Federation Internationale de Course á Obstacle | World OCR
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WOCRF | DEVELOPED RACE FORMATS

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ARTICLE 1 – PREAMBLE

1.1 REGULATION OF THE SPORT

The World Obstacle Course Running Federation (hereinafter referred to as "WOCRF"), operating under the legal name Federation Internationale de Course à Obstacle, is the standalone global sports governing body for the sport of obstacle course running (OCRUNNING - also abbreviated as OCR - hereinfafter, OCR), including Para-OCR, and its virtual sport variants.

WOCRF is an international sports association with its seat in Lausanne, Switzerland. The duration of WOCRF shall be unlimited.

1.2 PURPOSE OF THE SPORTS GOVERNING BODY

The purpose of WOCRF is to unify and support obstacle course running associations and federations worldwide through the development of a clear framework of standards for the sport, provision of services that ensure fair competitions, without compromising the untamed essence of obstacle course running. The mission of WOCRF is also to ensure the continuity of the sport of obstacle course running (also referred to hereinafter “OCR”) in all its existing and future formats and variants, preserving its history and tradition while fostering its growth and evolution of OCR.

More precisely, WOCRF is established to:
- act as an official world governing body for OCR, para-OCR and its virtual sport variants, as defined by WOCRF;
- protect the goodwill and intellectual property of the sport of OCR;
- control, regulate, supervise and direct OCR in all its forms, all its age groups, and in every country worldwide;
- adopt, formulate, issue, interpret, implement and amend the rules (including the official rules of the sport) and regulations necessary for the control and conduct of all official OCR, and all amateur-level International OCR competitions (hereinafter, Recreational OCR, or R-OCR) throughout the world;
- license and/or endorse the organization of international OCR competitions;
- allocate the organization and control the conduct and administration of all official international (World and/or Continental-level) Championships, World Cups, World Series, or any other international-level competitions for OCR;
- promote the sport of OCR and para-OCR in all its variants - including virtual-variants – as a standalone sport, serve as the worldwide governing body of it, and codify its rules;
- promote the recognition of OCR as the world’s leading mass participation version of all existing obstacle sports;
- cooperate with organizations that pursue the same goals as WOCRF, as long as the cooperation is the direct interest of its members;
- organize, supervise, and coordinate meetings, conferences, congresses, events, and activities related to raising the awareness and promotion of the sport of OCR;
- promote in particular the following values:
(i) integrity, passion, inclusion, and ambition;
(ii) health and sports education and personal development through sport;
(iii) sportsmanship and fair play;
(iv) support of anti-doping measures including via compliance with the WADA Code;
(v) support of best practice, integrity and sport development;

(vi) equality, irrespective of race, color, sexual orientation, ethnicity, language, religion, politics, family situation, ability or disability;
- provide transparent governance for OCR;
- support the ideals of the Olympic movement;
- peace through common sports interests, activities and cooperation;
- carry out the functions as follows:
(i) be responsible for international relations regarding the representation of OCR, represent the organization of WOCRF – and its members - in the relation with all relevant sports and/or legal authorities, including - but not limited to - the International Olympic Committee (IOC), the Global Association of International Sports Federations (formerly GAISF, now Sport Accord), the Association of Summer Olympic International Federations (ASOIF), the Alliance of Independent recognized Members of Sport (AIMS) , the Association of International Olympic Winter Sports Federations (AIOWF), or any other relevant international organizations;
(ii) support the participation of athletes at international OCR sporting events, provide services to their members and athletes, including dispute resolution and education;
(iii) own the rights to the competitions that they organize or license to third parties, in particular the rights to announce, organize and arrange any and all international OCR sports competitions, to broadcast, record and commercially exploit them via television, radio or any other electronic-digital technology, and to commercially exploit advertising and marketing rights to such competitions.

ARTICLE 2 - DEFINITION OF THE SPORT

OCR, or OCRUNNING, is a sport that combines running with the navigation of obstacles. It places emphasis on running, utilizing obstacles as additional challenges to test the athletes' endurance, running speed, obstacle agility, and strength. These aspects make it a unique blend of athletics and skill-based sports. Standardized obstacle designs and distances ensure fairness and consistency across events, distinguishing OCR from similar obstacle sports.

