

Let us cordially welcome you to the seventh edition of the Czech Championship in OCR, which will take place for the second year in Lanškroun.

Our goal is to unite and bring you the best that Czech OCR racing has to offer. We are once again bringing the element of compulsory obstacles to the race, which will bring emotion, determination and combativeness to keep the bracelet to the finish line. We hope you enjoy this concept.

#OCRUnited

There is a lot of effort, dedication, diligence and most of all passion behind the entire championship. In order for you to be able to stand on the start line and compete against international competitors, we have decided to make this Championship open again.

Give it your all and see you at the finish line!

Your ČAPS

SKILLS:

To compete in the Czech National OCR Championships, you must meet the following criteria:

- ⊗ All competitors must have a properly completed and paid race registration.
- ⊗ Competitors competing in the ELITE and AGE GROUP categories must be members of CAPS. They must become a member no later than the day before the event in which they wish to compete in that category.
- ⊗ The minimum age to start on the day of the race is 15 years for the 12K and Relay, 12 years for the 100m Stadium and 3K.
- ⊗ Athletes under the age of 18 must have a signed consent from their parents or legal guardian, which is part of the competition conditions (reverse).
- ⊗ Each athlete must submit a signed competition conditions (reverse) at registration.
- ⊗ Athletes competing in age groups (Age Groups) are placed in age groups according to their age in that year.
- ⊗ All athletes are responsible for the data provided at registration and are responsible for its accuracy. Incorrect or intentionally altered information may result in disqualification without refund of entry fees.
- ⊗ Athletes may not compete in the national jersey. Team, club or any other jersey is allowed. It is not allowed to compete without clothing (t-shirt, shorts, etc.).

⊗ COVID-19: Those who show symptoms of respiratory disease, have a temperature or have been ordered to quarantine are not allowed to participate in the race. The organiser reserves the right not to allow you to start the race in such a case without refunding the entry fee.

SCHEDULE:

⊗ Friday - 3K race

2:30 p.m. Opening of the festival arena and registration (priority given to
3k racers)

16:30 3K rules presentation - stage area

17:00 start of the race

17:00 ELITE start

17:00 ELITE men

17:10 ELITE women

17:20 AGE GROUP start - Each other AGE GROUP starts 10-15 minutes apart

Men and women categories start together.

18:50 start OPEN

18:50 OPEN men + women

Race time limit is 2 hours.

20:30-21:00 announcement of results

⊗ Saturday - 12K race

07:00 Festival arena opening and registration (priority to
12k racers)

08:30 presentation of the 12K rules - stage area

09:00 start of the race

09:00 ELITE start

09:00 ELITE men

09:10 ELITE women

09:20 AGE GROUP start - Each other AGE GROUP starts 10-15 minutes apart

Men and women categories start together.

10:40 start OPEN

10:40 OPEN men + women

Race time limit is 3.5 hours.

14:00-14:30 announcement of results

⊗ Saturday - Children's race

13:00 opening of registrations

14:30 presentation of the rules for the children's race - area near the podium

15:00 start of the race

15:00 AGE GROUP start

15:00 10-13

16:30 7-9

17:00 start OPEN

17:00 OPEN men + women

Race time limit is 1 hour.

18:00 announcement of results

⊗ Saturday - 100M Stadium Qualification

16:00 opening of registrations

18:30 presentation of rules - podium area

18:40 start of the race

Race time limit is 10 minutes.

Sunday - Relays

07:00 opening of the festival arena and registrations

08:30 Rules presentation - podium area

09:00 start of the race

10:00 Men start

10:30 MIX start

11:00 Start WOMEN

Race time limit is 2,5 hours.

13:20 announcement of results

⊗ Sunday - 100M Stadium FINALS

12:00 Opening of the festival arena and registration

13:50 Rules presentation - area near the podium

14:00 start of the race

Race time limit is 10 minutes

15:30 announcement of results

⊗ The organizer reserves the right to change the time schedule.

⊗ If there is a change in the schedule, we will inform you through the race moderator.

REGISTRATION:

⊗ Competitors pick up their start packet on the day of the race / the day before the race, but priority is given to competitors on the same day / with sufficient advance notice, at least 1 hour before their start. Competitors with an earlier start have priority. The competitor must hand in the signed entry conditions (reverse) and show proof of identity when collecting their registration.

