



**British Obstacle Sports National Team  
Selection Policy 2024**

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## Overview

This Selection Policy (“the Policy”) outlines the process by which British Obstacle Sports will determine its selection for the British National Team (“BNT”) for 2024 international federated events (“the Championships”). In all cases, selection will be conditional on an inclusion on the National Athlete List (“NAL”) and agreeing to the Team Members Agreement (“TMA”).

The BNT will be selected based on the following criteria (listed in priority order):

1. The achievement of automatic qualification (when applicable)
2. To maximise finalists in the OCR100 at the Championships / To maximise top 30 elite placings at the Championships (short and classic course)
3. To maximise top 5 elite team positions at the Championships
4. To maximise age group medals at the Championships
5. To give all athletes a fair opportunity to demonstrate their form prior to full team selection while also enabling selected athletes the time to book the required travel
6. To select individual athletes demonstrating future elite medal potential
7. To maximise top 10 age group placings at the Championships
8. To ensure representation within age groups with limited planned athlete participation at the Championships

British Obstacle Sports will sanction BNT selection events in 2023 and 2024, where athletes can achieve automatic selection for certain international events and distances. National Trials may include athletes who are not eligible to represent British Obstacle Sports. These athletes are excluded from the National Trials results for the purposes of selection.

In addition, the British Obstacle Sports Selection Committee will determine the complete BNT as detailed in this document. The Selection Committee is a sub-committee of the OCR and Ninja Sport Technical Committees and is chaired by Fabian Yeo.

We recommend attendance at National Trials/Championships and the UKOCR Series (for the Classic/Standard distance) if you would like to be selected for the BNT, but the BOS Selection Committee reserves the right to use other data to make selection decisions.

Furthermore, British Obstacle Sports reserves the right to use the following for the purposes of automatic selection for the current and future years even if this is not announced in the national selection policy prior to the events/activities occurring.

- National Rankings
- National Classic/Standard Course Series Standings (UKOCR Series)
- National Championships
- European and World Championships

# British National Team Application Form

If you would like to represent Team UK at the 2024 [OCR European Championships](#) or [OCR World Championships](#) you must complete a National Athlete Application and be on the National Athlete List by the listed deadlines. This is required for all athletes even if you have earned automatic selection (e.g. by qualifying at an event). Note if you have not earned a qualifying race code for your race distance you will need to submit a wildcard entry via email before completing an application.

- [Adult application \(18+\)](#)
- [Under 18 application](#)

Applications can be updated at any time by submitting a new application or emailing [nationalteam@britishobstacle.org](mailto:nationalteam@britishobstacle.org) with the details.

To be eligible to be added to National Athlete List you will need to meet at least one of the following requirements:

1. Achieved a qualifying race result for the short\*, classic distance\*, or OCR100\*
2. Achieved a qualifying race time in the OCR100\*
3. Demonstrate a race history with a realistic opportunity to podium at a Championships
4. Demonstrate that your inclusion will positively benefit the sport in an underrepresented age group or division
5. Demonstrate that your inclusion will provide a development opportunity for future Championships

Note, that unless specified in the selection policy, inclusion on the National Athlete List does not guarantee selection. If you have not achieved a qualifying race result or time you can apply for a wildcard athlete code in the OCR100, short, or classic distance by emailing [nationalteam@britishobstacle.org](mailto:nationalteam@britishobstacle.org). This will be considered by the British Obstacle Sports National Team Selection Committee. Please note that wildcard athlete codes are not guaranteed and you should submit relevant evidence to explain why you should be given a wildcard code.

\* Visit our website for further information. Note: If you have qualified for the elite competition, you may decide to compete in the age group competition.

- [OCR European Championships 2024](#)
- [FISO OCR World Championships 2024](#)

Please refer to the relevant race and distances for application deadlines.

## General National Trials Rules

1. Only those eligible for selection are included in the results for the purposes of selection (e.g. if the first athlete in a National Trial is from France then their result is not counted for selection purposes).
2. There will be no roll down of automatic qualification slots at selection events unless stated. In the event the automatically selected athlete does not take up their position at the Championship or has already been selected, then the Selection Committee will select another, based on athlete performances, recent race history and previous major competition history (see Selection Process for more info). Alternatively, British Obstacle Sports may move the qualification spot to another race or competition.
3. Athletes must finish the race to be selected automatically regardless of the number of finishers in the competition.
4. There is no 50% rule for National Trials selection.
5. If fewer athletes compete in a National Trials competitive category than there are automatic selections available then these are selected by the BOS Selection Committee instead. For example, if only two athletes in the F50-54 complete the 3K National Trial then they are both selected automatically and the third automatic spot is selected by the BOS Selection Committee.
6. British Obstacle Sports reserves the right to extend the automatic selection deadline for athletes to accept a place at its sole discretion.