2.1 COMPETITIVE OCR

In its competitive format, OCR introduces a unique time-penalty-based scoring system that properly takes in consideration both running and obstacle efficiency, providing a comprehensive measurement of an athlete's performance. Furthermore, the competitive format includes standardized obstacle designs throughout all events and championships, ensuring proper consistency and fair competition across world-level sporting events.

2.2 RECREATIONAL OCR

In its recreational format, OCR serves as an amateur-level sport, designed to make running a more challenging and engaging sports activity. The inclusion of obstacles adds variety and excitement to the running experience, making it far more appealing to participants than conventional running competitions. This format encourages individuals to overcome obstacles at their own pace, fostering inclusivity and accessibility across all fitness levels, and ages.

Amateur-format competitions play a crucial role in the development of OCR as a worldwide sport. These competitions serve as a platform to promote the sport and attract a younger generation of athletes. By providing opportunities for individuals to participate and compete in OCR events at the amateur level, the sport can continue to grow and thrive on a global scale. They are the foundation for widening the athlete selection pool for the professional aspect of the sport,

Competitive OCR. These events provide a breeding ground for identifying and nurturing talented athletes who may transition to the professional level, contributing to the growth and competitiveness of the sport worldwide.

ARTICLE 3 – DEVELOPED RACE FORMATS

Short distance races (60 m, 80 m, 400 m, 3000 m), and those exceeding 3 km, are categorized into two distinct groups.

STANDARDIZED FORMATS UP FOR SPORTS RECOGNITION

The first group (60 m, 80 m, 400 m, 3000 m) comprises formats that are immediately up for sports recognition, characterized by standardized formats and obstacles throughout competitions, essential for gaining official recognition. The second group includes competitions spanning from 3 km up to 15 km, which will be developed in Stage 1 (between 2025-2028) and governed as competitive and amateur races, respectively.

3.1 STANDARDIZED OCR COMPETITION FORMATS

Enumerated below are the standardized race formats developed in alignment with the 3-year strategy for the recognition of OCR as a sport (2025-2028):

3.1.1 OCR60

Exclusively for indoor events, featuring individual, head-to-head competition format. Suitable for Indoor Sporting Event Halls during October – March. Standardized format and obstacles.

3.1.2 OCR80

Suitable for both indoor and outdoor events, featuring individual, head-to-head competition format. Designed for standard football fields during April – September. The OCR80 layout can be linear (80m), or split (40m+40m) Standardized format and obstacles.

3.1.3 OCR400

Designed for outdoor events, offering individual, team relay, military individual, and military team relay formats in a head-to-head competition setup. Configured for use around 400m athletic tracks, or on other approved surfaces. Standardized format and obstacles.

3.1.4 OCR3000

Designed for outdoor events, offering individual format, team relay, military individual format, military team relay format, and timed-start waves.

The distance of this race shall be a minimum of 3000 m, and may exceed the total distance by +10% maximum, due to race competition characteristics and terrain conditions.

Carrying distances are considered obstacles; their length is not included in the calculated course length. Crossing water is not considered an obstacle.

OCR3000 race organizers may configure each event's track by selecting specific standardized versions of Type-1 (Technical), Type-2 (Skill), and Type-3 (Mandatory) obstacles from the official Standardized Obstacle Catalog, which contains an approved set of obstacle designs and specifications.

3.2 DEVELOPING OCR COMPETITION FORMATS

The following formats will be developed as amateur-level competitions during the 3-year strategy, allowing usage of non-standard obstacles on the course:

3.2.1 MID DISTANCE OCR EVENTS

Above 3km , up to 8 km.

3.2.2 LONG DISTANCE OCR EVENTS

Above 8km, up to 15 km.

