



UKOSF: OCR Time Trials 2022

OCRC Course Layout and Obstacle Instruction

Obstacle 1: Monkey Bars

- > Swing across the bars to the other side of the rig,
- > Use as many or as few bars as you feel necessary,
- > **Juniors the Monkey Bars shall be replaced by Rig Rings**
- > **Juniors under 10 may receive assistance to get onto Obstacle**

Fails:

- > Don't reach the end of the rig,
- > Use side supports to assist swing or rebalancing,
- > Touching the floor,

Obstacle 2: 6ft Wall

- > Climb over 6ft wall once,
- > You can use any vertical or diagonal wall support to help you over,

Fails:

- > Being helped over by a person

Obstacle 3: See-Saw Hold

- > Step onto See-Saw within the tape marker
- > Climb See-Saw to the point of balance and hold balanced for 10 seconds
- > Both ends of See-Saw should remain off the ground during the hold
- > Step off the See-Saw with at least one foot past the tape

Fails:

- > Failure to step on and off properly
- > Failure to hold See-Saw for 10 seconds

Obstacle 4: Wagon Wheel

- > Go under the Wagon Wheel

Obstacle 5: Log Carry

- > Carry designated log around the marked area once

Fails:

- > Don't complete the marked area with log
- > Use wrong log
- > Roll log
- > Fail to pick up and put down from same place

Obstacle 6: Over, Under, Over

- >Go over, under and over designated beams
- >**Juniors will go Under, Over, Under**

Fails:

- >Failure to do correct order

Obstacle 7: Skids

- >Grab a ring per hand on the correct side of the tape with feet off the ground
 - >Skid to opposite end of beam without touching the floor
 - >Once you have got both rings passed the tape you have completed Skids
 - > After completing you can continue onto Obstacle 8 or put your feet down and rest before Obstacle 8.
- Juniors under 10, may receive assistance to get onto Obstacle**

Fails:

- >Not starting or completing Obstacle in correct taped zone
- >Touching the floor

Obstacle 8: A.L.B.A Adapted

- >Climb up and down the bars with feet off the ground the entire time
 - >**Juniors traverse first bar,**
 - >**Woman must climb to taped 3rd bar**
 - >**Men must climb to taped 6th bar**
- Both hands must touch the target bar and the very last bar before feet touch ground
- Juniors Under 10 may receive help to get onto Obstacle**

Fails:

- >Don't reach target bar
- >Feet touch the floor
- >Use any steel frame to assist you

Obstacle 9: Concrete Block Pull

- >Pull designated Concrete Block around the set route

Fails:

- >Don't fully complete the route with the Block
- >Carry the Block
- >**Juniors will have a Tyre to pull**

Obstacle 10: Deadlift and Carry

- >Hop into designated Tyre and deadlift it
- >Once deadlifted, carry it around the set route and drop back where you started
- >Dropping Tyre mid go is OK as long as you complete the set route

Fails:

- >Drag the Tyre at any point
- >Don't fully complete the route with the tyre

Obstacle 11: Tunnel

- >Go through Tunnel

Fails:

- >Don't go through tunnel

Obstacle 12: Tyre Flips

- >Flip designated Tyre 5 times in one direction. Then 5 times back to start
- >Let the Tyre land before restarting the Flips

Fails:

- >Fail to flip the correct number of times
 - >Flip the wrong Tyre
- >Not allowing time for Tyre to land

Obstacle 13: Tyre Wall

- >Climb over Tyre Wall

Obstacle 14: Tyre Hop

- >Hop across the tyres without touching the floor
- >You can stop on the Tyre or Hop immediately across them

Fails:

- >Touch floor between tyres

Obstacle 15: Tiny Trench

- >Hop in or jump over Tiny Trench

Obstacle 16: Tiny Tyre Jump

- >Hop over tyres

Obstacle 17: 4ft Wall

- >Climb over 4ft wall once,
- > You can use any vertical or diagonal wall support to help you over,

Fails:

- > Being helped over by a person

Obstacle 18: Under Beam

- >Go under beam

Obstacle 19: Claxton Mangle

- >Go through the Mangle
 - >**Juniors can go under or through**
- ### **Fails:**
- >Using metal frame to help pull yourself through

Obstacle 20: Small Ramp

- >Get over Ramp. You can jump or step on it

Obstacle 21: 8ft Wall

- > Climb over 8ft wall once,
- > You can use any vertical or diagonal wall support to help you over,
Juniors under 10: Do not need to complete

Fails:

- > Being helped over by a person

Obstacle 22: Big Ramp

- >Get over Ramp. You can step on and climb it

Obstacle 23: Hurdles

- >Holding the bars, Hurdle over all of the bars touching the ground between each bar
- >There and back

Juniors go over, under, over, under etc

Fails:

- >Fail to put your feet down each time
- >Go under any bars

Obstacle 24: Big Ramp

- >Get over Ramp. You can step on and climb it

Obstacle 25: 8ft Wall

- > Climb over 8ft wall once,
- > You can use any vertical or diagonal wall support to help you over,
Juniors under 10: Do not need to complete

Fails:

- > Being helped over by a person

Obstacle 26: Small Ramp

- >Get over Ramp. You can jump or step on it

RUN THROUGH FINISH LINE

PENALTIES:

- >During your Time Trial, If any obstacles are failed. You shall be told by your race official what you have failed.
- >It will be up to you whether you wish to try that particular Obstacle again to attempt to complete it or mark it as a failure.

Once you've crossed the finish line. You shall complete 10 box jumps per Failed Obstacle on a designated tyre!

Your Time Trial race time shall stop once all penalties box jumps are completed.