⊗ DO NOT QUEUE FOR REGISTRATION UNTIL YOU HAVE FILLED IN THE STARTING CONDITIONS!!

⊗ If the competitor does not have a "yes" in the "payment" column on the start list, it is necessary to provide proof of payment of the registration, proof of transfer of registration, or to pay it in cash on the spot, without this it is not possible to issue a start package.

⊗ When collecting the start packet, each competitor must receive a paper wristband (paper wristband according to the race category, a "JOKER" wristband if applicable) and a wristband to complete all mandatory obstacles. Without these wristbands he will not be allowed to start.

⊗ A new registration will be available for purchase on site on race day with no guarantee of receiving a complete race packet and finisher souvenir.

⊗ In the event that a wristband breaks before the start of the race, it must be brought to registration and replaced with a new one.

⊗ Children's registrations can be picked up by a legal guardian, other registrations cannot be picked up by anyone other than the registration owner.

⊗ The race packet includes a race chip, race information and promotional materials.

OCR RACER CODE OF CONDUCT:

- ⊗ Familiarize yourself with the race rules and abide by them.
- ⊗ Adhere to the original intent of the rule even if it may be interpreted in several ways.
- ⊗ Be responsible for your safety and the safety of others.
- ⊗ Treat other competitors, volunteers, spectators, officials and organizers with respect and courtesy.
- ⊗ Not behave in a derogatory, inflammatory or mocking manner towards others.
- ⊗ Not to try to gain an unfair advantage over other competitors.
- ⊗ Not to attempt obstacles outside the race!
- ⊗ Be respectful of nature and the surrounding countryside, leaving all waste in designated areas.
- ⊗ Do not use any substances that are on the WADA (World Anti Doping Agency) list of prohibited substances.
- ⊗ Provide assistance to another competitor in the event of injury.

RACE RULES:

⊗ START

- Competitors must report 10 minutes before the start of their wave in the start corridor.
- Check the start list for the time of the start wave.
- It is forbidden to start in a wave other than the assigned wave.
- Each competitor will be checked before being allowed into the starting corridor. The competitor must not leave the corridor before the start.
- A competitor who does not have wristbands will not be allowed to start.
- A competitor wearing the national jersey will not be allowed to start.
- Each competitor must wear his wristbands visibly throughout the race.

⊗ START NUMBER

- During the control and marshalling of the starting corridor, a starting number is written on the competitor.

⊗ OBSTACLES

- All obstacles are mandatory for ELITE and AGE GROUP categories.
- A compulsory obstacle may be skipped by handing in the "JOKER" bracelet if the competitor is unsuccessful in climbing it, but the competitor MUST make a valid attempt. For more information see the Bracelet chapter.
- Competitors in the ELITE category have only one attempt per obstacle, when climbing an obstacle that has a FAST/SLOW variant, the competitor in the ELITE category must choose only one variant for his/her single attempt. AGE GROUP competitors may make unlimited retries (until the end of the race time limit), but must give priority to the competitor who runs the first attempt, or use the RETRY LINE if marked.
- OPEN category competitors may make unlimited attempts to complete the obstacle or skip the obstacle (up to the end of the time limit of the race), but they must give priority to the competitor who runs the first attempt or use the RETRY LINE if it is marked.
- The race includes a special optional obstacle called "LIGHT AT THE END OF THE TUNNEL", which, if completed, will earn the competitor 1 extra JOKER bracelet.

⊗ BRACELET

- Each competitor will start the race with all prescribed wristbands.
- The competitor must have his wristbands visible before entering the obstacle.
- Covering or deliberately concealing the wristbands at the obstacle will lead to disqualification.
- A competitor who finishes the race without a wristband uses the corridor of the finishing straight "WITHOUT Wristband". A competitor who finishes the race with a wristband uses the "WITH WRISTBAND" corridor.
- A competitor who finishes the race with a wristband will receive a silicone wristband as a trophy in exchange at the finish line.
- Wristbands may not be removed by anyone other than the referee or a volunteer on the course or at the finish line.
- Report the loss of the wristband immediately.
- A competitor who finishes the race without a wristband is listed in the "finished without a wristband" standings for his category and is not eligible to compete in the overall championship standings and is not entitled to a silicone wristband.
- The competitor receives a "JOKER" bracelet, which can be used to "save" himself on the obstacle.
- The use of the "JOKER" bracelet means cutting off the bracelet of a competitor who is unable to overcome the obstacle, such a competitor is still in contention for the overall ranking.
- The number of "JOKER" bracelets is as follows:

3K:

ELITE: men 2x, women 3x (one attempt per obstacle)

AG: men 2x, women 4x (unlimited attempts per obstacle)

12K:

ELITE: men 3x, women 4x (one attempt per hurdle)

AG: men 3x, women 5x (unlimited attempts per hurdle)

KIDS:

7-9 years: boys 2x, girls 3x

10-13 years: boys 2x, girls 3x

Relays:

Team 2x

→ Use of the "JOKER" wristband means an additional penalty in the form of a penalty lap before the finish, or a time penalty.

Distribution of wristbands by race / category (organizers reserve the right to change colors before the race):

3K JOKER Race Bracelet Category

ELITE yellow red green

AGE yellow red

OPEN turquoise

12K

ELITE black blue green

AGE black blue

OPEN turquoise

STAFF

black purple

KIDS

7-9 years orange

10-13 years orange

⊗ TEAM RELAY

RACE RULES:

→ All three team members must complete their individual part of the race in accordance with the general rules and regulations!

START NUMBER:

→ Before the first team member enters the start corridor and before the competitors are divided into the handover zones, a start number is written on each competitor of the team.

TICKET AND CAP:

→ Each competitor in the team will start their part of the race with a wristband.

→ If any member of the team loses this wristband in his/her section of the race, the entire team is listed in the order of its category "finished without wristband" and is not eligible to compete in the overall championship standings.

→ A team that finishes the race with a wristband will receive a silicone wristband as a trophy in exchange at the finish line.

→ Each team is allocated one chip, which members hand over to each other in the designated handover zones.

START:

→ The competitor of the first section must be in the start corridor at least 10 minutes before the start.

→ Other team members must be ready in time in the marked handover zone for their leg.

HANDOVERS:

→ Riders of other sections shall stay in the designated handover zones.

→ Competitors must change only in the designated zones where they pass the chip to the next team member.

→ The chip is always carried by the active team member = i.e. they run their part of the race.

OBSTACLES:

→ All obstacles are mandatory. Each relay team receives two JOKERS which they divide into their individual sections before the start. The JOKER cannot be used for a common leg. The JOKER is not transferable, which means that if it is not used on the chosen leg, its magic power is forfeited.

→ This means that competitors must overcome all mandatory obstacles.

→ Competitors can make unlimited attempts to complete an obstacle (until the end of the race time limit), but must give priority to the competitor who runs the first attempt on the retry.

→ Competitors on common obstacles MUST use only one lane.

STR

→ The course will be divided into four sections:

a. individual (speed, power, technical).

b. common

HELP:

→ Team members may not help each other with obstacles, except for the last section with predefined rules for relays - team cooperation.

→ In the joint part, i.e. when running into the finish corridor, competitors from one team must not be more than 10m apart!

→ A lost JOKER is one handicap for the whole team (running circuit).

⊗ PENALIZATION

→ The handicaps are in the variant of the penalty running circuit or the circuit with carrying a load.

→ One handicap for every lost JOKER (running circuit).

→ The handicap must also be performed in the case of a lost race bracelet.

⊗ BEHAVIOUR AT THE OBSTACLE

→ The competitor has unlimited attempts to climb the obstacle until he finishes his attempts and has his bracelet removed or uses the "JOKER" bracelet.

→ The competitor must not in any way restrict, obstruct or intentionally hinder another competitor's attempt.

→ Resting, sitting, blocking or any other activity that prevents the smooth overcoming of an obstacle is prohibited.

- A competitor may not jump from one lane to another. The referee or volunteer may allow this in exceptional cases. All competitors in a relay must always use one selected lane during a common leg.
- Each attempt at an obstacle starts according to the rules of the obstacle, paying attention to the instructions of the volunteer/referee.
- Successful completion of an obstacle is defined as completing the obstacle according to the given rules - see obstacle rules.
- New competitors have priority over repeaters at the obstacle.
- Repeat competitors are placed in the queue - overtaking is prohibited.

