female competitors will only use the prepared step to start the obstacle
- skip individual segments
- use the middle crossbar of the structure when transitioning from the first part to the second

### When overcoming an obstacle, it is prohibited:

- use other parts of the obstacle (e.g. structural ropes, supporting and rotating rods) to it coping than specified segments
- to climb the obstacle, use the vertical parts of the structure (stands)
- mutual assistance of competitors during overcoming obstacles
- touch the obstacle with your feet while overcoming its structure
- touch the ground while overcoming an obstacle





## LOW RIG (Gladiator Race)

**Obstacle description:** Handle structure with different types of holds at a low height (low rig). The obstacle is completed by ringing the hand bell.

When overcoming an obstacle, it is necessary to start in the defined area before the line on the first segment. Any contact with the ground while overcoming an obstacle is considered a failure.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- skip individual segments
- use hands and feet on individual segments in accordance with the rules

### When overcoming an obstacle, it is prohibited:

- use other load-bearing structures of obstacles (beams)
- use the vertical parts of the structure (stands and ventilation)
- touch the ground while overcoming an obstacle
- hold grips (bowls, balls, etc.) by the supporting iron part (pick)



## HIGH TO LOW (Gladiator Race)

**Obstacle description:** Handle structure with different types of **TOROZ grips**. The obstacle is completed by ringing the bell.

Any contact with the ground while overcoming an obstacle is considered a failure.

When overcoming an obstacle, it is always necessary to start with the rope and the first (starting) hold.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- male and female competitors will only use the prepared rope to climb the obstacle
- skip individual segments after the start on the first hold

### When overcoming an obstacle, it is prohibited:

- use parts of the obstacle other than the holds (e.g. supporting parts of the structure) to it coping
- to climb the obstacle, use the vertical parts of the structure (stands)
- mutual assistance of competitors during overcoming obstacles
- touch the structure of the obstacle with your feet while overcoming it
- touch the ground while overcoming an obstacle



## GIBBON SLACKLINES (Gladiator Race)

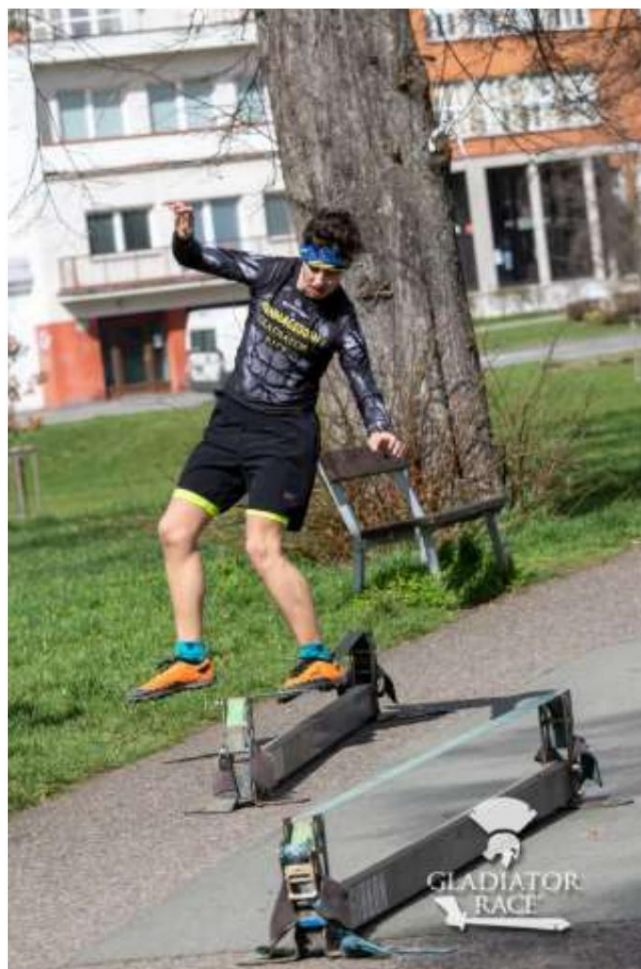
**Obstacle description:** Self-supporting structure holding the slackline, which the competitor must cross from the marked point without touching the ground to the end of the slackline and back to the marked place. It starts at the first metal part and ends at the end metal part.

