

# CHAMPIONSHIP OF THE CZECH REPUBLIC VIII.

**CHOMUTOV 26 - 28 April 2024**



## INTRODUCTION:

Allow us to warmly welcome you to the eighth year of the Championship of the Czech Republic v, which will take place for the first time in the city of Chomutov.

Our goal is to unify and bring you the best that Czech OCR races have to offer. Again, we will try to move the races at least a small step, build on what was successful and improve what was not good. We hope that honest training on the route will bring you emotions, determination and combativeness to keep the bracelet until the finish line. We believe you will like this concept. #OCRUnited

Behind the entire championship lies a lot of effort, sacrifice, diligence and, above all, enthusiasm. So that you can stand at the start and compete with foreign competitors, we have decided to organize this MjR as open again.

Give it your all and see you at the finish line!

*Your jAPS*

## ELIGIBILITY

To compete at the Czech Republic OCR Championship, you must meet the following criteria:

- All competitors must have their race registration properly completed and paid for.
- Competitors competing in the ELITE and AGE GROUP categories must be members of ČAPS. State with the member no later than the day before the race in which in this competitive category rii want to race. • The minimum age to start the race is **15 years for the 12K track, 14 years for the Štafe-those, 12 years for the 100m Stadium and 3K tracks.**
- Athletes under the age of 18 must have the signed consent of their parents or legal guardian column, which is part of the competition conditions (reverse).
- Each athlete must hand in the signed competition conditions upon registration (reverse).
- Athletes competing in age groups (Age Groups) are classified in age-groups according to the age reached in a given year.
- All athletes are responsible for the data provided at registration and are responsible for their correctness. Incorrect or intentionally altered information may lead to disqualification without the right to a refund of the entry fee.
- Competitors may not start in the national jersey. Team, club or any other jersey is allowed. It is not allowed to start without clothes (t-shirt, shorts, etc.).

## SCHEDULE

### Friday - 3K race

- 14:00 opening of the festival arena and registration (priority for 3k competitors)
- 16:00 presentation of the rules for 3K - space by the stage
- 16:30 the start of the race
- **16:30 start ELITE**
  - 16:30 *ELITE men*
  - 16:40 *ELITE women*
- **16:50 start AGE GROUP**

Every other AGE GROUP starts with an interval of 5-15 minutes  
Men's and women's categories start together.

- **17:50 start OPEN**  
17:50 OPEN men + women

**The race limit is 2 hours.**

**19:40 - 20:00 announcement of results**

## Saturday - 12K race

- 07:00 opening of the festival arena and registration (12k competitors have priority)  
08:30 presentation of the rules for 12K - area by the podium  
09:00 start of the race
- **09:00 start ELITE**  
09:00 ELITE men  
09:10 ELITE women
- **09:20 start AGE GROUP**  
Every other AGE GROUP starts with an interval of 10-15 minutes  
Men's and women's categories start together.
- **10:40 start OPEN**  
10:40 OPEN men + women

**The race limit is 3.5 hours.**

**14:00 - 14:30 announcement of results**

## Saturday - Children's race

- 13:00 opening of registrations
- 14:30 presentation of the rules for the children's race - area near the podium
- 15:00 the start of the race
- **15:00 start of the children's race**  
15:00 category 10-13 years  
16:30 category 7-9 years  
category OPEN 5:00 PM

**The race limit is 1 hour.**

**18:00 announcement of results**

## Saturday - 100M Stadium Qualification

- 16:00 opening of registrations
- 18:30 for the presentation of the rules - area near the stage
- 18:40 the start of the race

*The race limit is 3 minutes.*

## Sunday – Relays

- 07:00 opening of the festival arena and registration
- 08:30 presentation of the rules - area near the stage
- 09:00 start of the race

- **10:00 Start MEN**

- **10:30 Start MIX**

- **11:00 Start WOMEN**

*The race limit is 2.5 hours.*

**13:20 announcement of results**

## Sunday – 100M Stadium FINALS

- 12:00 opening of the festival arena and registration
- 13:50 presentation of the rules - area near the stage
- 14:00 the start of the race

*The race limit is 3 minutes*

**15:30 results announcement**

*The organizer reserves the right to change the timetable.*

*In the event that there is a change in the schedule, we will inform you through the moderator of the race.*