# OCR European Championships

**Location:** Italy

**Date:** 13th-16th June, 2024

## Event Weekend Overview

Event	Minimum age	Selection process
OCR100 / 100m	12 years old on race day	National Trials and selection process
Short course	12 years old on race day	Qualification events only
Classic / standard course	16 years old on race day*	Qualification events only
Para	Per event distances	Qualification event(s) and selection process
National Team Race	16 years old on race day	Selection process
Competitive Team Race	16 years old on race day	
Open (available to all)	TBD	BOS membership required

\* An athlete who is 15 years old on race day, but turns 16 on or before December 31st 2024 will race in the Youth 14/15 category. Athletes who are 15 years old on race day and turn 16 in 2024 may be allowed to compete in the 16/17 category provided they have parental and British Obstacle Sports consent.

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## OCR100

To be selected for the OCR European Championship 100m British National Team athletes must either position at a listed event, be selected by our selection committee, or achieve a qualifying time that enables wildcard selection. Note that wildcard selection is not guaranteed even if a qualifying time is achieved as it will be based on receiving additional entries to the OCR100.

### Key dates

Date	Milestone / Event	Notes
September 14-17th 2023	FISO OCR World Championships 100m 2023	The fastest elite and para British male and female athletes will be automatically selected alongside any age group gold medalists (if they are British)

January 13th	100m National Trial, Ninja Warrior Gloucester	Please visit our <a href="#">OCR European Championships</a> webpage for selection spots available.
By February 25th	Deadline to accept automatic selection	
February 28th 2024	Deadline to submit National Athlete List application	Note that selections may be made before this date and we recommend submitting your application by January 31st 2024.
By March 15th 2024	Any unfilled spots will be made by the BOS Selection Committee from the OCR100 National Athlete List	Athletes will need to have achieved a qualifying time at a 100m event to be selected.
By March 21st 2024	Deadline to accept position on national team based on selection committee selection	
Up to event registration closing	Further spots may be awarded to athletes based on availability of places (e.g. our allocation has not been utilised) from the OCR100 National Athlete List	Athletes will need to have achieved a qualifying time at a 100m event to be selected.
Up to event registration closing	Further wildcard places may be awarded to athletes on the OCR100 National Athlete List, subject to availability	Athletes will need to have achieved a qualifying time at a 100m event to be selected.

Required qualifying times are listed on the [britishobstacle.org](https://britishobstacle.org) website.

See <https://britishobstacle.org/ocr-european-championships/> for more details.

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## Short Course Distance

Athletes must qualify via a designated OCR European Championships qualification event. UK events are listed on our website.

See [britishobstacle.org/ocr-european-championships](https://britishobstacle.org/ocr-european-championships) for more details.

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## Classic/Standard Course Distance

Athletes must qualify via a designated OCR European Championships qualification event. UK events are listed on our website.

See [britishobstacle.org/ocr-european-championships](http://britishobstacle.org/ocr-european-championships) for more details.

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## Para Short and Classic/Standard Course Distance

Athletes must qualify via a designated OCR European Championships qualification event. UK events are listed on our website.

See [britishobstacle.org/ocr-european-championships](http://britishobstacle.org/ocr-european-championships) for more details.

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## National Team Race

To be selected for the National Team Race you must have qualified in the 100m, short course, or classic course distance. All athletes selected for these distances will be considered by the National Team Race Selection Committee.

See [britishobstacle.org/ocr-european-championships](http://britishobstacle.org/ocr-european-championships) for more details.

### Key dates

Date	Milestone / Event	Notes
February 28th	Deadline to submit National Athlete List application for guaranteed consideration by the National Team Race Selection Committee.	
By May 10th	The National Team race squad will be confirmed and announced.	

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## Competitive Team Race

Information for the national team race selection process will be released once available.

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## Open Races

Information for how to take part in open races (e.g. available to all) will be released once available.



# FISO OCR World Championships

**Location:** San Jose, Costa Rica

**Date:** August 22nd-25th

## Event Weekend Overview

Event	Minimum age	Selection process
OCR100 / 100m	10 years old on race day	National Trials, qualification events, and selection process
Short course	10 years old on race day	National Trials, qualification events, and selection process
Classic / standard course	16 years old on race day	National Trials, qualification events, and selection process
Para	Per event distances	National Trials, qualification events, and selection process
National Team Race	16 years old on race day	Selection process
Competitive Team Race	TBD	TBD
Open (available to all)	TBD	BOS membership required

Full details of the event weekend race formats have not been confirmed and are subject to change by the organisers.

