



**COMPETITOR CATEGORIES:**  
**BASIC – AGE GROUP - ELITE**  
**2022**

When requesting an OCR card for the year 2022, each competitor must indicate his or her preferred competitor category and attach a sports medicine certificate. Category changes during the year are only possible if you change from Basic to Age Group. Each competitor can only start in one race (in one category), there are no multiple runs, with the exception of relay and team competition (these do not count towards individual points).

**BASIC - OPEN**

Beginner competitors who want to try out OCR races and obstacles, but would do so for pleasure, without a stake, with no penalty if applicable. Any number of obstacles can be missed during the races. Anyone can choose this category, no OCR card is required. However, a Basic competitor who holds an OCR card (and thus a race license and sports medicine certificate) may transfer to the Age Group category at any time during the year, within a time limit set by the Federation prior to the race.

In OCR races, this category means starting in the Basic (open, journeyman) race.

**AGE GROUP (AG) – AGED RACE**

Intermediate racers who want to compete in the OCR races in their age category. Competitors with an OCR card who start in Cup races (KF) and National Championship races (OB) for points.

The Age Group competitor will receive 3 wristbands at the start. Loss of all three wristbands will result in disqualification and the competitor will not be judged in the competition. Of course, the competitor may finish the race on his own, but the result cannot be judged in terms of scoring and competition results.

OCR-type obstacles can be tried twice by a competitor, failing which a wristband will be cut off. In a National Championship race (OB), in case of a maximum of 2 lost wristbands, the time penalty corresponding to the heaviest obstacle, determined by the organizer and approved by the HOCRA Technical Committee, will be added to the competitor's time (once or twice, depending on the number of wristbands lost). During the Cup race, the loss of the wristband may be compensated by a time penalty, completion of a penalty loop or other “penalty” or task approved by the Technical Committee. Skill-type tasks (such as goal throwing, balance, etc.) may be tried two or three times by the competitor, depending on the nature of the task. In the event of non-compliance, the competitor must serve a penalty loop, or other “penalties” or duties approved by the HOCRA Technical Committee may replace the non-compliance.

Mandatory obstacles (such as planks, crawling, water pit, etc.) may be attempted by the competitor any number of times, but may not proceed without overcoming the obstacle.

It is the responsibility of the Federation Technical Committee to judge which OCR-type obstacle and which skill-type task is in a given competition.



There is a time limit set by the competition organizer and approved by the HOCRA Technical Committee. Performance beyond the time limit will result in disqualification, the competitor will not be evaluated in the competition, and the result will not be evaluated in terms of the competition result.

Evaluation criteria: All those who lost a maximum of 2 wristbands during the competition will be evaluated, who finished the race within the specified time limit (including the addition of a time penalty or the completion of a penalty loop / penalty task). Of these competitors, time determines the order.

## **ELITE**

Significant competitors who want to compete among the best in OCR sports. Hungarian competitors who already had a Hungarian OCR card in 2021 can choose this category. Those who already had an OCR card in 2021 can choose this category, in consultation with the head of their own association. It is possible to deviate from this with an individual federal assessment, based on the competition result already completed.

The Elite MAN competitor will receive 1 wristband at the start. Loss of the wristband will result in disqualification, the competitor will not be judged in the competition. Of course, the competitor may finish the race on his own, but the result cannot be judged in terms of scoring and competition results.

The Elite WOMEN competitor will receive 2 wristbands at the start. In National Championship (OB), in the case of a maximum of 1 lost wristband in the National Championship (OB) race, the time penalty corresponding to the heaviest obstacle, determined by the organizer and approved by the HOCRA Technical Committee, will be added to the competitor's time. Loss of 2 wristbands will result in disqualification, the competitor will not be judged in the competition.

OCR-type obstacles can be tried twice by a competitor, failing which a wristband will be cut off. In National Championship (OB), in the case of FEMALE competitors with a maximum of 1 lost wristband, the time penalty corresponding to the heaviest obstacle, determined by the competition organizer and approved by the HOCRA Technical Committee, will be added to the competitor's time.

Skill-type tasks (such as goal throwing, balance, etc.) may be tried two or three times by the competitor, depending on the nature of the task. In the event of non-compliance, the competitor must serve a penalty loop, or other "penalties" or duties approved by the HOCRA Technical Committee may replace the non-compliance.

Mandatory obstacles (such as planks, crawling, water pit, etc.) may be attempted by the competitor any number of times, but may not proceed without overcoming the obstacle.

It is the responsibility of the Federation Technical Committee to judge which OCR-type obstacle and which skill-type task is in a given competition.

There is a time limit set by the competition organizer and approved by the HOCRA Technical Committee. Performance beyond the time limit will result in disqualification, the competitor will not be evaluated in the competition, and the result will not be evaluated in terms of the competition result.

Evaluation criteria: All MEN who did not lose a wristband and all WOMEN who lost a maximum of 1 wristband during the competition will be evaluated, who finished the race within the specified time limit (plus a time penalty for women). Of these competitors, time determines the order.



## CUP SERIES 2022

Competitors may collect points in the 2022 calendar year in the competitions organized by the Hungarian competition organizers and recognized by the association in the Hungarian OCR Championship Series (National Championship Races - OB and Cup Races - KF) as defined below (Cup Series).

