2026 OCR Series and League Rulebook

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GENERAL OVERVIEW

This page outlines the rules relating to different OCR race series in the UK that are supported by British Obstacle Sports. Any rules produced by the individual organisers override these rules once approved by British Obstacle Sports.

DEFINITIONS

- "LOC": The League Organising Committee responsible for running and managing a league. This could be a business, community group, committee at British Obstacle Sports or an event.
- "National": A race series that includes races in at least two of the four home nations.
- "Series": At least three races that are organised as part of a larger competition. The overall winner of the series is often determined by accumulating points across multiple races rather than in a single event, although a series may end with a "winner takes all" final. A series may also be referred to as a league.

CURRENT SUPPORTED LEAGUES

Series	Area	LOC	Rule Exceptions
3km OCR UK Series	National	Rumble Fitness	
BOS OCR Endurance League	National	BOS	The league webpage outlines the minimum distance required for maximum points. Only three races count towards the Endurance League standings, regardless of how many events are completed. World's Toughest Mudder carries bonus points based on the number of laps completed.
OCR Sprint UK, Sprint Series	National	OCR Sprint UK	
Scottish OCR Series	Regional	Scottish OCR	
Spartan UK Series	National	Spartan	Spartan UK produce their own rulebook and have a different points system
The Limitless Challenge	National	BOS	Open to adaptive athletes. Please see the Limitless Challenge webpage for full details and scoring system.
UKOCR Series	National	UKOCR	UKOCR produces their own rulebook. Please refer to this document. Four races will count in the series.

CREATING A SERIES

An LOC who is interested in creating a series should look to follow the rules in this document and should seek formal approval from British Obstacle Sports if they override the rules in any way. An LOC must not include or suggest a connection to British Obstacle Sports without first gaining approval from the federation.

BRITISH OBSTACLE SPORTS MEMBERSHIP

There is no requirement to be a British Obstacle Sports member to compete in a particular event, unless required by the race organiser. However, athletes must hold an Adult or Under 18 membership to compete in a series. The LOC may mandate additional requirements.

NUMBER OF EVENTS

Please refer to individual race series for listed events. The below table highlights how many races from an individual athlete can be included in their total series score.

Number of events in a series	**Maximum races to count in a series**
3	3
4	3
5	3
6	4
7	4
8	5
9	5
10	6

SERIES RULES FOR LOCs

- An athlete can still be included in a series even if they do not fulfil the maximum number of races.
- An athlete can take part in more races than the maximum number that scores points.
- An athlete must run the race wave and distance specified by the LOC.
- The LOC reserves the right to add additional events to the list. However, the number of races required should not exceed the maximum number of races required when published in the event rules. This may limit the total number of races that are possible.
- Events should be distributed across the season and ideally no more than one event per month.
- National series should only include the same race format e.g. not include a short course OCR race and a classic OCR race in the same series. Regional race series may include variations.
- LOCs should seek approval from British Obstacle Sports for any deviations in these rules.

RACE SERIES POINTS SYSTEM

All races are scored using the following points system. Points are assigned based on the competitor's final place and gender.

Points will be awarded as follows:

1st	500
2nd	475
3rd	461
4th	448
5th	436
6th	425
7th	416
8th	407
9th	399
10th	391
11th	384
12th	377
13th	371
14th	365

15th 360
16th 355
17th 351
18th 347
19th 344
20th 341
21st 339
22nd 338
23rd 337
24th 336
25th 335

For places beyond 21st, the point differential between each finisher will be 1 point until 360th place and any finisher beyond that will be awarded 1 point.

The LOC and British Obstacle Sports take no responsibility for individual events including, but not limited to, the production of results. These will be supplied by each event and any discrepancies would need to be directed to them who in turn will notify the LOC of any changes within 10 days of the race date.

INDIVIDUAL EVENT PRIZE MONEY

The LOC or British Obstacle Sports are not responsible for any prizes or prize money associated with any individual event. Individual events may organise their own prize money; however, such money is outside the series. Neither the LOC or British Obstacle Sports will be liable for any failure by an individual event to provide any prizes or prize money which the individual event has promoted.