## REGISTRATION

- Competitors pick up the start package on the day of the race / the day before the race, but priority is given to competitors on that day / in advance, **no later than 1 hour before their start.**
- Racers with an earlier start have priority.
- When picking up the registration, the competitor is required to present proof of identity.
- **This year, the starting conditions (reverse) are already signed with an electronic confirmation during registration - there is no need to print anything.**
- If "yes" is not indicated for the competitor in the "payment" column on the start list, it is necessary to present proof of payment of registration, proof of transfer of registration, or pay it on the spot, without which it is not possible to issue a start package.
- During the pick-up of the start package, each competitor must receive a paper wristband (3x paper wristbands according to the race category). He will not be allowed to start without these wristbands.
- **New registration** will be available for purchase on the spot on the day of the race without guarantee of receiving a complete start package and finisher's souvenir.
- If the wristband tears before the start of the race, it must be brought to the registration desk and exchanged for a new one.
- **Children's registrations** can be picked up by a legal representative, other registrations cannot that pick up no one other than they have a tel registration.
- The start package contains a start chip, race information and promotional materials.

## OCR RACING CODE

- Familiarize yourself with the rules of the race and follow them.
- Adhere to the original intent of the rule even if it can be interpreted by several ways.
- Be responsible for your safety and the safety of others.
- Competitors, volunteers, spectators, judges and organizers are asked to act politely.
- Do not behave in a derogatory, inflammatory or mocking manner towards others by him.
- Not trying to unfairly gain advantages over other competitors.
- **Do not try obstacles outside the race!**
- Be respectful of nature and the surrounding landscape, leave all waste in those specified.
- Do not use any means that are on the WADA (World Anti Doping Agency) list of prohibited substances.
- Provide assistance to another competitor in case of injury.

## RACE RULES:

### START

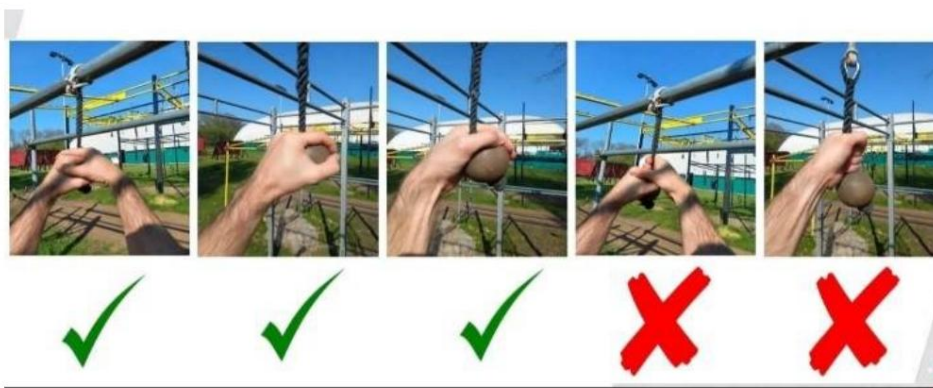
- Competitors must report to the start area 10 minutes before the start of their wave corridor.
- You can find out the time of the start wave in the start list.
- It is forbidden to start in a wave other than the one assigned.
- Each competitor will pass a check before entering the starting corridor.  
The competitor may no longer leave the corridor before the start.
- A competitor who does not have wristbands will not be allowed to start.
- A competitor wearing a national jersey will not be allowed to start.
- Each competitor must wear wristbands visibly throughout the race.

### STARTING NUMBER

- During the control and sorting into the starting corridor, the competitor is written serial number.

### GENERAL RULES FOR OBSTACLES

- Unless otherwise specified in the obstacle rules:
- Starts before the line and on the first segment • Segments can be skipped
- Ends with a bell or behind the line • Some obstacles will have a special pink bell for women in the Age group
- The entire obstacle is for the use of hands or hands and feet only
- If a competitor uses a mobile segment to overcome an obstacle, it must always be returned to the original place/starting position after the attempt
- Segments can only be caught according to the given graphic (see below)



## ELITE VS. AGE

### ELITE

- Only one attempt at the obstacle
- Penalty circle at the finish line (for each lap the competitor gets a bracelet)
- 2x JOKER (3 bracelets in total)
- Common bells for men and women

