

TWENTY SEVENTEEN ★ RULES & REGULATIONS



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CHAMPIONSHIPS

OCTOBER 12-15, 2017 | BLUE MOUNTAIN | ONTARIO - CANADA

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Welcome to the 2017 OCR World Championships!

The Obstacle Course Racing World Championships (OCRWC) is the World's first independent Championship Race established in the sport of Obstacle Course Racing. Independently owned, it is intended to serve as a platform for which athletes can compete for the title of World Champion within their respective division.

This Rule Book serves as a common reference guide for OCRWC Competitors, Officials, and Volunteers and outlines standards of conduct for all athletes. It is not all-inclusive.

KNOW THE RULES

IT IS THE RESPONSIBILITY OF EACH COMPETITOR TO KNOW AND UNDERSTAND EACH OBSTACLE RULE, FAILURE MODE, AND PENALTY. FAILING TO DO ALL OBSTACLES WILL RESULT IN THE LOSS OF YOUR BAND AND MAKE YOU INELIGIBLE FOR AWARDS AND PRIZES. SHOULD YOU FAIL DURING AN ATTEMPT AT ANY OBSTACLE YOU MUST RESTART THE OBSTACLE FROM THE BEGINNING. (INCLUDING THE COMBINATION OBSTACLES).

***** OCRWC OFFICIALS RESERVE THE RIGHT TO ADDRESS VIOLATIONS OF CONDUCT, TIME KEEPING NOT ADDRESSED IN THIS DOCUMENT *****

Section 1: Eligibility & General Code of Conduct

- 1.1 To compete in the OCRWC, athletes must meet the following requirements:
 - 1.1.1 Athletes must be at least 13 (thirteen) years of age on the day of the event.
 - 1.1.2 Pro Division (3k, 15k, Enduro), Age Group (3k and 15k), and Journeyman Athletes must to qualify through qualifying events outlined at www.ocrwc.com/how-to-qualify/
 - 1.1.3 There are NO qualification requirements for Enduro Age Group, Team Relay or Charity Divisions.
 - 1.1.4 Athletes must adhere to World Anti-Doping Agency (WADA) code for performance enhancing drugs and prohibited substances, and consent to drug-testing. (See Section 6)
 - 1.1.5 Athletes must adhere to all rules set forth by OCRWC administrators and officials.
 - 1.1.6 Additional qualification criterion is outlined at www.ocrwc.com/register
 - 1.1.7 It is the responsibility of all athletes to read, study, understand and know all of the rules set forth herein before entering the race course and participating in competition.
 - 1.1.8 Athletes are responsible for their own safety. DO NOT ATTEMPT AN OBSTACLE THAT YOU ARE NOT COMFORTABLE IN DOING SO.
 - 1.1.8.1. YOU MUST RING ALL BELLS WITH YOUR HAND ONLY
 - 1.1.8.2. YOU MUST ENTER ANY WATER OBSTACLES FEET FIRST
- 1.2 OCRWC competitors are held to the highest standard of conduct throughout the course of the event. This includes but is not limited to:
 - 1.2.1 Always conducting oneself in a sportsmanlike manner towards fellow competitors, spectators, OCRWC staff, volunteers and officials.
 - 1.2.2 Adhering to all rules of competition.
 - 1.2.3 Understanding that each competitor is a representative of a growing athletic community and behaving responsibly throughout the event.

Section 2: Time Keeping

- 2.1 ALL athletes are required to start in their assigned wave, specific to their division and/or age group. Athletes are not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from competition.
- 2.2 In addition, please note the following:
- 2.2.1 Athletes will receive their race day identification bracelet and bibs prior to the event at Athlete Check In. These are required to start the event and **SHOULD NOT BE REMOVED**. Under no circumstances will athletes be permitted to start the event without their identification bracelet and bib. (NO REPLACEMENTS FOR LOST BANDS WILL BE GIVEN)
 - 2.2.2 As with all premier endurance races, the starting time for all athletes in a specific wave will be the “gun time” (e.g. if a wave starts at 11:15, each athlete in that wave is assigned the same starting time).



Section 3: Racing & Obstacles

3.1 THE COURSE

- 3.1.1 It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials.
- 3.1.2 Any athlete that gains advantage by circumventing the course (as designed by race officials), whether intentionally or unintentionally, will be disqualified from competition.
- 3.1.3 Apart from specific areas designated by OCRWC officials, athletes are not permitted on the OCRWC course at any time other than when racing. ANY athletes found on the course without prior approval from an OCRWC official will be immediately disqualified from the competition.
- 3.1.4 No Athlete, at any time, may modify the course marking or the course.

3.2 OBSTACLES

- 3.2.1 Completion of all obstacles at the OCRWC is **MANDATORY** to be eligible for awards/prizes. There are no alternatives to obstacles such as burpees, push-ups, penalty loops or other physical penalty.
- 3.2.2 In the event an athlete fails an obstacle, he/she will be permitted additional attempts, provided he/she is not blocking the path of another athlete who is attempting to complete the obstacle for the first time. In addition, certain obstacles will have a dedicated lane for athletes making additional attempts. At these obstacles (which will be specified at pre-race briefings or at the specific obstacle during the event), athletes are **REQUIRED** to utilize these lanes. Failure to do so will result in immediate disqualification.

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3.2 OBSTACLES *continued*

- 3.2.3 If an athlete still fails to complete an obstacle, he/she will lose their band and be assessed a time penalty. Athletes losing their band and receiving time penalties are still allowed to continue racing and are considered finishers, but are not eligible for prizes/awards. All time penalties are applied after the event (no penalty boxes). Obstacle specific time penalties will be announced at pre-race briefings.
- 3.2.4 Additionally, athletes are required to maintain forward progress on all obstacles and throughout the course (e.g. sitting atop Dragon's Back is not permitted) and every effort must be made not to obstruct a fellow competitor. Slower athletes are **REQUIRED** to yield to approaching athletes.
 - 3.2.4.1 If an athlete is no longer making forward progress on any obstacle, the official will initiate a 5 (five) second countdown for the athlete to progress forward.
 - 3.2.4.2 The countdown will be at the discretion of the official at that obstacle
 - 3.2.4.3 When the countdown has elapsed, the athlete is required to safely remove themselves from the obstacle.
- 3.2.5 Athletes found to be excessively infringing (blocking) on another athlete's ability to progress may be subject to penalty and/or disqualification by race officials.
- 3.2.6 During the race, except for medical emergency, athletes may not receive outside assistance (including receiving nutrition or equipment from any other source other than a fellow competitor who is currently racing on the course). This does not include verbal instruction or support from coaches or supporters. **ATHLETES MAY NOT RECEIVE ANY PHYSICAL HELP COMPLETING ANY OBSTACLE**

3.2 OBSTACLES *continued*

- 3.2.7 Slower and faster athletes must demonstrate mutual respect during closely spaced/single-track areas of the course. Faster athletes are encouraged to call out “ON YOUR LEFT”, (or similar) when approaching slower athletes. The athlete being passed must permit enough space to allow the approaching athlete to safely pass.

