



## OCR Malta 100 Information and Terms of Registration

### 1. Eligibility & Registration

#### 1.1 Age Requirement:

- Participants must be at least 10 years old on the day of the Event.
- Participants under 18 must submit a **signed parental authorisation letter** and a **completed medical participation form** signed by their parent or legal guardian.
- Age groups are based on birth year (athletes who turn 10 in 2025 must be 10 on the day of the race).

#### 1.2 Registration Process:

- Registration is required for all participants and must be completed online through the official event website.
- All personal information provided during registration must be accurate and up-to-date.
- ID Cards or Passport are to be presented during registration in Malta.
- **Tickets are non-refundable and non-transferable** unless the event is cancelled by the organisers.

### 2. Medical & Health Requirements

#### 2.1 Medical Form:

- All participants must complete and submit a **signed medical participation form** before the event.
- Participants confirm that they are in good health and capable of safely competing in the Event.
- By registering, participants acknowledge that they understand the physical demands of the Event and assume responsibility for their health and safety.

#### 2.2 Pre-existing Medical Conditions:

- Participants must disclose any pre-existing medical conditions or concerns that may affect their participation.
- If necessary, participants should consult a doctor before registering or participating.

### 3. Parental Authorisation (Under 18)



### 3.1 Parental Consent:

- If the participant is under 18 years old, a **parent or legal guardian must complete the registration** and provide a **signed authorisation letter** for the participant to take part in the Event.

### 3.2 Medical Form for Minors:

- A **signed medical participation form** from the parent or guardian is also required for participants under 18.
- Failure to provide the required documentation will result in the **participant being unable to race**.

## 4. Event Rules & Code of Conduct

### 4.1 Behavior & Conduct:

- Participants must act in a respectful and sportsmanlike manner at all times.
- Aggressive, dangerous, or unsporting behavior may result in disqualification from the Event.

### 4.2 Obstacles & Safety:

- Participants are required to attempt all obstacles on the course; however, if a participant feels unsafe attempting an obstacle, they may bypass it.
- Participants must follow all instructions from event staff, volunteers, and officials for safety reasons.

## 5. Event Cancellation & Changes

### 5.1 Cancellation by Organisers:

- The organisers reserve the right to cancel or postpone the Event due to unforeseen circumstances (e.g., extreme weather, safety concerns). In this case, participants will be notified promptly, and options for rescheduling or refunds will be provided, where applicable.

### 5.2 Changes to the Event:

- The organisers reserve the right to make changes to the Event, including course modifications, start times, or other event details. Participants will be notified in advance of any significant changes.

## 6. Waiver & Liability

### 6.1 Release of Liability:

- By participating in the Event, participants waive any and all claims against the event organisers, sponsors, partners, and volunteers for injury, loss, or



damage arising from participation, whether caused by negligence or otherwise.

## **6.2 Assumption of Risk:**

- Participants acknowledge that the Event involves inherent risks, including physical exertion, obstacles, and outdoor conditions. Participants assume all risks associated with their participation and agree to take full responsibility for their actions.

## **7. Photography & Media**

### **7.1 Consent to Use Image & Likeness:**

- By participating in the Event, participants agree to allow the event organisers to use photographs, videos, and other media captured during the Event for promotional purposes without compensation.

### **7.2 Media Release:**

- Participants grant the organisers permission to use their image, name, and likeness in marketing materials, social media, and other event-related content.

## **8. Privacy Policy**

### **8.1 Personal Data:**

- Participants' personal information will be collected and stored in accordance with privacy laws and regulations. The information will only be used for event purposes, including registration, communication, and follow-up.

### **8.2 Data Protection:**

- Participants may request access to their data or ask for it to be updated or removed by contacting the event organisers.

## **9. Indemnification**

Participants agree to indemnify and hold harmless the event organisers, sponsors, volunteers, and affiliates from any and all claims, damages, or liabilities arising from their participation in the Event.



# Rules & Regulations

## 01 General Rules

All obstacles **must be completed**.

