

General ethical rules

Athletes are obliged to:

- Know, understand and follow the rules and regulations at all times
- Practice good sportsmanship at all times
- Be responsible for their own safety and the safety of others
- Follow the instructions of the referees and the staff of the event
- Treat other athletes, staff members, volunteers, media, sponsors and spectators with respect and courtesy
- Do not use abusive language and behavior
- Complete all obstacles without receiving assistance
- Do not dispose of waste or equipment on or around the course except in the special containers clearly designated. All items must be thrown into the appropriate containers or kept with the athlete and disposed of properly at the end of the race.
- Do not try to gain unfair advantage in any way
- Do not enter the course and try any obstacles before the competition. Athletes who do so will be disqualified.

Athletes who do not respect the conduct can be disqualified without further.

Rules of race behavior

The regulations provided by World Obstacle and available on the website generally apply.

<https://www.worldobstacle.org/competition-rules/>

Some aspects of differentiation are highlighted below

- Athletes will have to cover the entire circuit planned by the organizers and overcome the obstacles that will be foreseen for the race.
- All obstacles must be overcome by the competitor, some obstacles duly marked will provide only 1 attempt to overcome, other multiple attempts.
- If the athlete fails the obstacle (one attempt or multiple ones) one wristband will be cut
- When an athlete loses its third wristband will be considered DNF (Did Not Finish)

WristBands, Penalty Loops and Types of Obstacles

Each athlete will be provided with 5 wristbands bearing the same race number. The wristbands are personal, non-transferable and identify the individual athlete.

Before leaving, it will be checked that each athlete is wearing their own wristbands.

Example (colors, numbers and logo will vary for each race):

Upon a failed obstacle, the athlete must have a wristband removed by the appointed Marshall. The "lost" wristbands, up to a maximum of 4, can be recovered before the finish line through the Penalty-loop path which will allow the reintegration of 1 wristband at each lap, up to a maximum of 4 laps.

The cut wristbands will be collected and stored and will constitute proof.

NOTE: to comply with international rules, in order to qualify for next OCREC, gain ranking points for OCRWC qualification and gain ranking points for WorldSeries, an athlete may lose up to a maximum of 2 wristbands only!

Athletes who lose more than 2 wristbands may be included in the race's final ranking, but they will not be included in international rankings.

Single-attempt or multiple-attempt obstacles will be present on the obstacle course.

- obstacles single attempt
 - all obstacles in suspension will allow only one "honest attempt" to overcome.
 - In case of failure a wristband will be cut.
 - The attempt is considered started when the athlete has both feet off the ground.
- obstacles multiple attempts
 - all obstacles not in suspension and not otherwise indicated by the organization will have multiple attempts
 - Multiple attempts obstacles will have dedicated first attempt lanes and retry lanes

Penalty loop (PL)

- Consists of a race, transport, swimming or strength test at the discretion of the organizer.
- It is positioned near the finish line and indicated by appropriate signs.
- The athlete who arrives near the penalty loop must show the number of wristbands in his possession to the judge (or assistant judge) who supervises it.
- The participant who shows up at the PL with 5 (three) or 0 (zero) wristbands will have to continue towards the finish line.
- The participant who arrives at the PL with 1 (one) or 2 (two) or three (3) or four (4) wristbands will have to complete a number of "laps" equal to the **lost** wristbands.
- If the athlete does not pass or refuses the PL test, all the wristbands will be removed and DNF will be considered in the ranking.
- The athlete is solely responsible for carrying out the LP in the appropriate number of repetitions, they will be electronically checked that the LPs are performed in an adequate number and according to the rules.
- If the athlete arrives at the finish with 1 (one) or 2 (two) or three (3) or four (4) wristbands they will have to go back to complete the missing penalty loops in order not to incur disqualification or DNF