RACE SERIES AGE CATEGORIES

In addition to an "Open" category available to athletes of all ages there will be the following additional age categories in each gender category of male and female competitors.

1. 14-17 for youth athletes aged 14 to 17 on race day. Athletes who turn 18 within the same calendar year, but who have already competed in races as a 17-year-old, may be considered for this category at the discretion of the LOC. This age category is only available for leagues with competitions that are 5 kilometres or less.
2. 18-34

3. 35-44
4. 45-49
5. 50-54
6. 55+

All age categories 18-34 and above are based on an athlete's age on December 31st of the applicable year.

The points system per race will not be based on separate age categories, but only on gender. Note that it is possible for an athlete to win both their age group and the Open category. In this instance, there will be no roll down. It is at the discretion of the LOC whether to award the athlete two trophies.

UNDER 18 ATHLETES

Each event sets its own minimum age requirements, informed by best practice and guidance from British Obstacle Sports. The youngest age an athlete may be on race day is 10, and this applies to shorter events only. An LOC may also set a minimum age for a league.

Events may offer adjusted courses on the same day for athletes under 18, for example by removing carries, reducing carry weights, or making other course modifications. Athletes competing on adjusted courses are not eligible to earn points in the relevant league, as these races are run as standalone events.

ADAPTIVE ATHLETES

Adaptive athletes wishing to enter the race series within an adaptive category should contact the Local Organising Committee responsible for the series for further information.

Unless otherwise specified, adaptive athletes are not eligible to score league points unless they are competing under the same rules and conditions as all athletes.

OVERALL RACE SERIES WINNERS

The winners will be decided by the total amount of points accrued over the maximum number of finishes allowed in each series. If any competitor has less than this then all their points from all races will count.

For the avoidance of doubt the total amount of points will separate racers. There are no additional bonuses for finishing the maximum number of races or more, save for having more opportunities to earn points.

If any competitor finishes more than the maximum number of events in the series, then their points from "unused" finishes are not redistributed, they simply are not used.

TIE BREAK PROCEDURE

The tie break procedure will only be employed to separate the top 10 positions in each series (so places 1st to 10th for both male and female in both Open and Masters). The tie break procedure will be, in order of importance:

1. Points earned in head-to-head races which the tied competitors finished which are being used in the series (i.e., races in which one or more competitors are not using their result do not count for the purposes of this tiebreaker).
2. Number of first place finishes in races which a competitor is using for the series.
3. Points earned in races in which a competitor finished in the top 3 which are being used in the series.
4. Points earned at the last race of the season irrespective of whether that result is used for the series. Any competitor not attending will receive 0 points for the purposes of this tie-break.
5. Points earned in all head-to-head races which involve the athletes irrespective of whether such races are being used for the competitor's overall series race.
6. Coin flip/drawing of lots

In the event of a tie being between more than two competitors then the above procedure is applied to break the initial tie. Once the tie is resolved then the procedure is reapplied from the beginning. E.g. If three competitors are tied on points and one competitor is eliminated following the application of tie break (ii) then the process begins again with the two competitors' points earned in head-to-head races being considered and so on.

For positions 11th onwards in the series then any competitors on the same number of points will simply share that position with the following places being adjusted

accordingly. E.g., if two competitors have the 11th most points, they will joint 11th place with the next position being 13th place etc.

RACE SERIES ELIGIBILITY

1. To be eligible to be in a series you must be a member of British Obstacle Sports.
2. If your membership lapses during the season you will not receive points for future events from the point of expiry.
3. New members will only receive points for races completed within 14 days of registration, except for the last race of the season where you must be a member before the race begins to collect points.
4. All Competitors must abide by the British Obstacle Sports Code of Conduct outlined in the British Obstacle Sports Rulebook.
5. British Obstacle Sports members who do not wish to participate in the series or a specific event can elect to opt out by making the LOC aware. Please note that points won by opted out British Obstacle Sports members will not be redistributed.

RACE SERIES PRIZES

Please refer to the LOC for more information.

TEAM SERIES

An LOC may also have a Team Series.

The Team Series is a special additional competition to give teams that train and race together an additional target for the year. When utilised it will run alongside and will use the points earned by athletes within the applicable LOC series to determine team placing.

