WORLD OCR
LAUSANNE, SWITZERLAND
EST. 2024

OCRATHLON®

200 M | RULES

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MAFUSZ
HUNGARIAN OBSTACLE CROSS RUNNING FEDERATION
RUNNING WARRIORS OCRATHLON
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INTRODUCTION

OCRATHLON IS A MULTI-DISCIPLINE OBSTACLE SPORT DEVELOPED UNDER THE SUPERVISION OF WORLD OCR. ITS PURPOSE IS TO PROVIDE A UNIFIED, GLOBALLY RECOGNIZED COMPETITION SYSTEM FOR ATHLETES OF ALL AGES AND ABILITIES.

This competition rulebook is designed for:

- **International and national championships**
- **National federations**
- **Local clubs and event organizers**
- **Athletes, coaches, and officials**

The mission of **OCRATHLON** is to offer a globally standardized sport that combines running endurance, functional strength, and technical obstacle proficiency within a sequentially structured, clear, and safe competition format.

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GENERAL DEFINITION

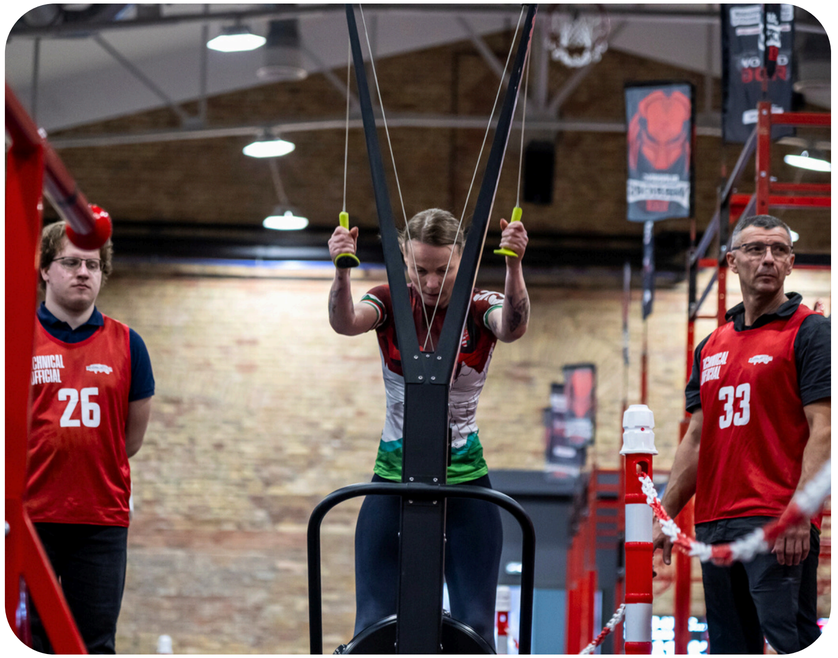
OCRATHLON is a sport consisting of three consecutive, distinct course segments:

- **Running Track:** Measurable distances designed to test endurance and speed.
- **Power Track:** Strength-based functional challenges such as carries.
- **Skill Track:** Technical obstacles requiring precision and grip strength.

