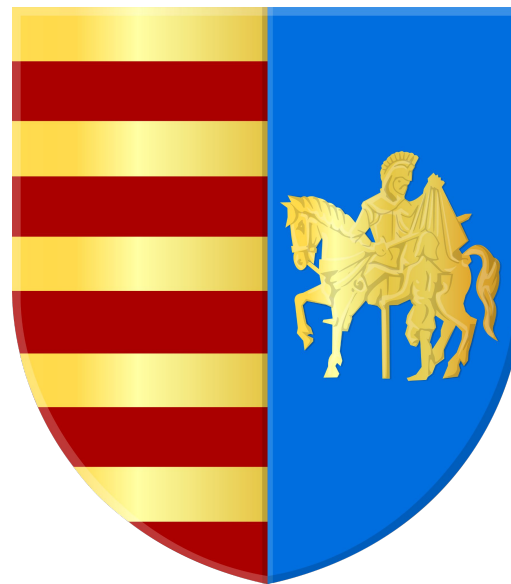


OCR WORLD CHAMPIONSHIPS

GENK, BELGIUM 14-17 SEPTEMBER 2023



WORLD OBSTACLE UIPM 2023 OCR WORLD CHAMPIONSHIPS



OCR WORLD CHAMPIONSHIPS

GENK, BELGIUM 14-17 SEPTEMBER 2023



GENERAL INFORMATION



Published: 8 August 2023.

LIST OF CONTENTS

01

championships

04

competitions

100+

countries

4,000

athletes & entourage

10,000

spectators

TONS

of fun





NORTH AMERICA

- Canada
- USA
- Mexico

CENTRAL AMERICA & CARIBBEAN

- Bahamas
- Barbados
- Costa Rica
- Jamaica
- Martinique
- Panama
- Puerto Rico
- Trinidad and Tobago

SOUTH AMERICA

- Argentina
- Brazil
- Chile
- Colombia
- Guatemala
- Nicaragua
- Paraguay
- Peru
- Venezuela

SCANDINAVIA

- Norway,
- Denmark
- Luxembourg
- Sweden
- Finland
- Iceland

WESTERN EUROPE

- Andorra
- France
- Germany
- Gibraltar
- Great Britain
- Ireland
- Italy
- Liechtenstein
- Malta
- Netherlands
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- Portugal
- Spain
- Switzerland

NORTH & WEST AFRICA

- Cameroon
- Egypt
- Ghana
- Morocco
- Nigeria
- Tunisia

CENTRAL & EASTERN EUROPE

- Albania
- Austria
- Bosnia and Herzegovina
- Croatia
- Czech Republic
- Estonia
- Hungary
- Lithuania
- Poland
- Romania
- Serbia

SOUTH & EAST AFRICA

- Kenya
- Namibia
- South Africa
- Uganda
- United Republic of Tanzania

WEST & CENTRAL ASIA

- Afghanistan
- Bahrain
- Islamic Republic of Iran
- Kazakhstan
- Kuwait
- Qatar
- Saudi Arabia
- Sultanate of Oman
- Tajikistan
- United Arab Emirates

EAST & SOUTH ASIA

- China
- Chinese Taipei
- Hong Kong
- India
- Japan
- Marianas & Guam
- Pakistan
- Republic of Korea

SOUTHEAST ASIA

- Brunei
- Darussalam
- Cambodia
- Indonesia
- Laos
- Malaysia
- Myanmar
- Philippines
- Singapore
- Thailand
- Vietnam

OCEANIA

- Australia
- New Zealand
- Fiji
- New Caledonia
- Samoa
- Micronesia



EVENT STRUCTURE

Host country: **Belgium**

City: **Genk**

Organization by: **World Obstacle and Belgian National Federation (BOCRA)**

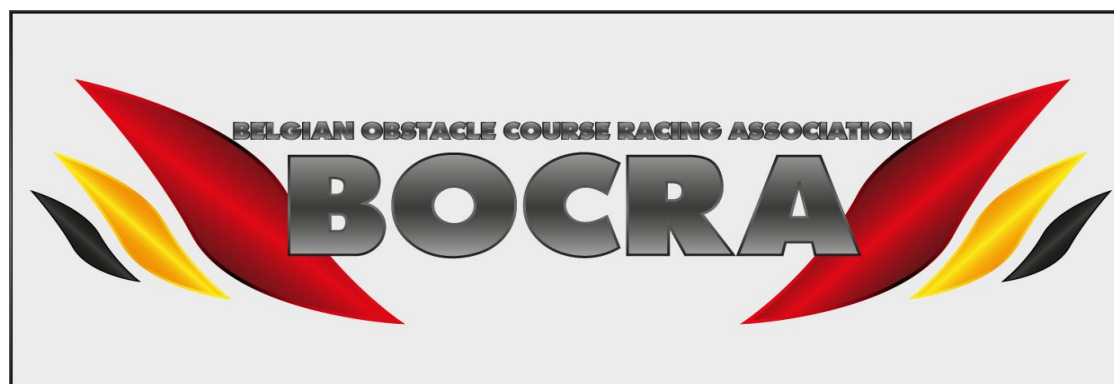
Cooperation with

GOLAZO

City of Genk,

Domain Thor park

The Flemish community



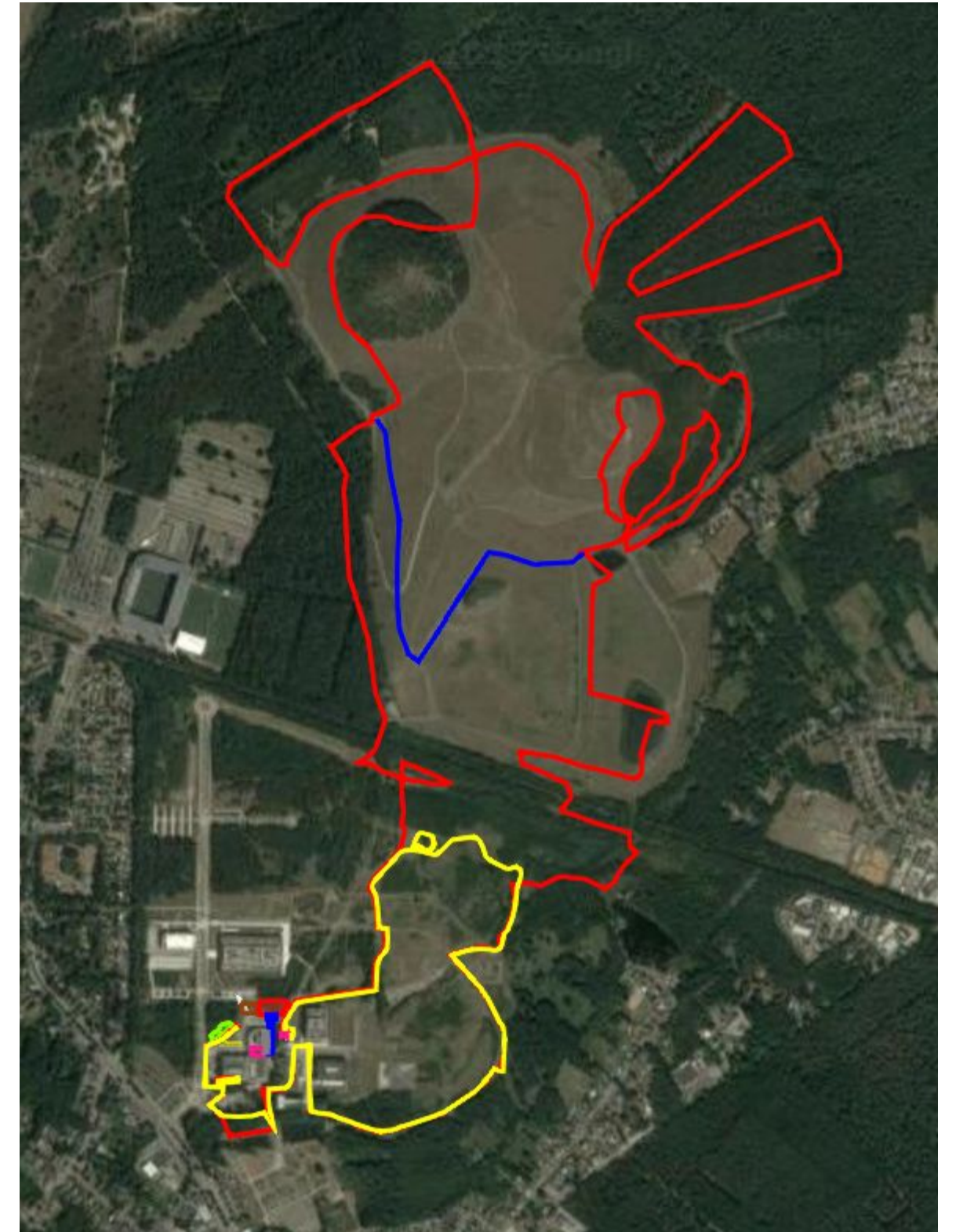
LOCATION



Thor park Genk is a 12000-hectare domain in the Belgian province of Limburg, <https://thorpark.be/>
It is a beautiful nature reserve with a large open space for sports and recreation.

The area is located next to the city of Genk.

COURSE MAP



FLYING AND DRIVING

- Brussels, Düsseldorf and Eindhoven airports are within 1 hour's drive
- A shuttle service will be provided **for national teams (minimum 15 people) on request** at a customized price (for quotation [mail to: ocrwc2023@worldobstacle.org](mailto:ocrwc2023@worldobstacle.org))
- Athlete groups who have ordered shuttle service will be picked up at the airport and brought to the venue on the agreed price.
- Federation must coordinate arrivals and departures. Traveling in a group is therefore recommended.
- Daily shuttle service can be purchased between the venue and athlete's village (price and timetable to be published)



ACCOMMODATIONS

Hotels and Bungalows

Through a collaboration between World Obstacle and Center Parcs, we have provided an athletes' village with hundreds of bungalows of various sizes.

