THE PTBARN

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UKOSF Time Trial at The P.T Barn 2022

We are excited to announce that the UKOSF Time Trials at The P.T Barn are back this Spring and we can't wait to see you down here testing your skills and stepping up to the challenge.

After all the incredible feedback from our Previous Time Trials we have decided to bring them back for this Spring! During the Spring there is limited chances to get your OCR fix through races, so this will help keep your training focused by giving you targets to aim towards and give you a rough idea of your obstacle fitness.

The course will follow a similar concept to our Previous Time Trials. It will be focused around Obstacle Fitness with chances to test your Obstacle Techniques with challenging but achievable technical obstacles. The more technical obstacles will also be under the Sheltered Area. This will encourage people to still come and put the course to the test, even if the weather doesn't look as good.

Expect a fast, varied, well balanced, achievable course which will leave all abilities swimming in acid by the end!

We have made a few changes to the format with Fast Lane/Slow Lane options on two of the Rigs. Expect more technically/strength sapping Fast Lanes for the Ninjas who want to take risks. The Slow Lanes will naturally take longer but require less technique/strength for those who want to play it safer and go 'Clear Round'.

We also love it when athletes like smoothing out the course and taking chances for those time saving moves/transitions. The course has been designed with exactly this in mind and we look forward to seeing how the athletes navigate their way around the course.

The plan is to run this Time Trial Course from until 17th April

Age Cats;
- **6-9.**
- **10-13 M/F.**
- **14-17 M/F.**
- **18-39 M/F.**
- **40+ M/F.**
- **Para.**

We hope you like what we have created. Please check out the course rules below and we will get a video up asap for to see what it is all about.

Thanks, Coach Scotty and The P.T Barn Team.

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The P.T Barn Winter/Autumn Time Trial Course Rules

- The course starts at a simple barrier tape between 2 Posts. You must start from behind this line.
- The stopwatch finishes when you drag the body bag past the Start/Finish Line, or once you have completed Penalty Loop/Loops.
- You must start behind the line and may start after the words ' 3, 2, 1, GO'. At this time the stopwatch will be started. If you go before this you will be started again.
- You will then take on the course whilst completing obstacles in the order which can be found below.
- Each obstacle must be 'Honestly' attempted. Failure to do so will result in a disqualified time. This will be down to the discretion of the adjudicator.
- All obstacle rules must be followed at all times. Failure to do so will result in a time penalty for that obstacle.
- This Time Trial will be following the '3 Band System'. You start with 3 Bands. You will lose a Band for any failed obstacles (according the individual obstacle rules). You can only lose a maximum of 2 Bands whilst being able to continue. Once you lose you 3rd Band (Fail your 3rd obstacle) your time will go down as a DNF officially, but unofficially we will let you continue you and add 45 seconds per failed obstacle to your finish time.
- For each lost Band you must carry out a 50m Penalty Loop whilst carrying a light weight. You will get a band back for each Penalty Loop you do until you have 3 Bands. At this point you will finish and the stopwatch will stop to give you your final time.
- You must stay on the course at all times. Failure to do so will result in your time been disqualified.
- You must start and finish with everything you take on the course. Example; if you start with gloves, you must have gloves with you when you finish.
- The stopwatch will stop when your whole body (and equipment) has crossed the finish line at the end of the course/Penalty Loop(s).
- You must not get Physical Assistance from outside of the course (Unless Adults are assisting Kids getting on and off and obstacle).
- You may where Gloves on the course but must not use Chalk, Tack or any other products.
- All Participants must fill out a Par-Q before taking on the course.
- This course will be open to everyone who is 6 and above.
- The course is 820m long and has a total of 19 Obstacles (Plus Penalty Loop(s)). 6-9 will do 360m with 9 obstacles.
- All rules must have been read and understood prior to the course being undertaken. Any questions must be asked in advance.
- It is your duty to ensure the course is set up as per the rules and things such as the carries are the correct weight and in the correct place.
- You can practice on obstacles before and after your attempt. You must keep clear of all athletes who are on the course.
- Any complaints or queries must be asked and dealt with straight after you have finished the course

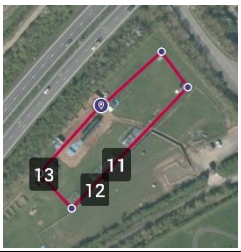
Obstacle Rules

Start: Start behind the Barrier Tape Line, between to posts. Wait for '3, 2, 1, GO'. On the word 'GO' you can start the course. At this time the stopwatch will be started. False starts will result you in starting again. You start by picking up the Log/Tyre and heading out onto a 'Full Running Lap'.