### AGE

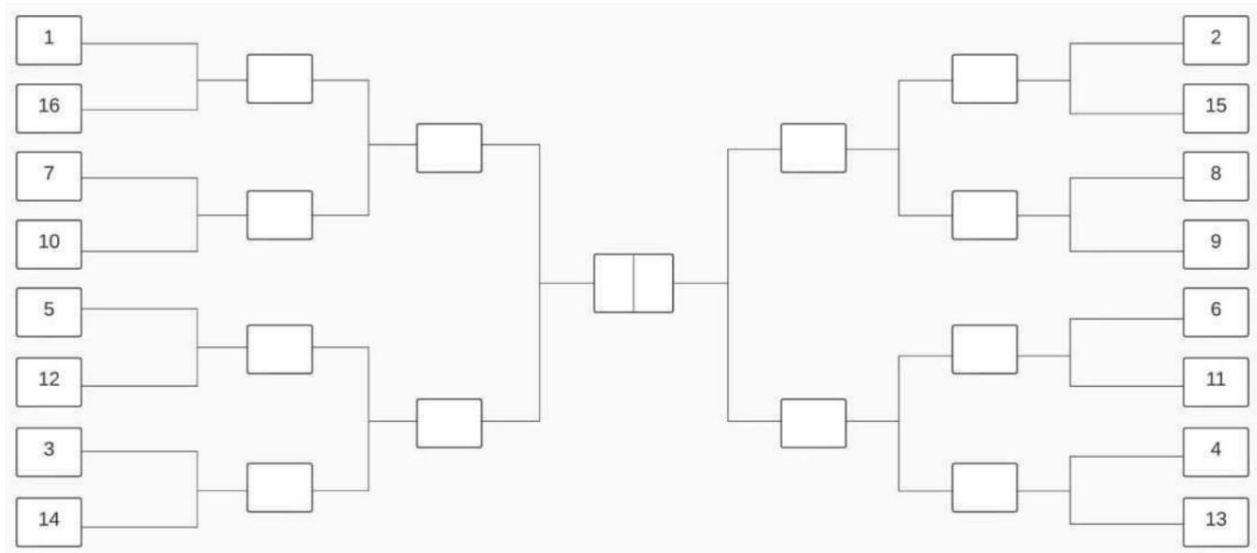
- Unlimited attempts
- Penalty circle at the finish line (the competitor gets a bracelet for each lap)
- 2x JOKER (3 bracelets in total)
- Pink bells for women

### RELAYS (all categories)

- Only one attempt at the obstacle
- Penalty circle at the finish line (the entire relay runs one lap for each lost bracelet)
- 2x JOKER (a total of 3 bracelets) on each section, i.e. a total of 6x JOKER on the relay (a total of 9 bracelets)
- Common bells for men and women
- There are only categories Men, Women, Mix - that is, if a junior/junior starts in one of these categories, they compete according to the same rules as an adult, including weights and other strength obstacles.

### 100m

- There are two attempts at each obstacle, but before the second attempt the competitor must run the obstacle to the end and only then return to the start
- In the event of an unsuccessful second attempt at one obstacle, the race ends and the competitor must leave the track immediately
- The top 16 (or 8) best in the category qualify for the elimination, draw according to the times achieved in the qualification below



## Children's race

- Same rules as Age group.
- Children do not start in a wave, but individually in intervals

## OBSTACLES

- All obstacles are **mandatory** for the **ELITE** and **AGE GROUP** categories.
- A mandatory obstacle can be omitted by surrendering the "JOKER" bracelet if the competitor is unsuccessful in overcoming it, but the competitor **MUST** make a valid attempt.

See the BRACELET chapter for more.

- **Competitors in the ELITE category have only one attempt per obstacle**
- **Competitors of the AGE GROUP category may repeat attempts to bucking the obstacle** (until the end of the race time limit), however, it must be repeated attempt to give priority to the competitor who runs on the first attempt, or use vat RETRY LINE if marked.
- Athletes of the **OPEN category may repeat attempts to overcome the obstacles or obstacles** (until the end of the race time limit), however, they must during a repeated attempt to give priority to the competitor who runs to the first piece, or use the RETRY LINE if it is marked.
- The race includes a special voluntary obstacle called "**LIGHT AT THE END TUNNEL**", which, upon overcoming it, will bring the competitor 1 JOKER an extra bracelet.
- **100m** – there are two attempts at each obstacle