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## OCR100

To be selected for the OCR World Championship 100m British National Team athletes must either position at a listed event, be selected by our selection committee, or achieve a qualifying time that enables wildcard selection. Note that wildcard selection is not guaranteed even if a qualifying time is achieved as it will be based on receiving additional entries to the OCR100.

### Key dates

Date	Milestone / Event	Notes
September 14-17th 2023	FISO OCR World Championships 100m 2023	The fastest elite and para British male and female athletes will be automatically

		selected alongside any age group gold medalists (if they are British)
January 13th, 2024	100m National Trial, Ninja Warrior Gloucester	Please visit our <a href="#">OCR World Championships</a> webpage for selection spots available.
By February 25th	Deadline to accept automatic selection	
February 28th 2024	Deadline to submit National Athlete List application	Note that selections may be made before this date and we recommend submitting your application by January 31st 2024.
By March 15th 2024	Any unfilled spots will be made by the BOS Selection Committee from the OCR100 National Athlete List	Athletes will need to have achieved a qualifying time at a 100m event to be selected.
By March 21st 2024	Deadline to accept position on national team based on selection committee selection	
Up to event registration closing	Further spots may be awarded to athletes based on availability of places (e.g. our allocation has not been utilised) from the OCR100 National Athlete List	Athletes will need to have achieved a qualifying time at a 100m event to be selected.
Up to event registration closing	Further wildcard places may be awarded to athletes on the OCR100 National Athlete List, subject to availability	Athletes will need to have achieved a qualifying time at a 100m event to be selected.

Required qualifying times are listed on the [britishobstacle.org](http://britishobstacle.org) website.

See <https://britishobstacle.org/fiso-ocr-world-championship/> for more details.

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## Short Course Distance

### Key dates

Date	Milestone / Event	Notes
September 15th 2023	FISO OCR World Championships 3K 2023	
November 12th 2023	British OCR 3K Championships 2023 / 3K National Trials	

March 16th 2024	South-East 3K Elite National Trials 2024 at Nuclear Wild Forest	
March 23rd 2024	Northern 3K Elite National Trials at Tartan Warrior	
March 30th 2024	Northern 3K Elite National Trials at The Obstacle Gym (Duel)*	
April 7th 2024	South-Central 3K Elite National Trials 2024 at Rumble Fitness	
April 15th 2024	Deadline to accept elite automatic selection	
Up to registration closing	Any unfilled elite spots will be made by the BOS Selection Committee from the Short Course Distance National Athlete List	

### **Short Course Distance Elite National Team (male and female):**

1. 1st Elite British athlete at the British OCR 3K Championships 2023
2. 1st British athlete in the South-East Elite 3K National Trials 2024
3. 1st British athlete in the Northern 3K Elite National Trials 2024
4. 1st British athlete in the Midlands 3K Elite National Trials 2024\*
5. 1st British athlete in the South-Central 3K Elite National Trials 2024

Any unfilled spots will be made by the BOS Selection Committee from the Short Course Distance National Athlete List

\* Distance of The Obstacle Gym is approximately 1.6K

### **Short Course Distance Para National Team (male and female):**

Athletes must qualify via a designated FISO OCR World Championships qualification event. UK events are listed on our website.

See <https://britishobstacle.org/fiso-ocr-world-championship/> for more details.

### **Short Course Distance Age Group National Team (male and female):**

Athletes must qualify via a designated FISO OCR World Championships qualification event. UK events are listed on our website.

See <https://britishobstacle.org/fiso-ocr-world-championship/> for more details.

## Classic/Standard Distance

### Key dates

Date	Milestone / Event	Notes
September 16th 2023	FISO OCR World Championships 14K 2023	
October 8th 2023	British OCR Championships 2023 / National Trial event	
March 15th 2024	Deadline to accept automatic elite selection	
May 12th 2024	15K National Trials at Nuclear Races	
June 29th 2024	British OCR Championships 2024	
Up to registration closing	Any unfilled elite spots will be made by the BOS Selection Committee from the Classic Course National Athlete List	

### Classic/Standard Distance Elite National Team (male and female):

1. Overall winner of FISO OCR World Championships (if British)
2. 1st Elite British athlete at the British OCR Championships 2023
3. 1st British athlete in the UKOCR Series 2023 (Overall)
4. 1st British athlete overall in the 15K National Trials 2024\*
5. 1st British athlete overall in the British OCR Championships 2024\*

\* Elite allocations at the 15K National Trials and British OCR Championships 2024 increase if there is no British winner at the FISO OCR World Championships or the same athlete has won multiple qualifying spots.

Any unfilled spots will be made by the BOS Selection Committee from the Classic Course Distance National Athlete List.