1. RUNNING TRACK



2. POWER TRACK

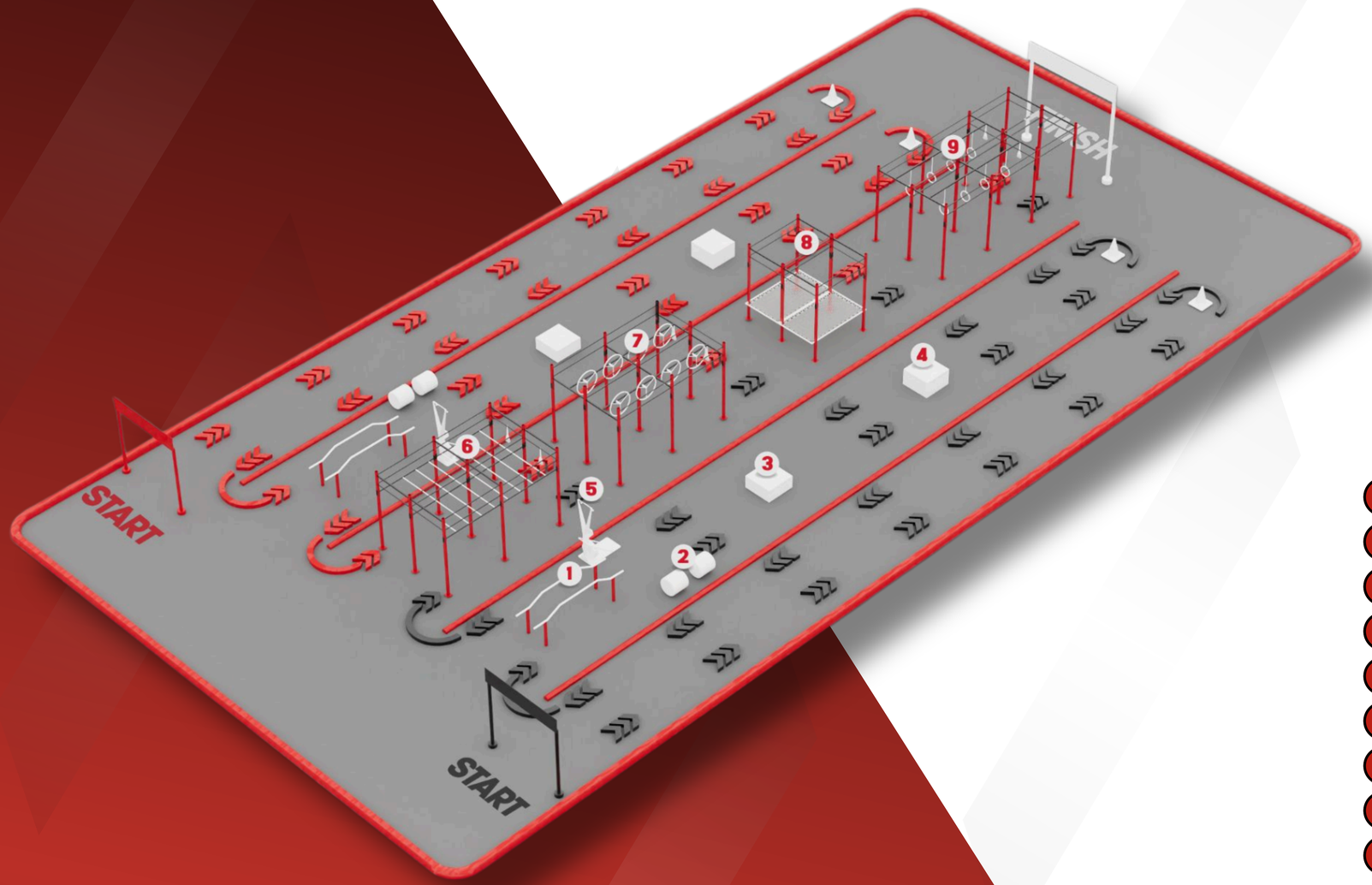


3. SKILL TRACK



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1. TRICEPS BARS
2. SANDBAGS
3. BOX (45)
4. BOX (60)
5. SKIERG
6. MONKEY BARS
7. ICARUS
8. CARGO NET CRAWL
9. HANG TOUGH RINGS

