OCR EC RULES
ed. November 2021

Summary

FIOCR and the associations that collaborate with it organize for June 2022 the annual edition of the European OCR championships with the support of FISO, EOSF, the promotional bodies involved and local communities and administrations.
The FISO regulations in force will be used for all races, except for the exceptions dealt with individually by these regulations.
For anything not expressly mentioned, refer to the specific FISO regulations.
FIOCR reserves every right to modify, change, cancel, cancel in whole or in part this regulation if it deems it necessary or necessary.
This document along with the regulations for gdpr, Covid rules, athletes guide and Obstacle Rules are the whole body of the rules for OCR EC 2022

Calendar and program

The event will be hosted in the wonderful Val di Fiemme in Cavalese (Trento) from 9 to 12 June 2022
Address: Stadio del Fondo, Lago di Tesero, Via della Stazione 4

the program of the event includes:

date	time	event
09/06/2022	17:00	Opening ceremony of the event at the square of Cavalese
10/06/2022	08:00	Short Course Race M / F / Age group at the stadium of Fondo di Tesero
11/06/2022	08:00	Standard Course Race M / F / Age group at the cross-country stadium of Tesero
12/06/2022	08:00	Team Relay Race M / F / Age group at the cross-country stadium of Tesero
12/06/2022	16:00	Closing ceremony of the event

The times of the award ceremonies are approximately at 17,00 on the day of competition and will be confirmed later.
The prizes, if available, are delivered only and only to those present at the ceremony, they will not be delivered otherwise or even less shipped.
The awards will in any case be carried out according to the health regulations in force.

If the health conditions will permit it an official dinner is scheduled on Friday and Saturday near Area Festival with typical Italian menu

Qualifications and entitlement

To participate in OCREC each athlete must have qualified to reach a particular result in a qualifying race as established by the National Federation hosting the competition itself or by the European Federation or by the International Federation.
All qualification requirements will be checked during registration.
There are no sporting requirements for the Journeyman division or for the OPEN race if any.

To participate is mandatory to:

- Register by providing all the required data
- Accept releases and disclaimers
- Present a medical certificate for competitive sporting activity being
- Be able to swim
- Demonstrate your qualification
- Be a European citizen

Minimum age to participate in the 100m and 3km races is 13 years old, for the standard is at least 16 years at the time of the race itself. Athletes under the age of 18 must provide an additional authorization signed by their parents or guardian.
The age range of participation will be that at 31/12/2022 regardless of the age range of the qualification,
The responsibility of the data entered lies with the participating athlete.
False, incorrect or omitted data may lead to disqualification or prohibition of participation.

participation fees

This does not include transaction cost

RACE	COST
standard TOP Athlete	€ 169
standard age group	€ 149
std journeyman	€ 99
short TOP Athlete	€ 119
short age group	€ 99
short journeyman	€ 59
team Coop (per team)	€ 179
team Coop journeyman (per team)	€ 120
100m ticket (1 entry)	€ 10
100m ticket (3 entry)	€ 30

Each participant will receive

- official race pack official
- jersey (one for each race)
- silicone band participation
- official medal
- right to use bag deposit if present
- right to use showers and changing rooms
- refreshments on arrival
- water points on the route
- assistance on the route
- basic insurance coverage

medical certificate

The Medical certificate must expressly contain the wording for competitive sporting activity (see attachment as exempli gratia).

modification / refund policy

In the event of medical, logistical or other needs, the organization has the right to cancel the event, in which case 90% of the registration fee will be refunded, net of registration fees on the platform.

- There are no refunds for any reason if the athlete is unable to participate.
- It will be possible to change the participant's name at a cost of 30€ till may 31st at 23.59
- In the Team race it is possible to change a team member at a cost of 20 € till may 31st at 23.59

logistics / facilities / services

The services available to participants on the race day will be:

- Bags/luggage storage
- Showers / toilets
- Warming up area
- Final refreshment
- Water points on the course
- Medical assistance

registration and race pack collection

It is possible to collect the race pack the day before the race. There is no guarantee that packages not collected the day before can be collected on time for the race of the morning. Please collect your packages in advance as queues can be expected.

The race pack will contain
- 3 identical wristbands with the number to race wear before the race, making sure to do it in a dry place.must be worn on the right

- 2 identical wristbands wrist, one goes on the bag for bag storage (if provided) and one on the wrist
- 2 disposable chips to be worn on one's shoes (astride the strings) and are to be thrown into the appropriate undifferentiated collection containers at the end of the

sustainable race plastic less

The organization has prepared everything possible to make the environmental impact as sustainable as possible and invites each athlete to respect the warnings that will be issued through signs, speakers and so on.

