**RULES**

**2nd 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 can also subscribe/participate at the final race

- 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) races + final result will count for the final ranking

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

- the starting order will be determined in consultation with the organization/BOCRA, communicated in advance online and via e-mail (registration is only valid after payment)

- the kids league (-16 year) will take place in the morning (10-12h), the league 16+ in the afternoon (from +-13h)

- From the 2nd race onwards the ranking will be taken into account to determine the starting order. Small adjustments possible in consultation with the organization/BOCRA

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

- all participants of the league can run at the final race

- there is a separate classification for men and women with regard to qualification points EC/WC (points calculation compared tot he 1st M/F)

- 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 league -16 : 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 Ligue 16+ : 1 attempt per obstacle

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)

- 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)

- Athletes must wear a BOCRA vest

- 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

* Also dutch membres of NLOSF will be able to obtain qualification points for possible EC/WC selection