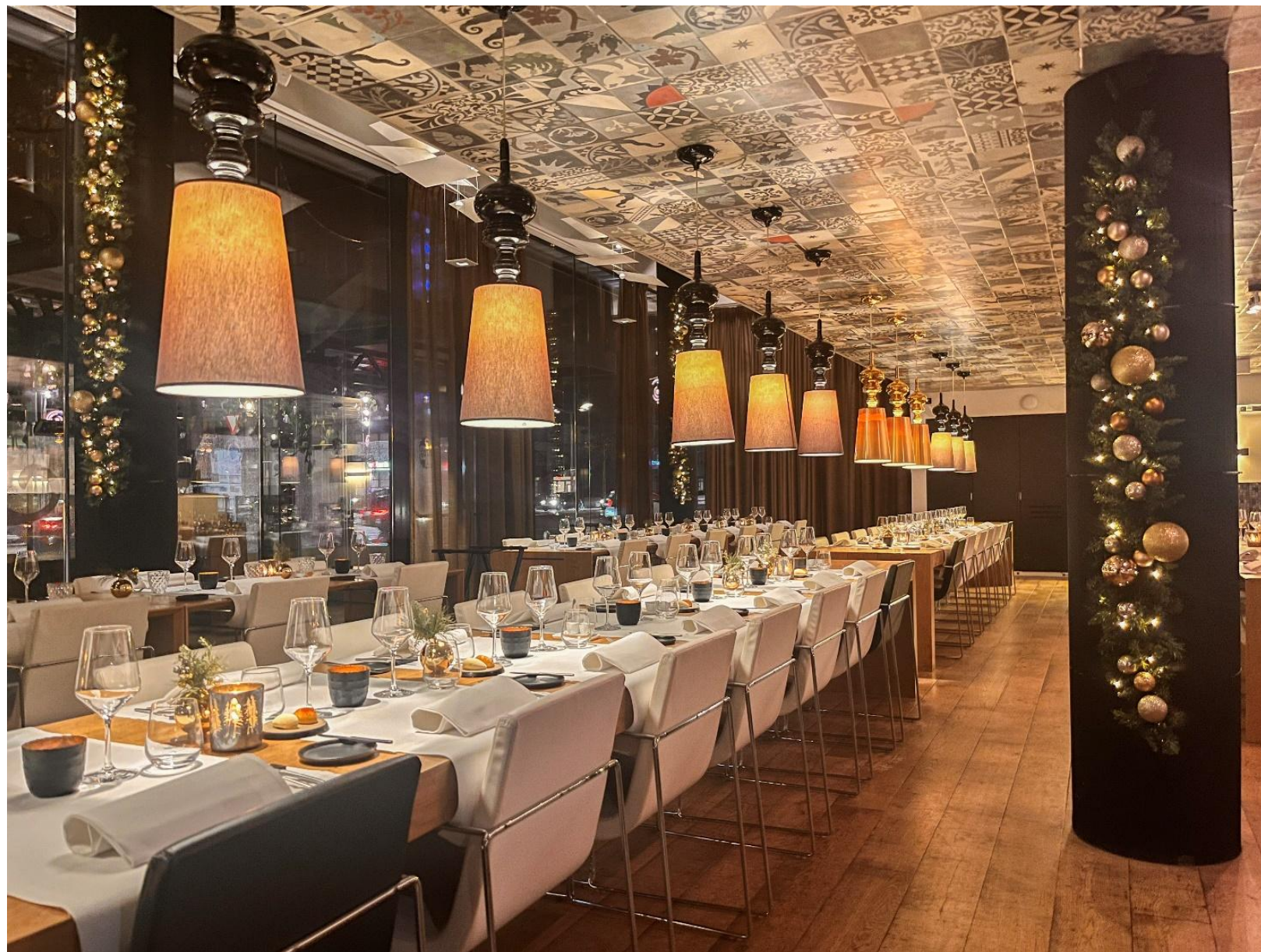
https://www.centerparcs.be/be-vl/obstaclerun_sck



ACCOMMODATIONS

M Hotel, Ecu Hotel and Carbon Hotel Genk

World Obstacle has selected an offer for different budgets in the city of Genk. From basic to super-chic, the athlete's needs are met everywhere.



REGISTRATION

Athlete register for their own competition(s).

<https://mynextmatch.com/mnmEvent/events/world-obstacle-uipm-ocr-world-championships>

- National federations verify athletes are on their national teams.
- Athlete receive their confirmation based on their national teams list.
- Staff members identify athletes at race packet pick-up.
- National team delegates attend the mandatory technical briefing to confirm their team's attendance

Athletes receive

- Wristbands for each event
- Personal ID card/badge
- Participants t-shirt(s)
- Chip timekeeping
- Sports bag and goodies



REGISTRATION CATEGORIES

During registration you can select:

- **100M - Sprint:** for athletes qualified by their National Federation
- **3K Short Course:** for athletes qualified by their National Federation
- **3K Open Wave:** for athletes with National Federation membership without qualification
- **15K Standard Course:** for athletes qualified by their National Federation
- **15K Open Wave:** for athletes with National Federation membership without qualification
- **6K National Team Race (Mixed):** for teams qualified by their National Federation
- **6K National Team Race (Adaptive):** for teams qualified by their National Federation
- **6K National Team Race (Women):** for teams qualified by their National Federation
- **6K National Team Race (Men):** for teams qualified by their National Federation
- **6K Team Race (Mixed):** for teams with National Federation membership without selection for National Team Race but with qualification for any other distance
- **6K Team Race (Adaptive):** for teams with National Federation membership without selection for National Team Race but with qualification for any other distance
- **6K Team Race (Women):** for teams with National Federation membership without selection for National Team Race but with qualification for any other distance
- **6K Team Race (Men):** for teams with National Federation membership without selection for National Team Race but with qualification for any other distance
- **8K OPEN WAVE:** for people who would like to participate but are not qualified. Staff, teachers, coaches, people from the mayor's office, local people and the marshals who help

Add:

- Blue Shirts — (For Participation) 1 pcs / athlete regardless of the number of selected race. Donation option available.
- Black Shirt (Standard) - optional at additional cost
- Red Shirt (Short) - optional at additional cost
- Yellow Shirt (100M Sprint) - optional at additional cost



MEDICAL HISTORY FORM

The medical safety of all participants is of paramount importance, and a signed doctors certificate will help us keep you safe in the event of a medical incident.

If you are unable to provide a doctors certificate that you are in good health, we will accept a signed, witnessed Event Medical History Form.

Acceptable medical certificates include an annual physical, or doctor's letter that includes a medical history. The Event Medical History Form can be used as an example.

Where do you find medical history form?

- Go to [My Next Match](#)
- Go to My bookings
- Click on Missing document details
- Click to view and fill in Medical History Form
- Tick *I've visited the link and taken the necessary action(s).*

❗ Missing document details. Click to complete.

✓ All equipment actions are completed. Click to view and update.

DEADLINE FOR FILLING IN : 3 SEPTEMBER 2023



ANTI-DOPING



**world
anti-doping
agency**

All athletes who older or turn 18 in 2023 (born in 2005) must complete the WADA Anti-Doping e-Learning (ADeL) **Talented Athlete Education** or **International-level Athletes** programme and provide the certificate of completion prior to competing. ADeL is proved free of charge. Register and complete the programme on the [WADA ADeL website](#), then download your completion certificate and upload during race registration into MNM. Instructions for creating an account:

- Register on the ADeL platform (green button, top right)
- In the Language field select your preferred language (you will enter your native language later)
- In the Role, field select “Athletes”
- In the Sport field select “Obstacle Sports”
- In the Level in sport (Athlete) field select “International-level athlete (competing internationally – Major Games)”
- In the Discipline field, type “OCR”
- Complete the **Talented Athlete Education** or **International-level Athlete** Programme

The WADA prohibited substances and methods list are available [here](#).



ANTI-DOPING



**world
anti-doping
agency**

Where do you upload WADA certificate?

- Go to [My Next Match](#)
- Go to My bookings
- Click on Missing document details
- Upload WADA Certificate

 [World Anti-Doping Agency \(WADA\) Certificate](#)

You need to fill/sign and upload the document.

(For 18+ athletes) Please upload your WADA Certificate

Not required under 18 years of age.

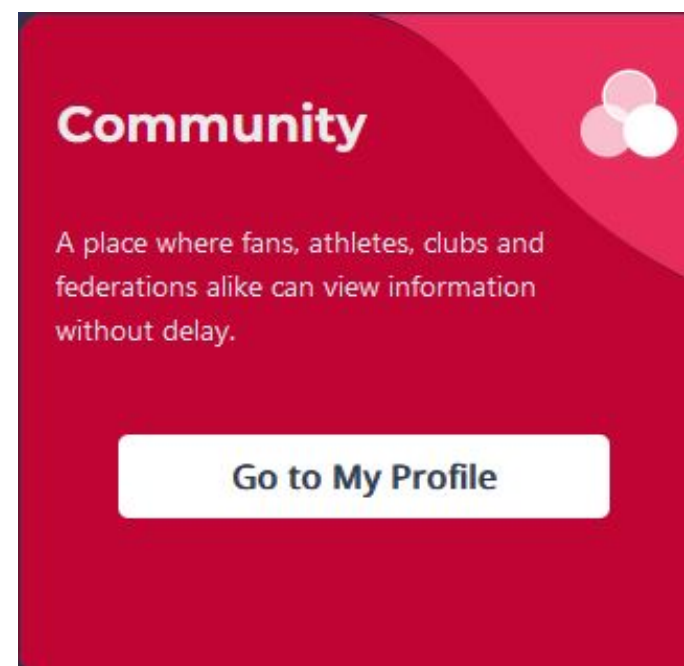
DEADLINE FOR UPLOADING: 3 SEPTEMBER 2023



ID BADGES

Registered athletes, officials, coaches, federation members have to upload an up-to-date passport-style photo into My Next Match that can be used as picture for ID badges during the event.

- Register to [My Next Match](#)
- Go to your profile
- Select My Documents
- Upload your official photo



Please upload an up-to-date passport-style photo that can be used as your picture for any identification you may need, such as tournament passes or your digital medical card. Your photo must show a close-up of your full head and shoulders. It must only show you and no other objects or people. This photo will not be shared with your followers and will not be seen by anyone apart from approved medical professionals or site admins. You can add new photos later but any photos you upload will be stored permanently to ensure your identity can be verified.



OPEN REGISTRATION TRANSFER

You are member of a national federation and would like to transfer your 8KM OPEN RACE Registration to 3K OPEN WAVE or 15K OPEN WAVE?