3.3 RULES AND CATEGORIES OF DEVELOPING RACE FORMATS

Race distance	Type of race	Race specification
60 m indoor (October – March)	**Individual race** • Top 16 athletes compete in pairs in a direct elimination system • Podium: absolute 1-3. men and women • Age group results according to the Age Group categories (except for the absolute 1-3. racers), the first 3 men and women in each age group	• Straight or U-shaped track • Competitive sport category • Obstacles specified by the international federation • 2 attempts per obstacle, after the 2nd mistake, the athlete is disqualified from the race (DSQ) • Minimum age: 12 years
80 m indoor or outdoor (April– September)	**Individual race** • Top 16 athletes compete in pairs in a direct elimination system • Podium: absolute 1-3. men and women • Age group results according to the Age Group categories (except for the absolute 1-3. racers), the first 3 men and women in each age group	• Straight or U-shaped track • Competitive sport category • Obstacles specified by the international federation • 2 attempts per obstacle, after the 2nd mistake, the athlete is disqualified from the race (DSQ) • Minimum age: 12 years
400 m	**Individual race** **Military individual race**	• 400 m athletic track

Race distance	Type of race	Race specification
	• Top 16 athletes compete in pairs in a direct elimination system • Podium: absolute 1-3. men and women • Age group results according to the Age Group categories (except for the absolute 1-3. racers), the first 3 men and women in each age group **Team Relay - 3 athletes** **Military Team Relay - 3 athletes** • Podium based on time results of the teams: absolute 1-3. men, absolute 1-3. women, absolute 1-3. mix teams	• Competitive sport category • Obstacles specified by the international federation • 2 attempts per obstacle, after the 2nd mistake, the athlete is disqualified from the race (DSQ) • Team relay: 3x400 m relay • 2 attempts per obstacle per each athlete, after the 2nd mistake, the athlete is disqualified from the race (DSQ), and therefore the team is disqualified from the race and it will not be timed • Men team – 3 men • Women team – 3 women • Mix team – 2 men or, 1 woman or, 2 women and 1 man • Minimum age is 12 years both in individual race and team relay
3000 m **(+maximum 10%)**	**Individual race** **Military individual race** • Elite podium: 1-3. men and women • Age group results according to the Age Group categories), the first 3 men and women in each age group **Team Relay - 3 athletes** **Military Team Relay - 3 athletes** • Podium based on time results of the teams: 1-3. men, 1-3. women, 1-3. mix teams	• Competitive sport category • Obstacle types are specified by the international federation, with organizers selecting from the World OCR Standardized Obstacle Catalog. Within each category, multiple standardized obstacle options are available, allowing organizers to configure the OCR3000 track by choosing from approved variations in the prescribed number. • Elite and Age Group waves • Elite waves: 1 attempt per Type-1 and Type-2 obstacles, time-penalty in case of failure • **During the race, the ELITE athlete has the possibility of a maximum of 2 (two) failures on Type-1 Obstacles.**