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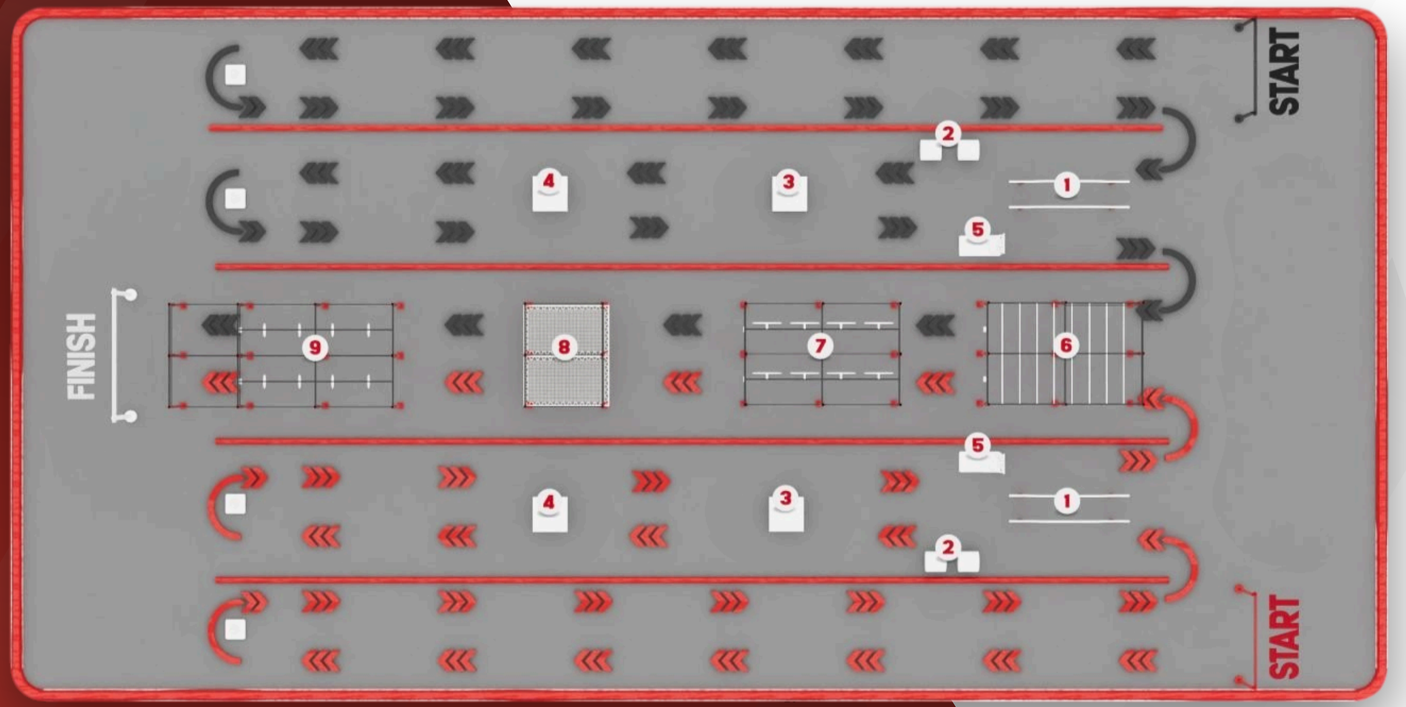
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1. RUNNING TRACK

RUNNING TRACK: Two athletes compete simultaneously on the course. The running section is 80 meters long.

They start from identical, fully symmetrical lanes located on opposite sides of the same end of the track (START).

Each athlete runs in a 3-meter-wide and 40-meter-long lane, running back and forth around a turning cone.



2. POWER TRACK

"FALL SEVEN TIMES, STAND UP EIGHT."

– JAPANESE PROVERB



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2. POWER TRACK

POWER TRACK: The second 80-meter block consists of the strength elements. The strength block is 80 meters long (40 meters out and 40 meters back).

2.1 TRICEPS-BAR

Entry into the power section begins with a 4-meter-long triceps bar obstacle. Athletes must start from the designated starting mark and continue until they reach the end mark, where they may dismount the obstacle.

Each athlete has a maximum of two attempts to complete the obstacle. Failure to complete it on the second attempt results in elimination (disqualification). If an athlete fails on the first attempt, they may retry from the starting mark.

2.2 SANDBAG CARRY 64 M (2X32 M)

Next, the sandbag carry is the following task, performed back and forth over a distance of 32 meters each way (turning around a cone) on a 3.5-meter-wide section. The sandbags are placed 2 meters to the right of the triceps bar for the right-side lane, and 2 meters to the left for the left- side lane. The athlete must pick up one (1) sandbag. The sandbag may be carried on the shoulder or held under the arm, as preferred.

If an athlete drops the sandbag, they must continue the task from the point where it was dropped. There is no separate time penalty; however, the athlete's time on the course increases by the time required to drop and pick up the sandbag.





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Sandbag weights by age group:

AGE GROUP	WEIGHT OF THE SANDBAG
WOMAN 12-13 YEARS & 14-15 YEARS MAN 12-13	10KG
YEARS & 14-15 YEARS	15KG
WOMAN 16+	15KG
MAN 16+	25KG

After picking up the sandbag, athletes must pass over two consecutive platforms within a 32-meter section. The first platform is 45 cm high, and the second is 60 cm high. Athletes must cross the platforms while carrying the sandbag. At the end of the 32-meter section, the athlete must run around a turning cone, then complete the same 32-meter section in reverse direction. The athlete must also cross both platforms again on the way back. In total, athletes must pass over the two platforms four (4) times: twice before turning around the cone, and twice after turning around the cone.