- Write an email to registration@worldobstacle.com

DEADLINE FOR REG. TRANSFER: 3 SEPTEMBER 2023



EVENTS

Course

- OCR100
- Short/open
- Standard/open
- 6 km team assist
national team/team
- 8 km open course

Obstacles

Selected to test
athletes:

- obstacle proficiency
- strength
- balance
- agility
- athleticism

Race categories

- Elite
- Age group
- Adaptive
- Open/Journeyman

Event Host

Chosen by National
Federations based on:

- quality
- history
- reputation of the race



EVENT RULES & PODIUM

Awards

- Finisher medals
- Gold silver and bronze medals for all competitive categories in all events (elite, team, AG, adaptive)

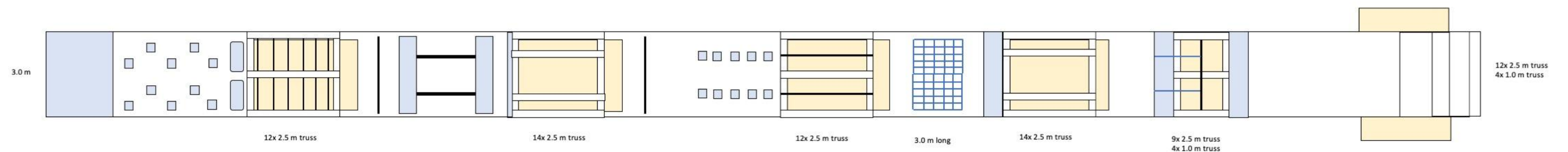
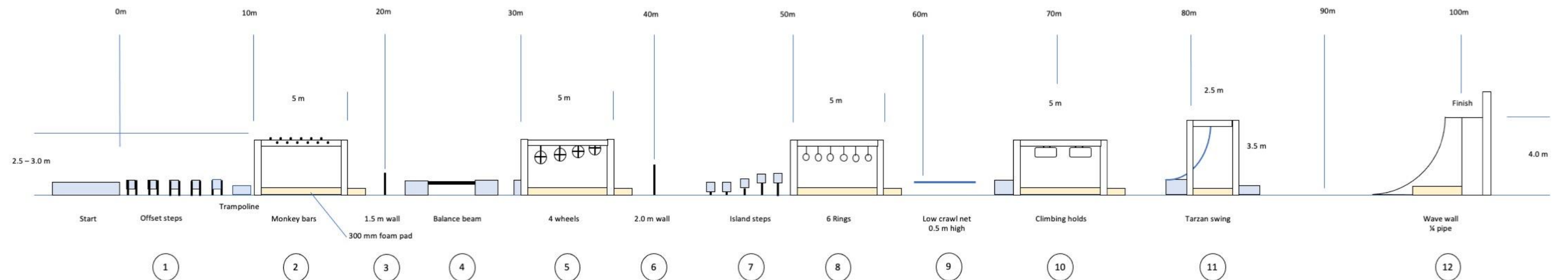
Competition rules

worldobstacle.org/competition-rules/

- 3 wristbands (elite)
- 1 attempt per hanging obstacles
- infinite attempts for all other obstacles
- mandatory obstacles (carries, crawls, ...)
- penalty loop for up to 2 failed obstacles

100 METER SPRINT

The 100 m sprint is on the OCR 100m standard course and is provided by Hannibal's Crossing, a master in developing some of the best obstacles of Europe.



TEAM RACE

The Team Race is on a 6 km course for teams of 3 athletes.

Some obstacles require teammates to work together to complete. All other obstacles on the course (mostly suspended obstacles) must be completed by each team member individually.

Team members have to use the same lane on the obstacle but assistance is not allowed.

Each National Federation can only nominate one NATIONAL TEAM per category in Elite (mixed gender, at least one woman or at least one man), Women (3 women), Men (3 men), and Adaptive (one woman, one man and at least one adaptive athlete of either gender).

Minimum age to compete in NATIONAL TEAM RACE is 15 years old on race day.

Minimum age to compete in TEAM RACE is 10 years old.

Athletes have to run across the finish line with a max. 30 sec delay and the result of the team is the time of the slowest athlete's time.

3 wristbands system with penalty loop applies on team race.

DEADLINE OF TEAM MEMBER REPLACEMENT: 24 hours before team event (exact time will be published later)



L'AVENUES DES ATHLÈTES

National federations have the opportunity to rent a 3X3m or 4X4m tent adjacent to the course

This is to create a collegiate atmosphere in the “L'avenue des athlètes “

reserve by mail to ocrvc23@worldobstacle.org



ADAPTIVE ATHLETES

Adaptive categories included in all events

Adaptive race categories:

- **PO2-1:** Athletes in this sport class have a significant limitation within the obstacle elements of racing. They have a severe degree of activity limitation such as, but not limited to: complete loss of range of motion, power or proprioception in one arm, through-the-shoulder amputation, severe cerebral palsy or a severe neurological impairment affecting mostly the upper body. Athletes in this group are unable to use their upper limb to grip under the armpit.
- **PO2-2:** Athletes in this sport class have a significant limitation with the running elements of racing. They have a severe degree of activity limitation such as; complete loss of motion, power or proprioception in one leg, short stature or a severe neurological impairment affecting mostly the lower body. Athletes in this class may choose to use mobility devices to race such as walking stick(s) or crutches.



ADAPTIVE ATHLETES

Adaptive categories included in all events

Adaptive race categories:

- **PO3:** This sport class includes athletes with a moderate degree of activity limitation in their lower limb(s) such as athletes with, but not limited to; lower limb amputation, moderate neurological impairments affecting the lower body or a loss of range of motion or power in the ankle or knee joint.
- **PO4:** This sport class includes athletes with a moderate degree of activity limitation in their upper limb(s) such as athletes with, but not limited to; upper limb amputation where the athlete is able to grip under the armpit, moderate neurological impairments affecting the upper body or a loss of range of motion or power in the wrist or elbow joint.
- **PO5:** Athletes in this sport class have a visual impairment.
- **IMPORTANT! Only athletes who have completed the adaptive athlete medical form and sent this through to the medical commission will be eligible to participate.**



ADAPTIVE MEDICAL FORM

The medical commission will check your eligibility and decide on an appropriate category classification.

Any adaptive athletes who have not sent in the medical form will not be eligible to podium as an adaptive athlete and will need to be transferred to an appropriate age group or open wave.

If the medical commission cannot confirm the eligibility or classification before the event, the Para athlete will need to attend a medical examination after the opening ceremony on the Thursday of the event.

If eligibility cannot be confirmed, the athlete will be transferred to an appropriate age or open group.

The medical form can be found on the website from [World Obstacle](#) (Event & Category details section).

If you need more info about this?

Send a [mail to: John.dehaan@worldobstacle.org](mailto:John.dehaan@worldobstacle.org)



PO5 VISUAL IMPAIRMENT

Adaptive athlete is the category PO5 are allowed to race with a guide.

There are some important rules for the guides:

- During the running part of the race the guide is able to run next to the adaptive athlete, only when the path is too narrow, they may run in front of the athlete.
- Any physical help during an obstacle attempt is forbidden. When the athlete has completed the obstacle or has rung the bell, the guide is allowed to support the athlete to the ground. Verbal help is allowed to help guide the athlete to the position of the holds.
- Guides are not allowed to carry any food or drinks for the athlete - the athlete must carry this themselves.
- Standing inside an obstacle is forbidden. Guides must always stay on the outside of the obstacle. Only when it's necessary for a safety reason you can enter the obstacle however APPROVAL MUST BE GAINED FROM THE OFFICIAL.
- Always choose the outside lanes of the obstacles.
- Guides are not allowed to complete the obstacles (the only exception is the Ramp, the guide can choose to climb to the top or run next to the athlete)

If any athlete or guide breaks any one of these rules, the athlete may be disqualified of the race.

Where a guide disagrees with an official's decision, the athlete and guide should complete the course and immediately contact the head official where this will be received. They should not enter a disagreement with the official however make a note of the obstacle name/number for a later discussion. The official will need to redirect their attention to the other athletes.



ADAPTIVE EVENT REQUIREMENTS 100 M

Adaptive categories

- Po2-1
- Po2-2
- Po3
- Po4
- Po5

Balance Obstacles

Adaptive athletes who use crutches to support themselves for walking between the obstacles, are allowed to use their crutches to support themselves on the balance obstacles. These athletes are also able to hand their crutches to an official or assistant to be returned at the end of the obstacle.



Adaptive athletes who only can use 1 arm/hand are allowed to use their legs on the monkeybars.

Adaptives athletes in the Po5 category will be able to have their guides next to them on the course. Athletes may wish to have their guide next to them while they race.

Every athlete get 2 runs to set a time to try to qualify for the finals on Sunday.

The fastest 2 times in each category for both male/female will directly go to the gold/silver final.

The 3rd and 4th time in each category male/female will directly go to the bronze medal final



ADAPTIVE EVENT REQUIREMENTS SHORT

Adaptive categories

- Po2-1
- Po2-2
- Po3
- Po4
- Po5

Wristbands

- 5 wristbands --> Go to the finish
- 4 wristbands --> Go to the finish
- 3 wristbands --> Go to the finish
- 2 wristbands --> 1 penalty loop --> Go to the finish
- 1 wristband --> 2 penalty loops --> Go to the finish



Adaptive athletes will never lose their last wristband. Any athletes who would usually hand in their last wristband after failing an obstacle will be given a stripe on their wristband with a time penalty of 1 minute 30 seconds added to their finish time.

If 2 athletes have the same time, the winning athlete will have the lowest number of strikes.

Elite: There will be medals for the fastest 3 male/female overall

Adaptive Category`s: There will be medals for the fastest 3 male/female in each adaptive category.

Athletes who are rewarded in the elite category can't also receive a medal in their own race category.



ADAPTIVE EVENT REQUIREMENTS STANDARD

Adaptive categories

- Po2-1
- Po2-2
- Po3
- Po4

Wristbands

- 5 wristbands --> Go to the finish
- 4 wristbands --> Go to the finish
- 3 wristbands --> Go to the finish
- 2 wristbands --> 1 penalty loop --> Go to the finish
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Adaptive Category`s: There will be medals for the fastest 3 male/female in each adaptive category.

Athletes who are rewarded in the elite category can't also receive a medal in their own race category.



ADAPTIVE EVENT REQUIREMENTS TEAM

Adaptive categories

Mix between able bodied and adaptive athletes

There must be at least 1 adaptive athlete in the team

- Every athlete will have 3 wristbands
- 2 athletes must complete the obstacle, one of them must be an adaptive athlete
- If 2 athletes fail an obstacle and the third athlete complete the obstacle 1 wristband will be taken

- Penalty loops are personal and can't be done by an another athlete
- All the athletes can do their penalty loops at the same time

Medals for the 3 fastest teams

- Gold
- Silver
- Bronze



PRELIMINARY SCHEDULE OF EVENTS

Sept 13 Wednesday 16:00-18:00: 100m practice*

Sept 14 Thursday 10:00-14:00: 100m practice*, Technical Meeting (mandatory for national team delegates)

Sept 15 Friday: Short Course, awards & 100m heats & Opening Ceremonies (mandatory for national teams)

Sept 16 Saturday: Standard Course, awards & 100m heats, party

Sept 17 Sunday: 6K Team Assist, 8K Open “Journeyman” race, 100m heats & finals, awards, Closing Ceremonies

Packet pick-up will be available each day

**Only the athletes who registered to compete in the 100m will be allowed to train. They will have to show the registration confirmation + ID. They will have to sign a document where they declare they know they train at their own risk. Training outside the specified time-slots will not be allowed and might end-up in disqualification.*



BAG CHECK

The Local Organizing Committee provide bag check for athletes during the event.