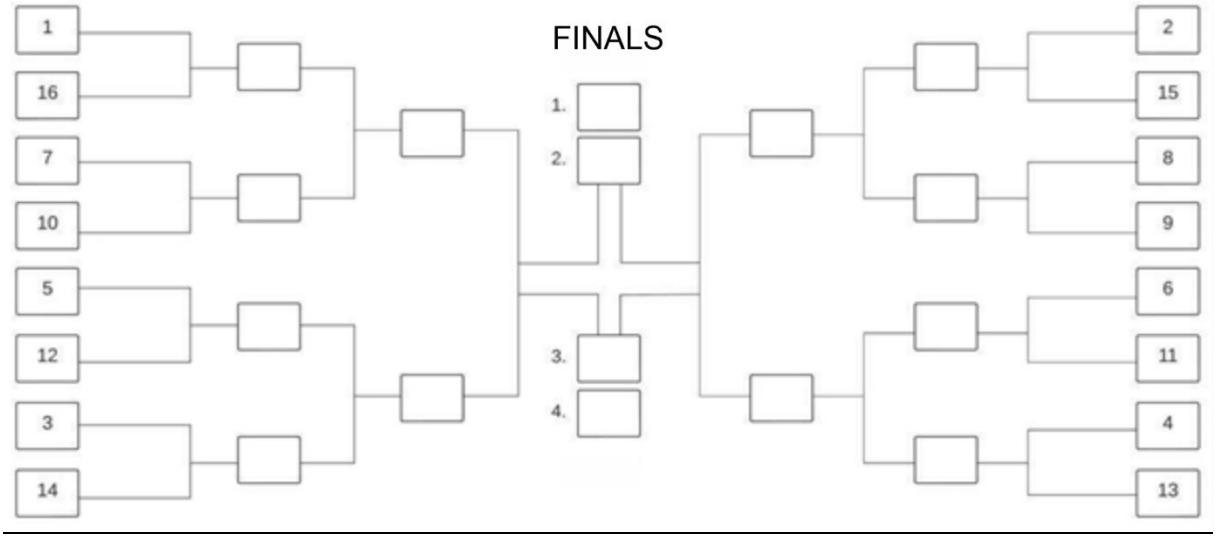
Race distance	Type of race	Race specification
		In case of 3 (three) failures, the athlete will be disqualified (DSQ). • Age Group waves: 2 attempts per Type-1 and Type-2 obstacles, time-penalty in case of failure • Minimum age is 15 years in Elite category • Minimum age is 12 years in Age Group category • Team relay: 3x3000 m relay, then maximum 100 m co-operative part with co-operative obstacles • The rules of team relay are the ones of the individual Age Group category rules • Team relay: the 3 team members complete different obstacles on the 3000m course (e.g. technical obstacles / strength obstacles / running-based obstacles) • Minimum age is 15 years in team relay
Races over 3 km • **3-8 km mid distance** • **8-15 km long distance**	• It is determined by the actual race organizer, in accordance with the race-organizing regulations of the federation • As regards obstacles, the race-organizing regulations must be complied with (in particular safety requirements, etc.)	• Leisure sport category • The obstacles can be freely chosen by the race organizer • It is not mandatory to organize Elite waves • If Elite wave is organized, then the Elite wave athletes compete according to the rules of the OCR3000 Elite races • It is mandatory to organize Age Group waves, according to the rules of the 3000m Age Group races

60 M / 80 M / 400 M

In the 60 / 80 / 400 m races, there is no difference between Elite and Age Group athletes, and all athletes run for the prizes. The 60 / 80 / 400 m races are organized based on absolute ranking. In order to reach the top 16, the time result counts (each athlete has 2 runs). The top 16 athletes compete against each other in a direct elimination system (2 athletes / race, athlete no. 1 with athlete no. 16, athlete no. 2 with athlete no. 15, etc.) The best 3 men and 3 women in the absolute category stand on the podium.
Athletes who do not reach absolute 1-to-3 places at the 60 / 80 / 400 m races, will be evaluated in Age Group categories: age group results are also aggregated, the first 3 men and women in each age group are considered as age group winners.

In the 60 / 80 / 400 m races, the athletes have 2 attempts per obstacle, after the 2nd mistake the athlete is disqualified from the race and will not be evaluated. There is a time limit for completing the 60 / 80 / 400 m race. Completing beyond the time limit will result in disqualification, the athlete will not be evaluated in the race, and his / her result cannot be included in the race results. After the expiration of the time limit, the athlete must leave the track. The time limit will be specified for each type of event, once the OCR Competitions Rulebook is published.

Diagram of the direct elimination races of the top 16 athletes:



3000 M

The OCR 3000 format shall include altogether a minimum of 22 and a maximum of 28 obstacles chosen from the World OCR Standardized Obstacle Catalog, in the following proportion:

- *Type-1 obstacles (Technical obstacles):*

Hanging and combined (technical) obstacles – Standardized OCR rigs, 6x6m and 6x4m.
The race organizer shall choose 8 (eight) - 10 (ten) OCR rigs of Type-1 obstacles from the Standardized Obstacle Catalog.

- *Type-2 obstacles (Skill-type obstacles):*

Skill-type obstacles include, in particular target shooting, balance, throwing balls or other objects.
The race organizer shall choose 6 (six) - 8 (eight) numbers of Type-2 obstacles from the Standardized Obstacle Catalog.

- *Type-3 obstacles (Mandatory obstacles):*

Mandatory obstacles include, in particular carrying different objects, hurdles, crawling, or walls.
The race organizer shall choose 8 (eight) - 10 (ten) numbers of Type-3 obstacles from the Standardized Obstacle Catalog.