### BRACELET

- Each competitor starts the race with all prescribed wristbands.
- The competitor will receive a total of 3 wristbands and the last one must not come, otherwise he is led as DNQ
- Before starting the obstacle, the competitor must have visible wristbands.
- Covering or deliberately concealing wristbands at an obstacle leads to disqualification.
- A competitor who completes the race without a wristband uses the corridor of the finish line **"WITHOUT A WRIST"**. A competitor who finishes the race with a wristband uses the corridor **"WITH BRACELET"**.
- A competitor who finishes the race with a wristband will receive an exchange silicone wristband as a trophy at the finish line.
- Wristbands may not be removed by anyone other than a referee or volunteer to whom on the track, or at the finish line.
- Report the loss of the bracelet immediately.
- A competitor who completes a race without a wristband is placed in the row of his "finished without a wristband" category and is not eligible to compete in the overall championship standings and is not eligible for a silicone wristband.
- Using the "JOKER" wristband means cutting off the wristband of a competitor who is unable to overcome the given obstacle, such a competitor is still in the game for the overall ranking.

*The use of the "JOKER" wristband means an additional penalty in the form of a penalty running lap before the finish line, or a time penalty.*

*Distribution of wristbands by race / category (the organizers reserve the right to change colors before the race):*

<b>3K</b>	Náramek závodu a kategorie
ELITE	Červená
AGE	Žlutá
OPEN	Tyrkysová
<b>12K</b>	
ELITE	Modrá
AGE	Černá
OPEN	Zelená
<b>ŠTAFETY</b>	
	Fialová
<b>KIDS</b>	
7-13 let	Oranžová

# RELAYS

## RACE RULES

All three team members must complete their individual part of the race in accordance with the general rules and regulations!

## STARTING NUMBER

Before the first member of the team enters the start corridor and before the competitors are divided into handover zones, a start number is written on each competitor of the team.

## BRACELET AND CHIP

- Each competitor in the team will start their part of the race with 3 wristbands. • If any member of the team loses all wristbands in their section of the race, the entire team is ranked in the order of their "finished without a wristband" category and is not eligible to compete in the overall championship standings. • If a competitor keeps his wristbands after the individual section, he can use them on the joint section only for himself, the joker cannot be used for another member of the relay team
- The entire relay runs one lap for each lost bracelet, i.e. up to six laps
- The team that finishes the race with a wristband will receive a silicone wristband as a trophy at the finish line.
- One chip is designated for each team, which members pass to each other in designated handover zones.

## START

- The competitor of the first section must be at the starting line at least 10 minutes before the start of the corridor.
- Other team members must be ready in time in the designated handover zone for their section.

## TRANSMISSIONS

- Competitors of other sections stay in the designated handover zones. • Competitors must change only in designated zones where they pass the chip to the next team member. • The chip always has an active team member with him = i.e. he runs his part of the race.

## OBSTACLES

- All obstacles are mandatory. Each relay receives two JOKERS for each leg. • This means that the competitors must overcome all mandatory obstacles. • Competitors on common obstacles MUST use only one lane.

## SECTIONS

The track will be divided into four sections:

- **individual**
  - Speed
  - Strong
  - Technical
- **common**

## HELP • Team

members may not help each other with obstacles, except for the last part with predefined rules for relays - teamwork. • In the common part, i.e. when running into the finish corridor, competitors from one

teams must not be more than 10m away from each other!

- One lost JOKER means one handicap for the whole team (running circuit).

# RACE RULES

## PENALTY

- Handicaps are in the variant of a penalty running circuit, or a circuit with carrying a load.
- What a lost JOKER, that's one handicap (running circuit). • Handicap must be performed even if the race bracelet is lost.

## BEHAVIOR AT THE OBSTACLE

- The competitor has unlimited attempts to overcome the obstacle until he finishes his pieces and won't have the bracelet removed or use the "JOKER" bracelet.
- A competitor must not in any way limit, obstruct or intentionally make another's attempt difficult competitor.
- Resting, sitting down, blocking or other activity preventing the smooth transfer of the action of the obstacle is prohibited.
- A competitor may not cross from one track to another. The referee or volunteer may allow this in exceptional cases. All relay competitors must always use one selected track during the common section.
- Each attempt at an obstacle starts according to the rules of the obstacle, pay attention to the instructions of the volunteer/judge.
- Successfully overcoming an obstacle means completing the obstacle according to the given rules - see obstacle rules.
- Newcomers have priority over repeaters at the obstacle.
- Competitors who repeat attempts line up - overtaking is prohibited.

