

CITY CHALLENGE

OBSTACLE RACE

Elite Rules Code of Conduct

If you are registered for the competitive wave, participants of this wave can qualify for The OCR World Championships this fall. The first 5 male and the first 5 females overall automatically qualify. We expect all our athletes competing in the elite wave to abide by the following rules or you will be disqualified. *Male and female athletes will run separate in the competitive wave only.*

All obstacles MUST be completed. You cannot opt to do jump squats instead of the obstacle and you cannot fail an obstacle. If you fail any obstacle you MUST try again until you complete it. There are NO EXCEPTIONS to the rules below. Any infraction will cause you to be disqualified from placing and qualifying for the OCR World Championship!

Box Jumps: You must do 30 box jumps before you move on at every station (not 29 not 28) our staff will be watching and you will be disqualified if you do not complete 30.

Cinder Block Carry: All elites must carry (2) blocks NO EXCEPTIONS! DO NOT throw or slam the blocks.

Kettle Bell Swings: You cannot grab any of the PINK bells (all the others are permissible) and complete 30 kettle bell swings ABOVE your head (American) (not 29 not 28) our staff will be watching!

Sand Bag Carry: All elite athletes MUST carry the camouflage bags NOT the orange bags (1 bag per athlete). Do not throw the bag at the end of your run!

Heavy Jump Ropes: All elites must grab the thicker jump rope (2 inches thick) not the thinner rope and count 30 jumps!

THE RIG: Must be completed without touching the floor or skipping a ring and the bell must be rang at the end. If you fall off the RIG you must start from the beginning until you complete it.

ROPE CLIMB: You cannot use any of the ropes with knots. Only the straight ropes can be used by ELITES.

You cannot help each other at any point of the race. City Challengers you have the opportunity to represent these United States of America in the OCR World Championships this fall. We expect each one of you to conduct yourselves with the utmost integrity!

Please email yvette@citychallengerace.com if you have any questions.

The team @CityChallengeRace