Location of the bag check will be provided later with event map.



RACE DAY

We are collaborating with the organization of Golazo

<https://www.golazo.com/>

The organization of event-based sports programmers including both public as well as top sporting events in selected sports.

Live race tracking and broadcast on a big screens in the eventzone



RACE DAY

A balance of running, technical, strength, balance and water obstacles makes for a varied and exciting races.

Event oversight and executive management by FISO.

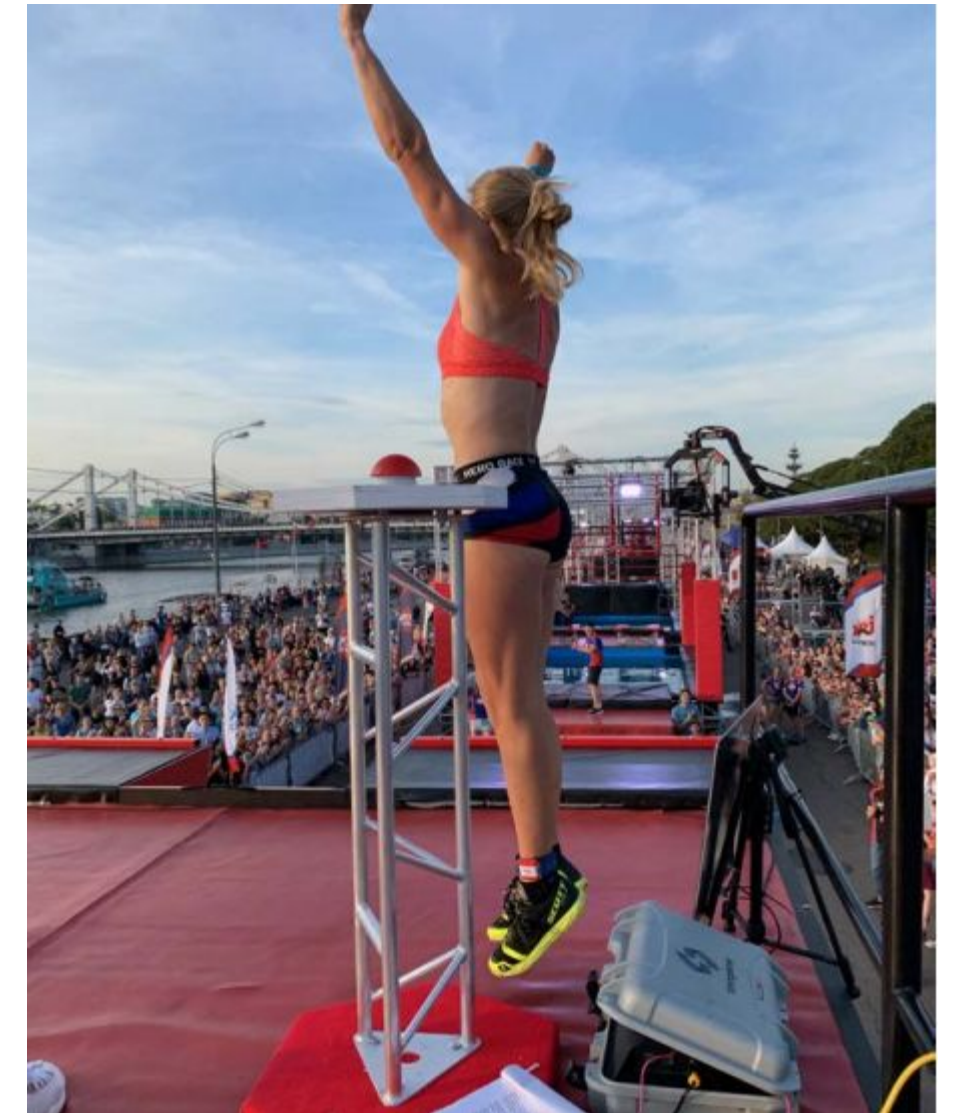
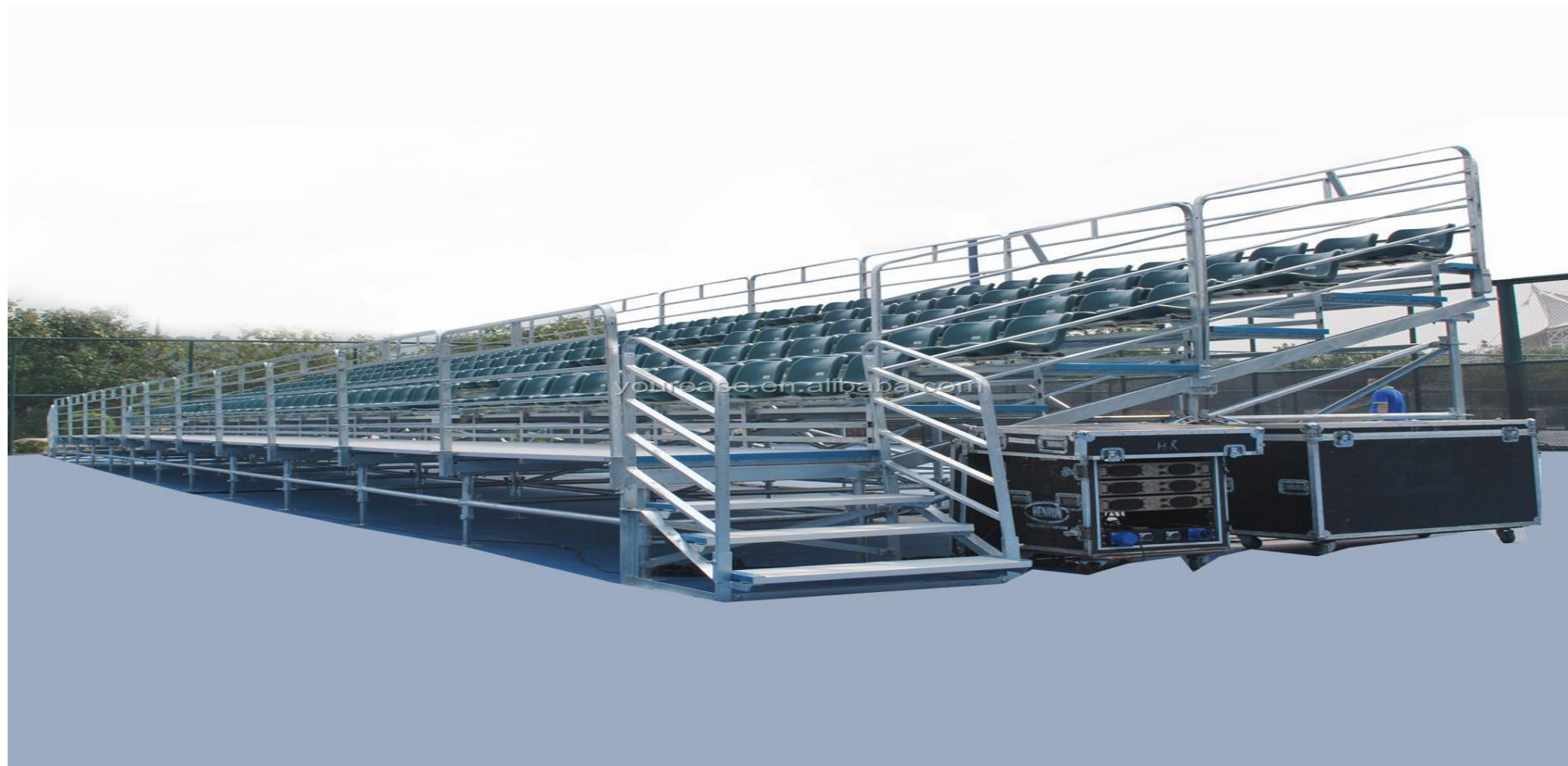
Event production and management by BOCRA and the local organizing committee



SEATING FOR SPECTATORS

Spectator seating will be placed next to the 100m course provided by our partner All Scaff.

Many spectators will be able to enjoy this spectacle



OVERVIEW OF OBSTACLES

OBSTACLE RULEBOOK WITH DETAILS WILL BE AVAILABLE SOON.