3.3 OBSTACLE SPECIFIC RULES

- 3.3.1 Obstacle specific descriptions and rules will be covered in APPENDIX A

Section 4: Gear, Apparel & Personal Nutrition

- 4.1 Athletes are encouraged to express their individuality, sports team, state or nation apparel while being appropriately dressed for an endurance racing event. Please note the following:
 - 4.1.1 Glasses are allowed but discouraged for safety reasons.
 - 4.1.2 Hydration packs are allowed.
 - 4.1.3 Beyond shoes and gloves or protective gear (i.e. elbow pads, compression sleeves, buffs or knee pads), clothing/ personal equipment may not be used in to assist in the completion of an obstacle. HAND OR FEET GRIP AIDS SUCH AS PINE TAR, LIQUID CHALK, METAL STUDED SHOES, METAL SPIKED FOOTWEAR OR EQUIVALENT ARE STRICTLY PROHIBITED.
 - 4.1.4 Alcohol, weapons, knives, firearms, explosives, glass bottles, and other dangerous objects are not permitted on the course.
 - 4.1.5 All athletes must exit the course with all items they brought in. Littering or the discarding of personal property during the race may result in disqualification from competition.
 - 4.1.6 All gear, nutrition, hydration packs that competitors begin the race with must transition through the required obstacle on the competitor's person. (Gear, nutrition, clothing, hydration packs and the like may not be set aside and retrieved after obstacle completion)

Section 5: Penalties & Appeals

- 5.1 The application of any penalties, including but not limited to time penalties and disqualification, are administered solely by OCRWC Race Officials. When a violation has been identified, the offending athlete will be informed of the penalty by race staff as soon as practicable. Athletes will be penalized for infringements such as:
 - 5.1.1 Failure to complete an obstacle. (See section 3.2)
 - 5.1.2 Not starting at his/her starting time. (See section 2.1)
 - 5.1.3 Intentionally or unintentionally going off-course. (See section 3.1)
 - 5.1.4 Engaging in unsportsmanlike conduct, including but not limited to:
 - 5.1.4.1 The use of performance-enhancing drugs (See Section 1.1.4)
 - 5.1.4.2 Making unnecessary contact with or hindering a competitor (See Sections 3.2.4, 3.2.5, and 3.2.7)
 - 5.1.4.3 Verbal/physical abuse of race officials or volunteers (See Section 1.2.1)
 - 5.1.4.4 Modifying course markings (See Section 3.1.5)
 - 5.1.4.5 Using offensive or derogatory language (See Section 1.2)
 - 5.1.4.6 Receiving outside assistance (Section 3.2.6)
 - 5.1.4.7 Littering on the course (See Section 4.1.5)
 - 5.1.4.8 Blocking (failure to yield to) other competitors (See sections 3.2.4, 3.2.5, and 3.2.7)
 - 5.1.4.9 Failing to follow the direction of race officials (See Section 1.1.5)
- 5.2 Any assessed penalty may be appealed. Athletes wishing to appeal a penalty must submit their appeal to the lead Race Official within 24 hours of the event. Appeals are not accepted after 24 hours of the event.
- 5.3 In the event of an appeal, race officials will conduct a thorough review of the infringement and penalty, and issue its findings within 72 hours.

2017 RULES & REGULATIONS ★

Section 6: Drug Testing

- 6.1 Athletes in the OCR World Championships will be asked to adhere to the 2017 World Anti-Doping Agency (WADA) code. Specifically, all competitors in the OCRWC may be subject to testing for performance enhancing drugs and must consent and adhere to all protocols and procedures as instructed by race officials. A copy of this code can be downloaded at <https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>
- 6.2 On-site sample collection will be conducted at the event by the National Center for Drug Free Sport, Inc. (Drug Free Sport™), a premier provider of drug testing services.
- 6.3 Samples collected will be tested at a WADA accredited lab.
- 6.4 Athletes failing to adhere to this policy or found in violation of the WADA code will be subject to penalties such as disqualification, forfeiture of prizes, and banishment from future competition.

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Section 7: Safety & Emergencies

- 7.1 The safety of all athletes, spectators, and staff is paramount. In the event of an emergency, all parties should follow the explicit instruction of event staff.
- 7.2 Athletes that assist in an emergency may be permitted to begin the race again at the sole discretion of OCRWC officials.



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Appendix A

GENERAL: IT IS THE RESPONSIBILITY OF EACH COMPETITOR TO KNOW AND UNDERSTAND EACH OBSTACLE RULE, FAILURE MODE, AND PENALTY. FAILING TO DO ALL OBSTACLES WILL RESULT IN THE LOSS OF YOUR BAND AND MAKE YOU INELIGIBLE FOR AWARDS AND PRIZES. SHOULD YOU FAIL DURING AN ATTEMPT AT ANY OBSTACLE YOU MUST RESTART THE OBSTACLE FROM THE BEGINNING USING RETRY LANES. (INCLUDING THE COMBINATION OBSTACLES)

1. CARGO CLIMB

- a. DESCRIPTION: Suspended cargo net climb and descent on an a-frame or similar structure.
- b. SUCCESSFUL COMPLETION:
 - i. Athlete must ascend the front cargo net.
 - ii. Athlete must transition over the top cross beam.
 - iii. Athlete must descend the back cargo net.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 1.b.i-iii.
 - iii. Impeding progress as outlined in general rules.
 - iv. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: NO
- e. TIME PENALTY: 5 min

2. FLOATING WALLS/TRAVERSE WALLS

- a. DESCRIPTION: Suspended or affixed climbing walls.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must successfully traverse across all suspended walls in succession.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 2.b.i.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Any part of the body touches the ground between the entrance and exit points.
 - v. Impeding progress as outlined in general rules.
 - vi. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 10 min

3. CRAWLS/WIDE CRAWL/SOGGY CRAWL/LONG CRAWL/UNDER WALL

- a. DESCRIPTION: Low Crawl under an obstacle element.
 - b. SUCCESSFUL COMPLETION:
 - i. Athlete must successfully go UNDER all elements from entrance to exit.
 - c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 3.b.i.
 - iii. Going over any of the elements.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
 - d. FAILURE LANE: NO
 - e. TIME PENALTY: MUST COMPLETE
-



4. HURDLES

- a. DESCRIPTION: Low walls or horizontal bars.
- b. SUCCESSFUL COMPLETION:
 - i. Must go over low walls/bar in succession as indicated by course flow.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 4.b.i.
 - iii. Doing the hurdles out of order.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: NO
- e. TIME PENALTY: MUST COMPLETE

5. INVERTED WALL

- a. DESCRIPTION: Wall inverted toward oncoming athlete.
- b. SUCCESSFUL COMPLETION:
 - i. Athlete must successfully go up and over the wall.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 5.b.i
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min

6. IRISH TABLE

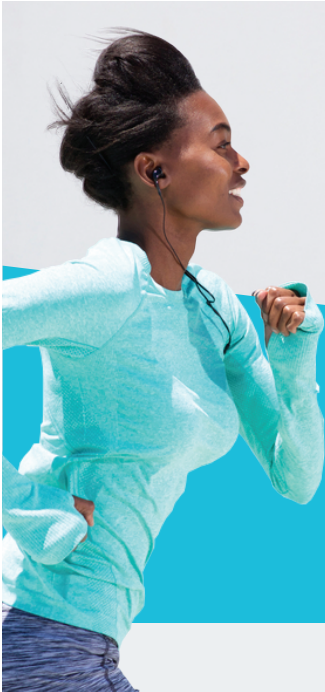
- a. DESCRIPTION: Horizontally mounted wooden log.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must successfully go up and over the horizontally mounted wooden log.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 6.b.i.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min

7. LOG HOP

- a. DESCRIPTION: Various length vertical logs set into the ground.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must begin on the first vertical log.
 - ii. Athletes must end on the last vertical log.
 - iii. Athletes must make it from the first to the last log without touching the ground.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 7.b.i-iii.
 - iii. Using any balance aid.
 - iv. Touching the ground with any part of the body while completing the obstacle.
 - v. Impeding progress as outlined in general rules.
 - vi. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min

8. LOW RIG

- a. DESCRIPTION: Low traverse with various configurations of hand and foot elements.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must enter obstacle at designated entrance area.
 - ii. Athletes must exit at designated exit area.
 - iii. Athletes must use hands and feet to traverse from entrance area to exit area.
 - iv. Athletes may NOT touch the ground with any part of their body while attempting this obstacle.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 8.b.i-iv.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 10 min

A woman with dark hair in a bun, wearing a light blue long-sleeved shirt and dark pants, is running and smiling. She has earbuds in and is holding a green water bottle.

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9. THRU WALL

- a. DESCRIPTION: An element that a person must go thru in order to successfully complete.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes go thru a wall opening as directed by course officials.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 9.b.i.
 - iii. Impeding progress as outlined in general rules.
 - iv. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: NO
- e. TIME PENALTY: MUST COMPLETE

10. PIPE DREAMS

- a. DESCRIPTION: Traverse across suspended pipes.
- b. SUCCESSFUL COMPLETION:
 - i. Athlete must begin at the exit platform
 - ii. Athlete must ring the bell (WITH THEIR HAND ONLY) at the end of the obstacle.
 - iii. Athlete may NOT touch the ground with any part of their body while attempting to complete this obstacle.
 - iv. Athletes may NOT use their feet, legs, or lower body to complete this obstacle.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 10.b.i-iv.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 10 min

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11. PLATINUM RIG/SANDSTORM MONKEY BARS/ SKULL VALLEY/URBAN SKY

- a. DESCRIPTION: Traverse with various configurations of hand and foot elements.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must begin at the first hanging element
 - ii. Athlete must ring the bell, if equipped, (WITH THEIR HAND ONLY) at the end of the obstacle.
 - iii. Athletes may NOT touch the ground with any part of their body while attempting to complete this obstacle.
 - iv. Athletes may skip internal elements while completing this obstacle.
 - v. Athletes may NOT use feet, legs, lower body to navigate the hand hold portions of these obstacles.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 11.b.i-v.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 10 min

12. ROPE DROP/HILL CLIMB/SWITCHBACKS/HALF PIPE

- a. DESCRIPTION: Terrain based obstacles with or without ascent/descent aids
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must successfully navigate the designated course
 - ii. Athletes using the ascent/descent aids is optional.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 12.b.i-ii.
 - iii. Impeding progress as outlined in general rules.
 - iv. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: NO
- e. TIME PENALTY: MUST COMPLETE

13. ROPE CLIMB

- a. DESCRIPTION: Vertical suspended rope with a bell at the top.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must start from the ground.
 - ii. Athletes must climb a vertical rope.
 - iii. Athletes must ring a bell (WITH THEIR HAND ONLY)
 - iv. Athletes must descend back to the ground.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 13.b.i-iv.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min

14. LA GAFFE DU DRAVEUR

- a. DESCRIPTION: Angled poles where an athlete must use body weight to create an inverted pendulum motion to navigate.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must start on the first pole.
 - ii. Athletes must swing on poles and transition from pole to pole without any part of their body touching the ground.
 - iii. Athletes must ring a bell (WITH THEIR HAND ONLY).
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 14.b.i-iii.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 10 min

15. Q-STEPS

- a. DESCRIPTION: Side step platforms where users must use the angled platforms to navigate across.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must successfully run across angled platforms without any part of their body touching the ground.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 15.b.i.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min



16. SKYLINE

- a. DESCRIPTION: Zip line with various level changes.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must start at the start platform
 - ii. Athletes must ring the bell (WITH THEIR HAND ONLY) at the end of the obstacle.
 - iii. Athletes may not touch the ground with any part of their body while attempting to complete this obstacle.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 16.b.i-iii.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min

17. SLIP WALL

- a. DESCRIPTION: A-frame wall with rope assist slippery climb and ladder descent.
- b. SUCCESSFUL COMPLETION:
 - i. Athlete must ascend the slippery portion of the wall using existing climbing aids.
 - ii. Athletes must descend the ladder.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 17.b.i-ii.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min

18. STAIRWAY TO HEAVEN

- a. DESCRIPTION: A-frame ladder.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must only use their hands to complete this obstacle
 - ii. Athletes must ascend and descend the a-frame internally.
 - iii. Athletes must touch the first and last stair without touching the ground.
 - iv. Athletes must ascend and descend the ladder without any part of their body touching the ground while attempting this obstacle.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 18.b.i-iii.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 5 min



19. DRAGON'S BACK

- a. DESCRIPTION: Obstacle involving leaping from platform to platform using affixed safety bars.
- b. SUCCESSFUL COMPLETION:
 - i. Athletes must leap from a platform to another and catch themselves on an affixed horizontal safety bar.
 - ii. Athletes must go over each safety bar.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 19.b.i-ii.
 - iii. Any part of the body touching the ground between platforms.
 - iv. Using any part of the frame to complete the obstacle.
 - v. Impeding progress as outlined in general rules.
 - vi. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: NO
- e. TIME PENALTY: 5 MIN

20. WALLS/RAMP WALLS/QUARTER PIPE/WARPED WALL/BIG WALL/VERT/FLAT WALL/OVER

- a. DESCRIPTION: Vertical log walls of various heights, angles, or curvature.
 - i. May or may not have rope assist
- b. SUCCESSFUL COMPLETION:
 - i. Athlete must successfully go up and over wall.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 20.b.i.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: NO
- e. TIME PENALTY: 5 min

21. WEAVER/WATER WEAVER

- a. DESCRIPTION: Horizontally mounted beams athletes must weave through. May or may not be submerged.
- b. SUCCESSFUL COMPLETION:
 - i. Athlete must alternatingly go over and under successive horizontally mounted beams.
 - ii. Athletes must go under the first beam.
 - iii. No part of the Athlete's body may touch the ground while attempting to complete this obstacle. *(DOES NOT APPLY TO WATER WEAVER)
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 21.b.i-iii.
 - iii. Using any part of the frame to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: YES
- e. TIME PENALTY: 10 min



22. WRECK BAG CARRY/YOKE CARRY

- a. DESCRIPTION: Weighted Carry with or without wall and crawl elements.
- b. SUCCESSFUL COMPLETION:
 - i. Wreck bag must be carried
 - ii. Wreck bag may be set down but must be within arm's length at all times.
 - iii. Wreck bag must successfully navigate any walls or crawls with the wreck bag on their person.
- c. FAILURE MODES:
 - i. Assistance from another competitor.
 - ii. Failure to complete 22.b.i-iii.
 - iii. Using any part of the frame, if applicable, to complete the obstacle.
 - iv. Impeding progress as outlined in general rules.
 - v. Failure to make forward progress as outlined in general rules.
- d. FAILURE LANE: NO
- e. TIME PENALTY: MUST COMPLETE



**STOP BY THE
WRECK BAG BOOTH
FOR A CHANCE
TO WIN A FREE BAG**



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LIVE IT OUTSIDE

While the rest of the world takes a rest day, 6x7 Passholders spend their Sundays on the slopes with their friends and family until the chairlifts stop turning.

6x7 SEASON PASS

Youth **\$419***
Adult **\$469***

Day/Night Access Sunday to Friday & Saturday Night Access
NEW! No Holiday Restrictions

SAVE UP TO \$120 UNTIL NOVEMBER 1, 2017!

*All prices plus HST. Valid for lift access Sunday to Friday 9am – 9pm and Saturday from 3:30 – 9pm during the 2017/18 season, weather and conditions permitting. Adult ages 18+ and Youth ages 6-17 at time of Season Pass purchase. Night skiing is scheduled to start Thursday, December 24, 2017 and end Sunday, March 18, 2018. Savings based on Adult 6x7 Regular Price of \$589 +HST effective November 2, 2017. Passes are non-refundable. Season Pass insurance is available. All rates and dates subject to change without notice.

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★ WORLD ★
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