**The condition for participation in the Cup Series is a valid HOCRA membership, which can be applied for at the member associations of the Federation (OCR card). The competitions of the Cup Series must be registered separately in each case, in accordance with the announcements of the given competition.**

Competitors can start in the following categories in the Cup Series: **AGE GROUP** or **ELITE** category:

- **ELITE** competitors can earn points in the ELITE category at the National Championship races (OB). If an ELITE competitor starts in the AGE GROUP category in a Cup race (KF), he / she will receive a score corresponding to the ranking in the AGE GROUP category. During the points collection, the competitor will be evaluated in the ELITE category, but the points earned as ELITE (OB) and AGE GROUP (KF) will be added during the year.
- **AGE GROUP** competitors will receive a score corresponding to their ranking in the AGE GROUP category in both the National Championship races (OB) and the Cup races (KF). Only competitors with an OCR card will receive points in the Cup Series races, depending on their ranking. Thus, certain scores may not be awarded if a competitor having no OCR-card in a given event also takes the scoring position.

If possible, the **ELITE** and **Age Group** and **BASIC** competitors will start in a separate race at the National Championship. Depending on the number of competitors, the organizer may decide not to start a separate race for both Age Group and Basic competitors in both National Championship and Cup races - in which case the organizer will differentiate Age Group competitors from Basic competitors (eg. wristbands, other color start number, etc.).

There is no separate ELITE race in the Cup race, so competitors with an OCR ELITE card can also register for the Age Group race.

ELITE and AG competitors with an OCR card will be evaluated separately in the end-of-year points collection, all points will be included in the OB and they won at the Cup Races.

There are 2 types of competitors in the **Age Group** category:

- (1) Competitors with an OCR card who start in Cup races and National Championship races for points,
- (2) Athletes without an OCR card who may have obstacle course racing experience (such as the Spartan Age Group) are willing to test their skills in accordance with a bold and tougher set of rules.

The race organizer is obliged to start both Age Group competitors with and without an OCR card in the OB and KF races / races. The evaluation will be in one system in the given competition, the first 3 finishers per age group can be on the podium, but only the competitor with an OCR card can get a cup



race point, based on the overall result per age group (example: if the first 3 winners are not OCR-carded, runner 4 will then get the point corresponding to the 4th place and so on until the first 10 places).

As a result of the annual points collection, the following competitors with the most points (**the most active**) will receive the special prize of the Federation (*OCR Hungary Cup - the most active OCR competitor of 2022*):

- **ELITE men** and **ELITE women** with the most points,
- **AGE GROUP men** and **AGE GROUP women** scored the most points in all AGE GROUP age categories.

**Competitors participating in the series (Elite and AGE GROUP according to the age group breakdown below) will be awarded by the Federation! In the competition, the given competition organizer can set up his own age group breakdown other than the following, and the prize will be determined by the organizer!**

**In the case of federal awards, the ELITE category is evaluated from the point of view of competitive sports, the national championship title can be obtained in each national championship race (OB), in the ELITE category! In the AGE GROUP category, the Federation awards prizes in its own jurisdiction, but does not announce a national champion!**

**AGE GROUP** categories, women and men (11 age group categories in accordance with the age group categories of OCR European Championship):

<b>Junior I.</b>	12-13 years
<b>Junior II.</b>	14-15 years
<b>Junior III.</b>	16-17 years
<b>Junior IV.</b>	18-19 years
<b>Adult</b>	20-24 years
	25-29 years
	30-34 years
	35-39 years
<b>Senior</b>	40-44 years
	45-49 years
<b>Veteran</b>	50+ years

Age is calculated as of December 31 of the given calendar year!

The minimum age for participation in the European Championship is 13 years for the short course (as at 31 December of the year in which the EC is organized!) The minimum age for participation in the European Championship is 16 years for the normal course of the EC (as at 31 December of the year in which the EC is organized!)

The OB races are qualifying races for the upcoming European Championships. The Cup Races may be classified as qualifying races by the Technical Committee if the race is conducted in accordance with the OB rules.



## Cup series scoreboard

In the Cup Series, 1-10. placed ELITE male and ELITE female, and in all age categories 1-10. placed AGE GROUP male and AGE GROUP female will receive points as follows.

### ELITE

Ranking	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
OB race	100	90	80	70	60	50	40	30	20	10

### AGE GROUP

Ranking	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
OB race	50	45	40	35	30	25	20	15	10	5
KF race	50	45	40	35	30	25	20	15	10	5

## SCORING OF ASSOCIATIONS

A competitor with an OCR card belonging to a given association will collect the same points for his association with the same score obtained in the OB and KF races. At the end of the cup series, the top 1-3. associations with the highest score will receive a **special prize**.

In the event of a competitor's transfer outside the transfer period in accordance with the Transfer Regulations (February 1 to December 31 of each calendar year), the association points earned by the departing athlete will remain with his / her previous association until the date of departure. The athlete may not collect association points for his new association in that calendar year. The competitor may collect his individual points throughout the whole calendar year, a transfer outside the transfer period will not affect the individual points.

## YOUTH CHAMPIONSHIP

In 2022, the Federation will also announce a Youth Championship. In the Youth Championship, the competition will take place in 2022 (by way of introduction) according to the rules of the Age Group. Only certified athletes under the age of 20 with an OCR card will participate in the Youth Championship. Age is calculated as of December 31 of the given calendar year!

Competitors of the youth age will collect the scores defined above in the OB and KF races in case of ranking. All points earned during the year at the OB and Cup Races will be included in the year-end points collection.

As a result of the annual points collection, the following competitors with the most points (**the most active**) will receive the special prize of the Federation (*OCR Hungary Cup - the most active OCR Youth competitor of 2022*):

- **U15 male and female** scored the most points (U15 = Junior I and Junior II combined),
- **U19 male and female** scored the most points (U19 = Junior III and Junior IV combined).

The national championship title can be obtained in each national championship race (OB) Junior I., Junior II., Junior III. and Junior IV. category separately.