



Rulebook

OCR Series Indoor Championship

Official rules and regulations for the OCR Series Indoor Championship

Published by Strong Viking Group B.V.

This rulebook is only valid for the OCR series events.



Page intentionally left blank



List of contents

Section 1 General:	4
Section 2 Participation:	5
Section 3 Indoor Championship:	7
Section 4 Complaints:	9
Annex A: The event 26-01-2019:	10
Annex B: Events explained:	11
Annex C: Glossary:	28
List of changes:	29



Section 1 General:

- a) **OCR series:** OCR series consists of several events in a season. The Indoor Championship is a single event in season 3 of the OCR series. For this event is a separate rulebook. This rulebook contains all the rules that belong to the OCR series indoor championship. For any questions please first check the FAQ on www.ocrseries.com or email to: info@ocrseries.com
- b) **Behaviour:** All OCR series competitors are expected to act in a sportive manner towards themselves and each other. Sportsmanship is defined as compliance with general rules of conduct and decency. Athletes are accountable for their behaviour. Offensive, discriminating or aggressive will not be tolerated.
- c) **Pollution:** As the organisation is responsible for the cleanliness of the terrain it counts on all athletes not to litter and to use the provided bins. Clothing and equipment shall not be left unattended. Unattended clothes and gear will be disposed of.
- d) **Damage:** It is not allowed to damage any items on purpose that are related to the organisation and the OCR series. Athletes are liable for any damage caused on purpose and will be held accountable by the organisation.
- e) **Medical:** As a participant of the OCR series indoor championship, athletes are expected to be in good health. It is the responsibility of individual athletes to assess their physical fitness prior to the race. In case of doubt, the organisation reserves the right to call for a medical certificate, provided by a doctor. The organisation reserves the right to exclude athletes from the event.
- f) **Support:** Support is very important for our athletes. Everyone is allowed to support in a sportive way. Entering the marked event area for non-athletes is prohibited. Athletes need space to do their workout.
- g) **Marshalls:** OCR series uses official trained marshalls. All marshalls will handle in accordance with this rulebook during the time that they are active as a marshall.



Section 2 Participation:

- a) **Presence:** Athletes are advised to be at the event at a minimum of 90 minutes prior to the start of the event. It's the athlete's responsibility to show up on time.
- b) **Registration for an event:** Every athlete who wants to compete in an OCR series event has to buy tickets for a single race at www.ocrseries.com. After purchasing a ticket a confirmation email will be sent. In that confirmation email there is a link to "paylogic" where every athlete has to personalize their e-ticket. Personalisation has to be done for every event athletes sign up for.
- c) **Registration on race day:** Athletes are obliged to personally register at the event. For registration a valid photographic ID and personalized E-ticket is mandatory. Athletes without a personalized E-ticket will be registered on event day at the referee desk. It is not allowed to participate in someone else's place. Inability to provide proof of identity results in exclusion from the OCR series indoor championship. The registration desk will be open from 08.00 till 08.50 on the day of the event. It's the athlete's responsibility to show up on time. Athletes arriving later then 09.00 on the day of the event will be excluded from participation.
- d) **Bib number:** At registration on the day of the event athletes will receive a vest with a unique number. This number is the athletes number and all marshalls will use this number to write down the results. Because it is a unique number it is not allowed to swap with other athletes or supportcrew. It is mandatory to wear the vest so that the bib number is clearly visible to marshalls and organisation.
- e) **Clothing and gear:** Athletes are expected to wear suitable clothing that enables them to perform in a safe matter. It is not allowed to wear an outfit that can be insulting or damaging to other athletes or the organisation. Use of football shoes and spikes is prohibited. It is not allowed to bring items that can be potentially dangerous to other athletes, such as, but not limited, to weapons or glass (use of glasses is allowed but discouraged for safety reasons). The use of sports action cameras such as GoPro, are also prohibited. It is not allowed to use performance aides, with the exception of gloves, knee and arm pads and aides related to disabilities.
- f) **Athlete briefing:** Athletes have to be on time for the mandatory athlete briefing. The athlete briefing will be held on the day of the event at 09.00. During this briefing all relevant information regarding the event will be explained. Being late or absent for the athlete briefing can result in exclusion from participation.
- g) **Performance enhancing drugs:** The use of drugs and alcohol is prohibited at the OCR series events. The organisation reserves the right to conduct doping testing. You are compelled to comply with these checks. Noncompliance or positive testing will immediately lead to exclusion from the OCR series events. OCR series adheres to the latest version of the doping list by the World Anti-Doping Agency (WADA)