Urban-sky
Obstacle design
division Europe



RAMP ATTEMPT

SHORT, STANDARD



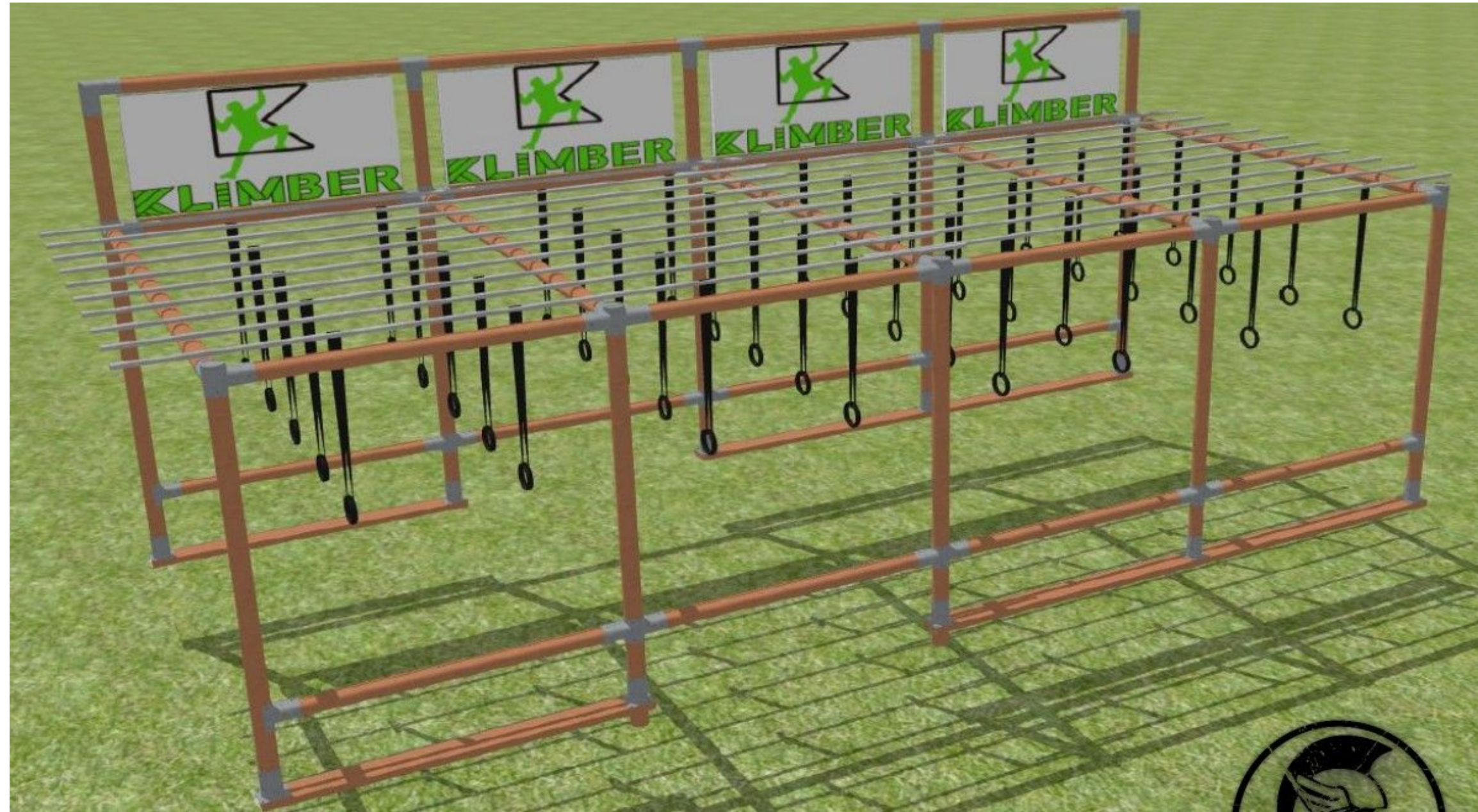
WOODLANDS

SHORT, STANDARD



RING IT

SHORT, STANDARD



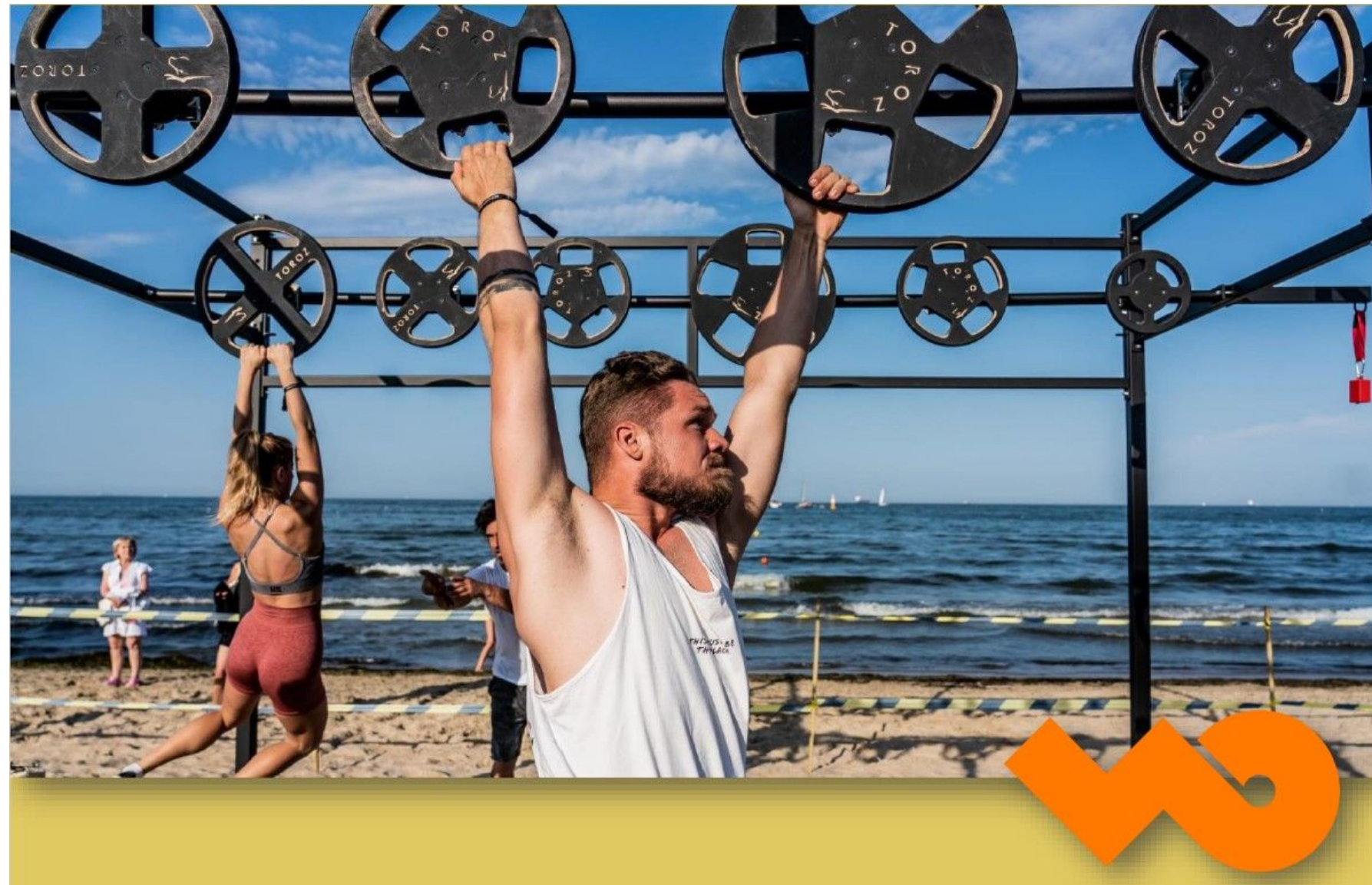
SANDBAG CARRY

SHORT, STANDARD



SPINNING WHEELS

STANDARD



NINJAAA

STANDARD



WALL/HILL CLIMB

STANDARD



DIP WALKS

STANDARD



