

# **SURVIVALRUNNING**

# **AUGSBURG**

## Rules and Regulations 5K OCR Elite Sprint

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### **Introduction**

In this document you can find the rules and regulations that apply to the 5k OCR Elite Sprint. Please be aware that the content of this document may be changed without notice. Before the event takes place, participants who registered will receive the latest version of this document.

As a participant you are obliged to have read, understand and follow the rules and regulations of this document. When you have questions about this document please contact [elitesprint@sr-augsburg.de](mailto:elitesprint@sr-augsburg.de)

This document will be available on the website [www.sr-augsburg.de/5k](http://www.sr-augsburg.de/5k) Other important information can be found on the website and in the document 'Terms & Conditions' which is also available on the same website.

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## General

1. It is the athlete's responsibility to understand and know the rules and regulations before entering the course and participating in the competition.
2. Athletes are required to report to the start area 1-5 minute(s) prior to the start of their designated wave. Reporting too late can result in not being able to start at all, or having to start in a later start group. The organization can decide if the time for starting later will be compensated or not.
3. All obstacles must be completed according to the rules as explained by the organizer. The organizer will explain these rules on their website and during the briefing. If you have any questions about these rules, they will be answered during the briefing.
4. The content the rules and regulations and the rules on how to complete the obstacles may be changed or updated without notice. It is the athlete's responsibility to seek the newest information regarding the obstacle rules on the website of the organizer.
5. Wearing the wristband is mandatory in order to start in the competition. The wristband must be worn visible when entering the start area.
6. Athletes start the race with one wristband. If the athlete is not able to complete an obstacle the wristband will be cut and removed from the athlete's wrist. Consequently, the athlete will be ranked as "Did Not Complete". An athlete ranked DNC will be considered a finisher with a finish time, but will not be eligible for prizes.
7. Completion of all obstacles is mandatory to be eligible for awards and competition ranking. There are no alternatives to obstacles such time- or physical penalties.
8. Competitors can try an obstacle as many times as they want/need, as long as they are not blocking the way for other competitors who are making their first attempt.
9. Competitors start in groups of 3 persons (there might be one start group of 4 persons) every 5-10 minutes. (Probably 8 minutes).
10. Participants receive a shirt with their start number (BIB) on it. Participants are obliged to wear this shirt as top layer and the number must be visible at all times.
11. There will be a time limit of 90 minutes starting after the last group has started. After these 90 minutes participants that did not finish yet can continue but will be registered with DNC. Officials will be off duty after these 90 minutes and at some point participants will have to get off from the obstacles.
12. Competitors have to let other competitors from later start groups pass. Even if that means having to get off from the obstacle and start the obstacle again.
13. Competitors without wristband have to let every competitor with wristband pass without any exception.
14. It is not allowed to use shoes with spikes or shoes that can cause harm to other competitors more easily than the average trail/OCR shoe.

15. It is not allowed to use resin, pine tar, chalk or any other sticky materials. Gloves are allowed, excessive use of any kind of tape is not.
16. For those parts of the course that public roads are used, athletes must respect traffic regulations and behave like (running) pedestrians are expected to behave.
17. Not following the course or cutting off parts of the course that is set out with red/white barricade Tape will lead to disqualification.
18. Deliberately blocking other competitors will result in disqualification.
19. There will be no (time) compensation in case the competitor is blocked by another competitor, official, any other person or anything else.
20. No athlete will be permitted to start in the competition without wearing the wristband (no replacements for lost wristbands will be given).
21. The wristband(s) received at check-in must not be removed by anyone but the race officials.
22. In the very unlikely event that 2 (or more) athletes have the same time (result), we offer them a short battle that includes running and obstacles to decide which of the participants gets the higher ranking.
23. Athletes are required to provide and accept assistance from other competitors in distress, who's safety, is endangered and/or who require medical assistance, up and until the moment this role has been taken over by volunteers or medical staff.
24. Athletes are allowed to accept the following forms of support: receiving food and/or drinks, getting massaged and getting cheered on.
25. Athletes are obligated to:
  - a. Know, understand and follow the rules and regulations at all times
  - b. Practice good sportsmanship at all times
  - c. Be responsible for their own safety and the safety of others
  - d. Obey instructions from race officials and event staff at all times
  - e. Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy
  - f. Complete all obstacles without receiving physical assistance with running or on the obstacles
  - g. Not dispose litter or equipment on or around the course except at clearly designated places. All items must be kept with the athlete and disposed of appropriately at the end of the race
  - h. Not attempt to gain unfair advantages in any way
  - i. Not to enter the course and try any obstacles prior to the competition. Athletes doing so will be disqualified without warning.
  - j. know how to correctly complete the obstacles. (This is explained on the organiser's website and during the briefing.)
  - k. know how the 5 lap system works. (This is explained in this document and during the briefing.)