All the space where the races will be held, also the one where the public will be hosted (eventually), will be equipped with special containers necessary for the separate collection of waste, along the route of the race there will be containers for waste collection.
Please pay particular attention to the waste left on the ground during the course, we are hosted in an enchanting natural environment, any reports from race officials, staff, videos can be used as evidence to be able to penalize the competitors and lead to disqualification,

general health norms

The specific health rules will be updated according to the laws in force, the rules will be applied, explained and communicated.
The health regulations could change the program and the starting schedule of the races.

For specific and up to date information please check the government website
https://www.salute.gov.it/portale/nuovocoronavirus/dettaglioNotizieNuovoCoronavirus.jsp?lingua=english&menu=notizie&p=dalministero&id=5531

The rules in force in the area where the event will take place are:

- Be equipped with a green pass (ie confirmation of valid vacine for covid 19 or negative tampone not older than 48hours)
- wear a protective mask until the moment of departure
- keep a distance of at least one meter from each other
- avoid crowd

The access rules will be published as an update to this document with the latest National regulations in force for anti-Covid-19 protection.

Medical Service

The Organization will provide an adequate medical assistance service on the route and at the point of departure and arrival. Ambulances, first aid facilities and paramedical services, located in the nerve centers of the route, will provide the appropriate medical service to all participants. Doctors

and paramedics are authorized to prohibit the continuation of the race for injured, overly fatigued or injured participants, in order to ensure the health safety of all participants.

general ethical rules

Athletes are obliged to:

- Know, understand and follow the rules and regulations at all times
- Practice good sportsmanship at all times
- Be responsible for their own safety and the safety of others
- Follow the instructions of the referees and the staff of the event
- Treat other athletes, staff members, volunteers, media, sponsors and spectators with respect and courtesy
- Do not use abusive language and behavior
- Complete all obstacles without receiving assistance
- Do not dispose of waste or equipment on or around the course except in the special containers clearly designated. All items must be thrown into the appropriate containers or kept with the athlete and disposed of properly at the end of the race.
- Do not try to gain unfair advantage in any way
- Do not enter the course and try any obstacles before the competition. Athletes who do so will <u>be</u> disqualified.

Athletes who do not respect the conduct can be disqualified without further notice from the OCR 2022 European Championships.

rules of race behavior

The regulations provided by World Obstacle and available on the website generally apply.
https://www.worldobstacle.org/competition-rules/

Some aspects of differentiation are highlighted below

- Athletes will have to cover the entire circuit planned by the organizers and overcome the obstacles that will be foreseen for the race.
- All obstacles must be overcome by the competitor, some obstacles duly marked will provide only 1 attempt to overcome, other multiple attempts.
- If the athlete fails the obstacle (one attempt or multiple ones) one wristband will be cut
- When an athlete loses its third wristband will be considered DNF (Din Not Finish)

timing

Upon delivery of the race pack, 2 adhesive strips will be delivered to be placed on the athlete's shoes. The two timing wristbands are a reserve to the other and at the end of the race they will be removed and deposited in the appropriate waste container.
Pay close attention that the closure of the clamp is solid, the adhesive closure must be carried out in

a dry place, to avoid closing the clamps in the presence of rain.

The organization reserves the right to indicate a maximum time to complete the race beyond which assistance on the route is not guaranteed. Those who arrive over the time limit will be considered DNF regardless of the number of bands.

WristBands

Each athlete will be provided with 3 wristbands bearing the same race number. The wristbands are personal, non-transferable and identify the individual athlete.

Before leaving, it will be checked that each athlete is wearing their own wristbands.

Example (colors, numbers and logo will vary for each race):

When an obstacle fails the athlete must have a wristband removed by the obstacle judges present. The "lost" wristbands, up to a maximum of 2, can be recovered before the finish line through the Penalty-loop path which will allow the reintegration of 1 wristband at each step, up to a maximum of 2 steps.

The cut wristbands will be collected and stored and will constitute proof.

Single-attempt or multiple-attempt obstacles will be present on the obstacle course.

- obstacles single attempt
    - all obstacles in suspension, but also others indicated by the organization, which will be duly reported, will include only one "honest attempt" to overcome.
    - In case of fail a wristband will be cut.
    - In general, the attempt is considered started when the athlete has both feet off the ground.
- obstacles multiple attempts
    - all obstacles not in suspension and not otherwise indicated by the organization will have multiple attempts
    - Multiple attempt obstacles will have dedicated first attempt lanes and retry lanes

penalty loop (PL)

- Consists of a race, transport, swimming or strength test at the discretion of the organizer.
- It is positioned near the finish line and indicated by appropriate signs.
- The athlete who arrives near the penalty loop must show the number of wristbands in his possession to the judge (or assistant judge) who supervises it.
- The participant who shows up at the PL with 3 (three) or 0 (zero) wristbands will have to continue towards the finish line.
- The participant who arrives at the PL with 1 (one) or 2 (two) wristbands will have to complete a number of "laps" equal to the lost wristbands.