### When overcoming an obstacle, it is allowed:

- cross the slackline using only your feet

### When overcoming an obstacle, it is prohibited:

- use other parts of the obstacle (e.g. structural ropes) to overcome it than the given one segment
- mutual assistance of competitors
- help each other with your hands
- crawl on all fours
- crawl on the balance beam on the stomach
- touch the ground while overcoming an obstacle





## **MONKEY BUSINESS** (Gladiator Race)

**Obstacle description:** Handle structure with different types of grips. The obstacle is completed by ringing the bell with the hands.

Any contact with the ground while overcoming an obstacle is considered a failure.

When overcoming an obstacle, it is necessary to start with the first (starting) hold. It ends with the bell ringing.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- male and female competitors will only use the prepared step to start the obstacle, or they can use the help of other competitors
- skip individual segments

### When overcoming an obstacle, it is prohibited:

- use other parts of the obstacle (e.g. structural ropes) to overcome it than grips (circles, plates with holes, balls, etc.)
- to climb the obstacle, use the vertical parts of the structure (stands)
- touch the obstacle with your feet while overcoming its structure
- touch the ground while overcoming an obstacle



## **VYNDAVAC 5.0** (*Gladiator Race Team - Rychnov nad Kněžnou*)

**Obstacle description:** Start before the line on the first segment. Cross the first and second parts with the help of hands and feet. Reach the final wall without touching the ground and climb over to the other side.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- skip individual segments

### When overcoming an obstacle, it is prohibited:

- use other parts of the obstacle (e.g. structural ropes, ropes, chains on which the segments are suspended) to overcome it, than the designated segments
- to climb the obstacle, use the vertical parts of the structure (stands)
- touch the obstacle with your feet while overcoming its structure
- touch the ground while overcoming an obstacle





## NUNCHUCK TWISTER (OCR Academy)

**Obstacle description:** help the spikes on the rotating segment to move from one side of the obstacle to the other. It starts at the beam on the first segment/pin and ends with the bell

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands to tackle
- it is possible to use the structure of the obstacle to climb the obstacle (on the beam).
- jump off the obstacle behind the beam to the ground

### When overcoming an obstacle, it is prohibited:

- handle on a horizontal bar
- touch the ground inside the obstacle (after standing on the second beam after successfully overcoming it)
- help each other with the side structure
- use more than one track



## ATLAS CARRY (OCR Academy)

**Obstacle description:** transfer of the ball in the marked circle

Mutual aid: **PROHIBITED**

When overcoming an obstacle, it is allowed:

- put the ball on the ground and pick it up again in the same place

When overcoming an obstacle, it is prohibited:

- shortening the track
- rolling ball
- carrying balls above shoulder level





## SKULL VALLEY (OCR Academy)

**Obstacle Description:** Starts on a beam on the first segment. Pre-order with the help of suspended segments. The successful completion of the obstacle is the ringing of the bell.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- only hands are allowed to overcome the obstacle

### When overcoming an obstacle, it is prohibited:

- touch the ground inside the obstacle
- use a chain or attachment of segments
- use the side structure of the obstacle
- use more than one track
- hold suspended boards from above
- forbidden to use legs





## **CAPTAIN HOOK** (OCR Academy)

**Obstacle description:** Starts in front of the line. Hand over with the help of hooks from the initial red tape, ending with a bell. **The competitor must return the hooks to the beginning of the obstacle.**

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- only hand-held hooks are allowed to overcome the obstacle

### When overcoming an obstacle, it is prohibited:

- touch the ground inside the obstacle
- use the side structure of the obstacle
- use more than one track
- hold the hooks in the place where they are colored red
- help yourself other than with your hands (it is not allowed to use your legs)



## CLIMB OVER (OCR Academy)

**Obstacle description:** overcome the upper horizontal log with the help of one of the suspended ropes.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use hands and feet

### When overcoming an obstacle, it is prohibited:

- the use of a lateral obstacle structure
- use of more than one rope





## TREE WALK (OCR Academy)

**Obstacle description:** Starts before the line on the first segment. using ropes and vertical logs to overcome overcome the interior space of the obstacle. The successful completion of the obstacle is the ringing of the bell.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use to overcome hands and feet