⊗ EXTERNAL HELP

- The definition of external assistance is the acceptance of material or personal help from competitors or spectators during a race.
- Athletes must not accept help from anyone else during the race. Except for first aid for injury.
- Mutual assistance between athletes is prohibited except in the OPEN category and in the joint part of a team race.
- Athletes may not accept food or drink except at official refreshment stations.

COURSE AND MARKINGS:

- Athletes must stay on the marked course throughout the race and follow the instructions or signs on the course. Shortening the course is prohibited and may lead to disqualification.
- A slower competitor must not impede the progress of a faster competitor.
- Each race course has its own set of fouls which will be presented in the pre-race talk and must be heeded during the race. If there is a problem on the course, communicate this to the nearest volunteer.
- Medical personnel are present at risk areas continuously on the course.
- There may be directional arrows on the course for better orientation.
- The time limit for the 3K is 2 hours.
- Time limit for 12K is 3.5 hours.
- Time limit for 100m Stadium is 10 minutes.
- Time limit for the Relay is 2.5 hours.
- You will be asked to check your "JOKER" wristband before the finish - any use of this wristband may save you, but will also be penalized with a penalty circuit. The number of penalty circuits corresponds to the number of JOKER bracelets used. You may only cross the finish line after you have completed the appropriate penalty.

→ Finish - The finish area is divided into two lanes - WITH and WITHOUT the bracelet. Follow this marking depending on whether or not you have a race wristband. If you have a wristband, follow and chip in this corridor and vice versa.

⊗ FOOTWEAR, EQUIPMENT, NUTRITION

→ Studded footwear is PROHIBITED ALL WEEKEND. Please note that the track will be partly on asphalt and tartan.

→ Trainers, crampons, football cleats, other footwear with metal spikes are prohibited.

→ Sticks, hand hooks are not allowed.

→ The use of magnesium whether loose or liquid, handball glue, resins, wax, etc. is prohibited.

→ Gloves or finger tapes (protective, not double sided sticky), gloves, goggles, water bag are allowed.

→ Competitors may bring food and drink for their own use.

→ All equipment that the competitor starts with must be brought to the finish line. With all the equipment, he/she must also overcome the obstacles. It is not allowed, for example, to put down the water bag before an obstacle.

→ Littering is strictly forbidden!!! If a competitor is caught throwing rubbish outside the rubbish bin, he will be disqualified from the race.

TIMEKEEPING & RESULTS:

⊗ TIMING

→ The competitor's time will be recorded using chips.

→ At the finish line, the competitor must chip his/her final time in the corridor depending on whether or not he/she has a race wristband.

⊗ RESULTS

→ Race results will be published on the Irontime.cz website

→ The results are divided into "finished with wristband" and "finished without wristband" according to the category in which the competitor starts.

PROTEST:

⊗ LODGING A PROTEST

→ A protest can be submitted within 60 minutes after the completion of the race in writing to the race director (Zuzana Třebická).

→ A deposit of 800 CZK is required to file a protest. In case of a proven violation of the rules, the deposit will be refunded.

RACE CATEGORIES:

⊗ RACE CATEGORY MČR OCR 2023

→ Category starts may be consolidated according to the number of competitors entered.

→ Final results will be without merged categories

→ RACE 3K

RACE CATEGORIES NOTE

12-13 TEST CATEGORIES FOR EUROPEAN CHAMPIONSHIPS

14-16

17-19

20-24

25-29

30-34

35-39

40-44

45-49

50+

ELITE

International wave ANNOUNCEMENT OF THE BEST RACER

OPEN WITHOUT RESULTS ANNOUNCEMENT

→ 12K RACE

RACE CATEGORY NOTE

17-19

20-24

25-29

30-34

35-39

40-44

45-49

50+

ELITE

International wave ANNOUNCEMENT OF THE BEST RACER

OPEN WITHOUT RESULTS ANNOUNCEMENT

→ 100m stadium race

RACE CATEGORY NOTE

MEN 3 men

WOMEN 3 women

International wave absolute ranking

→ RACE Relays

RACE CATEGORIES NOTE

MEN 3 men

WOMEN 3 women

MIX 3 (at least 1 woman)

International wave absolute ranking

→ KIDS RACE

RACE CATEGORIES NOTE

7-9

10-13

International wave ANNOUNCEMENT OF BEST RACER

4-6 OPEN WITH NO RESULTS ANNOUNCED