POC	Full Body Strength.	**Obstacle 1** **Log/Tyre Carry**
Start	By picking up the Log/Tyre from the platform.	
Finish	By returning the Log/Tyre onto the platform you picked it up from.	
Aspects of Successful Completion	You must get the yourself and your Log/Tyre around the marked Lap.	
What Constitutes Failure	- Not completing the required course route. - Not putting the Log/Tyre back on the Platform.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
POC	Agility.	**Obstacle 2** **Over High Metal Beam**
Start	In front of the High Metal Beam.	
Finish	Behind the High Metal Beam.	
Aspects of Successful Completion	You must climb over the top of the High Metal Beam to get to the other side of it.	
What Constitutes Failure	- Going under the High Metal Beam. - Going around the High Metal Beam. - Going over it from the wrong side.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	

POC	Balance	**Obstacle 3 Balance 1**
Start	Start from Starting Platform.	
Finish	Finish with 1 or both Feet on Finishing Platform at the other end of balance.	
Aspects of Successful Completion	Getting across the Balance Beam using only the round part of the Beam.	
What Constitutes Failure	- Touching the Floor or Feet of Balance Beam before getting 1 or both Feet on the Finishing Platform. - Having 1 Foot on the Balance Beam, taking the 2nd Foot off the Starting Platform and then returning to the Starting Platform.	
Penalty for Failure	- 1 Attempt Only - Loss of 1 Band	
POC	Agility	**Obstacle 4 High Wooden Beam**
Start	In front of High Wooden Beam.	
Finish	Behind High Wooden Beam.	
Aspects of Successful Completion	You must climb over the top of the High Wooden Beam to get to the other side of it.	
What Constitutes Failure	- Going under the High Wooden Beam. - Going around the High Wooden Beam. - Going over it from the wrong side. - You may use frame for assistance.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
POC	Agility/Mobility	**Obstacle 5 Low Metal Beam**
Start	In front of the Low Metal Beam.	
Finish	Behind the Low Metal Beam.	
Aspects of Successful Completion	You must crawl under the Low Metal Beam to get to the other side of it.	
What Constitutes Failure	- Going Over the Low Metal Beam. - Going around the Low Metal Beam.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	

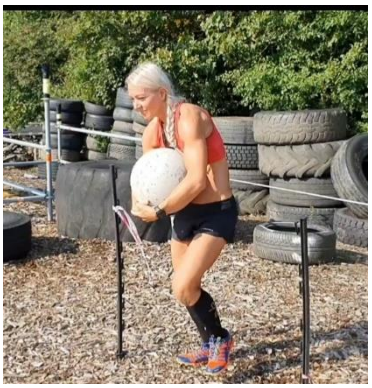
POC	Balance	**Obstacle 6 Balance 2**
Start	Start from Starting Platform.	
Finish	Finish with 1 or both Feet on Finishing Platform at the other end of balance.	
Aspects of Successful Completion	Getting across the Balance Beam using only the round part of the Beam.	
What Constitutes Failure	- Touching the Floor or Feet of Balance Beam before getting 1 or both Feet on the Finishing Platform. - Having 1 Foot on the Balance Beam, taking the 2nd Foot off the Starting Platform and then returning to the Starting Platform.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	
POC	Agility.	**Obstacle 7 Trampette – Platform – Jump Down**
Start	Start by jumping onto the Trampette.	
Finish	Finish by landing on the Mat on the other side of the Platform.	
Aspects of Successful Completion	Able to get from the Trampette up to the platform and back down onto the Crash Mat.	
What Constitutes Failure	- Landing back down onto the Trampette/Floor after an attempt at getting onto the Platform. - Using the Frame to climb up onto the Platform.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	
POC	Strength, Grip Strength.	**Obstacle 8 Rope Climb**
Start	At the bottom of the Rope.	
Finish	Hitting the Bell at the top of the Rope and safely returning to the start.	
Aspects of Successful Completion	Able to hit the Bell after climbing the Rope.	
What Constitutes Failure	- Unable to hit the Bell. - Touching the Ground/Mat after both Feet have Left the Floor and before touching the Bell. - You may use the whole body to assist getting across.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	