- h) Adaptive athletes:** Adaptive athletes are allowed to join the OCR series events. Adaptive athletes are allowed to use an extra hand or foot to overcome an obstacle. This should always be judged by a marshall present at the obstacle. Adaptive athletes who want to join for the first time are advised to contact info@ocrseries.com to be sure they can join the event with their handicap before purchasing a ticket.



Section 3 Indoor Championship:

- a) **General:** The OCR series indoor championship will consist of 5 separate events, a semi-final and a final. Every athlete has to perform in every of the 5 events. In every event athletes will gain points for the total ranking of the day. The athletes will be divided into 5 groups and the 12 fastest/strongest male and 6 female athletes will qualify for the semi-finals. The 2 fastest/strongest male and female will be competing in the final event. Top 3 and 4 of the semi-final will compete for the 3rd place.
- b) **The events:** In the next section you will find a description of every event. All athletes have to perform in every event. In every event it is mandatory to comply with the rulings and remarks of marshalls and the organisation. All events will be explained in the mandatory athlete briefing. Before every start of an event the Head marshal will give the athlete extra details. All events will be explained in annex B and C of this rulebook.
- c) **Timekeeping:** At the events where there will be timekeeping, the marshal/judges will use a stopwatch. Times will be written down on a score sheet.
- d) **Maximum time:** At some of the events there will be a maximum time. The head marshal will tell the athletes before the start of the event.
- e) **Aid stations:** Replenishment is arranged through an aid station in the athlete area.
- f) **Nutrition:** Athletes are advised to bring their own nutrition. Accepting nutrition from trainers or spectators during an event is prohibited.
- g) **Volunteers:** All events in the OCR series events hinge on the presence of many volunteers. Their role is to make the event safe, exciting and fun for everyone. Athletes to the OCR series events are obliged to adhere to the remarks of the volunteers and to behave with sportsmanship.
- h) **Marshalls/Marshalls:** At the event OCR series uses the help of marshalls to judge the athletes at the various events/workouts. The marshalls are trained personnel with a background in OCR/CrossFit. Athletes are to adhere to the comments and remarks of marshalls, even when in doubt. Athletes will not engage in discussions with marshalls, doing so can be penalized with a “no score”. Athletes that do not adhere to the remarks of the marshalls risk disqualification. Each athlete has the right to appeal. Appeals can be made at the referee desk. The right to appeal is forfeited when an athlete has engaged into discussion with a marshall and has been penalised.
- i) **Aiding other athletes:** Accepting help from volunteers, marshalls, bystanders or other athletes that lead to an advantage in regards to other athletes is not allowed. Athletes are compelled to provide first aid to others, in cases of danger or need of medical assistance. The organisation will take over responsibility as soon as possible.



- j) **Exclusion from the event/disqualification:** When athletes do not adhere to the rules and regulations of this rulebook they risk disqualification. The organisation reserves the right to disqualify any athlete. In case of severe violation of the rules, the organisation has the right to exclude athletes from the entire OCR series events or even deny access to the venue.
- k) **Photo/video proof:** When necessary the organisation will use evidence obtained by photo and video cameras. Athletes risk disqualification even after an event, if proof of mal intent is found, based on the photo/video evidence.
- l) **Obstacles:** All obstacles used in the OCR series indoor championship will be mandatory. Every obstacle will be explained in annex B and C of this rulebook.
- m) **How the obstacles should be taken/conquered:** Annex B, attached to this Rulebook, contains a “factsheet” per obstacle/event. This factsheet explains how an obstacle and event should be executed. All marshalls will use this factsheet in order to judge whether the athlete is performing correctly. The athlete is responsible for knowing the content of these factsheets when competing in the OCR Series indoor championship.
- n) **Points and overall ranking:** Athletes will collect points for the time they need to finish one of the 5 events. After a round of events, all score sheets will be taken to the referee’s desk and they will update the ranking. The ranking is shown on a TV screen so athletes can see the live ranking after every event.
- o) **Prize money:** The top 3 male and female will earn prize money. The amount of the prize money will be announced during the podium ceremony. Money will be paid by bank transfer within 2 weeks after the event.