## EXTERNAL HELP

- The definition of external assistance is the acceptance of material or personal assistance from competitors or spectators during a race.
- Athletes may not accept assistance from anyone else during the race. Except for first aid in case of injury.
- Mutual assistance of competitors is prohibited except for the OPEN category and the common part team race.
- Competitors may not accept food or drink except for official refreshments stations.

## TRACK AND MARKINGS:

- Athletes must stay on the marked route throughout the race and follow the instructions or signs on the course. Shortening the track is prohibited and may lead to disqualification.
- A slower competitor must not impede a faster one on the route.
- Each race route has its own set of streamers, which will be presented in the pre-race briefing and must be paid attention to during the given race. If there is a problem on the track, tell the nearest volunteer.
- Medical personnel are present at risk points continuously on the track.
- There may be directional arrows on the track for better orientation.
- Time limit for 3K is 2 hours.
- Time limit for 12K is 3.5 hours.
- Time limit for 100m Stadium is 3 minutes.
- The time limit for Relays is 2.5 hours.
- Time limit for KIDS is 1 hour.
- Before the goal you will be asked to check the "JOKER" bracelet - every use of this bracelet can save you, but at the same time it will be penalized by a penalty circle. The number of penalty circles corresponds to the number of used JOKER bracelets. You may run across the finish line only after completing the relevant penalty.
- Target - the target area is divided into two lanes - WITH BRACELET and WITHOUT BRACELET. Follow this label depending on whether or not you have a race wristband. If you have the bracelet, follow and chip in the corridor and vice versa.

## FOOTWEAR, EQUIPMENT, FOOD

- Stiletto shoes are PROHIBITED ALL WEEKEND. Please note that the track will lead partly on asphalt.
- Sneakers, cleats, soccer cleats, other shoes with sharp spikes are prohibited.
- Wands, hand hooks are not allowed.
- It is forbidden to use magnesium, whether loose or liquid, handball glue, resins, wax, etc.
- It is allowed to use gloves or finger bands (protective, not double-sided adhesive), protectors, goggles, water bag.

- Competitors may bring food and drink for their own use.
- All the equipment with which the competitor starts must also be brought to the finish line. It also overcomes obstacles with all the equipment. It is not allowed, for example, to put down a water bag in front of an obstacle.
- **Littering is strictly prohibited!!!! If a competitor is caught throwing trash outside the trash can, he will be disqualified from the race.**

## TIMING & RESULTS

### THE TIMER

- The competitor's time will be recorded using chips.
- At the finish line, the competitor must enter the resulting time according to whether or not he has a mek of the race.

### THE RESULTS

- Race results will be published on the Irontime.cz website
- The results are divided according to the category in which the competitor starts, to "finished with frame" and "finished without a bracelet".

## PROTEST

### FILING OF PROTEST

- Submission of a protest is possible within 60 minutes after the completion of the race in writing to by the plant director (Zuzana Třebická).
- When filing a protest, a deposit of CZK 800 must be made. In the event of a violation of the rules, the deposit is returned.

## RACE CATEGORY MýR 2024

- Category starts can be unified according to the number of registered competitors. •  
Final results will be without merged categories

### **RACE 3K •**

#### **Race category:**

**14-16 / 17-19 / 20-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50+ / ELITE**

- **Test category for ME: 12-13**  
**International wave - announcement of the best competitor**
- **OPEN - without announcement of results**

### **RACE 12K •**

#### **Race category:**

**17-19 / 20-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50+ / ELITE**

- **International wave - announcement of the best competitor**
- **OPEN - without announcement of results**

### **RACE 100 m •**

#### **Race category:**

**Men - 3 men**

**Women - 3 women**

- **International wave - absolute order**

### **RELAY RACE •**

#### **Race category:**

**Men - 3 men's teams**

**Women - 3 women's teams**

**MIX - Top 3 teams (at least 1 woman in the team)**

- **International wave - absolute order**

### **THE KIDS RACE**

- **Race category: 7-9 / 10-11 / 12-13**
- **International wave - announcement of the best competitor**
- **4-6 - without announcement of results**