POC	Grip Strength – Grip Endurance.	**Obstacle 9** **Rig 1 – Fast Lane/** **Rope Traverse 1 - Slow Lane**
Start	Start from the Low, Black Platform.	
Finish	On the Blue, Waist Height Platform at the end of the Rig.	
Aspects of Successful Completion	You are able to make it across the Rig or Rope Traverse and to the Blue Platform at the end.	
What Constitutes Failure	- Feet touches the Ground/Woodchip. - Using the Straps on the Attachments for assistance. - Using the frame or other attachments from other obstacles to assist when moving along the frame. - Losing balance on Blue Platform and coming down to the floor. - You may use the frame to assist you getting on and off the obstacle. - You can only use either the Rig or the Rope Traverse. - You may use the whole body to assist getting across.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	
POC	Agility.	**Obstacle 10** **Over Platform**
Start	In front of Chest Height Black Platform.	
Finish	Behind Chest Height Black Platform.	
Aspects of Successful Completion	You must climb over the top of the Platform to get to the other side of it.	
What Constitutes Failure	- Going under the Platform. - Going around the Platform. - Using the Uprights of the Frame for assistance.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
6-9 Age Group Run through the Finish Line.		
Go onto Long Running Lap which will include Obstacle 11, 12 and 13.		

POC	Agility, Mobility, Grip Strength, Grip Endurance.	**Obstacle 11 Low Rig**
Start	With Feet on the Red Mat at the start of the Low Rig.	
Finish	Hitting the Bell at the end of the Low Rig.	
Aspects of Successful Completion	Traversing along the Low Rig and hitting the Bell at the end.	
What Constitutes Failure	- Touching the Floor/Mat between the starting Red Mat and the Bell at the end of the Low Rig. - Using the Straps on the Attachments for assistance. - Using the frame or other attachments from other obstacles to assist when moving along the frame.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	
POC	Balance.	**Obstacle 12 Slack Line**
Start	One Side of the Slack Line Frame.	
Finish	Getting on or past the Scaffold Bar at the end of the Slack Line Frame.	
Aspects of Successful Completion	- Able to get from the Start of the Slack Line Frame to the end of the Slack Line Frame.	
What Constitutes Failure	- Using the Metal Frame other than the Uprights at the Start and the Finish of the Frame. - Touching the Floor in between the Start and the finish. - You are able to use the Uprights at the Start and Finish of the Frame for assistance as well as the Rope/Straps above your Head. - You may use the whole body to assist getting across.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	
POC	Grip Strength – Grip Endurance.	**Obstacle 13 Cargo Net Traverse**
Start	Start from the Horizontal Scaffold Bar and Knee Height.	
Finish	Finish on or past the Horizontal Scaffold Bar and Knee Height.	
Aspects of Successful Completion	Traverse the Cargo Net from the Starting Scaffold Bar across to the other side and onto or past the Finishing Scaffold Bar.	
What Constitutes Failure	- Touching the Ground between the Start and Finish. - Using the Frame whilst on the Net to assist in getting across. - You may use the whole body to assist getting across.	
Penalty for Failure		

Finish Long Run Lap by running to Obstacle 14.		
POC	Agility.	**Obstacle 14 Over Platform**
Start	In front of Chest Height Black Platform.	
Finish	Behind Chest Height Black Platform.	
Aspects of Successful Completion	You must climb over the top of the Platform to get to the other side of it.	
What Constitutes Failure	- Going under the Platform. - Going around the Platform. - Using the Uprights of the Frame for assistance.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
POC	Grip Strength – Grip Endurance.	**Obstacle 15 Rig 1 – Fast Lane/ Rope Traverse 1 - Slow Lane**
Start	Start from the High, Black Platform.	
Finish	On the Blue, Waist Height Platform at the end of the Rig.	
Aspects of Successful Completion	You are able to make it across the Rig or Rope Traverse and to the Blue Platform at the end.	
What Constitutes Failure	- Feet touches the Ground/Woodchip. - Using the Straps on the Attachments for assistance. - Using the frame or other attachments from other obstacles to assist when moving along the frame. - Losing balance on Blue Platform and coming down to the floor. - You may use the frame to assist you getting on and off the obstacle. - You can only use either the Rig or the Rope Traverse. - You may use the whole body to assist getting across.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	