### When overcoming an obstacle, it is prohibited:

- touch the space inside the obstacle
- use more than one track
- touch the structure inside the obstacle including the start and end beam
- hold the logs from above or the top plate
- ring the bell with a part of the body other than the hands





## CREAM JUMP

(Predator Race)

**Obstacle description:** overcoming the obstacle in the direction of the arrow, i.e. up, down or in the middle.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use to overcome hands and feet

### When overcoming an obstacle, it is prohibited:

- overcome an obstacle in a direction other than that indicated by the arrow
- use the side construction



## BOARDS (Wild monkey challenge)

**Obstacle description:** The obstacle starts before the line on the first segment, any contact with the ground during the obstacle is considered a failure to overcome the obstacle. The obstacle ends with the hands ringing the bell.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- clinging to the board at the top, using the feet in the holes in the boards

### When overcoming an obstacle, it is prohibited:

- how to use the structure on which the plates and segments hang.
- Do not use ropes/chains on which the segments are suspended.





## LA SEGMENTS (Wild monkey challenge)

**Obstacle description:** The approach to the obstacle is in front of the marked line and starts on the first segment. Any overstepping is considered as an unconquered obstacle. Any contact with the ground during an obstacle clearance is considered a failure. The obstacle ends with the hands ringing the bell.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- Use hands only

### When overcoming an obstacle, it is prohibited:

- however use the structure on which the segments hang.
- Do not use ropes/chains on which the segments are suspended.





## DEADPOOL - INVERSE VALKYRIE (Gladiators Challenge)

**Obstacle description:** Starts on the first circle and in front of the line. The obstacle is overcome only with the hands. The obstacle ends behind the line.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- skip segments

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- using legs on circles
- contact with the ground.



## STAIRWAY-MONKEY (Predator Race)

**Obstacle description:** Hand construction. The competitor handstands successively through each segment (each step) of the obstacle, up and down. The start of overcoming an obstacle is on the first step, and the ringing of the bell with the hands is considered to be overcome.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- skip segments

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- use of legs
- contact with the ground





## WHEELS (Predator Race)

**Obstacle description:** The competitor gradually handles fixed and moving wheels. Only the yellow segments are handled. The ringing of the hand bell is considered to be the overcoming of the obstacle.

Mutual aid: **PROHIBITED**

When overcoming an obstacle, it is allowed:

- use your feet

When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- contact with an obstacle structure





## FLYING MONKEY (Predator Race)

**Obstacle description:** the competitor must jump using his hands to the end of the obstacle. Ringing the bell with the hands is considered a successful tackle

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- use of legs
- handle - the competitor must jump from pole to pole with both hands at the same time



## IRISH BENCH (Predator Race)

**Obstacle description:** The competitor overcomes the yellow segment (wooden log) without using a supporting structure (i.e. scaffolding) from the top.

Mutual aid: **PROHIBITED**

When overcoming an obstacle, it is allowed:

- use only hands and feet

When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle





## WALL 2.5 (Predator Race)

**Obstacle description:** Competitors overcome an inclined wall, classically in the direction of running.

The competitor runs up the incline, grabs onto its top edge, then climbs and jumps to the other side.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands and feet

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- clinging to the side of the wall



## PLATES (Procedure)

**Description of the obstacle:** Overcoming the obstacle by pushing the wooden tiles. The start of overcoming the obstacle is from the floor in front of the line on the first segment. At the end, the competitor must ring the bell with his hand. The plates are held only from the sides and bottom.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- contact of the upper supporting beams
- catch the plates on the upper side





## LIGHT AT THE END OF THE TUNNEL (CHAPS)

**This obstacle is optional and after successfully overcoming it, the competitor gets 1 extra JOKER. However, the competitor may skip the obstacle without penalty.**

**Description of the obstacle:** The competitor must run up the hill along the marked route and take 1 piece of object in a circle, which he will then bring to the volunteer at the obstacle along the same route. He then attaches a bracelet/extra life to him.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use of legs and arms