Team information is collected centrally by British Obstacle Sports.

AN ATHLETES TEAM

An athlete will nominate their team via British Obstacle Sports. A member who confirms their team will receive points for that team for races completed within 14 days of confirmation, except for the last race of the season where you must confirm their team before the race begins to collect points. Note only the applicable athlete can confirm their team to avoid duplicate team claims from occurring. It is the responsibility of the athlete to ensure that they are registered for a team. Neither the

LOC nor British Obstacle Sports are obligated to chase up athletes to confirm their team.

Teams may be claimed via the following link:
https://forms.gle/jwxXRa1zPeZTSTPb8

Once an athlete has nominated their team then it will last until changed by the athlete. If an athlete decides that they no longer wish to represent a team, then they should email the LOC.

All points scored by an athlete up to that point will still count if appropriate, but they will be deemed unattached from that point onwards.

To avoid any gamesmanship, an athlete can only change teams once per season. Only points earned following the change will count to their new team. So, for example if an athlete changes teams following race 2 then only points from race 3 onwards will count towards their new teams total. Note that the athlete's points for races 1 and 2 may count in their old team's total (if appropriate).

EARNING POINTS

A team's points will be calculated using the top 10 results from their athletes over the course of the season based on the eligible results criteria listed below.

ELIGIBLE RESULTS ARE AS FOLLOWS:

1. Only LOC series races and eligible waves within those races in which points are awarded will count towards a team's scores.
2. Each individual team member can only contribute their two best results to their team's total. Consequently, a team's score will be made up of a minimum of five athletes and a maximum of ten athletes' score.
3. A team's score must have a gender split ratio of at least 60/40. So, of the ten results used for the team's score, their best 4 results from the male field will be counted and their best 4 results from the female field will be counted. The final 2 results can come from either field subject of course to the rule that an individual athlete can only contribute up to two results to the overall team score.
4. An athlete must be otherwise eligible to score points in the series (e.g. they must be a British Obstacle Sports member and must not have any other good reason as to why they are ineligible such as conduct issues).

5. The scores which are used by a team are not "locked in" until after the final race of the season. A team can use an individual athlete's best two results (subject to it being an eligible result) irrespective of where it came in a season. E.g. if an athlete achieves a 5th place finish in race 1 and a 3rd place finish in race 2 then such results can be substituted out in the event that an athlete achieves a higher position at a future race.

WORKING OUT RESULTS

A team does not need to directly nominate which results to use. The LOC and British Obstacle Sports team will seek to ensure that a team's highest eligible scores are used when publishing its updates and final standings.

Should a team have any disputes concerning its total then such dispute is to be raised to the LOC by no later than 24 hours after the final results have been shared or such later date that the LOC may nominate at their sole discretion.

TIE BREAK PROCEDURE

The tie break procedure will be employed to separate the top 10 teams. From 11th place onwards ties will be allowed, and the teams will simply share the position.

The tie break procedure is as follows:

1. The highest number of first placed positions earned by the team with their 10 eligible results.
2. The highest number of first and second placed positions earned by the team with their 10 eligible results.
3. The highest number of first, second and third placed positions earned by the team with their 10 eligible results.
4. The final positions of the teams best placed male competitor and best placed female competitor in the LOC series.
5. Providing that at least one of that athlete's scores contributed to the team score. So, for example if Team 1 has the 1st placed male and the 2nd placed female and Team 2 has the 3rd placed male and the 1st placed female then Team 1 would win the tie break.
6. The final positions of the Teams top two placed male competitors and top two placed female competitors. Again providing that at least one of those athletes' scores contributed to the team score.
7. Coin flip/drawing of lots.

8. In the event that a tie is between more than two teams then the above procedure will be used to break the initial tie. If a tie still exists then the tie break procedures are reapplied from the beginning to the remaining tie(s) until no tie exists.

TEAM PRIZES

Please refer to the LOC for more information.

DISPUTES/ISSUES ARISING

In the case of a dispute or issue which cannot be resolved by these rules then the decision of LOC will be final. Any disputes must be emailed to the LOC.