After completing the full 64-meter sandbag carry, the competitor must return the sandbag to the designated pickup area, placing it back within the marked zone.

2.3 SKIERG MACHINE

At the end of the power (strength) section, 2 meters from the triceps bar, athletes must complete the age group–specific distance on a SkiErg machine, using a resistance level of their choice. The completion of the SkiErg machine segment is supervised by the referees. The athlete may not leave the standing surface of the SkiErg until the full required distance has been completed.



AGE GROUP	SKIERG MACHINE DISTANCES
WOMAN 12-13 YEARS & 14-15 YEARS	150 METER
MAN 12-13 YEARS & 14-15 YEARS	200 METER
WOMAN 16+	250 METER
MAN 16+	250 METER

2.4 TRICEPS-BAR

Exiting the strength block also occurs through the 4-meter triceps bar, and the same rules apply to the athletes as during the entry phase.

3. SKILL TRACK

"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE."

– THEODORE ROOSEVELT



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3. SKILL TRACK

SKILL TRACK / TECHNIKAL (OCR) SECTION: The third 40-meter section is the technical (OCR) segment.

ORDER OF OCR OBSTACLES

1.Monkey Bars

OCR rig 3x4 m – 8 x Monkey Bar grips, pipe diameter: 33.7 mm (outer diameter)



2. Icarus Wheels

OCR rig 3x4 m – 4 x Icarus Spinner grips



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3.Crawling under net

Crawling segment, 3x3 m



4.Ring sequence

OCR rig 3x4 m – 4 x Olympic Ring grips



The skill (technical) block is set up over a 7-meter wide and 40-meter long section.

Athletes who fail an obstacle must continue to the end of the specific (failed) obstacle, then run back outside the obstacle lane to restart their attempt. Each OCR obstacle may be attempted up to two times.

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4. GENERAL INFORMATION

Each obstacle may be attempted twice.
If an athlete fails an obstacle, only the failed obstacle must be restarted. If the athlete fails the same obstacle a second time, elimination occurs — meaning the athlete will not receive a valid race time and is disqualified from continuing in the competition.

The time of the two (2) athletes starting simultaneously is measured by a timing chip attached to the ankle.
At the start, the athlete crosses the timing mat indicating the START, and the athlete's time is recorded when crossing the timing mat placed at the FINISH.

The time limit for the 200-meter course is 5 minutes.
If an athlete reaches the time limit, they must leave the course, will be disqualified from the competition, and will not receive a valid result time.

The next heat may be started while the athletes of the previous heat are still on the course, once the trailing competitor of the previous heat enters the OCR obstacle section.
(The judge positioned at the end of each strength zone must raise the flag in their hand when the athlete has cleared the triceps bar. The START may only be initiated once the flags of both judges in the strength zones are raised.)

All athletes participating in the event will have one (1) official time recorded from a single race run.
Based on the time achieved in this one (1) run, the overall age-group and time-based ranking of athletes will be determined. The 1st–3rd place finishers in each age-group category will be awarded prizes based on their recorded times.

The best four (4) male athletes aged 16 and above, and the best four (4) female athletes aged 16 and above — regardless of age group — will qualify to compete in the FINAL heats.
If a qualified athlete chooses not to participate in the finals, the next eligible male or female athlete with the next best time will receive the qualification.

Two (2) FINAL heats will be held.
The male athletes with the 3rd and 4th best times, and the female athletes with the 3rd and 4th best times, will compete in a single-elimination race for 3rd place (Bronze Final). The male athletes with the 1st and 2nd best times, and the female athletes with the 1st and 2nd best times, will compete in a single-elimination race for 1st place (Gold/Silver Final).

In the FINAL heats, only placement (and thus the time achieved in the final race itself) will determine the results between athletes.
Times recorded during the earlier age-group qualification run will no longer be considered for ranking in the finals.

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5. AGE GROUPS

Junior I.	12-13 years
Junior II.	14-15 years
Junior III.	16-19 years
Adult I.	20-29 years
Adult II.	30-39 years
Masters I.	40-49 years
Masters II.	50-59 years
Masters III.	60+ years

*The competitor's age is determined based on the age reached by December 31 of the given year.
Exception – Minimum age: the competitor must have reached the age of 12 on the day of the competition in order to participate.

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