POC	Ability, Mobility, Strength.	**Obstacle 16 Irish Table**
Start	On the Mat in front of the obstacle.	
Finish	On the Ground the other side of the obstacle.	
Aspects of Successful Completion	You are able to Climb up onto the Platform and safely jump down to the ground on the other side.	
What Constitutes Failure	- You use the Uprights of the Frame for assistance. - Your Feet touch the ground after they have both left the ground in an attempt to get up. - You are unable to get onto the Platform. - You may use the Rope for Assistance in getting onto the Platform.	
Penalty for Failure	- 1 Attempt Only. - Loss of 1 Band.	
POC	Strength, Power.	**Obstacle 17 Tyre Flip**
Start	Behind the Tyre ready to Flip the Tyre.	
Finish	Returning the Tyre to the start position.	
Aspects of Successful Completion	Able to Flip the Tyre; 18+ F – Heavy Tyre x 2 Flips. 18+ M – Heavy Tyre x 4 Flips. 10-13 M/F – Light Tyre x 2 Flips. 14-17 M/F – Light Tyre x 4 Flips.	
What Constitutes Failure	- Unable to Flip Tyres the amounts shown above. - Tyres must be Flipped Away from Hedge and the Back towards Hedge.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
POC	Strength, Power.	**Obstacle 18 Tyre/Frame Push**
Start	Pushing Tyre/Frame from the Start to the end of Length 1.	
Finish	Once all Tyre/Frame Lengths have been completed.	
Aspects of Successful Completion	Able to Flip the Tyre; 18+ F – Heavy Tyre x 2 Lengths. 18+ M – Heavy Tyre x 4 Lengths. 10-13 M/F – Frame x 2 Lengths. 14-17 M/F – Frame x 4 Lengths.	
What Constitutes Failure	- Unable to get the Tyre/Frame across the frame for the Lengths shown above. - Tyre/Frame must be Pushed and not pulled. - You may use the Frame for assistance.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	

POC	Strength.	**Obstacle 19** **Atlas Stone Carry**
Start	Start by Picking up the Atlas Stone from behind the Start Line.	
Finish	By dropping the Atlas Stone past the Finish Line.	
Aspects of Successful Completion	- You must carry the Atlas Stone from behind the Start Line, around the end post and drop it back past the Finish Line.	
What Constitutes Failure	- The Atlas Stone Touches the floor between the Start and the Finish. - You are unable to complete the obstacles.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
POC	Strength, Power.	**Obstacle 20** **Bag Drag Loop**
Start	Start by Dragging the Bag from the Start Line.	
Finish	When you and the whole Bag is Past the Finish Line.	
Aspects of Successful Completion	You must Drag the bag around the marked route and back past the Finish Line. 18+ F – Half Loop. 18+ M – Full Loop. 10-13 M/F – Quatre Loop. 14-17 M/F – Half Loop.	
What Constitutes Failure	- Unable to complete the Loop shown above. - Lifting the Straps onto Shoulders so that Bag is too far off the ground.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
Finish Line – If you have any Penalties you must move onto the Penalty Loop/Loops.		

POC	Grip Endurance, Full Body Strength.	**Penalty Loop**
Start	Start by Picking up the Kettlebells from the Start Line.	
Finish	Finish at the Finish Line, once you have completed your Penalty Loop/Loops.	
Aspects of Successful Completion	Able to Carry 2 x Kettlebells around the Penalty Loop/Loops. 18+ F – 2 x 10kg. 18+ M – 2 x 12kg. 10-13 M/F – 2 x 6kg. 14-17 M/F – 2 x 8kg.	
What Constitutes Failure	- If you are unable to complete your Penalty Loop/Loops. - You may out the Kettlebells down to rest and then continue.	
Penalty for Failure	- Retries allowed. - Mandatory Obstacle – must be completed.	
Finish Line – Once you have completed Penalty Loop/Loops.		

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