



EUROPEAN CHAMPIONSHIPS

PORTUGAL  **2025**

25 - 29 de JUNE | JAMOR - OEIRAS

EVENT RULES

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SUMMARY

The annual edition of the OCR EUROPEAN CHAMPIONSHIPS will be organized in June 2025 as the annual edition with the support of FISO, EOSF, UIPM and the promotional bodies involved and local communities and administrations. The FISO regulations in force will be used for all races, except for the exceptions dealt with individually by these regulations. For anything not expressly mentioned, refer to the specific FISO regulations. FPOCR reserves every right to modify, change, cancel, cancel in whole or in part this regulation if it deems it necessary or necessary.

This document along with the regulations for gdpr, waivers, athletes' guide, Obstacle Rules and any other document published on the official website of the event are the whole body of the rules for OCR EC 2025

CALENDAR AND SCHEDULE

The event will be hosted in the wonderful Jamor Park (Oeiras/Lisboa) from June 25th to June 29th 2025
Address: Praça da Maratona, 1495-751 Cruz Quebrada - Portugal. The overall program of the event is the following:

2025 OCR EC Schedule					
Package pick up all days					
Hour	Wednesday	Thursday	Friday	Saturday	Sunday
8			3K race	15k race	team race
9			3K race	15k race	team race
10	100m training	100m qualif cat bns	3K race 100m qualifications	15k race	team race
11	100m training	100m qualif cat bns	3K race 100m qualifications	15k race	team race
12		100m qualif cat bns	3K race 100m qualifications	15k race	team race
13		100m qualif cat bns	3K race 100m qualifications	15k race	fun race
14	100m training	100m qualif cat bns	3K race 100m qualifications	100m Top16 to Top4	100m Top4 to Top1
15	100m training	100m qualif cat bns	100m qualif cat bns	100m Top16 to Top4	100m Top4 to Top1
16		100m qualif cat bns	100m qualif cat bns	100m Top16 to Top4	TEAM RACE AWARD CEREMONY
17		Opening Ceremony	3K AWARD CEREMONY	15K AWARD CEREMONY	100m RACE AWARD CEREMONY
18	Press Conference (TBC)		EOSF Assembly		Closing Ceremony
19					
20				PARTY	

DETAILS OR CHANGE IN THE SCHEDULE WILL BE PUBLISHED ON THE OFFICIAL WEBSITE

The times of the award ceremonies are approximately at 17,00 on the day of competition and will be confirmed later. The prizes, if available, are delivered only and only to those present at the ceremony, they will not be delivered otherwise or even less shipped. The awards will in any case be carried out according to the health regulations in force.

QUALIFICATIONS AND REQUIREMENTS

To participate in OCREC 2025 each athlete must have qualified to reach a particular result in a qualifying race as established by the National Federation hosting the competition itself or by the European Federation or by the International Federation.

All qualification requirements will be checked during the registration process. Registration process is considered complete only after all the requirements (documents and qualifications) have been checked. Failure to comply with the required qualification criteria will not result in a valid reason for reimbursement or refund.

There are no sporting requirements for the Journeyman division or for the OPEN race.

To be able to participate is mandatory to:

- Register by providing all the required data
- Accept waivers, rules, disclaimers and privacy documents
- Present a medical certificate for competitive sport activity or a medical status declaration (annexes)
- Demonstrate your qualification
- Be a European citizen

Minimum age to participate in the 100m and 3km races is 10 years old at the time of the race, and for the standard race is 16 years old.

Athletes under the age of 18 must provide an additional authorization signed by their parents or guardians.

The age range of participation will be that at 31/12/2025 regardless of the age range of the qualification,

The age is calculated as follows:

- For Over 15 athletes, the age is calculated on Dec 31st 2025;
- For Under 15 athletes, the age is calculated ON RACE DAY;
- An athlete who is 15yo on race day but turns 16 on or before December 31st 2025 will race in the Youth 14/15 category. Athletes who are 15 years old on race day and turn 16 in 2025 may be allowed to compete in the 16/17 category provided they have parental and National Governing Body consent.

The responsibility of the data and documents entered or provided lies with the participating athlete.

False, incorrect or omitted data may lead to disqualification or prohibition of participation.