### Classic/Standard Distance Para National Team (male and female):

Athletes must qualify via a designated FISO OCR World Championships qualification event. UK events are listed on our website.

See <https://britishobstacle.org/fiso-ocr-world-championship/> for more details.

## Classic/Standard Distance Age Group National Team (male and female):

Athletes must qualify via a designated FISO OCR World Championships qualification event. UK events are listed on our website.

See <https://britishobstacle.org/fiso-ocr-world-championship/> for more details.

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## Para

Please see individual distances.

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## National Team Race

To be selected for the National Team Race you must have qualified in the 100m, short course, or classic course distance. All athletes selected for these distances will be considered by the National Team Race Selection Committee.

See <https://britishobstacle.org/fiso-ocr-world-championship/> for more details.

### Key dates

Date	Milestone / Event	Notes
February 28th	Deadline to submit National Athlete List application for guaranteed consideration by the National Team Race Selection Committee.	
By May 10th	The National Team race squad will be confirmed and announced.	

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## Competitive Team Race

Information for the national team race selection process will be released once available.

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## Open Races

Information for how to take part in open races (e.g. available to all) will be released once available.

# Selection Process

## Eligibility

1. To be considered for selection, athletes must:
  - a. Be eligible to represent the British National Team and not have represented another federation in the previous 12 months prior to the Championships
  - b. Be on the National Athlete List and agree to the Team Member Agreement as part of registration
  - c. Be a British Obstacle Sports member with a membership that expires after the Championship you wish to compete at
  - d. Hold a valid WADA Anti-Doping e-Learning (ADeL) certificate (over 18s only)
  - e. Complete/obtain any documentation required for event participation (for example, if medical certificates are required)
2. Once selected athletes must:
  - a. Register for the selected events at their own cost
  - b. Wear approved uniform only during the Championships (e.g. for races, opening and podium ceremonies)
  - c. Organise appropriate travel and insurance arrangements for the selected event at their own cost
  - d. Continue to abide by the terms & conditions of the TMA

## **Selection announcements and process**

1. Selection announcements will be made as soon as possible after the specified selection dates.
2. If there is availability in a competitive category the BOS Selection Committee may select an athlete on a case by case basis after the final selections.
3. The BOS Selection Committee may select National Team Race specialists who have not been selected in individual disciplines.
4. Each selection announcement will be published on British Obstacle Sports channels.
5. Decisions are made by majority vote, with the Chairperson holding a casting vote in the event of a tie.
6. In a circumstance where the BOS Selection Committee can not make a final decision, the British Obstacle Technical Committees (excluding any competing Team UK athletes relevant to the selection) will arbitrate until a decision is made.
7. Selections will be subject to the maximum quota for each competitive category as permitted by the Championship and as specified in this document. Additional wildcard entries may be approved, subject to Championship approval.
8. Reserves - the Panel may select up to two additional reserves for any event.

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## General Provisions

### **De-selection and replacements**

1. Athletes may be de-selected due to:
  - a. Illness or injury
  - b. Failure to comply with the terms and conditions of the TMA
  - c. For any reason approved by the British Obstacle Sports Board
2. In such circumstances replacements may be selected (in order of execution):
  - a. Via the selection of a reserve
  - b. Via an ad hoc panel selection specific to gap created by the deselection

### **Appeals**

1. Athletes may appeal their non-selection and/or deselection (as applicable), but only after the relevant final selection date. This can be done via <https://britishobstacle.org/contact-us/>

### **Amendment**

1. British Obstacle Sports reserves the right to amend this Policy at its sole discretion and will make any amended version publicly available (including the date on which any amendment was made) at [www.britishobstacle.org](http://www.britishobstacle.org).
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## Change log

### Version 1.1

- Clarified that the 1st British athlete in each age group of the British OCR Junior Championships qualifies for the FISO OCR World Championship short course

### Version 1.2

- Date of 100m National Trials confirmed
- Qualifying time requirements for OCR 100m races added
- Updated standard/classic course elite qualification process for Worlds
- Added application form links for the British National Team

### Version 1.3

- Date of 100m National Trials updated
- Key dates updated for FISO OCR World Championships Short Course and Classic course qualification
- Age Group and Para qualification updated for FISO OCR World Championships Short and Classic course

- Updated short course elite qualification process for Worlds
- Wildcard process added

#### Version 1.4

- References to selection numbers for OCR100 added

#### Version 1.5

- Membership requirements updated to be part of the national team.

#### Version 1.6

- Age requirements updated for the OCR European Championships
- Age requirements updated for the OCR World Championships
- Clarification on elite vs. age group qualification (i.e. it is not mandatory to accept an elite qualification).

#### Version 1.7

- 3K National Trials confirmed and added
- Details on National Team Race selection added