All prizes will be announced on the website www.ocrseries.com
- p) **Podium ceremony:** At the end of the OCR series indoor championship there will be a podium ceremony for the top 3 male and female. The top 3 male and female must sign-up at the organization prior to the podium ceremony. The time of the podium ceremony will be announced after the final event.



Section 4 Complaints:

- a) **Complaints procedure:** Each athlete has the right to appeal. Appeals can be made at the referee's desk. It is not possible to file a complaint after the event has been closed. The right to appeal is forfeited when an athlete has engaged in discussion with a marshall and has been penalised.

Annex A: The event 26-01-2019:

a) **Events:** The indoor championship will consist of 5 separate events. Every 45 minutes a new event will start. The maximum number of athletes at one event will be 18. 6 athletes will perform at the same time per event. All 5 events will run at the same time every 45 minutes. There will be a schedule.

b) **Time table:**

08.00 Doors and registration open
08.50 Registration closes
09.00 Mandatory Athlete briefing in athlete area
09.55 Athletes at their first event
10.00 Start event round 1
10.45 Start event round 2
11.30 Break
11.45 Start event round 3
12.30 Start event round 4
13.15 Break
13.30 Start event round 5
14.15 End of event rounds – break
15.00 Start semi-final
16.00 Start final

*all times are indicative. The organisation is allowed to re-schedule the time table if necessary.

c) **Event schedule:**

	Event 1	Event 2	Event 3	Event 4	Event 5
10:00	Group 1	Group 2	Group 3	Group 4	Group 5
10:45	Group 5	Group 1	Group 2	Group 3	Group 4
11:30	Break				
11:45	Group 4	Group 5	Group 1	Group 2	Group 3
12:30	Group 3	Group 4	Group 5	Group 1	Group 2
13:15	Break				
13:30	Group 2	Group 3	Group 4	Group 5	Group 1
14:15	Break				
15:00	Semi-final 12 male and 6 female				
16:00	Finals				



Annex B: Events explained:

a) Event 1 Viking RIG part 1:

Event 1 will be held at the Viking lab Rig part 1. The RIG has 2 lanes and the athletes will conquer both lanes separately. Time will be measured with a stopwatch and written down on the score sheet. Both times will give a certain amount of points. The faster the athletes are the more points they get.

Viking lab part 1 consists of 2 lanes;

Lane 1: Rings, Wheels and peg board

Lane 2: Snakes, board, Wheels and ovals

It is allowed to rest between the elements, there will be boxes to step up again. When an athlete fails an element he/she has to start at that element again.

Start and stop elements are marked with coloured tape.

Maximum time per lane is set to **2 minutes!**

b) Event 2 Rowing:

Event 2 will be held at the first floor.

Athletes have to perform the following workout:

1. 10 Push Ups over the bar
2. 1000 meter Row (Concept 2 rowing machine)
3. 10 Push Ups over the bar
4. 1000 meter Row (Concept 2 rowing machine)
5. 10 Push Ups over the bar

Push Ups will be monitored by a CrossFit judge!

Times will be measured with a stopwatch and written down on a scoresheet. The faster the athletes are the more points they get.

Maximum time for this event is: **10 minutes!**



c) Event 3 Viking RIG part 2:

Event 3 will be held at the Viking lab Rig part 2. The RIG has 2 lanes and the athletes will conquer both lanes separately. Time will be measured with a stopwatch and written down on the score sheet. Both times will give a certain amount of points. The faster the athletes are the more points they get.

Viking lab part 2 consists of 2 lanes;

Lane 1: Monkey bar, Pipe line, Gunnors slide, Gunnors struggle

Lane 2: Wheel of Steel, Low Rig

It is allowed to rest between the elements, there will be boxes to step up again. When an athlete fails an element he/she has to start at that element again.