REGISTRATION AND REQUIREMENTS

Participation Fees

DATE	SHORT				STANDARD				TEAM	KIDS	100m	FUN RUN
	OPEN	AGE	ELITE	PARA	OPEN	AGE	ELITE	PARA				
From opening	€ 75	€ 115	€ 135	€ 75	€ 115	€ 165	€ 185	€ 115	€ 175	€ 25	€ 60	€ 55
From February 1st	€ 90	€ 130	€ 150	€ 90	€ 130	€ 180	€ 200	€ 130	€ 190	€ 35	€ 70	€ 60
Transaction fee not included												

Each participant will receive

- official race pack
- official gadget (one for each race)
- official medal (for all the finisher)
- silicon band (except for DNF, DSQ or DNC)
- access to use bag deposit if present
- access to use showers and changing rooms
- refreshments on arrival
- water points on the route and
- assistance on the route
- ranking
- basic sport insurance coverage

Medical Certificate and Medical Status declaration

The Medical certificate must expressly and explicitly contain the wording for competitive sporting activity. See medical certificate and Medical Status declaration in the annexes.

Modification / Refund Policy

In the event of medical, logistical or other needs, the organization has the right to cancel the event, in which case 80% of the registration fee will be refunded, net of registration fees on the platform.

- There are no refunds for any reason if the athlete is unable to participate.
- For standard, short, OCR100 and competitive teams, it will be possible to change the participant's name at a cost of 30€ till 08/06/2025 at 23.59.
- In the National Team race it is possible to change names at a cost of 30 € till 7am of race day. The first change is free of cost.

Logistics / Facilities / Services

The services available to participants on the race day will be:

- Bags / Luggage storage
- Showers / Toilets
- Warming up area

Logistics / Facilities / Services (cont.)

- Final refreshment
- Water points on the course
- Medical assistance

Registration and Race Package Collection

It is possible to collect the race pack the day before the race. Schedule will be communicated on the official website. There is no guarantee that packages not collected the day before can be collected on time for the race of the morning. Please collect your packages in advance as queues can be expected.

The race pack will contain

- 3 identical wristbands with the bib number to wear before the race, making sure to do it in a dry place. They must be worn on the right wrist
- Adaptive (PARA) athletes will have 5 bands
- U16 racers will have an additional wristband to identify them
- 1 wristband with bib number that identifies the racers, this goes on the left wrist
- Additional wristband for luggage and bag drop could be provided
- 1 chip to be worn on the knee. Make sure you leave it after the race, into the appropriate containers at the end.

Sustainable Race, Less Plastic

The organization has prepared everything possible to make the environmental impact as sustainable as possible and invites each athlete to respect the warnings that will be issued through signs, speakers and so on.

All the space where the races will be held, also the one where the public will be hosted (eventually), will be equipped with special containers necessary for the separate collection of waste, along the route of the race there will be containers for waste collection. Please pay particular attention to the waste left on the ground during the course, any reports from race officials, staff, videos can be used as evidence to be able to penalize the competitors and lead to disqualification,

General Health Norms

The specific health rules will be updated according to the laws in force, the rules will be applied, explained and communicated. The health regulations could change the program and the starting schedule of the races.

Medical Service

The Organization will provide an adequate medical assistance service on the route and at the point of departure and arrival. Ambulances, first aid facilities and paramedical services, will provide the appropriate medical service to all participants. Doctors and paramedics are authorized to prohibit the continuation of the race for injured, overly fatigued or injured participants, in order to ensure the health safety of all participants.

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 must wear their national uniform that must be compliant with the World Obstacle rules <https://www.worldobstacle.org/wp-content/uploads/2023/02/Uniform-Rules.pdf>

Athletes who do not respect the conduct can be disqualified without further notice from the OCR 2025 European Championships.

Antidoping

The provisions of World Obstacle apply <https://www.worldobstacle.org/anti-doping/>

RULES OF COMPETITION

The regulations provided by World Obstacle and available on the website generally apply. <https://www.worldobstacle.org/competition-rules/>

Standard / Short 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 part of 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, the athlete will be considered DNC (Did Not Complete)

Timing

Upon delivery of the race pack, a chip will be delivered, to be placed on the athlete's knee. At the end of the race, the chip should be delivered back to the organization. Not delivering the chip back can imply a DSQ of the athlete.

The organization reserves the right to indicate a maximum time to complete the race beyond which assistance on the route is not guaranteed. Those who arrive over the time limit will be considered DNF regardless of the number of bands.

WristBands

Each athlete will be provided with 3 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):

	1111	
--	------	--

When an obstacle fails the athlete must have a wristband removed by the obstacle Technical Officials present. The "lost" wristbands, up to a maximum of 2, can be recovered before the finish line through the Penalty-loop path which will allow the reintegration of 1 wristband at each step, up to a maximum of 2 steps.

The cut wristbands will be collected and stored and will constitute evidence log.