Each obstacle category (Type 1, 2, and 3) in the World OCR Standardized Obstacle Catalog includes a range of approved obstacles from which organizers may choose. Selecting from this range enables proper balancing of the final track layout, ensuring appropriate progression and difficulty throughout the event. The final configuration of selected obstacles from the World OCR Standardized Obstacle Catalog for the OCR3000 event must be submitted for approval to the World OCR Technical Committee no later than 30 days before the date on which the competition is planned to take place.

ELITE (PRO Athletes)

Prominent athletes who want to compete among the best in OCR sport. **The minimum age limit for the Elite category is 15 years. The ELITE category is a category evaluated from the point of view of OCR as a competitive sport.**

The rules of the ELITE category in the 3000m race:

- *Type-1 obstacles (Technical obstacles):*

The ELITE category has 1 (one) attempt at Type-1 obstacles. The start of the obstacles starts from the platform and is considered completed by ringing the bell. In the event of a failure, the obstacle is considered NOT COMPLETED. In case of an obstacle NOT COMPLETED, a penalty time will be added to the athlete's time.

- *Type-2 obstacles (Skill-type obstacles):*

The athlete can attempt the Type-2 obstacles 1 (one) time, in case of failure, a penalty time will be added to the athlete's time.

- *Type-3 obstacles (Mandatory obstacles):*

The mandatory obstacles can be attempted by the athlete as many times as necessary, but he / she cannot continue without overcoming the obstacle.

During the race, the ELITE athlete has the possibility of a maximum of 2 (two) failures on Type-1 Obstacles. In case of 3 (three) failures, the athlete will be disqualified (DSQ).

A time limit is set for ELITE male and female athletes to complete the races, within which the athlete must arrive at the finish line (including the time of any time penalties). In case of reaching the finish line beyond the time limit, the athlete is disqualified, and his / her result cannot be evaluated in the race.

AGE GROUP (AG)

Intermediate racers who want to test themselves in age groups at races.

The rules of the AGE GROUP category in the 3000 m race:

- *Type-1 obstacles (Technical obstacles):*

The AGE GROUP category has 2 (two) attempts at Type-1 obstacles. The start of the obstacles starts from the platform and is considered completed by ringing the bell. In the event of a failure, the obstacle is considered NOT COMPLETED. In case of an obstacle NOT COMPLETED, a penalty time will be added to the athlete's time.

- *Type-2 obstacles (Skill-type obstacles):*

The athlete can attempt the Type-2 obstacles 2 (two) times, in case of failure, a penalty time will be added to the athlete's time.

- *Type-3 obstacles (Mandatory obstacles):*

The mandatory obstacles can be attempted by the athlete as many times as necessary, but he / she cannot continue without overcoming the obstacle.

A time limit is set for AGE GROUP male and female athletes to complete the races, within which the athlete must arrive at the finish line (including the time of any time penalties). In case of reaching the finish line beyond the time limit, the athlete is disqualified, and his / her result cannot be evaluated in the race.

AGE GROUP categories, female, male for all race types (60 / 80 / 400 m and 3000m):

Junior I.	12-13 years old
Junior II.	14-15 years old
Junior III.	16-17 years old
Junior IV.	18-19 years old
Adult I.	20-24 years old
Adult II.	25-29 years old
Adult III.	30-34 years old
Adult IV.	35-39 years old
Masters I.	40-44 years old
Masters II.	45-49 years old
Masters III.	50-54 years old
Masters IV.	55-59 years old
Masters V.	60+ years

The age is calculated according to the year reached on December 31 of the given calendar year, except for

- the minimum age in the Age Group category, which is 12 years of age on race day, and
- the minimum age in the Elite category, which is 15 years of age on race day, and
- the minimum age in the 3000 m team relay, which is 15 years of age on race day.

OPEN

In the 60 / 80 / 400 m races and the 3000m race, athletes can also compete in the OPEN category.

Open athletes are beginner racers who want to try OCR races and obstacles, but would like to do so for fun, without stakes and without penalty tasks and rules. Any number of obstacles can be faulted during the races, the obstacles can be attempted any number of times.

In the 60 / 80 / 400 m races, the athlete can stay on the race track within the specified time limit. There is no time limit for the athlete in the 3000 m event.

In OCR races, this category means starting in the OPEN waves. Athletes do not have results in this category, they are not evaluated or awarded.

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