### When overcoming an obstacle, it is prohibited:

- deviate from the marked route

## DEADPOOL - ROPE JUNGLE (Gladiators Challenge)

**Obstacle description:** Starts on the first segment/rope and in front of the line. The obstacle is overcome only with the hands. The successful completion of the obstacle is the ringing of the bell.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- skip segments

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- use of legs on segments
- contact with the ground



## LOW RIG (Predator race)

**Obstacle description:** Overcoming low rig using hands and feet on different types of segments. Start before the line and end the obstacle by ringing the bell with your hands.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use hands and feet

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- step over the starting line
- grasping the strings on which the segments are suspended



## LOW RIG (Fénix Pilsen)

**Obstacle description:** Overcoming low rig using hands and feet on different types of segments. Start before the line and end the obstacle by ringing the bell with your hands.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use hands and feet

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- step over the starting line
- grasping the strings on which the segments are suspended





## FLYING SEGMENTS (Fénix Pilsen)

**Obstacle description:** Overcoming an obstacle using jumps. Start before the line on the first segment, between segments there must be a flight phase when no hand touches the segment at least for a short moment. Ending the obstacle: by ringing the hand bell

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- step over the starting line
- grasping the strings on which the segments are suspended
- handle the segments in such a way that one hand is held in front of the of the walking segment, i.e. there will be no flight phase



## Iron Mary (Phoenix Race)

**Obstacle description:** Overcoming an obstacle using 2 bars with a hook, in one lane. The beginning of the obstacle in the suspension on the first bar in the first eye, the second bar is ready in the hand.

Completion of the obstacle by hanging one pole in the last eye and ringing the bell with the hands. The competitor returns the poles to their original place

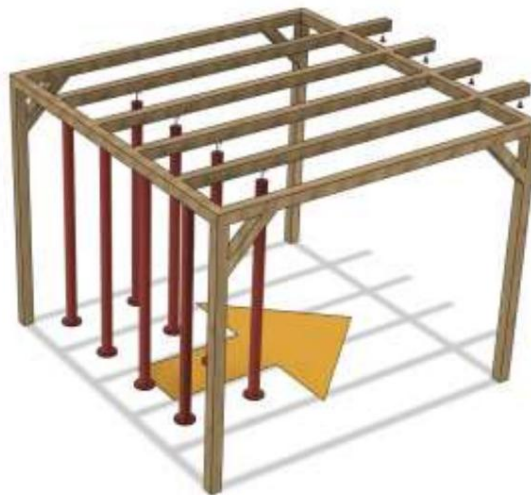
Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use hands and feet
- It is allowed to lean the pole on the ground while overcoming an obstacle

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- Ringing the bell before hanging the rod in the last loop (safety measures)
- step over the starting line





## **BESTIAL WOOD** (Phoenix Race)

**Obstacle description:** Carrying a load around a marked circuit, which will also include overcoming some obstacles with this load.

Mutual aid: **PROHIBITED**

## **Canister** (Fénix Race)

**Obstacle description:** Carrying a load around a marked circuit.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- put the canister on the ground and pick it up again in the same place

### When overcoming an obstacle, it is prohibited:

- shortening the track
- pulling the canister
- carrying the canister above shoulder level

## **Crawling** (Phoenix Race)

**Obstacle description:** Crawling under a defined space.

Mutual aid: **PROHIBITED**

## CATCH YOUR RING (Fénix Race)

**Obstacle description:** The beginning of the obstacle starts on the first segment before the tape using a prepared circle. This is followed by overcoming an obstacle using a flip-up ladder, when the competitor puts a circle in the groove at the beginning of the ladder (part of the structure), and must catch it in his hand after the ladder is flipped over (the circle falls out). This is followed by a transition to a segment and swinging using a circle to a bell.

Ending the obstacle is by ringing the bell.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- Complete an obstacle without catching the circle. Do not place the circle in the groove, but, for example, put it on the elbow. Grasp the anchor to place the circle with your hands.
- step over the starting line





## BALANCE BLOKS (Fénix Race)

**Obstacle description:** Overcoming an obstacle using 2 blocks. The start of the obstacle is both blocks in front of the line. Both feet are on stilts.

The end of the obstacle is both feet on the blocks behind the second line. The competitor returns the blocks to their original place.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is prohibited:

- Touching any part of the body on the ground. Change the position of the blocks - they must remain horizontal position.



## PEG LADDER (Phoenix Race)

**Description of the obstacle:** The beginning of the obstacle starts before the line, the pin in the first groove. This is followed by overcoming an obstacle with the help of pins. Ending the obstacle is by ringing the bell.

Mutual aid: **PROHIBITED**

When overcoming an obstacle, it is allowed:

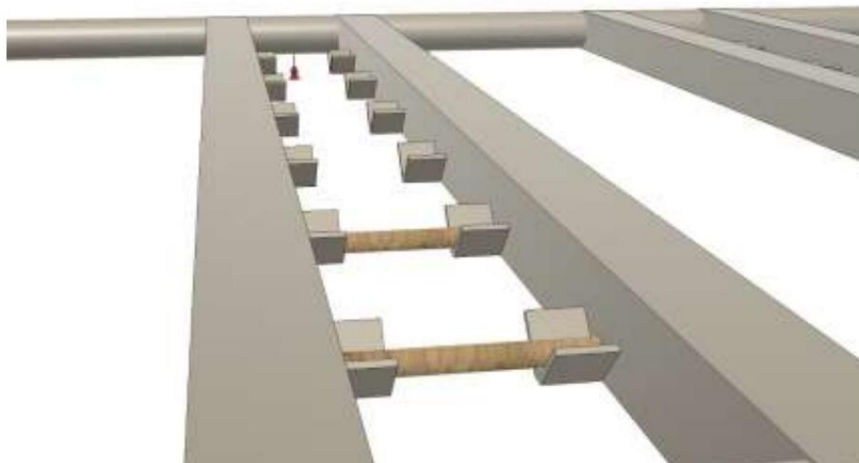
- use only hands

When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- step over the starting line

Rules for the common part of the relays:

- The beginning of the obstacle starts in front of the line, the pin in the first slot by the first competitor.
- None of the competitors may enter the line after the start of the attempt with the first race-chem
- The relay has 4 pins available - mutual assistance is allowed
- The first competitor must not finish the obstacle before the last one starts, otherwise it is considered as failure to complete the obstacle
- The obstacle is finished by ringing the bell
- For not overcoming an obstacle, that competitor loses a bracelet, the other competitors of the relay can continue to try to overcome the obstacle, the relay can thus lose 1-3 bracelets





## PLATES WITH HOOKS (Hunting Race)

**Obstacle description:** Overcoming an obstacle using 2 hooks with a handle into the holes in the board in one lane. The beginning of the hanging obstacle in the outermost holes of the plate. End the obstacle by ringing the hand bell. The competitor returns the hooks to their original place.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands

### When overcoming an obstacle, it is prohibited:

- the use of structural elements of the obstacle
- touch the ground
- step over the starting line



## LOW TRICEPS BAR (Fénix Race)

**Obstacle description:** The beginning of the obstacle starts with both hands in front of the first tape. This is followed by overcoming the obstacle with the hands.

The end of the obstacle is both hands behind the second tape.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only hands

### When overcoming an obstacle, it is prohibited:

- touch the ground
- have only 1 hand behind the belt

## CIRCLES IN OPPOSITION (Stupka)

**Obstacle Description:** The rings will be suspended just above the ground. The goal of the competitor is to get to the other side using circles with hands and feet. The start and end of the obstacle is behind the line.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- touch the circles in any way
- Leaning on suspended ropes is a holiday.

### When overcoming an obstacle, it is prohibited:

- touching the ground in the middle of the lines, touching the structure and holding the ropes



## **WALL** (SDH MUD)

**Obstacle description:** overcoming an obstacle up

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use to overcome hands and feet

### When overcoming an obstacle, it is prohibited:

- overcome an obstacle other than uphill
- use the side construction

## **BEAM** (SDH MUD)

**Obstacle description:** Starts in front of the line. Run over/cross one beam to the end.

The obstacle ends again behind the line.

Mutual aid: **PROHIBITED**

### When overcoming an obstacle, it is allowed:

- use only your feet to cross

### When overcoming an obstacle, it is prohibited:

- overcome an obstacle other than up the beam
- use your hands