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

obstacles with single attempt

- All suspension obstacles, but also others indicated by the organization, which will be duly reported, will have only one "honest attempt" to overcome;
- In case of failure a wristband will be cut;
- In general, the attempt is considered started when the athlete has both feet off the ground.

obstacles with multiple attempts

- All obstacles not in suspension and not otherwise indicated by the organization will have multiple attempts;
- Multiple attempt 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 Technical Official (or assistant Technical Official) who supervises it;
- The participant who shows up at the PL with 3 (three) or 0 (zero) wristbands will have to continue towards the finish line;

Penalty Loop (PL) (cont.)

- The participant who arrives at the PL with 1 (one) or 2 (two) 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 will be considered DSQ (disqualified) in the ranking;
- The athlete is solely responsible for carrying out the PL in the appropriate number of repetitions, they will be electronically checked that the PLs are performed in an adequate number and according to the rules;
- If the athlete arrives at the finish with one or two bands the athlete will be considered DSQ as it's athlete responsibility to finish with either 3 or 0 bandas.

For Further Details

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

100 meters race rules

- timestarts, single or multiple.
- Time will be detected by an electronic chip or other system.
- The obstacles will be those sanctioned by World Obstacle and 100 meters rules will apply.
- Completion of all obstacles is mandatory.
- An athlete failing an obstacle may attempt the obstacle a second time.
- An athlete who fails to complete an obstacle on the second attempt must immediately leave the course.
- An athlete who fails an obstacle is designated Did Not Complete ("DNC") in the results for that run and is not awarded a time.
- There are no time or athletic penalties.

For Further Details

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

Team Race Rules

Team race will be a COOPERATIVE team race. This means all the team members will start together. The time will be recorded with the electronic chip system and the time recorded by the last member of the team will be considered as valid. The arrival time of the components must be within 60" between them, that is, between the first and the last time recorded, no more than a minute can pass. The team starts, runs and arrives together.

National Teams must wear the same jersey as approved by WO

<https://www.worldobstacle.org/wp-content/uploads/2023/02/Uniform-Rules.pdf>

Competitive teams are not allowed to wear National Jerseys. We advise teams to wear the same shirt or colors or team markings to make it easier for Technical Officials and volunteers to carry out their duties.

Specific Obstacle rules for the Team Race will be published in the RuleBook.

Each team member will have 3 wristbands. In order for the team to enter the rankings, each athlete of each team must have at least one wristband still on their wrist at the time of the Penalty Loop. Each suspended obstacle will have only 1 attempt available per team member. Any failure or failure to overcome an obstacle will lead to the cut of 1 wristband from the wrist of the athlete who has failed.

Lost wristbands can be recovered through the Penalty Loop system.

Category composition of the teams

- female team - team of 3 women
- male team - team of 3 men
- mixed team - 2 women and 1 man or 2 men and 1 woman
- adaptive team - mixed team with at least an adaptive athlete

Only the Team selected by Each National Federation can participate in the Championships and win the title. NF can indicate one team for each category to represent the Country.

RESULTS AND RANKINGS

The results will be published continuously in real time on the official website , on the website of the timing service and on the dedicated monitors present in the start and finish area.

Protests

Any filing of protests is to be fulfilled according to the WO rules.

Verbal protest annunciation, 5 minutes after the arrival

Written protest forms need to be handed in to the Technical Delegate within 30 minutes after the arrival

PRIZE AND AWARDS

The best three (3) competitors (ie podium) of the Male and Female categories relating to the following races will be awarded:

- Standard - Elite Athlete
- Standard - each Age Group
- Standard - top 3 adaptive athletes regardless of their PO category
- Short - Elite Athlete
- Short - each Age Group
- Short - top 3 adaptive athletes regardless of their PO category

The best three (3) competitors (ie podium) of the Male and Female following categories related to the 100 meters race will be awarded:

- Youth
- Junior
- Senior
- Elite
- Master
- Veteran
- Adaptive - each category

The best three (3) teams for all the categories related to the following races will be awarded

- National Federations Team - designated by the respective National Federation
 - All female team
 - All male team
 - Mixed team (one athlete for each gender)
 - Adaptive team (at least one adaptive athlete)
- Open teams
 - All female team
 - All male team
 - Mixed team
 - Adaptive team

The awards if available could be in money or in goods and will be communicated later.
The awards ceremonies will take place at the Event village area.