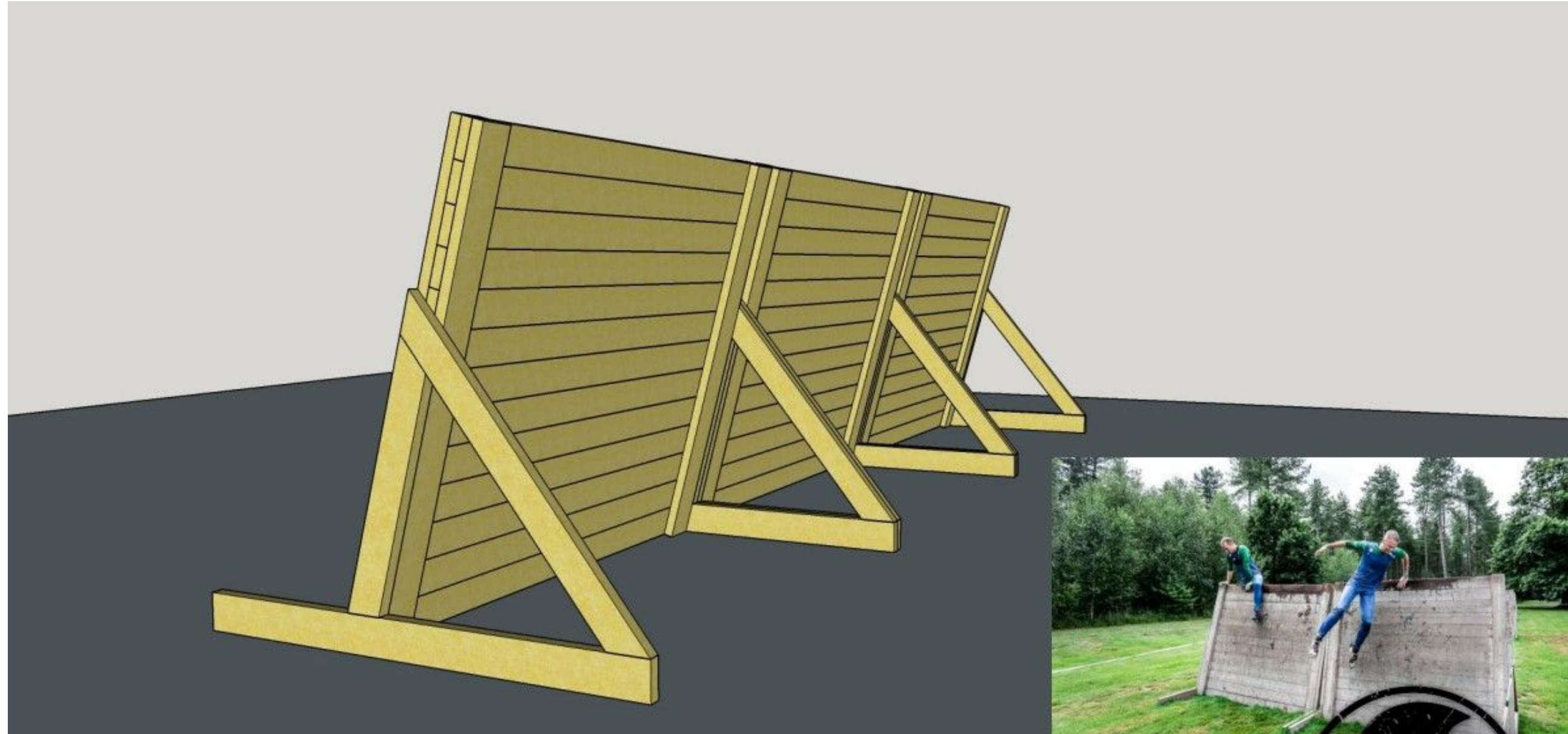
WINGNUT COMBI

STANDARD



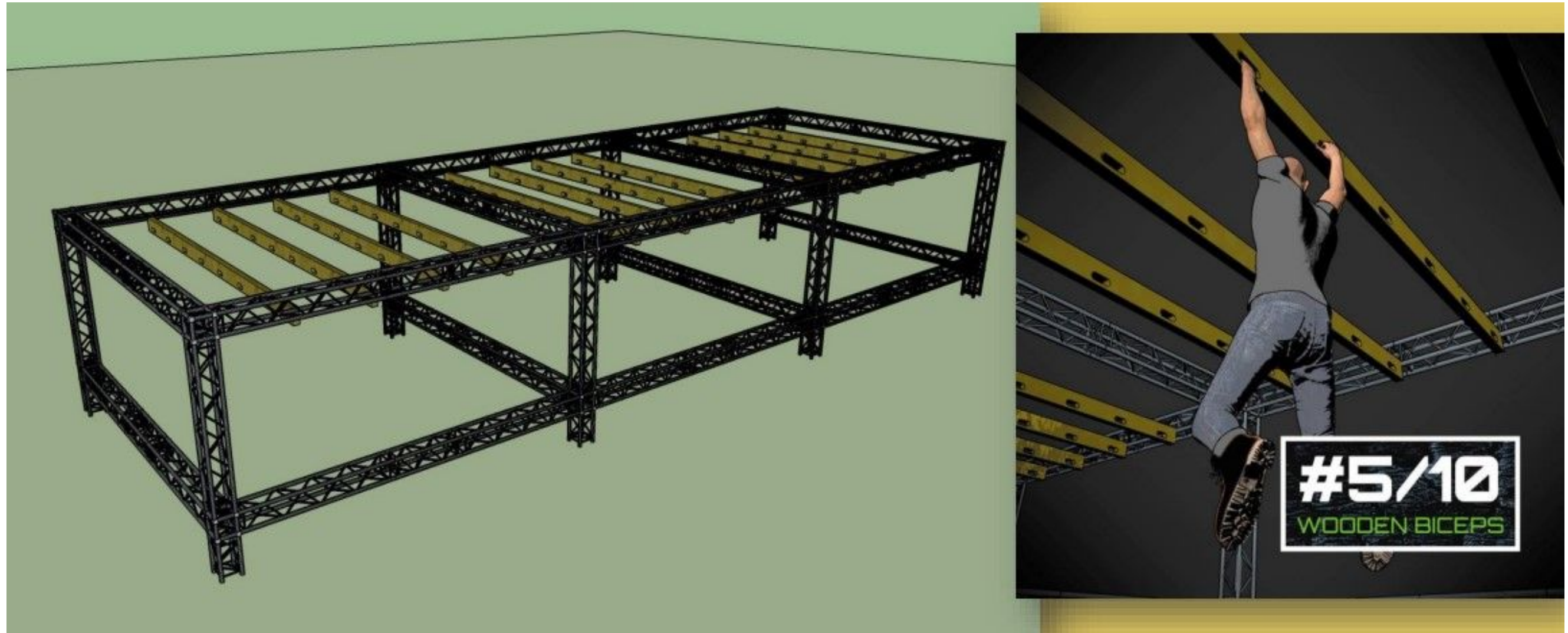
CLIFFHANGERS

STANDARD



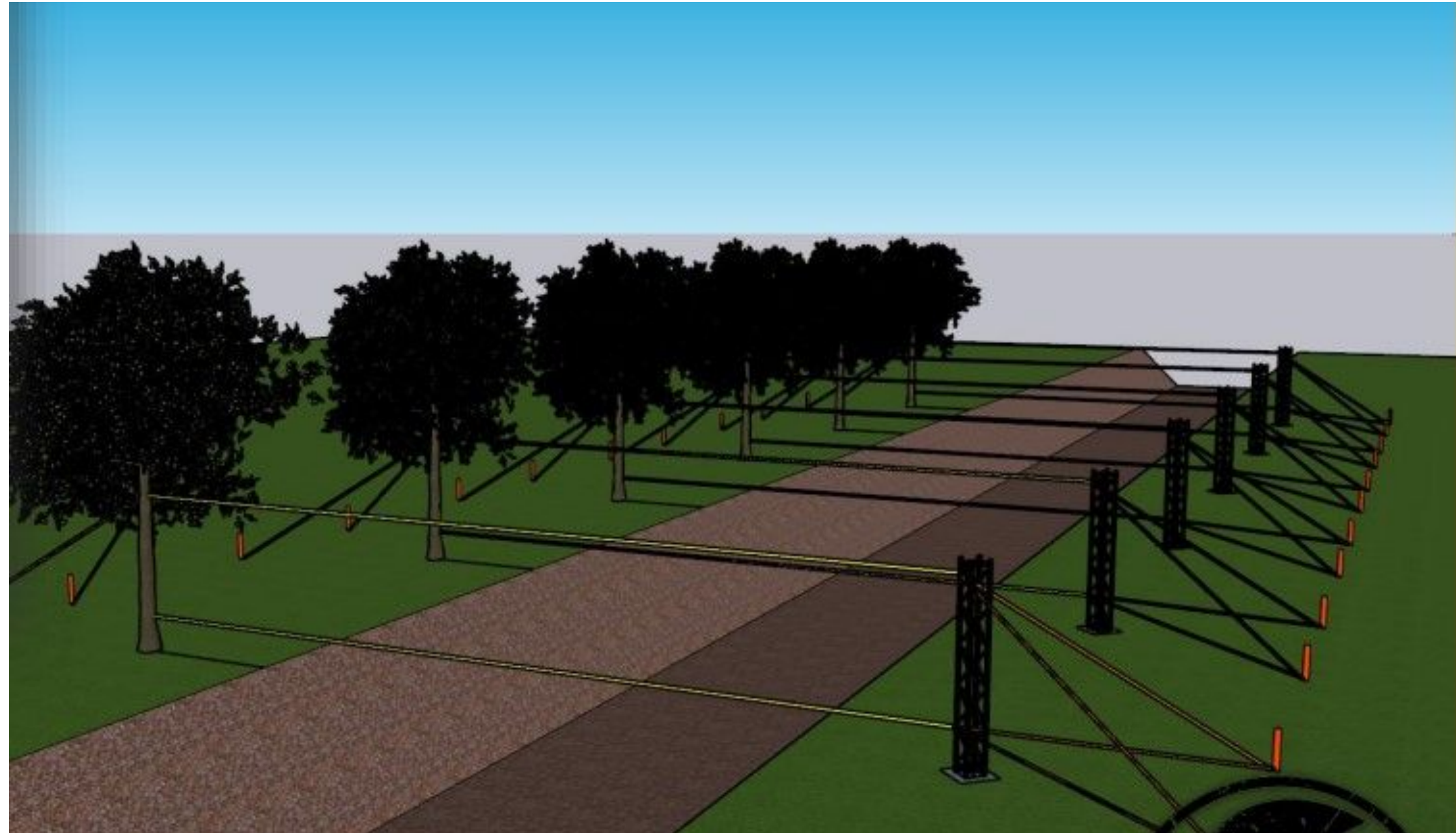
WOODEN BICEPS

STANDARD



MONKEY BRIDGE

STANDARD



CHAIN CARRY

STANDARD



RING THE BELL

STANDARD



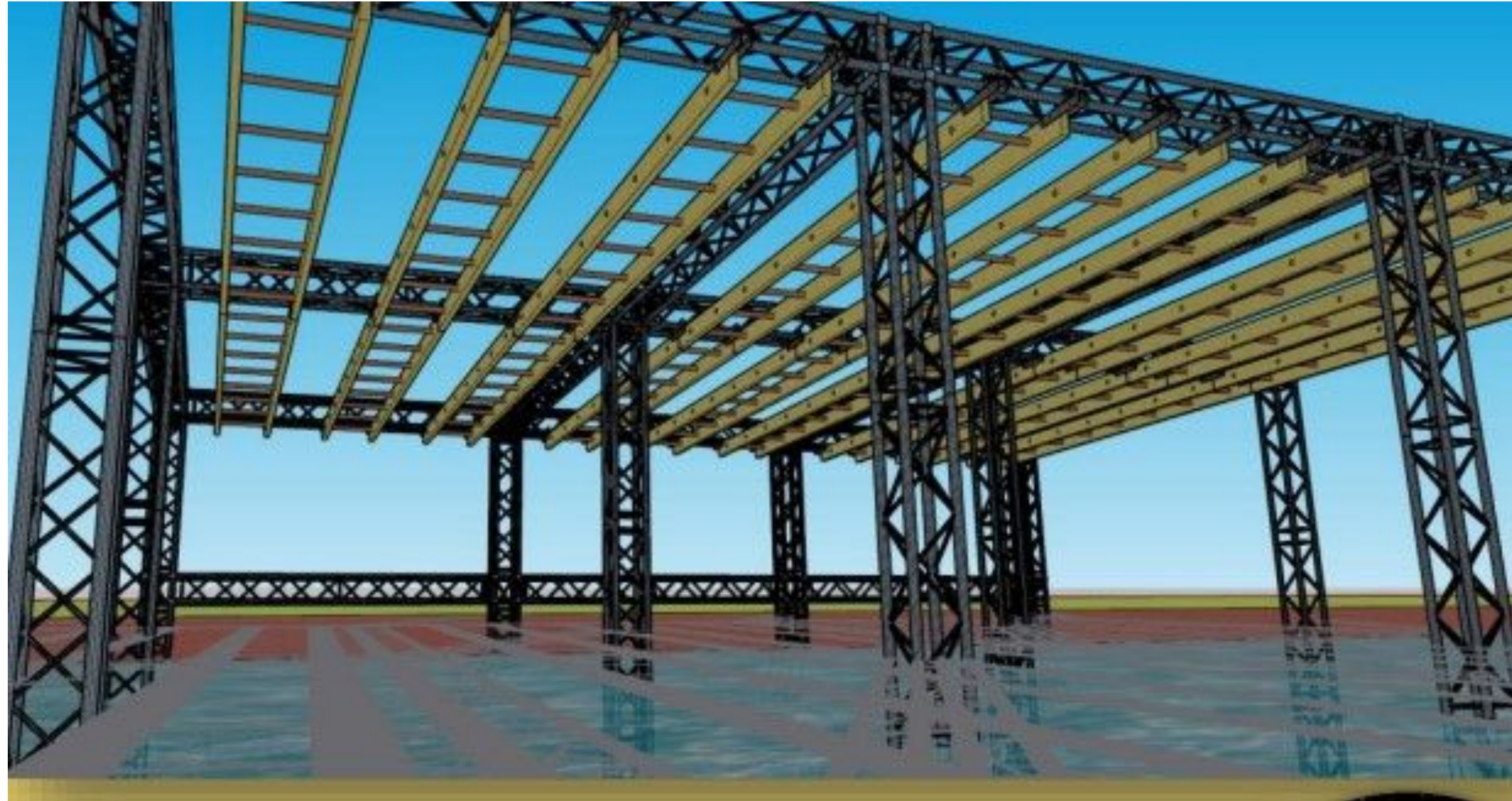
TOBOGAAN (REVERSE)

STANDARD



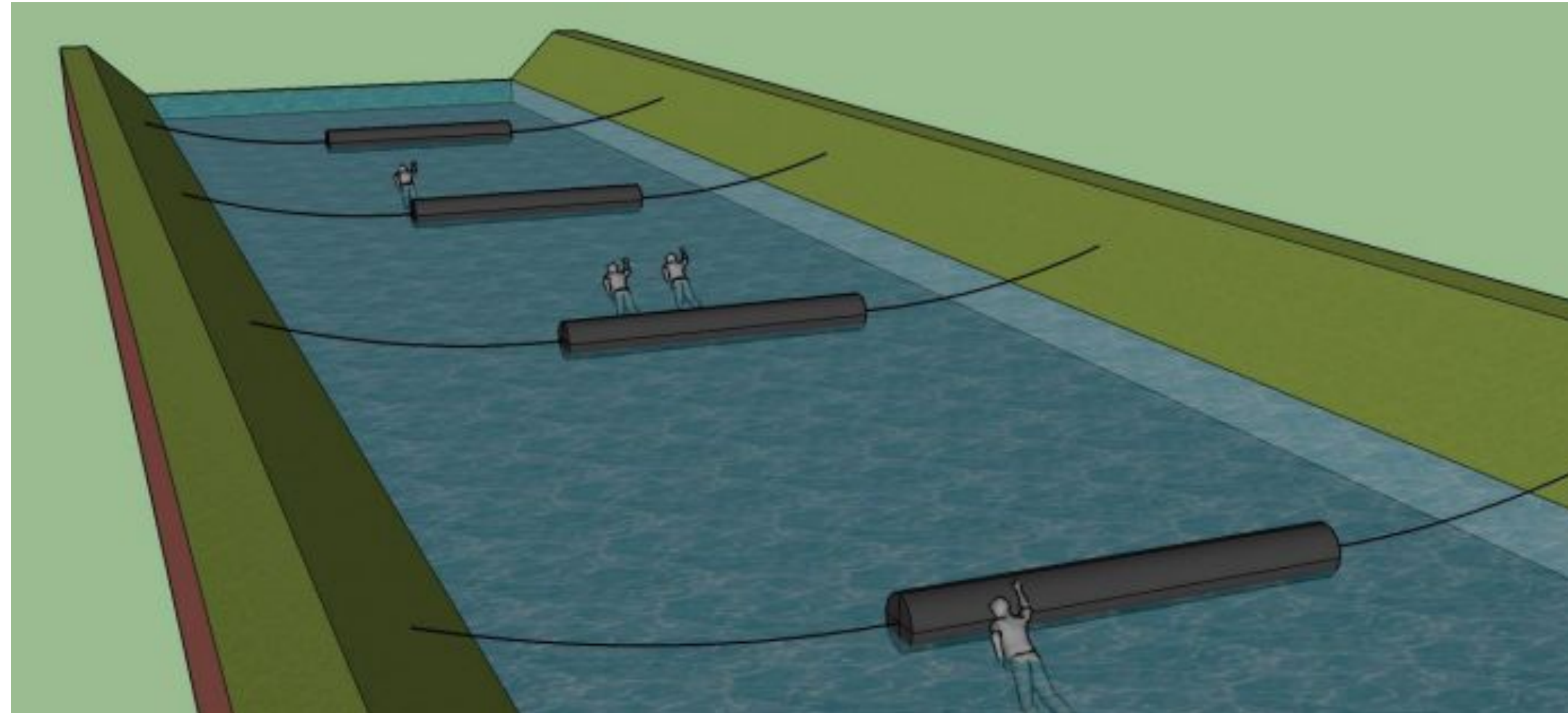
MONKEYBARS

STANDARD



ROLLING UNDER THE BARRIERS

STANDARD



WAVE HANGER

STANDARD



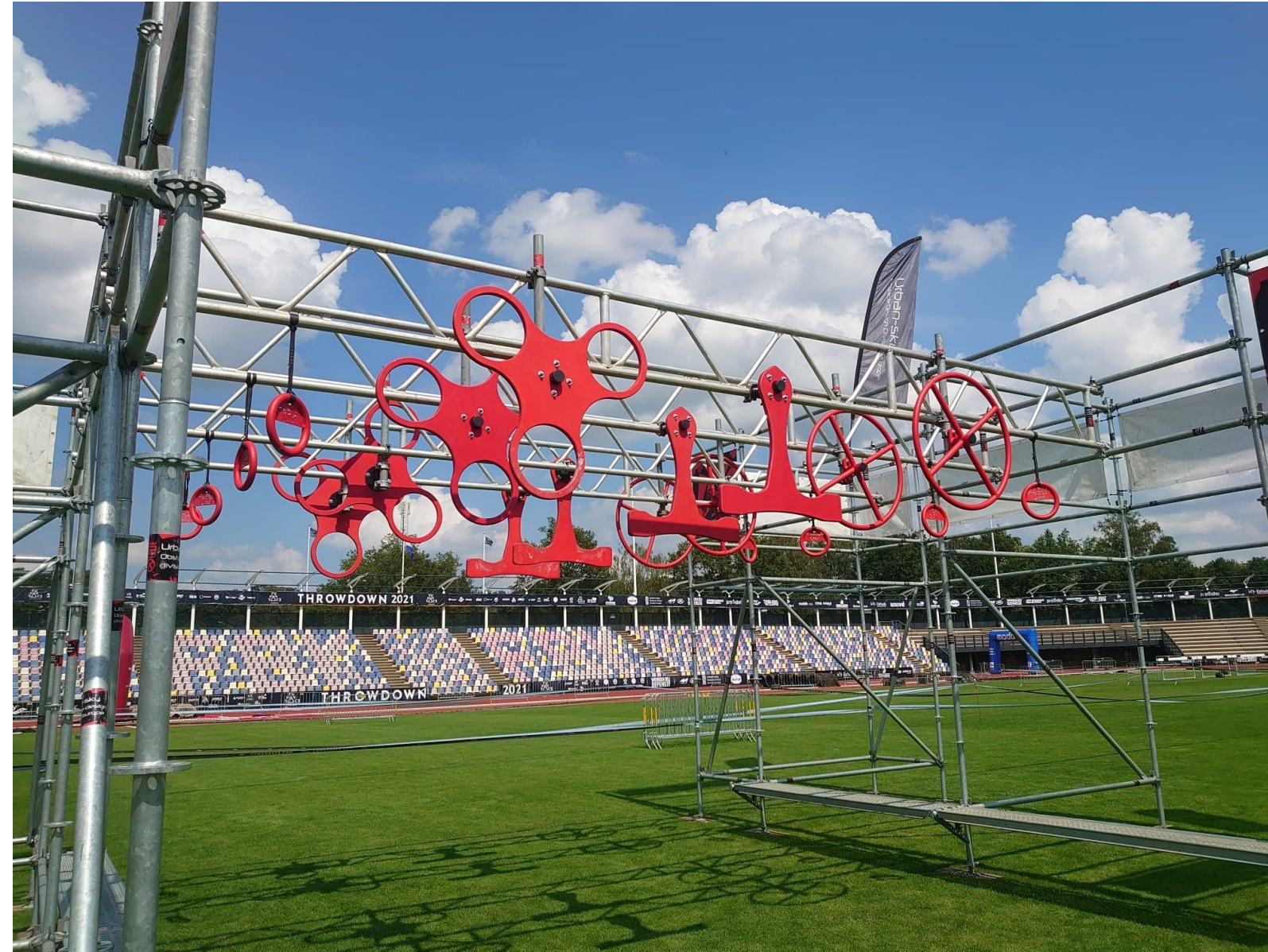
OLYMPUS

SHORT, STANDARD



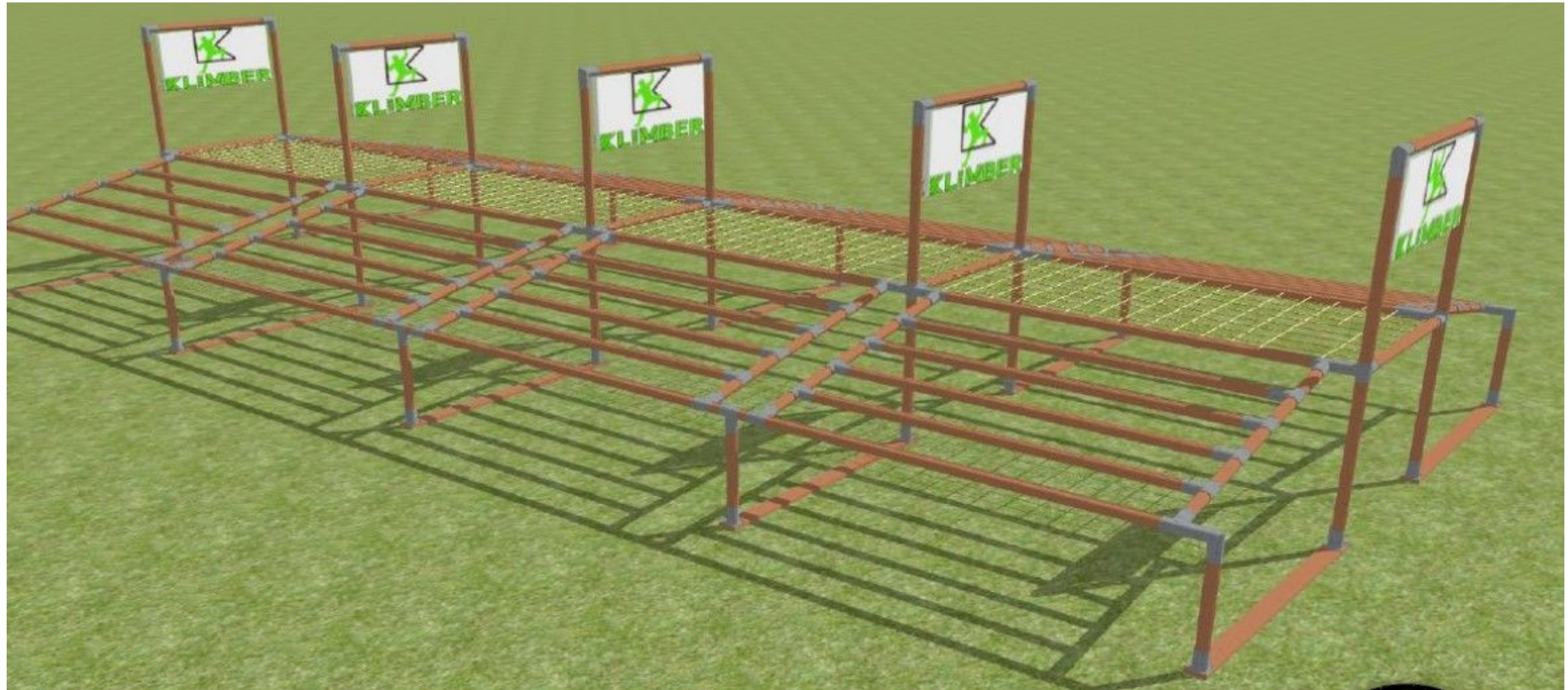
COMBI OVALS

SHORT, STANDARD



WEAVER EXTREME

SHORT, STANDARD



FIRE FIGHTERS

SHORT, STANDARD



ROPES CROSSING

SHORT, STANDARD



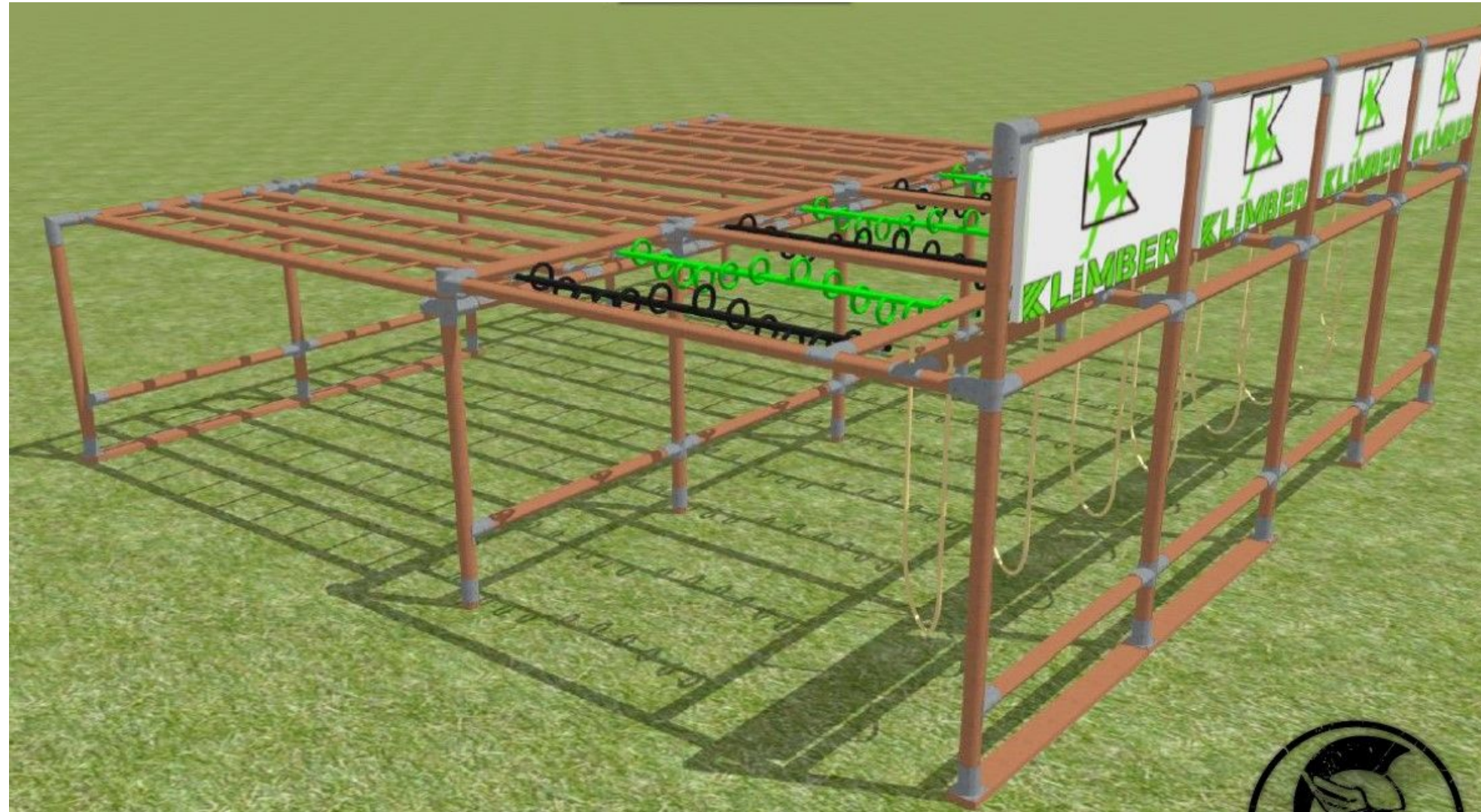
STRONGWALL

SHORT, STANDARD



SNAKE

SHORT, STANDARD



HERCULES HOIST

SHORT, STANDARD



CHICKEN FARM

SHORT, STANDARD



HIGH TO LOW RIG

SHORT, STANDARD



VERTICAL MOVING BOARDS

SHORT, STANDARD



CARGO

SHORT, STANDARD



TEAM WALL

SHORT, STANDARD



POWER LINES

SHORT, STANDARD



A CARGO

SHORT, STANDARD



LASER SHOOTING

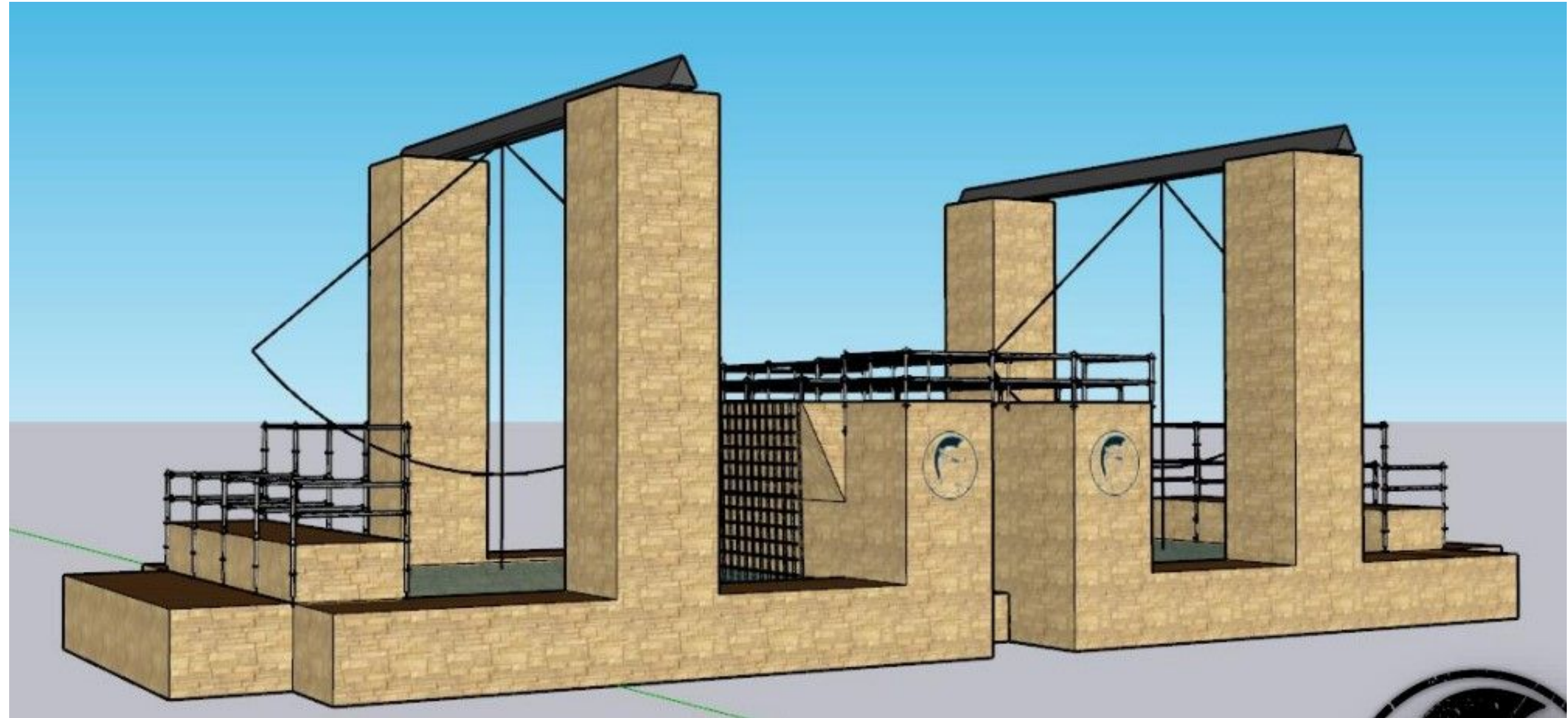
SHORT, STANDARD

ECOAIMS
PRECISION SPORT SYSTEM



NETFLY

SHORT, STANDARD



FOOD AND DRINKS

Up to 10,000 athletes and spectators eat and drink!

Thor park Genk has state-of-the-art meeting and conference facilities, restaurants for large events

In addition to the restaurant tent, athletes and visitors can still enjoy dozens of food trucks with a huge variety of world cuisine.



CEREMONIES

The opening ceremony take place on Friday, including all national teams with their flags entering the venue.

Dancers and music make a beautiful spectacle to welcome the teams and their entourages.

Daily ceremony takes place following the international standards of World Obstacle.

Ceremonies are presented by professional announcers Kevin Donoghue, Chloé Henry, Brian Johnson and Stuart Amory.

DJ Leesa (tomorrowland)
closes the final ceremony



VOLUNTEERS AND MORE