Completion means **touching the bell for hanging obstacles** or meeting specific requirements (e.g., balance, walls).

An attempt **begins when both feet leave the ground**; just touching the obstacle doesn't count.

If you fail an obstacle, you **get one retry**, but you must move through it properly before trying again.

**Fail twice?** You must **exit the course** (DNF - Did Not Finish).

If two athletes have the **exact same time** (measured to 0.001 seconds), it's a tie unless video review can determine a winner.

**No chalk allowed.**

**Gloves are allowed** but must not be dropped (littering).

**Shoes/sportswear cannot have dangerous parts** (e.g., metal spikes).

Default rules follow **WorldObstacle's** competition guidelines.

## 02 Additional Rules

**Start:** Both feet must be on the starting platform.

**False Start:**

- First false start = **verbal warning**.
- Second false start = **disqualification (DNF)**.

**Booking race times** may be possible.

**Youth athletes** can get coach assistance for certain obstacles.

**Rain Protocol:** Some obstacle rules may change in wet conditions.

**Rule Violations:** Can result in **warnings, disqualification, suspension, or expulsion**, depending on the severity.

## 03 Race Format

The competition has **heats, quarter-finals, semi-finals, and finals**.





Each athlete gets **two runs** in the heats.

The **fastest times (top 16, 8, or 4)** move to the next round.

**Direct elimination in final rounds:**

- **Winners of semi-finals = race for gold.**
- **Losers of semi-finals = race for bronze.**

If a qualified athlete **withdraws**, a replacement may be chosen based on results.

## **04 Start, Fail, and Finish Rules**

**Start:** "On your marks" → Electronic beep or air horn blast.

**Failing an obstacle:**

- First fail = **retry**.
- Second fail = **disqualified (DNF)**.

**Finish:** Press the **button on the Finish Wall**.



## 05 Obstacle-Specific Rules

### 01 Offset Steps

Use **only the steps**; may **skip steps**. Step, hop, jump, kneel, sit, or hold steps. Obstacle completion is when the athlete has passed the last step.



## 02 Monkey Bars

Use **only arms/hands**, feet and legs must stay **below shoulder height**. Bars may be skipped. Obstacle completion is when the athlete hits the bell with their arm. Touching of ground and/or structure of the obstacle to take advantage is prohibited.



### 03 1.5 Wall

Climb **without side supports**, entire body, including both legs must go over the wall.





#### 04 Balance Beam

**Start on first platform, step on the final platform.** Traverse beams from start to finish. Obstacle completion is when the athlete passes the finish platform after touching it with at least one foot.



## 05 Wheel Rig

Use **only the wheels**, feet and legs must always be **below shoulder height**. Obstacle is considered as complete when the athlete hits the bell with their arm. Wheels may be skipped and it is forbidden to touch the ground and/or structure to take advantage.





## 06 2.0 Wall

Entire body including both legs must go over the wall with no support and no use of any part of the structure.



## 07 Island Steps

Step on the first, then steps may be skipped.







## 08 Rings

Use **only arms/hands**, feet and legs must be **below shoulder height**. It is forbidden to touch the ground and/or structure of the obstacle to take advantage. Obstacle completion is when athlete rings bell with arms.



## 09 Low Crawl

Crawl **under the net** to finish.





## 10 Climbing Holds

Use **only holds** to cross from start to finish. Athletes cannot jump directly to **the bell**. The obstacle must be engaged before ringing the bell. Holds may be skipped. Feet and legs must remain below shoulder height. Obstacle completion is when athlete rings the bell with their arm. It is forbidden to touch the ground and/or obstacle structure to take advantage.



## 11 Tarzan Swing

Swing on the **rope** to the end platform. Rope must be grabbed by at least one hand. Obstacle completion is when the athlete lands on the end platform. It is forbidden to touch the ground and/or the structure of the obstacle to take advantage.



## 12 Finish Wall

**Climb up, use rope if available.** Obstacle completion is when the athlete hits the finish button.