CONTACTS

info2025@ocreuropeanchampionships.com

ATTACHMENTS

CODE OF CONDUCT OCR NATIONAL ATHLETES

1. The athletes of the national team are chosen not only for their sporting merits, but for their qualities of good sportsmanship and representation and must be an example for all athletes; for this reason, the Federation expects them to behave in a spirit of morality and sporting loyalty both towards their teammates and opponents, both during and outside the competitions, for the entire duration of the sporting event in which they will be summoned to represent the national team.
2. The athletes representing their nations comply to not comment on or argue about the decisions of the Federation regarding the call-ups for the National Team, they comply with not meddling with or act as the spokesperson for the candidacies of other athletes; Representing your nation in competitions of international importance must be considered an honor and not an opportunity for negotiation or personal prestige
3. The summoned athletes agree to not arguing about the decisions of the referees or Technical Officials directly, but to settle disagreements with the on-site contact person/ representative of the national federation who decides whether to appeal.
4. The athletes called up comply with only wearing clothing provided by the national team's partner brands. Exceptions to the above shall be considered exceptional and shall be assessed if justified in writing and in the same form as may be granted.
5. The athletes summoned comply to not running bare-chested and not to have writings on the body (tattoos excluded), this in order to represent a dutiful decorum even with clothing in the competition
6. The athletes called up adhere to allow a reasonable availability of time for photos, videos, interviews and promotional activities in favor of the brand partners of the national team and the media in general
7. In the event of a podium and any celebrations for the victory, the athletes are committed to carrying the national flag and no other flag with them.
8. The athletes summoned undertake to sign the waiver for the use of their image in favor of the Federation and its partners.
9. The athletes called up comply to not engage in promoting other products or services different or additional to those of the Federation and/or its partners with the national team jersey on unless previously authorized in writing
10. No unsportsmanlike conduct will be tolerated The athletes summoned are aware that any failure to comply with the above may result in the loss by the athlete of the reimbursement of expenses and the removal from the OCR National selection and sign this document with the signature below for acceptance

signature _____

date _____

MEDICAL CERTIFICATE REFERENCE MODEL

CERTIFICATE OF FITNESS FOR COMPETITIVE SPORTS PRACTICE

Based on the medical examination carried out by me, of the arterial
blood pressure readings, as well as the ECG trace carried

out on _____

Name _____

Surname _____

Born on _____ in _____

Resident in _____ in _____

has no contraindications in the practice of sports activities.

This certificate is valid for one year and will expire on _____

Location _____

Date _____

(name of the doctor)

(stamp and signature)

MEDICAL STATUS DECLARATION

This declaration is mandatory for registering in the OCR European Championships Portugal 2025 in case you don't present a valid medical certificate.

The information provided will only be accessed by authorized personnel from FPOCR - Federação Portuguesa de Corridas de Obstáculos APD, when necessary. It will be stored securely and not shared with third parties without your explicit consent, in compliance with the General Data Protection Regulation (GDPR). The data will be used solely for ensuring your safety during the event.

By completing and signing this declaration, I confirm the accuracy of the information provided and acknowledge my responsibility to update the organization in case of changes to my medical status prior to the event. I understand that I have the right to access, correct, or request the deletion of my personal data by contacting the organization through the email: info2025@ocreuropeanchampionships.com

Section 1: Contact Information

Email: _____

Full Name: _____

Date of Birth (dd/mm/yyyy): _____

Phone Number (with country code): _____

Street Address: _____

City: _____

Region (State/Province): _____

Postal Code: _____

Country: _____

Section 2: Medical History

1. Medical Conditions (Check all that apply):

☐ Asthma ☐ Cancer ☐ Cardiac Disease ☐ Diabetes ☐ Hypertension

☐ Psychiatric Disorder ☐ Epilepsy ☐ None ☐ Other: _____

2. Current Symptoms (Check all that apply):

☐ Chest Pain ☐ Respiratory Issues ☐ Neurological Symptoms ☐ Musculoskeletal

Issues ☐ Weight Gain ☐ Weight Loss ☐ None ☐ Other: _____

3. Are you taking any medications?

List your medications or write "None":

4. Have you had any recent surgeries (past 5 years) ?

List your surgeries or write "None": _____

5. Do you have any allergies?

List your allergies or write "None": _____

6. What was your gender at birth?

☐ Male ☐ Female

7. Do you use or have a history of using tobacco?

☐ Yes ☐ No

8. Do you use or have a history of using recreational drugs?

☐ Yes ☐ No

9. How often do you consume alcohol?

- ☐ Daily ☐ 1-3 times per week ☐ Several times a month
- ☐ Several times a year ☐ None

Section 3: Consent

By signing below, I consent that in the event of injury or incapacitation during the OCR European Championships Portugal 2025, I (or my child/athlete, if applicable) wish to receive appropriate medical care as determined by a healthcare professional.

Signature: _____

Type or sign your full legal name:

Section 4: Emergency Contact

Emergency Contact Name: _____

Emergency Contact Phone Number: _____