- I. have to be present at the briefing which starts 1 hour before the first start group starts.

## 5 Lap system

The 5 lap system works as followed:

- At the start each participant gets a card with the number '1' on it. This regards the number of the first lap.
- The participant starts his/her first lap of the 1km course.
- After this first lap the participant enters the Obstacle area.
- At the obstacle area the participant has to give the numbered card to the Official that is waiting at the obstacle(s) with the corresponding number.
- The participant can only start on the obstacle(s) when he/she hands over the card with the corresponding number to the official.
- At the end of the obstacle(s) the participant received a new card with the number of the following lap (number 2).
- The participant starts with his/her second lap.
- After the second lap the participant enters the obstacle Area again and hands over the card to the official that is waiting at the obstacle(s) with the corresponding number.
- The participant can only start the obstacle(s) when he/she hands over the card with the corresponding number to the official.
- At the end of the obstacle(s) the participant received a new card with the number of the following lap (number 3).
- This is repeated until the 5 laps are completed and the participant has finished.
- The participant is responsible for receiving and handing over the numbered cards. Be very careful not to lose your cards!

## Qualify as Elite OCR athlete

Who is an elite runner and who isn't? Hard to tell. We did decide we need to require some kind of qualification. The goal is to have participants who are able to take on our course successfully.

At your (pre-)registration you'll need to point out some of your Race results that reflect your level as an obstacle racer. For a valid registration you need a top 5 ranking (overall) at one of the more prominent Obstacle Races. Or at least a race with some more challenging obstacles.

Or a top 20 ranking at the European or World championship elite group. Or a top 3 ranking at an age group category of the European or World championship.

We might decide later on to lower these criteria slightly.

## **Protests**

All protests must be filed in writing and submitted to the race director within thirty (30) minutes after the person filing the protest has completed the event/crossed the finish line. Any protests filed after the period indicated will not be taken into account.

Protests may only be filed by participants, who

- directly observed the subject of the protest
- were directly and personally involved in any incident relevant to the protest
- possess direct, detailed and personal knowledge of the subject of the protest.

Protest which were observed by or previously ruled upon by a race official will not be processed.

All race participants are required to be present to participate in the hearing of any protest in which they were involved. The Race director may render a decision in the absence of any participant who fails to appear.

The Race director reviews the evidence and render a prompt decision.

## **Public**

Unfortunately it is not allowed for public to enter the Obstacle Area. Due to the setup of this area it is simple not possible to allow public to enter the Obstacle Area. Public is welcome to support along the side of the 1km course.

## **Program**

### **Parking:**

It will be possible to park for free close to the event area.

### **Sign-in**

Participants must pick up their shirt and armband at the sign in table prior to the briefing. The sign in table will open approximately 2 hours before the first start group starts.

### **Briefing**

There will be a briefing for all participants that starts 1 hour before the first start time. Participants are obliged to be present at the briefing. During this briefing the 5 lap system and the rules on how to complete the obstacles will be explained.

### **First start**

The first group will start at 11:00. This time might be changed on the day of the event.

### **Price Ceremony**

The price ceremony will be 30 minutes after the last participant has finished.