**RULES**

**Belgian OCR league/competitions**

- Participants in the Belgian OCR league/competitions are insured via BOCRA or with a Sporta day insurance if they are not a BOCRA member.

- Athletes who register for one or more separate competitions cannot claim the final race and final ranking

- The Belgian OCR league is open to everyone (also international athletes), whereby BOCRA members will have a price advantage.

- There will be a maximum of 100 athletes per race (league + single entries)

- The best 4 results (of 5) will count for the final ranking

- The final race will be a more technical edition than the previous short courses

- The first race athletes will start according to the time of registration (registration is only valid after payment)

- From the 2nd race onwards the ranking will be taken into account to determine the starting order

- In case of a tie between athletes, the results between them will be considered.

- After the 5 short courses, the 1st 50% of the ranking goes to the final race for the final ranking.

- The 2nd 50% will still be able to participate recreationally in the final race without further influence on the final ranking.

- In case of an uneven number of participants in the league, the ranking will be rounded in favor of the participant (example: 75 participants in the league: 38 participants in the final).

- When determining the percentage for participation in the final, men and women are considered separately.

- There will be no discussion with the marshals.

- Nothing can be accepted or given to/from third parties

- There will be used the 3-band system

o 1 retake per obstacle possible (must be retaken immediately)

o A serious attempt must be made to overcome an obstacle (if not= DSQ)

o At 2nd failure, the tape is cut and the race can be resumed

o At the end of the race a penal loop has to be done per lost ribbon (3 lost ribbons = DSQ; 0 points)

o After completing the punishment loops, the race can be restarted.

o At losing the 3 tires will result in a DSQ (0 points)

- There will be (up to) 2 bonus obstacles per race where the participant has the opportunity to get up to 2' time reduction when completing them

- No garbage left behind on the course

- Faster athletes must be left behind.

o If you are on an obstacle but you obstruct a faster arriving athlete, you have to retake the obstacle but this will not be counted (once) as an attempt.

- Clothing/shoes may not be a danger to yourself, your equipment or third parties (sharp objects).

- There will be a separate start (specific start procedure can be different for each organization, regarding possible restrictions at the time of the event)

- Points distribution will be established according to the results per race and will be available on the BOCRA site (Points system according to FISO standards, more information follows)

- Athletes must wear a BOCRA vest (if only indoor, this rule does not apply)

- The noted time will be the time from start to finish (incl. penalty loop(s))

- Results of these competitions will also count for the determination of who will be allowed to represent Belgium at the Championships

o One must be a member of BOCRA at the start of the league in order to be entitled to this