Start and stop elements are marked with coloured tape.

Maximum time per lane is set to **2 minutes!**

d) Event 4 Rope Climb:

Event 3 will be held between Viking Rig 1 and 2.

Athletes have to perform the following workout for 10 rounds:

1. Rope climb
2. Wall Ball

The athlete has to climb to the top and down. Before putting the feet on the ground the athlete has to touch the ground with his/her hand. It is **not** allowed to jump in the rope to start the workout.

The wall ball has a weight of 9 kg (male) or 6 kg (female). The exercise has to be performed conform CrossFit rules. Marshalls will explain before start.

Times will be measured with a stopwatch and written down on a scoresheet. The faster the athletes are the more points they get.

Maximum time for this event is: **10 minutes!**



e) Event 5 Load Carry:

Event 5 will be held at the ground floor.

Athletes have to perform the following workout:

1. Pick up heavy load
2. Walk 5 meter
3. Step over plywood box
4. Perform 1 “thruster”
5. Walk 5 meter
6. Turn around
7. Walk 5 meter
8. Crawl
9. Perform 1 “thruster”
10. Walk 5 meter
11. Put heavy load down and start again for 10 rounds

The weight of the load is approx. 25 kg for male and 20 kg for female athletes.

The load may be pressed overhead with a push press, shoulder press or a push jerk.

Athletes can put the weight on the ground for the crawl, the load follows the same route as the athlete.

Times will be measured with a stopwatch and written down on a scoresheet. The faster the athletes are the more points they get.

Maximum time for this event is: **10 minutes!**

Annex C: Fact Sheets:



**Athletes have to carry a load over a certain distance.
Athletes are allowed to put the weight on the ground,
it is not allowed to drop or throw the weight.**



Athletes have to climb the rope to the top and come down. Before putting their feet on the ground they first have to touch the floor with their hand. It is not allowed to make a jump start.



The monkeybars from the Viking Rig consists of 2 types. The first is fixed and the other one is moving. This is a hands only obstacle.



The monkey snake is a rotating monkeybar. This is a hands only obstacle. The start and stop will be marked with coloured tape.



Atlas stones of various weights have to be lifted and put down on a certain height.



The Low rig consists of various elements. It is not allowed to touch the ground between start and finish. The use of hands and feet is allowed. Touching any other part then the yellow is prohibited. The end will be marked.



Athletes have to use the stick to slide to the other end. There is a straight slide and a saw tooth element in Gunnors Struggle. The end will be marked with coloured tape or a bell.



Athletes have to use the sticks to reach the end of the obstacle. This is a hands only obstacle. The end will be marked with coloured tape or a bell.



Athletes have to reach the end of the obstacle by using the wheel. This is a hands only obstacle.



Athletes have to row a certain distance on a Concept 2 rowing machine. Athletes are allowed to adjust the resistance of the flywheel.



Athletes have to slide to the other end by using the rings. This is a hands only obstacle.



Athletes have to swing from oval to oval to reach the other end. This is a hands only obstacle. The end will be marked with tape or a bell.



Athletes have to step over the plywood box with a weight.



Athletes have to perform the wall ball exercise according to CrossFit rules.



Annex C: Glossary:

Athlete briefing: There is a mandatory briefing before the start of the event. Here the athletes will receive the final details that apply to the event.

Athlete: Athletes who have a valid ticket to participate.

Factsheet: Details prescribed and or determined per obstacle.

OCR series events: This is the collection of events organised by OCR series.

Organisation: Strong Viking Group B.V.

Marshall: This is the referee at an obstacle/on the course.

No score: Result of not being able to perform the event in time. Athlete will score “0” points at this event.

Rulebook: The reference work in which all rules are described on the OCR series.

Thruster: CrossFit fundamental movement.

Trainer/coach: Every person who supports an athlete during the race.

Cheating: All actions that lead to the athlete gaining an advantage compared to other athletes which are contrary to the rulebook.

Volunteer: Person that is watching the security/safety on the course and to all participating runners



List of changes: