



# REGULATION OF RACE

## **ORGANIZATION:**

OCR Police Challenge

## **TARGET-AUDIENCE:**

General public

## **DESCRIPTION:**

The races of the OCR Police challenge are a challenge for everybody, in a course that varies between 8 and 10 Kms, with dozens of natural and pre-installed obstacles that involve strength, coordination, fun, water, mud, in a “*team building*” or *individual competition* format.

During the course they will be confronted with words of encouragement and obstacles with a great technical and dangerous complexity if the rules aren’t respected, however, it is a personal challenge, and no one is obliged to complete any of the obstacles.

The event is subdivided in three types of departures: **ELITE**, **COMPETITIVE** and **OVERALL**

***Gather your friends and become a “NINJA”***

***Choose the challenge that is more suitable to your objectives and challenge yourself!***

## **RULES – OVERALL:**

***(ludic competition aspect)***

- Departures every 15 minutes, of individual or team overcoming;
- The athletes that can’t overcome the obstacles have to do 20 burpees in order to continue the competition;
- In the congestion obstacles, the athletes that are going to repeat, must give priority to the ones that are going to overcome the obstacle for the first time, with fair play;
- Give priority to the athletes in the ELITE and COMPETITIVE TEAM categories.

## **RULES – ELITE start:**

***(individual aspect)***

- **Qualification for OCR WORD CHAMPIONSHIPS.**
  - **TOP 5 (M/F) – 24 HOUR ENDURO**, de 8 a 9 de june 2019, em Sydney - Austrália.
  - **TOP 5 (M/F) – 3K & 15 K CHAMPIONSHIPS (PRO)**, de 11 a 13 october 2019, in Londres - England.
  - **TOP 10 (M/F) – 3K & 15 K CHAMPIONSHIPS (Age Group)**, de 11 a 13 october 2019, em Londres - England.
- With only 200 vacancies, it is the first departure of the competition, divided in MALE / FEMALE and where the disqualification rules will be extremely rigid if the athletes don’t follow all the norms of obstacles transposition.
- The athletes will have to overcome the obstacles individually and they cannot have any type of assistance or receive any type of support material (gloves, sneakers, energetic supply, etc) throughout the course under penalty of being disqualified.



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- 16 years or older.
- Disobey or have an aggressive attitude towards a competition controller (STAFF), entitles to elimination.
- The athletes may have a control throughout the course, with mandatory stop.
- In the congestion obstacles the athletes that are going to repeat the obstacle, must give priority to the ones that are going to overcome the obstacle for the first time, if they are running in their ELITE category.
- There is only one ELITE departure differentiated by gender and it's your entire responsibility to arrive on time.
- Not overcoming an obstacle = elimination. You can try to overcome as many times as you need but every time you fall, you must restart the obstacle since the beginning of this same obstacle.
- It may exist three skill obstacles, "Shot", "Spear" and "Memorization" in case you don't overcome them; you will have to do 20 burpees, or another challenge indicated on the spot. Once the challenge is successfully fulfilled, you will continue your competition.
- The athletes run, obligatorily, with a vest given by the organization, mandatory visible wear.
- The athlete is obliged to try to do the obstacle, under disqualification penalty.
- The athlete that cannot overcome an obstacle, must deliver, voluntarily, the vest to the jury.
- The time limit of the competition is 3 hours.

### **Advantages in participating in the Elite Group:**

- Start the competition in the 1<sup>st</sup> departure, so the waiting queues in the obstacles will be minor or none;
- Qualification of the TRICHALLENGE 2019 national circuit (see regulation on the website);
- Competition and final score awards in the Trichallenge Circuit.

### **RULES – COMPETITIVE start:**

- With only 200 vacancies, it has a unique departure;
- The athletes run, obligatorily, with a vest given by the organization, mandatory visible wear;
- 16 years or older;
- The time limit of the competition is 3 hours.

### ***(individual aspect):***

- **Qualification for OCR WORD CHAMPIONSHIPS.**
  - **TOP 10 (M/F) – 3K & 15 K CHAMPIONSHIPS (Age Group), de 11 a 13 october 2019, em Londres - England.**
- By not overcoming an obstacle, the athlete must fulfil the indicated penalty and continue in the competition;
- The athlete is obliged to try to do the obstacle, under disqualification penalty;
- It may exist three skill obstacles, "Shot", "Spear" and "Memorization" in case you don't overcome them - 20 burpees, successfully fulfilled, will allow you to continue the competition;



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## *(Team aspect)*

- The teams can be M/F or mixed, with 3 athletes;
  - The score of the team will be obtained with the 3<sup>rd</sup> best time of the athlete of each team;
  - The obstacle can be overcome with the help between the elements of the team, except for the skills obstacles, described below;
  - It may exist three skill obstacles, “Shot”, “Spear” and “Memorization” in case you don’t overcome them - the team will have to do 20 burpees, successfully fulfilled, continuing the competition;
  - The team will have, obligatorily, to run all together, so the non-transposition of an obstacle by one of the athletes means that the team will be disqualified;
  - You can try to surpass as many times as you need, but every time that you can’t you must return to the beginning of the obstacle; in the case of the COMBIS, to the beginning of the Combi;
  - The teams will run with a bracelet in the vest, that will identify them as a team;
- It is mandatory for the athlete to try to overcome the obstacle, under disqualification penalty.

## **GENERAL rules:**

- Mandatory to use the chip (bracelet or another) clearly visible.
- It is the athlete’s responsibility to assess the risk of each obstacle regarding his own physical and mental condition.
- **The timing chips must be delivered at the end (finish line), otherwise, after checking, a 5,00 € fee can be charged.**

## **Challenge Kids:**

For the little ones, the obstacles competition will have distances proper to their age, with a ludic character and without any type of competition or score.

The enrolment is according to the arrival at the competition location that will start at 09:30 am.

There will be FINISHER medals for the first 200 kids.

## **PARTICIPANTS KITS:**

To be distributed by the organization – competition identification material;

## **After-competition:**

Finisher Medal, liquids supply and food reinforcement (fruit and snacks), sports insurance and baths.

## **ENROLMENTS:**

The enrolments will be limited to:

**Elites:** 200 athletes;

**Competitive:** 200 athletes;

**Overall:** 1500 athletes/participants.



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### PRICES:

The value of the enrolment's steps to another phase after the fulfilment of the vacancies.

	OVERALL	COMPETITIVE	ELITE	KIDS
<b>1ª phase</b>	<b>16 €</b> (100 places)	<b>20 €</b> (100 places)	<b>25€</b> (100 places)	<b>Free</b>
<b>2ª phase</b>	<b>18 €</b> (500 places)	<b>22 €</b> (50 places)	<b>28€</b> (50 places)	<b>Free</b>
<b>3ª phase</b>	<b>20 €</b>	<b>25 €</b> (50 places)	<b>30 €</b> (50 places)	<b>Free</b>
<b>TriPack</b> (3 races))	<b>48 €</b>	<b>55 €</b>	<b>70 €</b>	

### SPORTS INSURANCE:

All the athletes dully enrolled are covered by a sports insurance according the current legislation.

### DEPARTURE TIME:

- Given the nature of the event there will be departure times (starting times) which will minimize large agglomerates of participants in the several obstacles and will ensure the competition fluidity.
- The first group of participants (ELITE) will start the competition at 09:10am (Males) and at 09:20am (Females).
- Every 15 minutes there will be departures of the remaining groups.
- Only in special circumstances we will proceed to an eventual changing of the departure time, except for ELITE and COMPETITIVE;
- The participants that don't arrive on time to their group, will integrate the last group.
- All participants must respect their departure time.
- If ones late for their departure, they must contact the organization in order to be placed.

### DORSAL COLLECTION:

- There will be the opportunity to collect the CHIP on the day before the event, in a place and time to be designated.
- The CHIP collection in the day before will save time to the participant in the day of the competition.
- Place to collect the participant Kit before the competition day: to disclose.