- If the athlete does not pass or refuses the PL test, all the wristbands will be removed and DNF will be considered in the ranking.
- The athlete is solely responsible for carrying out the LP in the appropriate number of repetitions, they will be electronically checked that the LPs are performed in an adequate number and according to the rules.
- If he arrives at the finish with one or two bands he will have to return to complete the missing penalty loops in order not to incur disqualification or DNF

cross country rules Standard / Shortraces

https://www.worldobstacle.org/competition-rules/

race rules 100 meters

timestarts, single or multiple. Time will be detected by electronic chip.

The obstacles will be a minimum of 10 to a maximum of 15.

- Completion of all obstacles is mandatory.
- An athlete failing an obstacle may attempt the obstacle a second time.
- An athlete who fails to complete an obstacle on the second attempt must immediately leave the course.
- An athlete who fails an obstacle is designated Did Not Complete ("DNC") in the results for that run and is not awarded a time.
- There are no time or athletic penalties.

for further details
https://www.worldobstacle.org/competition-rules/

Team race rules

Team race will have team starts, meaning the team members will start together. The time will be recorded with an electronic chip and the time recorded by the last member of the team will be considered as valid. The start and finish of the components must be 60 "between them, that is, between the first and the last time recorded, no more than a minute can pass. The team starts, runs and arrives together.

We suggest that each team wear the same jersey or colors or team markings to make it easier for judges and volunteers to carry out their duties.

Each obstacle must be overcome together following the same line, i.e. in each obstacle each team can occupy a maximum of one lane. Without changing the lane chosen by the first athlete, therefore,

the second athlete of the team will proceed to overcome the obstacle as soon as the first has touched the bell at the end of the lane and the same will happen for the third athlete of the team.

There will be obstacles on the course that must be overcome by each team in cooperative mode. By way of an illustrative but not exhaustive example, there will be transports that must be carried out by the whole team simultaneously, balances or other tests that in any case engage the whole team.

Each team member will have 3 wristbands. In order for the team to enter the rankings, each athlete of each team must have at least one wristband still on their wrist at the time of the Penalty Loop. Each suspended obstacle will have only 1 attempt available. Any failure or failure to overcome an obstacle will lead to the cut of 1 wristband from the wrist of the athlete who has failed.

Lost wristbands can be recovered through the Penalty Loop system. The penalty loop will be played by teams.

Category composition of the teams

- team of 3 women - **female team**
- team of 3 men . **male team**
- 2 women and 1 man or 2 men and 1 woman - **mixed team**

Each National Federation can indicate one team for each category to represent the Country.

Results and rankings

The results will be published continuously in real time on the website www.icron.it and on the website www. ocreuropeanchampionships.org https://ocr-ec.com/   and on the special monitors present in the start and finish area.

Prize and awards

The best three (3) competitors (ie podium) of the Male and Female categories relating to the following races will be awarded:

- 15k Standard -TOP Athlete
- 15k Standard - Age Group
- 3k Short - TOP Athlete
- 3k Short - Age Group

The best three (3) competitors (ie podium) of the Male and Female categories related to the following race will be awarded:

- 100 MT

The best three (3) teams for all the categories related to the following races will be awarded

- National Federations Team - designated by the respective National Federation
  - All female team
  - All male team
  - Mixed team
- Private teams
  - All female team
  - All male team
  - Mixed team

The awards will be in money or in goods and will be communicated later.

The awards ceremonies will take place at the Festival Area according to the applying COVID regulations.

appeals

Any complaints must be documented (photos, videos, ..) and sent by e-mail to ocrec @ federazione italianaocr.it or by using the form if required within 48 hours of running the race. The organization reserves the answer up to 30 days from the race.

antidoping

The provisions of World Obstacle apply https://www.worldobstacle.org/anti-doping/

contacts

info@ocreuropeanchampionships.org
ocrec@federazioneitalianaocr.it

ATTACHMENTS

MEDICAL CERTIFICATE REFERENCE MODEL

CERTIFICATE OF FITNESS
FOR COMPETITIVE SPORTS PRACTICE

Based on the medical examination carried out by me, of the arterial blood pressure readings, as well as the report of the ECG trace carried out on ………………………….
Name ………..…………………………….....
Surname ………..……………………………….....
Born on …………………………… in ……………………………………....
Resident in ……………..……………. in ………………………………….

has no contraindications in the practice of sport activities.

This certificate is valid for one year and will expire on ……………………

Location……………….
Date………….…….

(name of the Doctor)

_____

(stamp and signature)