Changing rooms, shower rooms, luggage drops, toilets and more are under constant supervision of volunteers.

Security people, cleaning service and first aid are provided across the venue.

Volunteers work all weekend to provide a perfect event experience

World Obstacle will cooperate with sports academy GO Hasselt



CASHLESS EVENT

Athletes from all over the world can pay most easily with their cards.

Everything can be purchased without having cash in your pocket or having to change local currencies.

Safe and fast, thanks to



BNP PARIBAS
FORTIS



VOLUNTEERS & FACILITIES

Volunteers

- 120 volunteers
- 20 changing rooms
- 12 food trucks
- 10 check-in stations
- 1 event shed

Event zone

- 510 hectare
- 52 obstacles

Support staff

- 150 technical officials
- 2 head TO
- 3 race director
- 1 event director



STAFF

Executive producer

Ian Adamson (AUS)

Competitions director

Thumbie Remigio (PHI)

Event director

Ronny Hofenboom (BEL)

Race directors

Edit Szabados (HUN) Mauro Leoni (ITA)

Race director 100m

Stefano Zappa (ITA)

Master committee

Philippe Levy (BEL)

Technical Delegate

Nayibe Statia (NED)

Adaptive athletes director

John De Haan (NED)

Announcers

Kevin Donoghue (USA), Chloë Henry (BEL)

Stuart Amory (GBR), Brian Johnson (USA)

Operations director

Michel Cutait (SUI / BRA)

Media director

Travis Ford (USA)

Volunteer Coordinator

Nancy Christiaens (BEL)

Registrations

Oner Avara (GB) Sven Maes (BEL)



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carbon hotel



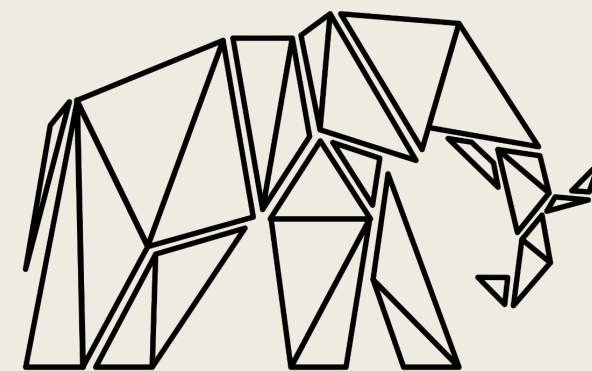
Vlaamse overheid



And many more to come



PARTNERS



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