### DORSAL COLLECTION ON THE COMPETITION DAY:

- If you don't have the opportunity to collect the CHIP on the day before the competition, you must arrive at least 1 hour before your departure time (starting time) in order to avoid constraints.
- The team leader may proceed to the CHIP collection of the rest of the team, by identification and confirmation on site.



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## **COMPETITION TIME**

- The athletes must accomplish the competition at the maximum time of 02h30m.

## **AWARDS AND CLASSIFICATIONS:**

- The delivery of the awards will be done 2 hours after the last departure.

## **AWARDS**

### ELITE:

- general place (M/F: 1º ; 2º; 3º place)
- 1º Step 35 to 40 years ( M/F: 1º, 2º e 3º place);
- 2º Step 41 to 49 years ( M/F: 1º, 2º e 3º place);
- 3º Step +50 years ( M/F: 1º, 2º e 3º place).

### COMPETITIVE:

#### -Individual

- Single place M/F (1º ; 2º; 3º place)

#### -Team

- Team place M/F e Mixed (1º ; 2º; 3º place)
- 1º General place – Teams Security Forces and Services

#### -Team Overall

- 1º place - Largest team;
- 1º place - Team Forces and Security services;
- 1º place - Team feeling (originality and fun - appointed by staff)

## **DISQUALIFICATION AND IMPEDIMENTS TO PARTICIPATION:**

Will be disqualified from the competition, all the participants that don't use the CHIP delivery for this event. The participants that don't follow the organization indications, namely, not following the course market with flags, arrows and signalling tapes in some strategic places.

It can be refused the competition participation to people that present behaviour considered unappropriated, cause disturbs, and offences close to the spectators, other participants or elements of the organization, even when duly registered.

It is only allowed to accompany the competition and circulate on the respective courses, people, vehicles that have the organization identification, PSP vehicles, Military, INEM, Firefighters and accredited press.

## **CUSTODY OF GOODS AND PERSONAL OBJECTS:**

In the "Event Village", place where the competition starts and ends, we will have a custody of goods storage system, however, we do not take any responsibility for any damage in these objects.



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### **SECURITY INDICATIONS:**

You must enter in the departure box 15 minutes before the departure time, where it will be communicated a set of security indications to which you must pay attention and follow.

### **SUPPLIES:**

1<sup>st</sup> supply at +/- 4<sup>th</sup> Km – Water, energetic drink and fruit;

2<sup>nd</sup> supply, at the end - Water, energetic drink and fruit.

### **STAFF:**

The staff present in each obstacle has as function, to support and guide the athletes of the competition, clarifying any doubts in the obstacle's transposition.

The athletes must respect the orientations given by the organization staff.

### **BALNEARIES:**

In the "Event Village", there will be indication of the place for baths with hot water, however, it may happen the possibly of not having enough hot water for all the athletes.

It is mandatory the use of slippers in the balnearies area, and the respect of good manners rules.

As this is a competition where the athletes end up dirty with mud, they must keep the baths place as clean as possible, respecting all the other athletes.

### **FOOD:**

There will be a feeding area, with several products, with quick and economic meals.

### **ENROLMENT REFUNDS:**

The OCR Police Challenge does not have the obligation to refund the value of the enrolment, in case of the participant's withdrawal, however it will be analysed case by case.

### **EVENT CANCELLATION:**

In the event of the competition cancellation, the OCR Police Challenge will refund to all the participants the value of the enrolment, however, does not assume any responsibility over any other expenses done.

### **PHOTO REPORT:**

By enrolling in the OCR Police Challenge races, you accept that OCR Police Challenge, use photos or videos of you for advertising purposes of the organization.

### **TIMING:**

All the athletes will receive an electronic chip, thus facilitating the recording of time and the checking, in real-time, of the time done and the classification.

It may exist a control point, in a strategic place of the course which allows an intermediate control of the athletes/participants.

### **OTHER ISSUES:**

Any other issue not referred in this regulation, will be deliberate by the OCR Police Challenge direction, by which it prevails as a condition accepted by the athletes.